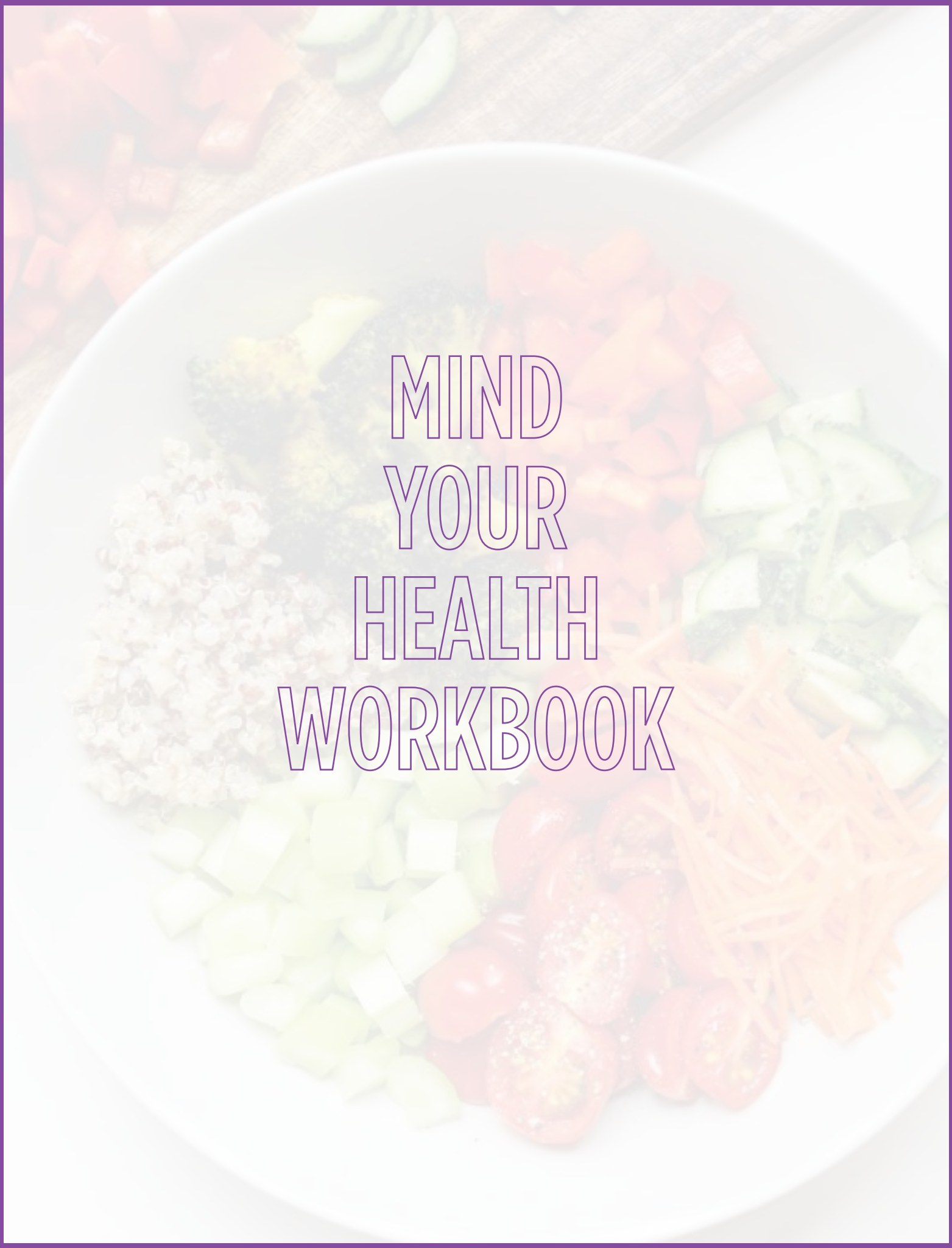


MIND YOUR HEALTH WORKBOOK

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Hey y'all!

Welcome to the official Mind Your Health Workbook! This is a 6-week guide to boosting your immune system, reducing inflammation and jumpstarting your metabolism.

As you prepare to immerse yourself in the Mind Your Health journey, keep this workbook handy to remind yourself of why you're doing this. This workbook will give you all the information you need to supplement your meal plan, and get you the best results possible.

WARNING!

This workbook is a contract.

By starting, you're making a commitment to yourself. By the end of these 6 weeks, you're going to be the healthiest, strongest version of yourself.

Over the next few pages, you'll be introduced to our signature methodology, the five things you need in place to get to your healthiest self, and some of our insider tips from decades of experience in the health and wellness industry.

Here's what we're going to accomplish in the next few weeks:

- **Build a stronger immune system in just 42 days.** If you are what you eat, then your immune system is fueled by your diet. We're going to jumpstart your health with anti-inflammatory foods that are nutritious and delicious.
- **Fill you up with easy to cook meals that are mouth wateringly good.** This is not a diet. It's a whole food adventure into the best tasting meals you've ever cooked. Yes, there are cookies in here and you will thank us for them.
- **Make sure your body is at your healthiest.** More than a little concerned about your health these days? Us too. We believe now is the time to take charge of your health and your diet.

If you're here because you want to change how you look and feel.

This is how you do it.

BEFORE WE GET STARTED...

We are not doctors, nutritionists, or fairy godmothers. We make no claims to treat, diagnose, or prevent any diseases or health conditions. This workbook contains some general guidelines that will serve you on your journey, but always defer to your health care practitioners. We recommend that you consult a healthcare professional before embarking on any training or nutritional regime.

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YOUR WELLNESS JOURNEY BEGINS WITH YOU.

Before starting any wellness program, it's important to take a long, hard look at where you're at today.

Not only will it help put your success in perspective in 6 weeks time, it will also help you get a clearer understanding of where you are right now, where you want to be in 6 weeks, and how to bridge the gap between the two.

Find a quiet space, grab a cup of Earl Grey (or a glass of pinot noir), and let's chat about your goals.

HOW TO USE THIS WORKBOOK

This is a 6 week journey. Throughout this journey we are going to ask you to reflect, plan and take action. You will get the most out of this journey if you put in the work! This is about more than just exercise and food prep. A large part of your success will be dependent on the work you put into your overall mindset.

1. Love a pen and paper? Print this guy out and write your dreams and plans away.
2. Not getting off your computer anytime soon? This is an editable PDF so you can type away all your plans.
3. You're not alone. Your community is here to support you through this entire journey. Have a question? Stuck with cookie dough in one hand and carrots in the other? Reach out for help.

Pop Quiz!

Before we dive in, we're taking a quick quiz, Cosmo-style (remember those!?)

To get started, rate yourself on a scale of 1-10 on the Five Pillars of Wellness: 1 means you need some serious help, 10 means you're killing it.

Sleep

1 2 3 4 5 6 7 8 9 10

Community

1 2 3 4 5 6 7 8 9 10

Water

1 2 3 4 5 6 7 8 9 10

Nutrition

1 2 3 4 5 6 7 8 9 10

Exercise

1 2 3 4 5 6 7 8 9 10

Total _____

When you're done, tally up your score and check your rating below!

LESS THAN 19

Real talk it sounds like you haven't had the bandwidth to look after your health lately, and that's okay. You're here now and that's all that matters. On the bright side, this means you're going to see the most improvement out of all groups.

BETWEEN 20-39

You're getting there! You're kinda healthy, but not quite. Maybe your diet hasn't been as great lately, or you aren't getting enough sleep. You have the basics down, but over the next 6 weeks, make a commitment to work on the areas you rated yourself lower!

MORE THAN 40

You're doing a fantastic job, but we bet there's room for some improvement so we can get you in the best health possible. Look at the areas where you rated yourself lower and focus extra hard on pushing that score up over the next 6 weeks.



IMAGINE THAT YOU'RE DROPPED IN THE MIDDLE OF NOWHERE...

You have no cell phone, no map, and only a vague idea of where you want to go.

Now imagine that someone handed you a map, charting out the exact path you should take, complete with major milestones, and a nice big 'X' marks the spot for your destination.

Planning your wellness journey means setting yourself up for success. And like any good journey, you're going to need a map.

Over the next few pages, we're going to explore what you can gain both mentally, and physically from the Mind Your Health journey.

MANIFESTING YOUR VISION

Think of this as a letter from your future-self, visualizing your best self. You've been through the program, done your absolute best, and you've got results that make you grin like you've just gotten your teeth whitened.

What would your letter say? How has your life changed? What would future-you say to motivate present-you?

We'll be checking in with your letter to yourself again as we hit the midway mark and then right at the end of the 6 weeks.

My Best Self

Jot down a description below of how you want to feel or look at the end of the 6 week journey.

I feel... _____

_____

_____

_____

_____

_____

Dear Me from 6 Weeks Ago,

I want to start by telling you how proud I am that you've followed through and stuck with the program.

6 weeks ago, I felt (tired/stressed/moody/bloated etc.,describe what you're struggling with here) _____
_____
_____.

And now, I feel (describe your ideal outcome from the program) ____
_____
_____
_____.

This means I (have more time for the kids/have more energy/ can fit in to my favorite jeans, describe how you want your life to change)
_____
_____
_____
_____.

As you start these 6-weeks, give them your all! Trust me, I've seen the other side, and it's worth it. You've worked so hard to get so far, you deserve to do this for yourself.

Do it for you,

Love,

Your future-self

BRINGING YOUR VISION TO LIFE

Now that you've begun the manifestation of your best self, it's time to take action and make it come to life. If your Vision Statement is the What and the Why, your Mission Statement is the How.

How are you going to hold yourself accountable?

- Three people I'm going to tell about my lifestyle shift:

  _____

  _____

  _____

- I'm going to track my progress by...

  _____

How are you going to motivate yourself?

- When I hit my goals, at the end of the 6 weeks, I'm going to reward myself with a...

  _____

How are you going to create space for you to discover your new self?

- I recognize that lasting change is about consistency, so I'm going to incorporate these healthy habits into my routine:

  _____

  _____

  _____

  _____

  _____

TYING IT ALL TOGETHER

Over the next 6 weeks, I'm going to make my health a priority. I want to _____, _____, and _____. (your goals)

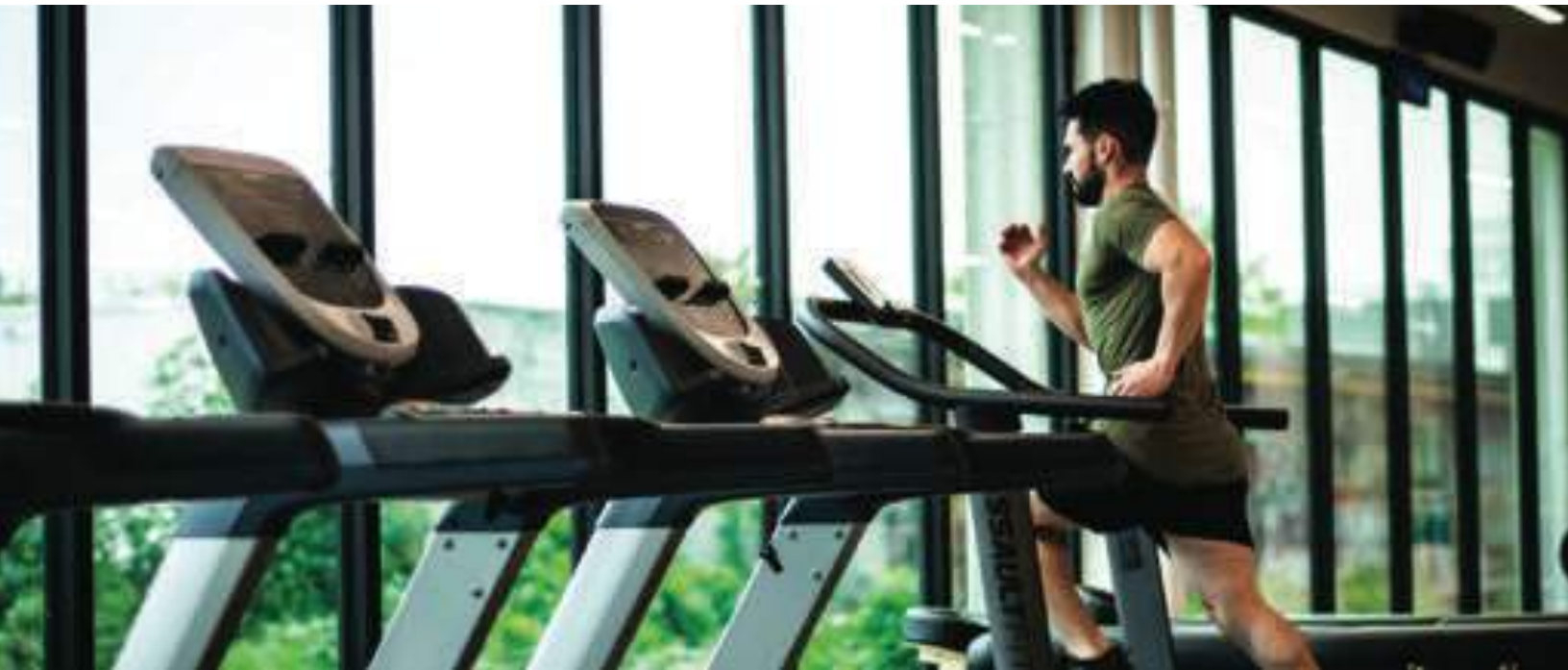
I'm going to achieve these goals by _____, _____, and _____. (your plan)

And, everyday I'm going to track my progress, by _____. (where you'll track progress)

When I am _____, _____, and _____ by the end of these 6 weeks, I will reward myself with a _____. (goals and your treat)

If I feel myself slipping, or low on motivation, I will call _____, _____, or _____ . (your go-to people)

I want to make looking after my health a part of my lifestyle, so I'm going to incorporate _____, _____, and _____ into my daily life. (habits)



Tips on tracking your progress at home:

1. Buy a scale.

2. Find some yarn, measuring tape, or a tape measure to keep track of how your body changes.

3. Don't forget to take a before picture. In 6 weeks, you'll be looking at how far you've come!

NOW'S THE TIME TO MAKE OUR GOALS MEASURABLE...

Grab a tape measure, and let's get started:

Waist: _____ cm/in
Hips: _____ cm/in
Bust/Chest: _____ cm/in

Arms
Right arm: _____ cm/in
Left arm: _____ cm/in

Legs
Right thigh: _____ cm/inches
Left thigh: _____ cm/in
Right calf: _____ cm/in
Left calf: _____ cm/in

Today, I weigh _____ lbs/kgs.

Date: _____

THE 5 PRE-REQUISITES TO SUCCESS

1 Have a crystal clear vision of what your life will be like if you pull this off

Athletes visualize successful runs as part of their training, and you'll be doing the same. Everyday think about why you're doing this, and what you're working towards, and picture what your life will look like when you actually make it happen.

2 Make this a priority

That means working out, eating right and following the advice in this workbook and meal plan. This workbook was put together by experts. All you have to do is show up and do the work. No second-guessing, no excuses. For 6 weeks, you're going to make your health a priority.

Pro-tip: Leave a sticky note with a motivation quote on your bathroom mirror.

3 Drink 96 oz. of water a day

We know you've heard this before, but you'd be surprised how many people aren't drinking enough water. Water keeps you full longer, is crucial for so many bodily functions, and as little as 1% dehydration can impact your body's strength and immune response. Buy yourself a reusable water bottle, and make it your new best friend!

An evening ritual helps. Have a warm cup of tea, or light a candle every night.

4 Cut out stress and toxic relationships as much as possible

Never underestimate the importance of mental health for your overall well-being. Negativity and toxic relationships all cause you stress. Stress can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety and even heart disease. Over the next 6 weeks, make a commitment to only devote your time and energy to people who make you feel lifted, supported, and loved.

Make sure you're sleeping 7-9 hours every night

The importance of sleep for your overall health literally cannot be overstated. Not getting enough sleep, or sleeping at odd hours will undo all of the hard work you're doing. Set a reminder around an hour before your bedtime (yes, you have a bedtime now!) and start winding down for bed.

TIPS FOR BETTER SLEEP

- Invest in black-out curtains, or an eye mask.
- Consider getting a white noise machine
- Put all screens away at least an hour before bed
- Develop an evening ritual to help you wind down for bed
- A cup of herbal tea or warm milk before bed can help you relax
- If you're a restless sleeper, consider getting a weighted blanket
- Try meditation 5-10 minutes each night before going to bed

Y'all, now that we've done the groundwork, it's time to walk you through what the next 6 weeks are going to look like.

There's no "wrong" way to do this workbook - there's just *your* way.

Path 1

What you eat matters

Path 2

When you eat matters

Path 3

Combine *What* and *When* For Powerful Results



Mind Your Health provides three options for you to jump start your healthy eating journey. You'll choose a plan depending on your level of experience.

First, you'll explore a 42-day nutritionist-written meal plan to help you reduce inflammation, boost immunity and increase metabolism. This comes complete with grocery lists, prep ideas, and plans.

Second, if you decide when you eat is your plan of choice, you can dive right into a 7-day Guide to Ease Into Intermittent Fasting that focuses on when you eat more than what you eat.

Lastly, we've combined the meal plan with the 7-day Guide to maximize your results.

Nutrition Made Simple makes up Section 2. Within this section, you'll master the basics of nutrition with our top 5 "aha!"-moment tips. You'll feel more confident making meals, grocery shopping, and eating out armed with these knowledge bombs.

Section 3, Powered by Plants, is all about adding more plant-based options to your meals. This section also debunks common myths about vegetarian and vegan food.

As you work your way through each section, watch out for our handy tips and guidelines to keep you on track, like proper serving size, the makeup of a macro, the definition of a snack, and the truth about nuts.

Alright then, are we all ready to go?

Remember, we're on your team, cheering you on (pompoms and all). We want to see you crush your goals.

Let's do this!

Section 1

CHOOSE YOUR PATH

With so many fad diets and weight loss plans, it can be tricky to know what works for you, your body, and your personality.

That's why we're providing you with Path A, Path B, and Path C. Based on your personality type, previous experience with dieting, and general preferences, you can make the best choice for you.

WHICH PATH IS RIGHT FOR ME?!

Are you:

A. Most successful at meeting your goals when you have a detailed plan to follow?
B. More relaxed and like to go with the flow?
C. The type to color code your planner and create detailed itineraries for trips?

Are you looking for something:

A. Hands-off, and planned for you?
B. Less restrictive, and easier to follow?
C. That helps you make a serious impact? (You're ready to pull out all the stops)

Are you:

A. Pretty disciplined?
B. Not really that disciplined?
C. Ready to make discipline your middle name?

TALLY UP YOUR SCORE. IF YOU HAVE:

Mostly A's: Stick to the Plan

Weekly meal plans are put together for you by a nutritionist and follows a 1,500-calorie diet for women and 2,000-calorie diet for men. Included in this plan are recipes for breakfasts, lunches, snacks, dinners, and even what supplements you can take to ensure you're meeting all of your nutritional needs.

Did we mention your grocery list is already written for you?

Our nutritionist-designed 42-day program follows an anti-inflammatory diet. Inflammation is the body's way of protecting it from injury, disease, and infection.

Think about how even a small papercut will get a little pink and puffy -- that's inflammation. Problems arise, though, when inflammation becomes chronic. Constant fatigue, weight gain, and body pain are all issues



that can arise with long-term inflammation. There are a few causes of inflammation, including health conditions and certain medications. While our control over those may be limited, we can choose to eat less of the foods that are linked to inflammation, like processed meats, refined carbohydrates, alcohol, and trans fats.

The 42-day eating plan provided in this workbook takes the guesswork out for you, so you'll be eating anti-inflammatory foods without even thinking about it. You'll find the Healthy Plate at the end of this workbook.

Mostly B's: Not *What*, But *When*

"What if 'what' we eat was replaced with 'when' we eat?"

Intermittent fasting is all about taking periodic breaks from eating, and while it might sound simple, the results from studies are crazy promising. One study found that IF can help with weight loss, body composition, cardiovascular issues, and aging. More research also found that IF leads to weight loss, but also that it can help control diabetes, reduce cholesterol, and lower blood pressure.

All by just moving around your meal times.

Calorie restriction on the other hand is everyone's go-to recommendation for weight loss. It just means burning more calories than you eat. Calorie restriction and intermittent fasting are kinda related, but sorta different, methods of keeping our food-related health goals on track. Restricting calories means reducing the average amount of calories taken in day after day. Remember, consistency is key when it comes to calorie restriction. IF, meanwhile, centers on the frequency of eating. It can include calorie restriction but it doesn't always.

Just like IF, studies show that calorie-restriction has positive health benefits, like lower blood pressure and lower cholesterol, a reduced risk of diabetes, heart disease, and stroke, and not to mention, decreases in some inflammatory factors.

Instead of counting calories or logging them in an app, you only need to know your eating window. Some people choose to eat for a six or eight-hour window each day. Others choose to limit calories during the week but not the weekends. If this seems too good to be true, it's not. Research shows that IF and traditional calorie restriction lead to about the same amount of short-term weight loss.

Mostly C's: Pull out All the Stops

You'll combine the regimented meal plan of Plan A with the time-based structure of Plan B. With Plan C, you know what you are eating, when, and why. This is a totally comprehensive approach to changing your eating habits.

Need more help deciding?

	Path A **Stick to the Plan**	*Path B* **Not What, But When**	*Path C* **Pull out all the stops**
PROS	• No guesswork. • Save time at the grocery store. • Never question how much energy (calories) you're consuming. • Eat at home more. • Cook more at home (yay, if you like cooking.)	• Less planning required. • Eat out more. • More flexibility of what to eat • No "off limit" foods • Can easily maintain over time	• Defined meals and recipes. • Defined window of time to eat. • Never question energy consumption. • Eat/cook at home more.
CONS	• Eat out less. • Requires discipline. • Cook more at home (boo, if you don't enjoy cooking.)	• May be hard to adjust. • Energy (calorie) consumption is unclear. • Can be unsuccessful if less healthy foods are consumed often.	• Structure may be hard to adjust to. • Eat out less. • Requires a lot of discipline.

Whether you choose Options A, B, or C, you'll need to be smart about snacking. These small amounts of food between meals keep energy levels up without making us feel too full for the next meal. Vending machines and workspaces are often loaded with packaged food items that may make our mouth water but aren't good for our bodies.



SNACK SAVVY

With these tips, you'll be prepared to deny that donut and snack healthfully:

- **Pre-slice veggies:** Keep sliced veggies, like carrots, cucumber, and bell pepper, in the fridge. This way, you can put a handful into a bag or container on your way out the door. Pair with a couple tablespoons of hummus or low-fat dressing to dip them in.

- **Embrace snack-size bags and single-serving containers:** There are cons to this, like waste and cost, but when building healthier habits, this can get you familiar with what a snack serving size should look like. Single-serve yogurts and string cheese are convenient and healthy snacks.

- **Protein power:** It's tempting to throw a bunch of pre-made protein and granola bars into the shopping cart because granola means healthy, right? Unfortunately, these bars are often jam-packed with sugar. Check the ingredients, make your own, or swap these for less expensive protein-dense options, like hard-boiled eggs, sliced lean meat, or peanut butter on whole wheat crackers.

The key takeaway?

Snacks aren't meals and they certainly aren't dessert. Treat yourself and keep your body healthy with yummy and nutritious snacks to power through your day. As your body adjusts to eating healthy, your cravings for soda and sugar-packed granola bars will diminish.

Section 2

NUTRITION MADE SIMPLE

Regardless of which plan you choose, there are a few basic nutrition principles you should know. These tips will help you choose foods that will keep you healthy for the long-term. With IF, it's particularly important to be mindful of what you eat. Just because IF allows for more flexibility doesn't mean it gives you permission to eat less healthy foods during your eating window.

The good news is that you don't need a degree in dietetics or to be a nutritionist to understand nutrition. We've taken evidence-based nutrition information and stripped it down to the essentials in these 5 "aha!"-moment tips that will help you rock the next six weeks.

5 ROCKSTAR NUTRITION TIPS

#1. Make half of your plate vegetables and fruits.

By following this guideline, you'll be consuming more nutritious foods than ever. It doesn't have to be expensive either. Since vegetables and fruits come in all of the colors of the rainbow, challenge yourself to always have at least 3 colors on your plate. Luckily, this is easy, since vegetables are so varied. Dark greens (kale, spinach, chard), red and orange veggies (bell pepper, beets, carrots), legumes (peas), and starchy vegetables (yams) are all part of the big, happy veggie family. If possible, eat more vegetables than fruits to reduce sugar intake. Note: Fresh is Best! But if you are in a bind, canned and frozen veggies and fruits count -- as long as there's no added sugar or salt.

For picky eaters, you can easily hide veggies in hearty pasta sauces or in a smoothie. Though dried fruit technically counts towards your fruit goal, choose whole fruits since that is where all the keeping-you-fuller-longer fiber lives. Regardless of what veggies and fruits you choose to eat, make sure they take up at least half of your plate for every meal.

> Pro tip: Spinach goes in both your pasta sauces and your smoothies

#2. Make half of your carbs complex.

Get ready, it's happening -- we're going to talk about carbs. Carbohydrates (carbs) are one of the three macronutrients that help our bodies function. A carb is basically a molecule. We're taking you back to science class with this one but it's important to debunk all of the misinformation about carbs.

PORTION DISTORTION

When it comes to eating healthy, it's important to know what makes up an appropriate amount of food. Grab a packaged food item and find the Nutrition Facts label on it. See where it says "Serving size"? That's the amount of food that the food industry and government have decided is a typical amount that people eat. Portion size is what we actually eat.



This can be more (hello, family size of flamin' hot anything) or less than a serving size. The Nutrition Facts label that you're looking at will list things like "Serving size: 3oz; contains 2 servings". Who has the time to weigh 3 ounces worth of food on a scale? Instead, estimate the correct serving size with your hand.

- **An average-sized fist or a baseball is about 1 cup**
  - Typically, one serving of vegetables (raw or cooked) or 100% fruit juice is 1 cup
- **Small, scooped handful or a tennis ball is about ½ cup**
  - Usually measured by the ounce, now you can use your hand to measure the appropriate portion of grains, like oatmeal, rice, and pasta
- **The palm of your hand or a deck of cards is approximately a 3-ounce equivalent**
  - A healthy serving of fish, beef, chicken, or other meat should fit in your palm
- **The size of your thumb is roughly 1 tablespoon**
  - Easily practice portion control by limiting nut butters to the size of your thumb
- **The tip of your pointer finger to the first joint or a postage stamp measures about 1 teaspoon**
  - Limit your fats and oils to the size of a teaspoon

The key takeaway?

The more you practice this serving size measuring technique, the easier you'll be able to eyeball a healthy serving size to save time and can help you make healthy choices when eating out. Another tip is to eat off of smaller plates.



A molecule is just some atoms held together by chemical bonds. The atoms that form a carb molecule are carbon, hydrogen, and oxygen (aka the essential chemical for life, water, and air) -- not scary at all! Carbs have a bad reputation because our bodies break down the energy that carbs give us in the form of sugar. And sugar is bad, right? Not all of it. The sugar energy we get from carbs is used to help us exercise and digest food, among other things.

Carbs aren't bad or scary; we just don't need to eat a lot of processed, or simple, carbs. These are foods like white bread and white rice. Instead, choose complex carbs where the fiber hasn't been stripped out of it, like 100% whole wheat bread or pasta. Make your own popcorn at home or whole cornmeal tortillas. Explore whole grains, like bulgur and quinoa. Often, you find these items in bulk, so your new healthy carb habit won't break the bank. Carbs are an essential part of a balanced diet and it all comes down to which ones you choose. Steer clear of refined simple carbs and fill up a quarter of your plate with nourishing complex carbs.

#3. Vary your proteins.

It might be tempting to reach for the same proteins you know and love, like drumsticks or bacon, but not all proteins are created equal. The next time you're eating a piece of bacon, remember that you're getting the protein but you're also getting ALL the fat and salt that comes with it. When it comes to healthy eating, choosing a wide range of nourishing protein-packed foods is key. Lean meats and poultry, eggs, and seafood are good options for omnivores but don't overlook soy products, nuts, seeds, and legumes (beans and peas) to meet your

protein needs. As one of the three essential macronutrients, protein is found throughout our bodies, from blood, muscles, and bone to skin and hair, it's an important part of a balanced diet.

So, how much protein do you need? The National Academy of Medicine suggests that adults should get a little over 7 grams of protein for every 20 pounds of body weight, but research tells us that the source of protein is more important than the amount. One cup of cooked lentils, for example, has 18 grams of protein and essentially no saturated fat or sodium. A 4-ounce ham, meanwhile, has 22 grams of protein but 1.6 grams of saturated fat and 1,500 milligrams worth of sodium, which is the ideal limit of sodium intake for most adults. Armed with this knowledge, you can now say "so long!" to hotdogs and chicken nuggets and fill up a quarter of your plate with high-quality proteins instead.

#4. Limit sodium, saturated fats, and added sugars.

Many processed foods contain high amounts of sodium, saturated fats, and added sugars. We need sodium in small amounts for our bodies to function, like to help our nerves transmit signals, but we can get what we need through a healthful diet. Processed foods, including pizza, prepared dinners, cheese, and cold cut deli meats, all contain way more sodium than we need. Eating fresh foods can help reduce sodium intake and so can seasoning your meals with herbs and spice, rather than salt.

Saturated fat is another ingredient that sneaks into our food. One slice of cooked bacon, for example, has 9 grams of saturated fat. Considering we should limit saturated fats to 16-22 grams per day on a 2,000-calorie diet, you can see how our consumption of saturated fat can quickly add up. This

MASTERING MACROS

Have you ever heard anyone talking about tracking their macros and wondered what in the world they're talking about? Macros, or macronutrients, are made up of three main components: carbohydrates, fats, and proteins.



The three main components of macros:

Carbohydrates: Sugars, starches, and fibers make up carbs, which are broken down into glucose. This is sugar that your body can use for immediate energy, like a cardio workout, or it can save it in your liver and muscles to use later. Carbs are readily available in starchy veggies, beans, dairy, fruits, and grains. It is suggested that 45-65% of your total calories should come from carbs.

Fats: Found in fatty fish and meat, avocado, nuts, butter, and oils, fats are used by the body for energy, as well as to make hormones, absorb nutrients, and maintain body temperature. The quality of fat matters. A recommended 20-35% of calories should come from fats.

Proteins: Proteins help our bodies in many ways, from immune function to building tissues. Eggs, tofu, and lentils are examples of protein-dense foods. An average of 10-35% of daily calorie intake should come from proteins.

The key takeaway?

People who count macros often have a health or fitness goal in mind, like gaining muscle or shedding weight. This approach can be successful since people who want to gain muscles can adjust their macro goals to eat more protein, for example. Counting macros means tracking the types of foods and the calories of those foods.

type of fat is solid at room temperature, like butter and cheese and the fat found on red meat. Saturated fat can lead to heart disease and weight gain, so opt for unsaturated fat, which is liquid at room temperature (olive oil, for example).

While sugar is found naturally in many foods, added sugars can lead to major health problems. Added sugar is commonly found in sugar-sweetened beverages, like soda, iced tea, or juice, as well as in desserts. We should limit added sugar to no more than 10% of our daily calorie intake -- that's just 200 calories for a person eating 2,000 calories per day. To reduce how much sodium, saturated fat, and added sugar you eat, choose fresh foods and cook meals from home, so you can decide what goes into them.

Replace whole-fat dairy products with low or nonfat ones, like nonfat milk, yogurt, and cheese.

#5. Don't drink your calories.

When our calories are piled up on a plate, they're easy to see. But what about what we drink? It's time to rethink your drink, since calories from drinks can really add up. A 20-oz bottle of cola, for example, has 227 calories, while a medium whole-milk latte has 265. When choosing bottled beverages, check the Nutrition Facts label to see exactly what's in the drink and how many servings are in each bottle. Sometimes, the label won't list "sugar" but will call it by one of its many names: high-fructose corn syrup, fruit juice concentrate, fructose, syrup, corn syrup, honey, sucrose, and dextrose.

Now that you know what to look for, it's easier to make healthy swaps. At the coffee shop, ask for nonfat milk, forget about the flavored syrups, and skip the whip. Replace that soda habit with calorie-free carbonated water. There's tons of yummy flavors available. Or, add slices of lemon or cucumber to your own water. Be sure to carry a water bottle

with you, so you'll be prepared on the go. Making small changes like these will ensure you aren't drinking your calories throughout the day, but getting them from nutritious whole foods instead. One exception to this rule is home-made smoothies. Blend frozen fruits and veggies (like spinach or kale) with nonfat yogurt and a handful of seeds for a light but hearty portable meal.

My Take Away

Section 3

POWERED BY PLANTS

You may have heard terms like “plant-based”, “flexitarian”, “vegetarian”or “vegan”. Let’s break down what these actually mean.

TYPES OF PLANT-BASED DIETS

1 **Plant-based:**
Meat can still be included in meals but it's not the main event. For example, rather than a small side salad accompanying a rib eye steak, a few slices of chicken might sit atop a gorgeous large salad.

2 **Vegetarian:**
Primarily plant-based, this diet also includes dairy and eggs. Typically, vegetarians will steer clear of meat but will include animal by-products (butter, yogurt, bone broth, etc.) Variations of vegetarian diets include pescetarian, which allows fish and shellfish to be part of the diet.

3 **Flexitarian:**
Flexibility is the key feature of this eating style because it allows for you to indulge that sushi craving or dig into grandma's chicken noodle soup on a rainy day, but your diet would be mostly plants the rest of the time.

4 **Vegan:**
Entirely plant-based, this eating style eliminates anything that comes from an animal, such as meat, fish, dairy, and eggs. Some staple foods include beans/lentils, fruits, veggies, nuts, and soy products.

THE BENEFITS OF PLANT-BASED

Have you heard that people who don't eat meat aren't getting all of the nutrients they need to be healthy? It's time to dispel that myth. Research tells us that eating less meat or even giving it up entirely reduces the risk of many health issues, including:

- Type 2 diabetes
- Obesity
- Heart disease
- Stroke
- High blood pressure
- High cholesterol
- Some cancers

Since we've learned that processed meats, like deli meat and bacon, are full of sodium, cholesterol, and saturated fat, it's no surprise that they are linked with these health risks. We've also learned that lean meats, fish, and eggs are healthy sources of protein -- and so are many plant-based options. Basically every plant we eat has some protein in it, so it is easier than you think to meet our protein needs entirely from plants.

> It's good for you, it's good for the planet. It's a win-win.

"But you're not getting enough iron, calcium, or Vitamin B12!" is something vegans hear a lot, so is it true? If you want to follow a plant-based lifestyle, but this is true for any eating pattern, it's important to make sure you're getting all of the vitamins and nutrients that your body needs to function for optimal health. The easiest way is to take a dietary supplement from a credible company, like the ones we recommend in the 42-day meal plan.

DO PLANT-BASED DIETS PROVIDE ENOUGH NUTRIENTS?

Whether you choose to supplement or not, here's what experts know about nutrient deficiencies in plant-based diets. As always, talk with your healthcare practitioner to establish your unique dietary needs since there are serious health risks in being nutrient deficient and having too much of these nutrients.

- **Iron:** Since iron is used to make new red blood cells and DNA, among other important things, getting enough of it is crucial. There's 2 types. Heme iron comes from animal products and non-heme comes from plants. Fun fact: Heme gives blood its red color. Heme iron is easier for our bodies to absorb but we can still get enough iron from beans, peas, nuts and seeds, and cruciferous veggies (like broccoli). These days, there's plenty of iron-fortified foods too, like bread and cereals.

- **Vitamin B12** helps form red blood cells and DNA and aids in our neurological functions (aka brain stuff). Naturally found in animal products, this important vitamin is often fortified in plant-based foods, like soy milk or nutritional yeast.

- **Calcium**: Throughout our lives, we've heard that milk, rich in calcium, grows strong bones. So, do vegans have brittle bones? Not necessarily. There's plenty of calcium in kale, broccoli, chickpeas, and mustard greens to name a few examples. Vegans don't have a monopoly on these foods either, so meat eaters can grab a package of hummus or stir fry some bok choy and calcium-set tofu for a nutritious meal.



These are just a few examples of nutrients that everyone, not just vegans, require for optimal health. A well-researched dietary supplement can help you meet these needs but be sure to talk with your doctor.

Following a plant-based diet, like any diet, is all about quality. Just because something is labeled “vegetarian” or “vegan” doesn’t mean it’s healthy. Packaged ramen, soda, and French fries are all vegan but definitely not the best fuel for our bodies. Tofu, lentils, mushrooms, beans and legumes, and quinoa are all examples of nutrient- and protein-dense plant-based options. Rather than thinking of these as alternatives to “normal” foods, remember that these are substitutes for animal-based foods.

The bottom line: being powered by plants is not a one-size-fits-all eating style. Embrace the amazing variety of plant-based foods and try new recipes and meals. Stick with whole, fresh foods when possible and supplement to make sure you are getting the nutrients you need.

Nuts are about 80% fat, so they get a bad reputation. Luckily, we've learned that fat doesn't make us fat, calories do. The fat from nuts is healthy fat but they do contain a lot of calories, so if we eat a lot of nuts, we'll consume a lot of calories.



NERVOUS ABOUT NUTS

In small portions, like a small handful or 2 tablespoons of nut butter, we'll get all of the heart-healthy benefits nuts have to offer without worrying about the calories.

As part of a healthy diet, nuts can help lower bad cholesterol, improve the health of artery walls, lower levels of inflammation, and reduce the risk of developing blood clots. Basically, nuts can help our hearts stay healthy and help prevent us dying early from heart disease, heart attacks, and other causes.

That's a compelling reason to eat a few more calories, right? Of course, we can't eat an unhealthy diet filled with candy and soda and chips, throw in a handful of nuts, and expect to be healthy. Nuts are an important part of an overall healthy diet.

The key takeaway?

Nuts are also packed with protein, fiber, Vitamin E, unsaturated fats, and Omega-3 fatty acids. The good news is that it doesn't really matter what nuts you choose to eat. Walnuts have more Omega-3 fatty acids than most nuts but you can't go wrong choosing almonds, pistachios, or cashews either. Choose raw or dry-roasted nuts without added salt or sugar.


SET UP
FOR
SUCCESS

SET UP FOR SUCCESS

Whew - that was a lot y'all!

Making a lifestyle change can seem overwhelming but we've done our best to break it down into three sections, and give you the science behind it all, so you can make educated decisions for yourself moving forward.

In Section 1, we walked through the different options, and gave you the information you needed to choose the best path for you. To set you up for success, we've given you a nutritionist-written 42-day meal plan on page 61 and a 7-day guide for getting started with intermittent fasting on page 46. Section 1 provides structure, so you feel supported and prepared throughout the next 6 weeks.

Section 2 was all about simplifying nutrition. Armed with the 5 rockstar tips of making half of your plate veggies and fruits, making half of your carbohydrates complex carbs, varying your proteins, reducing added sugars, saturated fats, and sodium, and not drinking your calories. Section 2 helps you set up healthy eating habits for life without being side-tracked by nutrition myths and fads.

Lastly, section 3 introduced the world of plant-based diets. Following a plant-based diet is easier than ever and a dietary supplement can ensure you are getting all of the nutrients you need. Section 3 builds upon section 1 and 2 to broaden how you think about food and nutrition, further setting you up for long-term success.

Six weeks may seem like a long time now, but this workbook is designed to support and prepare you to eat healthfully for the next 42 days and beyond, in order to build healthy habits for life.

Week 1

1 **What was your favorite meal this week?**

2 **How do you feel mentally and physically this week?**

3 **Who or what are you grateful for this week?**

4 **Who or what is keeping you motivated or inspired this week?**

5 **What's something positive for this week you can bring into next week?**

6 **What do you want to do better next week?**

Week 2

1 **What was your favorite meal this week?**

2 **How do you feel mentally and physically this week?**

3 **Who or what are you grateful for this week?**

4 **Who or what is keeping you motivated or inspired this week?**

5 **What's something positive for this week you can bring into next week?**

6 **What do you want to do better next week?**

Week 3

We're at the halfway point this week, to check your progress, rate yourself on a scale of 1-10 on the 5 Pillars of Wellness:
1 means you need some serious help, 10 means you're killing it.

Sleep

1 2 3 4 5 6 7 8 9 10

Community

1 2 3 4 5 6 7 8 9 10

Water

1 2 3 4 5 6 7 8 9 10

Nutrition

1 2 3 4 5 6 7 8 9 10

Exercise

1 2 3 4 5 6 7 8 9 10

Now add up your score!

_____

How have your ratings changed?

_____

_____

Week 4

1 **What was your favorite meal this week?**

2 **How do you feel mentally and physically this week?**

3 **Who or what are you grateful for this week?**

4 **Who or what is keeping you motivated or inspired this week?**

5 **What's something positive for this week you can bring into next week?**

6 **What do you want to do better next week?**

Week 5

1 **What was your favorite meal this week?**

2 **How do you feel mentally and physically this week?**

3 **Who or what are you grateful for this week?**

4 **Who or what is keeping you motivated or inspired this week?**

5 **What's something positive for this week you can bring into next week?**

6 **What do you want to do better next week?**

Week 6

You're officially at the finish line! Give yourself a pat on the back and then let's figure out how much progress you've made!

We're at the halfway point this week, to check your progress, rate yourself on a scale of 1-10 on the 5 Pillars of Wellness:
1 means you need some serious help, 10 means you're killing it.

Sleep

1 2 3 4 5 6 7 8 9 10

Community

1 2 3 4 5 6 7 8 9 10

Water

1 2 3 4 5 6 7 8 9 10

Nutrition

1 2 3 4 5 6 7 8 9 10

Exercise

1 2 3 4 5 6 7 8 9 10

Now add up your score!

_____

My score when I started this plan

_____

My score after 6 weeks

_____

How much has your body changed?

	Amount Changed
Waist: _____ cm/in	_____ cm/in
Hips: _____ cm/in	_____ cm/in
Bust/Chest: _____ cm/in	_____ cm/in
Arms	**Arms**
Right arm: _____ cm/in	_____ cm/in
Left arm: _____ cm/in	_____ cm/in
Legs	**Legs**
Right thigh: _____ cm/inches	_____ cm/in
Left thigh: _____ cm/in	_____ cm/in
Right calf: _____ cm/in	_____ cm/in
Left calf: _____ cm/in	_____ cm/in

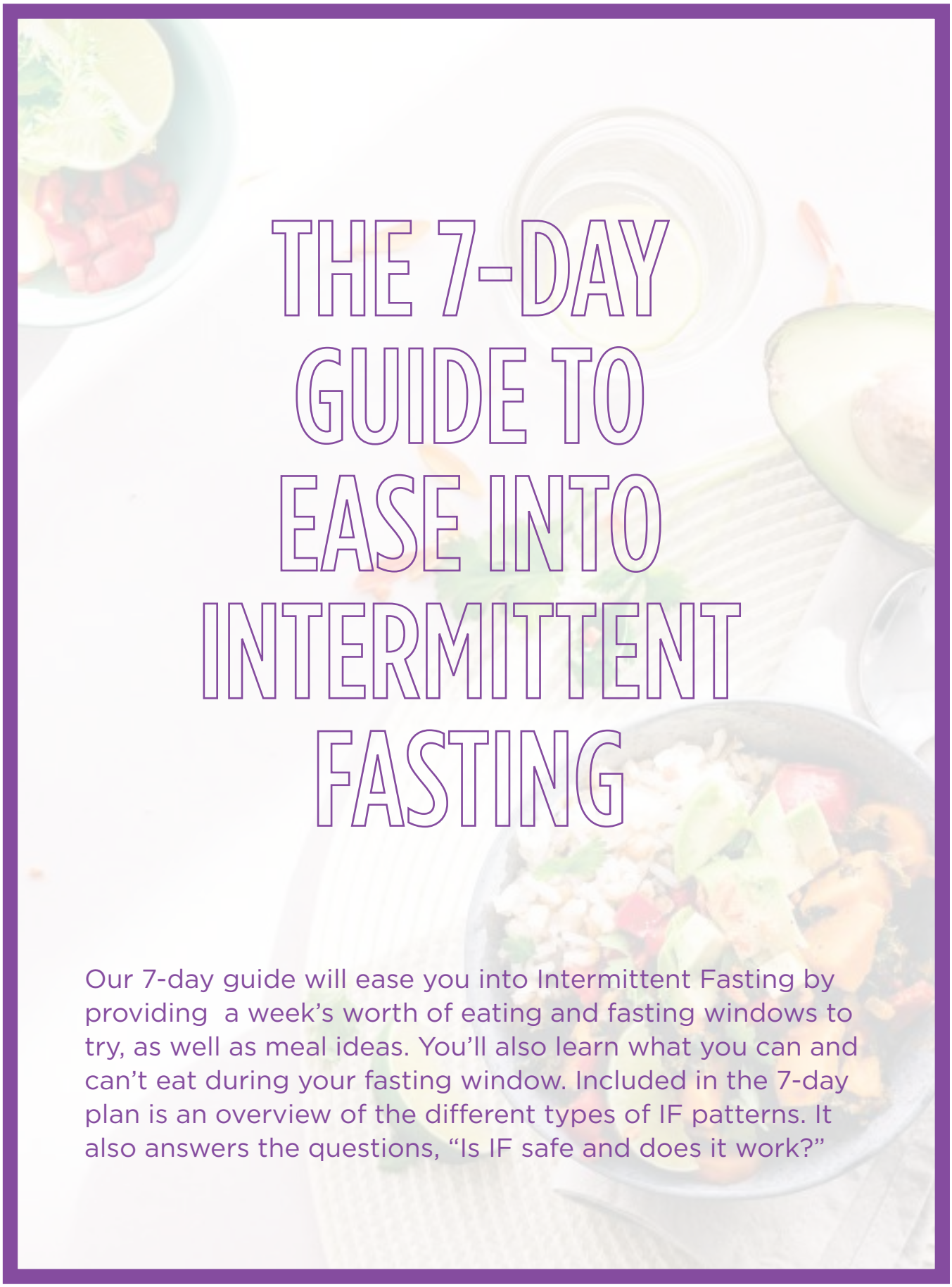
When I started the challenge, I weighed _____ lbs/kgs.
6 weeks later, I weigh _____ lbs/kgs.

Three healthy habits I adopted during this challenge:

- _____
- _____
- _____

Three ways I'm going to continue to work on my health:

- _____
- _____
- _____



THE 7-DAY GUIDE TO EASE INTO INTERMITTENT FASTING

Our 7-day guide will ease you into Intermittent Fasting by providing a week's worth of eating and fasting windows to try, as well as meal ideas. You'll also learn what you can and can't eat during your fasting window. Included in the 7-day plan is an overview of the different types of IF patterns. It also answers the questions, "Is IF safe and does it work?"

7-DAY INTERMITTENT FASTING PLAN

WHAT IF WHAT WE EAT WAS REPLACED WITH WHEN WE EAT? TAKING PERIODIC BREAKS FROM EATING IS THE BASIC PREMISE OF INTERMITTENT FASTING AND RESULTS FROM STUDIES ON IF (INTERMITTENT FASTING) ARE PROMISING.

Standard recommendations for weight loss include a lifestyle overhaul and energy restriction or burning more calories than we take in. With so many fad diets and weight loss plans, it can be tricky to know what works and if it's safe. Let's look at if IF works, if it's safe, and how to get started in just 7 days.

Let's look at if IF works for weight loss. The experts tell us that the most effective way to lose weight is to stick to the equation of taking in less energy from food than we burn and to follow a balanced diet. This means a diet rich in vegetables, fruits, whole grains, lean proteins, healthy fats (nuts, olive oil, and avocados) and limiting how many sweets and less healthy fats we eat.
Dr. Vicki Catanacci, a nutrition researcher at the University of Colorado, told the National Institutes of Health that this approach doesn't work for everyone and "takes a lot of focus. It takes a lot of math, and a lot of willpower."

IF takes the guesswork out of eating.

Instead of counting calories or logging them in an app, we only need to know our eating window. Some people choose to eat for a six or eight-hour window each day. Others choose to limit calories during the week but not the weekends. If this seems too good to be true, it's not. In fact, research shows that IF and traditional calorie restriction lead to about the same amount of short-term weight loss.



IF has benefits that go beyond weight loss too. One study found that IF can help with weight loss, body composition, cardiovascular issues, and aging. More research also found that IF leads to weight loss but also that it can help control diabetes, reduce cholesterol, and lower blood pressure. Together, these make up the four major risks for heart disease.

What this means is that not only can IF help with weight loss goals but can reduce the risk of heart disease, the leading cause of death in the United States. A study of IF on men with prediabetes found that, even without weight loss, IF improved their sensitivity to insulin, blood pressure, and oxidative stress (an imbalance between free radicals and antioxidants in the body).

What all of this research suggests is that IF can help with overall health, as well as weight loss.

Yes, IF works, but is it safe? Dr. Valter Longo, a researcher with the National Institutes of Health who studies long lives, notes that fasting for 12 hours is generally safe for most people. In fact, a 12-hour fasting window is common among people with record-breaking lifespans.

It's a good idea to discuss any new diet with our doctors before starting



out. IF is not recommended for those with a history of disordered eating, pregnant or breastfeeding women, people with Type 1 diabetes, and kids and teenagers.

A potential side effect of fasting in general is electrolyte imbalance. Electrolytes are important since they send signals throughout our bodies to perform vital functions, like the operation of our brains. Examples of electrolytes are salt and calcium and they come from the foods and liquids we consume. Knowing this, we can make sure to consume enough fluids throughout the day and nutritious foods during our eating window to ensure it doesn't happen.

IF is effective and generally safe. Not only does IF provide a convenient way to eat less calories but realigns our eating patterns with our circadian rhythm (the day/night cycle). As a species over time, our metabolisms have become used to eating during the day and sleeping at night. Messing with this pattern, like late-night snacking, has been linked with a higher risk of diabetes and obesity. IF is an approach that lets us get back in sync with our natural rhythms.

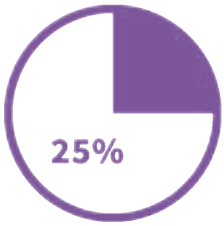
NOW THAT YOU KNOW WHAT IF IS AND WHY IT WORKS, LET'S EXPLORE THE DIFFERENT TYPES OF IF.



5:2

Eat 500 calories 2x per week.

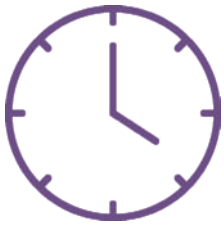
For two non-consecutive days of the week, calories are restricted to 500 for the entire day. The remaining five days are regular eating days.



Alternate-Day

Restrict Calories to 25% of regular intake every other day.

Calories are restricted to 25% of normal intake one day and unrestricted the next.



Time-Restricted

16/8, 14/10

The day is broken up into fasting and feeding windows. Food can be consumed only during the feeding window (e.g., fast for 16 hours, feed for 8).



Eat-Stop-Eat

24-hour fasting.

Once or twice per week, a complete fast takes place. Fasting from breakfast to breakfast is one example.



Which one's best?

It's up to you.

You may need to try all of these patterns to find what works best for you.

TYPES OF INTERMITTENT FASTING

What types are there? It might be surprising that there are a variety of fasting patterns, or cycles, to choose from and what works best is a personal preference. Registered Dietitian Anna Taylor, MS, RD, LD, CDE told the Cleveland Clinic, "If you want to give IF a try, be prepared to figure out what works best for you."

5:2 method

This means a person can eat up to 500 calories two days a week and eat a healthy diet for the other five days without calorie restriction. 500-calorie days should not be consecutive, so they could do this on Tuesdays and Thursdays, for example. How each person breaks up that 500 calories is up to them, but many people eat a 200-calorie meal and a 300-calorie meal.

Alternate day

As the name suggests, people following this approach consume about 25% of their normal calories (500 calories, for example) on one day and eat their regular, healthy diet the other day.

- 16/8: The fast lasts for 16 hours and the eating window lasts for 8 hours, such as 12 p.m. to 8 p.m.
- 14/10: In this case, the fast lasts for 14 hours, while the eating window lasts for 10 hours. An example of this would be eating from 10 a.m. to 8 p.m.

Eat-stop-eat

Also known as 24-hour fasting, this requires a complete fast for an entire 24 hours, such as breakfast to breakfast. It is often done once or twice per week, though side effects can include feelings like irritability and low energy.

How IF works is straightforward.

When we eat a meal, our body uses the readily-available energy from that meal to perform tasks. During a fasted state, our bodies rely more on stored sources of energy.

So far, we've looked at what intermittent fasting is, why it works, and why it's safe. Now, for the exciting part - a 7-day IF program that you can try out for yourself. Since the 16:8 IF pattern is super common, the following 7-day guide follows that cycle of fasting for 16 hours and feeding for 8. Don't worry, you will be easing into it.



DAY 1

14/10 | 8am - 10pm

Even though intermittent fasting is relatively easy to do, it can be helpful to ease into it for the first couple of days. For the first day, eat between 8 a.m. and 6 p.m. You'll still get a 14-hour fast but your eating window is not very restricted. Remember, the eating window is not a feasting window, so choose nutritious foods. If you are an early riser, you can have coffee or tea with a splash of milk or cream, but not sugar as it will break your fast, before 8 a.m.



8 A.M.

Have a nutritious but light breakfast.

Smoothies or oatmeal will gently break your fast, provide you with plenty of nutrients to start your day, and won't leave you feeling bloated.

10 A.M.

Power through your morning with a healthy snack.

A handful of unsalted mixed nuts, a piece of fruit, or a small container of yogurt will boost your energy until lunch.

12 P.M.

Refuel with a balanced lunch.

Salad with chicken breast, chickpeas, plenty of veggies, and a light vinaigrette provides vitamins and minerals, protein, fiber, and healthy fats.

2 P.M.

If you're hungry, grab a light snack.

Sliced vegetables with hummus will help you power through the rest of the day, fuel a workout, and hold you over until dinnertime.

5:30 P.M.

Wind down with a nutritious dinner.

Whole, fresh foods, like grilled-salmon with broccoli are nutrient-dense and will keep you feeling fuller longer.

Before 9 A.M.

But first, coffee.

If you are a zombie before getting caffeine in your system, no need to worry. With IF, you can still drink coffee or tea. You can add a splash of milk or cream but avoid sugar to ensure you don't break your fast.

9 A.M.

Break your fast.

The word "breakfast" makes a lot more sense now, doesn't it? Smoothies are ideal because you can make them at home with healthy foods and take them on-the-go.

12 P.M.

Boost your brown-bag lunch.

Try a veggie-packed sandwich on 100% whole wheat bread. Sprouts, bell peppers, cucumbers, lettuce, and tomatoes make a nutritious and filling lunch.

2 P.M.

Feeling like a snack?

Grab a handful of antioxidant-packed grapes.

5:30 P.M.

Savor your dinner.

Whatever you choose for dinner, try eating it slowly to aid with digestion and manage weight.

DAY 2

15/11 | 9am - 6pm

Day 1 was a breeze, right? For day 2, you will be eating between 9 a.m. and 6 p.m. For those who enjoy breakfast first thing in the morning, this second day might present more of a challenge but, similarly to yesterday, you can still enjoy coffee or tea. Just be sure to steer clear of sugary drinks during your fasting window. Today, you will also eliminate your morning snack since the time between breakfast and dinner is less than yesterday.



DAY 3

16/8 | 10am - 6pm

You made it to day 3! Today, you will shift breakfast until 10 a.m. Like yesterday, feel free to drink coffee or tea. Since breakfast and lunch are so close together today, you may choose to reduce the portion of one or both meals.



Before 10 A.M.

How do you take your coffee?

Remember, sugar will break your fast. If you can, switch to black coffee or tea. Also, if you take a gummy vitamin, take it during your feeding window.

10 A.M.

Gently break your fast.

Eat something light, but nutritious, for your first meal of the day. Oatmeal with berries is a healthy and nutritious meal that is gentle on your digestive system.

12 P.M.

Have a light lunch.

Choose a light lunch that will hold you over without making you feel bloated, like soup or salad.

2 P.M.

Snack smartly.

When fresh food isn't available, opt for foods that are made with whole grains and reduced salt. Homemade popcorn is a healthy and light snack that can be made ahead of time.

5:30 P.M.

Eating on the go?

Unlike other diets, IF is a lifestyle that allows you to dine out or on-the-go. Remember to look for healthy swaps, like grilled chicken instead of fried or a side of veggies instead of fries.

Before 11 A.M.

Stay hydrated.

Be sure to drink plenty of fluids during your fasting window to stay hydrated.

11 A.M.

Ready to eat?

Try an omelette or tofu scramble today. This will refuel your body and keep you energized until your next meal.

2 P.M.

Grab a snack.

Trail mix is a great snack because you can choose what to put in it, can make it ahead of time, and it can go anywhere. Buying your ingredients in bulk will also save money.

6:00 - 6:30 P.M.

It's dinner time.

Roasted yams are nutrient-dense powerhouses. They will keep you fuller longer, so you won't be hungry for the rest of the evening.

7 P.M.

Time to fast.

During your fast window, remember to drink plenty of fluids. Remember, sugar will break your fast, so stick with plain coffees and teas or water.

DAY 4

16/8 | 11am - 7pm

You are officially more than halfway through your 7-day IF program. You may have already guessed that breakfast is going to be another hour later today . Today, your first meal will be more like brunch, followed by one snack, and then a nutritious dinner.



DAY 5

16/8 | 11am - 7pm

Today is following the same eating pattern as yesterday. This will give your body more time to adjust.



Before 11 A.M.

Grab a green tea.

Green tea is packed full of antioxidants. This warm beverage will perk you up without the jitters that coffee can cause.

11 A.M.

Time to eat.

Breaking your fast doesn't have to be complicated. Avocado spread over toast is a light, nutritious way to start the day.

DON'T FORGET TO KEEP DRINKING WATER THROUGH-OUT THE DAY.

2 P.M.

Go bananas for bananas.

Bananas make an ideal snack. They are packed with fiber and many oxidants.

6:00 - 6:30 P.M.

Taco 'bout a good dinner.

End your day with tacos. You can even make a taco bar so that each member of the family can have fun building their healthy dinner. Try

Before 12 P.M.

Hydrate, hydrate, hydrate.

Experiment with different drinks, like carbonated water. There are so many different flavors that you will find at least one that you enjoy.

12 P.M.

Time for your first meal of the day.

After such a long fast, choose foods like soups or smoothies. These won't shock your system and make you feel bloated.

2 P.M.

Fill up on vegetables.

Fresh veggies, like celery and carrots, are inexpensive and so good for you.

6:00 - 7:30 P.M.

Fill up before your fasting window begins.

Make sure to get in a healthy and tasty dinner (and dessert!) before 8 P.M.

8 P.M.

Time to fast.

Remember, you can drink things like plain coffee, tea, and water during your fasting window.

DAY 6

16/8 | 12pm - 8pm

You've made it to the 12 p.m. to 8 p.m. eating pattern. This is a common eating window for people following the 16/8 cycle. Just because you are breaking your fast at noon doesn't mean you have to skip breakfast. If you are a breakfast junkie, you can still eat those foods at 12 p.m. Guess what this eating window allows for? Dessert! Choose healthier options, like fresh berries or a couple of pieces of dark chocolate.



DAY 7

16/8 | 12pm - 8pm

Your final day of this 7-day IF plan will look just like yesterday. You've spent the last week building this new habit, letting your body adjust, trying new recipes, and now you are in the maintenance phase. If you are a night owl, you can drink beverages that do not contain sugar until you go to bed.



Before 12 P.M.

Butter coffee, anyone?

Maybe adding butter to your coffee sounds a little unusual, but the fat in the butter can slow the rate of digestion. This means you'll feel the energy-enhancing effects of the caffiene longer with no crash.

12 P.M.

Smoothie time!

Smoothies are versatile, convenient, and inexpensive. Toss some frozen spinach, berries, and yogurt in a blender and enjoy.

2 P.M.

Stay satisfied until dinner with a snack.

Whole wheat or whole grain crackers are a quick snack that will keep you energized through the afternoon.

6:00 - 7:30 P.M.

Grab a nutritious dinner and light dessert (if you choose) to end your day.

Try making a homemade pizza with crust bought from the store. Generously sprinkle your favorite vegetables and a little cheese on it for a healthier version. Pair with a side salad for a well-balanced dinner.

8 P.M.

You've got this!

You are an IF pro now, so grab your herbal tea, snuggle up on the couch, and enjoy your night.

THE SCIENCE BEHIND INTERMITTENT FASTING

NOW THAT YOU'VE MASTERED THE BASICS OF THE 16/8 12 P.M. - 8 P.M. INTERMITTENT FASTING PATTERN, HERE'S THE SCIENCE BEHIND WHAT YOU AREN'T EATING DURING YOUR FASTING WINDOW AND WHAT YOU ARE DURING YOUR FEEDING WINDOW.

- Before 12 p.m.: Have you heard the adage that breakfast is the most important meal of the day? Evidence suggests that a well-balanced breakfast is good for our health and well-being. While fasting, we can still get these benefits by drinking coffee or tea. It's perfectly fine to add a little bit of milk or cream. Some people will also add butter, coconut oil, or another healthy fat into their coffee. Although the idea of drinking bone broth might not seem appetizing first thing in the morning, you can drink it before breaking your fast at noon. That makes bone broth a good choice for a mid-morning snack. It's important to stay hydrated by drinking plenty of water. Wait - aren't you breaking your fast by consuming things like butter or soy milk in your coffee? Yes, these foods will technically break your fast but it won't take your body out of ketosis, which is when your body uses stored energy to get things done. So, no need to worry. Typically, sugary foods will trigger an insulin response in our bodies and that's how our bodies know the fast is broken. After all, we can quickly use sugar as energy. Research tells us that as long as we don't add sugar to our coffee, our fast will not be broken.
- 12 p.m.: First meal of the day. You made it! Now that it's time to break your fast, a gentle approach, like a smoothie or soup, is the way to go. This way, your digestive system won't get overwhelmed and you can enjoy your entire eating window without feeling bloated.
- Eating window: Once your body is reacquainted with food again, you are free to eat nutritious and nourishing foods until 8 p.m. This could include a handful of nuts as a snack, grilled salmon with rice and asparagus for dinner, and a couple of pieces of dark chocolate for dessert. It's important to choose foods that will help you feel full during your fasting window, such as those that are high in fiber and protein.
- 8 p.m.: Now that you're full from healthy foods, it's time to begin fasting again. Continue to hydrate yourself with water or tea (or coffee if you're into nighttime coffees). Remember to get plenty of rest, as sleep is vital to our health.

Let's wrap it up. With this 7-day intermittent fasting guide, you know that IF works, why it works, and how it works. Most importantly, you know how to do it. Chat with your doctor beforehand and you might need to try a few varieties of IF before you find what works best for you. Instead of spending precious time and energy counting calories, all you have to do is glance at the clock.



NOW THAT YOU HAVE EASED INTO IF OVER THE PAST WEEK, ARE YOU READY FOR A 6-WEEK INTERMITTENT FASTING PLAN?



THE HEALTHY PLATE

42-DAY

Anti-Inflammatory & Immune Supporting

Meal Plan, Prep & Recipe Guide

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Start Here

This meal plan is chock full of simple and delicious reicpes that are designed to get you feeling your best for our 6 Week Anti-Inflammatory and Immune Supporting Meal Plan. We've made sure this plan is easy to follow with ingredients you can find in your local grocery store in one weekly list.

Each week is divided into a nutritionist-written meal plan, grocery list, and prep ideas and plans. While many people will find this to be the easiest solution, we know your palate may not love every single recipe, which is why we made every meal and snack interchangeable. Simply plug in a recipe you love and you'll be good to go!

The single most important thing our clients tell us when it comes to nutrition? Plan ahead. Each week we've provided prep plans and ideas to make your kitchen come alive with healthy food. For some people this means a Sunday prep day, but others will plan out cooking throughout the week. The key is in the preparation and knowing how you'll fill your kitchen table before 5 PM rolls around.

We've included blank meal plans so that you can mix, match and make a plan that works for you and your home. As cliche as it is, have fun and celebrate the new flavors and foods you'll meet in this plan.

What's not in the plan? Most foods associated with inflammation. Feeling your best means making sure your body's at its healthiest, and our nutritional team has made sure you'll get there
.
For those of you who love the grocery store, you can purchase all ingredients in one shopping trip weekly. But, if you're like us and find some weeks to be busy, we recommend services like Instacart, a grocery delivery service that's widely available across the US. You can download their mobile or app or sign-up at www.instacart.com.



42 DAYS TO A HEALTHIER YOU

Plan for Success

1. Portion size matters. When you're filling your plate, base it off the size of your hand. Your palm will be your protein or main dish, your four fingers are your veggies or fruits, and your thumb is the good fats, such as oil or almond butter that we're adding in.

2. Don't starve yourself. Each day includes breakfast, lunch, dinner and snacks. Some portions may be smaller than typical for you, but you'll be fueling your body throughout the day at set times to make sure you're never tempted to binge out of hunger.

3. Ante up your protein intake. As you push your body in the club, make sure you have the right fuel. Add a protein powder + supplement all- in-one to make sure you're building muscle and staying strong.

4. Plan simple meals for complex days.
We're encouraging you to plan your simplest meals on days when time is lacking and you need an easy day in the kitchen.

5. Supplements for success. Our goal is to make sure you reach your healthiest you. That means we're looking at your health holistically: fitness, nutrition and supplementation.

6. Check Amazon for unique ingredients. You may see a handful of ingredients that are available at your local store, but can be found much less expensively on sites like Amazon.



Where can I find vegatarian recipes?

Right inside the meal plan!

For breakfast everything EXCEPT the sausage and mushroom frittata and ham omelette are vegetarian.

Edamame and Chicken Salad: Sub 4 ounces of plant based protein per serving for chicken

Goat Cheese Polenta

Spinach Frittata

Roasted Vegetable and Chicken Grain Bowl: Sub 4 ounces of plant based protein per serving for chicken

Lentil, Beetroot and Hazelnut Salad

Roasted Broccoli Salad

Brown Rice and Edamame Salad

Roasted Vegetable and Spiced Lentils

Slow Cooker Black Bean Soup

Mexican Sweet Potatoes with Black Beans

While many other recipes are adaptable to vegetarian options, these are the ideal starting point and will offer many great meals!

HOW MANY PEOPLE DOES THIS MEAL PLAN FEED?

When we wrote this meal plan we planned on feeding 3-4 people. For some people, that's WAY too much food. For others, it's not nearly enough.

Here's how to adjust your grocery shopping in accordance with your needs.

Every recipe shows the number of servings it will provide.

For example, our turkey chili (an all time favorite and budget friendly option) has 6 servings.

If we're feeding one person, we can use one pot of chili for 6 individual meals in one week or freeze three meals and remove those from the next week.

If you're feeding 6 people and you'd like to use it for more than one meal, I'd recommend doubling the recipe and enjoying!

Because these are whole food based recipes, many calorie counts are lower than you may be used to. More food + Fewer calories = Our favorite kinda food

Before you purchase groceries each week, use our blank meal plan guides to map out the meal sizes that are right for you.





WHAT ARE BUDGET FRIENDLY OPTIONS?

When times are tough and grocery stores are empty, we're all watching our grocery bill. There are few things you can do to ensure that your costs stay down:

- Choose your 10-15 favorite meals and put them on repeat. This allows you to limit higher cost items such as spices and unusual flours. You'll purchase the core ingredients and be able to limit others.
- The biggest bang for your culinary buck is always soups and stews. Check out our wide selection and enjoy.
- Purchase ingredients such as almond flour, oat flour and coconut oil in bulk on Amazon. You'll save an enormous amount.
- Ask your neighbors for spices you'll use in limited bursts. While some clients eat plenty of garam masala, others will never use it again. That's the perfect spice to borrow.
- Create a custom food log to purchase only as many portions as you need.
- Fish based dishes will be your most expensive dishes and may be limited by current world events. Consider relying on poultry, beef and plant based dishes if you're working to keep budget down and find items easily in stock.





WEEKLY PLANS

WEEK 1

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Dried Fruit & Peanut Butter Breakfast Cookies	Garlic Kale with Poached Eggs and Toast	Dried Fruit & Peanut Butter Breakfast Cookies	Raspberry-Banana Overnight Oats	Dried Fruit & Peanut Butter Breakfast Cookies	Garlic Kale with Poached Eggs and Toast	Dried Fruit & Peanut Butter Breakfast Cookies
Lunch	Edamame & Chicken Greek Salad	Dijon Salmon with Green Bean Rice Pilaf leftover	Roasted Broccoli Salad with Spinach, Blueberries, and Seeds	Grilled Pork Loin with White Bean Puree	Eggplant Lasagna	Pineapple Three Bean Salad	Avocado Bacon & Goat Cheese Salad
Snack	Trail Mix	Dried Fruit & Peanut Butter Breakfast Cookies	Trail Mix	Dried Fruit & Peanut Butter Breakfast Cookies	Berry Kefir Smoothie	Dried Fruit & Peanut Butter Breakfast Cookies	Warm Buttered Pecans
Dinner	Dijon Salmon with Green Bean Rice Pilaf	Edamame & Chicken Greek Salad leftover	Grilled Pork Loin with White Bean Puree	Eggplant Lasagna	Turkey Chili	Turkey Chili	Roasted Vegetables with Spiced Lentils
Supplements	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1
Men	4 ounces Cheddar Cheese	Trail Mix	4 ounces Cheddar Cheese	Trail Mix	Trail Mix	4 ounces Cheddar Cheese	Trail Mix

It's Kick Off Time!

Your 42 Day Anti-inflammatory and immune boosting transformation starts....NOW! This week is a major week with new meals galore. We know you're excited and want to make sure you stay strong throughout this week.

The meal plans below are there to make sure you've lightened your load during the work week. Prep now and rest later is our motto for week 1!

Your grocery list may be filled with new items and you'll find this week's bill to be your most expensive week as we add in pantry goods that may not be found in your house. Check your spice cabinet (and your neighbors') before you purchase new spices, which can add up your total quickly.



GROCERY LIST

Produce

2 bulbs garlic
6 large lemons
2 small bottles of lemon juice
1 bunch ripe bananas
1 pint fresh raspberries
1 pt fresh blueberries
1 bag frozen shelled edamame
4 romaine hearts
1 pt cherry tomatoes
1 Cucumber (European or seedless preferred)
1 pt Kalamata olives
2 red onions
1 lb haricots verts or thin green beans
1/2 pound broccoli
1 1-lb bag spinach leaves
2 shallots
2 large eggplants
3 yellow onion
1 pint cherry tomatoes
1 ripe pineapple
1 bunch fresh cilantro
1 bunch fresh basil
1 bunch parsley
1 bunch fresh mint
1 avocado
1 bag arugula
1 bag frozen mixed berries
1 small bottle orange juice
2 medium red bell pepper
1 lb black lentils
1 lb total of your favorite root vegetables
Suggestions: turnips, onions, carrots, parsnips, sweet potatoes
1 bag chopped kale

Meat/Dairy

1 rotisserie chicken
2 pounds extra lean ground turkey
2½- to 3-pound pork tenderloin
2.5 pounds wild salmon
Cooking tip: look for skin-on fillets of salmon, and cook the fish over high heat, skin-side down to get a crunchy, crispy skin. This will add a nice piece of texture to your final dish, and it's super healthy.
12 ounces lean ground beef
Tip: Look for grass-fed beef. It's more nutritious and more sustainable.
1 lb bacon
1 stick butter
1 dozen eggs
1/2 gal unsweetened almond milk
1 lb crumbled feta cheese
1 qt plain yogurt
1 qt part-skim ricotta cheese
1 lb mozzarella
2 ounces goat cheese
1 bottle low-fat plain kefir
1 qt plain yogurt
1 lb of Cheddar cheese

Spices (check your pantry before buying)

salt
pepper
chili powder
vanilla extract
ground nutmeg
red pepper flakes
dried basil
dried oregano
cinnamon
Maldon salt flakes (may be replaced with any form of salt)
cayenne pepper
garlic powder
ground coriander
ground cumin
ground allspice

Canned/Boxed Goods (check your pantry before buying)

2 15-ounce cans cannellini beans, rinsed
1 can black beans
1 can chickpeas
2 (15 oz) cans dark red kidney beans
4 (15 oz) can sweet corn
2 (28-ounce) can diced tomatoes or crushed tomatoes
1 (28 ounce) can no-salt-added crushed tomatoes
1 box chicken broth
1 box low-sodium chicken broth

Condiments + Nuts + Seeds (check your pantry before buying)

Crunchy peanut butter
Maple syrup
Raisins
Dried cranberries
Shelled sunflower seeds
Dried apricots
Mayonnaise
Whole-grain mustard
Pine nuts
Honey
Walnuts
Cashews
Roasted almond
Banana chips
Dried cranberries
Semisweet chocolate chips
Pecan halves

Oils + Vinegars + Wine (check your pantry before buying)

White vinegar
Olive oil
Coconut oil
Sherry vinegar
Red wine vinegar
Red wine (one bottle, dry wine works best!)

Grains + Bakery (check your pantry before buying)

Old-fashioned gluten-free oats(may sub with regular oats)
Gluten-free bread (may use whole grain traditional bread)
Precooked brown rice

WEEK 2

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Peanut Butter Protein Overnight Oats	2 Eggs, gluten-free Toast, cup raspberries	Ham & Broccoli Omelet	Apple Cinnamon Protein Oatmeal	2 Eggs, gluten-free Toast, cup raspberries	Garlic Kale with Poached Eggs and Toast	Green Protein Smoothie
Lunch	Pineapple Three Bean Salad	Tuna and Romaine Salad with Boiled Eggs	Spaghetti Squash & Meatballs	Tandoori Chicken Skewers	Lentil, Beetroot and Hazelnut Salad with Ginger Dressing	Lentil, Beetroot and Hazelnut Salad with Ginger Dressing	Brown Rice & Edamame Salad
Snack	Trail Mix	1 T pb + 1/2 apple	Warm Buttered Pecans	Strawberry Nice Cream	Oats & Chocolate Overnight Oats	Strawberry Nice Cream	Berry Chia Puddings
Dinner	Chicken Thighs Carrots	Spaghetti Squash & Meatballs	Tandoori Chicken Skewers	Rosemary Orange Salmon	Rosemary Orange Salmon	Slow Cooker Black Bean Soup	Slow Cooker Black Bean Soup
Supplements	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1
Men	Grain-Free PB&J Swirl Pancakes	Grain-Free PB&J Swirl Pancakes	Trail Mix	Trail Mix	Trail Mix	4 ounces Cheddar Cheese	4 ounces Cheddar Cheese

High five, my friend!

You've completed your first week of anti-inflammatory nutrition.

And, you've probably learned a few things, like whether or not you love beets, if smoothies make your morning so much easier and if Wednesday night's meals need to be prepped in advance.

It's time to relook at last week and consider how we'll make this week an extraordinary success. Remember, this is a guide, not a hard and fast plan.



GROCERY LIST

Produce

2 bulbs of garlic
1 bottle of lemon juice
1 small pineapple
1 bunch bananas
2 small apples
1 pint fresh raspberries
1 package frozen mixed berries
1 pint fresh blueberries
2 pound fresh strawberries
1 bag frozen broccoli florets
1 large, ripe tomato
1 bunch of green onions
1 lb package of kale
1 pt cherry tomatoes
1 lb frozen, shelled edamame
1 small bunch celery
2 lemons
2 heads romaine lettuce
1 pt cherry tomatoes
1 large spaghetti squash
2 onions
1 package black lentils
3 large, red beets
1 bunch cilantro
1 bunch parsley
1 bunch fresh mint
1 bunch fresh rosemary
1 small piece fresh ginger
4 carrots
2 oranges
1 lb asparagus
jalapenos

Meat / Dairy

1.5 lb salmon
Cooking tip: look for skin-on fillets of salmon, and cook the fish over high heat, skin-side down to get a crunchy, crispy skin. This will add a nice piece of texture to your final dish, and it's super healthy.
2 lbs ground turkey
2 lbs chicken breasts
6 small chicken thighs
1 small piece of ham
1 lb butter (salted)
2 dozen eggs
1 box unsweetened almond milk
1 small bottle reduced-fat milk
1 lb cheddar cheese
.5 lb parmesan cheese
Tip: Get the block of parmesan, not pre-grated -- it's got a more complex and intense flavor.
1 pt plain yogurt

Spices

(check your pantry before buying)
salt
ground black pepper
apple pie spice or one jar each: nutmeg and allspice
red pepper flakes
chili powder
ground cinnamon
paprika
cumin
garam masala, optional
turmeric
cayenne
Maldon salt flakes
1 small bag of sugar
1 tin of cocoa powder

Canned / Boxed Goods

(check your pantry before buying)
1 can black beans
1 can chickpeas
Reserve the liquid from the can! Chickpea liquid, known as aquafaba, can be used as a low-calorie egg white substitute.
1 can of corn
1 can of tuna in oil
1 small bag brown rice
1 large container vegetable broth
1 bag almond flour
1 box arrowroot starch
1 jar peanut butter powder
1 jar baking powder
1 jar baking soda
1-pound dry black beans

Condiments + Nuts + Seeds

(check your pantry before buying)
Maple syrup
Peanut butter powder
Mayonnaise
Dijon mustard
1 (24-ounce) jar marinara sauce
Hazelnuts
Tamari gluten-free soy sauce (may be replaced with regular soy sauce)
Peanuts
Pecan halves
Salsa
Honey
Unsalted cashews
Roasted almond
Dried banana chips
Dried cranberries
1 bag chia seeds
Semisweet chocolate chips

Oils + Vinegars + Wine

(check your pantry before buying)
Extra-virgin olive oil
Canola oil
White vinegar
Sherry vinegar
Apple cider vinegar
Peanut oil
Rice wine vinegar

Grains + Bakery

(check your pantry before buying)
Old-fashioned rolled gluten-free oats (may sub with regular oats)
Gluten-free bread (may use whole grain traditional bread)

Etc

8-12 wooden skewers
Make sure to soak these in water before using, so the skewers don't burn up!
1 container protein powder (we have recipes with chocolate and vanilla, but you can buy your favorite)

WEEK 3

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Grain-Free PB&J Swirl Pancakes	No-Bake Chewy Granola Bars	Grain-Free PB&J Swirl Pancakes	Sausage & Mushroom Mini-Quiche	Sausage & Mushroom Mini-Quiche	Protein Packed Pancakes	Peanut Butter Protein Oats
Lunch	Spinach and Feta Frittata	Spinach and Feta Frittata	Chef Salad	Roasted Squash and Chicken Salad	Grilled Pork Loin with White Bean Puree	Italian Pesto Chicken Salad	Roasted Broccoli Salad with Spinach, Blueberries, and Seeds
Snack	No-Bake Chewy Granola Bars	Grain-Free PB&J Swirl Pancakes	No-Bake Chewy Granola Bars	Oats & Chocolate Overnight Oats	1/4 cup hummus + 6 oz carrots	Cherry-Berry Chocolate Smoothie	Berry Chia Puddings
Dinner	Roasted Vegetables with Spiced Lentils	Roasted Vegetables with Spiced Lentils	Roasted Squash and Chicken Salad	Grilled Pork Loin with White Bean Puree	Turkey Chili	Turkey Chili	Italian Pesto Chicken Salad
Supplements	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1
Men	4 ounces Cheddar Cheese	Trail Mix	4 ounces Cheddar Cheese	Trail Mix	Trail Mix	4 ounces Cheddar Cheese	Trail Mix

Week 3 has gotten here, oh so fast!

Your body is likely acclimating incredibly well to your new routine. You may find yourself waking up feeling great, getting longer and deeper sleep, or feeling invigorated when you used to be tired mid-afternoon.

This is all thanks to your nutrition changes.

Big questions to ask yourself for the long term:

- What has worked for your meal prep?
- What are the easiest kinds of meals for you to make?
- What meals do you savor eating and are worth the extra effort?



GROCERY LIST

Produce

2 bulbs garlic
2 lemons
1 small bottle lemon juice
1 medium bunch of bananas
4 ounce package of mushrooms
1 bunch green onions
1 bunch fresh rosemary
1 bunch parsley
1 bunch fresh thyme
1 lb bag spinach
2 heads Romaine lettuce
1 pint grape tomatoes
1 large avocado
1 medium-sized red onion
2½ pounds acorn squash
2 medium-sized containers mixed salad greens 3 medium-sized shallots
1 bag of arugula
1 bag frozen broccoli florets
1 red onion
2 yellow onion
1 bag baby carrots
2 pint fresh blueberries
1 lb fresh strawberries
1 bag frozen cherries
3 medium-sized red beets
1 bag frozen strawberries
1 bag frozen blueberries
1 bag frozen mixed berries
1 bag of black lentils
1 lb total of your favorite root vegetables
1 lb bag of kale
1 large acorn squash
2 medium red bell peppers
1 pint cherry tomatoes

Meat/Dairy

2 2½- to 3-pound pork tenderloin
1 lb turkey breakfast sausage
2 pounds extra lean ground turkey
1 small package sliced turkey breast
1 rotisserie-style chicken
2 pound boneless, skinless chicken breast
1 lb shredded or chopped cooked chicken
Tip: for a richer flavor, buy another rotisserie-style chicken and use that!
4 dozen eggs
1 quart milk
½ lb Swiss cheese
2 quarts unsweetened almond milk
1 lb of crumbled feta cheese
½ lb Parmesan cheese
1 pint nonfat plain Greek yogurt
1 pint of plain yogurt

Spices (check your pantry before buying)

table salt
black pepper
baking powder
baking soda
vanilla extract
crushed red pepper
1 tin of cocoa powder
garlic powder
ground coriander
ground cumin
ground allspice
chili powder
dried oregano
cayenne pepper
cinnamon

Canned/Boxed Goods (check your pantry before buying)

1 bag almond flour
1 bag arrowroot starch
1 jar peanut butter powder
1 box quick-cooking oats
1 box O-shaped cereal
1 jar creamy peanut butter
1 bag almond meal
1 box chicken broth
1 15-ounce can cannellini beans
1 box of low-sodium chicken broth
1 small bag of sugar
2 (28-ounce) can diced tomatoes or crushed tomatoes 2 (15 oz) cans dark red kidney beans
2 (15 oz) can sweet corn
1 15-ounce can cannellini beans

Condiments + Nuts + Seeds (check your pantry before buying)

Maple syrup
Honey
Unsalted, shelled pistachios
Shredded coconut
Pitted dates
Whole-grain mustard
Salted roasted pumpkin seeds
Mayonnaise
Pesto
Pine nuts
Shelled sunflower seeds
Low-sodium chicken broth
Unsalted cashews
Roasted almonds
Dried banana chips
Dried cranberries
Semisweet chocolate chips
Tub of your favorite hummus
1 bag chia seeds

Oils + Vinegars + Wine (check your pantry before buying)

Olive oil
Canola oil
Apple cider vinegar
Red wine vinegar

Grains + Bakery (check your pantry before buying)

Old-fashioned rolled gluten-free oats (may sub with regular oats)
Gluten free bread (may use whole grain traditional bread)

Etc

Cooking spray
1 container Well Fed Body Chocolate protein
1 bag protein powder (we have recipes with chocolate and vanilla, but you can buy your favorite)

WEEK 4

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 High Protein Banana Muffins	2T. Peanut Butter, 2slices GF Toast, 1/2 c Strawberries	1 High Protein Banana Muffin	1/4 c Paleo Granola + 1/4 c Greek Yogurt	2 Zucchini Chocolate Chip Oat Balls	1/4 c Paleo Granola + 1/4 c Greek Yogurt	Apple Cinnamon Protein Oatmeal
Lunch	Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing	One-Pan Pork Dinner	Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing	Salad Nicoise	Rosemary Orange Salmon	Lettuce Leaf Tacos	Goat Cheese Polenta with Roasted Root Vegetables
Snack	2 High Protein Banana Muffins	2 High Protein Banana Muffins	1 High Protein Banana Muffin	2 Zucchini Chocolate Chip Oat Balls	1/4 c Paleo Granola + 1/4 c Greek Yogurt	2 Zucchini Chocolate Chip Oat Balls	Berry Kefir Smoothie
Dinner	One-Pan Pork Dinner	Brown Rice & Edamame Salad	Salad Nicoise	Rosemary Orange Salmon	Lettuce Leaf Tacos	Chicken Thighs & Carrots	Chicken Thighs & Carrots
Supplements	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1
Men	Sausage & Mushroom Mini-Quiche	Green Protein Smoothie + 2 hard-boiled eggs	Sausage & Mushroom Mini-Quiche	Green Protein Smoothie + 2 hard-boiled eggs	4 ounces Cheddar Cheese	4 ounces Cheddar Cheese	Trail Mix

You've passed the halfway point!

There's nothing better than seeing what 3 short weeks of work can do to one's body

...it's quite simply amazing!



GROCERY LIST

Produce

1 bunch bananas
1 large zucchini
1 apple
1 bottle of lemon juice
2 bulbs garlic
1 lb Brussels sprouts
1 large butternut squash
2 avocados
2 oranges (Cara Cara is our favorite for this recipe)
5 Yukon Gold potatoes
1 bag frozen broccoli florets
2 yellow onion
2 oranges (Valencia is our favorite for this recipe)
1 bunch asparagus
1 avocado
1 head of Romaine lettuce
2 medium-sized beets
1 small butternut squash
1 bag of frozen mixed berries
1 lb fresh strawberries
1 small bottle of orange juice
1 bag of frozen, shelled edamame beans
1 bag of large carrots
2 bunches of fresh rosemary
1 bunch of green onions
1 bunch of fresh sage (for most fresh spices you can sub dry in a pinch)
1 bunch of fresh dill
1 bunch of fresh rosemary
1 bunch of fresh mint
1 bunch of fresh cilantro
8 ounces mushrooms
1 bag of kale or baby spinach

Meat/Dairy

10–12 ounces salmon
2 pound ground beef
1 lb cooked chicken

Tip: for a richer flavor, use a cooked rotisserie-style chicken!

1 1/4 pound pork tenderloin
1 lb bacon
6 chicken thighs
8 ounces turkey breakfast sausage
3 dozen eggs
1 pint of sour cream
1 pint of heavy cream
1 lb cheddar cheese
½ lb of goat cheese
1 lb of butter
1 bottle low-fat plain kefir
½ lb Swiss cheese
1 bottle of 1% milk
1 quart of almond milk

Spices (check your pantry before buying)

salt
pepper
baking powder
baking soda
ground cinnamon
ground ginger
apple pie spice (or, you can use a dash of each: cinnamon, nutmeg and allspice!)
cumin
paprika
chili powder
dried oregano
garlic powder

Canned/Boxed Goods (check your pantry before buying)

Unsweetened coconut flakes
Low-sodium vegetable or chicken broth
Polenta fine cornmeal or corn grits
Brown rice

Condiments + Nuts + Seeds (check your pantry before buying)

creamy peanut butter
smooth almond butter
Slivered raw almonds
Raw pecans
Peanuts
Unsalted cashews
Raw walnuts
Honey
Maple syrup
Semi-sweet mini chocolate chips
Tahini
Stone-ground mustard
Pesto
Tamari gluten-free soy sauce (may be replaced with regular soy sauce)
Dried banana chips
Dried cranberries
1 bag of chia seeds

Oils + Vinegars + Wine (check your pantry before buying)

Olive oil
Canola oil
Coconut oil
Sherry vinegar
Peanut oil
Rice wine vinegar

Grains + Bakery (check your pantry before buying)

Gluten-free oat flour
Flaxseed meal
Old fashioned gluten-free rolled oats (may sub with regular oats)
Quinoa
Gluten-free bread (may use whole grain traditional bread)

Etc

Protein Powder (we have recipes with chocolate and vanilla, but you can buy your favorite)
Cooking spray

WEEK 5

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Peanut Butter Protein Overnight Oats	Ham & Broccoli Omelet	2 Eggs, gluten-free Toast, cup raspberries	Protein Packed Pancakes	No-Bake Chewy Granola Bars	Protein Packed Pancakes	Garlic Kale with Poached Eggs and Toast
Lunch	Roasted Broccoli Salad with Spinach, Blueberries, and Seeds	Eggplant Lasagna	Tandoori Chicken Skewers	Mexican Sweet Potatoes	Spaghetti Squash & Meatballs	Goat Cheese Polenta with Roasted Root Vegetables	Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing
Snack	Strawberry Nice Cream	Strawberry Nice Cream	No-Bake Chewy Granola Bars	No-Bake Chewy Granola Bars	Warm Buttered Pecans	Berry Kefir Smoothie	No-Bake Chewy Granola Bars
Dinner	Eggplant Lasagna	Tandoori Chicken Skewers	Mexican Sweet Potatoes	Spaghetti Squash & Meatballs	One-Pan Pork Dinner	Roasted Vegetables with Spiced Lentils	Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing
Supplements	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1
Men	Trail Mix	Trail Mix	Sausage & Mushroom Mini-Quiche	Sausage & Mushroom Mini-Quiche	4 ounces Cheddar Cheese	4 ounces Cheddar Cheese	Green Protein Smoothie + 2 hard-boiled eggs

Only two weeks to go!

When you're in the home stretch it's all about staying the course. It's why leftovers become your new best friend come week 5. Prep and cook once, eat for multiple meals. Consider doubling (or if you're like my family, tripling) up and watch as your prep time winds down and your food enjoyment winds up.

Be hyper-aware of what you're drinking this week: liquid calories are not empty calories.
Our challenge to you:

- Drink a full 64 ounces of pure water daily
- Add in an unsweetened herbal tea each day. Try a red zinger if you love tart flavors, a peppermint for mornings, or a chamomile tea in the evening.
- Avoid artificial sweeteners, plain and simple.
- Start every day with a warm cup of water and a squeeze of fresh lemon. Bitterly crazy... yes. But it's the perfect palate cleanser and ensures that you're hydrated after a long night.



GROCERY LIST

Produce
2 bulbs garlic
1 large bunch bananas
1 bag frozen broccoli florets
1 large tomato
1 bunch green onions
1 1-lb bag kale
1 pound frozen broccoli florets
1 bottle of lemon juice
1 bag of spinach
1 red onion
2 large eggplants
2 yellow onions
1 bunch fresh cilantro
2 bunch fresh parsley
1 bunch fresh sage
1 bunch of fresh mint
3 medium sweet potatoes
1 spaghetti squash
4 small red beets
1 medium butternut squash
1 lb Brussels sprouts
1 avocado
1 orange (Cara Cara is our favorite for this recipe)
1 pound fresh strawberries
1 pint fresh blueberries
1 pint fresh raspberries
1 package frozen mixed berries
1 small bottle of orange juice
5 medium carrots
5 Yukon Gold potatoes
1 bag black lentils
1lbs total of your favorite root vegetables
Suggestions: turnips, onions, carrots, parsnips, sweet potatoes
8 ounces mushrooms

Meat/Dairy
2 dozen eggs
1 1/4 pound pork tenderloin
1 lb bacon
1 lb cooked ham
1 pound ground turkey
8 ounces turkey breakfast sausage
2 pounds of chicken breast
12 ounces lean ground beef
1 rotisserie chicken
1 quart of unsweetened almond milk
1 bottle of reduced-fat milk
1 bottle of low-fat plain kefir
1 bottle 1% milk
1 quart plain yogurt
1 pint part-skim ricotta cheese
1 package of part-skim mozzarella cheese
1 package cream cheese
½ lb swiss cheese
½ lb parmesan cheese
1 lb goat cheese
1 lb mild cheddar cheese
.5 lb sharp cheddar cheese
1 pint of sour cream
1 lb butter

Spices (check your pantry before buying)
salt
pepper
baking powder
vanilla extract
red pepper flakes
dried basil
dried oregano
paprika
ground cumin
garam masala, optional
turmeric
cayenne
cinnamon
Maldon salt flakes(may be replaced with any form of salt)
garlic powder
ground coriander
ground allspice

Canned/Boxed Goods
(check your pantry before buying)
Peanut butter powder
O-shaped cereal
1 (28 ounce) can no-salt-added crushed tomatoes
1 can of chipotle peppers in adobo sauce
1 can corn
1 can black beans
Low-sodium vegetable or chicken broth
Polenta or fine ground cornmeal

Condiments + Nuts + Seeds
(check your pantry before buying)
Maple syrup
Unsweetened shredded coconut
Semi-sweet mini chocolate chips
Unsalted cashews
Dried banana chips
Dried cranberries
Unsalted pistachios
Pecan halves
Almonds
Creamy peanut butter
Honey
Pitted dates
Shelled sunflower seeds
1 (24-ounce) jar marinara sauce
Pesto
Tahini
Tamari gluten-free soy sauce (may be replaced with regular soy sauce)
Stone-ground mustard

Oils + Vinegars + Wine
(check your pantry before buying)
Olive oil
Canola oil
White vinegar
Sherry vinegar
Red wine vinegar
Dry red wine

Grains + Bakery
(check your pantry before buying)
Quick-cooking oats
Old-fashioned rolled gluten-free oats
Gluten-free bread (may use whole grain traditional bread)
Almond meal
Quinoa

Etc
Protein powder (we have recipes with chocolate and vanilla, but you can buy your favorite)
Cooking spray
6-8 wooden skewers

WEEK 6

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Dried Fruit & Peanut Butter Breakfast Cookies	Garlic Kale with Poached Eggs and Toast	Dried Fruit & Peanut Butter Breakfast Cookies	Raspberry-Banana Overnight Oats	Dried Fruit & Peanut Butter Breakfast Cookies	Garlic Kale with Poached Eggs and Toast	Dried Fruit & Peanut Butter Breakfast Cookies
Lunch	Edamame & Chicken Greek Salad	Dijon Salmon with Green Bean Rice Pilaf leftover	Roasted Broccoli Salad with Spinach, Blueberries, and Seeds	Grilled Pork Loin with White Bean Puree	Eggplant Lasagna	Pineapple Three Bean Salad	Avocado Bacon & Goat Cheese Salad
Snack	Trail Mix	Dried Fruit & Peanut Butter Breakfast Cookies	Trail Mix	Dried Fruit & Peanut Butter Breakfast Cookies	Berry Kefir Smoothie	Dried Fruit & Peanut Butter Breakfast Cookies	Warm Buttered Pecans
Dinner	Dijon Salmon with Green Bean Rice Pilaf	Edamame & Chicken Greek Salad leftover	Grilled Pork Loin with White Bean Puree	Eggplant Lasagna	Turkey Chili	Turkey Chili	Roasted Vegetables with Spiced Lentils
Supplements	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1	Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1
Men	Green Protein Smoothie + 2 hard-boiled eggs	2 High Protein Banana Muffins + 1 cup yogurt	2 High Protein Banana Muffins + 1 cup yogurt	Trail Mix	Trail Mix	4 ounces Cheddar Cheese	4 ounces Cheddar Cheese

7...6...5...4...3...2...1!

You're days away from ending this 6 week anti-inflammatory and immune boosting meal plan strong. Each day counts quite literally this week. Here are our tips to making the most of it:

- Stay hydrated. Don't forget your water, my friend. It makes a huge difference on your hunger.
- Keep your protein intake up. Protein powder is your best friend in making sure you keep burning fat and adding muscle.
- Don't consider going hungry. If you starve yourself down a pound, you're likely to see it (and a few friends) pop right back on your body the following week. Now is the time to eat smart.
- Snack smart. Pack your snacks in advance and make sure you keep your hunger satiated throughout the day.



GROCERY LIST

Produce
2 bulbs garlic
2 lbs kale
1 lemon
1 bottle lemon juice
1 bunch bananas
1 bag frozen shelled edamame
2 romaine hearts
2 pints cherry or grape tomatoes
1 European cucumber
2 bunches fresh basil
1 pint Kalamata olives
1 red onion
1 lb pretrimmed haricots verts or thin green beans
1 bag frozen broccoli florets
1 bag spinach leaves
1 pint fresh blueberries
1 pint fresh raspberries
1 bag frozen mixed berries
1 whole pineapple
1 bunch parsley
1 bunch fresh cilantro
1 bunch fresh mint
1 shallot
2 large eggplants (2½-3 pounds total)
2 yellow onion
1 avocado
1 bag arugula
1 small bottle orange juice
1 medium red bell pepper
1 bag black lentils
1 lb total of your favorite root vegetables
Suggestions: turnips, onions, carrots, parsnips, sweet potatoes
1 cup kale or baby spinach

Meat/Dairy
1¼ pounds wild salmon
Cooking tip: look for skin-on fillets of salmon, and cook the fish over high heat, skin-side down to get a crunchy, crispy skin. This will add a nice piece of texture to your final dish, and it's super healthy.
1 rotisserie chicken
1 2½- to 3-pound pork tenderloin
12 ounces lean ground beef
1 pound extra lean ground turkey
1 lb bacon
butter
3 dozen eggs
½ lb cheddar cheese
½ lb crumbled feta cheese
1 pint part-skim ricotta cheese
1 lb shredded part-skim mozzarella cheese
½ lb goat cheese
1 quart yogurt
1 bottle low-fat plain kefir
1 quart unsweetened almond milk

Spices (check your pantry before buying)
salt
pepper
baking powder
baking soda
ground ginger
vanilla extract
cinnamon
ground nutmeg
red pepper flakes
dried oregano
chili powder
salt flakes
ground cumin
cayenne pepper
garlic powder
ground coriander
ground allspice

Canned/Boxed Goods
(check your pantry before buying)
Precooked brown rice
1 carton low-sodium chicken broth
1 carton chicken broth
1 (28 ounce) can no-salt-added crushed tomatoes
1 (28-ounce) can diced tomatoes or crushed tomatoes
1 can black beans
1 15-ounce cans cannellini beans
2 (15 oz) cans dark red kidney beans
1 can chickpeas
2 cans sweet corn kernels

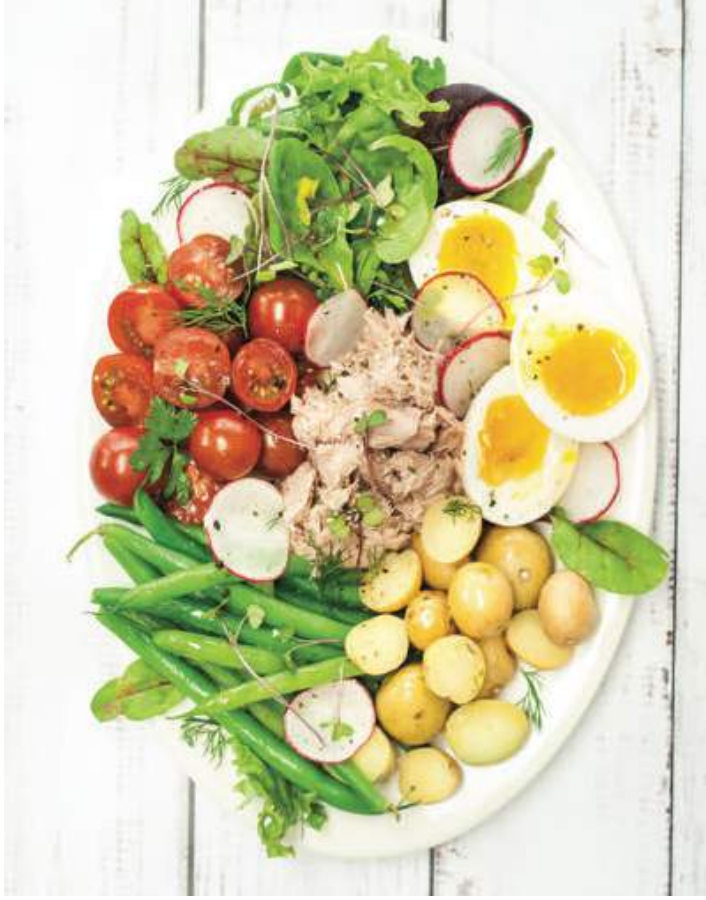
Condiments + Nuts + Seeds
(check your pantry before buying)
Maple syrup
Whole-grain mustard
Mayonnaise
Shelled sunflower seeds
Crunchy peanut butter
Pine nuts
Walnuts
Pecan halves
Unsalted cashews
Rraisins
Dried cranberries
Chopped dried apricots
Dried banana chips
Semisweet chocolate chips

Oils + Vinegars + Wine
(check your pantry before buying)
Olive oil
Canola oil
Coconut oil
White vinegar
Sherry vinegar
Red wine vinegar
1 bottle dry red wine

Grains + Bakery
(check your pantry before buying)
Old-fashioned rolled gluten-free oats
Gluten-free bread (may use whole grain traditional bread)
Gluten-free oat flour

Etc
Protein powder (we have recipes with chocolate and vanilla, but you can buy your favorite)





RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS



Raspberry-Banana OVERNIGHT OATS

YIELD 1 SERVING

290 KCAL

INGREDIENTS

1/2 cup unsweetened almond milk

1/2 cup old-fashioned rolled gluten-free oats

1/2 banana, mashed

1/2 cup fresh raspberries

1 teaspoon maple syrup

Pinch of salt

PREPARATION

Combine all ingredients in a mason jar or bowl. Refrigerate overnight.

Note: Overnight oats can be eaten cold or warmed up in the microwave, but you do not need to cook them. We've included gluten free oats for allergy friendly and anti-inflammatory measures but use any kind you have SO long as they're old fashioned, which is necessary.

Peanut Butter Protein OVERNIGHT OATS

Note: Peanut Butter Powder is a favorite of ours and is available inexpensively in grocery stores and on Amazon.

YIELD 1 SERVING

320 KCAL

INGREDIENTS

1/2 cup unsweetened almond milk

1/2 cup old-fashioned rolled gluten-free oats

1 tablespoon maple syrup

1 tablespoon peanut butter powder

1/2 banana, sliced

PREPARATION

Combine all ingredients in a mason jar or bowl. Refrigerate overnight.

Note: Overnight oats can be eaten cold or warmed up in the microwave, but you do not need to cook them. We've included gluten free oats for allergy friendly and anti-inflammatory measures but use any kind you have SO long as they're old fashioned, which is necessary.

Dried Fruit & Peanut Butter
BREAKFAST COOKIES

Note: Depending on how heaping your tablespoon of cookie dough is, you may have more or less cookies. Divide your total number into 10 portions and you'll have the right serving.

YIELD
10 COOKIES

SERVING SIZE
1 COOKIE

290
KCAL



INGREDIENTS

1/2 cup crunchy peanut butter

1/4 cup warm coconut oil

1 large egg

3 tablespoons maple syrup

1 teaspoon vanilla

2 cups old-fashioned rolled gluten-free oats

1 cup raisins

1/2 cup dried cranberries

1/2 cup chopped dried apricots

1 teaspoon cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

PREPARATION

Preheat oven to 350°.

Combine first 5 ingredients in a large bowl.

Add remaining ingredients to peanut butter mixture; stir until well combined.

Press 2 tablespoons of mixture into a 21/2-inch round cookie cutter onto a baking sheet lined with parchment paper. Continue with remaining mixture.

Bake at 350° for 14-16 minutes, or until fragrant and golden. Cool on pan.

Simply Good EGGS, FRUIT & TOAST

YIELD 1 SERVING | 285 KCAL

Note: You can sub in any type of whole grain toast, but avoid white bread here.

INGREDIENTS

2 Eggs

Gluten-free Toast

1/2 cup raspberries

Sausage & Mushroom MINI-QUICHE

YIELD 3 SERVINGS | SERVING SIZE 4 QUICHES | 408 KCAL

INGREDIENTS

Cooking spray

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces

1 teaspoon extra-virgin olive oil

8 ounces mushrooms, sliced

1/4 cup sliced green onions

1/4 cup shredded Swiss cheese

1 teaspoon freshly ground pepper

5 eggs

3 egg whites

1 cup 1% milk

PREPARATION

Preheat oven to 325°.

Coat a muffin tin with cooking spray and set aside.

Cook breakfast sausage in a large non-stick skillet for 6-8 minutes, or until cooked through and no longer pink. Transfer sausage to a bowl.

Add olive oil to skillet. Cook mushrooms in hot oil for 5 minutes or until golden. Transfer mushrooms to bowl of sausage. Add green onions, cheese, and pepper.

In another bowl, combine eggs, egg whites, and milk. Stir with a wire whisk. Divide mixture evenly among prepared muffins tins. Spoon sausage mixture evenly into each tin filled with egg mixture.

Bake at 325° for about 25 minutes or until tops become golden and quiches are cooked through. Allow to cool 5 minutes in tins before removing quiches.

Ham & Broccoli OMELET

YIELD 1 SERVING

260 KCAL

INGREDIENTS

1/2 cup diced ham

1 cup chopped broccoli

1/4 cup chopped tomato

1 large egg

1 tablespoon reduced-fat milk

1 scallion, sliced

1/8 teaspoon salt

1/8 teaspoon ground pepper

1 teaspoon canola or avocado oil

2 tablespoons shredded sharp Cheddar cheese

PREPARATION

Cook ham and broccoli in a large nonstick skillet over medium-high heat until ham is warm and broccoli is just tender. Add tomato; cook for an additional minute. Remove mixture from skillet and keep warm.

Combine egg, milk, scallion, salt, and pepper in a bowl. Add oil to pan and heat over medium heat until warm. Add egg mixture, tilting pan to coat bottom of pan. Cook, without stirring, for about 2 minutes, or until set. Carefully flip egg out onto a plate. Sprinkle with cheese and top with ham mixture. Fold in edges of egg.

Protein Packed PANCAKES

YIELD 2 SERVINGS

220 KCAL

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice!

INGREDIENTS

1 medium banana, mashed

2 large eggs

1/4 cup almond meal

1 scoop Well Fed Body Vanilla Protein powder

1/4 teaspoon baking powder

PREPARATION

Combine all ingredients. Spoon 1/4-cup measures out onto hot griddle. Cook for 2 minutes, or until bubbles begin to form. Flip and cook an additional 2 minutes.

Garlic Kale with POACHED EGGS & TOAST

YIELD 1 SERVING | 383 KCAL

INGREDIENTS

1 tablespoon white vinegar

2 large eggs

1 slice gluten-free bread

1 teaspoon Extra-virgin olive oil

1 large or 2 small cloves of garlic, thinly sliced

1/4 teaspoon red pepper flakes

2 cups kale, center ribs removed, sliced into 1/2-inch-wide ribbons

1/2 teaspoon Kosher salt

1/2-3/4 teaspoon sherry vinegar

PREPARATION

Combine 2 cups of water with white vinegar and bring to a light simmer. Poach eggs, one at a time, in water. Remove eggs to drain.

Toast bread in a toaster.

Heat olive oil and garlic in a large skillet for 2 minutes or until fragrant. Add pepper flakes, kale, salt, and sherry vinegar to pan. Cook for 3-4 minutes or until kale is wilted.

Top toast with kale and eggs.

Green Protein SMOOTHIE

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice

YIELD 1 SERVING | 340 KCAL

INGREDIENTS

1 cup almond milk

1 cup kale or baby spinach

1 large frozen banana, cut into chunks

1 tablespoon peanut butter

pinch of ground cinnamon

1 scoop Well Fed Body Vanilla Protein Powder

2 to 3 ice cubes

PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.

Grain-Free

PB&J SWIRL PANCAKES

YIELD 4 SERVINGS | SERVING SIZE 4 PANCAKES | 500 KCAL



INGREDIENTS

2 cups mixed berries
2 tablespoons honey
2 tablespoons chia seeds
2 cups almond flour
3/4 cup arrowroot starch
3/4 cup peanut butter powder
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup milk
2 large eggs
1/4 cup organic canola oil
1/4 cup honey
1 teaspoon apple cider vinegar

PREPARATION

To make chia jelly, combine berries and 2 tablespoons honey in a small saucepan. Simmer over medium heat for 10 minutes, stirring occasionally, or until berries are juicy and broken. Remove from heat. Stir in chia seeds. Pulse with an immersion blender, if desired, to smooth out jelly. Transfer to a bowl and chill for 4 hours or overnight.

Combine almond flour, arrowroot, peanut butter powder, baking powder, baking soda, and salt in a medium bowl.

Combine milk, eggs, oil, 1/4 cup honey, and apple cider vinegar in another bowl. Add milk mixture to flour mixture and mix until thick.

Place chilled jelly into a piping bag fitted with a large tip or into a zip-top bag with the corner snipped.

Pour 1/4 cup-fulls of batter onto a hot, greased griddle. Drizzle a swirl of jelly onto top of pancake as it cooks. Flip pancake once it begins to bubble and cook on the swirl side until browned, about 2-3 minutes. Continue with remainder of batter and jelly.

Serve with additional jelly, if desired.

Paleo GRANOLA

YIELD 10 SERVINGS | SERVING SIZE 1/4 CUP | 200 KCAL

INGREDIENTS

1/4 cup unsweetened coconut flakes

1 cup slivered raw almonds

3/4 cup raw pecans

1/2 cup raw walnuts

1 tablespoons chia seeds

1/2 tablespoon flaxseed meal

1 teaspoons ground cinnamon

1/4 teaspoon salt

1 1/2 tablespoons coconut or olive oil

2 tablespoons maple syrup

PREPARATION

Preheat oven to 325°.

Stir together all ingredients.

Spread mixture evenly on a baking sheet.

Bake at 325° for 20 minutes.

Increase heat to 340° and bake an additional 5 minutes.

Apple Cinnamon Protein OATMEAL

YIELD 1 SERVING | 314 KCAL

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice!

INGREDIENTS

1/3 cup old fashioned oats

2/3 cup water

1 small apple, chopped

1/2 teaspoon apple pie spice (or use a dash of each: cinnamon, nutmeg and allspice)

1 scoop Well Fed Body vanilla protein powder

1 tablespoon maple syrup

PREPARATION

Combine all ingredients in a single serving bowl.

Microwave on HIGH for 2 minutes or until thickened.

Stir well before eating.

High Protein BANANA MUFFIN

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice

YIELD 12 MUFFINS | SERVING SIZE 2 MUFFINS | 380 KCAL

INGREDIENTS

1 cup mashed banana (about 2 large bananas)

1 large egg

4 tablespoons honey

3 tablespoons melted coconut oil

3/4 cup gluten-free oat flour

1/2 cup Well Fed Body Vanilla Protein Powder

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon ginger

PREPARATION

Preheat oven to 350°.

Combine banana, eggs, honey, and coconut oil in a medium bowl.

Combine oat flour, protein powder, baking powder, baking soda, cinnamon, ginger, and salt in another medium bowl.

Add banana mixture to oat mixture. Stir until combined.

Scoop batter into 12 muffin tins and bake at 350° for 15 minutes or until pick inserted into the center comes out clean.

Cherry-Berry CHOCOLATE SMOOTHIE

YIELD 1 SERVING | 329 KCAL

INGREDIENTS

1/2 cup frozen cherries

8 oz water

1/2 cup chopped raw beets

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1/2 banana

1 scoop chocolate whey protein

PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.

Italian Pesto CHICKEN SALAD

YIELD 3 SERVINGS | 400 KCAL

Note: Arugula is a slightly bitter lettuce. If it's hard to find or you don't care for it, substitute romaine. We love using a rotisserie chicken to make meal prep super fast!

INGREDIENTS

1/2 cup nonfat plain Greek yogurt

1/3 cup mayonnaise

2 tablespoons minced shallot

2 tablespoons pesto

2 teaspoons lemon juice

1/2 teaspoon salt

1/2 teaspoon ground pepper

3 cups shredded or chopped cooked chicken

1 cup packed coarsely chopped arugula

1/2 cup halved cherry tomatoes

3 tablespoons toasted pine nuts

PREPARATION

Combine all ingredients in a medium bowl. Served chilled or at room temperature.

Mexican SWEET POTATOES

YIELD 3 SERVINGS | 440 KCAL

INGREDIENTS

3 medium sweet potatoes

2 green onions

2 chipotle peppers in adobo sauce, minced

1 ounce cream cheese

1/4 cup sour cream 1 teaspoon salt

1 can corn, drained

1 can black beans, rinsed and drained

1/2 cup chopped cilantro

6 tablespoons shredded Cheddar cheese

PREPARATION

Cook sweet potatoes in oven at 400° for an hour or until tender.

Combine green onions, minced chipotle peppers, cream cheese, sour cream, and salt in a medium bowl.

Combine corn, black beans, and cilantro in another medium bowl.

Slice down middle of sweet potatoes and top with cream cheese mixture and black bean mixture. Top evenly with cheese.

Edamame & Chicken CHICKEN SALAD

YIELD 2 SERVINGS

336 KCAL

INGREDIENTS

2 tablespoons red-wine vinegar

1 1/2 tablespoons extra-virgin olive oil

1/8 teaspoon salt

1/8 teaspoon ground pepper

4 ounces rotisserie chicken, chopped

4 ounces frozen shelled edamame (about 11/2 cups), thawed

4 cups chopped romaine (about 2 romaine hearts)

1/2 cup halved cherry or grape tomatoes

1/4 European cucumber, sliced

1/4 cup crumbled feta cheese

2 tablespoons slivered fresh basil

2 tablespoons sliced Kalamata olives

2 tablespoons slivered red onion

PREPARATION

Combine vinegar, olive oil, salt and pepper in a small bowl.

Toss together chicken, edamame, romaine, tomatoes, cucumber, feta, basil, olives, and red onion in a large bowl. Drizzle evenly with vinegar mixture.

Note: 4 Cups of Romaine is approximately 2 romaine hearts, so each serving will include one romaine. While this may seem like lots of lettuce, it's low calorie greens that are great for you and your health

Chicken & White Bean SOUP

YIELD 6 SERVINGS

248 KCAL

INGREDIENTS

2 teaspoons extra-virgin olive oil

2 leeks, white and light green parts only, cut into 1/4-inch rounds

1 tablespoon chopped fresh sage, or 1/4 teaspoon dried

2 14-ounce cans reduced-sodium chicken broth

2 cups water

1 15-ounce can cannellini beans, rinsed

1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)

PREPARATION

Heat oil in a large stockpot over medium-high heat. Add leeks; cook for 2-3 minutes or until soft. Stir in sage, broth, and water. Increase heat to bring to a boil. Add beans and chicken. Cook, stirring occasionally, until heated.

Note: If you would like a thicker soup, omit the two cups of water. While your portion size will be smaller, for nutritional value and calories this recipe will still have 6 servings.

Goat Cheese Polenta with ROASTED ROOT VEGETABLES

YIELD 2 SERVINGS | 442 KCAL

Note: Don't love beets? Sub with another root veggie!

INGREDIENTS

1 cup cubed beets

1 cup cubed butternut squash

1 tablespoon olive oil

2 cups low-sodium vegetable or chicken broth

1/2 cup polenta fine cornmeal or corn grits

1/4 cup goat cheese

1/4 teaspoon kosher salt

1/4 teaspoon ground pepper

1 tablespoon butter

1 clove garlic, smashed

1 tablespoon torn fresh sage

2 teaspoons prepared pesto

PREPARATION

Preheat oven to 425°.

Coat beets and butternut squash in oil and transfer to a baking sheet. Roast at 425° for 20 minutes or until softened.

Bring broth to a simmer in a medium saucepan. Add cornmeal and whisk to keep from clumping. Cover and cook for 10 minutes. Stir well. Continue to cook another 10 minutes or until thick and creamy. Stir in goat cheese, salt, and pepper. Set aside and keep warm.

Meanwhile, melt butter in a skillet. Add garlic and cook for about 1 minute, stirring constantly. Add sage, pesto, and roasted vegetables.

Serve vegetable mixture on top of polenta.

Spinach & Feta FRITTATA

YIELD 3 SERVINGS | 408 KCAL

INGREDIENTS

2 large eggs

1/2 cup milk

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon olive oil

3 green onions

3 cloves garlic, minced

5 cups spinach

1/2 cup crumbled feta cheese

PREPARATION

Preheat oven to 350°.

Combine eggs, milk, salt, and pepper in a large bowl.

Heat olive oil in a large oven-proof skillet. Add green onions and garlic to hot oil and cook for 1-2 minutes. Add spinach to skillet and cook until it is wilted. Stir in egg mixture. Add feta cheese. Cook, without stirring, for 2-3 minutes.

Transfer skillet to oven and bake at 350° for 8-9 minutes or until cooked through.

LUNCH

Roasted Vegetable & Chicken Grain Bowl with CREAMY TAHINI DRESSING

YIELD
4 SERVINGS

410
KCAL

INGREDIENTS

2 tablespoons tahini

2 tablespoons gluten-free tamari soy sauce

2 tablespoons lemon juice

2 tablespoons water

1 cloves finely minced garlic

2 cups cooked quinoa

4 cups chopped, cooked chicken

2 cups Brussels sprouts, quartered

2 cups cubed butternut squash

1 tablespoon olive oil

1 teaspoon salt

1/2 teaspoon pepper

1 avocado, pitted and cubed

1 Cara Cara orange, peeled and segmented

1/4 cup toasted sliced almonds

PREPARATION

Combine tahini, tamari, lemon juice, water, and garlic in a small bowl.

Divide remaining ingredients among 4 bowls. Drizzle evenly with tahini dressing.

Note: Sub in traditional soy sauce if you're not avoiding gluten. Use rotisserie chicken for easy meal prep. If you're vegetarian, sub in 4 ounces of plant based protein. While we love a Cara Cara orange, any orange will do!

Lentil, Beetroot & Hazelnut SALAD with GINGER DRESSING

YIELD 4 SERVINGS | 400 KCAL

INGREDIENTS

1 cup black lentils, rinsed
2 3/4 cup water
1/2 teaspoon salt
3 cooked beets, chopped
2 green onions, sliced
2 tablespoons chopped hazelnuts
1/4 cup chopped fresh mint
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh ginger
6 tablespoons olive oil
1 teaspoon Dijon mustard
1 tablespoon apple cider vinegar
1/2 teaspoon salt
1/4 teaspoon pepper

PREPARATION

Cover lentils in a saucepan with water and salt. Bring to a boil and reduce to simmer for 15-20 minutes or until lentils are tender. Allow to cool.

Stir beets, green onion, hazelnuts, mint, and parsley into lentils.

Combine ginger, olive oil, Dijon mustard, apple cider vinegar, salt, and pepper in a small bowl. Drizzle over lentil mixture.

Note: Haven't used Apple cider Vinegar? It's one of our favorites not only because it tastes amazing, but for the incredible health properties it brings with it!

Avocado Bacon & GOAT CHEESE SALAD

YIELD 2 SERVINGS | 530 KCAL

INGREDIENTS

2 ounces goat cheese
4 strips cooked bacon
1/2 avocado, peeled and sliced
4 cups arugula
2 ounces walnuts
1/2 tablespoon lemon juice
2 tablespoons olive oil
1 tablespoons red wine vinegar
1/8 teaspoon salt
1/8 teaspoon pepper

PREPARATION

Preheat oven to 400°. Cut goat cheese into half inch sliced rounds. Place on a baking sheet lined with parchment paper. Bake at 400° for about 10 minutes or until golden.

Place bacon and sliced avocado on arugula, and sprinkle with walnuts.

Combine lemon juice, olive oil, red wine vinegar, salt and pepper in a small bowl. Drizzle evenly over salad.

Note: Arugula is a slightly bitter lettuce. If it's hard to find or you don't care for it substitute romaine.

Roasted Broccoli Salad with SPINACH, BLUEBERRIES & SEEDS

YIELD 1 SERVING | 422 KCAL

INGREDIENTS

1/2 pound broccoli florets
1 teaspoons olive oil
1/4 cup plain yogurt
1 teaspoons red wine vinegar
1 clove garlic, minced
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 tablespoon olive oil
1/2 teaspoon lemon juice
1 cups spinach leaves
1/4 cup diced red onion
1/2 cup blueberries
2 tablespoons sunflower seeds

PREPARATION

Preheat oven to 425°.

Toss broccoli florets in olive oil and spread evenly on a baking sheet. Roast at 425° for 20-25 minutes. Allow to cool

Combine yogurt, red wine vinegar, garlic, salt, pepper, 1 tablespoon olive oil, and lemon juice in a small bowl.

Top spinach leaves with red onion, blueberries, sunflower seeds, and roasted broccoli. Drizzle evenly with yogurt mixture.

Pineapple THREE BEAN SALAD

YIELD 4 SERVINGS | 200 KCAL

INGREDIENTS

1 can black beans, rinsed and drained
1 can chickpeas, rinsed and drained
1 1/2 cups cherry tomatoes, halved
1 cup shelled edamame beans, thawed
1 cup corn kernels
1 cup chopped pineapple
1/2 cup minced fresh cilantro
2 teaspoons minced garlic
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper

PREPARATION

Combine all ingredients. Serve chilled or at room temperature.

LUNCH

Tuna & Romaine Salad with BOILED EGGS

YIELD 2 SERVINGS

500 KCAL

INGREDIENTS

1/2 cup chopped celery

2 green onions

5 ounces tuna fish in olive oil

Juice of half lemon

1/4 cup mayonnaise

1 teaspoon Dijon mustard

6 ounces Romaine lettuce

4 large hardboiled eggs, peeled and halved

1 cup cherry tomatoes

PREPARATION

Combine celery, green onions, tuna, lemon juice, mayonnaise, and Dijon mustard in a medium bowl.

Top Romaine lettuce with tuna mixture, eggs, and tomatoes.

Brown Rice & EDAMAME SALAD

YIELD 1 SERVING

320 KCAL

INGREDIENTS

1/4 cup cooked brown rice

1/2 cup shelled edamame beans, thawed

1/2 cup shredded carrots

1 green onion

1 teaspoon peanut oil

2 teaspoons rice wine vinegar

2 teaspoons tamari gluten-free soy sauce

1 tablespoon crushed peanuts

PREPARATION

Top rice with edamame beans, carrots, and green onion.

Combine peanut oil, rice wine vinegar, and tamari. Drizzle evenly over vegetables.

Sprinkle with crushed peanuts.

Note: Sub traditional soy sauce if you're not avoiding gluten.

Chef SALAD

YIELD
1 SERVINGS

400
KCAL

INGREDIENTS

2 cups Romaine lettuce

2 ounces sliced turkey breast

1 hardboiled egg, halved

5 grape tomatoes

1/3 cup diced avocado

2 tablespoons red onion

1 tablespoon olive oil

2 teaspoons red wine vinegar

PREPARATION

Combine lettuce, turkey, egg, tomato, avocado and red onion. Drizzle with olive oil and red wine vinegar.

DINNER

Dijon Salmon with GREEN BEAN RICE PILAF

YIELD 4 SERVINGS

442 KCAL

INGREDIENTS

1 1/4 pounds wild salmon, skinned and cut into 4 portions

3 tablespoons extra-virgin olive oil, divided

1 tablespoon minced garlic, finely minced

3/4 teaspoon salt

2 tablespoons mayonnaise

2 teaspoons whole-grain mustard

1/2 teaspoon ground pepper, divided

12 ounces pretrimmed haricots verts or thin green beans, cut into thirds

1 small lemon, zested and cut into 4 wedges

2 tablespoons pine nuts

1 8-ounce package precooked brown rice

2 tablespoons water

PREPARATION

Preheat oven to 425°. Line a baking sheet with parchment paper.

Drizzle salmon with 1 tablespoon olive oil. Spread garlic on top of salmon and sprinkle with salt.

Combine mayonnaise, mustard, and pepper in a small bowl. Spread mixture on top of salmon.

Roast salmon at 425° for 8-12 minutes, or until fish flakes with a fork.

Meanwhile, heat remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Add green beans, lemon zest, and pine nuts to skillet for 3 minutes or until beans are tender. Add cooked rice and water and cook for another 3 minutes or until hot. Serve with lemon wedges.

Note: Haricort Verts are a type of thin green bean. They are often easiest to find in the pre-packaged and ready to steam section of the grocery store. You can always substitute with traditional green beans.

One-Pan

PORK DINNER

YIELD
4 SERVINGS

447
KCAL



INGREDIENTS

2 tablespoons olive oil, divided

1 1/4 pound pork tenderloin

1 teaspoon salt

1/2 teaspoon pepper

1 tablespoon stone ground mustard

3-4 slices bacon

5 carrots, peeled

5 Yukon Gold potatoes

2 cups broccoli florets

1 onion

PREPARATION

Preheat oven to 425°. Drizzle 1 tablespoon olive oil sparingly onto a large jelly roll pan (or a pan with short edges).

Sprinkle pork tenderloin evenly with salt and pepper. Smear top of pork with stone ground mustard just enough to coat. Carefully wrap pork with bacon. Place pork in the center of the prepared pan.

Cut carrots and potatoes into 2-inch pieces, or roughly the same size. Place on pan. Place broccoli on pan. Cut onion into chunks. Drizzle all of the food lightly with olive

oil. Place on pan. Be sure to allow the food to be in a single layer. If food is crowded, it will not roast correctly.

Roast at 425° for 30 minutes, gently stirring vegetable half-way through, or until pork is cooked to 165° when tested with an instant read thermometer.

Allow to sit for 5-10 minutes. Slice pork into 1/4-inch slices to serve.

DINNER

Roasted Vegetables with SPICED LENTILS

YIELD 2 SERVINGS

453 KCAL

INGREDIENTS

For Lentils

1 1/2 cups water

1/2 cup black lentils

1 teaspoon garlic powder

1/2 teaspoon ground coriander

1/2 teaspoon ground cumin

1/4 teaspoon ground allspice

1/4 teaspoon kosher salt

2 tablespoons lemon juice

1 teaspoon extra-virgin olive oil

For Vegetables

1 tablespoon extra-virgin olive oil

1 clove garlic, smashed

1 1/2 cups roasted root vegetables

2 cups chopped kale

1/2 teaspoon salt

1/8 teaspoon ground pepper

2 tablespoons plain yogurt

PREPARATION

For Lentils

Combine water, lentils, garlic powder, coriander, cumin, allspice, and salt in a medium saucepan.

Bring to a boil, reduce heat, and simmer covered for 25 minutes or until lentils are tender.

Drain water and stir in lemon juice and 1 teaspoon olive oil.

For Vegetables

Heat oil and garlic in a skillet over medium-high heat for 1 to 2 minutes.

Add roasted vegetables and kale.

Cook until kale is wilted and vegetables are heated through.

Add salt and pepper.

Serve vegetables over lentils and top with yogurt.

DINNER

Eggplant LASAGNA

YIELD 4 SERVINGS

600 KCAL

INGREDIENTS

2 large eggplants (2 1/2-3 pounds total), cut lengthwise into 1/4-inch thick slices

1 tablespoon extra-virgin olive oil

12 ounces lean ground beef

1 cup chopped onion

2 cloves garlic, minced

1 (28 ounce) can no-salt-added crushed tomatoes

1/4 cup dry red wine

1 teaspoon dried basil

1 teaspoon dried oregano

3/4 teaspoon salt

1/4 teaspoon ground pepper

1 1/2 cups part-skim ricotta cheese

1 large egg, lightly beaten

1 cup shredded part-skim mozzarella cheese, divided

PREPARATION

Line 2 baking sheets with parchment paper. Arrange slices of eggplants on parchment. Roast at 400° for 15 minutes.

Meanwhile, heat oil in a large skillet. Add beef and onion; cook until browned. Add garlic and cook an additional minute. Add tomatoes, wine, basil, oregano, salt, and pepper. Bring to a boil, reduce heat, and simmer until thickened, about 10 minutes.

Combine ricotta and egg.

Spread about a cup of tomato mixture in the bottom of a 13- x 9-inch baking dish. Line the bottom of the pan with 1/4 of eggplant slices. Spread with 1/4 of ricotta mixture and mozzarella. Continue layering with ingredients; topping with mozzarella.

Bake at 400°, uncovered, for 40 minutes. Allow to stand for 10 minutes before serving.

Note: A serving size for this is 4.5 X 6.5 inches. Seems big? Eggplant is a low calorie food, so you can have a bigger portion with limited calories.

DINNER

Roasted Squash and CHICKEN SALAD

YIELD 4 SERVINGS

600 KCAL

INGREDIENTS

2 1/2 pounds acorn squash

3 tablespoons extra-virgin olive oil, divided

2 tablespoons whole-grain mustard, divided

3 cloves garlic, minced

1 tablespoon chopped fresh rosemary

1 teaspoon grated lemon zest

2 tablespoons lemon juice, divided

1 teaspoon ground pepper, divided

1/2 teaspoon salt, divided

1 pound boneless, skinless chicken breast

1 tablespoon pure maple syrup

1 1/2 teaspoons fresh thyme leaves

8 cups mixed salad greens

4 teaspoons grated Parmesan cheese

4 teaspoons salted roasted pumpkin seeds

PREPARATION

Preheat oven to 425°.

Line a baking sheet with parchment paper.

Combine 1 tablespoon oil, 11/2 tablespoons mustard, garlic, rosemary, lemon zest, 1/2 tablespoon lemon juice, 1/2 teaspoon pepper, and 1/4 teaspoon salt in a large bowl. Add chicken and squash to mixture and toss to coat. Arrange in a single layer on prepared pan.

Bake at 425° for 22 minutes or until chicken is cooked through.

Meanwhile, combine remaining 2 tablespoons oil, 1/2 tablespoon mustard, 11/2 tablespoons lemon juice, maple syrup, thyme, and the remaining 1/2 teaspoon pepper

and 1/4 teaspoon salt in a medium bowl. Add salad greens to bowl and toss to coat. Top with chicken and squash; sprinkle with Parmesan and pumpkin seeds.

Note: For vegetarian options, sub in 4 ounces of plant based protein for the chicken.
We love a good rotisserie chicken to make meal prep easy.

DINNER

Grilled Pork Loin with WHITE BEAN PUREE

YIELD 5 SERVINGS

300 KCAL

INGREDIENTS

For Pork

One 2 - 2.5 pounds pork tenderloin 1
tablespoon extra-virgin olive oil
1/2 teaspoon kosher salt
1/2 teaspoon ground pepper

For Vinaigrette

1/4 cup mixed chopped parsley
2 tablespoons finely diced shallot
1 large clove garlic, minced
Zest of 1 lemon
1 tablespoon lemon juice
1 teaspoons honey
1/4 teaspoon ground pepper
1/8 teaspoon kosher salt
Pinch of crushed red pepper
1/4 cup extra-virgin olive oil

For White Bean Puree

1 15-ounce cans cannellini beans, rinsed
1/4 cup low-sodium chicken broth
1 tablespoon extra-virgin olive oil
2 teaspoons red-wine vinegar
1/4 teaspoon kosher salt
1/4 teaspoon ground pepper

PREPARATION

For Pork

Rub pork with olive oil, salt and pepper.

Pre-heat grill. Grill pork tenderloin, covered with grill lid, over medium-high heat (350° to 400°), turning every 5 minutes, 18 to 20 minutes or until thermometer registers 155° and tenderloin is slightly pink in center.

To prepare pork: Rub pork with 1 tablespoon oil and sprinkle with 1/2 teaspoon each salt and pepper. Let stand at room temperature for 45 minutes.

For Vinaigrette

Combine all ingredients for vinaigrette. Set aside.

For White Bean Puree

Combine all ingredients for white bean puree in a container of a blender. Pulse until mixture is smooth. Transfer mixture to a saucepan and heat until warm.

To serve: Top white bean puree with sliced pork. Spoon vinaigrette over pork.

DINNER

Rosemary Orange SALMON

YIELD 3 SERVINGS

447 KCAL

INGREDIENTS

1/3 cup plus 1 tablespoon olive oil

2 tablespoons fresh orange juice

2 tablespoons fresh rosemary

1 tablespoon lemon juice

1 clove garlic, minced

1 teaspoon orange zest

1/2 teaspoon salt

1/4 teaspoon ground pepper

1 bunch asparagus, trimmed

10–12 ounces salmon

5-6 orange slices

PREPARATION

Preheat oven to 400F.

Combine 1/3 cup olive oil, orange juice, rosemary, lemon juice, garlic, orange zest, salt, and pepper. Set aside.

Layer asparagus on a baking pan. Top with salmon (skin side down). Drizzle salmon with orange juice mixture and top with orange slices.

Bake at 400° for 12-15 minutes or until salmon flakes when tested with a fork.

Chicken Thighs and CARROTS

YIELD 3 SERVINGS

543 KCAL

INGREDIENTS

1 1/2 pounds carrots, peeled and trimmed

1 large onion, peeled and cut into eighths

6 chicken thighs

4 tablespoons olive oil

1 tablespoon chopped fresh rosemary

1/2 teaspoon salt

1/4 teaspoon pepper

PREPARATION

Preheat oven to 425ˆ.

Arrange carrots and onion on a baking sheet in a single layer. Top vegetables with chicken thighs. Drizzle vegetables with olive oil, rosemary, salt, and pepper.

Roast at 425° for 15-20 minutes or until chicken thighs are cooked through.

DINNER

Turkey CHILI

YIELD 4 SERVINGS

561 KCAL

INGREDIENTS

2 teaspoons olive oil

1 pound extra lean ground turkey

1 yellow onion, chopped

3 garlic cloves, minced

1 medium red bell pepper, chopped

4 tablespoons chili powder

2 teaspoons ground cumin

1 teaspoon dried oregano

1/4 teaspoon cayenne pepper

1/2 teaspoon salt

1 (28-ounce) can diced tomatoes or crushed tomatoes

1 1/4 cups chicken broth

2 (15 oz) cans dark red kidney beans, rinsed and drained

1 (15 oz) can sweet corn, rinsed and drained

PREPARATION

Heat olive oil in a large saucepan over medium-high heat. Cook turkey in hot oil until cooked through. Add onion and garlic and cook until onion is translucent. Add remaining ingredients. Bring to a simmer and cook for 30 minutes.

Note: This is one of our favorite recipes and many clients like to sub in extra portions for other meals. It's an easy recipe to double and freeze for future weeks as well. Chat with your coach about using this as a repeated meal throughout your week.

Salad NICOISE

YIELD 2 SERVINGS

680 KCAL



INGREDIENTS

For Dressing

4 tablespoons olive oil

1 tablespoon lemon juice

1 tablespoon sherry vinegar

1 clove garlic, minced

1 teaspoon honey

1 teaspoon chopped fresh dill

1/4 teaspoon salt

1/4 teaspoon pepper

For Salad

2 cups green beans, quick-boiled and chilled

2 cups small potatoes, quick-boiled and chilled

2 hard-boiled eggs

1 (5 -ounce can) tuna fish

4 cups mixed greens

1 cup halved cherry tomatoes

1/2 cup niçoise olives

PREPARATION

For Dressing

Combine all ingredients and set aside.

For Salad

Plate all ingredients and drizzle with dressing.

DINNER

Slow Cooker
BLACK BEAN SOUP

YIELD
3 SERVINGS

562
KCAL

INGREDIENTS

1 pound dry black beans

4 cups vegetable broth

1 yellow onion, finely chopped

2 jalapenos, seeds removed and finely chopped

1 cup salsa

4 cloves garlic, minced

1 tablespoon chili powder

2 teaspoons ground cumin

2 teaspoons salt

1 teaspoon pepper

PREPARATION

Place beans in water to cover by 1-inch and allow to sit overnight. Rinse and drain beans.

Transfer beans to the container of a slow cooker and add remaining ingredients. Stir to combine.

Cook on HIGH for 6 hours or until beans are tender.

DINNER

Tandoori Chicken SKEWERS

YIELD 3 SERVINGS

515 KCAL

INGREDIENTS

For Chicken

1/4 cup cilantro

1/4 cup parsley

2 gloves garlic

3 teaspoons paprika

2 teaspoons cumin

2 teaspoons garam masala, optional

2 teaspoons salt

1 teaspoon turmeric

1/4 teaspoon cayenne

2 tablespoons olive oil

1/2 cup yogurt

2 tablespoons lemon juice

2 pounds chicken breasts, cut into 2-inch square pieces

6-8 wooden skewers soaked

For Sauce

1 1/2 cups yogurt

1/2 teaspoon cumin

1/4 teaspoon turmeric

1/4 teaspoon garam masala, optional

1/4 teaspoon salt

PREPARATION

Combine cilantro and next 11 ingredients in the container of a blender or food processor. Blend until well-combined. Place chicken pieces in a gallon-size zip-lock bag; pour cilantro mixture over chicken. Massage to combine and coat chicken; chill for 4 hours or overnight.

Meanwhile, combine yogurt, cumin, turmeric, garam marsala and salt. Cover and chill until ready to serve.

Heat grill. Skewer chicken pieces onto wooden skewers; discard marinade. Grill 5-6 minutes on each side or until cooked through.

Serve chicken with yogurt sauce.

Note: This is a protein heavy meal and you'll be eating lots of chicken! It's delicious and filling, but relies on protein as the primary calorie source.

DINNER

Spaghetti Squash and MEATBALLS

YIELD 4 SERVINGS

500 KCAL

INGREDIENTS

For Squash

1 spaghetti squash

2 tablespoon olive oil

1/4 teaspoon salt 1/4 teaspoon pepper

For Meatballs

1 pound ground turkey

1/3 cup chopped parsley

1/4 cup finely diced onion

1 clove garlic, minced

1/2 cup grated Parmesan cheese

1/4 teaspoon salt

1/2 teaspoon pepper

1 (24-ounce) jar marinara sauce

PREPARATION

Pierce spaghetti squash multiple times and all over with a fork. Microwave on HIGH for 5 minutes.

Preheat oven to 400°.

Once squash is cool enough to touch, slice lengthwise and scoop out seeds. Drizzle with olive oil, salt, and pepper. Place cut-side down on a baking sheet and cook at 400° for 40 minutes, or until pierced easily with a fork.

In a large bowl, mix together turkey, onion, parsley, Parmesan, salt, and pepper. Form meatballs and transfer to a baking sheet coated with cooking spray.

Bake at 400° for 20 minutes, or until cooked through.

Meanwhile warm marinara sauce in a medium saucepan. Using a fork pull strands of spaghetti squash and transfer to a serving dish. Top with meatballs and warm marinara.

Note: Don't like Cilantro? Sub in Italian parsley for a clean flavor.

DINNER

Lettuce Leaf TACOS

YIELD 3 SERVINGS

548 KCAL

INGREDIENTS

For Avocado-Cilantro Cream

1 avocado, peeled and pitted
1/2 cup sour cream
1/4 cup chopped cilantro
1/2 teaspoon salt
1/4 teaspoon cumin
1/4 teaspoon paprika
1 tablespoon heavy cream

For Tacos

1 pound ground beef
1/2 tablespoon chili powder
1/2 teaspoon oregano
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/4 cup water
Romaine lettuce
1/2 cup shredded Cheddar cheese

PREPARATION

For Avocado-Cilantro Cream

Combine all cream ingredients in the container of a blender or food processor. Pulse until smooth, stopping once or twice to scrape down sides of the container.

For Tacos

Cook bison/beef in a skillet over medium-high heat until no longer pink. Add chili powder, oregano, cumin, garlic powder, salt, and pepper; stir to combine. Add water, stirring well. Simmer water until mixture is saucy. Remove from heat. Serve meat in Romaine lettuce leaves. Top with Cheddar cheese and Avocado-Cilantro Cream.

Warm Buttered PECANS

YIELD 8 SERVING

207 KCAL



INGREDIENTS

2 tablespoons butter

1/2 teaspoon cinnamon

2 cups pecan halves

pinch Maldon salt flakes

PREPARATION

Melt butter in a skillet. Add cinnamon and pecan halves to butter. Stir to combine and cook until toasted. Sprinkle with salt flakes.

Berry Kefir SMOOTHIE

YIELD 1 SERVING

137 KCAL

INGREDIENTS

1/2 cup low-fat plain kefir

1/2 cup frozen mixed berries

2 tablespoons orange juice

1/2 tablespoon fresh mint

1/2 tablespoon honey

PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.

Strawberry NICE CREAM

YIELD 4 SERVINGS

191 KCAL

INGREDIENTS

1 pound fresh strawberries

2 medium bananas

1 tablespoon fresh lemon juice

2 tablespoons ice-cold water

PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.

Berry Chia PUDDINGS

YIELD 1 SERVING

360 KCAL

INGREDIENTS

1/2 cup almond milk

1/4 cup mixed berries

1 tablespoon maple syrup

1/4 cup chia seeds

2 tablespoons blueberries

PREPARATION

Combine almond milk and 1/4 cup berries in the container of a blender. Pulse until smooth. Stir in maple syrup and chia seeds. Chill for 4 hours or until thickened. Top with blueberries.

No-bake Chewy GRANOLA BARS

YIELD 6 SERVINGS | SERVING SIZE 2 BARS | 300 KCAL

INGREDIENTS

1 1/4 cups quick-cooking oats

1 cup O-shaped cereal

1/4 cup unsweetened shredded coconut

1/4 cup chopped unsalted pistachios

1/2 teaspoon vanilla extract

1/4 teaspoon kosher salt

1/3 cup creamy peanut butter

1/3 cup honey

1/4 cup chopped pitted dates

Cooking spray

PREPARATION

Combine first 6 ingredients in a large bowl.

Combine peanut butter, honey, and chopped dates in a small saucepan. Heat until peanut butter melts.

Drizzle peanut butter mixture over cereal mixture. Stir well to combine. Spread evenly into a 8-inch baking pan lightly coated with cooking spray. Freeze for 10 minutes; remove from freezer and cut into 12 even bars.

Oats & Chocolate OVERNIGHT OATS

YIELD 1 SERVING | 377 KCAL

INGREDIENTS

3/4 cup old-fashioned oats

1 tablespoon sugar

1 tablespoon cocoa powder

1/2 cup almond milk

1/2 cup sliced strawberries

PREPARATION

Mix oats, sugar, and cocoa powder in a small mason jar.

Add milk to jar and stir to combine. Screw on lid and refrigerate overnight or for 8 hours.

Trail MIX

YIELD 6 SERVINGS | SERVING SIZE 2/3 CUP | 450 KCAL

INGREDIENTS

1 cup unsalted cashews
1 cup roasted almond
1 cup dried banana chips
3/4 cup dried cranberries
1/3 cup semisweet chocolate chips

PREPARATION

Combine all ingredients.

3 Quick & Filling SNACKS

1. 1 T pb
   1/2 apple
   140 KCAL

2. 1/4 cup hummus
   6 oz carrots
   190 KCAL

3. 3/4 cup plain greek yogurt
   1 cup chopped strawberries
   170 KCAL

Zucchini Chocolate Chip OAT BALLS

YIELD
4 SERVINGS

SERVING SIZE
2 BALLS

194
KCAL



INGREDIENTS

1/4 cup packed shredded zucchini

3/4 cups gluten-free rolled oats

1/4 cup smooth almond butter

1 1/2 tablespoons golden flaxmeal

1 1/2 tablespoons honey

1/8 teaspoon ground cinnamon

1/8 cup semi-sweet mini-chips

PREPARATION

Combine all ingredients in a medium bowl. Shape into 9 (1 1/2 -inch) balls. Store in fridge.

WEEK 1

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Supplements							
Men							

WEEK 2

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Supplements							
Men							

WEEK 3

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Supplements							
Men							

WEEK 4

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Supplements							
Men							

WEEK 5

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Supplements							
Men							

WEEK 6

Meal Plan

1500 Kcal Women
2000 Kcal Men

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Supplements							
Men							