



Food Prep Guide

Eat healthy on-the-go even with
a tight schedule

Fast & easy **RECIPES**

This is ALL about making eating healthy EASIER

I'm here to help you consistently take care of yourself and health, so all areas of your life thrive. One of the biggest parts of this is your NUTRITION - enter this FOOD PREP GUIDE.

Just a few routines, along with some knowledge and go-to recipes can make ALL the difference in your eating choices, giving you more ENERGY, FOCUS & CONFIDENCE in your body.

WHAT TO EXPECT

This is NOT a step-by-step, me telling you what to do, guide.

This is a set of tools, strategies and recipes so you can take what works FOR YOU and incorporate it into your lifestyle.

If something doesn't land for you, you don't have to use it. If something sounds like the best, life-changing idea ever, start using it ASAP.

3 factors to making healthy eating easier

1. Rethinking old ideas such as:
 - How often & when to eat (You don't actually need to eat 5-6 times a day)
 - A delicious, healthy recipe is time-consuming to prep (3 minutes too long?)
 - Eating healthy with my schedule is too hard (new strategies change the game)
2. PLANNING & PREPPING food, so it's already ready whenever you need it.
3. HAVING some easy, go-to recipes, meals and restaurant options



Rethinking healthy eating

Re-thinking the standard breakfast, snack, lunch, snack, dinner idea

There are a few **COMMON MISCONCEPTIONS** in the nutrition & weight loss industry

1. Breakfast is the most important meal of the day. It boosts metabolism etc.
2. Eating smaller meals more frequently will keep your metabolism burning high

These are totally false. All that matters is how much you consume within a day, not **WHEN**. Your metabolism will not speed up by starting to eat early and/or eating often.

WHAT THIS MEANS & WHY IT'S GREAT, especially for a busy schedule

This means you have tremendous flexibility with the times you eat while creating and/or maintaining an amazing body.

IMAGINE how much time you would save, and how much easier it would be to eat healthy while being on-the-go, if you ate **BIGGER MEALS**, but less often. You'd spend less time planning, preparing (or picking up food), eating and cleaning up. Fewer meals takes less time **AND** the enjoyable benefit is eating a truly satisfying meal because you can have a bigger portion.

This is one of the primary reasons I recommend an intermittent fasting approach, where you push your breakfast back in the morning, slowly working toward making lunch your first meal of the day. After time, your body will be trained to not even be hungry in the morning, then you're set up for a great lunch, a light snack or two, and another nice meal at dinner.

This approach also makes it **WAY** easier to eat out, which may be a big part of your lifestyle, because then you can have a bigger portion (which is very typical at restaurants). So, instead of having to have this light, little salad, you can have a legit meal, and still not be overeating because none of your caloric intake has been used for breakfast.

I've practiced intermittent fasting for the past 4 years, and am a huge advocate. I'm very productive in the morning because I don't have to cook (unless I'm prepping for later) and it makes me highly-focused during that time. Then, my first meal is around lunch time, and it's big, nourishing and filling. I have a snack or 2 mid day. Then, a dinner with some chocolate after.
DONE.

LESS PLANNING, PREPARING, PACKING & STOPPING TO EAT, simply by eating bigger portions, **3**

less often. It's something to consider. If you have questions or concerns, shoot me a message

Making healthy fast food

The more full your plate gets, the more it's going to require smarter-not-harder strategies to consistently eat healthy. Here are my favorite tips & tricks to make healthy food FASTER.

GO-TO LUNCH or DINNER in 5 minutes (Think your standard: Protein, veg, carb & sauce)

VEGGIES

Steam-in-a-bag frozen veggies (cauliflower rice, broccoli, green beans, stir-fry mix)

Hearty salad mix (dark leafy greens, maybe some other chopped veggies. Can pre-prepare this)

Roasted veggies (pre-prepped)

PROTEIN (all these are pre-prepped. The guide will give recipes & tips on having one of these ready at all times)

Chicken breast

Turkey meatballs

Turkey burgers

Pork roast

Eggs (1-2 whole + 1-4 whites) or egg white beaters

COMPLEX CARBS

Rice or quinoa (pre-prepped)

Potatoes or yams (pre-prepped)

Tortilla

Good quality bread, like Dave's killer bread (but any will work, ease your way into things)

Beans

SAUCE or TOPPINGS (See next page for more ideas)

- Avocado (add a lil lemon juice & salt on top to bring out the flavor)

- Sour cream or plain Greek yogurt & salsa



The KEY to making these fast

The magic that makes this work is having a few items already prepped at all times (it gets really easy after practice). I recommend either doing a short food prep sesh (30 minutes) twice a week, or cooking extras when you cook dinner throughout the week, or a combination of both (which is what I do).

EXAMPLE of a simple food prep sesh:

1 type of protein (recipes in this guide)

1-2 complex carbs

2 trays of roasted veggies

Make sure to have steam-in-a-bag frozen veggies in the freezer

Maybe some smoothie packs or overnight oats... if you're getting fancy

Taking a dish from meh to YUM in 5 seconds

The secret is in the sauce ... literally

A little sauce on top of a dish goes a long way. Plus, it makes it easy to mix up your meals... just add a different sauce. Ha! Seriously though, why make it harder than it needs to be?

Plus, if you can learn how to make healthy food taste just as good as unhealthy food, and in a way that doesn't take any more time than the unhealthy stuff - YOU WIN. You maintain or lose weight, blissfully yummmmming along the way.

Most of these sauces are on the light side, as opposed to heavy creams & cheeses, or sauces secretly laced with crazy amounts of sugar (like a lot of BBQ sauce). But know, a little pat of butter is TOTALLY okay, especially if they help the veggies go down easier.

Not all of these are 'clean/chemical free' but I'm not crazy-staunch about a sliver of my diet coming from convenient low-calorie sauces that add MAJOR flavor. But, you decide for yourself.

SAUCY IDEAS - Sauces, spreads, dips, toppings etc.

- Enchilada sauce (I definitely prefer green)
- Salsa (watch the sodium)
- Pico de Gallo (I like to make a big batch of this for food prep sometimes. Just tomato, red onion, cilantro, lime juice and s&p (salt & pepper)
- A homemade 30-second salad dressing
- Sriracha (Asian-style hot sauce)
- Dijon mustard
- Salsa (watch the sodium)
- Turkey gravy packets
- Biscuits & gravy packets
- Laughing cow cheese
- Sugar-free or low-sugar ketchup
- Cholula, red or green (Mexican style hot sauce)
- Frank's Red Hot Wings Buffalo sauce
- Low-sugar BBQ sauce (I recommend Stubb's, check the label and get 6g sugar or less per serving. Most BBQ sauce is crazy sugary)
- Pizza sauce (this is a secret weapon. It's super low-calorie, especially in comparison to pasta sauces that contain more sugar and fat. Plus, it's easy to get a pizza fix in a lighter way)
- Guacamole
- Hummus
- Bring extra sauce home from a restaurant. I LOVE this one. All you need is their fabulous, already-made sauce on a simple dish, and it's massively upgraded

TOPPINGS that TAKE A LITTLE PREP, but worth it

- Homemade guacamole - mash with a little lemon or lime juice, sprinkle with salt. DONE.
- Peanut sauce - Basically, my fave sauce ever, recipe included

My fave healthy fast food combos

Obviously this meal structure can create thousands of options, but here are my faves

BURRITO BOWL

VEGGIES - cauliflower rice (frozen, pre-made...just microwave it)

- some tomatoes or pico de Gallo (if I have some, or have time)

PROTEIN - whatever protein I have prepped (typically it's between chicken & ground turkey)

COMPLEX CARBS - 1/2 cup refried beans

HEALTHY FATS and/or SAUCE - salsa, plain Greek yogurt or sour cream, a little cheese

STUFFED PEPPERS

VEGGIES - 1 bell pepper, chopped in half. Seeds & membranes removed

PROTEIN - Scrambled eggs with carbs together

COMPLEX CARBS - Black beans and/or rice (pre-prepped)

HEALTHY FATS and/or SAUCE - AVOCADO... a lil salt & lime on top. BAM!

POTATE SKILLET PLATE (cook up in one pan, make sure to season with salt & pepper)

VEGGIES - varies, could be bell pepper, onions, any frozen veg to bulk it up

PROTEIN - an egg or two, ground meat (pre-prepped)

COMPLEX CARBS - roasted potatoes, chopped into cubes

HEALTHY FATS and/or SAUCE - a little oil or butter to cook it in, maybe a little cheese & green cholla I'm loving lately. Or, some sugar-free ketchup

A WEIRD COMBO of CHICKEN STRIPS & VEG with OATMEAL on the side (my lunch lately)

I share this weird meal, because I want to show you that you can break the rules with food, find something you love and it just works because you like it, and that alone is enough.

VEGGIES - a bowl of steam-in-a-bag frozen veggies, maybe plain, maybe a lil sauce

PROTEIN - cooked chicken breast, sliced, dip in sugar-free ketchup (I just love it. Haha)

COMPLEX CARBS - a bowl of old-fashioned oats on the side made with almond milk

HEALTHY FATS and/or SAUCE - peanut butter & chia seeds added into oatmeal

TURKEY BURGERS (family-friendly dinner)

VEGGIES - Roast veggies in the shape of fries, lettuce & tomato

PROTEIN - turkey burgers (pre-prepped, or make a big batch that night)

COMPLEX CARBS - high quality bun, or roasted potatoe fries

HEALTHY FATS and/or SAUCE - sugar-free ketchup, I LOVE a flavorful cheese like goat or gouda on burgers if I'm getting fancy. Otherwise, avocado or mayo is great.

Framing your perspective towards eating SIMPLE

Some of the meal ideas I've given so far have been very simple, perhaps even boring.

Also, the idea of repeating meals can be boring to people.

If your mind is going in this place, that's okay. And, I want to support you with reframing your thinking here, so you can create positive associations with simplifying your meals. In no specific order, here on some mindset shifts - take what lands with you.

1) Make your LIFE more exciting than your food - Yes, food is a wonderful part of life, but you want your life to have plenty of exciting things, instead of relying on food to fill in the gaps. We can use food for fun, reward, escape, comfort and more. When your life is full of exciting things, because you're working towards what matters to you, and having fun on your journey, then food becomes more about FUELING your life, as opposed to filling in for fun.

I love food, I'm a foodie, but I love building & living my dream life more. And, a good balance for me is to keep food fast & simple during the week, then enjoy something more complex, fancy or indulgent foods on the weekend. I never create the story that I'm missing out if my meals are simple and repetitive. It simplifies my life, and spares my energy for my bigger goals. I genuinely enjoy these meals as well.

2) SIMPLE is SEXY - Anything that can be done with ease, is just SEXY. You're not trying too hard - it's effortless. Oh, doesn't that feel nice? HmmmMMmmm. Ha!

3) Simple helps you stay consistent, which means more energy, confidence & focus. In regard to health, consistency wins the game. You're living in your body 24/7, and what you eat and how you move affects 24/7. Therefore, consistency is paramount to feeling and looking your best.

When creating new health habits in your life, ask yourself, 'Could I be consistent with this, even when I'm extra busy?' If the answer is yes, that's a HUGE green light to create that habit. Cheers to simplicity.

4) You can ALWAYS be trying new recipes to keep things interesting - I recommend repeating meals for a few days, but that doesn't mean you can't be trying new recipes regularly. You could have a 'salad-of-the-week' routine and have a completely different salad every week, but repeat it on the days. Or you could do different flavors of smoothies, oatmeals, parfaits or different roasted vegetables.

The idea is, cook in BIG BATCHES so you have plenty leftover for other meals, but you could very easily switch up those big batches... if you want to.

5) Nature's flavors are already complex - If you really pay attention to the flavors and textures of simple, whole foods, you'll start to notice how delicious they are simply by themselves or cooked in a simple dish. Think of an apple - it's really quite amazing and delicious. Think of a roasted yam. Again, it's really delightful when you stop and appreciate it. It doesn't take an immaculate, complex meal for healthy food to taste good once you develop your palette. You may be skeptical at first, but start paying more attention to the flavors of real food, and you'll find nature does a pretty good job on its own.

Planning & Prepping

The key to eating healthy on-the-go is having healthy foods ready to go BEFORE you need to leave. Not rocket science, but it definitely requires some strategies and planning.

STANDARDS to SET YOU UP FOR DAILY SUCCESS

1. Have a weekly or bi-weekly food prep session/s. This can be incorporated into the times you already make dinner
2. **Always cook extras whenever you're making a meal. By doing this, you can just cook every 2-3 days. The rest is just assembling and re-heating.**
3. Always have prepped protein & veg in your fridge, even if that's just steam-in-a-bag frozen veggies and some cooked chicken breast.
4. Always bring some snacks and/or meals on the road. If needed, pack a cooler, it's a mini-fridge for your car. If you do intermittent fasting, the time you save eating breakfast can be used to prep your food for lunch or dinner.
5. Always keep non-perishable snacks in your car, like jerky or nuts (ideally raw). Keep them out of reach from driving if you tend to grab for them when you're not really hungry. If so, keep them in a box under the back seat or something so you must consciously decide to get them out for a portion.

WAYS to FOOD PREP

There is no ONE RIGHT WAY to food prep.

Some people like to prep full meals, some like to prep pieces of meals, and combine them once it's meal time.

I recommend a combo, but you do you.

My BIGGEST recommendation is make cooking dinner, food-prep at the same time.

For example, whenever I cook turkey burgers, I make a triple batch, maybe more. They are so easy to re-heat, my family loves them, and you slap them in a bun, put some veg on the side and voila. MEALS done for 3 days, just switch up the sauce or the side, or put that turkey patty in some tacos for a new meal!

By doing a '**dinner designed for leftovers**' 3 times a week or so, you'll massively cut down on the cooking AND be eating healthier, without feeling like you're adding additional meal-prep time.

Also, when you're cooking dinner, you could prep a batch of smoothie packs, veggie packs, oatmeals or parfaits. You're already in the kitchen rocking it, might as well top it off.

Planning & Prepping - EXAMPLE

Like I said, there's no right way to meal prep, but what I find works best for my clients and myself is doing 1-2 food prep sessions a week and then doing 'dinner designed for leftovers' 2-3 times a week.

EXAMPLE - First half of the week

SUNDAY (the goal is to have all your food prepped up until Monday's dinner, with extras for the next few days)

This could just be having a tradition of a great family dinner on Sunday, and that turns into your food prep!

1. Prep 3 egg & veggie scrambles, add a tortilla on the side to make a breakfast burrito
2. Wash and chop raw veggies for snacks – carrots, celery
3. Roast a batch of chicken breasts (make these for dinner on Sunday, and cook extra for leftovers)
4. Roast a few yams (in the same oven, make for dinner & cook extra for leftovers)
5. Prep 3-4 overnight oats (or, if you like to cook them fresh, you could prep everything but the liquid into a baggie and store in the freezer. Just add milk of choice and heat it up) – it's practically just as fast to make 1 as it is 4, so might as well make it easy for yourself ALLLLLLL week. I LOVE these for snacks.

MONDAY

1. Re-work leftovers for dinner. You cooked a lot yesterday, keep it simple today.
2. You might need to cook a grain and add a sauce of some kind. KEEP IT SIMPLE.

TUESDAY

6. For dinner, cook a batch of turkey meatballs make A TON extra for other meals
7. Roast a big batch of vegetables with extra for future meals

WEDNESDAY

8. Make a big batch of pico de gallo and guacamole for tacos, and use the extra meatballs for the meat.
9. Use leftovers for lunch the next day.

Basically, you give yourself a head start in the week with a food prep sesh, then whenever you cook dinner, that gets used for meals for 2 days. Snacks are easy or they're already pre-made by you.

Daily routines for implementation

All these ideas are great and all, but until you implement them into your daily life, they won't do any good.

It's time to narrow our focus, and look at ROUTINES to make this happen.

#1 daily routine that will make this happen and change your health for life

On the day before, plan what you're going to eat the next day, just like you plan your day. You'll eat better and it will free up mental space!

Is it a lil bit of a pain in the butt? Yep. But it's 10 times easier than scrambling, trying to figure out what, when & where to eat then making poor choices that drain your energy and make you feel poofy in your clothes.

EXAMPLES OF DAILY ROUTINES

NIGHT BEFORE PLANNING

EXAMPLE 1 - Write down what you'll eat the next day. If you're going out, check the menu in advance and decide.

EXAMPLE 2 - When putting dinner away, pack 2-3 portions for future meals

MORNING OF PLANNING

EXAMPLE 1 - Determine your meals & snacks that day (at least what's for dinner) so you're not scrambling or stressed about it later

EXAMPLE 2 - When you're packing your kids' lunches for school, pack yours too

WEEKLY ROUTINES

Ideally, do these at the same time every week to simplify your life and make things autopilot.

1. Prep a menu & grocery list
2. Grocery shop
3. Prep food

Once you get these down, you'll get fast

Eating Out Tips

Coffee -

- For lattes, swap milk for almond or coconut milk
- Use minimal cream – 1-2 tbsp in black coffee
- Slowly reduce the amount of sweeteners and creams in your coffee
- Get tea with a little cream or almond milk
- Opt out of the pastries (this is easy to do if you're intermittent fasting)

BONUS - Coffee will blunt your appetite if you're intermittent fasting, but you'll need to keep it black to stay in the fasted state

Lunch or dinner?

- Consider eating out for lunch instead of dinner. It's easier to keep your meal light at lunch, and drinking won't be a factor because it's early in the day.

Restaurants

- Focus on incorporating vegetables (non-fried) into your meal
- Grilled or steamed veggies and meats are lightest. Next, roasted or baked.
- Get any heavy dressings or sauces on the side and add just as much as you need.
- Balance your plate with carb, protein & veggies. Healthy fats will likely be included in the oil the food is cooked

in

- Drink a glass of water before eating
- Avoid grazing. Be conscious of the portion you're eating. Enjoy it.
- Enjoy your company, focus on them. Be present.
- When you're done, put your silverware or napkin across your plate so it's reminds you to stop nibbling until

your

get a take-out box or the waiter picks up the plates.

RESTAURANT TIP:

Make a list of 5-10 restaurants in your area that you know have healthy options you enjoy. Give your family or friends 3 options from those. WIN/WIN

Restaurant types that are most challenging to eat healthy at

- Diners
- Traditional Mexican

SOCIAL or NETWORKING EVENTS

Free food & drinks can be very appealing, plus you may want to take the edge off by having a drink or two. Here are some tips to navigate these situations while not comprising health and/or weight loss goals.

- Consider using this for your metabolism reset day. Save a certain amount of calories to enjoy yourself, include the drinks too! Be honest about what you want in advance. It's okay to have the treats!

- Decide in advance what your plan is. Example: 1 small plate of food + 1 drink for a networking event, or 2-3 drinks for a night out. Understand, that when the time comes, your mind will try to convince you to have more. Don't listen - you've already decided in advance.

- You can opt out of having ANYTHING at the event. Sometimes, it's honestly just easier to say NO to everything, because then you're not negotiating with yourself. Try it out and see if you like it. It's all YOUR decision. For me, it depends on the event and what I have going on that week. If it's a simple week, I'll indulge, if there are a lot of social events that week, I may opt out.

Design your menu & meal prep session

DESIGN A MEAL PREP SESSION

1. Plan your menu

- a. You don't have to plan EVERYTHING. If you like, start with a few recipes and go from there. You can plan 1-2 snacks, plan a couple meals that you'd feel good about eating leftovers of for 1-3 days. (Example: I typically will make 3 of the same lunch at once)
- b. As a baseline, I'd recommend planning a protein to prep, and some veggies (in whatever option appeals to you... raw veggies cut up and put in baggies, roasting veg etc). Then, maybe something sweet, like overnight oats (recipe included).

2. List meals & snacks

- a. List your meals and how many servings you want to make of each. Factor in everyone in your household
- b. List your snacks & many how many servings you want to make. Factor in your kids here. For our family, we eat similar meals, but I do more kid-friendly snacks.

3. Write a grocery list

4. Shop

5. Prep

Pre-made recommendations

Letting the store do a little bit of the cooking can really help. Here are a few ideas to get your wheels turning.

Costco does have some good options, but you can probably find these most anywhere

- Pre-made fresh quinoa salad. Add this to a plate of spinach and you have a full salad, maybe bulk it up with chicken or other protein.
- Single-serving hummus cups
- Single-serving guacamole cups
- Single-serving nut butter packets (great for the car)
- Pre-made fresh soups (tortilla soup...add a lil extra chicken)
- Rotisserie chicken

Food Prep Idea List

If you see an R after the recipe idea, it means the RECIPE is in this book

BREAKFASTS

- Overnight oats R
- Smoothie packs R
- Breakfast scrambles R
- Yogurt parfait R

SNACKS (or sides to bulk-up a meal)

No or minimal re Fridgeration required

- Jerky
- Raw veggies: carrots, celery
- Protein shake: water, ice, protein powder + shaker cup
- Piece of fruit & nuts or nut butter
- Veggies & hummus or refried beans
- Protein bites R
- Store-bought protein bar (look for low sugar, and moderate – low carbs)
- Plain rice cake w/nut butter
- Roasted chickpeas or edamame

Cooler required

- Yogurt or yogurt parfait R
- Hardboiled eggs R
- Grilled or roasted chicken strips R
- Chia pudding R
- Cheese stick/string cheese
- Raw veggies with guacamole dip

PREP VEGGIES & COMPLEX CARBS

- Batch of roast veggies and/or cubed potatoes (yum!)
- Steam-in-a-bag veggies
- Batch of yams
- Batch of quinoa or rice

PREP PROTEIN

- Batch of roasted or grilled chicken breast
- Batch of turkey burgers or turkey meatballs
- Pork roast
- Steak

LUNCHES and/or DINNERS

- See recipes

PORTION SIZES - Please feel free to adjust the portion sizes in the recipes. The examples shown create delicious meals & snacks, but the calories are low! Typically around 150-200 for a snack, and 350-400 for a meal (breakfast, lunch or dinner). These portion sizes work well IF you are using a 'breakfast, snack, lunch, snack, dinner' approach and are wanting to lose weight. If you're wanting to maintain weight, you can start with these portion sizes and see how full you are, then adjust based on that. It all depends on where your metabolism is at, so listen to your body.

If you're doing an intermittent fasting approach, increase the portions of your meals so you only need 2 meals, then add snacks based on hunger.



OVERNIGHT OATS

- 1/3 cup old fashioned oats
- 2/3 cup almond milk
- stevia, optional
- 2 Tbsp chia seeds
- 1/2 cup fruit of choice, fresh or frozen, chopped
- 1 Tbsp nut butter or 2 Tbsp nuts or seeds

RECIPE IN PHOTO is peaches and almonds. YUM. Get creative!

FOOD-PREP TIP: These store GREAT in the fridge. Make a batch using mason jars or other food storage containers and tuck them in the back of your fridge. Breakfast or a snack is done for DAYYYYYS.

TIP 2 - You can also make your own oatmeal packets, add everything but the milk and store in the freezer. To cook, just add the milk and heat up. So freaking smart!

SMOOTHIE PACKS for SMART FOOD PREP

What's a smoothie pack? Combine all the ingredients for your smoothie (minus the milk or water) into a storage baggie and store it in the freezer. When it's smoothie time, all you have to do is dump the contents into the blender, add the milk of your choice and blend. Plus, frozen fruits will thicken your smoothie.

CHOCOLATE MINT SMOOTHIE ~260 calories

- 1 serving chocolate or vanilla pro pow (protein powder)
pro pow sounds like superhero food, so we roll with it 😊
- 1/4 cup avocado, diced
- Fresh mint leaves (from 1 stem or two)
- 1 handful spinach
- 1/2 small cucumber (optional) Cucumber doesn't freeze well
- 1 1/2 - 2 cups unsweetened nut milk 60
- Stevia to taste (Add in after blending based on your taste)

Combine all ingredients in a blender, starting with just 1 1/2 cups nut milk. Once blended, add more to reach desired consistency. Taste and add a little stevia if desired.





SKINNY HORCHATA SMOOTHIE ~This is a great snack

1 serving vanilla protein powder 120
1/3 - 1/2 cup unsweetened almond milk 25
1/2 Tbsp almond butter 50
A few big sprinkles of cinnamon
A handful of spinach or other leafy greens (recommended)
Ice, optional (see instructions)

Blend ingredients together. For a really refreshing treat with a twist of fanciness, I'd recommend pouring it over ice, putting a straw in it and dusting the top with cinnamon. I prefer a tall glass to hear the ice cubes tinkling around the glass. On my heaven!

GREEN PINEAPPLE SMOOTHIE

1/2 cup unsweetened almond milk
3/4 cup pineapple chunks, reserve juice
2 oz. frozen banana, about 1/2 banana
3 oz. plain Greek yogurt and/or protein powder
1 handful spinach
1 Tbsp nuts or 1/2 Tbsp nut butter (no peanuts)
1/2 cup ice + a squeeze of citrus (optional)

Combine all ingredients in a blender and process until smooth. You'll get a good dose of protein without any protein powder



PEANUT BUTTER BANANA SMOOTHIE

1/2 cup unsweetened almond milk, add more if needed
4 oz. frozen banana, about 1 whole banana
1 Tbsp peanut butter
1 handful spinach
1 scoop protein powder (optional)
1/2 cup frozen cauliflower (optional...can really thicken up the smoothie and sneak in some vegetables)
1/2 cup ice, optional

Blend ingredients without ice first, adding extra almond milk if needed to get things-a-blending. Taste. From there, decide on adding ice. It's all good - make it how you like it. Yes, it tastes a lot like a milkshake. My kids love this one.

These also store and reheat really well through the week. For these recipes, you can prepare them in various ways.

You can scramble a big batch all at once, and divide into individual servings, you can bake several servings in a casserole dish, and cut it into pieces for individual portions, or you can play around with baking them in a muffin tin. Just keep your eye on the oven so they don't burn and they're also cooked through.



YAM & TURKEY EGG-BAKE or SCRAMBLE

3 ounces yam, cooked and chopped
 1 egg + 2 whites
 1 1/2 ounces cooked ground turkey or chopped ham or 1-2 slices turkey bacon
 1/2 ounce goat cheese or other cheese (14 grams)
 mixed greens

EGG, YAM & TURKEY BAKE - makes 3 servings

3 whole eggs
 6 egg whites
 9 ounces baked yams, chopped or broken up
 4 1/2 ounces cooked ground turkey, broken into small bits
 2 cups mixed greens, chopped
 1 ounce goat cheese, crumbled

For the scramble - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with goat cheese.

For the egg bake - Cook yams. Preheat oven to 350'. Spray a 9 by 9 inch pan (or similar size) with cooking spray. In a large bowl, add eggs and whisk. Season with s&p. Add yams, turkey, greens and feta. Pour mixture into a baking dish. Try to make the ingredients fairly even. Bake for 20-25 minutes, or until eggs are done. Remove and allow to cool. Divide into 3 portions and wrap tightly with foil to prevent eggs drying out. Store in the fridge. Reheat in the microwave. Add hot sauce if desired.

HOW TO COOK YAMS IN THE MICROWAVE

Pierce yams 4-5 times with a fork or knife. Cook on high in the microwave for 4 minutes. Carefully check how soft they are. If they aren't squishy, continue to cook 1-2 minutes at a time, checking after each cooking sesh until soft. You should be able to cut through the whole yam easily.

YAM HASH SCRAMBLE

2 eggs
 3 oz. cooked yams, chopped
 1 cup leafy greens, chopped or sliced if desired
 1/2 tomato, chopped, optional
 1 1/2 oz. avocado, sprinkled with lime juice & salt

In a small bowl, whisk eggs together. Bring a medium fry pan to medium heat and spray with oil. Add yams and eggs. Season with s&p. Add greens and stir occasionally until eggs are cooked through, scraping from the bottom. Top with avocado and optional tomato.



BREAKFAST BURRITO

Make any of the egg recipes above and put it in a tortilla, or you could swap out the yams for the tortilla for less prep. You can prep any egg scramble you want for a breakfast burrito.

For food prep, you can prep all the eggs and once, then when it's time to eat, add the tortilla.

PARFAITS

Parfaits are another great food prep option. You can prep a batch in mason jars or Tupperwares. These are also very kid-friendly, so I'll prep several at once. Just mix up the fruit/toppings to keep it fresh.

For yogurt, I recommend Fage 2% plain Greek. It's rich & creamy, and with a little honey on top, holy yum. But, feel free to use another type of yogurt, just look at the label and avoid ones with HIGH SUGAR. Aim to get under 15 grams or less of sugar per serving



PINEAPPLE PARFAIT

1/6 ounces plain Greek yogurt, fat-free or low-fat
1/3 cup pineapple chunks
1 Tbsp nuts
1 tsp honey + additional stevia if desired

TIP - after opening cans and refrigerating the leftovers, it's best to transfer them to a different, airtight container. Reserve remaining pineapple and juice in a jar or tupperware.



RASPBERRY PARFAIT

Same recipe as above, just add raspberries. You can swap nuts for coconut flakes too.

TREAT FIX TIP - These recipes can be a great dessert fix in the afternoon or after dinner



TOASTED COCONUT & MANGO PARFAIT

6 ounces plain Greek yogurt, non-fat or low-fat
1/2 cup mango + 1-2 tsp honey
1 Tbsp coconut flakes, toasted (optional)

HOW TO TOAST COCONUT FLAKES

Heat a medium pan to low heat. Add coconut flakes and stir until edges start to turn golden. KEEP YOUR EYES ON IT. Once it goes golden it goes burnt rill fast. Allow to cool and store in an airtight container in cupboard..



CHOCOLATE PEANUT BUTTER COCONUT PROTEIN BITES

Portions for 1 serving

- 1 scoop chocolate protein powder (vanilla can be used)
- 1 Tbsp honey
- 1 Tbsp all-natural peanut butter
- 1/2 Tbsp unsweetened coconut flakes
- add water as needed, will vary depending on protein powder

Combine all ingredients in a small bowl. Use a fork to smooch it together, it will take a lot of smooching and scraping. Making these becomes a skill - you'll be masterful in no time but have patience on your first time. Add just a very little bit of water at a time until mixture is just moist enough to form a ball. Be careful, it can easily turn to goo. Divide 1 serving into 3 balls and roll in coconut flakes.

HARDBOILED EGGS - 70 per whole egg, 20 per egg white

My FAVE way to prep hardboiled eggs so they PEEL EASILY (steam them for 12 minutes)

1. Pour an inch of water into a large pot
2. Bring to a simmer
3. Place eggs in a steamer basket
4. Once the water is simmering, add the steamer basket of eggs, and put the lid on the pot
5. Keep the water simmering, and set a timer for 12 minutes
6. Once timer goes off, turn off the heat, drain the water, and refill the pot with cold sink water. Then, EASILY PEEL YOUR EGGS. I peel mine all at once then wrap them in foil to store in the fridge for up to 5 days.



STRAWBERRY CHIA PUDDING

- 1/3 cup unsweetened almond milk + stevia (optional)
- 2 Tbsp chia seeds 100

Toppings

- 1/2 cup strawberries (or any berry you want) chopped 30
- 1 tsp honey, optional 20

In a small bowl, combine chia seeds, almond milk and stevia (optional). Stir every few minutes for the first 10 minutes, then allow to rest in the fridge for another 20 minutes. Once set, top with strawberries and honey (optional).

Tip - Instead of stirring, use a lidded jar and shake & flip it every few minutes for the first 10 minutes.



TURKEY MEATBALLS, LOW-CARB - 40 per meatball, makes 25

1 pound lean ground turkey or ground chicken
1 zucchini, grated and blotted, see instructions.

Can swap w/2 cups cauliflower rice (if you have neither, just leave 'em out)

1 tsp each salt & pepper
1 tsp each cumin & oregano (or Italian seasoning)

1. Preheat oven to 425'
2. Line a baking sheet with foil or parchment paper and spray with oil.
3. Grate zucchini & blot with a paper towel to remove some excess moisture
4. Combine all ingredients into a bowl
5. Divide mixture into 5 equal parts. With each 1/5 mixture, make 5 meatballs.
6. Lay all meatballs onto baking sheet
7. Cook for 15 minutes, or until cooked through
8. Allow to cool, and refrigerate in an airtight container for up to 5 days.

TURKEY PATTIES

You can use these same recipe and make patties.

Or, you can just make plain turkey patties by forming raw ground turkey into patties, seasoning with salt & pepper and roasting in the oven. I know it seems weird to roast/bake patties, but it makes it so easy to do a lot at once, and they still taste great.



GRILLED OR ROASTED CHICKEN BREAST STRIPS 40 per oz ~ size of your last 3 fingers

HOW TO ROAST CHICKEN BREASTS

1. Preheat oven to 425'
2. Line baking sheet/s with foil for easy clean up & spray w/cooking oil
3. Place chicken breasts on the tray (I often slice mine in half if they're thick)
4. Season both sides with salt + pepper, plus any extra dry seasonings you like
5. Bake/roast until internal temperature is 165' using a meat thermometer. Cooking time varies depending on thickness of chicken. Start with 15 minutes for thin pieces. Allow to cool for 5-10 minutes before slicing, then refrigerate in an airtight container (I often use a gallon ziploc bag) and store in fridge for up to 5 days.

OTHER IDEAS FOR PREPPING PROTEIN

Crockpot a pork roast (Great for weekends, just make tacos or sandwiches with it)

Grill steak (leftover steak strips are great salads or tacos or egg scrambles). Carne asada can be a great option because the meat comes with TONS OF seasonings and flavor already.

A cast-iron grill pan or cast-iron skillet is ideal for cooking steak because you'll get the best sear on the meat.

MEAT-FREE IDEAS - a batch of home-cooked beans, seasoned & cooked tofu or tempeh or a batch of quinoa

FRESH PICO de GALLO + VEGGIE 'CHIPS' ~25-100, varies

Slice your veg into chip-like shapes. Dip away!

QUICK PICO RECIPE (you can eyeball it. FEel free to double or triple the recipe for massive leftovers. They're awesome for adding to salads, rice bowls, omelets... perty much anything not sweet. Haha)

- 3 roma tomatos, diced
- 1 small red onion, diced
- 1-2 Tbsp cilantro (if you don't have it, just leave it out)
- A squeeze of lemon or lime juice
- S&P to taste
- 2-4 Tbsp jarred salsa to add extra flavor (optional)

QUICK GUACAMOLE RECIPE 1/4 cup so

- 1/2 - 1 avocado, diced
- sprinkle with lime or lemon juice
- sprinkle with salt
- Schmoosh together, then taste. Add more salt or lime/lemon if desired



ROASTING VEGETABLES

If you want vegetables to taste good, learning how to roast them is a life-changer. As usual, I keep it super simple.

HOW TO ROAST VEGETABLES.

1. Preheat oven to 425'
2. Spray sheet pan with oil or line with foil for easy clean up & spray w/cooking oil
3. Chop vegetables into similar sizes so they cook evenly.

NOTE - Be cautious of roasting soft vegetables with hard vegetables. The soft veggies will cook faster and maybe burn before the hard veggies are cooked. Two solutions: Cook hard veggies together and soft veggies together. Cook all vegetables in their own little piles. For example, fill half the tray with carrots to roast and the other half with zucchini. The zucchini will cook faster, but you can take those off the tray and put the carrots back in.

1. Once veggies are on the pan, spray them with oil or drizzle with oil (make sure to track it) and season w/salt + pepper, plus any extra dry seasonings you like
2. Bake/roast until desired softness is reached
3. Allow to cool for 5-10 minutes before slicing, then refrigerate in an airtight container (I often use a gallon ziploc bag) and store in fridge for up to 5 days.



ROASTED VEGETABLE COMBINATION IDEAS - These are elaborate for me, but they gets your wheels turning. Work with what you have and what your fam likes.

- Sweet potato, butternut squash, carrots, onions, beets, parsnips
- Zucchini, green beans, bell peppers, broccoli, cherry tomatoes
- Butternut squash or acorn squash, sweet potatoes, onions, brussels sprouts
- Cauliflower, broccoli, cherry tomatoes, celery root

Or KEEP IT SIMPLE. Pick 1-2 vegetables, add some red or yellow onion and that's enough

VEGGIES & HUMMUS

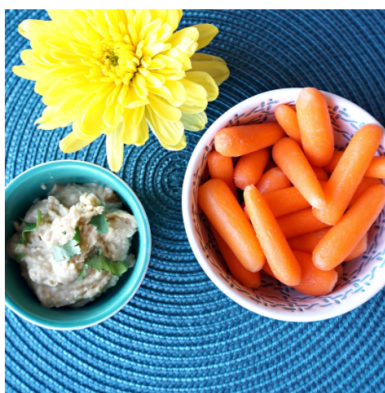
1/4 cup hummus + unlimited vegetables



I encourage you to start enjoying a veggie plate on the daily. It's a simple way to stay consistent with a big dose of veggies.

HUMMUS UPGRADE IDEAS

- Top your hummus with salsa and or herbs
- Use refried beans, add salsa & corn and a lil guac for a 'layered bean dip'
- Treat yourself with a fancy organic hummus. There are so many amazing ones.
- Use romaine lettuce leaves as a wrap, spread hummus on it, add a little leftover chicken from another meal, wrap up and eat. YUM!



STEAM-IN-A-BAG FROZEN VEGGIES - No chopping, no prepping, no clean-up! And, they can't go bad in the freezer.

You'll have to see which ones you like. I've found some of the blends can get mushy. These can be great to add to sides to dinner, or mix into rice bowls, or make into a stir fry.

My favorites:

- Carrots (plain)
- Broccoli - to keep the florets bright green, once they're done cooking, run them under cold water to stop the cooking process. I actually fill the SAME bag with cold water, squeeze it out, and do it once more. DONE.
- Green Beans - these are great. Use the same tip in the broccoli description to keep them bright green
- Asian blend from Winco - my fave steam-in-a-bag stir fry blend, no mush
- Veggie mix for the kids



CAULIFLOWER RICE

Cauliflower rice can be an amazing way to bulk up your meals with barely adding any calories, plus you're sneaking in vegetables pretty easily.

Obviously, the pre-made rice cauliflower is fastest, but sometimes one bag is \$3, and that just annoys me, 'cause I eat a whole bag by myself.

I find these at Grocery Outlet sometimes for less than \$1 each and I stock up.



MAKE YOUR OWN CAULIFLOWER RICE FROM FROZEN FLORETS

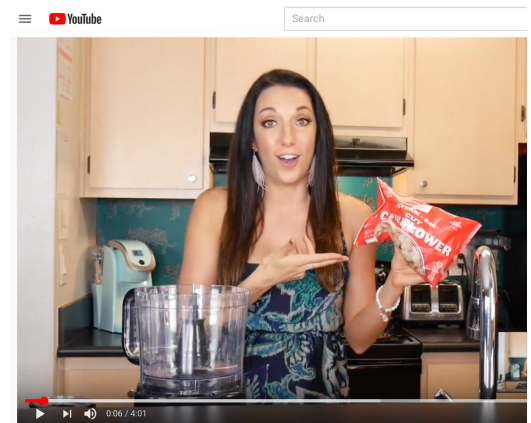
It's pretty easy to find steam-in-a-bag frozen florets for about \$1 a bag.

I made a YouTube video on how to make it using a food processor

VIDEO LINK HERE --->> <https://www.youtube.com/watch?v=6p3UNee9H7k&t=11s>



TIP - If you're new to cauliflower rice or cauliflower mash, consider transitioning by going half and half. For example, mix half regular rice with half cauliflower rice. This is a great way to get kids to eat veggies too.



CAULIFLOWER MASH

You can also make frozen cauliflower into mash to swap out for mashed potatoes.

Steam the cauliflower as usual. Once it's slightly cooled, dump into a bowl and blend with an immersion blender. You may be able to use a blender and add a little milk, but I haven't tried it. Season with salt and pepper.

Put some gravy or sauce on top, and you're good to go.

LUNCHES & DINNERS - these are a little more elaborate



BYE BYE BLOAT DETOX SALAD (my fave)

(220 calories per serving, not including lean protein)

Makes 2 (2 portions of dressing, 2 of salad) Half recipe if needed.

Detox dressing (260 calories – 130 calories per serving)

- 1 1/2 TBSP ACV
- 2 Tbsp olive oil (240)
- Squeeze of lemon
- 1 tsp honey (20)
- S&P

Salad (180 calories ~ 90 calories per serving)

- 4 cups baby spinach or kale (10)
- 1 small cucumber, sliced or diced (10)
- 1 apple, sliced or diced (match it with the cucumber) (50)
- 1/2 cup avocado (1 avocado), sliced or diced (100)
- 2 Tbsp fresh parsley
- 2 Tbsp fresh cilantro
- HERB NOTE - feel free to swap or add any fresh herbs, but get at least 1-2 for their detox powers

AVOCADO TUNA SALAD TOASTS

1 slice bread, you can use quinoa toast, sprouted grain or gluten-free. If bread is tiny and you're hungry, use 2 slices.

1 can tuna packed in water, drained

2 ounces avocado

1/2 cup celery + 1/4 cup apple + 2 Tbsp red onion
- all 3 finely chopped

1/2 tsp lime juice + s&p to taste

mixed greens

Toast bread. Finely chop celery, apple and red onion. In a small bowl, mash avocado with a fork and season with a little lemon juice and s&p to taste. Add to tuna mixture and stir together. Place greens on toast and top with tuna salad.

BREAD-SWAP OPTIONS - If you're anti-bread (I don't judge, I eat bread here and there because sometimes it just hits the spot), then you could replace the bread with romaine lettuce leaves for wraps. Add some carrots on the side or some other type of veggie or grain to bump up the carbs (for your energy's sake). Or use a good-quality tortilla for a tuna salad wrap.



CAULIFLOWER RICE BOWL

- 2 cups cooked cauliflower rice (or swap 1/2 cup regular rice)
- 4-6 ounces cooked lean protein (shrimp, chicken, 3/4 cup beans, tofu etc.)
- 2 oz (2 golfballs) guacamole (quick mash of avocado w/a lil salt & lime juice)
- 1 over-easy egg (optional), can swap with a little cheese
- red pepper flake (optional)
- additional vegetables (optional)

MY VIDEO ON HOW TO MAKE CAULIFLOWER RICE FROM FROZEN CAULIFLOWER - <https://bit.ly/zzwopWz>

HOW TO MAKE CAULIFLOWER RICE THAT'S PRE-CHOPPED

Saute 2 cups fresh or frozen cauliflower rice over medium heat in 1 tsp olive oil. Cook until soft 3-6 minutes.

B.T.C. - 'Be The Chef' Cauliflower Rice Bowl

Cauliflower is a blank canvas. Feel free to get creative with what you like or what you have available.

1. Unlimited veggies - shredded carrots, bell pepper, green beans etc.
2. 4-6 oz lean protein - chicken breast, tofu, salmon, beans etc.
3. Healthy fat toppings - guacamole, hummus, 2 Tbsp pesto, goat cheese, cheese (vegan and/or dairy free if needed, pre-made curry sauce or Tikka Masala (I love all flavors of Maya Kamal sauces, see photo above)
4. Low-calorie toppings - salsa, hot sauce
5. Herbs (optional) - cilantro, basil, mint, dill, parsley



Recommendation - Food prep your lean protein and cauliflower rice ahead of time for a quick meal!



ASIAN TWIST SALAD

- 4 ounces lean protein, cooked
- 1/2 cup edamame, thawed (swap cooked rice if needed)
- 1/2 orange or 1 cutie/tangerine, peeled & chopped
- 1 Tbsp almonds or peanuts, chopped
- cilantro and/or green onions, chopped
- greens - spring greens, spinach, napa cabbage, some red cabbage (If you're prepping many salads at once, napa cabbage will hold up really well with the dressing on it)

Dressing - 1/2 Tbsp EVOO or sesame oil
1 tsp vinegar of choice
couple dashes of soy sauce or Bragg's liquid aminos
1/2 - 1 tsp honey (optional if you like a sweeter dressing)

Place greens on a plate and add toppings. For the dressing, you can drizzle ingredients separately on top then mix the salad, or whisk dressing together in a small bowl first and drizzle. You pick depending on time and personal taste.

6 DINNER RECIPES



Each protein source in these recipes can be used for several dinners, so once you cook that protein source, you can use the leftovers to create a new meal. For example, if you make a big batch of meatballs for zucchini boats on Monday, then use the extra meatballs for Tostadas on Tuesday. The meatballs are so delish you might want to double the recipe, and use the meatballs again for Yam Bun Sliders on Wednesday. Then you could do Chicken Nuggets on Thursday, and use the extra cooked nuggets in your Stir-Fry on Friday. Or, feel free to repeat the same meal any day to save time!

The goal is, whenever you're spending time cooking, prepare extras that will help you whip-up a quick meal later.

MEATBALLS can be used in - Zucchini Boats, Yam Bun Sliders, Tostadas, Stir-Fry & Lettuce Cups

CHICKEN BREAST can be used in - Chicken nuggets, (great for lunches), Tacos, Stir-Fry

SHRIMP (pre-cooked & defrosted = little to no work) - Tacos, Stir-fry & Lettuce Cups

PORK ROAST (lean) - Tostada, Yam Bun Sliders

BEANS or **TOFU** - all except the chicken nuggets

LUNCHES & DINNERS

ZUCCHINI BOATS

Portions for 1 serving

5 Low-Carb Meatballs, from recipe above

1 zucchini, (Yes, 1 whole zucchini per serving, they're low cal)

1/4 - 1/2 cup tomato sauce, pizza sauce or low-calorie pasta sauce

1 oz. cheese of choice (or 1 mozzarella stick as shown)

Preheat oven to 425°. Line a baking sheet with foil (for easy clean-up) and spray with oil. Cut zucchini in half, lengthwise, and scoop seeds out to create a well down the center of the zucchini. Place zucchs on baking sheet, cut side up, lightly seasoning with s&p. Roast for 15 minutes or until desired softness is reach. While the zucchini is roasting, warm meatballs in microwave, being careful to just warm and not overcook. Remove cooked zucchini from oven, spoon tomato sauce into zucchini boat wells, top with meatballs, top with a lil more sauce, and place cheese on top. Return boats to oven and roast until cheese is melted.



YAM 'BUN' SLIDERS

Portions for 1 serving

4-5 meatballs (can swap pork roast)

3 ounces yams

1 golfball size of guacamole or 1/2 avocado sprinkled with lime & salt
leafy greens (unlimited)

HOW TO COOK YAMS IN THE MICROWAVE

Pierce yams 4-5 times with a fork or knife. Cook on high in the microwave for 4 minutes. Carefully check how soft they are. If they aren't squishy, continue to cook 1-2 minutes at a time, checking after each cooking sesh until soft. You should be able to cut through the whole yam easily.

To serve - Slice yams into medallions about 1/2 inch thick. Top with greens, meatballs and guacamole or avocado slices. Depending on size of the yam, it may be an open-face 'bun.' Hey, nice buns. ;)

ASIAN LETTUCE CUPS

4 meatballs or 4 oz cooked chicken or shrimp, maybe pork

1/2 cup edamame, thawed, can swap cooked rice

1/4 cup (use more or less) Asian Sauce (see below)

1 Tbsp sesame seeds

Asian Sauce

- combine in an airtight container & store in fridge

4 tsp soy sauce + 1 Tbsp dijon + 1 tsp rice or white vinegar

1/2 tsp black pepper + 2 Tbsp water, 1 tsp honey

3 green onions (white tips in sauce, greens for garnish)

1 8 oz. can water chestnuts, rinsed and drained, chopped

Combine cooked protein, edamame & a portion or all of the sauce (based on how intense you want the flavor) in a small fry pan. Heat through on medium heat and let excess liquid evaporate. Spoon mixture into lettuce leaves/lettuce cups or on top of leafy greens. Sprinkle with sesame seeds.





SLOW COOKER PORK TOSTADAS

Slow cooker ingredients

1-2 lb pork sirloin roast or other lean pork roast
s&p + 1/2 Tbsp cumin + 1/2 Tbsp chili powder

Portions for 1 serving

4 oz pork sirloin roast
1 tortilla, baked (Can prep extra for another meal. once cooled, store in a sealed bag)
1 oz avocado, seasoned with salt and lime
1/2 oz cheese of choice (optional)
1-2 cups shredded cabbage (or swap with tomatoes)
Slaw dressing - double recipe for Saturday's lunch
1/2 Tbsp EVOO + 1 tsp lime juice + s&p
salsa and/or hot sauce, optional

Slow cooker directions - Add pork roast to slow cooker and season all sides with s&p and spices. Add 1/4 cup water and cook on high for 7 hours or low for 3 1/2. Once done, shred and coat in liquid.

To serve - Mix slaw and dressing together (feel free to make 1 big batch of slaw to use for other meals). Place tortilla on a plate and add portion of slaw. Top with pork and avocado. Eat like a giant pizza or break into pieces and eat like messy nachos - Add hot sauce and/or salsa if desired.

For baked tortillas - preheat oven to 400'. Lay tortillas directly on cooking rack in the oven. Allow to bake until golden, flipping once. Once golden brown, remove from oven and allow to cool for a few minutes in a place that allows air-flow underneath the tortilla. Texture will vary depending on brand of tortilla, but it should be perty darn crunchy. For extra flavor, give a light layer of cooking spray and sprinkle with salt.

CHICKEN NUGGETS w/YAM & GREEN BEAN FRIES ~ makes 2 servings

Chicken Nuggets ingredients

8 oz. chicken breast
1/4 oat flour (grind 1/4 cup oatmeal in a blender) or use reg flour
1 tsp salt + 1 tsp garlic powder + 1/8 tsp pepper (more spices, optional)
serve with Tomato, Pasta or Pizza Sauce for 'ketchup'

Yam & Green Bean Fries

9 ounces yams, peel and cut into fry shapes
2-3 cups green beans

Portions for 1 serving

3-4 oz. chicken nuggets
3 oz. yams
1-2 cups green beans
1/4 cup Tomato, Pasta or Pizza Sauce for 'ketchup'



Chicken Nuggets - Preheat oven to 425'. Line a baking tray with foil (for easy clean-up), and spray with oil. Cut chicken into nugget sized pieces. Combine breading mixture in a sealable bag and shake. Add chicken into bag and toss to coat. Place coated chicken pieces on baking tray, leaving at least 1/2 inch between pieces to prevent steaming. (if possible, place chicken on an elevated grate, if not, no big deal) Spray top layer generously with cooking spray for a crispier crust. Cook for 10 minutes & check for doneness. The firmer the chicken, the more well-done it is. Perfectly cooked chicken will be firm, but still a little tender, have no pink in the middle and read 165' with a meat thermometer.

Yam & Green Bean Fries - Yams - scrub yams and pat dry. Chop into french fry shapes or large cubes. Place on pan, spray with oil, season with s&p and toss to coat. Leave 1/2 sheet pan open for green beans but keep both ingredients separate to accommodate different cooking times.

Green beans - chop tips & stems, place on sheet pan, spray w/oil and season with s&p. Toss to coat. Roast both for 10 minutes, then flip over using a spatula. Continue to check until desired doneness is reached.



STIR-FRY with PEANUT SAUCE

This peanut sauce recipe is magic - it makes ANY stir-fry taste amazing. So, whatever protein and veg you have leftover, you can make a quick stir-fry, add your protein, pour some sauce over and you'll have a yum-azing meal!

Portions for 1 serving

4 - 6 oz leftover protein from earlier in the week

2 cups - unlimited stir-fry

1/4 cup peanut sauce

Top with cilantro (optional)

MY GO-TO STIR-FRY (super affordable and these veggies keep in the fridge for a long time)

1. 1 yellow onion, cut in half and sliced
2. 2-3 celery stalks, sliced
3. 2 big carrots, sliced
4. 1 red bell pepper, sliced
5. Tons of cabbage, chopped or sliced (I'm obsessed with cabbage, but you do you)

USE WHATEVER YOU HAVE!

Instructions - Bring a large sauté pan or wok to medium high heat. Spray with cooking spray. Always start with adding onion and hardest vegetables first, then sprinkle with salt. For this recipe, add the onion, celery and carrots and cook for about 5 minutes, then add the bell pepper. Once everything is to desired softness (keep some of the crispness in the bell pepper, then add the cabbage. Stir and cook for 1 -2 minutes, then take it off the heat. Take a sample to test flavor, and add a little salt if necessary.

Jessica Joy's Signature PEANUT SAUCE

1/4 cup peanut butter (swap with almond butter if desired)

1-inch piece ginger, freshly grated (I keep peeled ginger pieces in the freezer for fast, easy grating)

2-3 garlic cloves, minced

1 1/2 Tbsp soy sauce or liquid aminos

1/2 packet stevia, or a few drops if using liquid stevia

1 cup chicken broth, low-sodium preferred (or swap healthy bouillon)

1/4 - 1/2 tsp cayenne pepper or a few squirts of sriracha. Adjust according to your spice-level preference

Instructions - Combine all ingredients in a large sauté pan. Simmer for 7-10 minutes, whisking occasionally, until desired thickness is reached. Adjust seasonings according to preferences. If you're not sure what's missing, try adding a little bit more sweetness - that often takes it over the top.

Refrigerate peanut sauce in an airtight container, and use for up to 5 days.



FUDGSICLE CUBES - 5 per cube!

1 cup unsweetened almond milk
1 Tbsp unsweetened cocoa powder
1-2 Tbsp chocolate protein powder (I used whey for better flavor)
Stevia to taste

Combine all ingredients in a blender, and whir to combine. Taste for sweetness. If it's too bland or bitter, add a little stevia at a time. Whir again. Once it's reached your desired sweetness, pour into ice cube trays and freeze.

Not only this healthy, but you get a boost of protein & magnesium, AND it's low-calorie and low-carb so it won't spike insulin, leading to more cravings later.

FREEZER FUDGE CRUNCH ~ 65 per cube, if divided into 10 cubes

1/4 cup coconut oil 480
1 Tbsp cocoa powder 25
4-6 drops liquid stevia
1/4 cup Rice Krispies (25) or other unsweetened crunchy grain cereal
1 Tbsp almond butter (optional) 100
A small dash of salt (optional) Sea salt can be a nice touch on the top

Place coconut oil in a small bowl and heat in microwave until it's all liquid (15 seconds at a time). Add remaining ingredients, taste to adjust for sweetness, then divide mixture into cubes on your ice cube tray.

NOTE - I bought some silicon ice cube trays on Amazon that I use all the time. They make 1/2" cubes. But, a regular ice cube tray will work fine.

NOTE 2 - I know Rice Krispies aren't the 'cleanest' food in the world, but it uses so little and makes a HUGE difference. And they aren't that naughty.



Lastly, no food is OFF LIMITS, even when your goal is fat loss

Chocolate is not 'bad' or a 'no no' if you want to lose weight. In fact, it can be good, because you want to enjoy the process.

These recipes can be great for a chocolate fix that are sugar-free and use healthy ingredients. The fudgsicle cubes are AWESOME for enjoying after dinner, and are practically calorie-free. You could have a little bowl for dessert while you watch a show to wind down, and be losing fat while doing it. Ha!

But, if you just want REAL chocolate, even if that's every day, you can! AND, you can still do that WHILE LOSING FAT. I've coached women who ate ice cream every day and they still got a six pack. It's just a matter of fitting it in within your calories and macros. Intermittent fasting definitely helps, which is one of the reasons why I'm such a big advocate. You can have your cake and flat belly too!