Table of Contents:
1. Rules
2. Protein Options
3. Iron-rich Foods
4-5. Breakfast Options
6-7. Lunch Meal Prep Formula
8. Dinner and Snack Options
RULES

- Whole grains (pasta, bread, English muffins, pita bread, pita chips, crackers)
- no alcohol
- No soda
- No junk (pizza, chips, ice cream, sugars)
- dessert on Friday + Saturday nights!!
- Look up fun recipes for meals- get creative!
- Drink LOTS of water
- If bored, eat veggies or chew gum
- there is always time to cook healthy foods
- Quest bars are amazing, buy them and enjoy them!
- If I want chocolate during the week I have 1 TBSP choco chips, hits the spot!
- Watch those serving sizes!
- text me for questions
- text me for more recipes (I have tons!!)
PROTEIN OPTIONS

1. Seafood - Salmon, Sashimi, Tuna
2. Chicken
3. Beef - Lean 80%
4. Protein Powder - Truvani Brand
5. Tofu - Not my favorite but still an option in case it does settle well
6. Turkey - Ground
IRON-RICH FOODS

**Vegan**
- Blackstrap Molasses 1 tbs a day. It has a smokey taste
- Seaweed- they are great as snacks and you can eat them on the go
- Leafy Greens- Chard, collard, and mustard greens
- Lentils
- Quinoa
- Kidney Beans
- Pumpkin Seeds
- Apricots

**Vegetarian**
- Eggs

**Meat**
- Ground Beef
- Oysters
# Breakfast Options

**Meal Option: Omelet**

- 2-3 Eggs
- 1-2 Cups Veggies
  - Zucchini
  - Spinach
  - Pepper
- Basil
- Flaxseeds
- 1 slice of Ezekiel bread
- 1 tsp of Nut butter spread put on toast
- 1 dash of salt if needed

**Meal Option: Smoothie**

- 1/2 -1 cup fruit- in season or frozen
- 1 cup Veggies
  - Spinach
  - Kale
  - Beets
  - Cauliflower
  - Veggie powder
- Fat
  - 1 tsp nut butter
  - Nuts & Seeds
- Protein
  - Collagen
  - Vegan protein powder
- Carb
  - 1-2 tbs nut milk

**Granola Options**

- Ezekiel Granola
- Primal Kitchen Chocolate Collagen

**Oatmeal**

- Oats of choice
- 1 tsp nut butter
- 1 tsp agave/honey
- 1 tsp hempseed
- 1 scoop protein powder
- 4 frozen blueberries
Quick Meal Options

1. 1/2 cup oatmeal
2. 2 whole eggs

1. 1/2 cup granola
2. nonfat yogurt
3. 4 egg whites

1. 1 piece whole wheat toast
2. 1/2 cup blueberries
3. 2 whole eggs

1. nonfat yogurt
2. 1 banana
3. 4 egg whites

1. 1 English muffin
2. spread 1/2 avocado
3. 2 boiled eggs

Breakfast On The Go

1. Cottage Cheese with Rice Cakes
2. Egg Bites/Muffins - So many options you can find on Pinterest.
3. Click for Linked Options
   - Oatmeal + Protein Powder
   - Protein Powder + Yogurt

NOTES
LUNCH MEAL PREP FORMULA
Reminder: Look for Organic and Non-GMO foods

**Containers:**
- Glass Lock: they have a great rep for being reliable. I have used them for over a year and they are so easy to clean. Plus they are FDA approved. [To learn more click here.](#)
- [Here is a set of 5](#). Purchase 2 for you and hubby.

**Salad in a Jar:**
- You can be super creative with what you have in your kitchen
- Place the meats and wetter foods at the bottom. That way when you pour it is placed nicely on your plate. Prep your food backward in the jar.

**Salad Dressing**
- [Primal Kitchen Ranch](#)
- Blue Cheese: I cannot find one that isn’t made of canola oil. Let me know what you find at the grocery store. I’ll keep looking on my end and will let you know if I find anything.
- Make your own with the ingredients below.
  - 1 TBS ACV
  - 1/4 -1 tsp Sea Salt
  - 1 TBS Balsamic Vinegarette
  - Italian Seasoning
  - 1 TBS Olive Oil
  - 1 TBS Balance Oil
  - Squeeze of Lime/Lemon

Ingredient ideas on the next page
### Lunch Meal Prep Formula Continued

#### Protein Options
- Chicken Breast - Freezer and Bake
- Rotisserie Chicken - From a rotisserie chicken. Sometimes they are already pulled and ready for you and you just divvy it out.
- Ground Turkey. Cook it with onion and olive oil and spice of choice

#### Carb Options
- Brown Rice - Lindeburg Brand is good
- Wild Rice
- Black Rice
- Red Potatoes
- Red Beans
- Black Beans
  * Make sure the bean jars are rinsed a few times to take out the preservatives.

#### Veggie Options (1-2 cups)
I recommend you check out the freezer section.
- Steamed broccoli
- Cauliflower Rice
- Steamed Carrots
- Mixed Veggies
- Zucchini
- Cucumber
- Kale
- Spinach

#### Nuts/Seeds and Fats
- Walnuts
- Cacao Nibs
- Pumpkin seeds
- Chia seeds
- Pecans
- Slide almonds

#### Spices and Sweeteners
- Rosemary
- Italian Seasoning
- Garlic Seasoning
- Pinch of Redmond Salt
- Cranberries
- Goji Berries
DINNER OPTIONS

1 serving protein + 2 servings veggie

Combos:

- 4 oz chicken + veggies
- 1 serving shrimp + huge salad
- Veggie burger patty (2 patties) + veggies
- 6 oz. salmon + salad / veggies
- Turkey burger + veggies

SNACK OPTIONS

Snacks

1. Protein Bars (RX Bars, Balance bars, ThinkThin bars, Quest bars)
2. 2 rice cakes
3. 2 TBSP almond butter
4. 1 cup air popcorn
5. 12 almonds
6. 1/2 cup blueberries
7. Yogurt
8. Carrots
9. 1 banana or apple
10. 1 string cheese
11. Avocado spread
12. String cheese
13. 2 rice cakes
14. Yogurt
15. Carrots
16. 1 banana or apple
17. 1 string cheese
18. Avocado spread
19. String cheese

Total Snacks: 18