

# Healthy Habits Cookbook

A lifetime of eating real food  
for a lifetime of healthy weight

*"If man made it,  
don't eat it!"*



*Uplift*

Guided Fitness

[www.upliftfitness.com](http://www.upliftfitness.com)



# Welcome to the New Way You Eat!

We are so excited that you have chosen to join us for the 21-Day Healthy Habits program! There's a lot to learn, but once you understand the basics of eating healthy you can do it for the rest of your life. This is not a 'diet,' but rather the best way to eat for permanent weight loss and a super-charged body with better metabolism, greater energy, and the ability to fight off disease.

At UpLift, we believe that recipes should not be grouped up based on what time of day you supposedly "should eat them." You can eat eggs, chicken, protein shakes, or anything else at morning, in the middle of the day, or at night. The key is not what time you eat what, it's what you eat over the long haul.

So eat what you want, when you want, as long as you stick with the overall goal of keeping portions under control and keeping your blood sugar as stable as possible throughout the day.

In this book are the recipes for many of the foods you'll be eating during the 21-Day, and we hope you'll keep preparing them for years to come. Then, in addition to these recipes, you'll find detailed listings of ideas for what to eat at breakfast, lunch, dinner and snack times in the Daily Menu planner that's also part of this course.

As you'll see, there is great variety beyond what's on the pages of this recipe book. There are things you don't need a recipe for, such as scrambled eggs with veggies. Raw veggies with hummus. Cooked apples with cinnamon and walnuts.

You get the idea.

Cheers – to the new way you eat!

*Jill Strand Chris Radke*

Jill Strand, Chris Radke, and the team at UpLift



Jill Strand



Chris Radke

# Overall Guide to Daily Eating



Hopefully, it will come as a pleasant surprise to hear that, in order to lose weight, you're going to have to eat enough calories.

What?

Yeah, we know. A lot of people have that same reaction.

Everything will fall into place if you make sure you are getting enough calories throughout the day. Eat every 2 1/2 to 3 hours, which also does an amazing job of balancing blood sugar.

*Here is our suggested meal and snack pattern,  
each day (after-dinner Snack optional)*  
**Breakfast, Snack, Lunch, Snack, Dinner, Snack**

**Here is a quick rundown of the types of food we want you to focus on:**

**Lean Proteins:** chicken, fish, turkey, wild game

**Good Carbs:** vegetables, fruits, whole grains such as quinoa, wild rice, brown rice

*note:* try to get as many different color vegetables as possible each day

**Good Fats:** avocado, olives, nuts, olive oil, hummus

*note:* your body NEEDS good fats!

## How Much is a Serving?

Great question.

Common sense prevails in many cases, and here are the general rules to follow:

Protein: 3-6 ounces after being cooked. The less you weigh, the more you can go with 3-4 ounces being a full serving.

Fruits: about one cup (8 ounces, based on volume, not weight)

Vegetables: about one cup, again based on volume. You get into the question of whether it's cooked or not, and we all know that if you measure out a cup of spinach and then cook it you end up with a tiny pile of cooked spinach. Generally speaking, don't sweat the details with veggies.

Healthy Fats: there are some good rules to follow. A 'serving' is about 10-12 whole nuts, about 2 tablespoons of smaller nuts like pine nuts, sunflower nuts, etc. A 'serving' of natural peanut butter, almond butter, etc. is about 1 tablespoon.

"Good carbs" like brown rice, wild rice, quinoa: 1/2 cup uncooked.

Legumes: 1/2 cup cooked. (*Tip*: rinse them if they come in a can.)

(Legumes are beans, such as garbanzo, pinto, kidney, black, lima; lentils, hummus.)

## A Few Tips

As you can see, you eat frequently, but avoid eating mountains of food at one time. Your metabolism will run beautifully when you put the right number of logs on the fire, and keep putting new logs on the fire throughout the day.

One of the worst things you can do is skip breakfast.

Another bad idea is to skip lunch, don't eat anything all afternoon, then pig out on a giant dinner right before you lay down to sleep.

Take time to focus on your eating! Plan out your breakfast, snacks, lunches, and dinners.

When you are on the go – and who isn't, these days – bring the right foods with you.

Figure out a way to do it, such as packing a small cooler and/or "lunch box" that can hold a small freezer pack to keep foods cold and fresh. Find a microwave, if you need to warm up your food before eating it.

## Make Sure You Drink Enough Water

According to Christina Swigart, M.S., L.N., UpLift's Licensed Nutritionist, divide your weight in half, and that's how many ounces of water you should drink each day. (Not to exceed 150 ounces.) If you weigh 150 pounds, you should drink 75 ounces of water. How many "glasses" is that? Each glass is 8 ounces, so it's about 9 glasses.

(When you hear the advice that you should drink 8-10 glasses of water per day, now you know where that comes from, and how you might adjust it, depending on how much you weigh.)

Don't measure it like a scientist. Just try hard to (consistently!) get about the right amount.



Christina Swigart,  
UpLift Nutritionist



# Healthy Habits: Recipes!

It's one thing to tell you to eat healthy, and another thing to help you know what's healthy. What we hear, more than anything, from our members: "just tell us what to eat!"



Message heard, loud and clear. So here are some choices, all of which fit perfectly with our plan. If you're going to do this for the rest of your life, you have to find healthy recipes you like. (Remember, too: there are many additional foods, for which you don't need recipes, listed in the Daily Menu planner.)

Making good nutrition part of who you are is not a matter of 'taking' food as if it were medicine. Nobody needs to tell you this one: there is great pleasure in eating foods that look, smell and taste good. The recipes in this collection are staples with the UpLift staff, that we think you'll enjoy. Remember: eat what you want, any time of the day.

## **The categories are simple:**

### **\* Eggs & Oatmeal**

Pretty self explanatory, and not just for breakfast.

### **\* Fowl Dishes**

Chicken and turkey are lean, quality protein, when you follow these recipes.

### **\* Fish Dishes**

Salmon, tuna, scallops and more.

### **\* Meatless Dishes**

Can be side dishes to complete a meal, used as flavor enhancers, or as snacks.

### **\* Shakes, Dips & Dressings**

Protein shakes, salad dressings, and stuff that can be mixed creatively with meals to add saucy flavor, good fats, and much eating satisfaction.



# Eggs & Oatmeal

## Oatmeal Delight

½ cup whole rolled oats	½ diced apple
8 walnuts or 12 almonds	½ cup diced berries, strawberries, raspberries, blueberries
½ cup almond milk	cinnamon
½ to 1 scoop vanilla protein powder	

Microwave the oats in water to cover oats for 1 minute and let cool. Mix milk and protein powder and pour over oats and stir to loosen up cooled oats. The treat is the vanilla flavor. The trick is to get the right amount of protein powder and milk so that it's not too much vanilla and not too much liquid. Add fruit, nuts and cinnamon and enjoy!

## Breakfast "Burritos"

1 tsp organic butter	½ cup onion, diced
2 eggs	½ cup black beans
1 cup green pepper, diced	½ cup salsa
½ cup tomatoes, diced	¼ avocado

Melt butter in a skillet over medium heat. Add vegetables and sauté a couple minutes. Lightly beat eggs and add to pan. Cook until eggs are done. Put eggs and vegetables on plate and top with remaining ingredients.

## Crustless Broccoli Quiche

olive oil	2 cloves garlic, minced
1/2 tsp coarse salt	4 oz turkey or chicken sausage (lean & low sodium)
1 package (10 oz) frozen broccoli florets	8 eggs
1 cup red pepper, diced	½ cup organic half-and-half
½ cup onion, diced	1/4 tsp ground pepper

Preheat oven to 350 degrees. Oil a 9-inch pie dish; set aside. Bring a medium pot of salted\* water to a boil. Add broccoli, cook 1 minute. Drain well and pat dry. Chop coarsely. In a large bowl, whisk eggs, half-and-half, salt, pepper. Stir in broccoli, pepper, onion, garlic and sausage. Place pie dish on a rimmed baking sheet. Stir broccoli mixture into dish. Bake until golden brown, 35 - 40 minutes. Serves 4. (\*salt in the water is in addition to the 1/2 tsp in egg mixture)

# Fowl Dishes

## Slow Cooker Mexican Chicken (a.k.a. Azteca Chicken)

3-4 boneless skinless chicken breasts, trimmed of fat	1 can low sodium black beans (rinsed & drained)
½ cup low sodium chicken broth	1.5 cloves minced garlic
1 cup salsa (no sugar added)	1 tsp cumin

Place chicken in slow cooker. Top with remaining ingredients. Cover and cook over low for 6-7 hours. Shred the chicken in the slow cooker with other ingredients. Stir and serve shredded mixture over quinoa, brown rice or over lettuce for a Tex/Mex salad.

## Slow Cooker Chicken Fajitas

3 boneless skinless chicken breasts, trimmed of fat	1 tbsp freshly chopped cilantro
1 medium onion, chopped	1 tsp chili powder
1 green bell pepper, sliced	1 tsp cumin
OR 1 bag frozen sliced bell peppers & onion	1 tsp coriander
1 jalapeño, seeded and chopped	¾ tsp sea salt (optional)
2 cloves minced garlic	1 (10 oz) can diced tomatoes with green chili peppers

Place all ingredients in slow cooker. Cover and cook on high 4-5 hours or low for 8 hours. Shred with a fork. Serve over brown rice or create a lettuce wrap by wrapping in a large lettuce leaf.

## Country Captain Chicken Slow Cooker Recipe

3 - 4 skinless chicken breasts, trimmed of fat	1 tbsp curry powder
2 Granny Smith apples, peeled, cored, diced	1 tsp ground ginger
1 onion, peeled & diced	1/2 tsp kosher salt
1 green bell pepper, seeded & diced	1/4 tsp cayenne pepper
3 cloves garlic, minced	1 (14.5-oz) can diced tomatoes
	1/2 cup low sodium chicken broth

Place chicken in slow cooker. Mix remaining ingredients in bowl & top off chicken. Cover and cook on low 6 hours. Shred the chicken or place the breast with toppings over rice or quinoa.

## Fowl Dishes, 2

### Chicken with Black Bean Sauce

1 1/2 tbsp olive oil	1/4 cup diced tomatoes
3 tbsp diced yellow onions	1/2 tsp minced fresh cilantro
1/2 tsp minced garlic	1 tsp sea salt
1 - 14-oz can black beans, rinsed	1 tbsp extra-virgin olive oil
2 tsp ground chipotle chile	2 tbsp chile powder
1 cup chicken broth	4 - 4-oz skinless, boneless chicken breast halves

Place olive oil in a pan and warm over medium heat. Add onions and garlic. Sauté until onions are translucent. Add beans, chipotle, chicken stock, tomatoes, cilantro and salt. Simmer 15 - 20 minutes or until beans are slightly thickened.

Remove from heat and let cool slightly. Puree half the bean mixture in a blender or food processor. Place in a bowl with rest of the beans and mix together.

Preheat the broiler. Combine the olive oil and chile powder in a small bowl, and mix to form a paste. Rub paste over chicken breasts. Broil the chicken 3-5 minutes per side or until no longer pink on inside. Top with the black bean sauce.

### Chicken Wild Rice Soup

2 tbsp olive oil	2 1/2 cups cooked wild rice (can be a brown and wild rice mix)
2 large onions, chopped	1 cup zucchini, sliced
3 cups celery, chopped	2 tsp sea salt
2 lbs raw chicken breast - cut into small pieces	1/2 tsp freshly ground black pepper
6 cloves garlic, minced	2 tbsp fresh chives, finely chopped
2 bay leaves	
1 tsp dried thyme	
2 - 32 oz cartons chicken broth, preservative free	

Heat oil in a large stock pot over medium heat. Add onions, celery, and sauté until a bright color. Add chicken, garlic, bay leaves, thyme, and broth.

Bring to a boil, reduce heat, and simmer until chicken is done or up to 2 hours for more flavor.

Gently stir in remaining ingredients and heat to desired doneness. Taste and adjust seasonings as desired. Makes 8 servings.



# Fowl Dishes, 3

## Chipotle Chicken & Vegetable Soup

- |  |   |
|--|---|
| 2 tbsp canola or olive oil                         | 1 cup fresh green beans, ends snipped     |
| 2 large onions, sliced                             | 2 chipotle peppers in adobo sauce, minced |
| 2 stalks celery, sliced                            | 2 lbs cooked chicken, cubed or shredded   |
| 2 cloves garlic, minced                            | 3 cups (cooked) garbanzo beans            |
| 4 large ripe tomatoes, chopped                     | 4 cups vegetable broth                    |
| 1 large bell pepper (any color), slivered          | 1-2 cups water (if needed)                |
| 1 tsp sea salt                                     | Sea salt & ground black pepper, to taste  |
| 1/2 tsp ground black pepper                        | 1/2 cup chopped fresh cilantro            |
| 1 tsp dried oregano                                | 2 tbsp lime juice, or to taste            |
| 1 tbsp chili powder                                |   |
| 1 zucchini, sliced into 1/2-inch-thick rounds      |   |
| 1 winter squash, sliced into 1/2-inch-thick rounds |   |

In a large pot or soup kettle, heat oil and sauté onion, and celery until onions are translucent. Add garlic, tomatoes, bell pepper and spices. Stir and cook about 5 minutes. Add zucchini, squash, and green beans. Stir and cook about 2 minutes. Add chipotle peppers, chicken, and garbanzo beans. Stir to combine and coat all ingredients with spices and chipotles.

Add vegetable broth, water, salt and pepper. Bring to a boil, then lower heat and simmer 30 minutes, uncovered.

Add cilantro and lime juice and serve immediately. Serves 8 to 10.

## Turkey Burgers

- 2 lbs ground turkey
- 1 tsp granulated onion
- 1 tsp granulated garlic
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tsp sea salt
- 2 tbsp extra virgin olive oil

Preheat oven to 350° F. Combine ground turkey with onion, garlic, basil, oregano, parsley and salt in a medium bowl.

Spread olive oil over the bottom of a large ovenproof skillet. Roll turkey mixture into 24 meatballs or 6-8 patties and place them in the skillet, turning each to coat in oil. Transfer skillet to oven and bake 30 minutes or until meatballs are completely cooked through. Or for burgers, cook in a grill pan or grill about 5-8 minutes on each side until cooked through. Serves 6 to 8.

# Fowl Dishes, 4

## Turkey Three-Bean Chili

1 1/2 lbs ground turkey	1 can (15 oz) kidney beans, drained & rinsed
1 tbsp extra-virgin olive oil	1 can (15 oz) black beans, drained & rinsed
1 large onion, finely chopped	1 can (15 oz) garbanzo beans, drained & rinsed
1/2 jalapeño chile, seeded & minced <b>or</b>	2 1/2 cups water
1-3 tsp canned diced jalapeños	1 1/2 tsp coarse salt
3 large garlic cloves, minced	1/4 tsp freshly ground pepper
1 1/2 tsp dried oregano	1/2 bunch Swiss chard, stems removed, leaves cut into 1-inch pieces (5 cups)
1 1/2 tsp ground cumin	1 tbsp + 1.5 tsp chopped fresh cilantro
1 1/2 tsp chili powder	
1 chipotle chile canned in adobo sauce	
1 can diced green chilies	
1 can (28 oz) diced tomatoes	
1 bay leaf	

1. Brown ground turkey and set aside.
2. Heat oil in a large pot over medium heat. Add onion, jalapeño, and garlic, and cook until softened, about 10 minutes. Add oregano, cumin, chili powder, and chipotle, and cook, stirring constantly, for 2 minutes. Add tomatoes, bay leaf, turkey, beans, water, salt, and pepper. Bring to a simmer. Cover, and reduce heat to medium-low. Simmer for 1/2 - 1 hour.
3. Discard bay leaf. Add Swiss chard, and cook, uncovered, until mixture has thickened slightly, about 10-20 minutes. Stir in chopped cilantro.
4. Serve with 1/4- 1/2 avocado and 1/2 cup brown rice.

Makes 4-6 servings.

## Turkey Sausage Patties

3 lbs ground turkey	3 tsp sage
2 tsp salt	1/4 tsp red pepper flakes
1 1/2 tsp pepper	1-2 tbsp fennel seed

Combine all ingredients and form into 24 patties. Brown patties in olive oil until done. Makes 6-8 servings.

## Fowl Dishes, 5

### Turkey Meatballs

1 lb ground turkey	1/2 tsp dried oregano
3 garlic cloves	1 large egg, beaten
1/4 cup chopped onions	1/2 cup cooked brown rice or quinoa, cooled
1/4 cup chopped parsley	olive oil Spray
1/2 tsp salt	
1/4 tsp pepper	

Combine all ingredients, shape into small meatballs. You can cook on stovetop or cover and put in the oven at 350 for 45 min. You can also top with marinara and recover and put back in the oven at 325 for 30 more minutes. Personally, I like them nicely browned in a non-stick frying pan coated with just the thinnest layer of olive oil. Optional: top them with guacamole.

### Black Beans & Rice

2 tsp coconut oil	2 tbsp Braggs Liquid Aminos
1 lb lean ground turkey	Dash cayenne pepper
1 onion, chopped	2 cups tomato sauce (no sugar added)
1 bell pepper, chopped	4 Roma tomatoes, diced
4 cloves garlic, minced	1 can black beans, drained & rinsed
Juice of 1/2 lemon	1 cup brown rice, cooked
1 tbsp mustard	
1 tsp chili powder	

In a small bowl, combine lemon juice, mustard, chili powder, and liquid aminos with a small amount of tomato sauce. Whisk together until thoroughly blended.

Heat oil in large skillet over medium heat.

Brown turkey with onion, peppers, and garlic.

Stir in remaining tomato sauce, then add to meat mixture.

Add beans and tomato and cook for 10 minutes or until flavors are well blended.

Serve over 1/4 cup brown rice. Makes 4 servings.



# Fish Dishes

## Almond Crusted Salmon with Caramelized Onions & Basil

1/2 tbsp butter	1/2 - 1 tsp lime juice
1/2 tbsp plus 1 tsp extra virgin olive oil, divided	1/2 cup almond meal (you can grind up slivered almonds)
1 Vidalia onion, thinly sliced	4 tsp Dijon mustard
1/2 cup basil leaves (or 2-3 tsp dried basil)	4 (4 - 6 oz) salmon fillets, skin removed
Salt & pepper to taste	1/4 cup thinly sliced green onions

Heat butter and 1/2 tablespoon of the oil together in a large skillet over low heat. Add Vidalia onions, basil, salt and pepper and cook, stirring occasionally, until golden brown and slightly caramelized, 30 to 45 minutes. Stir in lime juice and keep warm.

Meanwhile, preheat oven to 375°F. Grease the bottom of a baking dish with remaining 1 teaspoon oil; set aside. Put almond meal on a large plate; set aside.

Season salmon with salt and pepper. Spread 1 teaspoon of the mustard over the top of each salmon fillet then gently roll each in the almond meal, pressing to make sure it sticks. Arrange salmon in prepared baking dish in a single layer and bake until salmon is done to your liking, 15 to 25 minutes.

Transfer salmon to plates, top with caramelized onions, garnish with green onions and serve. Makes 4 servings.

## Cajun Fish

1 1/4 lb fish fillets	1 tsp onion powder
1/4 cup fresh lemon juice & pulp	1/4 tsp black pepper
2 tsp paprika	1/4 tsp white pepper
1 tsp salt	1/4 tsp dried oregano
1 tsp garlic powder	1/4 tsp dried thyme

Preheat oven to 350 degrees. Place fish in an oiled baking dish. Pour fresh lemon over fish. Combine Cajun seasonings and sprinkle on fish. Bake uncovered for 20 minutes. Makes 4 servings.

## Fish Dishes, 2

### Salmon Burger (can use canned tuna or chicken)

1 - 15 oz can wild caught salmon	1 clove garlic, minced
1/2 cup almond meal	4 green olives, sliced
1/2 cup onion, diced	4 black olives, sliced
1 egg	1 tbsp guacamole
Juice of 1/2 lemon	

Combine all ingredients and make into patties. Heat coconut oil in skillet and cook patties until heated through.

### Tuna Salad

2 - 12 oz cans light tuna	2 tbsp red onion, finely chopped
3 celery stalks, chopped	2 tbsp Dijon mustard
4 medium pickles, chopped	3 tbsp mayonnaise
Juice of 1/2 lemon	1/8 tsp cayenne pepper
1-2 cloves garlic, minced	

Combine all ingredients in a large bowl and mix well. Serve over a large salad. Serves 4-5.

### Zesty Tuna

1 can low sodium, white meat tuna (in water), rinsed & drained	freshly squeezed lemon juice to taste
1 avocado	pepper
	freshly torn basil leaves

Mix all ingredients as desired. Eat plain or serve in lettuce wrap.

## Fish Dishes, 3

### Easy Scallops and Vegetables

1 lb wild caught scallops  
2 cups baby asparagus  
3 peppers: red/ yellow/green

1 tbsp extra virgin coconut oil  
¼ tsp of each: cumin, paprika,  
turmeric, onion powder

Cook scallops 4 minutes on each side with salt and pepper. Remove and set aside.  
Add coconut oil and sliced vegetables, and sauté with seasonings until tender.  
Makes 3 servings.

### Garlic Scallops

1 tbsp extra virgin olive oil  
2 cloves garlic, finely chopped

1 pound scallops

No need to go to chef school for this one... Sauté garlic in the oil. Add scallops.  
Sauté scallops until lightly browned. Serves 3-4.



# Meatless Dishes

## Black Bean Salad

2 cans black beans	3 tbsp olive oil
2 red bell peppers, diced	Juice of 1 lime
4 cloves garlic, minced	¼ cup cilantro, roughly chopped
1/2 cup onions, diced	1 avocado, diced
1 tsp salt	

Combine all ingredients except avocado. Cover and chill for a few hours or overnight. Right before serving, add avocado. Garnish with more cilantro.

## Cauliflower “Mashed Potatoes”

• 1 large cauliflower (organic is best)	• 2-1/2 tbsp good-tasting extra-virgin olive oil
• 4 to 5 large cloves garlic, thinly sliced	• 1/8 tsp fresh-ground nutmeg
• Salt	• Fresh-ground black pepper to taste

1. Set a collapsible steamer basket in a 6-quart pot. Add water to just above bottom of steamer. Cover and bring to a boil. Meanwhile, wash cauliflower and its leaves. Cut leaves into thin slices. Break cauliflower into flowerets.
2. Drop leaves onto steamer and sprinkle lightly with salt (or boil in water if you don't have a steamer). Add half the cauliflower, all the garlic, then remaining cauliflower. Sprinkle lightly with more salt. Cover and steam over medium high 8 minutes, or until cauliflower is so tender a knife just slips into it.
3. Drain in a colander, and mash with oil. Season to taste with pepper and nutmeg. Serve immediately, or refrigerate, covered, and reheat later. Serves 3 to 4.

You can make a big batch and reheat as needed. Keeps in refrigerator 4 days.

# Shakes, Dips & Dressings

## Breakfast Smoothie

4-6 oz almond or coconut milk	1 scoop Ultimate Protein
1 cup frozen berries	1 scoop Dynamic Greens
1 large handful of greens (i.e. spinach, kale, etc.)	1 tbsp almond butter
1 cup of ice cubes	1 tbsp ground flax seed

Ready for the instructions? Place all ingredients in blender and blend. One of healthy eating's simple pleasures, a good smoothie goes a long way!

## Protein Pudding

2 tbsp almond milk	1/2 banana
1/8 cup blueberries	1 tbsp almond butter
1/8 cup raspberries	protein powder, lemon

Blend into a thick mixture that tastes great and is packed with protein!  
(note: the "half a banana" is a special treat during the 21 Day)

## Healthy Dressing

4 tbsp olive oil	Sea salt
Juice of one lime	Pepper
Garlic	

Ready for this? Mix all the stuff together and you have yummy dressing.

## Basic Salad Dressing

1/4 cup flaxseed oil (or 2 tbsp each flaxseed oil and olive oil)	1 tsp Dijon mustard, whisked into liquid for easy mixing
1-2 tbsp vinegar (apple cider, rice, red wine, or balsamic)	Minced garlic, oregano, basil, or other herbs of choice
1/2 to 1 tbsp water	

Mix well and store leftovers in refrigerator. Double recipe if want more servings.

## Shakes, Dips & Dressings, 2

### Guacamole

Avocado  
Lime  
Salt

Cumin  
Optional: cilantro, onion,  
roma tomatoes, garlic

Here we go! Mix everything together, like they do at the best mexican restaurants.  
All healthy and yummy ingredients.



# Daily Menu Plans



Just wait 'till you see how nice it is to have help planning out what you're going to eat each day! To help make it easy, we have these Daily Menu Plans.

They help you nail down the details of each meal and plan out healthy snacks, so you always have things ready when it's time to eat again!

The first section contains Suggested Daily Menus. When you don't want to think about it, just follow these and you'll be in great shape.

For those times when you want to plan meals on your own, follow the ideas in the second section, the A la Carte Food Chart.

### ***Important Notes!***

\* Refer to the document called, "Suggested Food List" for serving sizes and optional substitutes for the same category of food.

\* When cooking eggs, use extra virgin olive or coconut oil to get a healthy fat serving.

# Suggested Daily Menus

---

\* = Recipes found in this book

**Breakfast** - protein shake: water, spinach, berries, flaxseed, almond butter, protein powder

**Snack** - egg with veggies (scrambled, omelet, fried)

**Lunch** - chipotle chicken and vegetable soup\*

**Snack** - raw veggies with hummus

**Dinner** - almond crusted salmon with caramelized onions\*, kale/spinach salad with peppers and kidney beans with basic salad dressing\*

**Snack** - cooked apples with cinnamon and walnuts. Cut up apples and cook with walnuts over medium to high heat and sprinkle with cinnamon.

**Breakfast** - omelet and fruit

**Snack** - protein shake: almond milk, spinach, berries, flaxseed, protein powder

**Lunch** - leftover: chipotle chicken and vegetable soup\* ½ grapefruit

**Snack** - brown rice cake with almond butter

**Dinner** - turkey three-bean chili\* with salad, extra veggies and healthy dressing\*

**Snack** - fried egg whites as your bread: humus and peppers on the inside or rolled up in egg whites, almonds

**Breakfast** - protein shake: water, spinach, berries, almond butter, protein powder, chia seeds, cinnamon

**Snack** - scrambled eggs with onions, peppers, mushrooms, turkey sausage\*, basil & pepper

**Lunch** - leftover: turkey three-bean chili\* raw veggies on the side

**Snack** - apple, almond butter

**Dinner** - cajun fish\* with mashed cauliflower\* add spices (cumin, paprika, turmeric, onion powder), guacamole dip\* for fish

**Snack** - grapefruit, walnuts, hot water with lemon

**Breakfast** - steel-cut oats (make batch & store in refrigerator to warm up), berries, almonds, scrambled egg whites

**Snack** - zesty tuna salad\* using celery to dip or use with lettuce wrap

**Lunch** - kale/spinach salad, veggies, lean protein, basic salad dressing\*, sweet potato

**Snack** - smoked salmon, apple

**Dinner** - country captain chicken slow cooker recipe\*

**Snack** - small protein drink

# Suggested Daily Menus, 2

---

**Breakfast** - protein shake: berries, spinach, almond butter, water, almond milk, protein powder

**Snack** - scrambled eggs with turkey sausage\* and sautéed veggies

**Lunch** - kale/spinach, edamame, nuts, lentils, lean protein, peppers, broccoli, basic salad dressing\*

**Snack** - turkey burger\* (if no time to make burgers, buy turkey patties and cook all of them for the next few days), raw veggies (cucumbers, tomatoes, peppers)

**Dinner** - chicken with black bean sauce\*, strawberries and blueberries

**Snack** - garlic scallops\*, almonds or walnuts

**Breakfast** - breakfast burritos\*( without tortilla)

**Snack** – apple, almonds

**Lunch** - tuna salad\*, raw veggies of choice (ex. cucumbers, peppers, tomatoes)

**Snack** – brown rice cake with almond butter

**Dinner** – leftover turkey burger\* with guacamole dip\*, black bean salad\*, spaghetti squash with healthy marinara sauce

**Snack** -small protein shake: almond milk, spinach, blueberries, almond butter, ½ servings protein powder

**Breakfast** - scrambled eggs with veggies and lean chicken or turkey sausage, add black bean salad

**Snack** - protein shake: spinach, flaxseed, berries, cinnamon, protein powder, water

**Lunch** - turkey burger\*, black bean salad\* and guacamole\* dip for burger

**Snack** - raw veggies with hummus

**Dinner** - chicken wild rice soup\*, strawberries and blueberries

**Snack** - grapefruit and nuts

**Breakfast** - fried eggs on top of sautéed veggies, lean sausage

**Snack** - breakfast smoothie\*

**Lunch** - black beans and rice\*

**Snack**- chicken breast, strawberries and blueberries

**Dinner**- left over tuna salad, salad, boiled yellow or green beans, apple

**Snack** - garlic scallops\*, nuts

**Breakfast** – oatmeal delight\*

**Snack** – hardboiled egg(s) with raw peppers

**Lunch** - leftover chicken wild rice soup \*

**Snack** – apple and nut butter

**Dinner** - leftover black beans and rice\*, salad with veggies with basic salad dressing\*

**Snack** – small protein shake: water, blueberries, almond butter, protein powder, spinach

# Suggested Daily Menus, 3

---

**Breakfast** - breakfast burrito\*

**Snack** – apple and almond butter

**Lunch** - salmon burger\*, guacamole dip\*, raw veggies

**Snack** – turkey meatballs\*, veggies and hummus

**Dinner** - slow cooker mexican chicken\*, salad

**Snack** - protein pudding\*

**Breakfast** - protein shake: water, raspberries, spinach, cinnamon, protein powder, flaxseed

**Snack** - grapefruit and almonds

**Lunch** - leftover salmon burger\*, humus dip for salmon, raw veggies (ex.peppers, cucumbers, broccoli)

**Snack** - zesty tuna\*

**Dinner** - easy scallops and vegetables\*, grapefruit

**Snack** - egg white sandwich with fried egg whites as your bread: humus and peppers on the inside or rolled up

**Breakfast** - scrambled eggs with sauté veggies, lentils and lean sausage

**Snack** – breakfast smoothie\*

**Lunch** - spring green/spinach salad, edamame, nuts, peppers, lean protein, healthy dressing

**Snack** - canned trout with raw veggies

**Dinner** - slow cooker mexican chicken\*, salad

**Snack** - grapefruit and almonds

**Breakfast** – crustless broccoli quiche\*

**Snack** – protein shake: water, berries, spinach, protein powder, flaxseed

**Lunch** - quinoa with sauté vegetables, leftover zesty tuna

**Snack** - apple with almond butter

**Dinner** - slow cooker chicken fajitas\*

**Snack** – rice cracker with almond butter

## **Busy - No time to plan your day!**

**Breakfast:** protein shake with fruit, protein powder, nut butter, and spinach

**Snack:** eggs with piece of fruit

**Lunch:** bagged salad or pre-made salad with veggies, optional store bought cut up cabbage. Add canned chicken or tuna and kidney beans, nuts

**Snack:** bagged cut up cauliflower and broccoli, apple, olives

**Dinner:** seasoned fish and store bought pre-made salad with veggies, humus dip for fish

**Snack :** pear, nuts, lemon water (cold or hot water)

# A la Carte Food Chart

---

## Important Note!

**Make sure you get 5 - 9 servings of veggies, 2 - 3 of fruit and 4 - 6 of healthy fat**

## Healthy Breakfasts

Protein Shake or Breakfast Smoothie*	2 Egg Omelet with 1 cup veggies
Breakfast Burrito*	2 Eggs Scrambled with 1 cup veggies, lean sausage
Fried Egg - topped with sautéed veggies & lean, nitrate free sausage	2 Egg Scrambled, veggies, bean salad* or cooked lentils
Steel Cut Oats (1/2 servings)w/ berries nuts, & cinnamon 3 fried egg whites on the side	Leftover dinner - lean meat & veggies  Eggs and fruit
Oatmeal delight*	Crustless Broccoli Quiche *

## Healthy Power Snacks

(Think of a snack as a healthy meal!)

Egg options from Breakfast	Protein Shake
Egg white sandwich (red pepper between 2 egg whites & hummus)	14 almonds & apple  Black bean salad
Apple with almond butter	Smoked salmon & apple
Turkey burger & raw veggies	Garlic scallops & nuts
Raw veggies with hummus	Grapefruit & nuts
Breakfast smoothie*	Protein Pudding
Berries & nuts	Turkey Meatballs with hummus or avocado
Black bean salad with meatball(s)	



# A la Carte Food Chart, 2

---

## *Healthy Power Snacks, cont'd*

Smoked salmon & apple	hard-boiled egg with peppers
Canned trout or sardines with veggies	Grapefruit and nuts/seeds
Pears & walnuts	Brown rice cake with almond butter
Leftover lunch or dinner Ex: fish & raw veggies or meatloaf	

## **Lunches and Dinners**

Chipotle chicken and vegetable soup  
Almond crusted salmon w/ caramelized onions and basil  
Turkey three-bean chili  
Cod  
Zesty tuna  
Country captain chicken slow cooker  
Salad with basic salad dressing  
Turkey sausage patties  
Turkey burgers  
Chicken wild rice soup  
Tuna salad  
Black beans & rice  
Garlic Scallops  
Chicken with black bean sauce  
Salmon burger (or canned tuna or chicken)  
Easy scallops and vegetables  
Slow cooker Mexican chicken  
Breakfast burritos  
Slow cooker chicken fajitas

## **“Plan Ahead” Salads!**

Have this stuff ready & prepared for the taking.  
When you have to run out of the house, bring it with you...

spinach, kale and arugula – put in big bowl for the week  
cut up veggies & fruits (pick at least 4) and put in containers  
Examples: broccoli, cauliflower, cucumber, peppers, onions, tomatoes  
Bonus healthy fats: nuts, olives