

The Ultimate Guide to being...

FITFLEXYFRESH

The flexible approach to achieving your health and fitness goals through nutrition and mindset

By: Stacey Shapiro



A note from

STACEY SHAPIRO



Food has always been a focal point in my life, and not always in a positive way. I grew up in a primarily vegetarian household, but never really understood why I was eating the foods I was choosing to eat. I was always the "bigger kid" and felt the influence to be smaller at a young age, which dramatically and negatively affected my eating habits. For the majority of my life, I've struggled with disordered eating habits.

Gaining the knowledge to take control of my health and changing my body and mindset around nutrition was one of the most empowering things I could have done for myself. When the focus is shifted to abundance instead of restriction, amazing things begin to happen. I now specialize in helping people of all ages gain the knowledge and understanding to effectively implement consistent health practices that becomes life long habits.

I am grateful to be able to share this guide with you in hopes that it will lead you on a path to better health and wellbeing.



Stacey

MINDSET & NUTRITION

It's easy to just get stuck in a rut going through the same routine without really realizing how it's impacting your life.

Most people account exercise and nutrition for weight loss (which is important, of course) but a lot of people don't take into account mindset and emotions! Your mindset is your first thing to account for when you're starting a new program or deciding to make a change. If you don't believe in yourself or the changes you'll be making, how the do you expect to follow through?

Food and Mindset Drill

On a separate piece of paper, write down a list of 5-10 of your favorite foods:

Example: Chocolate ice cream

Then write down the emotional feelings behind that food:

Example: My dad used to give me chocolate ice cream as a treat. It's a comfort food that makes me nostalgic and happy.

Write down how it makes you feel physically:

Example: I feel bloated and sick after eating chocolate ice cream

Finally, write down how you might change eating your favorite food based on your emotional and physical response

Example: I love the idea behind chocolate ice cream, but dairy and I don't get along. I want to keep eating chocolate ice cream, but I can also find a better alternative like a dairy free alternative. I also wont make this a regular thing so when I get to enjoy my ice cream, it will be special.

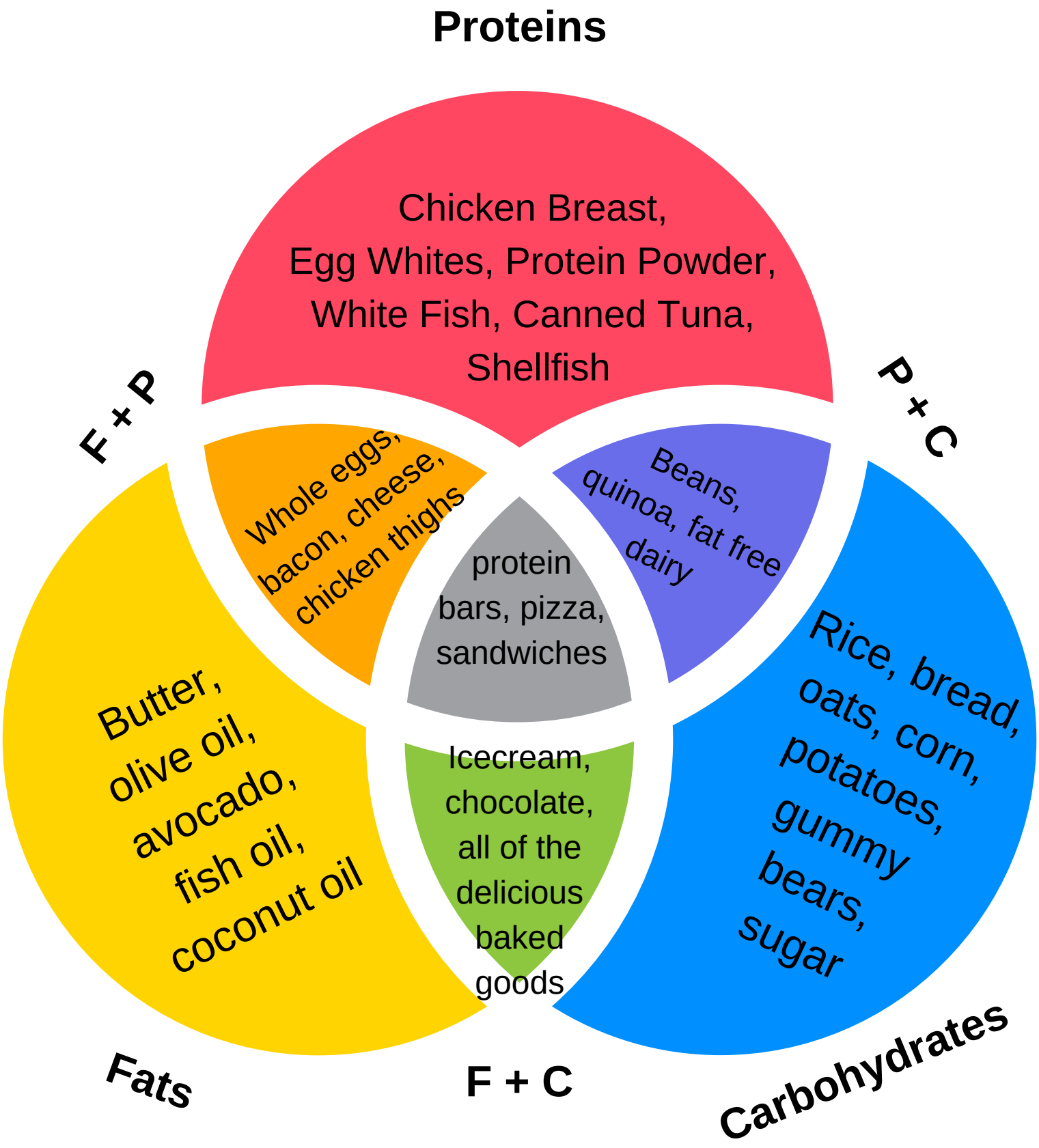
MACRONUTRIENTS VS. MICRONUTRIENTS

Macronutrient Definition: A category of nutrients that provide calories or energy. These nutrients are required in large amounts to maintain growth, metabolism, and other body functions. No matter what diet you're on, you will always have some sort of ratio between fats, carbs and proteins

Micronutrient Definition: Vitamins and minerals that exist within these larger building blocks that are essential to the functioning body. Not all foods have many micronutrients which is why supplements come in handy



MACRONUTRIENTS



WHEN CHOOSING A MEAL...

Aim for filling 1/4 of your plate with a protein, 1/4 of your plate with a starchy carb and 1/2 of your plate with a fibrous carb

Lean Protein

Beef; Loin or Round
Egg Whites
Eggs
Fish; White or Albacore Tuna
Pork; Tenderloin
Shellfish
Salmon
Protein Powder
Chicken
Turkey
Cottage Cheese
Tofu
Tempeh
Seitan

Fibrous Carb

Artichokes
Asparagus
Bamboo Shoots
Bok Choy
Broccoli
Broccoflower
Beans; Sting/Green
Brussels Sprouts
Cabbage
Cauliflower
Celery
Collard Greens
Carrots
Cucumbers
Eggplant
Kale
Leeks
Mushrooms
Okra
Onions
Parsley
Parsnips
Rutabaga
Scallions
Spinach
Turnips
Turnip Greens
Zucchini
Basically any green leafy veggie

Starchy Carb

Barley
Brown Rice
Buckwheat
Bulgur
Butter Beans
Chard
Chick Peas
Corn
Cream of Wheat
Garbanzo Beans
Kasha
Kidney Beans
Legumes
Lentils
Lima Beans
Millet
Old-Fashioned
Rolled Oats
Peas
Pinto Beans
Potatoes
Sweet Potatoes
White Beans
Whole Wheat Pasta
Winter Squash
Yams

MEAL PLANNING

**Planning ahead can be the keys to a successful week of eating,
here are a few of my tips**

1. Choose two proteins that you can turn into many different dishes.
This week I chose turkey and chicken and turned those into 10 different dishes!
2. Pick your carbs in whole, non processed ingredients. What I mean by this is choosing a variety of different plant based sources that you're able to transform. This will keep your diet and wallet on point.
3. Get creative. Make foods you WANT to eat!
4. Don't overdo the olive oil when cooking. This will add a ton of added calories and fat you may not realize. I coat most of my veggies in a nonstick spray.
5. Don't be afraid of flavor! Invest in a variety of spices. I get the pre mixed large containers from Costco so I never run out!



FINDING TIME

The problem with meal prep is that people won't do it because they can't find the time! Here are a few exercises that will allow you more time to organize your schedule

What time do you wake up/go to sleep?

How many hours do you work throughout the day?

What other activities take up time throughout the day?

When do you typically eat throughout the day?

Homemade or takeout?

How often do you grocery shop?

Once you answer these questions, carve out the best time and stick to it!

You're teeth would rot if you didn't brush them every night, right? Make your nutrition as much as a priority. Daily consistency creates routine!



Weekly Meal Planner

[illegible]

Notes: _____

PALEO PANCAKES

Ingredients:

1 cup Cassava Four
¼ cup monkfruit or stevia
sweetener
¼ cup coconut yogurt
½ teaspoon salt
2 eggs
¼ cup egg whites
1 teaspoon vanilla

Instructions

Whisk the dry ingredients together before adding the wet ingredients. Prepare a griddle with cooking spray and cook for about 2 minutes on each side. Add your favorite toppings (I love berries!) and enjoy!



**164 Calories, 8g protein, 17g
carbs, 8g fat
Per 1 Pancake
*Makes 6 Pancakes***

INTERESTING INFO:

What is Cassava?

Cassava (also known as yuca) is a root vegetable native to South America. It is known for its nutty flavor and ability to withstand difficult growing conditions.

Benefits of Cassava?

Gluten free, grain free, nut free - great for individuals with food allergies
High in resistant starch - Resistant starch feeds the good bacteria in your gut, meaning reduced inflammation and better digestive health. Resistant starch is also shown to contribute to better metabolic health and lowering blood sugar

What is Monkfruit?

A small green melon native to China. The extract is known to be close to 200X sweeter than table sugar and has 0 calories and 0 carbs. This is still a new product to the market, so studies are still being done about the possible side effects. So far it has been shown to be one of the best zero calorie sweeteners

Benefits of Monkfruit?

Safe for diabetics - Doesn't increase blood sugar

Helpful for weight loss - No added calories and sugar can be a sweet deal when trying to cut weight!

Anti-inflammatory properties - The fruit produces a its sweetness from an antioxidant called mogrosides. These help reduce inflammation and keep blood sugars stable

GREEN GLOW SMOOTHIE

Ingredients

16oz filtered water

1 cup spinach

3 celery stalks

1 apple

1 pear

1 lemon

1 banana

Instructions

Chop banana, apple, pear and celery into small pieces.

Juice lemon

Add all ingredients to a blender and blend until smooth. Enjoy!



**154 Calories, 5g Protein,
36g Carbs, 1g Fat
Makes 1 serving**

INTERESTING INFO:

Benefits of spinach

Insoluble fiber - aids in digestion and constipation

Loaded with vitamins, minerals and antioxidants

Full of lutein and zeaxanthin (both for eye health), Nitrates (heart health), Quercetin (inflammation)

Contain properties that slow down cancer growth

Benefits of celery

Polysaccharides and Antioxidants - Lower inflammation

Anti-hypertensive properties - control blood pressure

Liver cleansing food

Natural diuretic

Reduces the risk of urinary tract infections

Benefits of apple

Fiber and Vitamin C

Pectin - prebiotic that feeds good bacteria in gut

Help protect lungs from oxidative damage

Benefits of pear

Full of fiber

Aids in digestions and constipation

High level of antioxidants that fight free radicals

Benefits of lemon

High in Vitamin C

Citric acid is shown to prevent kidney stones

Helps prevent anemia

Aid in digestive health

Benefits of banana

Loaded with essential vitamins and minerals

Full of fiber

High source of potassium

EGG WHITE AND TURKEY MUFFINS

Ingredients

1 tablespoon olive oil
1 pound ground turkey
1/2 red bell pepper, chopped in bite-sized pieces
1 cup sliced mushrooms
1 yellow onion
1 cup chopped spinach
1 cup egg whites
1/2 tsp salt
1/2 tsp pepper
1/2 teaspoon oregano

Instructions

Preheat oven to 350 degrees and spray muffin tin with nonstick cooking spray. Heat a large skillet over medium-high heat and add olive oil. Add onions and sauté until they become fragrant and soft. Add turkey and continue to cook for another 3-5 minutes, or until turkey is almost completely browned. Add red peppers and mushrooms, and continue to cook for another 1-2 minutes. Add spinach and cook until heated through, then remove from heat.

In large mixing bowl, whisk egg and season with a pinch of salt, pepper, and oregano. Add turkey mixture to the bottom of each muffin tin and fill 3/4 of the way with eggs. Cook in oven for 20-25 minutes. Serve with salsa if desired.



Per 1 Muffin

**88 Calories, 11g Protein, 2g Carbs, 4g Fat
Makes 12 muffins**

INTERESTING INFO

Benefits of a High Protein Diet

Muscular Development

Consuming enough protein to provide the body with enough amino acids to repair and grow muscles is essential for lean muscular development. Having more lean muscle also means increased resting metabolic rate, which means you can eat more food!

Calorie Reduction

Protein is filling! Increasing your protein intake may actually decrease the amount of total calories you consume throughout the day.

Faster Recovery

The more protein you supply your body, the faster tendons and other connective tissue begins to repair itself. This also means your body becomes more prepared for more exercise!

Increased Strength

More lean muscle mass + increased recovery time = Strong AF

Better Sleep

If your body is recovering faster, your eating better and your body is working more effectively your sleep is going to benefit

ARUGULA, CREMINI GOAT CHEESE QUICHE

Crust Ingredients

¾ cup coconut flour
2 eggs
1/3 cup melted coconut oil
1 tablespoon thyme – freshly minced

Filling

3 cups baby arugula – roughly chopped
1 cup Cremini mushrooms - sliced
1 tablespoon olive oil
6 eggs
1/3 cup almond milk
5 ounces goat cheese
½ teaspoon salt
½ teaspoon pepper
¼ teaspoon red pepper flakes

Instructions

Preheat the oven to 400 degrees. Grease a 9 inch pie pan with cooking spray.

Make Crust: In a large mixing bowl, stir together the coconut flour, garlic, thyme, salt and pepper. Add the coconut oil and eggs and stir until the mixture is thoroughly combined.

Press the dough into the bottom of the prepped pan until it is evenly dispersed across the bottom and up the sides of the pan. Bake for 10 minutes until the crust is golden brown.

Make filling: In a large skillet over medium heat, add olive oil, mushrooms and salt. Saute for 3-5 minutes until mushrooms are tender. Remove from heat and add arugula to let it wilt.. Set aside

In a large mixing bowl, whisk together eggs, almond milk, salt and red pepper.

Assemble: Once crust has cooked, remove from oven and add the mushroom mixture evenly over bottom.

Pour the whisked egg mixture over the mushroom mix.

Finally crumble goat cheese evenly over the bottom of the crust.

Bake for 30 minutes and allow the quiche to cool 10 minutes before serving



Per Slice - Makes 6 servings

256 Calories, 11g Protein, 14g Fat, 22g Carbs

INTERESTING INFO

Why choose goats products?

Goat milk is similar to mothers milk and lower in lactose making it easier to digest. Many people who cannot digest cows milk can enjoy goats milk products

Great source of protein, vitamins and minerals

Has probiotics which promote digestive health, reduce inflammation and boosts immune system

Can be easily used in both sweet and savory cooking!



SPINACH & TURKEY STUFFED PEPPERS

Ingredients

6 bell peppers
1 lb lean ground turkey
2 tablespoons olive oil
1 onion - diced
4 cups spinach - chopped
4 tomatoes - chopped
1 1/2 cup shredded cheddar cheese
2 tablespoons chipotle seasoning

Instructions

Preheat oven to 350
Cut peppers in half, remove seeds and membranes. Place the open halves evenly on the baking sheet
In a large skillet, add olive oil, ground turkey, onions, tomatoes, spinach and chipotle seasoning. Use a wooden spoon to break up the ground turkey and saute until browned, about 5 minutes.
Fill each pepper with the turkey mix stuffing and top with 1/4 cup cheddar cheese
Bake for 20 minutes until the cheese has melted and the pepper becomes soft

Makes 6 servings
345 Calories, 30g Protein,
21g Fat, 8g Carbs



MANGO GINGER TOFU & BUTTERNUT COCONUT RICE

Tofu Ingredients

2 packages extra firm tofu
¼ cup coco amino acids
1 teaspoon curry seasoning
1 teaspoon salt

Mango Ginger Sauce Ingredients

mango – peeled and diced
1 can full fat coconut milk
2 tablespoons honey (more or less depending on ripeness of mango)
2 inches shredded ginger
1 teaspoon salt

Butternut Coconut Rice Ingredients

1 cup brown rice
2 cups full fat coconut milk
1 medium butternut squash – peeled, cut and cubed
2 teaspoons salt
1 tablespoon coconut oil

Instructions

Make Rice: In a large pot, add rice, butternut squash, coconut milk and coconut oil. Allow the coconut milk to come to a boil before bringing the heat to a simmer. Cover and allow to cook for 15 minutes until the rice is fluffy

Make Tofu: Bring oven to 375 and prep a baking pan with parchment paper. Drain and dry tofu. Cut the tofu blocks into inch thick pieces and pat dry again. Place on prepped baking pan and drizzle amino acids, curry seasoning and salt to evenly coat the tofu. You can allow the tofu to soak if you want more flavor. Bake for 25 minutes.

Make sauce: Add diced mango, grated ginger, coconut milk, honey and salt to a pot. Allow the mixture to come to a boil and then bring the heat to a simmer. Continue simmering until the mixture thickens, about 10 minutes.

Plate ½ cup of butternut coconut rice with 5-6 strips of tofu. Cover with the mango ginger sauce and enjoy



Makes 6 servings:

405 Calories, 15g Protein, 65g Carbs, 15g Fat

PLANT BASED GAINZ

Many people assume meat is the only way to get protein. These days, going vegetarian, vegan or just incorporating more of a plant based way of eating has become increasingly popular. There are many ways to eat little to no animal products and still enjoy protein packed, nutrient dense meals!

Understand your caloric and macronutrient needs...and then understand the caloric and macronutrients that are in the food you are eating.

Are your goals to loose fat, gain muscle, boost immune health? The list goes on. Whatever it is, you need to get an understanding of the composition of your body, your energy expenditure and educate yourself about the meals your'e choosing.

Calories Vs. Nutrients

Not all calories are created the same. 100 calories of broccoli is not going to look the same as 100 calories of the vegan donut you chose because it's lacking animal products.

Nutrients give your body the nourishment it needs to build, recover and thrive. Just because a meal claims its "vegan" doesn't mean its good for you.

Create Staple Meals

Always stock your home with your favorite low carb proteins (if you're going vegan/vegetarian be aware that many plant based proteins have a lot of carbohydrates as well), complex carbs and tons of vegetables.

Create meals that consist of one protein, one complex carb and a ton of veggies and make sure you want to eat them!

Low Carb Vegan Proteins: Tofu, Tempeh, Pea Protein Powder

Low Carb Vegetarian Protein: Eggs, egg whites, greek yogurt



SWEET POTATO BLACK BEAN SLIDERS

Slider Ingredients

32 ounces Black Beans
3 tablespoons olive oil
1 cup chopped onion
3 garlic cloves – minced
1 teaspoon cumin
1 teaspoon salt
2 chipotle peppers – finely chopped
1 cup sweet corn
1 green onion – finely chopped
1 egg
¾ cup breadcrumbs
2 medium sweet potatoes

Topping Ingredients

1 up plain greek yogurt
1 teaspoon lime zest
1 tablespoon lime juice
1 small garlic clove – smashed and chopped
¼ teaspoon salt

Instructions

Preheat oven to 400 and line a baking sheet with parchment paper and prep with cooking spray.

Make Sweet Potato Buns: Wash and slice sweet potatoes into ¼ inch rounds. You should have 16 total rounds (2 for each slider). Place the sweet potato rounds evenly on the prepped sheet, drizzle with olive oil and add salt and pepper if desired. Bake for 15 minutes until soft.
Make Sliders: In a large bowl, add black beans. Use a masher to smash the black beans to a rough paste. Set aside.

In a small sauté pan, heat 1 tablespoon of olive oil over medium heat. Add onion and garlic and sauté for about 5 minutes until soft. Remove from heat.

Add the onion mix, cumin, salt, peppers, corn, green onion, egg and bread crumbs to smashed black beans. Mix to combine and form into 8 equal size patties.

Heat a large skillet to medium heat and add olive oil. Cook for 3-4 minutes on each side until golden brown.

Make sauce: In a medium bowl, combine all ingredients.

Assemble: Place patties on top of a sweet potato round, top with sauce and another sweet potato round



Makes 8 sliders

2 sliders per serving: 237 Calories, 13g Protein, 39g Carbs, 3g Fat

DECONSTRUCTED GOAT CHEESE ZUCCHINI LASAGNA

Ingredients

4 green zucchini
½ cup goat cheese
1 cup shredded mozzarella cheese
16 ounce organic 93/7 ground turkey
1 cup no sugar added tomato sauce
¼ cup chopped basil
1 teaspoon olive oil
2 teaspoon garlic salt
½ teaspoon red pepper

Instructions

Preheat oven to 325 and prep a baking sheet with cooking spray

Thinly slice zucchini using a mandolin (or knife if you have skills). Place evenly on prepped baking sheet and bake for 10 minutes to get the moisture out. If you skip this step, you will have soggy lasagna.

While zucchini is baking, sauté ground turkey with olive oil, red pepper and garlic salt for 5 minutes until fully cooked.

Remove zucchini and raise oven temperature to 400.

Take the zucchini slices and stack them in rows of 3, overlapping slightly.

Starting with one set of 3, spread a thin layer of goat cheese over the top. Layer ¼ of the ground turkey, 1/8 cup of sauce and 1/8 cup of mozzarella cheese. Do this again with the zucchini, sauce and mozzarella cheese.

Repeat with remainder of the zucchini to make 4 individual zucchini piles.

Bake for 15 minutes and top with chopped basil.



**Makes 4 Servings: 275 Calories, 26g Protein, 13g Fat,
13g Carbs**

ACORN SQUASH CURRY

Ingredients:

- 1 can full fat coconut milk
- 1 can garbanzo beans
- 1 acorn squash
- 1 small onion, chopped
- 1 inch shredded ginger
- 2 tablespoons curry seasoning (I buy a premixed one from Costco)
- 1 teaspoon chili flakes
- 1 teaspoon coconut amino acids
- 1 tablespoon coconut oil

Instructions

Cut the acorn squash in half and clean the seeds. Bake for 20 minutes at 350.

Heat coconut oil in a large pan and sauté chopped onions and shredded ginger for about 2 minutes. Add coconut milk, curry seasoning, chili flakes and amino acids. Spoon the baked acorn squash out and add the squash and rinsed garbanzo beans to the pan. Bring mixture to a boil for 5 minutes. This is a totally vegan dish by itself! Add some tofu or chicken (pictured) to add some extra protein!



Makes 6 servings
180 Calories, 3.5g Protein, 16g Carbs, 11g Fat

SUPER POWER BARS

Bar Ingredients:

3 cups oats
4 scoops vanilla protein powder
½ cup chia seeds
½ cup hemp seeds
½ cup flax seeds
½ cup sunflower seeds
½ cup pumpkin seeds
1 cup dark chocolate chips
½ cup coconut oil
1 ½ cup Nutzo (or nut butter of choice)
1 raw cup honey

Topping: ¼ cup coconut oil, ½ cup chocolate chips, ¼ cup hemp seeds

Instructions

Mix oats, protein powder, chia seeds, hemp seeds, flax seeds, sunflower seeds and pumpkin seeds together in a large bowl. In a large saucepan (or microwave) melt the coconut oil, nut butter and honey. Allow the nut butter mix to cool slightly and add to the dry ingredients. Pour in a 9 X 13 pan and spread to an even layer to refrigerate.

In the saucepan, melt the coconut oil and chocolate chips while stirring with a wooden spoon so the chocolate doesn't burn.

Remove the pan from the refrigerator and add the chocolate in an even layer. Add hemp seeds and place back in the refrigerator for another hour to allow the bars to set before cutting into them. Cut 24 even pieces.



Makes 20 Bars

Per Bar:

448 Calories, 14g Protein, 26g Fat, 42g Carbs

ALL ABOUT SEEDS!

Chia Seeds

Ancient Mayan word for "strength"

One of the most nutrient dense foods - packed with fiber, protein, Omega-3 fatty acids and many other micronutrients

Loads with antioxidants

Almost all carbs are fiber

Hemp Seeds

Rich in fatty acids

High in Vitamin E, Phosphorus, Potassium, Magnesium and Zinc

Reduces Blood Pressure

Great source of protein

High levels of Gamma-linolenic acid (GLA) is shown to reduce symptoms associated with menopause and PMS

Flax Seeds

High in Omega-3 fatty acids and fiber

Rich in Lignans, which are known to aid in preventing breast and prostate cancer

High in protein

Pumpkin Seeds

Rich in Iron, Zinc and Magnesium

Linked to increasing heart health by reducing blood pressure and increasing good cholesterol

High in fiber

Sunflower Seeds

Rich in magnesium, phosphorus and copper

Rich in fiber and protein

Has selenium which is shown to aid in repair of damaged cells



VEGETABLE BROWNIES

Brownie Ingredients

1 cup sweet potato, peeled and cubed
½ cup sunflower seed butter
1 cup spinach
½ cup raw cacao
2/3 cup maple syrup or honey
2 eggs
½ cup almond flour
2 scoops chocolate pea protein
1 tsp baking soda
1/8 tsp salt
1 tsp vanilla

Frosting Ingredients

1 cup avocado – smashed
¼ cup coconut oil
¼ cup raw cacao
¼ cup maple syrup (it masks the vegetable taste best)
1/8 tsp salt

Instructions

Preheat oven to 350F

Make Brownies: Boil sweet potato in water. Cook for about 20 minutes (or until you can easily put a fork in the sweet potato) and drain. While the sweet potato is cooking, finely chop the spinach. This is important because it will blend easily and you won't get random spinach strings in your brownie – you want it completely hidden! Unless you like spinach and chocolate....

While the cooked sweet potato is still hot, mix in the chopped sweet potato so it wilts. Add sunflower seed butter, raw cacao, and maple syrup. Using a hand emulsifier blend ingredients so the mixture is smooth and silky. Place wet mixture to the side to cool. While cooling, mix almond flour, baking soda and salt in a separate bowl. Once wet mixture is cool, add eggs and vanilla. Slowly mix in dry ingredients. Pour into a greased (coconut oil or low calorie spray) 8x8 pan and cook for about 20 minutes.

Make Frosting: Place the avocado, coconut oil, cacao and maple syrup in a bowl. Mix with the emulsifier and set aside. I used the hand emulsifier to make this as well since it works really well to ensure there are no veggie chunks throughout the brownie.

Frost brownies once cool and put in refrigerator to set. Serve after 20 minutes! These brownies need to be stored in the refrigerator due to all the veggies used in them. If you're feeling super extra, top with slivered almond and coconut!

These brownies are fudgy and amazing and have been tested on the pickiest eaters (including kids!). They are also super close to being vegan, with the exception of the eggs for a binding agent. This recipe would be super easy to sub the eggs for another vegan binding option!

Makes 12 Brownies:

226 Calories, 8.5g Protein, 24g Carbs, 11g Fat





HOW TO CHOOSE PROTEIN POWDER?

When you're on the go, a protein shake is a great way to refuel after exercise or to just supplement a meal.

There are so many different types of protein powders out there, here are a few tips that help with choosing the right protein supplement for you:

1. Consider your dietary needs: Are you trying to gain mass? Loose fat? Do you have allergies or food restrictions? These are all things to look for when buying a protein powder. If you aren't sure, go for a protein that contains fast and slow digesting proteins, minimal ingredients/additives and a flavor you enjoy.

2. Research the brand before buying: It's important to compare nutrition information, ingredients and claims that support the buzzwords. A lot of brands are hyped up for marketing tactics.

3. Quality over quantity: Look for quality ingredients over many ingredients. Avoid artificial sweeteners, vegetable oils/fats, thickeners/gums, skim milk powders and fillers.

My personal favorite? Sprouts Vegan Protein - It's easily digestible, great to cook with and tastes delicious

Burrito Bowls

I mean who doesn't love Chipotle?! Making your own burrito bowls at home is a great way to make meal prepping fun, easy and inexpensive...and you can also use these guidelines when ordering Chipotle

Follow these guidelines:

Lean Protein: Choose 1-2 and fill 1/4 of the container or plate (Lean chicken, ground turkey, tofu, shrimp, etc.)

Complex Carbohydrate: Choose 1-3 and fill another 1/4 of the container or plate (brown rice, black beans, sweet potato, etc)

Veggie: Choose as many as you'd like to make your burrito bowl colorful and fill the remainder of the plate!

Fats: Portion out the fats. Aim for no more than 2 tablespoons of sour cream or avocado (if you're eyeballing, thats like a large spoonful)

Seasonings: It wouldn't be a burrito bowl without the seasonings! Grab that chipotle pepper, garlic and any other favorite dry seasonings! If you want some extra creamy sauce, get make sure you sub the above fats and add the sauce on the side.



**Calories and
Macronutrients will vary
based on the items
chosen**

80/20 Rule

Rule of thumb for sustainability

The 80/20 rule refers to 80% of your daily calories coming by the way of wholesome healthy micro nutrient dense food items. These are your core food choices. The other 20% refers to the food items that you eat when you have a craving and or will help you adhere to your eating lifestyle.

Any nutritional approach that completely restricts food groups or certain foods craved by the client is likely not sustainable for long durations of time. This is why I recommend a more balanced approach that places the person in control of food variety catered towards his/her likes and dislikes.



80%



20%

Coconut Keto Donuts

Donut:

½ cup coconut flour
1/2 cup finely shredded unsweetened coconut
2/3 cup stevia
1 tsp baking powder
¼ tsp baking soda
3 whole eggs
1 cup FULL FAT coconut milk
1 tsp vanilla

Topping:

1/2 cup Grass Fed butter
1 cup powdered low carb sweetener (I use Swerve)
1 tsp vanilla
Shredded coconut for topping

Preheat oven to 350 degrees.

Prep a donut pan with nonstick cooking spray. Mix all dry ingredients and then add all of the wet ingredients for the donuts. The batter should be similar to the consistency of a thick batter. Spoon the batter into a gallon size ziplock bag, cut the corner of the bag, and carefully “pipe” the batter into the donut pan. Bake for 20 minutes until donuts are golden brown.

While the donuts are baking, make the icing: Add the swerve and butter/ghee into a large bowl. Using a hand mixer, whip the swerve into the butter. Slowly add the vanilla until the icing has become light and fluffy.

Allow the donuts to cool before icing the top. Press or add coconut to the top before enjoying!



Makes 8 Donuts:

Per donut - 202 Calories, 5g protein, 2.5g carbs, 16g fat

Chocolate Protein Donuts

Donut:

½ cup brown rice flour
½ cup oat flour
¼ cup cocoa powder (I love the Hershey's Special Dark for a richer flavor)
½ cup chocolate pea/brown rice protein (I use Sprouts Vegan Protein – Sprouts Whey Protein WILL NOT BAKE WELL)
¼ tsp baking soda
1 tsp baking powder
¼ tsp salt
1 cup stevia
1 tsp vanilla
2 whole eggs
1 cup unsweetened chocolate almond milk (I use Silk)

Icing:

1 1/2 cup powdered sugar
1-2 tbsp coconut milk
½ cup grass fed butter or ghee
1 tsp vanilla
Chocolate sprinkles for topping

Preheat oven to 350 degrees.

Prep a donut pan with nonstick cooking spray. Mix all dry ingredients and then add all of the wet ingredients for the donuts. The batter should be similar to the consistency of regular cake batter. Spoon the batter into a gallon size ziplock bag, cut the corner of the bag, and carefully “pipe” the batter into the donut pan. Bake for 20 minutes until donuts are golden brown.

While the donuts are baking, make the icing: Add the powdered sugar and butter/ghee into a large bowl. Using a hand mixer, whip the sugar into the butter. Slowly add the coconut milk and vanilla until the icing has become light and fluffy.

Allow the donuts to cool before icing the top. Press or add sprinkles to the top before enjoying!



Makes 8 Donuts:

Per donut - 112 Calories, 9g protein, 9g carbs, 4g fat

Vanilla Protein Donuts

Donut:

½ cup brown rice flour
½ cup oat flour
½ cup vanilla pea/brown rice protein (I use Sprouts
Vegan Protein – Sprouts Whey Protein WILL NOT
BAKE WELL)
¼ tsp baking soda
1 tsp baking powder
¼ tsp salt
⅔ cup stevia
1 tsp vanilla
2 whole eggs
1 cup unsweetened almond milk (I use Silk)

Icing:

1 ½ cup powdered sugar
1-2 tbsp coconut milk
½ cup grass fed butter or ghee
1 tsp vanilla
Rainbow sprinkles for topping

Preheat oven to 350 degrees.

Prep a donut pan with nonstick cooking spray. Mix all dry ingredients and then add all of the wet ingredients for the donuts. The batter should be similar to the consistency of regular cake batter. Spoon the batter into a gallon size ziplock bag, cut the corner of the bag, and carefully “pipe” the batter into the donut pan. Bake for 20 minutes until donuts are golden brown.

While the donuts are baking, make the icing: Add the powdered sugar and butter/ghee into a large bowl. Using a hand mixer, whip the sugar into the butter. Slowly add the coconut milk and vanilla until the icing has become light and fluffy.

Allow the donuts to cool before icing the top. Press or add sprinkles to the top before enjoying!



Makes 8 Donuts:

**Per donut - 112 Calories, 9g
protein, 9g carbs, 4g fat**