

JESSICA JOY – A typical day of eating

GOAL – Focus on enjoying 2 meals a day, lunch & dinner. If a snack is needed in between, enjoy ONE intentional snack. No grazing. A light post-dinner snack is fine if you really love it (I do, not gonna lie).

If you find you need 2 snacks between lunch & dinner, adjust your portions to have 1 big snack/light meal instead of 2 smaller ones.

Always sit down and be fully present when you're eating! Eating when you're not present IS NOT SATISFYING, you just want more because you didn't enjoy what you already had. If you can't sit down and be present with it, save it until you can be!!! It's also important to chew your food well to support digestion, nutrient absorption and reduce bloating.

By eating bigger portions less often, you'll reap many health benefits as well as save time. You'll also be ready to enjoy a meal, and healthy food will taste even more delicious.

By eating less often, you support your body's ability to tap into body fat for fuel. Every time you eat, insulin is released, and you cannot burn body fat until it's all processed through. By eating less often, combined with intermittent fasting, you'll train your body to use fat for fuel, reduce cravings, gain more focus & few energy & mood swings and more.

LUNCH

1. PROTEIN & VEG BOWL W/SAUCE

RECIPE STRUCTURE: Steam-in-a-bag veg + pre-cooked protein + sauce + carb (optional)

(add an extra carb if desired, I like to save my carbs for a bowl of oatmeal on the side, or a ½ -1 frozen banana after the meal)

- a. Steam-in-a-bag frozen veg (my faves listed below)
 - i. broccoli
 - ii. cauliflower (can make this into rice, see food prep guide)
 - iii. green beans
 - iv. some stir-fry mixes are good
- b. Protein (cook for dinner and make a HUGE batch to last for days or food prep it)
 - i. Batch of roasted chicken breasts

1. Preheat oven to 425'
 2. Spray sheet pans with cooking spray
 3. For thick chicken breasts, slice them in half to make thinner
 4. Season both sides with salt and pepper
 5. Bake/roast for about 15-20 minutes, until cooked through to 165'
- ii. Batch of turkey patties
 1. Preheat oven to 425'
 2. Spray sheet pans with cooking spray
 3. Season meat with salt & pepper
 4. Form into ¼ lb patties onto tray
 5. Bake/roast for about 15-20 minutes, until cooked through
 - iii. Batch of meatballs
 1. Same instructions as turkey patties
 - iv. Pork roast
 - v. Flank steak (grilled and sliced into strips)
 - vi. Shrimp
 - vii. Eggs (I'll often do 3 whites + 1-2 whole. An over-easy egg yolk can contribute to a sauce when the bowl is mixed together)
- c. Sauce
- i. guacamole (avocado mashed with a lil salt & lime juice_
 - ii. peanut sauce (recipe in food prep guide)
 - iii. yum-yum sauce (processed, but delish)
 - iv. biscuit gravy (processed, dry packets you add water to)
 - v. sour cream or plain Greek yogurt + salsa
 - vi. parmesan cheese + olive oil + fresh herbs as a bonus
- d. Carb
- i. Yams (healthiest choice)
 - ii. Rice (brown or white, great choice)
 - iii. Potatoes (great choice)
 - iv. Noodles (I don't find these filling. Look for healthy options)
 - v. Bread (Not the healthiest choice, but sometimes hits the spot)

2. OATMEAL BOWL

- a. 1/3 -1/2 cup old fashioned oatmeal
- b. Almond milk
- c. Healthy fat portion - Peanut butter, nuts, chia seeds, flax seeds, coconut flakes
- d. Fruit (sometimes)
- e. Honey (sometimes)

3. POST-MEAL SWEET

- a. 2-4 oz frozen banana (1 full banana is typically 4 oz)
- b. ½ - 1 Tbsp Peanut butter

SNACK

MODGE-PODGE BENTO BOX (I won't do all at once, but choose from these)

1. Carrots & other raw veggies (can dip in salsa ... one of my go-tos is mixing some sour cream with a sauce... sour cream + buffalo sauce, sour cream + cholula (green or red), sour cream + salsa)
2. Apple or piece of fruit
3. Strips of cooked chicken dipped in sugar-free ketchup
4. A hard-boiled egg
5. Nuts
6. Rice cake w/peanut butter...maybe a little jam too (I like sugar-free jam)
7. Celery w/peanut butter
8. A little treat – some chocolate, a lil candy etc.
9. VEGGIE 'CHIPS' AND DIP
 - DIP - ½ cup refried beans + toppings (sour cream, avocado, salsa and/or pico de gallo)
 - VEGGIE 'CHIPS' - Veggies used as chips: mini peppers halved, celery, cucumber slices, baby carrots

KODIAK PANCAKE OR WAFFLE

- ½ cup = 190 calories
- TOPPINGS (options)
 - o Nut butter
 - o Syrup - Sugar-free or lite or real maple
 - o A little powdered sugar
 - o A little butter
 - o Low-sugar or sugar free jam
 - o Berries (fresh or frozen & heated etc)

YOGURT PARFAIT

- 1 serving yogurt (ideally plain Greek, FAGE is the best or even a coconut yogurt)
- Fruit
- Healthy fat (nuts etc)
- Honey

SMOOTHIE OR SMOOTHIE BOWL

- 1 scoop protein powder
- ½ frozen banana
- Unsweetened almond milk
- Whatever other fruit you want
- Sneak in some spinach
- Nut butter (optional)

- Stevia (if needed)
- TOPPING IDEAS – unsweetened flaked coconut,

DINNER (most recipes in Food Prep Guide)

(I'll often keep dinner low-carb to save room for more carbs for a sweet fix after dinner)

- Turkey burger, regular bun or lettuce-wrapped with yams or yam fries on the side
- Stir-fry with peanut sauce, add a grain or save carbs for a treat after
- Tacos or taco salad or lettuce-wrapped tacos
- Potato skillet (see food prep guide)
- Steak (or other protein) sandwiches
 - o sauté a BIG BATCH of mushrooms and onions
 - o make a creamy sauce - biscuit gravy, homemade bechamel
 - o Toast buns in oven, add meat of choice, top with onion & mushrooms and sauce
- Meatballs w/whatever you want
 - o Noodles or zoodles
 - o Lettuce cups, veg, meatballs, teriyaki sauce & rice on the side
- Homemade pizza or pizza-inspired chicken
 - o Homemade pizza options
 - Bake flour tortilla shells in the oven at 400' until golden brown. Remove and add toppings (pizza sauce, chicken or ground meat, cheese etc) It will be heavy on the protein
- Another lunch
- Giant omelette, or eggs w/more veg & a sauce etc

POST-DINNER SWEET FIX

I keep these portions small because for me, if I have a big portion, my cravings go up and I'm never satisfied.

Sit down and be fully present when you're eating, especially with treats! Eating a treat when you're not present IS NOT SATISFYING, you just want more because you didn't enjoy what you already had. If you can't sit down and be present with it, save it until you can be!!!

BEST OPTIONS

- Tea (adding almond milk and stevia can make it feel more satisfying)
- Frozen banana w/peanut butter... I'm obsessed
- Frozen berries (add a little whipped cream or honey if you need a little more sweetness)
- Dark chocolate

OKAY OPTIONS

- A small protein pancake or regular pancake with jam or syrup
- Rice cake (can add nut butter or cream cheese and jam)

OTHER OPTIONS (Be aware of if these just spark more cravings for you or whether they are truly satisfying.

- A lil ice cream or frozen yogurt
- A small bowl of cereal
- Portioned desserts can be a good option
 - o 1-2 cookies
 - o ½ -1 ice cream sandwich
 - o frozen fruit bar
 - o packaged rice krispie treat bar
 - o fun size piece of candy or two