

HAPPY HOUR MAMA

Healthy. Fit. Inspired. Happy. Life.

3 Day Happy Hour Mama Clean Eating Guide

Welcome to the Happy Hour Mama 3 Day Clean Eating Guide!

I'm so excited to introduce you to the Happy Hour Mama way of eating. This comes from years of research, experimentation and experience that convinces me that food has the power to heal us. On the other hand, it also has the power to harm us if we don't use it wisely! I've seen this not only with my clients, but in my own life as well.

I have experimented with every diet possible over the past 15 years. South Beach, Atkins, vegan, vegetarian, pescatarian, Whole30, Paleo, low-carb, low-sugar, raw and chocolate (yes, chocolate deserves its own category!).

I found there were things about each of these I liked and there were also things that didn't seem to work longterm for various reasons. I wanted to combine the best from every way of eating that would make it easy and delicious to eat healthy and feel great!

Here are the 8 Happy Hour Mama principles for healthy and happy eating:

- 1) For permanent changes to occur, eating well has to be a habit. There is no way anyone can make themselves eat a certain way for any extended period of time unless it has become so much of a habit that you don't have to think about it anymore.
- 2) You have to like what you eat. I don't mean right away necessarily - not many people love fruit instead of cookies to start with - but eventually you have to really like it. If you are forcing something down your throat because someone told you it was "healthy" but you can't stand it, you need to find something else! If you don't like it after two weeks, you won't stick with it.
- 3) Every person is different and you have to know what works best for YOU. There is a part of me that would love to be vegan. I love the idea of it and I truly believe it is wonderful for our environment. But I have tried vegan and it just doesn't work for my body. I know this and have accepted it and have found a happy medium where I avoid dairy, purchase only humanely raised and organic meat and have a vegan option a few days a week. That works for ME. I don't know what works for you, so you'll need to do a little honest audit of yourself and your habits. I will try to give you options in this guide so you can adjust things for yourself!
- 4) I will not spend hours in the kitchen every day. What I want is an arsenal of basic and easy recipes that I like, that are healthy and that my entire family enjoys. I want to cook a few times a week in ways that give me awesome leftovers, do smart food prep so I always have healthy options available and have yummy snack options that give me nutrients instead of a sugar crash.
- 5) You can't deprive yourself. Everyone says it, but it's true. I love coffee. I really and truly love it. About six months ago I drastically decreased my coffee intake due to my doctor's advice and have replaced it with black tea. It's taken me a while, but I will say I enjoy my tea now almost as much as my coffee. That being said, I let myself have one cup a week and I LOVE IT. I look forward to it and savor it. If there is something that doesn't serve you that you

consume - snacks, chips, cookies, ice cream - first ask yourself if you really still want it. If you do, and it makes you as happy as coffee makes me, let yourself have it once a week.

- 6) Don't buy things if you are trying not to eat them. Will power only goes so far. Hopefully habit takes over after a few weeks, but sometimes even the strongest tendencies can be broken when Reese's peanut butter cups are staring you in the face after a long day. My trick? Don't buy them. If they aren't in the house, I won't have the option to eat them.
- 7) What we eat effects how our body looks as much as working out. Maybe even more than working out! They say abs are made in the kitchen, and I completely agree. To have the most effective health program, we must combine a healthy diet with a good exercise routine. They work hand in hand.
- 8) Food is meant to be enjoyed. The best laughs in our house tend to occur around the dinner table. I love sharing an amazing meal with friends and family! Food can heal our bodies and heal our souls if we can learn to enjoy the taste of healthy and delicious foods and decrease the stress surrounding our food choices. Eating healthy should not feel like a prison sentence! I want to show you the joy and freedom that can be found in clean and healthy eating.

The following 3 day guide was developed to show you how we can easily incorporate all the principles above to create an easy and healthy meal plan (that won't break the bank!). I wanted to give you a variety of healthy foods that are also easy to prepare and made with easy to find ingredients.

The meals are all low sugar and low glycemic, meaning they will not spike your blood sugar. One of the biggest problems in our daily meals is that we are constantly spiking and crashing our blood sugar. This leads to weight gain and fatigue! These meals will keep you full and energized and ready to tackle the day.

Read through the entire meal plan before starting to you can buy the appropriate groceries and take note of any meal prep advice!

Please note that anything that is underlined is a direct link to the recipe. Just click on the link and you'll be taken directly to the recipe!

Finally, have fun with it! Enjoy trying new things and savoring new flavors. Keep the habits going when the meal plan is over, and continue to choose healthy and fresh ingredients.

Here's to your health!
Jessica

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Day 1

BREAKFAST

2 egg "omelette" with spinach

1 Happy Hour Mama flourless zucchini muffin with coconut oil

8 oz black or green tea

* Notes:

Eggs are one of the best choices for a healthy and protein filled breakfast. I tend to include eggs as a part of my morning meal at least 2-3 times per week. I usually sneak in some greens and share with my toddler so we both get an extra boost of nutrition! The trick with kids is changing that veggie texture :). Just crack two eggs into your Vitamix or high power blender and add a generous handful of spinach. Blend until all the spinach is broken up. Pour the mixture into a small saucepan and let cook for 3-4 minutes. Once one side is set, flip it over and cook until done. If you aren't cooking for kids as well, just throw the spinach in the pan and let it wilt to save yourself a step! If little ones are eating, the blender is a lifesaver. I serve mine with salt and pepper.

These Happy Hour Mama flourless zucchini muffins are a staple in our household and will satisfy your craving for baked goods without any of the wheat or processed sugar! I warm mine up in the toaster oven and spread a little coconut oil on it.

Let's talk coffee and tea. If you are using this as a true detox, I would highly recommend eliminating all coffee and tea during these three days. I know it's rough, but it's worth it just to see how your body responds and to get your body back to a steady state. If you can't go cold turkey, try cutting back to 1 cup a day, or switching your coffee for tea. I personally love coffee but I try to have only 1-2 cups a week as a special treat. The rest of the time I drink black or green tea. While I know there is research showing that there are health benefits in coffee, the fact is it is acidic and causes inflammation in our bodies when we drink it. I personally know that I react poorly to this, so I cut back about a year ago. (I still miss my coffee, though!) You might react fine and find one cup a day works ok for you! It's just always good to eliminate questionable items here and there to see how you do. You can do it!

LUNCH

Homemade miso soup

Agedashi tofu

* Notes:

While homemade soup can sound intimidating, it's actually very simple and one of the easiest ways to get a boost of nutrition quickly!

I purchase a local homemade beef bone broth at our natural grocer, but you can use any broth base you chose. Just heat up 10-12 oz on the stove. While it is heating up, add a 1/2 cup fresh kale (torn into pieces) to the pan to let it wilt. Add 1/2 tablespoon miso paste and serve when ready! If you don't have miso, just add a little salt and it's just as good. Feel free to add any

vegetables you have lying around! Seriously, this takes five minutes and is one of the best things you can do for your body.

Don't let the tofu part of this meal scare you :). I like to eat tofu or tempeh 1-2 times a week for a great source of vegan protein. Tofu can either be very "blah" or take a lot of prep work, and this recipe is neither of those! It is unbelievably easy and adds a nice crust to the outside of the tofu, giving it flavor and texture. [Here is my favorite way to make agedashi tofu](#). If you aren't a tofu fan, try this out and see what you think! You can also substitute plain grilled chicken or fish if you'd rather.

AFTERNOON SNACK

[Favorite Chewy Protein Granola Bar](#) - link
8 oz green tea

DINNER

Salmon, green beans and quinoa

* Notes:

Salmon is one of the easiest things to cook, and is full of healthy fats and protein! If you don't like salmon, feel free to substitute another lean protein.

If you need an easy way to bake the salmon, preheat the oven to 375. Place salmon filets on aluminum foil and top with soy sauce and a little honey. Finish wrapping the salmon with the aluminum foil so you have individual packets. Place in a glass dish and bake for 30-35 minutes, or until the salmon flakes.

If you've never tried roasting your green beans, now is the time! You can find organic, trimmed green beans at most grocers. Just place on a cookie sheet with olive oil, salt and pepper and put them into the same 375 degree oven as your salmon. Bake for 20 minutes. They are absolutely delicious.

Quinoa is the powerhouse of all grains. It is packed with amino acids and protein. Follow the directions on your quinoa to cook (this usually takes 15 minutes). When finished, add slivered almonds, dried cranberries and coconut oil for a delicious side dish!

*Food prep alert!

Make a double batch of quinoa tonight. It takes just as long to cook and will save you time later in the week. Take half of the quinoa out after cooking and let cool completely before storing in an airtight container in the fridge. Then season and dress the rest of the quinoa to be used in your dinner tonight.

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Day 2

BREAKFAST

Baked oatmeal - link

*Notes:

This baked oatmeal is a great way to have a warm and hearty breakfast without much work or cleanup. The toppings can be changed to your preference, and this can easily be made vegan if you use almond milk. You can even prep this the night before and simply place in the oven the next morning. Cut it into single portions and then freeze in individual baggies for quick future breakfasts! Use gluten free oats if you need a gluten free option.

LUNCH

Stuffed sweet potato

*Notes:

Sweet potatoes are one of those magical foods that gives you an abundance of health benefits while being low calorie, full of health benefits and naturally sweet. They are packed with vitamin A, vitamin C, vitamin B6, manganese and potassium. They are the perfect quick lunch or dinner option and can be topped with anything you have in the fridge that day!

My favorite stuffed sweet potato lunch involves half of a large baked sweet potato that I lightly salt and pepper. I top that with a handful of raw spinach, one fried egg with a runny yoke and 1/4 an avocado.

The heat from the egg and sweet potato wilt the spinach, and the runny yoke makes everything gooey and delicious. The egg also gives a healthy dose of protein, and the avocado takes care of your healthy fat needs. This meal really has everything you could possibly need!

If you are taking this to work, I would pack the sweet potato and spinach together so you can warm them up later. Then add the avocado and a hard boiled egg. It will get the job done just as well :).

* Food prep alert!

As a family, we usually go through 2-3 large sweet potatoes a week. That gives me two lunches if I use a half a sweet potato for each meal, some snacks for my daughter and one dinner with a side of sweet potato fries.

To get this ready in one sitting, start by preheating the oven to 375 degrees (you can do this the night before or early in the morning so they cook while you shower). Poke holes in a single sweet potato and bake for 45-50 minutes, or until soft. Cool completely and place in a tupperware or wrap in foil. You can store this up to 5 days in the fridge.

When you place that in the oven, start prepping sweet potato fries. Cut your other sweet potato into long strips (keep the skin on for convenience!). Toss the strips with 2 teaspoons melted coconut oil, cinnamon, cayenne (to taste) and salt. Bake these at 375 for 30 minutes. The two sweet potato dishes can finish together in the oven. Let these cool as well and they will store in the fridge for 3-5 days.

My toddler daughter loves the soft sweet potato bites and fries and I put them in her preschool lunch to make sure she gets some veggies those days. They also make a great snack when I want a sweet bite in the late morning!

AFTERNOON SNACK

1/4 cup raw almonds and walnuts

1/2 apple

Raw nuts - especially almonds and walnuts - are packed with healthy fats. The trick is finding the right serving size. If you are like me, you could eat handfuls out of the bag without realizing how much you've really eaten! Yes, raw nuts are healthy, but they are still high in fat, so finding a balance is important. A good serving size of raw nuts is 1/4 cup. I recommend measuring that into a baggie or small bowl until you have a really good idea what a 1/4 cup looks like.

Now that I know, I continue to eat nuts out of a bowl because I just don't trust myself with those big bags :).

DINNER

Roasted veggie soup - link

This soup is so easy you will hardly believe it! I stumbled across this idea when I had a lot of raw veggies to use up and I was desperate to find a way to pack a lot of nutrition into a simple meal that both myself, my husband and our daughter would enjoy.

The recipe will talk you through the steps, but keep in mind that any veggies you have that roast well would work in this recipe. The beans are a critical addition because they protein while also giving a nice, creamy consistency to the soup.

Make a double batch and freeze the extra to use for spaghetti or pizza sauce later on. While you are roasting veggies anyway, you might as well roast some extra of these as well! Use them for salads or lunches later in the week.

*Hint - once you are used to this whole food prep thing, you will start thinking ahead a little and using the oven and cutting board as efficiently as possible. You could easily prep your veggies and roast them at the same time as the sweet potatoes from earlier in the day!

AFTER DINNER SNACK

1 date with 1 teaspoon natural peanut butter and 6 chocolate chips

*Notes:

I'll be honest with you - there are days we all want some kind of after dinner snack. I can't tell you to completely eliminate this, because I just don't think it's realistic! I can go a week without having anything after dinner, and then I'll have a night that I come down from putting our daughter to bed or get off a late conference call and all I want is CHOCOLATE. NOW.

There are a few tricks we will talk about in the Happy Hour Mama program to help with this, and one of those is finding a substitute.

Dates to the rescue!

I don't mean those old, dried up ones you can find in some stores. I mean a good quality Medjool date. (I find these at Trader Joe's or my natural grocers). They are delicious, naturally

sweet and packed with nutrition. If you really want a treat at night, try cutting open a single date. Add a little peanut butter and just a few chocolate chips and you have the perfect sweet bite. Just stick to one :).

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Day 3

BREAKFAST

2 Simple Protein Pancakes with toppings - link
8oz black tea

*** Notes:**

I make a batch of these pancakes twice a week. They are probably my favorite breakfast! I warm up two and top them with 1 tablespoon of almond butter and sliced strawberries. They keep me full for hours and are just decadent enough I feel like I'm having a treat. The beauty is, they are low-glycemic, high protein, processed sugar free and high fiber! If you are trying to wean yourself off of pancakes and waffles, these are a natural substitute.

LUNCH

Spinach salad with quinoa
1 cup fresh spinach leaves
1/2 cup cooked quinoa (I like to warm the quinoa first, but it is just as good cold!)
2 tablespoons chopped sun dried tomatoes
handful shredded carrots
1/4 avocado, sliced
1 tablespoon sunflower seeds
salt and pepper to taste

***Notes:**

Remember that extra quinoa I had you make on day 1? You'll thank me for it today! Keep in mind any veggie will do in this dense and healthy salad. I tend to always keep spinach, kale, shredded carrots, sundries tomatoes and nuts, so those are the base. If you have extra roasted veggies from the night before, add those!

Keep in mind that salad dressing and cheese is where most of us waste calories and fat in our salads. I avoid the cheese and find flavor from the other ingredients. For a dressing, I mix 1/2 tablespoon dijon mustard, 1/2 tablespoon olive oil and 1 tablespoon balsamic vinegar. That's it!

Afternoon snack:

Happy Hour Mama Chocolate Zucchini Muffin - link

***Notes:**

These are going to change the way you think about healthy snacks! Just make them...I promise.

DINNER

Turkey burgers with lettuce wraps

Sweet potato fries

Red pepper slaw

*Notes:

You can easily substitute black bean burgers or regular grass-fed and organic beef burgers here! The key is to make it something full of flavor so you don't even miss the bun :).

I like to use organic ground turkey, and I keep it very simple. I make the ground meat into patties and add salt and pepper before placing them on the grill. The grill is the key for me and makes everything so much more delicious and flavorful! If you don't have a grill, the stovetop will definitely do.

Top your burger with dijon mustard, tomatoes, lettuce and pickles - the messier the better :).

Then sandwich it between two, thick butter lettuce leaves for a perfect, mid-week entree!

Serve your burger with the sweet potato fries you made earlier in the week, and this simple red pepper slaw:

1 red pepper sliced very thin

1 large carrots sliced very thin

toss with 1 tablespoon apple cider vinegar, 1/2 tablespoon olive oil and 1 teaspoon maple syrup