




NUTRITION GUIDE



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 If you have any specific medical conditions and/or dietary concerns or allergies, please consult your physician or nutritionist before commencing this or any other meal plan.





INTRODUCTION

You are about to embark on a 20-day program with me and if you put in the hard work every day, you'll get the results you're after. To get started, I'll be honest... nutrition is more than 50% of what it takes to lose weight and change your body. How many times a day do you workout? How many times a day do you put food or drink into your body?... a lot more. Everyone is motivated by results, and the fastest way to get the results you want is by locking down your nutrition from the get go. Period.

This nutrition plan progresses as you go through each of the three 20-day phases. These phases are color-coded; yellow, orange and blue, just like the workouts, but I will explain more in the Nutrition Guidelines section later.

The first 20-days is a jump-start aimed at creating a few fundamental changes to your nutrition. As you progress into the last 20-days, the recipes will transition from foods with higher carbs, gluten and dairy, to foods with lower carbs, and without gluten or dairy. If you are a carb lover don't stress about cutting back, you'll start with healthy carb options in the yellow phase and then gradually scale back in the orange and blue phases. And if you don't want to go dairy and gluten free, you don't have to; all the recipes can be modified to have those foods if you choose to.

After the final blue phase, if you have opted to go lower carb and gluten free, I suggest adding one serving of carbs in the form of fruit or starch

“To change your body, it starts from within, including what you put in your body. To reach your goals, it takes my workouts and a solid nutrition plan, not one or the other.”





(such as a small apple or ½ cup of brown rice, beans, oatmeal, or sweet potato), one week at a time. This gives your body time to adjust and you will find out what your carb-tolerance is for keeping the results you've gotten. I like adding back in a serving of oatmeal for breakfast in the morning, but you decide on what type of carb and when you want to eat it that makes you feel the best.

If you are a vegetarian, you will need to get your protein from high quality carbs and grains. If you are not sure, you should read a book on vegetarian cooking to know what carbs to combine to get a complete protein e.g., rice and beans or humus made with garbanzo beans and tahini seed paste.

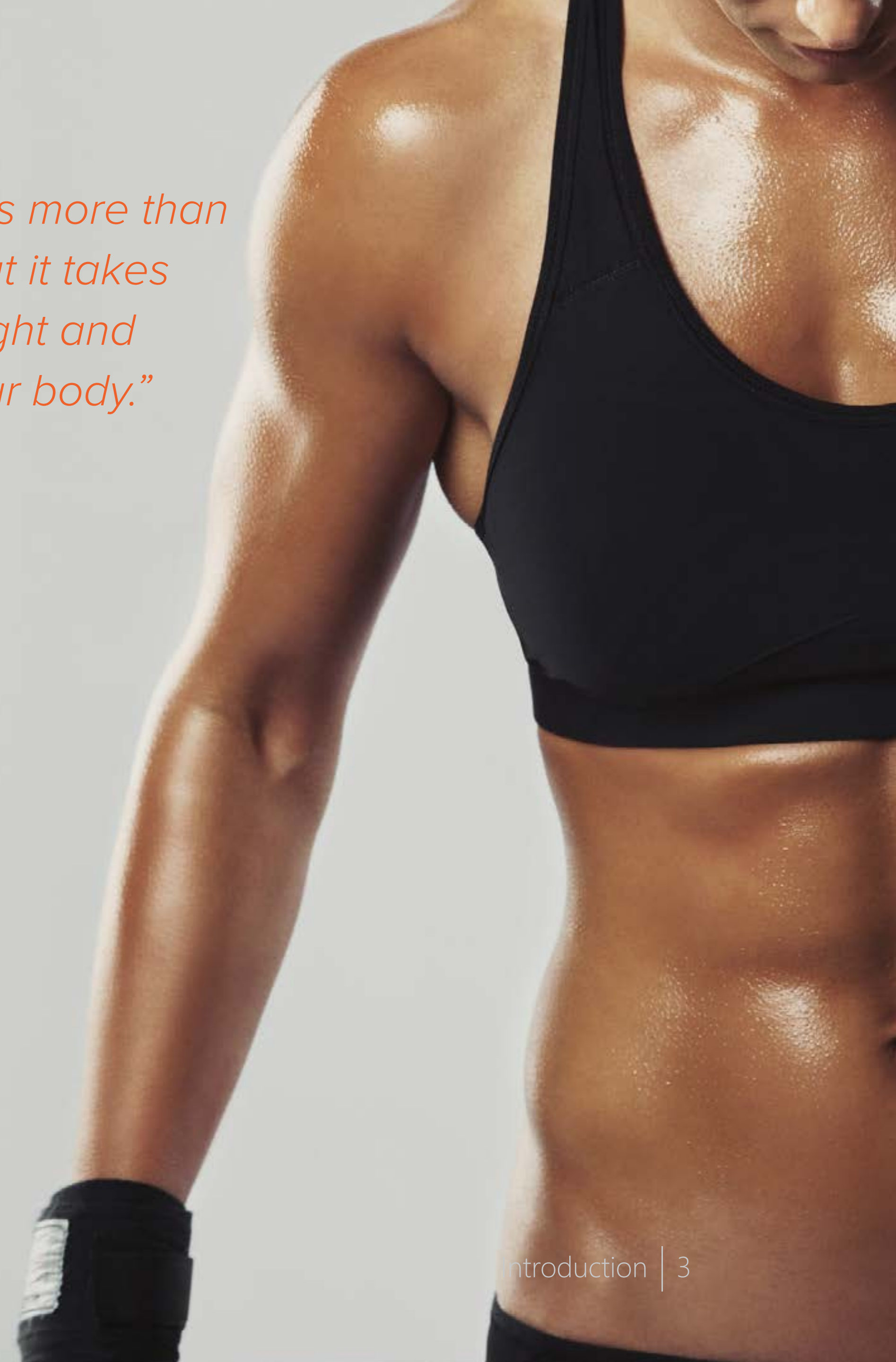
In this program, I also talk about being emotionally connected; being connected and committed to the reason **why** you're on this journey. What you should not be emotionally connected to is food. Over the next 20-days, I'm going to ask you start looking at food as fuel, as a means to getting results.

I've created this manual of nutrition guidelines, recipes, meal plans, snack ideas and shopping lists to make nutrition easy while you're on this journey. Please take some time beforehand to go over the information here.

I'm looking forward to kicking ass and getting results with you.

In health,
— Brett

“...nutrition is more than 50% of what it takes to lose weight and change your body.”





PROGRAM PREPARATION

GETTING STARTED

On the first day we hit the ground running so use this time now to prepare and set yourself up for success. There are 4 major steps you can take today to make this the best experience for you:

1. SHARE YOUR PROGRAM

You're about to make some major lifestyle changes, including the way you eat. Tell your family and friends about the program. A support system is crucial when it comes to being successful. Also, if you're responsible for cooking/providing meals for your family, consider how you're going to incorporate your new way of eating with your family meals.

2. PHASE OUT THE JUNK

Take yourself out of trigger/temptation situations, (e.g. if you are a night-time TV snacker), take yourself out of that situation and don't be in front of TV at night. Go for a walk or read a book instead. Open your refrigerator, cupboards and pantry drawers and replace all of the "junk" food – ALL of it. Get rid of any unhealthy temptation: crackers, cookies, ice cream, potato chips, etc. Don't think that if you hide those chips in the back of the cupboard you'll forget they're there or that you'll have the willpower to resist. Replace it out today and make room for healthy, nutrient-dense,

clean foods that will nourish your body and give you the energy you need to get through my workouts.

3. GO FOOD SHOPPING

Do your food shopping today. Don't wait until after work on Monday when you're tired and hungry – you'll be less likely to stick to the nutrition plan. Go to the grocery store with the shopping list provided. The list is complete with all the ingredients for each recipe. If you shop from this list, you'll notice you're spending the majority of your time shopping the perimeter of the store. The outer perimeter is where you'll find fresh, clean foods and less refined, processed junk.

Tupperware or other food storage containers or systems is something that needs to be on your shopping list. Pre-portioning out your meals is so important in managing your food intake. Buy a few meals worth of containers and when you're cooking food in advance, portion out your meals into the containers. One of my all-time secret weapons for staying on my nutrition plan is packing my Tupperware containers into a portable [Food Storage Bag](#) that I carry with me. They even make these food bags look like gym bags! If it's in the container eat it... if it's not, don't eat it.



4. FOOD PREP AND BULK COOKING

When you get home from the grocery store, prep and batch cook what you can for the week. Depending on your needs, you may need to do this 1-2x/week but this cuts down on late hours after work trying to throw together a meal. To prep in advance:

- **Wash and cut all of your vegetables.** Portion them out according to the recipes and transfer to large zipper lock bags or containers. Tuck in a damp paper towel to keep vegetables hydrated and fresh, store in the crisper drawer 1 to 2 days.
- **Cut and portion out meats according to the recipes.** If you buy your meats in bulk, portion out larger bulk items into 4 or 6 ounce portions, tuck them into sandwich bags for freezing. Use a sharpie or marker to label with the type of meat and date of purchase. Freeze and use within 6 months. To defrost safely, rest in your fridge over-night or at least 12 hours before cooking.
- **Season and batch cook meats.** Both turkey burgers and whole cooked chicken breast hold well. Allow the meat to cool completely before storing refrigerated in air-tight containers. Consume within three days.
- **Portion out snacks.** In small Ziploc bags include: washed/chopped veggies or 1 ounce of nuts for example. If using a dressing, dip, salsa, or nut butter, portion this out in advance as well in small, leak proof containers.

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Another option for bulk cooking is to use a slow cooker (a.k.a Crock-pot). Using a slow cooker is a great option because the recipes are so simple to prepare, just add all the ingredients to your slow cooker and turn it on, setting the cook time according to the recipe. Slow cookers are especially good for cooking lean proteins, since the steady temperature keeps low-fat meats, like chicken from drying out. To make this nutrition plan easier for you, use your slow cooker to batch cook meals on the weekends that you can enjoy during the busy start to your week. Check out the slow cooker recipes at the end of this document.



NUTRITION GUIDELINES & TIPS

GETTING STARTED

1. MY COLOR-CODED SYSTEM

I have created an easy color-coded system for the 20 Minute Body video series that will allow you to scale your workout and eating habits in an easy, manageable way. Everyone starts at yellow. At the yellow level, which lasts 20-days, you will perform fundamental, but challenging workout exercise, get a simple healthy food upgrade, and tweak your mindset so that this training will be simple to manage.

This initiation period will supercharge your fat loss, without going through a cold-water shock that leaves people to shelf many workout DVDs and programs. As you build strength, discipline, and confidence your body will want—no, need—the additional challenge. When you reach the orange level, you'll step it up in the exercise department, clean up your eating habits even more, and deepen your mindset exercises. The blue level continues that trend to lead you to an expert level. And when you're done with the blue level, you can repeat the blue workouts, or take your newfound strength and stamina back to yellow or orange and crush your previous best results to provide a new jolt of confidence and pride!

2. THE GREEN & WHITE EATING CLUB

You will be a member of this club for the next 20-days. The majority of your diet is going to be very simple – it's what I call "green & white." Eating green means lots of vegetables and leafy greens (spinach, kale, mixed, etc) and eating white means lean protein (egg whites, chicken, turkey, white fish, etc.) This should make up the bulk of your nutrition with some fruit incorporated in a post workout shake. See chart below.

3. FOOD JOURNALING

Over the next 20-days, you'll need to keep track of what you're eating. I recommend tracking your food and fluid intake using an online app like [MyFitnessPal](http://www.myfitnesspal.com) (<http://www.myfitnesspal.com>) or [MyPlate](http://www.livestrong.com/myplate/) (<http://www.livestrong.com/myplate/>). Here are two other options; take photos of your food to create a visual food journal or simply keep track in a notebook. I've also created a food journaling template (included here) if you'd like more guidance.

4. CALORIE NEEDS

When it comes to getting results with nutrition, quality and quantity go hand-in-hand. Regarding quantity, women in general should aim for 1200 to 1500 calories a day and men, 1600 to 2000 calories per day. These numbers are NOT set in stone and can be changed if you need more or less calories.



5. WATER/FLUIDS

Start each morning by drinking 8 to 16 ounces of water. Over the course of the day, you should drink about half your bodyweight in ounces of water e.g., if you weigh 150 lbs., you should drink 75 ounces of water daily, which is 2.5 liters or $\frac{3}{4}$ of a gallon. To gauge if this is the right amount, monitor your thirst levels and urine color. The more clear your urine is, the more hydrated you are. Pale yellow is hydrated and dark yellow is dehydrated. A good trick is to take a liter or gallon bottle with you to work and to the gym so you know how much water and other liquids you've had during the day.

6. EAT 5 TO 6 TIMES A DAY

Eating smaller, more frequent meals prevents you from feeling extreme hunger and keeps you from making poor food choices and overeating at the next meal. You should consume breakfast, lunch, dinner and 2-3 small snacks a day (depending on your calorie needs). See meal plan examples for more details.

7. POST-RECOVERY NUTRITION

What you eat after a workout is crucial. Eating the right foods allows you to recover faster and build a stronger, leaner body. One easy option is a protein shake within 30-45 min after a workout. If it's a meal replacement shake, feel free to add a piece of fruit and a good source of fat (almond butter, avocado, etc.). If your shake is not a meal-replacement, have the protein powder with water or almond milk and then eat your real meal one hour after.

“What you eat after a workout is crucial. Eating the right foods allows you to recover faster and build a stronger, leaner body.”

8. AVOID REFINED GRAINS, ADDED SUGARS AND HIGHLY PROCESSED FOODS

Processed foods like cereals, bread, pasta, candy, desserts, sugary sports drinks or energy bars, can satisfy a sweet tooth or craving but leave you feeling hungry and further away from your goals. Remember, nothing tastes as good as fit feels.

9. FRESH, FROZEN AND CANNED

Fresh and frozen fruits and vegetables are your best options nutritionally. Just make sure you read the label on frozen foods to be certain that they don't come with unwanted additives, like artificial colors, added salt, fat or sugar. Avoid canned foods when possible as they typically contain a large amount of sodium. However, if beans are the protein for your meal plan as a vegetarian, look out for “no salt” added canned beans which are a convenient to add to meals, no cooking required. Before adding them to meals, drain them well and rinse under cold running water to refresh their flavor.



10. COOKING METHODS

There are a lot of cooking methods to choose from but some are healthier than others. These are my top recommendations when cooking vegetables and proteins like meat, fish, and even vegetarian protein sources like beans and legumes. These cooking methods require no added fat or oils keeping calorie intake in check. Here's the breakdown of the best:

- **Bake:** Baking is a healthy and easy cooking option for lean meats, like chicken and turkey, seafood, and vegetables. To bake, place food in a dish (may be covered or uncovered).
- **Broil:** Broiling exposes food to direct heat and can cut cooking time in half. Broiling is ideal for thin slices of protein (less than ½ inch) like raw, thinly sliced chicken cutlets, shrimp or thin filets of fish like sole or flounder. To broil, season your proteins or vegetables with spices or dried herbs from the shopping list. Transfer your ingredients (no added fat/oil required) onto a broiler tray covered with aluminum foil. Place under the broiler and cook 2 to 3 minutes, turning the pan occasionally for more even cooking. Test for doneness then broil a few extra minutes if necessary, keeping a close eye on the ingredients since the direct flame of the broiler can burn foods quickly.
- **Poach:** Poaching, like boiling, uses heat transference from hot water to cook foods. Lean proteins do well with this gentle cooking technique, like chicken breasts, fish, eggs, and greens. Simply fill a large stockpot with water and bring to a rolling boil. Flavor your poaching water by adding citrus zest, citrus juice, spices or dried herbs, but there's no need to add additional oil or fat.



Add your item to be poached and cover immediately. Turn off the heat and rest the item until it is cooked through, for fish depending on the thickness allow for 10 to 15 minutes for boneless chicken breast, allow 25 to 30 minutes. Add greens like spinach and kale during the last 5 minutes of poaching. Remove from the liquid and serve.

- **Roast:** Similar to baking, roasting is done at higher temperatures. Roasting vegetables brings out their natural sweetness, and roasting larger cuts of meats, like chicken breast on the bone or whole chickens, gives them a rich flavor. To save time on cleanup, roasting can be done in an aluminum lined roasting pan or a baking sheet. To roast without aluminum foil, cover the roasting pan with a light layer of cooking spray to keep ingredients from sticking to pan.
- **Steam:** Steaming works well for denser vegetables like cauliflower, broccoli, or starchy veggies that take longer to cook like sweet potato, and squash. To steam, fill the very bottom of a stockpot with about one inch of water and bring to a boil over high heat. Add steamer basket and add items to the basket. Steam veggies until they are tender when pressed with a fork 2 to 7 minutes, depending on the density of the vegetables. For green vegetables like broccoli, keep a closer eye on steaming time, they should retain their vibrant green color. If they begin to turn yellow or burn they are over cooked which depletes their nutrients and taste. During steaming there is no need to add additional fat or oil, serve with your favorite healthy dipping sauce or dressing.

“Make sure you’re getting 6 to 8 hours of sound sleep.”

11. POTENTIAL HEALTH ISSUES

- **Fatigue:** Make sure you’re getting 6 to 8 hours of sound sleep. If you’re still feeling fatigued and using caffeine rich drinks like coffee to boost energy through the day, you may need to cut back on caffeine for a deeper, more restful sleep. Try weaning yourself off coffee gradually by swapping in caffeinated teas like black or green tea. A cup of black tea contains about half the caffeine compared to the same cup of coffee while green tea contains about a quarter. A caffeine free green tea, redbush (also called roiboos), and herbal teas are all great caffeine free and calorie free options to drink hot or iced. Avoid drinking teas too close to bedtime as nighttime bathroom breaks can also disturb your sleep.
- **Constipation:** When following a diet lower in carbohydrates, constipation may occur. If this happens, drink more water and eat more vegetables, especially those high in water (cucumbers, peppers, etc.) If constipation persists, consider adding a fiber supplement and/or a stool softener.

12. EATING OUT

Eating out can be difficult when you’re trying to lose weight. Huge portions, salty or fatty sauces, and added hidden oils, along with sugar can make it hard to



reach your weight and fitness goals. If you're going to eat out, ask these four easy questions before you order:

1. What's in this meal? Is the meal packed with ingredients that could derail you from your health goals like lots of dairy, soy, added sugar, fatty sauces, breading, or large amounts of white carbs like pasta, for example?

2. How is this prepared? Many restaurants are more than happy to accommodate your requests. So don't be shy to ask for your plate to be tweaked. Ask for your protein or vegetables baked, steamed, or broiled instead of breaded, cooked in rich sauces, or doused in butter or cheese. Many restaurants are flexible when it comes to swapping side dishes and will allow you to switch that white carb-rich side like a baked potato, fries, or pasta for a house salad or side of grilled vegetables. For salads ask for a olive oil vinegar based dressing or dressing on the side.

3. What's in the sauce? Many sauces add caloric heavy cream, sugar, excessive oil, and high levels of salt. Waiters typically know how sauces are made, so just ask what's in the sauce before you order.

4. Can I have the sauce on the side (or not at all)? Ask for the sauce to be left off completely or on the side to easily gauge how much you eat.





FOODS TO EAT

“GREEN AND WHITE” FOODS

Green: green veggies & green leafy veggies

White: lean meats (chicken breast, turkey breast, egg whites, white fish, etc.)

Good Fats: olive oil, coconut oil, avocado, nuts (limit nuts to 1 ounce/day about 25 almonds.)

Protein Powders/Bars: choose dairy-free plant protein or egg protein powder or a high quality whey protein if you have been allergy tested and are not allergic to dairy.

- If using as a meal replacement after a workout, you can add a serving of fruit (berries are best) to the shake.
- *PB2* is powdered peanut butter with 75% less oil. Add this to shakes for peanut butter flavor without the extra calories.

[Vega One plant-based protein powder](#) or *Jay Robb's* egg protein powder for smoothies, baking and adding to oatmeal

[Quest Bars](#) are tasty and helpful with a sweet tooth and loaded with protein and fiber to help keep you full. They have whey

protein which has dairy, so eating these bars is rescued in the orange and blue phases.

Water/Tea Coffee: water, tea and coffee are permitted. Coffee before a workout may help to keep your focus but if you feel overly fatigued during the day or become constipated, omit coffee from your nutrition plan.

Single Ingredient Foods: eat foods that only have one ingredient like fish, chicken, kale, apple, almond etc. These foods have existed for thousands of years and have no additives or chemicals.

Organic: choose organic when possible or if you are on a limited budget, you can start by shopping only organic for the dirty dozen list and go local or conventional for the rest of your grocery list.

RECOMMENDED SUPPLEMENTS:

Omega-3 Krill or Fish Oil (with +500 mg of EPA & DHA): heart health, reduces inflammation

Probiotics: supports digestion

Glutamine and Branched Chain Amino Acids (BCAA's): supports muscle recovery (from exercise)

Electrolytes: help with hydration when sweating. Drink when working out and opt for sugar-free brands.





FOODS TO AVOID

Processed Foods: avoid packaged foods that contain a long list of ingredients, especially ingredients that are hard to pronounce or ones that you do not recognize.

Alcohol: wine, beer, spirits etc. This is not to say never have a glass of wine or a cold brew ever, but alcoholic drinks are “empty calories” with not much nutritional value, and can cause water retention and poor sleep.

Added Sugar: cookies, ice cream, yogurt with added fruit, etc. These are empty calories and can affect insulin poorly.

Artificial Sweeteners: Splenda (sucralose), Equal (aspartame), Sweet & Low (saccharin). Artificial sweeteners contain molecules that can be tough on your digestion. Stevia in moderation is fine.

Soda, Diet Soda, Sugary Sport Drinks, Tonic, Mixers: avoid drinks high in sugar and artificial sweeteners.

Dried Fruit and Fruit Juice: are too high in sugar and can have an adverse effect on insulin.

Salt: intake should be low since you’re eating all natural, fresh foods. Limit intake to 1,500mg per day to avoid water retention and high blood pressure.

***Dairy:** cheese, yogurt, butter, milk, cream. Dairy intolerance is common and can cause bloating, poor digestion, and skin irritations. Replace these items with dairy-free cheese, coconut oil, coconut yogurt, coconut milk, almond milk, rice milk and coconut cream. Choose unsweetened almond, coconut and rice milk. Avoid soy products since more research suggests that most soy contains GMOs.

***Foods with Gluten:** mainly grains, like wheat, that contain gluten found in certain breads, pastas, tortillas etc. Gluten is a protein that can cause bloating and poor digestion. Opt for gluten-free versions if possible.

***Refined Carbs:** breads, pastas, white rice, refined oats etc. Refined carbs turn into fat more easily.

*These foods are reduced in the Orange phase and removed in the Blue phase.



SHOPPING LIST

PRODUCE

- 3 pounds baby greens such as kale, romaine or mesclun
- 1 small bunch collards
- 1 bunch kale
- 1 head bok choy
- 2 small bunches spinach
- 4 bell peppers, yellow, orange or red
- 3 green bell peppers
- 2 jalapeños
- 3 red onions
- 2 white onions
- 3 heads garlic
- 2 pounds celery
- 1 pound carrots
- 1 16-ounce bag baby carrots
- 3 heads cauliflower
- 1 head broccoli
- 2 avocados
- 2 pounds asparagus
- 1 yellow squash
- 2 cucumbers
- 3 tomatoes
- 1 pint Brussels sprouts
- 1 2-pound spaghetti squash
- 1 5-ounce container mushrooms
- 1 8-ounce container sprouts, such as alfalfa
- 1 small eggplant (about 8 ounces)
- 1 pint (2 cups) blueberries, frozen or fresh
- 1 8-ounce bag shelled fresh or frozen edamame
- 1 small piece ginger root, about 2 inches long
- 2 limes
- 3 lemons
- 1 orange
- 1 bunch parsley



OILS, CONDIMENTS, SPICES, SWEETENERS, CANNED AND JARRED GOODS

- 1 10-ounce (or smaller) olive oil
- 1 14- ounce coconut oil
- 1 8-ounce cooking spray, olive oil or coconut oil
- 1 10-ounce bottle low-sodium soy sauce or gluten free tamari
- 1 16-ounce (or smaller) bottle balsamic vinegar
- 1 16-ounce (or smaller) bottle rice wine vinegar
- 1 18-ounce (or smaller) bottle sambal chili sauce or your favorite hot sauce
- 1 7-ounce bottle fish sauce
- 1 3-ounce bottle capers
- 1 24-ounce jar low-sodium, low-sugar marinara
- 1 5-ounce can tomato paste
- 1 2-ounce jar dried thyme or rosemary
- 1 2-ounce jar dried oregano
- 1 2-ounce jar black pepper
- 1 2-ounce jar ground cumin
- 1 2-ounce jar ground cinnamon
- 1 2-ounce jar garlic powder

- 1 2-ounce jar crushed red chili flakes
- 1 2-ounce jar sesame seeds
- 1 2.5-ounce jar Mrs. Dash
- 1 2-ounce jar paprika or mild chili powder
- 1 5-ounce jar salsa, mild, medium, or hot
- 1 8-ounce jar Dijon mustard (lower sodium)
- 1 2-ounce bottle almond extract (optional)
- 1 16-ounce jar raw honey
- 1 16-ounce jar peanut butter





POULTRY, MEAT, SEAFOOD

- 1 small 3-pound roasting chicken
- 1 ½ pound chicken breast (boneless, skinless)
- 2 ½ pound lean ground turkey (95-97% lean)
- 1 6-ounce fresh tuna steak
- 1 6-ounce halibut filet
- 1 6-ounce filet salmon
- 1 pound medium, peeled, deveined shrimp
- 6 cooked cocktail shrimp
- 6 egg whites (or 1 container 100% liquid egg whites, avoid Egg Beater brand)
- 6 ounces sea scallops
- 1 dozen whole eggs

DAIRY ISLE, NUTS AND SNACKS, PROTEIN POWDERS

- 1/2 gallon, unsweetened almond, coconut or rice milk
- [Vega One Vanilla Chai or Vanilla protein powder](#)
- [Vega One Berry or *Vanilla protein powder](#)
- [Vega One Natural flavor or *Vanilla protein powder](#)

*Vanilla protein powder can be used in all the smoothie recipes instead of other flavors

- 1 10-ounce container humus
- 1 32-ounce bag popcorn kernels or
- 1 16-ounce plain, unsalted popcorn
- 2 1-ounce bags seaweed chips
- 1 5-ounce bag raw almonds
- 1 5-ounce bag raw walnuts
- 1 16-ounce (or smaller) bag chia seeds
- 1 16-ounce (or smaller) goji berries





7-DAY MEAL PLAN

DAY ONE

Breakfast

Rainbow Veggie Scramble

Snack

20 raw almonds

Lunch

Seared Tuna Salad

Snack

2 hardboiled eggs seasoned with paprika and pepper or garlic powder

Dinner

Roasted Chicken and Asparagus

DAY TWO

Breakfast

Southwestern Omelet

Snack

1 cup sliced peppers, red or green + 1 tablespoon store-bought hummus + 1 hardboiled egg

Lunch

Dijon Turkey Burger Salad

Snack

18 walnuts

Dinner

Mediterranean Meatloaf

DAY THREE

Breakfast

Vanilla Almond Protein Shake

Snack

6 cooked shrimp seasoned with ground pepper and a lemon wedge, 10 baby carrots

Lunch

Balsamic Chicken Salad with Walnuts

Snack

4 celery stalks + 1 tablespoon nut butter

Dinner

Scampi Scallops with Cauliflower and Broccoli

DAY FOUR

Breakfast

Goji Superfood Smoothie

Snack

20 raw almonds

Lunch

Dijon Turkey Burger Salad

Snack

1 hardboiled egg seasoned with paprika and pepper or garlic powder, 1 cup seasoned popcorn

Dinner

Zesty Mexican Chicken





DAY FIVE

Breakfast

Edamame Green Smoothie

Snack

1 cup sliced peppers, red or green + 1 tablespoon store-bought hummus + 1 hardboiled egg

Lunch

Seared Tuna Salad

Snack

18 walnuts

Dinner

Ginger Garlic Stir Fry or Slow Cooker Rosemary Chicken

DAY SIX

Breakfast

Southwestern Omelet

Snack

1 cup sliced peppers, red or green + 1 tablespoon store-bought hummus + 2 ounces seaweed chips

Lunch

Asian Superfood Salad

Snack

8 walnuts, 1 cup seasoned popcorn

Dinner

Orange Salmon with Garlicky Sautéed Spinach

DAY SEVEN

Breakfast

Vanilla Almond Protein Shake

Snack

1 red bell pepper, cut into wedges and topped with 2 tablespoons store-bought hummus

Lunch

Seared Tuna Salad

Snack

2 hardboiled eggs seasoned with paprika and pepper or garlic powder

Dinner

Zesty Mexican Chicken or Leftover Asian Superfood Salad

“Eat foods that only have one ingredient like fish, chicken, kale, apple, almond etc. These foods have existed for thousands of years and have no additives or chemicals.”



FOOD JOURNAL

DAY: _____ DATE: _____

TIME	FOOD/DRINK	QUANTITY

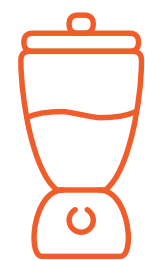
NOTES: _____

Tip: Take note of how you felt up to 60 minutes after your meal. If you experience a “bad reaction” e.g., tired, cravings, bloated, try to adjust your meal by either changing the time you eat, how much time between meals, and the ratios of protein, carb and fat.



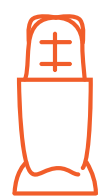
KITCHEN EQUIPMENT

The equipment listed here are my favorite kitchen tools that have been “game changers” in helping me cook at home as well as helping me maintain my nutrition when I travel. I’ve personally tested and used each of these items and believe every kitchen should have them. If you’re on a budget or don’t want to get all these tools at once, start with one piece that you will use the most. I started with my Ninja Blender because I always make smoothies in the morning, post-workout, and sometimes at night as healthy dessert. I promise, these tools will help you feel more inspired to cook and cooking for yourself is the key to getting in-shape and staying in shape. You cannot “out-train” a bad diet.



NINJA ULTIMA BLENDER

The Ninja is my personal favorite because it has a powerful motor plus a layered set of blades that blends everything, top to bottom, from smoothies and frozen drinks to soups and nut butters.



THE MAGIC BULLET BLENDER

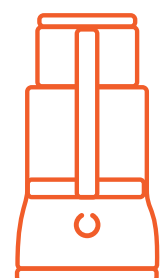
The ideal mini-blender for people on the go. Pack this when you travel for smoothies in the hotel or on vacation.



NUTRI-GRILL

The versatile, easy to use and easy to clean indoor, electric grill that perfectly cooks meats, poultry, seafood, veggies and more to give them an unbeatable flavor.

For more info or to order yours, visit nutri-grill.com



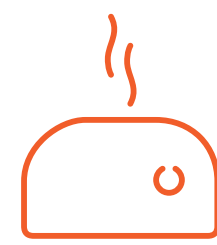
CUISINART FOOD PROCESSOR

This is a fabulous tool to cut your cooking prep time in half and is ideal for recipes like my Asian Superfood Salad.



CUISINART SLOW COOKER

Slow cookers are one of the easiest ways to get started on this plan, no cooking experience required! Try my slow cooker shrimp for starters.



CUISINART SLOW RICE COOKER/STEAMER

If you’re on the yellow phase you’ll love this tool to make the perfectly cooked grains, hands free. Use it for short grain brown rice, quinoa, or even sweet potatoes.



KRUPS COFFEE GRINDER

Great for grinding whole spices or to make your own gluten-free flours from whole grains like oats, rice, and quinoa



FITMARK FOOD MANAGEMENT BAG

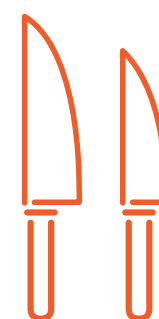
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RECIPES

Cooking healthy can be easy and fun. Once you get into the rhythm of making these simple recipes, you'll want to expand your repertoire.

To get a more complete collection, check out my soon to be released book [The 20 Minute Body available March 2015](#) with Harper Collins that has over 100 recipe variations and more innovative workouts.

If you're curious about cleanses and want a quick weight loss jumpstart, try my new cleanse [The 20 Minute Detox](#) that is full of easy ways for cleanse newbies. My 3-day cleanse meal plan is full of filling smoothies, salads, veggie bowls and soups that will keep you full and satisfied while you detox, along with easy to follow recipe videos.

For more information and to order, visit:

The 20 Minute Body (hardcover book): www.walmart.com

20 Minute Detox: www.20minutebody.com/20-minute-detox



BREAKFAST RECIPES

RAINBOW SCRAMBLE

Brightly colored bell peppers, like orange and yellow, are loaded with Vitamin C a protective nutrient that can lower your risk of heart disease. To save time on prep, slice your peppers the night before and refrigerate in a plastic baggie until breakfast time. Serves 1.

You will need

- Cooking spray
- ½ clove garlic, minced
- 6 egg whites
- ½ teaspoon freshly ground black pepper
- 2 red bell peppers, such as yellow, orange, or red, seeded, thinly sliced

Preparation

Coat a small skillet with cooking spray and place over medium heat. Add the garlic clove and peppers, cooking 1 to 2 minutes until it the garlic becomes fragrant and the peppers start to soften. Add the eggs and cook 1 minute without moving until they firm around the edges.

Gently scrambling with a fork or spatula, until the eggs are cooked through and no longer translucent. Serve immediately.

Tip: Can't find the rainbow colored peppers? Use a mix of red and green.

Nutritional Stats Per Serving

(Serving size: 3 cups) 170 calories, 24g protein, 11g sugars, 17g carbohydrates, 1g fat (0 saturated), 0mg cholesterol, 5g fiber, 334mg sodium





BREAKFAST

SOUTHWESTERN OMELET

Salsa is a great low-cal condiment to have on hand that also allows you to personalize this omelet according to your taste. For the spice lover, go for hot salsa or swap half of the bell pepper for 1 small thinly sliced jalapeño. Serves 1.

● For the yellow phase add one small gluten free soft tortilla or ½ cup black beans.

You will need

- 1 whole egg
- ½ cup egg whites
- Cooking spray
- ½ cup chopped spinach
- ½ cup chopped red bell or green pepper
- ¼ chopped red onion
- ½ avocado, sliced
- 1 tablespoon salsa, mild, medium, or hot



Preparation

Place the egg and egg whites in a medium bowl and whisk gently. Spray a nonstick skillet with cooking spray and place over medium heat. Add spinach, peppers, and onions and cooking 2 to 3 minutes, stirring occasionally, until soft. Pour in egg whites and egg and season with pepper. Cook without moving until the edges become firm, 2 to 3 minutes. Fold over one edge of the egg to form the omelet and cover. Reduce the heat to low and cook 1 minute more, until the egg is cooked through. Top with avocado and salsa, serve immediately.

Tip: For the bigger appetite add one more egg for only 70 extra calories. Whole eggs contain a wide range of nutrients including all the 8 essential amino acids your body needs.

Nutritional Stats Per Serving

(Serving size: 3 cups) 285 calories, 22g protein, 6g sugars, 17g carbohydrates, 15g fat (3g saturated), 185mg cholesterol, 7g fiber, 405mg sodium



BREAKFAST

VANILLA ALMOND PROTEIN SHAKE

Studies show that eating a protein rich breakfast can help anchor your hunger and keep you feeling full all the way to lunch time. Shop for almonds with the skins on, that's where the 20 antioxidant-rich, heart healthy compounds hang out. If you can't locate the chia protein powder, add a pinch of cardamom and ground clove to recreate the chia flavor.

Quality ingredients are key, especially when it comes to making smoothies for health benefits, taste and texture. I recommend using [Vega One plant-based protein powder](#) which is made from the best ingredients, tastes great and blends well. For post-workout shakes, try [Vega Sport plant-based protein powder](#) with Glutamine and Branched Chain Amino Acids added to help with muscle recovery. Serves 1.

You will need

- 1 scoop [Vega One Vanilla Chai or Vanilla protein powder](#)
- 2 tablespoons almonds
- 1 cup ice
- 1 cup plain, unsweetened almond or coconut milk
- ¼ teaspoon almond extract, optional

Preparation

Place the protein powder, almonds, ice, milk, and almond extract if using in a blender and process until smooth. Add 1 to 2 tablespoons of water to adjust the consistency of the shake. Serve immediately.

Tip: This is a great base recipe that can be modified by trying different protein powder flavors, adding frozen berries or half a banana. For peanut butter lovers, try low-cal PB2 powdered peanut butter in addition to almonds.



Nutritional Stats Per Serving

(Serving size: 2 1/4 cups) 270 calories, 31g protein, 4g sugars, 9g carbohydrates, 12g fat (1g saturated), 0mg cholesterol, 4g fiber, 389mg sodium



BREAKFAST

GOJI SUPERFOOD SMOOTHIE

Superfoods like spinach, blueberries, chia seeds, and cacao nibs also rank incredibly high in antioxidants that sooth your body from the inside out. If you can't find chia add ground flax or try a teaspoon of cacao nibs if you have them on hand. Serves 1.

You will need

- 1 scoop [Vega One Vanilla or Berry protein powder](#)
- 1 cup plain, unsweetened almond milk
- 1 cup spinach
- ½ cup blueberries, frozen or fresh
- 2 teaspoons goji berries
- 2 teaspoons chia seeds, optional
- 1/2 teaspoon cinnamon
- 1 cup ice cubes



“Superfoods are great to include in your diet since they contain 3 to 4 times more vitamin and mineral content compared to the same volume of other foods making them ideal for smoothies.”

Preparation

Place the protein powder, milk, spinach, blueberries, goji berries, chia seeds if using, cinnamon, and ice in a blender and process until smooth. Add 1 to 2 tablespoons of water to adjust the consistency of the shake. Serve immediately.

Tip: You can find exotic superfoods, like dried goji berries and chia seeds at most health food stores. They are a bit more costly compared to everyday superfoods like spinach and blueberries, but they are packaged in bulk bags and last for months. If they aren't in your budget, just swap them for the same amount of ground flax seeds that you can locate in your local grocery store in the baking or breakfast aisle.

Nutritional Stats Per Serving

(Serving size: 2 1/2 cups) 289 calories, 32g protein, 16g sugars, 29g carbohydrates, 5g fat (0g saturated), 0mg cholesterol, 9g fiber, 439mg sodium



BREAKFAST

EDAMAME GREEN SMOOTHIE

This is not your typical green smoothie recipe. Edamame adds even more protein to this [Vega One](#) smoothie, while ginger kicks the heat up a notch with additional spicy flavor. If you like your shake thicker, reduce the water to 1 cup. Serves 1.

You will need

- ½ cup frozen, shelled edamame
- 1 cup spinach
- 1 ½ cups water
- 1 cup ice
- 1 scoop [Vega One Natural flavor or Vanilla protein powder](#)
- 1 inch piece of ginger, peeled
- 1 lime, juiced

Preparation

Place the edamame, spinach, water, ice, protein powder, ginger, and lime juice in a blender and process until smooth. Serve immediately.

Nutritional Stats Per Serving

(Serving size: around 3 cups) 341 calories, 36g protein, 6g sugars, 27g carbohydrates, 11g fat (1g saturated), 0mg cholesterol, 17g fiber, 162mg sodium





LUNCH RECIPES

SEARED TUNA SALAD

Tuna is a lean high-protein fish that cooks in minutes. If you own a cast iron skillet, you'll love the deep golden sear that only cast iron can provide. Just preheat your cast iron on the stovetop over medium heat for 30 seconds before adding the fish. For the yellow phase, add a healthy starch like ½ cup cooked sweet potato. Serves 1.

You will need

- 1 6-ounce tuna steak
- ¼ teaspoon garlic powder, paprika, or mild chili powder
- Cooking spray
- 1 to 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- ¼ teaspoon dried herbs such as thyme or rosemary
- 2 ½ cups leafy greens
- ½ cup chopped or sliced cucumber
- ½ cup chopped tomato (about ½ large tomato)
- ¼ cup sprouts



Preparation

Sprinkle the tuna steak with the garlic powder, paprika, or mild chili powder. Coat a small skillet with the cooking spray and place over medium-high heat. Add the tuna steak. Cook 4 to 5 minutes, turning occasionally until the tuna is brown but still pink in the center. Transfer to a cutting board. Place the balsamic vinegar, oil, and herbs in a large bowl. Whisk well. Add the greens, cucumber, tomato, and sprouts. Slice the tuna steak. Toss the greens in the dressing and top with the sliced tuna. Serve immediately or pack in an air-tight container until ready to serve.

Tip: To have this dish twice in one week, double the ingredients and cook both filets at once. Cool the second filet completely before storing in an air-tight container over greens and refrigerate. Pack dressing separate. Consume within two days.

Nutritional Stats Per Serving

(Serving size: around 3 cups) 341 calories, 36g protein, 6g sugars, 27g carbohydrates, 11g fat (1g saturated), 0mg cholesterol, 17g fiber, 162mg sodium



LUNCH

DIJON TURKEY BURGER SALAD

When it comes to burgers, most of the bad stuff hides out in the bun. Putting your all-meat burger on salad not only solves the bun booby trap, but also seriously ramps up nutrition with greens. Serves 1.

You will need

- 4 ounces lean ground turkey meat
- 1 tablespoon Dijon mustard
- ½ teaspoon Mrs. Dash or garlic powder
- ¼ teaspoon freshly ground black pepper
- Cooking spray
- 2 cups mixed greens such as romaine, arugula, spinach or kale
- ½ cup chopped tomato
- ½ cup chopped peppers
- 1-2 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- ½ teaspoon dried herbs, such as rosemary or thyme

Preparation

Place the turkey meat in a medium bowl along with the mustard, Mrs. Dash or garlic powder and black pepper. Mix well with your hands and form into a burger about 6-inches in diameter. Coat a small skillet with cooking spray and place over medium heat. Add the burger and cook 6 to 8 minutes, turning occasionally, until the burger is well browned and no longer translucent in the center.

While the burger is cooking, prepare the salad. Place the greens, tomato, peppers, balsamic vinegar, olive oil, and herbs in a large bowl. Toss well to coat and top with the warm burger. Serve immediately.

Tip: Take an extra 10 minutes this weekend to prep out some meals. Make your burgers in bulk! Just quadruple the burger recipe and form the meat into 6-ounce patties. Wrap well in plastic wrap or tuck into sandwich baggies to freeze.

Nutritional Stats Per Serving

(Serving size: 1 4-oz burger, with 3 cups salad) 489 calories, 26g protein, 11g sugars, 28g carbohydrates, 34g fat (10g saturated), 80mg cholesterol, 5g fiber, 507mg sodium



LUNCH

SAVORY TURKEY BURGERS OR GROUND BEEF BURGERS

Burgers on a healthy eating plan? You bet, if you make them with good quality ingredients like lean ground meat, onions, and spices. Serves 4.

● If you're on the yellow phase you may be missing the bun, so you can tuck your burger into a small whole wheat or whole grain pita.

● ● For the orange and blue phase, wrap this burger in a large kale or collard leaf.

You will need

- ½ medium onion, grated
- 1 pound extra-lean ground turkey or 95% or higher lean ground beef
- 2 tablespoons low-sodium tamari, soy sauce or 1 tablespoon Bragg's Liquid Aminos
- 1 teaspoon cinnamon
- ½ teaspoon fresh ground black pepper
- Cooking spray
- 4 large kale or collards leaves



Preparation

In a large bowl, mix onion, turkey, soy sauce, or liquid aminos, cinnamon, and black pepper. With clean, slightly damp hands form the meat mixture into 4-ounce patties-about 4 inches in diameter.

Place patties on a tray or plate. Coat a cast iron pan with cooking spray and place over medium-high heat. Add patties and cook for about 2 to 3 minutes per side, or until juices run clear when pressed down with a spatula. Wrap in kale or collard leaves and serve immediately.

Tip: Make these at the beginning of the week for a fast, portable lunch. If you've run out of kale or collards, Bibb lettuce also makes a great wrap.

Nutritional Stats Per Serving

(Serving size: 1 4-oz burger with fixings) 574 calories, 113g protein, 3g sugars, 19g carbohydrates, 4g fat (2g saturated), 220mg cholesterol, 5g fiber, 1295mg sodium



LUNCH

BALSAMIC CHICKEN SALAD WITH WALNUTS

Crunchy walnuts provide healthy omega-3 fats that can help build a better brain and keep you more focused during your day. Serves 1.

For the yellow phase, serve this salad with a toasted whole wheat or whole grain pita.

You will need

- 1 6-ounce boneless, skinless chicken breast, cubed
- ½ teaspoon garlic powder
- Cooking spray
- 2 tablespoons balsamic vinegar
- 1 tablespoon tomato paste
- ¼ teaspoon freshly ground black pepper
- 10 walnuts, chopped
- 2 cups leafy greens
- ½ cup chopped bell peppers
- ½ cup chopped tomatoes
- ¼ cup chopped cucumber



Preparation

Sprinkle the chicken with the garlic powder. Coat a large skillet with cooking spray and place over medium heat. Add the chicken and cook 4 to 5 minutes, stirring occasionally, until the chicken browns and is cooked through. Turn the heat off and stir in the balsamic vinegar, tomato paste, and black pepper. Sprinkle with the walnuts.

Transfer the greens to a large bowl along with the peppers, tomatoes, and cucumbers. Top with the chicken and serve immediately.

Tip: If you have leftover Mexican chicken, use it to top your greens, peppers, tomatoes, and cucumbers. Store your nuts in the fridge to keep them from going rancid.

Nutritional Stats Per Serving

(Serving size: 3 cups) 556 calories, 49g protein, 11g sugars, 26g carbohydrates, 29g fat (1g saturated), 125mg cholesterol, 9g fiber, 114mg sodium



LUNCH

ZESTY MEXICAN CHICKEN

Mexican ingredients like cumin, oregano, and jalapeños are perfectly healthy ways to bring a serious hit of flavor to plain tasting proteins. If you prefer spicy, do not discard the jalapeño seeds before slicing. Serves 4.

You will need

- Cooking spray
- 1 pound boneless, skinless chicken breasts
- ¼ cup salsa, mild, medium, or hot
- 2 jalapeños, seeded, thinly sliced
- 1 teaspoon oregano
- ½ teaspoon ground cumin
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon cinnamon
- 2 tablespoon olive oil
- 8 cups salad greens, such as kale, spinach, or arugula

Preparation

Coat a 7x11 baking dish with cooking spray. Preheat oven to 350°F. Cube chicken and spread out into the prepared baking dish. Spoon the salsa over the chicken. Then sprinkle with jalapeños, oregano, garlic powder, black pepper, and cinnamon. Drizzle with the olive oil. Bake 30 to 40 minutes until chicken is fully cooked. Divide into 4 portions and serve each portion over 2 cups of the salad greens.

Tip: This is a great 'basic' chicken recipe to prepare your protein source ahead for the week.

- For the yellow phase serve with ½ cup cooked brown rice or wrap in a gluten free sandwich wrap.

Nutritional Stats Per Serving

(Serving size: 2 cups) 217 calories, 23g protein, 3g sugars, 10g carbohydrates, 10g fat (2g saturated), 60mg cholesterol, 5g fiber, 243 mg sodium





LUNCH

ASIAN SUPERFOOD SALAD

Add the protein of your choice to this low-cal crunchy shredded salad, such as cooked shrimp, chicken, or turkey. For vegetarians, top with 1 cup beans or firm cooked tofu.

● For the yellow phase add one small whole wheat or whole grain toasted pita. Serves 4.

You will need

- 1 cup rice wine vinegar
- 1 tablespoon fish sauce (optional)
- 1 tablespoon toasted sesame seeds
- 2 teaspoons crushed red chili flakes (optional)
- 1 large red onion, thinly sliced
- 1 pound celery cut into 2-inch strips
- 1 10-ounce bunch shredded kale or bok choy
- 4 carrots, peeled, shredded
- 2 cups bean sprouts
- ¼ cup slivered almonds



Preparation

Place the vinegar, fish sauce (if using), sesame seeds, and chili flakes in a large bowl. Whisk well to combine. Add the onion, celery, kale or bok choy, carrots, and sprouts. Toss well and sprinkle with the almonds. Serve immediately with the protein of your choice. Store leftover salad, refrigerated, in an air-tight container.

Tip: Fish sauce is a savory fermented condiment that adds loads of flavor. Look for it in the international aisle of your grocery store. If you're not a fan of fish sauce, swap it for 3 teaspoons of your favorite ground spice.

Nutritional Stats Per Serving

(Serving size: 3 cups) 391 calories, 12g protein, 27 g sugars, 44g carbs, 16g fat (0g saturated), 0mg cholesterol, 10g fiber, 1551mg sodium



DINNER RECIPES

ROASTED CHICKEN AND ASPARAGUS

If you're just starting out on the yellow phase, serve this meal with ½ cup cooked brown rice or quinoa as a healthy carb option. Whole grains are so much better for you because they contain the chewy brown “bran” layer that white processed grains are intentionally stripped of. Bran comes with benefits, since it packs in the minerals you'll need for optimal muscle function. Serves 1.

You will need

- Cooking spray
- 1 4-ounce boneless, skinless chicken breast
- 1 garlic clove, minced
- ⅛ teaspoon freshly ground black pepper
- 15 asparagus spears (about 1 pound), ends trimmed and discarded
- 1 tablespoon balsamic vinegar
- ½ teaspoon ground ginger or paprika
- ⅓ avocado, sliced



Preparation

Preheat the oven to 400°F. Coat a baking sheet with cooking spray. Set the chicken on one side of the baking sheet and sprinkle with the garlic and black pepper. Transfer to the oven and roast for 20 minutes. After 20 minutes, remove the chicken from the oven and add the asparagus next to it.

Spray the tops of the asparagus spears with cooking spray and sprinkle with the vinegar and ginger or paprika. Return the tray to the oven (do not remove chicken) and bake an additional 20 to 25 minutes until the chicken is no longer pink in the center and cooked through when sliced with a pairing knife and the asparagus is tender. Transfer the chicken and asparagus to a plate. Top the chicken with the avocado and serve immediately.

Tip: If you're looking to save on cooking and prep time, cook your grains in bulk, cool and store in Ziploc bag, refrigerated. Whole grains like brown rice and quinoa are heartier than the white stuff, and hold their shape even when reheated.

Nutritional Stats Per Serving

(Serving size: 3 ½ cups) 350 calories, 38g protein, 11g sugars, 28g carbs, 13g fat (2g saturated), 83mg cholesterol, 14g fiber, 70mg sodium



DINNER

LEMON PEPPER HALIBUT WITH PAN ROASTED BRUSSELS SPROUTS

Fish is a flaky, tasty way to give you the protein you'll need to build lean muscle mass. Fish is higher in price compared to beef and turkey, but you can buy in bulk to bring down the cost. After buying in bulk, immediately freeze individual filets you don't plan on cooking the same night, in snack baggies. For the yellow phase, serve fish with ½ cup cooked quinoa or brown rice. Serves 1.

You will need

- 1 6-ounce halibut filet
- ½ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper
- 1 small yellow squash thinly sliced
- 1 lemon, zested
- 1 cup Brussels sprouts
- 2 teaspoon Dijon mustard
- 2 tablespoons Balsamic vinegar



Preparation

Preheat oven to 350°F. Place the halibut in an 8x8 baking dish. Sprinkle the fish with the garlic powder, black pepper, and lemon zest. Arrange the yellow squash slices around the fish. Cut the lemon into wedges and squeeze over the fish and squash.

Place the Brussels sprouts in another 8x8 baking dish or oven safe skillet. Add the balsamic vinegar and mustard. Toss well. Transfer both the fish and Brussels sprouts to the oven.

Bake both uncovered 30 to 40 minutes, until the fish flakes when pressed with a fork and the Brussels sprouts are tender. Serve immediately.

Tip: Don't be afraid of cooking fish, baking is the ideal cooking technique for flaky fish. To freshen the house after cooking fish, fill a small saucepan full of water and a few teaspoons of cinnamon, clove, or pumpkin pie spice on the stove to boil.

Nutritional Stats Per Serving

(Serving size: 1 6-oz fillet and 2 cups of Brussels sprouts) 258 calories, 40g protein, 10g sugars, 23g carbohydrates, 3g fat (1g saturated), 84mg cholesterol, 5g fiber, 391mg sodium



DINNER

MEDITERRANEAN MEATLOAF

Cooking once and eating twice saves lots of time in the kitchen and will keep you away from tempting take-out. Meatloaf is a homey meal that reheats beautifully just place slices of meatloaf on a baking tray and reheat for 10 minutes at 350°F. Serves 4.

You will need

- Cooking spray
- 1 large red or white onion, diced
- ½ small eggplant, diced
- 4 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 pound lean ground turkey or ground chicken
- 1 egg
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground black pepper

Preparation

Preheat the oven to 375°F. Coat a large skillet with cooking spray. Place over medium heat. Add the onion, eggplant, garlic, and tomato paste. Cook 3 to 4 minutes, stirring occasionally, until the eggplant softens. Transfer to a bowl to cool 2 minutes. Add the ground meat, egg, thyme, oregano, and black pepper. Mix well to distribute the spices evenly through the meat. Transfer to a one-pound loaf pan and bake 45 to 50 minutes, until the meatloaf begins to firm and is cooked through in the center. Serve immediately.

Nutritional Stats Per Serving

(Serving size: 2 slices) 180 calories, 20g protein, 3g sugars, 7g carbohydrates, 8g fat (0g saturated), 46mg cholesterol, 2g fiber, 20mg sodium





DINNER

SCAMPI SCALLOPS WITH CAULIFLOWER AND BROCCOLI

If you love shrimp scampi, this dish will soon become your go-to garlicky go-to. Plan to cook the scallops the same day you buy them since shellfish are delicate and very perishable.

● For the yellow phase, ½ cup of your favorite cooked whole grain will make a nice addition. Serves 1.

You will need

- Cooking spray
- ½ cup chopped parsley
- 4 garlic cloves, minced
- 1 tablespoon olive oil
- ¼ teaspoon Mrs. Dash or freshly ground black pepper
- 6 ounces sea scallops
- 2 cups cauliflower florets
- 2 cups broccoli florets
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano



Preparation

Place the parsley, garlic, olive oil and Mrs. Dash or black pepper in a small bowl. Stir well with a spoon. Add the scallops and toss them in the parsley mixture.

Fill a stockpot with 2 inches of water and fit it with a steamer basket. Add the cauliflower and broccoli and cover. Steam 4 to 5 minutes until the florets are fork tender. Sprinkle with the thyme and oregano.

While the vegetables are steaming cook the scallops. Heat a medium skillet over medium heat. Add the scallops along with any of the parsley mixture from the bowl. Cook the scallops 3 to 4 minutes, turning once or twice until the scallops are no longer translucent inside. Serve immediately with steamed vegetables.

Nutritional Stats Per Serving

(Serving size: 5 cups) 483 calories, 52g protein, 8g sugars, 38g carbohydrates, 16g fat (2g saturated), 82mg cholesterol, 11g fiber, 1471mg sodium



DINNER

GINGER GARLIC STIR FRY

This tasty veggie stir fry is a great base for the protein of your choice from chicken to fish or any leftover protein from the meal plan. For vegetarians add 1 cup firm tofu or 1 cup defrosted, shelled edamame. Serves 1.

● If you're on the yellow phase, add ½ cup cooked brown rice.

You will need

- Stir Fry Sauce
 - 1 tablespoon Thai chili sauce (sambal olek) or sriracha
 - 1 tablespoon lime juice
 - 2 teaspoons lite soy sauce or gluten-free tamari
- Vegetable Base
 - 2 cups broccoli florets, (about ½ head)
 - 6 asparagus spears (about ½ pound), chopped
 - 1 yellow, red, or orange bell pepper, seeded, thinly sliced
 - 1 cup sliced mushrooms, such as white button or shiitake
 - 1 cup thinly sliced bok choy
 - 3 garlic cloves, minced
 - 1 tablespoon minced ginger



Preparation

Prepare the sauce. Place the chili sauce, lime juice, and soy sauce or tamari in a small bowl. Add one tablespoon of water and whisk well to combine. Coat a large skillet or wok over with the cooking spray. Place over medium-high heat.

Add the broccoli, asparagus, bell pepper, mushrooms, bok choy, garlic and ginger. Cook 5 to 6 minutes until the vegetables are tender. Turn the heat off and add the reserved sauce. Toss well to coat and serve immediately with the protein of your choice.

Nutritional Stats Per Serving

(Serving size: 3 cups) 163 calories, 10g protein, 7g sugars, 28g carbohydrates, 2g fat (0g saturated), 0mg cholesterol, 6g fiber, 915mg sodium



DINNER

ORANGE SALMON WITH GARLICKY SAUTÉED SPINACH

Salmon is a great source of filling healthy fats. It also happens to be a great fish for newbie cooks to learn the basics of fish cookery since it's more fatty and less likely to dry out. If you're not a fan of fish, this is also a great "starter" recipe since orange cuts the smell of salmon. Serves 1.

You will need

- 1 6-ounce boneless salmon fillet, skin on
- 1 orange, thinly sliced
- 2 tablespoons balsamic
- Cooking spray
- 2 cups raw spinach
- 2 garlic clove, chopped
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon capers, well rinsed, under cold running water



Preparation

Place the salmon in a Ziploc bag along with the orange slices and balsamic. Shake the bag well to coat and refrigerate 4 to 5 hours.

Preheat oven to 400°F. Cover a small 8x8 baking dish with aluminum foil. Add the fish, skin side down and scatter the orange slices on top. Bake uncovered 10 to 12 minutes, until the fish flakes when pressed with a fork and oranges start to brown. Using a spatula, separate the top of the salmon from the skin (the skin will stick to the aluminum foil). Discard the skin.

While the fish is baking prepare the spinach. Coat a large small skillet with cooking spray. Add the spinach, garlic and black pepper. Cook 2 to 3 minutes, stirring often, until the spinach wilts. Sprinkle with the capers and serve immediately with salmon.

Nutritional Stats Per Serving

(Serving size: 1 6-oz salmon fillet, 1 cup spinach) 421 calories, 41g protein, 26g sugars, 43g carbohydrates, 11g fat (2g saturated), 76mg cholesterol, 8g fiber, 394 mg sodium



DINNER

ROSEMARY SLOW COOKER CHICKEN

If cooking a whole chicken seems intimidating, you will love the confidence and perfect results that this super easy slow cooker recipe provides.

- For the yellow phase serve with a ½ cup mashed sweet potato or 2 cups of the mashed cauliflower recipe. Serves 2.

You will need

- 1 whole small roasting chicken (about 3 pounds)
- 1 teaspoon freshly ground black pepper and/or Mrs. Dash's
- 1 small onion, peeled, chopped
- 4 celery stalks, diced
- 4 garlic cloves
- 3 sprigs rosemary or 1 teaspoon dried thyme
- 1 lemon, quartered



Preparation

Rinse the chicken under cold water and then pat dry with paper towels. Season the chicken inside and out with black pepper and Mrs. Dash if using. Tuck the garlic cloves, and half the rosemary sprigs or dried rosemary into the cavity of the chicken.

Distribute 2/3 of onion and celery in the bottom of the slow cooker. Place chicken on top of veggies in slow cooker.

Dice remaining rosemary. Spread on top of chicken with remaining 1/3 of chopped onion and celery. Squeeze the lemon over the chicken and cover. Cook on low for 6 to 6 ½ hours, until the chicken is cooked through and no longer pink or translucent at the joint. Serve immediately.

Nutritional Stats Per Serving

(Serving size: ½ pound meat plus 1/2 cup veggies) 175 calories, 25g protein, 4g sugars, 10g carbohydrates, 3g fat (2g saturated), 66mg cholesterol, 2g fiber, 124mg sodium



DINNER

SLOW COOKER LEMON SHRIMP

Using a slow cooker, with gentle steady heat, is a great way to cook fish and other types of seafood. Serve this dish with a veggie side dish of your choice like the Superfood salad or the cauliflower mash.

- For the yellow phase, add in a ½ cup cooked quinoa or a small whole grain or whole wheat pita. Serves 2.

You will need

- 3 tablespoons coconut oil
- 1 pound medium, peeled, deveined shrimp
- ½ teaspoon paprika or Mrs. Dash
- ¼ teaspoon freshly ground black pepper, to taste
- 1 onion, peeled, chopped
- ⅓ cup chopped fresh parsley
- 1 lemon zested, quartered



Preparation

Lightly coat bottom of slow cooker with coconut oil. Sprinkle paprika and pepper over the shrimp and place in slow cooker.

Scatter onions and parsley over the top of the fish. Squeeze the lemon over the top of the shrimp. Cover and cook on low for 1 - 1 ½ hours, then serve immediately.

Nutritional Stats Per Serving

(Serving size: ½ pound shrimp) 436 calories, 41g protein, 3g sugars, 13g carbohydrates, 22g fat (18g saturated), 90mg cholesterol, 4g fiber, 129mg sodium



DINNER

TOMATO BASIL SPAGHETTI SQUASH

Add cooked ground turkey or chicken to mimic the “meat sauce with pasta” comfort food you love.

● If you’re on the yellow phase, you can top with a few tablespoons of grated Parmesan cheese and a ½ cup cooked quinoa pasta. Serves 4 as a side dish.

You will need

- 1 spaghetti squash, (about 2 pounds)
- ⅛ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- Cooking spray
- 1 24-ounce jar low-sugar low sodium, organic marinara sauce, warm or room temperature

Preparation

Preheat oven to 375°F and spray a cooking sheet covered with foil. Slice spaghetti squash in half long ways, and clean out the center and seeds.



Season with salt and pepper and place cut side down and cook for about 45 minutes. Until fork tender.

Remove from oven and use a fork to “rake” the squash from the skin, forming thin strands. Transfer to a large bowl along with marinara sauce. Toss well and serve immediately.

Tip: This makes a great office or school lunch that you can gently reheat or serve room temperature.

Nutritional Stats Per Serving

(Serving size: 1 1/2 cups) 111 calories, 3g protein, 0g sugars, 25g carbohydrates, .5g fat (0g saturated), 0mg cholesterol, 5g fiber, 646mg sodium



DESSERT

PROTEIN PEANUT BUTTER BALLS

Craving something to sooth a sweet tooth? This protein balls mimic truffles but are packed with protein in place of white, processed sugar. To switch up the flavors used naturally sugar-free extracts that you'll find in the baking aisle, like vanilla, almond, or coconut. Serves 2.

You will need

- 1 tablespoon coconut oil
- 1 teaspoon raw honey
- 1 scoop [Vega protein powder, peanut butter, chocolate, or vanilla](#)
- 1 tablespoon natural peanut butter
- 1 teaspoon cinnamon

Preparation

Melt coconut oil and honey in microwave, about 10 seconds in a medium glass bowl. Add the protein powder, peanut butter, and cinnamon. Stir with a wooden spoon, adding a few drops of water at a time until mixture starts to clump to come together when pressed with your fingers.



Using your hands, roll into 6 small balls. Cool in refrigerator for 10 to 15 minutes to firm or consume immediately.

Nutritional Stats Per Serving

(3 protein balls) 196 calories, 15g protein, 4g sugars, 11g carbohydrates, 12g fat (7g saturated), 0mg cholesterol, 4g fiber, 76mg sodium



SIMPLE SNACK SOLUTIONS



SEAWEED CHIPS

If you're a salty chip lover, these are a great alternative to munch on guilt-free



PLAIN AIR-POPPED POPCORN

Spice up plain popcorn with any of the spices from the shopping list



RICE CAKES

To help satisfy a crunch craving and to spice things up, try whole-grain flavored rice cakes, like brown rice or cinnamon, with half an apple or a tablespoon of nut butter to add fiber, protein and some flava!



RAW CARROTS AND CUCUMBER

To "flavorize" sliced veggies, sprinkle them with lemon or lime zest, ground chili powder, salt free steak seasoning and a drop of citrus juice



FRESH FRUIT

Add more protein to your favorite fruit by adding a tablespoon of nut butter for a sweet and satisfying option



HUMMUS

Spicy up your hummus with thinly sliced jalapeños, chopped fresh basil or parsley, minced garlic or garlic powder



HARD BOILED EGGS

Dip your hard boiled eggs in hot sauce, homemade pesto, a teaspoon of chopped capers, or for the yellow phase a teaspoon of grated Parmesan



QUEST PROTEIN BAR

Perfect to satisfy any sweet tooth and a great snack on the go or post workout. [Purchase Quest Protein Bars online.](#)