Home Workout Domination

Healthy Eating Guide

by Bree Argetsinger
Table of Contents

Welcome! 3

Tracking Your Progress 7

Nutrients Chart 11

Top 5 Questions to Ask Yourself About Food 15

Making the Guide Work For You 28

Food/Grocery List Swaps 33

Protein Powder Guidelines 39

My Favorite Healthy Recipes 51

Grocery List 79

Food Prep Steps 80

Daily Menus 81

About Betty Rocker 90
Welcome!

It’s so great to have you here for Home Workout Domination!

I am really looking forward to getting to know you better, so be sure to check in on my Facebook page today to let me know you’re starting this guide, and introduce yourself!

In the beginning section of this guide, I’ve added some helpful tips for you about healthy, sustainable whole food eating for natural fat loss and support for exercise to help you get more out of this guide - and have some great information to carry forward.

I know how confusing and overwhelming it is out there with all the different dieting strategies and information about health and nutrition - you’re busy, you don’t have time to try every different fad or count every calorie!

I struggled through this maze of information myself all through my 20’s, despite having studied nutrition in college, and it had me on a roller coaster with my health, body weight and the way I felt about myself.

When “clean eating” and calorie counting didn’t seem to be working for me, I turned to exercise and would run myself ragged overdoing it, always seeking a result that never seemed to last.

Everything culminated for me the year I was 31, when I was diagnosed with severe adrenal fatigue. That forced me to re-evaluate what I was doing to my body, and more importantly how harshly I judged myself for my appearance.
I began my journey back to a truly sustainable healthy lifestyle with a return to my early studies, which had focused on nutrition in indigenous cultures. I began a period of deep self study and personal experimentation that allowed me to reclaim my health, vitality and rock a better physique than I had in my 20’s!

The more I learned, the more fun I had with food and fitness, and I couldn’t help but to start sharing my recipes and workouts on my blog and Instagram.

It was about a year into this that I got contacted by Whole Foods Market in Denver to tell me one of their store employees had lost 50 pounds reading my blog, and would I come teach a cooking class?

I was thrilled - to learn that what I had been practicing and teaching was working so well for others, and to have the opportunity to practice making more healthy recipes.

Fast forward to now, approaching 40 I can’t help but be so grateful for all the things I tried along the way that didn’t work for me. I’m so grateful that I went on this journey and figured out a lifestyle that I can sustain.

Wherever you are at on your path of health, I support you and your self-experimentation - we are all a work in progress on an ever-evolving journey. I’m so glad to share it with you!

Making changes to the way you eat is a very personal thing.

Do not pressure yourself to do it all overnight or think you need to learn everything there is to know.

Soak up what appeals to you. Try it out. Make small changes and see what works for you. There are so many amazing people to learn from - and I’m honored that you are interested in learning what I have to share!
Getting results - whether you want to burn fat or build more muscle - comes from a combination of training smart and eating smart.

I always see a TON of progress right from the very first 7 days in my workout programs from the people who are using these guidelines and my healthy eating program.

What I teach my clients is what I practice myself. Finding a fun and flexible way to make healthy eating a part of my daily life so it’s not time consuming, difficult or tasteless (ugh no chicken and broccoli please).

Combining proper nutrition and fuel with the workouts in the program is the fastest way to see amazing results and really support your body from the inside out.

In this Guide, you will have an easy to apply quick-start standard guide and sample 7 day Meal Plan so you can start applying this information right away and get the MOST out of this program.

I recommend choosing one of my other meal plans once you finish the sample plan in this guide so you can continue to progress.

All of my programs come with their own recipes and plans, so you’ll have lots of variety within the framework of healthy eating that supports fat loss, great energy and an active lifestyle.
Step 1: **7 Day Meal Plan**: the perfect place to start, complete beginner’s guide to nutrition and 7 day meal plan! (meal plans are different in all programs).

Step 2: **The Body Fuel System**: Take your nutrition and body knowledge to the next level with the BODY FUEL SYSTEM - eating made easy with this customizable guide that will give you the perfect solution to eating healthy, burning fat and having a system to use for life! Comes with a 6-week done for you meal plan, amazing recipes, daily menus and more!

Step 3: **The 30-Day Challenge Meal Plan**: continue to progress and master healthy nutrient-dense cooking and healthy eating with this 30-day done for you Meal Plan and 4 additional cookbooks!

Step 4: **The 90 Day Challenge**: Add home workouts! This program is a perfect compliment to either of the 30 day guides, as it comes with an 8-week done for you meal plan (meal plans are different in each program) and a 12-Week Home Workout Program!

Shop All Betty Rocker Nutrition and Fitness Programs Here
Tracking Your Progress

How to take progress pictures/measurements

It’s easy to get discouraged when we’re starting a program thinking we aren’t seeing enough “weight” come off (stay off the scale!) or that the trouble areas on our body aren’t responding “fast enough.”

That’s why I always recommend taking progress pictures and measurements. I want you to be sure to read The Truth About Your Weight to understand body composition so you can enjoy the journey and not be hard on yourself for no reason!

Always take your pictures and measurements at the same time every 2 weeks (you can also do every week if you like). Add a reminder to your calendar every 14 days. I like to take more full length body shots, because if I just focus on my stomach or butt, I miss important changes happening in my arms, legs and back!
Do it in the same shorts and sports bra or bikini, same lighting and same poses (I do front, sides and back - shown above) and date your pictures using an app like Live Collage, Diptic, Pic Stitch or similar. I like to take mine in the morning before I’ve eaten, but that’s totally up to you.

Using the same app, I line my pictures up every time I retake them to see my progress because I do NOT always see the changes myself in the mirror every day but I absolutely see them in the photos. The changes may not be dramatic, but I can always spot them, and it’s so encouraging to see that. It helps me stay on track with my eating because I get excited to see how much my hard work is paying off!

When you’re making your progress side by side collage, put your oldest photo to the left and your newest photo to the right in the same poses to really clearly see your progress. Examples below.

I’d love to have you include any of your measurements or progress pictures when you check in with me online on my Facebook page or on Instagram #thebettyrocker!
**Chest:** Measure around your chest at the nipple line.

**Waist:** Measure around your natural waist. It should be above your belly button but an inch or two below your ribs.

**Belly Button:** Measure around your torso at bellybutton height. This is below your natural waist by an inch or two.

**Hips:** Measure around your hips/glutes at the fullest point.

**Right Arm:** Measure around your right arm at the fullest point. It should be an inch or two below your armpit.

**Right Thigh:** Measure around your right thigh at the fullest point.

**Right Calf:** Measure around your right calf at the fullest point.

<table>
<thead>
<tr>
<th>Beginning of…</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waist</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Belly Button</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hips</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Arm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Thigh</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Calf</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Now you’ll be able to compare your numbers from the beginning of Week 1 to the completion of the program!

<table>
<thead>
<tr>
<th>Beginning of</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>End of program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waist</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Belly Button</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hips</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Arm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Thigh</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Calf</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
If you’re exercising regularly there’s a good chance that your daily activities will vary. That’s why it’s important to understand there isn’t a “perfect” amount of calories or foods you’re required to stick to every single day.

What’s more important is understanding what the foods you are eating do for you, and what and when you need them.

Foods are not “just proteins,” “just carbs,” or “just fats.” All foods contain many nutrients, but it is sometimes easier to think of them based on their main nutrient.

Your at-a-glance guide to the nutrients included in your meal plans and recipes

**Protein (P):** Lean, complete protein sources

Timing: eaten with every meal opportunity

Amount: 1 serving for women (size of palm)
2 servings for men (size of 2 palms)

Examples: Lean meats and beans* (ground beef, chicken, turkey, bison, venison, black beans, edamame, tempeh)
Seafood (salmon, tuna, cod, roughy, scallops, shrimp)
Eggs (egg whites, whole eggs)
Full-fat Dairy (Greek yogurt, whole milk)
Other: hemp seeds, high quality protein powder
Carbs (C): Properly prepared (soaked, sprouted or fermented) grains and grain products, starchy vegetables

Timing: the best time to stabilize your energy with good quality carbs (like the ones in your program) is usually first thing in the morning and after a workout. You may also need an additional serving of carbs at another point in your day, depending on your energy output and fitness goals.

Whole-grain and starchy carbohydrates (eat 1-2 hours after exercise - whole grain bread, rice, oats, etc.)

1. If your workout is in the afternoon or evening, don't avoid carbs with dinner.
2. If your workout is in the morning, you can still include your program approved carbs with lunch in addition to your first meal.
3. If you’re not hungry for breakfast and you workout first thing, it’s okay to wait to eat breakfast after your workout.

Amount will vary daily, a good baseline to start with is approximately 1/2-3/4 cup (1-1 1/2 cups for men) of a starchy vegetable or grain in your meals where carbs are included.

Examples: Sprouted grains (rice, quinoa, oats, sprouted grain bread) Root vegetables (potatoes, sweet potatoes, beets) Squash (pumpkin, butternut squash) Beans* (black beans, white beans, garbanzo beans, kidney beans)

Exercise recovery drink (during exercise only) Simple sugars and highly processed starches (minimize intake - soda, fruit juice, ice cream, etc.)
**Fruits/Veggies (G):** Raw or cooked fruits, greens and non-starchy vegetables

Timing: eaten with each meal with an emphasis on veggies

Amounts: aim for 5-10 servings per day, emphasis on veggies

One serving size of fruits/vegetables is equivalent to:

- 1 cup of leafy veggies
- 1 medium sized fruit
- 1/2 cup chopped fruit/veggies

To optimize fat loss, balance your fruit-to-vegetable ratio to 1 (fruit) to 5 (vegetable). For the average person, that would look like 1-2 pieces of fruit per day.

To optimize muscle gain, balance your fruit-to-vegetable ratio to 1 (fruit) to 3 (vegetable).

**Fats (F):** All-natural, non-hydrogenated or processed oils, nuts, nut butters, seeds, seed butters and whole dairy products

Amounts will vary in fluctuation with other nutrients represented on your plate in this meal plan. Use the meals and recommended foods as a good indicator of how much fat is appropriate for each full dish.

Timing: the only time you need to limit fat with a meal is immediately post-workout to allow for rapid nutrient intake from glucose.
*Satuated fat* (be sure to get 1/3 of your total fat intake from these - animal fats, grass fed butter, coconut oil)

*Monounsaturated fat* (be sure to get 1/3 of your total fat intake from these - olive oil, nuts and nut butters, avocado)

*Polyunsaturated fat* (be sure to get 1/3 of your total fat intake from these, focusing on omega-3 fats - flax seeds, fish oil, nuts and nut butters)

*beans are a great source of protein AND carbohydrates*
Top 5 Questions to Ask Yourself About Food

These are the 5 questions to ask yourself in almost any situation, whether you are at a restaurant, traveling, busy, or cooking at home - and this is a great way to ease into the meal plans if you aren’t quite ready to start following them exactly right away.

You can use these 5 questions to see if you are meeting your nutrient needs.

1: When did you last eat?

If it’s been longer than 2-4 hours, it’s time to eat. Fueling regularly helps maintain blood sugar, hormone balance and energy levels.

Some days you’ll notice you’re hungrier than others - this can be influenced by many things including water balance, your monthly cycle, what foods you’re choosing to eat and how much you’re exercising.

Don’t ignore hunger pangs. Skipping meals is the quickest way to pad the body with fat, as it triggers your system to think it’s not going to get a meal soon and needs to hold onto its protective fat even harder.
2. Where is the complete protein?

Are you about to eat at least 1 serving (20-30 g) of complete protein? If not, find some protein. Women get 1 serving, men get 2.

Protein is the foundation of every vital function in our body, and I don’t want you to make the mistake of leaving it out!

Eating protein isn’t going to bulk you up. It’s hard for men, even with their higher testosterone levels to add lean muscle. The guys you see who get super bulky are often taking hormone and protein supplements in addition to eating a massive amount of food and lifting heavy weights.

So don’t worry if I am inviting you to eat more protein than you’re used to in this guide or in any of my meal plans - eating an adequate amount of protein as a woman will help you shape and tone the muscle in your body, lower body fat, and support many metabolic functions.

It’s one of the reasons people see such good results - because when you start eating the right nutrients in balance with each other AND in
combination with a training program like this one, you’ll start to see an IMMEDIATE response from your body. Watch your measurements and your pictures!

One thing to know is if you're constantly craving sugar or sweets, it is important to take a look at the nutrients in your daily dietary intake to see if you're getting enough protein, fat and complex, wholesome carbohydrates.

Protein is even more satiating than fat or carbs, and it can boost your metabolic rate while lowering your appetite.

Animal protein is generally a complete protein (meaning it contains all the essential amino acids your body needs) while plant protein (with a few exceptions) is generally incomplete - which just means you want to eat a variety of plant foods to get the full essential amino acid spectrum.

To meet your daily protein needs, supplementing with a quality protein powder can help you achieve your desired goals without having to cook every meal. I tend to have a scoop of protein powder in a green smoothie, a shake or I’ll bake muffins, pancakes or snacks that contain some extra protein powder to ensure I’m getting an adequate amount for my needs.
3. Where are the fruits and veggies?

Are you about to eat at least 2 servings of veggies? Prepare them anyway you like, but eat them with every meal or snack. One serving is about 1/2-1 cup and your target is 5-10 cups per day.

Fresh fruits and vegetables contain many micro nutrients - vitamins and minerals that your body needs to carry out important cellular functions and keep you healthy and strong.

Fruits and vegetables are also a great source of phytochemicals, which can help bolster our immune system, enhance our metabolic response, and have been extensively researched for their ability to help prevent disease.

Additionally, the fiber you get from these plant foods is essential for a healthy digestive system and the health of your gut. Eating fiber rich foods increases our feeling of fullness, lowers blood fat and cholesterol, reduces the risk of colon cancer, increases proper intestinal movement, and boosts overall gut health.
I make green smoothies pretty much daily as a quick and convenient way to get an extra serving of greens in my system. In this plan, you’ll find 2 smoothies that have complimentary ingredients - which is a great rule of thumb to save money and have variety when you’re planning your own weekly menu.

Sometimes people ask me, “smoothies or juicing?” My answer is always, both are great! I tend to keep smoothies in the heavy rotation because I like getting the fiber from ingredients, but I’ll also have a juice some days too, because I love the concentrated dose of nutrients. Just make sure you’re getting lots of vegetables and fruit in your body.

Sometimes it’s tough to prepare or get access to enough greens to meet your daily needs. In those cases, and also while traveling, it’s recommended to use a greens powder like Organifi, which is actually made my friend Drew Canole. We are real life friends and neighbors too - I really appreciate this product and use it when I travel, as well as at home when I’m short on a good variety of green food.
4. Where are the carbs?

If you just worked out, you will want to include a serving of starchy carbs to your next meal to replace the muscle glycogen that was depleted during exercise.

Carbohydrates are made up of fiber, starch, and sugar. Fiber and starch are complex carbs, while sugar is a simple carb. The quality of a carbohydrate food depends on how much of each of these it contains.

Ideally you want to go for carbs that are higher in fiber, because they digest more slowly which also makes them more filling. That means they’re a good option if you’re focused on fat loss or maintenance.

We need carbs for energy. When you eat them, they are broken down by the body into glucose and used for immediate energy, or stored in your muscle tissue and liver as glycogen for energy use later.
Being active and exercising means you’re going to go through your energy reserves faster and will want to replenish them more regularly.

But overeating - or choosing the wrong kind of carbs too often - can cause weight gain. If and when your body has more glucose than it can use as energy or convert to glycogen for storage, the excess is converted to fat.

**Good carbs vs. “bad carbs”**

I’m more in the school of thought of “inferior carbs” than I am “bad carbs.” That’s because I think it’s important not to be too restrictive on yourself. As long as you’re eating on purpose, you can space for those special occasions, weekend treats and what I call “NSA meals.”

For me, NSA - or “no strings attached” is the answer to the “cheat meal.” Cheating implies we’re doing something wrong, or not natural. Eating is the most natural thing there is. We just need to have balance.

That’s why I came up with the NSA concept - a suspension of self judgement to make room for the natural inclination to occasionally indulge in food that falls outside of the realm of “the most nutritious.”

For me, having a good balance comes from understanding how food works in my body and feeling empowered to use food to my advantage.

That’s why I stick to optimal carbs most of the time, but don’t restrict myself from having some NSA fun when the situation calls for it!

**So what are optimal carbs and sub-optimal carbs?**

Simply put, how much has the carbohydrate food been processed? If it’s been altered from its natural whole food state in any way, it’s most likely a sub optimal choice.
A lot of so-called health food carbs that we buy in a box or bag like breakfast cereal, instant oatmeal, white or whole wheat bread or tortillas, many condiments and snack foods - are all a processed version of a whole food that has altered the nutrient density of that food.

In most cases, the fiber content is lower, the available micro and macronutrients are lower, the sugar content is higher, and the potential to irritate your gut is higher. All of this equates to the carbs increased ability to increase fat storage.

Remember what I said at the beginning of this section - carbs are made up of fiber, starch and sugar - and the processed carbs contain more sugar than anything else. Dumping excess sugar into our body beyond what we can use or store causes fat storage.

Which now brings us to the good carbs. Eat optimal carbs from whole food sources ensures you’ll have the fuel you need for your workouts, steady energy, and a healthy metabolism so you can burn off extra fat and support a healthy, fit physique.
Some of the best whole food carbohydrates include steel cut oats, Ezekiel bread, sprouted grains like quinoa or rice (and notice I said sprouted - soaking, sprouting and fermenting grains helps to partially break down the grain’s external coating, making the nutrients more available and the grain easier to digest in your system), sweet potatoes, potatoes and squash.

The best times to eat carbs (if you’re wanting to get leaner or stay lean) are:

1: **Morning** - when your body is looking for energy and glucose and has fasted all night (when you were sleeping) and gone through its stored glycogen. When you eat carbs first thing in the morning, your body uses them to replenish what you used overnight, rather than storing them as fat.

My breakfasts always include carbs like overnight steel cut oatmeal, eggs with a sprouted grain or gluten free toast, or a protein pancake topped with fruit. It’s always optimal to consume protein along with your carbs.

2: **Before you work out** - “pre-workout” supplements are not necessary, though they’re fine if you’re into them. I focus on eating normally prior to when I’m going to work out and making sure I’ve included carbs in the meal I had before I exercise.

3: **Post workout** - no need to complicate this, just be sure you eat carbs in your next meal after exercise, for the same reason you want to eat them in
the morning. You use your muscle’s stored glycogen when you train hard, so to replenish it and get those nutrients into your system, you need to eat carbs after your workout.

It’s optimal to get them in your system within the hour, which is why it’s sometimes convenient to have a protein shake with fruit or something like that if you’re on the go or not going to have a full meal very soon.

Carbs help deliver insulin to the muscle cells, which speeds up the delivery of nutrients like protein to the broken down muscle tissue.

Don’t skip your post-workout carbs if you want to see the results of your workout sessions! Your body won’t recover as quickly, you’ll be more sore, and over time you can even lose some muscle tissue.

Keep in mind, it’s that muscle tissue we carry that burns more calories at rest, keeps our metabolism working optimally and gives our body its tone and shape! So feed your muscles and remember to get your carbs from the best whole food sources you can.

With your 7 Day Eating Guide, it’s ok to mix up your meals a bit! And to move your carb servings around between lunch and dinner if you are training in the earlier or later part of the day.
5. Where are your fats coming from?

Fat is the preferred fuel of muscle tissue at rest (make sure you get plenty of sleep to maximize this benefit), AND it protects your muscle's valuable protein stores while being burned for energy along with glucose and glycogen during exercise.

Eating fat provides your body with the means to absorb the micro-nutrients in foods like vegetables and greens by shuttling and dissolving their fat-soluble vitamins and phytochemicals (making it a powerful ally in optimal health), and eating enough fat is one of the MOST IMPORTANT things you can do to naturally balance your hormones.

You won't get the maximum benefits in all those green smoothies without the inclusion of fat in your diet.

We lose out when foods are stripped of their natural fat (like making yogurt fat-free for example) because the healthy, fat soluble vitamins they contain are lost along with the fat.
Balance is key in fat consumption; eating enough of the optimal, unprocessed fats like nuts, avocados, flax, salmon, seeds, whole dairy (like full fat yogurt, full fat grass fed butter if you are ok with dairy) promotes weight loss and weight maintenance.

Back to the optimal/sub-optimal conversation we had about carbs, the same thing is true about fats. The more processed fats are the fats that should be eaten in moderation.

You don’t have to cut them out entirely to be healthy - I think balance is the key to being healthy! Just make your choices based on the result you’re going for and enjoy your ice cream, cake, pastries, pizza when you’re having your NSA meal ;)

Muscle vs Fat

Keep in mind that a pound of fat and a pound of muscle might weigh the same, but their appearance is vastly different - muscle is far denser than fat, so as you lose fat and gain muscle, your body composition will change and your clothes will fit differently - but your weight on the scale may not move as drastically as you’d expect!

This is very important to understand when it comes to eating and exercise - so if you’ve ever been curious about your body weight and how it works, give The Truth About Your Weight a read!
Examples and Special Questions

1. If your workout is in the afternoon or evening, don't avoid carbs with dinner.
2. If your workout is in the morning, you can still include your program approved carbs with lunch in addition to your first meal.
3. If you’re not hungry for breakfast and you workout first thing, it’s okay to wait to eat breakfast after your workout.

*If you are traveling/eating out here’s a great resource with some healthy tips.*
Making the Guide Work For You

Knowing how much to eat without counting calories

If you are accustomed to counting calories, you can calculate the foods in the plan using any app since you have all the ingredients listed.

However, unless you are under the specific guidance of a coach, doctor or trainer who has put you on a specific calorie regimen, consider learning to allow your body’s natural biofeedback system regulate your intake and get more in tune with what the body needs on a daily basis.

There is no app that will tell you the “perfect” caloric intake for every day of your life under the many changing conditions you go through on a daily basis.
A calorie tells us how much energy is contained in food, not how much energy your body can derive from it, and not how many usable nutrients are in it.

Calorie counts on food labels are ESTIMATES - the process of calculating exact caloric measurements in food requires a precise calibration system, and it is common practice to provide general estimates on food labels.

If you are basing your calorie requirements on what an app suggested for you and then basing your intake on approximate amounts from food labels, there isn’t a whole lot of precision actually happening.

That’s why I’m inviting you to rely on a much more accurate method: knowledge of the nutrients on your plate, combined with your body’s own biofeedback that tells you when you’ve had enough and when you’re ready for more.

*When you’re eating the RIGHT foods, your body knows it’s full when it achieves a level of nutrient density.*

Here’s how that works.

Your body will actually tell you what - and when - to feed it if you learn to listen.

*The regulatory hormones, chemicals and cells in our bodies will perform their jobs efficiently when you use the foods that Nature intended for us.*

Your stomach signals your brain that it has had enough either when nutrient density is achieved or when volume is achieved. That means when you eat a plate of nutrient-rich whole foods, you will feel full more quickly than when eating the same volume of junk food.
Have you ever noticed how you can keep eating junk food until your stomach hurts? That’s when the actual volume of your stomach is so full it shuts off your hunger. There isn’t enough nutrient density in the foods you’re eating to alleviate your hunger so you keep eating until you are literally stuffed.

When you put whole foods on your plate, your body knows exactly what to do, and in this meal plan I’m going to help you balance your meals each day by showing you exactly what’s on your plate so you can eat the recipes in the plan or dine out, looking for similar options to fill your body up with the right nutrients.

If you use the Top 5 Questions to Ask Yourself About Food from the previous section, and follow the guidelines around what goes on your plate at mealtimes, you’ll be way ahead of the game!

**Adjusting your portions**

So as you’re getting started with the plan, start out with the suggested amounts. If you’re still hungry, increase your portions by about 25%. Make sure you’re not leaving out any of the food groups, just increase your carbs slightly and your protein slightly.
Please feel free to write me and the team if you’re having any questions come up as you start - we are so happy to help you!

Getting back in touch with the messages your body sends you is a lot easier when you’re eating real, whole foods like what this plan contains. You are going to be on the right track whether you incorporate some, or all of these recipes!

This guide and what I practice in my own life is about enjoying real food that TASTES GOOD and create lasting, healthy LIFESTYLE habits that naturally balance our weight, eliminate inflammation, energize us and heal us from within.

**Are you brand new to cooking?**

Don’t worry. Don’t feel like you have to start batch prepping all of the foods in your weekly plan, buying all the groceries on the grocery list, or eating exactly what the meal plan says.

I strongly recommend you read this guide in its entirety, and then read through the Meal Plan. See how the daily menus are set up, and how the nutrients on your plate at each meal are clearly labeled. Use that as a starting point to look for similar foods and nutrients if you’re eating out.

Try to avoid eating processed foods, or if you are buying a lot of pre made foods, start to notice what nutrients they contain and also what additives they contain. What could you replace one of those items with this week that you could make yourself?

Start by noticing how much of what you’re already eating compares to the meal plans, and looking for what you can add into your current life - not on how much you have to take away.
Start with simple things. Try adding in a green smoothie or two this week, or a greens powder like Organifi.

The best thing you can do if you’re not sure if what you’re eating is a good balance is to start with the Top 5 Questions to Ask Yourself About Food from above, and use the daily menus as a good guideline to help you see the nutrients in the foods you’re choosing.

Planning for more people

If you are doing this meal plan with someone else, I recommend that you go through it in the quantities prescribed rather than just doubling everything.

Because you can’t always tell how much each person will eat, it’s a good way to gauge how many extra ingredients you’ll actually need to buy for the next time around. Even if you run out a little sooner, it’s better than spending double the money only to find out you didn’t need all that food (almost never the case anyway!).

Some things you’ll know for sure you might want extra of like your proteins and carbs, but just aimlessly buying double of everything will cause a lot of waste especially if it’s your first time doing this so be conservative.

When using this plan for a family, I can’t give you an exact amount for everything since there are so many different variables and it’s going to be unique to your situation - but a good rule of thumb is to look for the entrees recipes or recipes you plan on making for the whole family and doubling those. If your family likes smoothies, get extra greens and fruits.
Food/Grocery List Swaps

Whenever a recipe/meal calls for a specific protein, carb, fat, and vegetable/green, you may use any of these examples - and more whole foods not listed - to change the meal to your preferences.

Just remember to cover all of the macronutrients in the recipe/meal so that you don’t miss a key nutrient. For a deeper understanding of the macronutrients, how to balance them, and how they benefit you and an additional 6 week meal plan, pick up the Body Fuel System.

**Protein Swaps:**
- Eggs
- Liquid Egg Whites
- Beef
- Bison/Buffalo
- Lamb
- Game Meat (duck, venison, quail, etc.)
- Pork
- Chicken
- Turkey
- Fish
- Shellfish
- Tempeh
- Plain Greek Yogurt (if you tolerate dairy)
- High-Quality Protein Powder

**Fat Swaps:**
- Avocado/Avocado Oil
- Olive Oil
- Coconut Oil
- Nuts/Seeds (almonds, walnuts, pecans, brazil nuts, hazelnuts, macadamia nuts, pumpkin seeds, sunflower seeds, chia seeds, flax seeds, hemp seeds)
- Nut/Seed Oils (any oils from the nuts/seeds listed)
- Nut/Seed Butters (any butters from the nuts/seeds listed)
Carb Swaps:

Quinoa
Rice (long-grain and wild varieties)
Steel Cut Oat Groats
Buckwheat
Amaranth
Millet
Potatoes (any variety)
Beans/Legumes

Produce Swaps:

Apples
Pears
Berries
Grapes
Cherries
Bananas
Kiwi
Mango
Pineapple
Oranges
Lemons
Ginger
Spinach
Kale
Chard
Arugula
Mixed Spring Greens
Bok Choy
Dandelion Greens
Mustard Greens
Collard Greens

Cucumber
Tomatoes
Broccoli (or broccolini)
Cauliflower
Asparagus
Green Beans
Sugar Snap Peas
Edamame
Brussels Sprouts
Artichoke
Squash (any variety)
Carrots
Celery
Bell peppers
Mushrooms
Onions (any variety)
Garlic
Fresh Herbs/Spices

Pantry Items/Additions:

Coffee
Tea
Non-Dairy Milk (almond, coconut, rice, hemp, oat, flax, etc.)
Broth (vegetable, chicken, beef, turkey, etc.)
Sun-dried Tomatoes
Vinegar (apple cider, red wine, balsamic, etc.)
Pumpkin Puree
Cacao Powder
Cacao Nibs
Goji Berries
Dried Fruit (raisins, apricots, cherries, cranberries, etc.)
Unsweetened Shredded Coconut
Unsweetened Applesauce
Honey
Maple Syrup
Coconut Sugar
Almond Meal Flour
Coconut Flour
Arrowroot Powder
Baking Powder
Baking Soda
Vanilla Extract
Pasta Sauce (check for added sugars)
Canned Vegetables (in water)
Dried Herbs/Spices
Snack Swaps:

Greek yogurt with berries and nuts (if you handle dairy well) - and please don’t opt for the nonfat or low fat kind, get full fat Greek yogurt - if you start reading your labels you’ll see that 99% of those products have tons of added sugar to make up for the very negligible fat content removed just so they can say it’s “nonfat.”

Protein muffins with veggies of your choice

Protein bars with veggies of your choice

Trail mix (any mix of nuts, seeds, and dried fruit you like)

Protein shake with fruit

Specialty Items:

Goji berries can be swapped for another dried fruit like raisins

Hemp seeds aren’t always available everywhere, but you can order them online for a great price - usually less than what you’d pay in the store. They are an fat and protein rich seed - you can substitute other fats and proteins, or leave them out entirely.

You can find cacao nibs online if you can’t find them in the store.
Substitutions for Nut and Egg Allergies

Eggs

As a meal replacement:
Scrambled tofu with nutritional yeast and a little mustard.

In baking:
1 T flax seed meal plus 3 T water

½ banana or ¼ cup applesauce - Banana and applesauce work best as an egg replacer in recipes like pancakes, muffins and yeast-free quick breads, but they won’t help your recipe be as light and fluffy as they would with eggs. Just be sure to include a little baking soda or powder if the recipe doesn’t already call for it to help with this.

¼ cup Silken tofu replaces one egg. Blended with the liquid ingredients works best. It won’t change the flavor of your recipe, but it will increase the density. It works best in recipes like brownies and pancakes.

¼ cup of yogurt will also replace one egg. Similar to the notes on tofu, it will behave differently in different recipes.
**Tree Nuts**

**As a meal replacement:**
To get similar nutrient benefits to nuts, include seeds in your diet. Chia, hemp and flax all contain essential fatty acids and essential amino acids and digest easily.

**In baking:**
Try sunflower seeds, ground flaxseed meal, or pumpkin seeds for a larger seed that adds a good crunchy texture to baked goods. Sun Butter is also a good option and can replace almond butter or other nut butters in a recipe. You can also make a great pesto using a combination of sunflower and sesame seeds.

**Avocado**

I do get questions about what to substitute for avocado if you’re allergic. I recommend making Hemp Seed Mayo:

1 cup hemp seeds  
3 T Apple Cider Vinegar  
2 T olive oil  
1/2 cup water  
pinch of salt

Blend in your high speed blender (food processor could work too!) until creamy. Also delicious with 1-2 cloves of garlic, fresh or dried herbs, paprika or other seasonings.
Protein Powder Guidelines

To make sure you’re getting enough protein in your daily intake without having to cook everything an easy solution is to include a scoop of protein powder in a pancake recipe, shake or smoothie a few times a week which is what I do.

It’s super important to choose quality protein powders if you’re going to use them - so I’ve included 4 I recommend and use myself to help you make great choices on your own.

You do not have to use the same ones as me, I just want you to be armed with this knowledge when choosing your own.

HOW MUCH PROTEIN DO I NEED?

The “right” amount for each individual is going to vary depending on your activity level and goals - just like any other nutrient. Just like most body tissue, muscles are in a constant state of breakdown and repair. To gain muscle, you have to eat more protein than your body is breaking down.

For people whose goal it is to gain mass, increasing protein intake will help build muscle and strength (in conjunction with a fitness regimen of course).

For individuals who want to hold onto the muscle they have while losing body fat, an increased protein intake is also appropriate as this increase spares muscles tissue while losing weight.

A common recommendation for gaining muscle is 1 gram of protein per pound of body weight, or 2.2 grams of protein per kg. This estimate is a bit
high for those in maintenance mode or general fat loss (while active and maintaining muscle).

It’s hard to give an exact figure because of how much conflict there is in studies but it’s safe to say 0.7-1 grams (give or take) per pound of goal body weight is a reasonable estimate. This is what I personally aim for daily.

Like any of the nutrients, eating a variety of food sources is a good way to ensure you're getting adequate minerals, vitamins, phytonutrients and everything you need to maintain your lean muscle and decrease fat storage. So don’t just rely on protein powders, protein bars or supplements for any nutrient. Used in balance with whole foods you can get the best results.

#1: Plant-Based Multi-Source Protein Powder

Why I recommend this: I like a protein powder sourced with a couple plant sources of protein to get a broader spectrum of amino acids and benefits from plant foods I might not eat daily. I love getting plant protein from a combination of a couple of things, like rice, pea, pumpkin or hemp.
Some protein powders also have superfoods added as well, which can be a nice bonus.

I give preference to organic protein in this case, and also am looking for a non-GMO label. 100% Certified Organic means non-GMO, but if you can’t find an organic protein (sometimes it’s hard to source ALL the ingredients as organic), look for the non-GMO label to ensure you’re not putting genetically modified foods in your body inadvertently.

**What to Look OUT for:**

It’s so important to know how the plant protein has been extracted from its source. There are 3 main methods for extraction:

1. **Hexane based:** hexane is a chemical neurotoxin derived from petroleum that can damage your central nervous system, and is commonly used to remove the plant oils in soy protein as well as some other types. **AVOID.**

2. **High Heat:** when plants are exposed to high heat in order to remove the natural oils to make the protein powder, other nutrients are damaged and this can make the end result not as absorbable or beneficial to you. **AVOID.**

3. **Enzyme-based:** natural enzymes are added to the plant seeds to remove the oils. This is the preferred method for making plant proteins. **RECOMMENDED.**

While I’m not eating a plant-based only diet, multi-source plant-based protein is one of my staples. I’ll either use this or a collagen protein for my shakes and smoothies.

**What to Look FOR:**
Read your label and make sure you know what everything in those ingredients are, number one. I look for a plant-based protein that includes sprouted or fermented grains when grains are used (rice, for example).

Soaking, sprouting, fermenting or otherwise enzymatically breaking down grains as a form of pre-digestion is the absolute best way to ensure our bodies can absorb their nutrients. You’ll see that brands like Warrior Food are amazing at including these kinds of ingredients.

You may see ingredients like superfoods, enzyme blends, probiotics, BCAA’s, or other components that may be useful. Be sure to google these if it’s your first time seeing them and make sure it’s something you want.

**RECOMMENDED PLANT-BASED, MULTI-SOURCE PROTEIN POWDERS:**

*[Warrior Food Natural]*

*Features:* 100% plant-based, hypoallergenic, highly-digestible, and complete protein powder made from organically-grown yellow pea protein and organically-grown sprouted brown rice, BCAA’s, GMO free, gluten-free, casein free, lactose free, cholesterol free, dairy free; organic, vegan, kosher

*Protein:* 15g / serving  
*Price:* $54.95 / 50 servings

*NOTES:* This one is not flavored so you’ll want to be sure you’re mixing it into a smoothie or shake or something you’re adding a natural flavor or sweetness source to, think smoothie for example with banana, strawberries, greens and nut milk.
Consider adding a scoop of cacao powder for chocolate superfood goodness. This company is AMAZING – everything from their containers to the soil they grow the source plants on. Top recommendation for an unflavored, high quality plant protein.

**Powerootz™ Protein Powder** (different flavors available)

**Features:** gluten-free, dairy-free, soy-free, vegan, non-GMO, no added sugar, no chemical fillers, corn-free, additive-free, no artificial flavors or preservatives

**Protein:** 19g-23g/serving (varies depending on flavor)

**Price:** $64.99 / 20 servings

(notice available for how much you want to buy at a time)

**NOTES:** This is a recent discovery and I love the combination of superfoods in Powerootz blends

**# 2 Collagen Protein Powder**

**Why I recommend this:** Collagen protein is in my heavy rotation for top choice protein powders. I usually rotate between it and the multi-source plant-based protein (#1). It’s really versatile in that the plain ones are *virtually* tasteless, can be mixed in anything, dissolve well, and the benefits of collagen protein are many.

You can find a lot of uses for it outside of adding it to a smoothie, for example, I make a delicious chocolate nut butter spread I call “*healthy Nutella*” that I have for breakfast with my *homemade buckwheat bread*. 


Collagen used to make its way into our diets through foods like bone broths, slow-cooked organ meats, kidney pies, baked beef hearts, whole crustaceans, and whole-fish soups and stews. But if you’re not regularly eating these types of foods, you may not be getting any of this goodness into your body.

What to look for: Look for hydrolyzed collagen – which just means that the naturally larger molecules of collagen are broken down into smaller molecules called peptides for better absorption in our bodies.

Collagen peptides are well absorbed by the digestive system and make their way to targeted tissues where they act as building blocks and trigger our own internal collagen production.

*Scientifically proven benefits of Collagen Protein:*

1. **Improves skin elasticity** – which can improve the signs of aging and the appearance of cellulite.

2. **Improves muscle mass and strength** (if you need a refresher on why you want to help your body develop lean muscle, read this).
3: **Decreases inflammation** – osteoarthritis sufferers who were given supplements during a 70-day study experienced significantly reduced pain and symptoms compared to those given a placebo.

Collagen protein gets its name from the Greek word “kolla” which means glue. That’s because it’s one of the major building blocks of bones, skin, muscles, tendons and ligaments. Collagen protein accounts for approximately 1/3 of the protein in our body – and we want to preserve it.

Our body makes less and less collagen as we age, which contributes to signs of aging like wrinkles, sagging skin and joint pains (due to weakened or decreased cartilage)

**Fun fact #1:** you can help your body preserve and protect collagen by avoiding behaviors that damage it. These include eating excessive amounts of processed carbs and sugar (#truth sugar breaks down collagen), smoking (duh, don’t smoke) and getting sunburned.

**Fun fact #2:** make sure your balanced diet includes optimal amounts of **Vitamin C**. When we consume collagen, collagen levels naturally increase in our bodies – but collagen can’t form without Vitamin C. Since our body doesn’t produce enough Vitamin C on its own, we need to be mindful of including it in our diet, or in supplement form ([this is the one I use](#), it’s a highly absorbable lypo-spheric vitamin C).

**Good sources of vitamin C from food include** citrus fruits, fruits like kiwi, cantaloupe, watermelon, berries (and fresh-picked local produce will ensure you’re getting the maximum concentration), bell peppers, leafy greens, broccoli, Brussels sprouts, parsley and bok choy.
There are 2 types of consumable collagen: Collagen hydrolysate and Gelatin.

- Collagen hydrolysate is processed more intensively, breaking down the proteins into smaller pieces so that it can easily mix in liquid.
- Gelatin (think bone broth protein) only dissolves in a hot liquid.

When choosing a collagen protein, I look for one made from grass-fed, pasture-raised cows. This means they are less likely to be injected with antibiotics and growth hormones, not to mention I prefer to spend my money supporting responsible farming practices where the animals are fed a more natural diet.

Collagen protein powder can be added to many things you’re already eating just like you would a plant-based or whey protein powder – like a shake (just add a spoonful of antioxidant-rich cacao/chocolate powder or vanilla and some fruit and you’ve got a naturally sweet beverage that’s perfect post-workout) or baked in a recipe – the possibilities are endless.

Taste and Texture Notes on Plain Collagen protein: While I find it to be virtually tasteless, I do hear that some people can taste it. Genetically speaking, we do all have a variety of taste receptors (some people can’t stand the taste of broccoli for this reason for example).

I’d recommend mixing it into things like you would a normal protein powder. It does a great job of dissolving, but if you’re putting it in a clear beverage (or your coffee – which I don’t – just use it like a normal protein powder) you may see some small flecks. It is collagen, which is a gelatin based product so that isn’t surprising.

I use it in my smoothies, mix it into my nut butters (try my healthy nutella!), add it in my baking, and swirl it into my hot chocolate.
You can also get flavored collagen – and with that I would stress looking for one with the LEAST amount of added ingredients and **avoid the sugar alcohols as a sweetener** like I mentioned in #1.

**RECOMMENDED COLLAGEN PROTEIN:**

**Bulletproof Collagen** (PLAIN only*)

*Features*: grass-fed, pasture-raised hydrolyzed collagen protein powder

*Protein*: 22 grams/serving  
*Price*: $39.99/19 servings

*I don’t use Bulletproof’s flavored collagen, as they are using erythritol as their sweetener. I’m not a fan of sugar alcohol as a sweetener.*

**Primal Kitchen Vanilla Coconut**

*Features*: grass-fed collagen, sugar-free, dairy-free, gluten-free, soy-free, paleo-approved

*Protein*: 10g/serving (serving = 1 scoop)  
*Price*: $39.99/24 servings
#3 Plant-Based Single-Source Protein

**Why I recommend this:** As an alternative to a multi-source plant-based protein, a single source is also fine as long as the source of the plant used is quality grown and has not been treated with chemicals, and the soil was rich.

It’s hard to tell for sure these days if everything has been optimal, so usually, the best we can do is to look for the label to have the certified organic seal and “non-gmo.” I also recommend you just look up the company and read about anything you can to do with their sourcing practices.

I like using single-sourced plant protein in baking, so when I have it on hand that’s what I’ll normally use it for. It’s also great to use in a smoothie or shake.

There are 20 total amino acids your body needs to function. Eleven of those are made IN your body, but the other 9 need to come from the foods you eat – we call those “essential amino acids.”

Many plant-based proteins – like hemp and pea, for example – deliver those 9 essential amino acids, which makes them “complete proteins.” It’s not necessary to get all 9 in a serving or meal necessarily – as long as you eat them throughout the day. But it is nice and convenient to take care of your needs in one place.
I do not recommend soy protein generally, as 90% of soy today is genetically modified. Organic, fermented soy – which is a staple food in many Asian cultures (think miso, natto, tempeh and certain soy sauces) is a wonderful food. The processed soy we find in protein powders, however, should be avoided – especially soy protein isolates.

**What to Look for:** Look for the organic and non-GMO labels on your protein. Read the label on the back to see what kind of sugar was used to sweeten the protein.

Try to get a protein powder with less ingredients than more, especially with a single-source protein powder. If it’s a flavored one like vanilla, you should recognize the ingredients being used – a protein source, a vanilla flavor and a sweetener.

**RECOMMENDED PLANT-BASED, SINGLE INGREDIENT PROTEIN POWDERS:**

**Powerootz™ Pure Raw Pea Protein Isolate**

*Features:* gluten-free, dairy-free, soy-free, vegan, non-GMO, no added sugar, no chemical fillers, corn-free, additive-free, no artificial flavors or preservatives

*Protein:* 26g/serving  
*Price:* $32.99 / 20 servings

**Nutiva® Naturals Hemp Protein**

*Features:* Made from raw hemp seeds; Certified organic and non-GMO; Vegan; All 20 amino acids, including the 9 essential; Essential fatty acids (omega
3 & 6); Good source of dietary fiber; Gently cold-processed; Never hexane processed; Always chemical free; Non-irradiated; Non-BPA container

**Protein:** 15g/serving  
**Price:** $36.75 / 45 servings

**Other natural Protein Sources:**

Also of note, *nutritional yeast* and *brewer’s yeast* are good sources of protein that also contain selenium, chromium and B-complex vitamins that most people need.

I love sprinkling nutritional yeast on my popcorn (non-GMO popcorn, just look for the label!) with a little extra virgin olive oil, or adding it to a salad for a cheesy flavor.
My Favorite Healthy Recipes

Try any of these delicious recipes as you’re getting started with Home Workout Domination! If you’d like a more formal plan to follow, I’ve included a 7-day Plan below that uses some of these recipes!

Breakfasts

Veggie Scramble with Toast and Avocado

Yield: 1 serving
You will need: pan, cooking oil spray, whisk, mixing bowl, knife, cutting board, toaster, measuring cups

1/4 cup mushrooms, chopped
1 cup baby spinach
2 eggs
1/3 cup egg whites
salt and pepper
2 slices bread
1/4 avocado

1. Spray a medium pan with cooking oil and sauté the mushrooms and spinach until wilted.
2. Whisk the eggs and egg whites together and season with salt and pepper. Add to the pan and scramble with the veggies.
3. Toast the bread slices and mash the avocado on it with a little salt and pepper.
Overnight Oatmeal with Fruit and Hemp Seeds

**Yield:** 3 servings

**You will need:** medium saucepan with lid, measuring cups and spoons, mixing spoon

- 3/4 cup steel cut oats
- 3 cups water
- 1 Tbsp vanilla extract
- 3 apples, chopped
- 9 Tbsp hemp seeds - 3 Tbsp is one serving

1. Combine the oats and water in a medium saucepan. Bring to a boil and let boil 1 minute.
2. Remove from the heat and stir in the vanilla. Cover and refrigerate overnight.
3. To serve, take 1/3 of the oats (about 1/2 cup) and top with 1 serving fruit and 3 Tbsp hemp seeds.

5-Minute Protein Pancakes

**Yield:** 1 serving

**You will need:** blender, measuring cups and spoons, skillet, spatula, cooking oil spray

- 1 banana
- 2 eggs
- 1 tsp vanilla extract
- 1 scoop protein powder - flavor of your choice

1. Add everything to a blender and blend until smooth.
2. Heat a skillet to medium and spray with cooking oil.
3. Pour 1/4 cup batter onto the heated pan for each pancake.
4. Cook until bubbles form on the top, then flip to brown the other side.
Breakfast Shake

Yield: 1 serving
You will need: blender, measuring cups and spoons

1 cup almond milk - add more as necessary
1 cup/handful greens
1 banana
1 Tbsp peanut butter
1 scoop protein powder - vanilla or chocolate works great
1/4 cup sprouted grain cereal - I like Ezekiel brand

1. Add the liquid and greens to your blender and blend until smooth.
2. Add in the banana and peanut butter and blend again.
3. Finally, blend in the protein powder and cereal.

Pumpkin Protein Breakfast Pudding

Yield: 6 servings
You will need: blender or food processor, measuring cups and spoons, 6-6 oz ramekins or a brownie pan

1 15-oz can pumpkin puree (canned pumpkin)
2 eggs
1 11-oz container So Delicious culinary coconut cream (canned coconut milk works too - make sure to get full fat)
3 scoops vanilla protein powder
1/4-1/3 cup maple syrup
1 tsp cinnamon
1/4 tsp ground ginger
1/4 tsp ground cloves
1/2 tsp salt
1. Preheat your oven to 350 F.
2. Add all ingredients to your blender or food processor and run until smooth.
3. Pour into ramekins or brownie pan and bake for 40-45 minutes, until a toothpick inserted in the center comes out clean.
4. Optional toppings: coconut cream, berries, hemp seeds (in the picture I have coconut milk, cinnamon and blackberries on top).

**Green Smoothies**

**Strawnana Green Smoothie**

*Yield: 1 serving*

*You will need: blender, measuring cup*

1 cup almond milk  
1 cup/handful greens  
1 banana  
1/2 cup strawberries  
1 scoop vanilla protein powder

1. Add the liquid and greens to your blender and blend until smooth.
2. Add in the banana and strawberries and blend again.
3. Finally, blend in the protein powder.
**Mango Basil Green Smoothie**

*Yield: 1 serving*

*You will need: blender, measuring cups*

1 cup almond milk  
6 fresh basil leaves  
1/2 mango - or 1/2 cup frozen  
1 scoop vanilla protein powder

1. Add the liquid and basil to your blender and blend until smooth.  
2. Add in the mango and blend again.  
3. Finally, blend in the protein powder.

---

**Mint Mojito Green Smoothie**

*Yield: 1 serving*

*You will need: blender, measuring cups*

1 cup coconut water  
2 limes, juice of  
1 cup/handful spinach  
1/4 cup (approximately) fresh mint leaves  
1 banana - frozen  
3 Tbsp hemp seeds  
1-2 tsp honey

1. Add the liquids and greens to your blender and blend until smooth.  
2. Add in the banana and blend again.  
3. Finally, blend in the hemp seeds and honey.
**PB&J Green Smoothie**

_Yield:_ 1 serving  
_You will need:_ blender, measuring cups and spoons

1 cup almond milk  
1 cup/handful greens  
1 banana  
1/2 cup raspberries  
1 scoop vanilla protein powder  
1 Tbsp peanut butter

1. Add the liquid and greens to your blender and blend until smooth.  
2. Add in the banana and strawberries and blend again.  
3. Finally, blend in the protein powder and peanut butter.

---

**Post-Workout Green Smoothie**

_Yield:_ 1 serving  
_You will need:_ blender, measuring cups

1 cup almond milk  
1 cup/handful greens  
1 banana  
1 scoop protein powder - flavor is your choice

1. Add the liquid and greens to your blender and blend until smooth.  
2. Add in the banana and blend again.  
3. Finally, blend in the protein powder.
Snacks

Apple with Peanut Butter
Yield: 1 serving

1 apple - variety of your choice
2 Tbsp natural peanut butter

Hummus and Veggies
Yield: 1 serving

1/4 cup hummus - check for kinds without soybean/canola oil and no added sugar
1/2-1 cup chopped veggies - carrots, celery, bell pepper are great choices

Trail Mix
Yield: 3 servings - 1/2 cup each serving

1/2 cup almonds
1/2 cup cashews
1/2 cup raisins

**you can use any combination of nuts/seeds and dried fruit you like best**
Chocolate Protein Bar

Yield: 8 servings
You will need: food processor, measuring cups and spoons, 8x8 baking dish, knife

1 cup almonds
1/2 cup chocolate protein powder
2 Tbsp cacao powder
1/4 tsp salt
10-13 dates - make sure they’re moist
1/4 cup cacao nibs

1. Put the nuts, protein powder, cacao powder, and salt in a food processor and run until nuts have become a flour-like consistency and everything is combined.
2. Put the dates and add them one at a time with the food processor running. Stop when everything starts to clump together.
3. Turn out the dough into an 8x8 baking dish and press down to flatten. Top with cacao nibs and cover.
4. Refrigerate for an hour and then cut into 8 squares. Store in the fridge.

Here are my 3 favorite pre-made protein bars in case you’re short on time:
Core Bars
Epic Bars
Rise Bars
**Pumpkin Protein Muffins**  
*Yield: 16 muffins - 8 servings*  
*You will need: mixing bowls, muffin tins, cooking oil spray or cupcake liners, measuring cups and spoons, whisk, rubber spatula*

1 1/2 cups almond flour  
1/2 cup vanilla protein powder  
1 tsp baking soda  
1/2 tsp salt  
1 tsp cinnamon  
1/2 tsp ground ginger  
1/4 tsp allspice  
1 cup pumpkin puree  
3 eggs  
1/4 cup olive or avocado oil  
1/2 cup honey or maple syrup

**Topping (optional):**  
1/4 cup 70% dark chocolate pieces  
1/4 cup chopped walnuts  
3 Tbsp hemp seeds

---

1. Preheat the oven to 350 F and spray 2 muffin tins with cooking oil or line with cupcake liners.  
2. Mix the dry ingredients into a bowl. Mix the wet ingredients in a separate bowl.  
3. Combine the wet and dry ingredients and pour the batter into the muffin tins.  
4. Mix up the topping (if using) and evenly distribute on the tops of the muffins using a Tablespoon measurement.  
5. Bake for 22-25 minutes, until a toothpick inserted into the center comes out clean.
Side Dishes

**Mixed Greens Salad**

**Yield:** 4 servings

**You will need:** knife, cutting board, measuring cups, whisk

- 4 cups/handful mixed spring greens
- 1/2 cucumber, chopped
- 1/2 cup cherry tomatoes, halved
- 1/2 cup almonds, chopped

**Dressing**
- 1 lemon, juice of
- 1/4 cup olive oil
- salt and pepper

1. Mix the greens, chopped cucumber, tomatoes, and almonds. Store in an airtight container in the fridge.
2. In a small bowl, whisk together the lemon juice, olive oil, salt and pepper and store separately.

**You can use any combination of greens, vegetables and nuts/seeds to create a different salad weekly**
Quinoa

Yield: 4 servings
You will need: measuring cups and spoons, medium saucepan with lid, mixing spoon

1 cup quinoa*
2 cups water
1 tsp salt

1. Add the quinoa and water to a medium saucepan and place it on the stove on high.
2. Once the quinoa starts to boil, cover and reduce to low for 20 minutes until cooked through.
3. Stir in the salt once the quinoa is cooked.

*Optional soaking method (recommended): the night before cooking, place the dry quinoa in a bowl with water just to cover and add 1 Tbsp apple cider vinegar. Cover and let sit overnight - or for 8 hours. In the morning, drain and rinse the quinoa before cooking. You may need less than 2 cups to cook after soaking, about 1 1/2 cups should do.
Wild Rice

**Yield:** 4 servings

**You will need:** measuring cups and spoons, medium saucepan with lid, mixing spoon

1 cup wild rice*
2 cups water
1 tsp salt

1. Add the rice and water to a medium saucepan and place it on the stove on high.
2. Once the rice starts to boil, cover and reduce to low for 20 minutes until cooked through.
3. Stir in the salt once the rice is cooked.

*Optional soaking method (recommended): the night before cooking, place the dry rice in a bowl with water just to cover and add 1 Tbsp apple cider vinegar. Cover and let sit overnight - or for 8 hours. In the morning, drain and rinse the rice before cooking. You may need less than 2 cups to cook after soaking, about 1 1/2 cups should do.

Sweet Potato Discs

**Yield:** 2 servings

**You will need:** baking sheet, parchment paper, knife, cutting board

1 sweet potato, washed

1. Preheat the oven to 400 F. Line a baking sheet with parchment paper.
2. Slice the sweet potato (skin on or off) into 1/4 inch discs and lay flat on the baking sheet.
Entrees

Burgers

**Yield:** 4 servings

**You will need:** mixing bowl, skillet, cooking oil spray, spatula

1 1/4 lb lean ground beef
salt and pepper

1. Mix the beef, salt and pepper by hand in a bowl. Form into 4 evenly sized patties.
2. Heat a skillet to medium and spray with cooking oil.
3. Cook the burgers until browned on one side, then flip and cook through.

**Pairs well with sweet potato discs (as buns) and salad**

Meatless Option: Black Bean Quinoa Burger

**Yield:** 4 servings

**You will need:** skillet, knife, cutting board, spatula, food processor, measuring cups and spoons, baking sheet, parchment paper, garlic press

1 tsp olive oil
1/2 of a small yellow onion, chopped
1 can black beans, rinsed and drained, divided
1 tsp dried steak seasoning
1 clove garlic, minced
1 cup cooked quinoa, divided
1/2 cup water
1. Preheat the oven to 375 F.
2. Heat a skillet to medium and pour in the olive oil. Sauté the onions for about 5 minutes.
3. Stir in 1/2 of the black beans, the steak seasoning, and garlic. Add 1/2 cup of water and stir.
4. Let it come to a boil, then reduce to a simmer for 10 minutes, or until most of the liquid is absorbed.
5. In a food processor, place the bean-onion mixture along with 1/2 cup of the quinoa and process until smooth.
6. Stir in the remaining 1/2 cup quinoa and black beans. Season with salt and pepper.
7. Form into 4 patties and place on a baking sheet lined with parchment paper.
8. Bake for 10-15 minutes, flip, and bake another 10-15 minutes until crispy on the outside.

**Add to grocery list:** 1/2 small yellow onion, 1 can black beans, steak seasoning, 1 clove garlic, 1/2 cup dry quinoa

**Remove from grocery list:** lean ground beef
Turkey Stuffed Bell Peppers

Yield: 4 servings

You will need: skillet, knife, cutting board, can opener, mesh strainer, mixing spoon or spatula, baking dish or casserole pan, measuring cups and spoons.

4 large bell peppers, halved
1 Tbsp olive oil
1 lb ground turkey breast
1 cup cooked quinoa
1/2 cup black beans, rinsed and drained
1 small jar salsa
1/2 tsp garlic powder
1/2 tsp onion powder
2 Tbsp taco seasoning
salt and pepper to taste

1. Preheat your oven to 375 F. Line a baking dish or casserole pan with parchment paper.
2. In a skillet over medium heat, add the olive oil and ground turkey. Cook while breaking up with a spoon until no longer pink.
3. Mix the browned turkey, quinoa, black beans, salsa and seasonings.
4. Arrange the peppers in the baking dish and stuff the mixture into each half of pepper.
5. Bake for 25 minutes, or until peppers are softened.

**This dish has the “side dishes” built in (peppers and quinoa/beans) so you won’t need anything extra to make a complete meal**

Meatless Option: leave out the turkey and replace with an extra can of black beans

Add to grocery list: 1 can black beans
Remove from grocery list: ground turkey breast
Sesame Hemp Seed Turkey Bites

**Yield:** 4 servings

**You will need:** large Ziplock bag, knife, cutting board, baking sheet, parchment paper

1 1/4 lb turkey breast, cut into 1-inch pieces
2 Tbsp hemp seeds
2 Tbsp sesame seeds
2 Tbsp fresh rosemary, chopped
1/2 tsp salt
1/4 tsp pepper

1. Preheat the oven to 350 F and line a baking sheet with parchment paper.
2. Place all of the ingredients in a Ziplock bag and seal. Shake well to coat all of the turkey pieces evenly.
3. Lay onto the baking sheet and bake for 20-25 minutes.

**Pairs well with wild rice and salad**
Meatless Option: Sesame Hemp Seed White Bean Salad

Yield: 4 servings
You will need: mixing bowl and spoon, cutting board and knife, measuring cups and spoons

2 cans white beans
1/4 cup hemp seeds
1/4 cup sesame seeds
3-4 sprigs fresh rosemary (or 1 tsp dried rosemary)
3-4 sprigs fresh thyme (or 1 tsp dried thyme)
1/2 tsp sea salt
Fresh pepper to taste
2 T sesame oil

1. Pull herbs from stems and chop fine.
2. Combine herbs, salt and pepper, beans, seeds and sesame oil in a large bowl and stir to combine.

Add to Grocery List: 2 cans white beans, fresh thyme, sesame oil
Remove from Grocery List: turkey breast
Turkey and Avocado Toast

Yield: 1 serving
You will need: toaster, mixing bowl, fork

2 slices sprouted grain or gluten free bread
1/2 avocado
salt and pepper to taste
4 oz turkey lunch meat - look for organic, antibiotic/hormone/nitrate free

1. Toast the bread. Mash the avocado, salt and pepper together in a bowl.
2. Spread the mashed avocado onto the toast. Top each slice with half of the turkey meat.

**Pairs well with salad**

Meatless Option: replace the turkey with either 1/2 cup black beans or 2 eggs any style

Add to Grocery List: 1/2 cup black beans or 2 eggs
Remove from Grocery List: turkey lunch meat
Chicken Nuggets

Yield: 4 servings

You will need: baking sheet, parchment paper, knife, cutting board, mixing bowls, fork or whisk, measuring cups and spoons

1 1/4 lb chicken breast, cut into 1-inch pieces
2 eggs
1 cup almond flour
1 cup unsweetened coconut flakes
1 tsp garlic powder
1 tsp onion powder
salt and pepper to taste

1. Preheat the oven to 350 F and line a baking sheet with parchment paper.
2. Set out 2 bowls. In one, beat the eggs together. In the other, combine the almond meal, coconut, and seasonings.
3. Dip the chicken pieces into the egg and then into the flour mixture. Be sure to cover each piece evenly. Lay on the baking sheet.
4. Bake for 20-25 minutes, until cooked through.

**Pairs well with quinoa and salad**
Meatless Option: Chickpea Nuggets

Yield: 4 servings
You will need: baking sheet, parchment paper, food processor, shallow baking dish

Nuggets:
1 can chickpeas, rinsed and drained
1/2 tsp paprika
2 tsp Dijon mustard
pinch of cayenne pepper
salt and pepper

Coating:
1/4 cup sunflower seeds
1/4 cup almond flour
1/2 tsp paprika
Pinch of cayenne pepper

1. Preheat oven to 350 F.
2. Blend the chickpeas in the food processor until half are pureed. Mix it will the rest of the nugget ingredients.
3. Mold them into evenly sized nuggets (12-16 total).
4. Pulse sunflower seeds in a food processor until they are a coarse crumb.
   Mix together the coating ingredients. Roll the nuggets in the coating.
5. Bake on a baking sheet lined with parchment for 20-25 minutes, until lightly browned.

Add to grocery list: 1 can chickpeas, Dijon mustard, cayenne pepper, 1/4 cup sunflower seeds, paprika

Remove from grocery list: chicken breast, 2 eggs, 1 cup almond flour, 1 cup unsweetened coconut flakes, garlic powder, onion powder
Creamy Chicken and Vegetable Soup

Yield: 4 servings

You will need: knife, cutting board, medium pot, blender, stirring spoon

1 quart chicken broth
2 cups zucchini, peeled and chopped
2 cups cauliflower, broken into florets
1 cup onion, chopped
2 cloves garlic, minced or pressed
1 cup carrots, peeled and chopped
1 cup shredded chicken (pre-cooked)
1 tsp dried rosemary
salt and pepper to taste
avocado for garnish

1. In a medium pot, combine the broth, zucchini, cauliflower, onion and garlic.
2. Simmer for 20 minutes until veggies are soft. Transfer to your blender or food processor using a ladle or measuring cup.
3. Blend until completely smooth.
4. Return to the pot along with the carrots, chicken, rosemary, salt and pepper. Simmer for 10 minutes until carrots have softened. Serve with avocado diced on top.

**Pairs well with quinoa or rice (can mix it in too)**

Meatless Option: instead of chicken, use 2 cans white beans

Add to grocery list: 2 cans white beans
Remove from grocery list: 1 cup shredded chicken
Ginger Baked Fish and Veggies

Yield: 2 servings

You will need: aluminum foil, baking sheet, knife, cutting board

1 zucchini, chopped
1/2 cup mushrooms, halved
2 fish filets of your choice - about 6 oz each
1 tsp ginger powder
1 clove garlic, minced

1. Preheat the oven to 350 F. Lay 2 pieces of aluminum foil on a baking sheet.
2. Place the chopped zucchini and mushrooms evenly on each piece of foil. Sprinkle with salt and pepper.
3. Put the fish on top of the veggies and sprinkle with ginger powder and garlic.
4. Fold up the aluminum foil and bake for 20-25 minutes.

**Pairs well with wild rice**

Fish-less Option: use 6 oz each tempeh (sliced into rectangles) instead of fish

Add to grocery list: 12 oz tempeh
Remove from grocery list: 2 filets fish
**Tuna Avocado Salad**

**Yield:** 2 servings

**You will need:** fork, mixing bowl, measuring spoon

2 cans tuna, drained  
1 avocado  
1 Tbsp Dijon mustard  
salt and pepper to taste

1. Place the tuna in a bowl and mash with a fork. Add the avocado and mash into the tuna.  
2. Stir in the mustard, salt and pepper.

**Pairs well on top of mixed greens salad or on sweet potato discs**

**Fish-less Option: Black Bean Avocado Salad**

**Yield:** 2 servings

**You will need:** can opener, food processor

1 can black beans  
1 avocado  
salt + pepper

1. Rinse and drain the black beans.  
2. Add everything to a food processor and run until smooth.

**Add to grocery list:** 1 can black beans  
**Remove from grocery list:** 2 cans tuna
**Pesto Shrimp**

*Yield:* 2 servings  
*You will need:* measuring spoon, medium saucepan, steamer basket insert

12 oz shrimp - *fresh or frozen*  
1/4 cup pesto

1. Steam the shrimp using a saucepan filled with 1 inch of water. Bring to a boil and use a steamer insert basket to cook the shrimp, just until pink.  
2. Toss the shrimp with the pesto.

**Pairs well with quinoa and salad**

**Seafood-less Option: Pesto Edamame**

*Yield:* 1 serving  
*You will need:* measuring spoon, mixing bowl, medium saucepan

12 oz frozen shelled edamame  
1/4 cup pesto

1. Following the package instructions, cook the edamame.  
2. Toss with the pesto.

**Add to grocery list:** 6 oz frozen shelled edamame  
**Remove from grocery list:** 12 oz shrimp
Desserts

*These healthy dessert recipes make a great option! Enjoy them when you’re looking for something sweet and delicious!*

**Dark Chocolate Mousse**

*Yield: 2 servings*

*You will need: medium saucepan, measuring cups, rubber spatula*

1/2 cup dark chocolate Enjoy Life chips (or any dark chocolate)  
1/3-1/2 cup culinary coconut milk (or full-fat canned coconut milk)

1. Melt the chocolate chips over very low heat, stirring constantly. Before they’re fully melted, add in the coconut cream and keep stirring.
2. Once you’ve achieved a mousse-like consistency, divide into 2 bowl or espresso cups.
3. Top with any of these: coconut cream, raspberries, cacao nibs, cinnamon, strawberries…get creative!
Banana Ice Cream

Yield: 2 servings

You will need: knife, cutting board, Ziplock bag, food processor, rubber spatula

4 bananas, very ripe
Optional additions: peanut butter, frozen berries, dark chocolate chips, nuts

1. Peel and chop your bananas. Place in a Ziplock bag and freeze for at least 4 hours (overnight is best).
2. When you’re ready to make your ice cream, take the bananas out of the freezer and let sit at room temperature for 3-5 minutes.
3. Place in the food processor and blend until creamy, occasionally stopping to scrape down the sides. You’ll notice it start to look like soft serve after a few minutes.
4. At this point, you can either serve it or stir in some of the optional ingredients.
Peanut Butter Chocolate Chunk Edible Cookie Dough

Yield: 12 pieces
You will need: food processor, measuring cups and spoons

2/3 cup walnuts
2/3 cup almonds
2/3 cup oat bran
1/4 tsp salt
3/4 tsp cinnamon
1/4 cup peanut butter
1 tsp vanilla extract
1/4 cup honey or maple syrup
1/4-1/2 cup cacao nibs

1. Place the walnuts, almonds, oat bran, salt and cinnamon in a food processor. Start blending until the mixture starts to hold together on it’s own.
2. Add in the peanut butter, vanilla and honey and blend. Stop and scrape down the sides a couple times to make sure the mixture blends evenly.
3. Add in the cacao nibs and pulse a few times. Roll into 12 balls and store in an airtight container.
One-Minute Chocolate Strawberry Protein Cake

Yield: 1 serving

You will need: measuring spoons, mixing bowl, whisk, knife, cutting board, microwave-safe ramekin or mug with straight up-and-down edges

- 4 Tbsp chocolate protein powder
- 2 Tbsp cacao powder
- 1/4 tsp baking powder
- 1/8 tsp salt
- 1 1/2 Tbsp coconut sugar
- 2 Tbsp coconut oil, melted
- 3 Tbsp coconut or almond milk
- 1 tsp cacao nibs
- 2 strawberries, sliced thin

1. Whisk the dry ingredients together. Add in the melted coconut oil and milk.
2. Pour half of the batter into your ramekin or mug. Sprinkle in half of the cacao nibs and strawberries. Cover with remaining batter and top with cacao nibs and strawberries.
3. Microwave for 1 minute. If your microwave is less than 1000 watts, you may need to add 10-20 seconds to the cook time.
# Grocery List

## Fruits and Vegetables:

- 3 Apples
- 9 Bananas
- 16 oz Strawberries - *fresh or frozen*
- 12 oz Raspberries - *fresh or frozen*
- 1 Lemon
- 7 oz Dark leafy greens
- 6 oz Mixed spring greens
- 4 oz Baby spinach
- 8 oz Mushrooms
- 2 Avocados
- 16 oz Carrots/celery - *for snacks*
- 1 Zucchini
- 1 Cucumber
- 1/2 pint Cherry tomatoes
- 3 Sweet potatoes
- Garlic - *you need 1 clove*
- Fresh rosemary - 2 Tbsp or dried

## Grains, Nuts and Seeds:

- Sprouted grain bread - *you need 6 slices this week*
- Almonds - 1 1/2 cups
- Steel cut oats - 3/4 cup
- Hemp seeds - 3/4 cup
- Sesame seeds - 2 Tbsp
- Peanut butter - 3 Tbsp

## Proteins:

- Eggs - *you need 10*
- Egg whites - 1 cup
- Hummus - 1/2 cup
- Ground beef - 1 1/4 lb
- Turkey breast - 1 1/4 lb
- Fish filets - 2 (6 oz each) - *your choice of type of fish*
- Tuna - 2 cans wild-caught
- Vanilla protein powder - 9 scoops
- Chocolate protein powder - 1/2 cup

## Pantry Items:

- Almond milk
- Medjool dates - *approximately 1 cup*
- Cacao powder
- Cacao nibs
- Dijon mustard
- Vanilla extract
- Salt
- Pepper
- Olive oil
- Ginger powder
1. Preheat the oven to 350 F. While that’s heating, get the Sesame Hemp Seed Turkey Bites ready.
2. Slice the Sweet Potato Discs too and get those in the oven with the turkey bites.
3. Start the Overnight Oatmeal on the stove. Mix up the Chocolate Protein Bars so they can set in the fridge.
4. Mix up the Burgers and cook them on the stove. Chop the veggies for the Mixed Greens Salad and whisk up the dressing.
5. You can also chop your carrots/celery for snacks (with the hummus) now as well as the mushrooms for your Veggie Scrambles if you have the time - this will make your breakfast easier to throw together each morning.
6. Finally, wash your greens and fruit for your Green Smoothies to have ready to throw together each day.
Daily Menus

✓ Use the recipes in my favorite recipes section above to do the outlined meal plan below
✓ Check out the meal plan ahead of time for the next day in case you want to set up breakfast or pack your lunch the night before.
✓ Wash your blender
✓ Keep your kitchen area clean
✓ Mix up the order of the meals you eat daily to suit your exercise schedule
✓ Gauge your meal intake on your activity level and adjust portion sizes to suit your hunger.
✓ All measured amounts are suggested servings to work from as a basis. As you go through, you’ll see whether you need more or less.

How to See the Nutrients in Your Meals

In each of your meals, I’ve used a letter to represent which nutrients are included to help you recognize them.

P: Protein
C: Carb
G: Greens/Veggies
F: Fat
V: the Vegetarian/meatless option - will include the nutrients for you as well.

This can be super helpful if you are trying to swap out different foods for the foods in your meals - if for example you are dining out, or haven’t done all of your prep yet and looking for good alternatives that would work just as well as what’s on the daily menu.
# Sample Daily Menu at a Glance

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>M1</strong></td>
<td>Veggie Scramble with Toast and Avocado</td>
<td>1/2 cup Oatmeal with 1 Apple and 3 Tbsp Hemp Seeds</td>
<td>Veggie Scramble with Toast and Avocado</td>
<td>1/2 cup Oatmeal with 1 Apple and 3 Tbsp Hemp Seeds</td>
<td>5-Minute Protein Pancakes</td>
<td>Veggie Scramble with Toast and Avocado</td>
<td>1/2 cup Oatmeal with 1 Apple and 3 Tbsp Hemp Seeds</td>
</tr>
<tr>
<td><strong>M2</strong></td>
<td>Strawnana Green Smoothie</td>
<td>PB&amp;J Green Smoothie</td>
<td>Strawnana Green Smoothie</td>
<td>PB&amp;J Green Smoothie</td>
<td>Strawnana Green Smoothie</td>
<td>PB&amp;J Green Smoothie</td>
<td>Strawnana Green Smoothie</td>
</tr>
<tr>
<td><strong>M3</strong></td>
<td>1 Burger + 1/2 cup Sweet Potato Discs</td>
<td>Turkey Bites + 1/2 cup Sweet Potato Discs</td>
<td>1 Burger + 1/2 cup Sweet Potato Discs</td>
<td>Turkey Bites + 1/2 cup Sweet Potato Discs</td>
<td>1 Burger + 1/2 cup Sweet Potato Discs</td>
<td>1 Burger + 1/2 cup Sweet Potato Discs</td>
<td>5-Minute Protein Pancakes</td>
</tr>
<tr>
<td></td>
<td>V: 1 Black Bean Quinoa Burger</td>
<td>V: Sesame Hemp White Bean Salad</td>
<td>V: 1 Black Bean Quinoa Burger</td>
<td>V: Sesame Hemp White Bean Salad</td>
<td>V: 1 Black Bean Quinoa Burger</td>
<td>V: 1 Black Bean Quinoa Burger</td>
<td>1 Chocolate Protein Bar</td>
</tr>
<tr>
<td><strong>M4</strong></td>
<td>1 Chocolate Protein Bar</td>
<td>1/4 cup Hummus + 1 cup Carrots / Celery</td>
<td>1 Chocolate Protein Bar</td>
<td>1/4 cup Hummus + 1 cup Carrots / Celery</td>
<td>1 Chocolate Protein Bar</td>
<td>1 Chocolate Protein Bar</td>
<td>Tuna Avocado Salad + 1/2 cup Sweet Potato Discs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>V: Black Bean Avocado Salad</td>
</tr>
<tr>
<td><strong>M5</strong></td>
<td>Turkey Bites + Salad</td>
<td>1 Burger + Salad</td>
<td>Turkey Bites + Salad</td>
<td>Ginger Baked Fish</td>
<td>Ginger Baked Fish</td>
<td>Ginger Baked Fish</td>
<td>Room to Eat Out (NSA)</td>
</tr>
<tr>
<td></td>
<td>V: 1 Black Bean Quinoa Burger</td>
<td>V: Sesame Hemp White Bean Salad</td>
<td>V: 1 Black Bean Quinoa Burger</td>
<td>V: Ginger Baked Tempeh</td>
<td>V: Ginger Baked Tempeh</td>
<td>V: Ginger Baked Tempeh</td>
<td>Room to Eat Out (NSA)</td>
</tr>
<tr>
<td></td>
<td>V: Sesame Hemp White Bean Salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Room to Eat Out (NSA)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Day 1

1. Veggie Scramble (P, F, G)
   2 slices Toast (C)
   1/4 Avocado (F, G)

2. Strawnana Green Smoothie (G, P, C)

3. 1 Burger (P, F)
   1/2 cup Sweet Potato Discs (C, G)

   V: 1 Black Bean Quinoa Burger (P, C, F, G)

4. 1 Chocolate Protein Bar (P, F, C)

5. Sesame Hemp Turkey Bites (P, F)
   1 cup Mixed Greens Salad (G, F)

   V: Sesame Hemp White Bean Salad (P, C, F) + Salad (G, F)
Day 2

1. 1/2 cup Overnight Oatmeal (C)
   3 Tbsp Hemp Seeds (P, F)
   1 Apple, chopped (G)

2. PB&J Green Smoothie (G, P, C, F)

3. Sesame Hemp Turkey Bites (P, F)
   1/2 cup Sweet Potato Discs (C, G)

   V: Sesame Hemp White Bean Salad (P, C, F)

4. 1/4 cup Hummus (P, F, C)
   1 cup Carrots/Celery (G)

5. 1 Burger (P)
   1 cup Mixed Greens Salad (G, F)

   V: Black Bean Quinoa Burger (C, P) + Salad (G, F)
Day 3

1. Veggie Scramble (P, F, G)
   2 slices Toast (C)
   1/4 Avocado (F, G)

2. Strawnana Green Smoothie (G, P, C)

3. 1 Burger (P, F)
   1/2 cup Sweet Potato Discs (C, G)

   V: 1 Black Bean Quinoa Burger (P, C, F, G)

4. 1 Chocolate Protein Bar (P, F, C)

5. Sesame Hemp Turkey Bites (P, F)
   1 cup Mixed Greens Salad (G, F)

   V: Sesame Hemp White Bean Salad (P, C, F) + Salad (G, F)
Day 4

1. 1/2 cup Overnight Oatmeal (C)
   3 Tbsp Hemp Seeds (P, F)
   1 Apple, chopped (G)

2. PB&J Green Smoothie (G, P, C, F)

3. Sesame Hemp Turkey Bites (P, F)
   1/2 cup Sweet Potato Discs (C, G)
   V: Sesame Hemp White Bean Salad (P, C, F)

4. 1/4 cup Hummus (P, C, F)
   1 cup Carrots/Celery (G)

5. Ginger Baked Fish (P, F, G)
   V: Ginger Baked Tempeh (P, C, F, G)
Day 5

1. 5-Minute Protein Pancakes (P, C, F)

2. Strawnana Green Smoothie (G, P, C)

3. 1 Burger (P, F)
   1/2 cup Sweet Potato Discs (C, G)
   V: 1 Black Bean Quinoa Burger (P, C, F, G)

4. 1 Chocolate Protein Bar (P, F, C)

5. Ginger Baked Fish (P, F, G)
   V: Ginger Baked Tempeh (P, C, F, G)
**Because days 6 & 7 are the weekend for most people, I’ve left you some room for eating out which is why there are just 4 meals listed - this can also be a great way to catch up on your leftovers.**

**Day 6**

1. **Veggie Scramble (P, F, G)**
   - 2 slices Toast (C)
   - 1/4 Avocado (F, G)

2. **PB&J Green Smoothie (G, C, P, F)**

3. **L 5-Minute Protein Pancakes (P, C, F)**

4. **Tuna Avocado Salad (P, F, G)**
   - 1/2 cup Sweet Potato Discs (C, G)

Day 7

1. 1/2 cup Overnight Oatmeal (C)
   3 Tbsp Hemp Seeds (P, F)
   1 Apple, chopped (G)

2. Strawnana Green Smoothie (G, P, C)

3. 1 Chocolate Protein Bar (P, F, C)

4. L Tuna Avocado Salad (P, F, G)
   1 cup Mixed Green Salad (G, F)

V: White Bean Avocado Salad (P, C, F, G) + Salad (G, F)
About Betty Rocker

Bree Argetsinger, aka The Betty Rocker is an internationally known health and fitness coach, innovative entrepreneur and motivator of self growth.

She began her education in nutrition at Tufts University, received her structural alignment certification in 2007, and is a C.H.E.K. (Corrective Exercise and High-performance Kinesiology), certified exercise coach and ISSA certified Fitness Nutrition Expert.

With a background in structural alignment and manual therapy, she incorporates a strong, holistic focus on body balancing and alignment into her fitness programs.

A regular guest chef at Whole Foods for 2 years, she received early acclaim for her ability to teach simple, delicious, nutrition based cooking that made it easy for people to put great meals together and see a better result in their energy, physique and overall health.

Exercise, nutrition, mindset and lifestyle are all gateways to self growth. They all work together to serve you in the quality of life you live.

Betty Rocker's mission is to empower people to live a healthy, happy and balanced life and achieve their dreams and goals by teaching them about food and their bodies - and how to consciously integrate this information into their lives in a meaningful way.
She is the host of the now world-famous 30-day Fitness Challenge that has transformed thousands of people's lives and bodies, and the author of multiple nutrition-based meal plans and workout guides.

You can connect with her on her blog, www.TheBettyRocker.com for recipes, home workouts and motivation!

Connect with her on Facebook, Instagram, Youtube, Twitter
Disclaimer

I am not a dietitian or a doctor. Any nutrition or fitness advice that I give is my opinion based on my own experiences. You should always seek the advice of a professional before acting on something that I have published or recommended.

Please understand that there are some links contained in this guide that I may benefit from financially. The material in this guide may include information, products, or services by third parties. Third party materials comprise of the products and opinions expressed by their owners. As such, I do not assume responsibility or liability for any Third Party material or opinions.

The publication of such third party materials does not constitute my guarantee of any information, instruction, opinion, products, or services contained within the third party material. The use of recommended third party material does not guarantee any result to your weight loss goals or health. Publication of such third party material is simply a recommendation and an expression of my own opinion of that material.

No part of this publication shall be reproduced, transmitted, or sold in whole or in part in any form, without the prior written consent of the author. All trademarks and registered trademarks appearing in this guide are the property of their respective owners.