

MEAL GUIDE

BREAKFAST



Eggs are a great, healthy choice. Cook in some fresh spinach, peppers & onion, while you scramble your eggs.



Plain oatmeal, sweetened to your liking. Most pre-flavored oatmeal is already very high in sugar and additives, so try and buy plain oatmeal and add your favorite toppings! Some of my favorite toppings for a sweeter oatmeal include: honey, peanut butter, fresh berries, dried fruit, almonds/nuts/seeds, etc.



Fruit smoothie - always a yummy, healthy option! You can even throw in some greens such as spinach, kale, and broccoli - and I promise you cannot even taste a little bit of it! The beauty of smoothies is you can throw in all your favorite fruit and chances are, it will turn out great! My favorite smoothie includes: banana, blueberries, strawberries, vanilla protein powder, peanut butter, and spinach/kale.

LUNCH



2 words: MEAL. PREP. It is my saving grace. What else is better than having your meals already cooked and portioned out for you for the whole week?! One thing to remember is try not to carb-overload at lunch - you will hit an energy wall mid-day and long to take a nap.



Crockpot Chicken - Easiest thing ever. Throw boneless, skinless chicken breasts in the crockpot with very little water or chicken broth and whatever spices you desire. Cook on 'high' for 4 hours or 'low' for 6 hours (time depending on how many breasts you have). The last hour, throw your favorite veggies in there, they do not take long to cook.

Chicken is so versatile. Use it in a wrap with feta, hummus, and spinach. Eat it by itself. Put it over a salad. But remember, veggies and water!

DINNER



Meal prepping is also great for dinner. Especially if you have kids or have a busy schedule. However, dinner should not be a huge, carb heavy meal. Try and keep it on the lighter, leaner side. And always try and be done eating for the rest of the night by 7:00-7:30pm. You will be able to tell a difference immediately by not eating right before bedtime!

Lunch and dinner meals can be used interchangeably, especially since you don't want to eat too many carbs for either meal!

SNACKS



It is best to eat 5-6 smaller meals through the day than 3 large meals!

Trail mix - BUT stay away from the high-sodium trail mix. I LOVE making my own trail mix by buying unsalted almonds, cashews, peanuts, dark chocolate, and raisins/cranberries.



Fruit - any and all types of fruit are a great snack to tie you over until your next meal.

Veggies - with hummus? YUM.