

2016 Transformation

One Page Meal Plan

Breakfast	<ul style="list-style-type: none"> • 2-3 Eggs with Sauteed Spinach • Banana Nut Porridge • Any Soup Recipe
Lunch	<ul style="list-style-type: none"> • Salad with Protein (Tuna, Chicken, Turkey, Salmon, Beef, Eggs) • Wraps (basically veggies and protein wrapped in lettuce) • Leftovers from Previous night dinner
Dinner	<ul style="list-style-type: none"> • Grilled Protein (Chicken, Turkey, Salmon, Beef) with Salad or Favorite Veggie (Roasted or Steamed) or Cauliflower Rice or Spaghetti Squash • Breakfast for Dinner
Snack	<p>If needed:</p> <ul style="list-style-type: none"> • 2 boiled eggs and your favorite veggie • 2 ounces of protein (Tuna, Chicken, Turkey, Salmon, Beef, Eggs) and your favorite veggie • 2 ounces of protein (Tuna, Chicken, Turkey, Salmon, Beef, Eggs) and ¼ to ½ avocado • Apple and Almond or Cashew Butter • Raw Nuts (1/4 to 1/3 cup) with your favorite veggie or some apple slices • Protein and ½ cup of berries • Celery with almond or cashew butter

Grocery Shopping:

Eggs Fresh organic, cage free

Pre-Boiled Eggs

Protein for lunches and dinners. (nitrate free lunch meat, tuna, chicken breasts, grass fed beef, etc)

Raw Nuts (for snacking, for porridge you will need ½ cup each of raw pecans, cashews and almonds)

Veggies (mixed greens/romaine for salads, cucumbers, tomatoes, carrots, celery, spinach, asparagus, artichoke hearts, broccoli, cauliflower, cauliflower rice (at TJ's))

Fruits (a banana for porridge, Apples, Berries, avocados)

Pantry Items

Olive Oil, Balsamic Vinegar (no added sugars), canned coconut milk, cinnamon, almond or cashew butter with no sugar in the ingredients.