

Meal prep for weight loss

Vegetable	Spinach, Green bean, Broccoli, Brussels Sprouts, Asparagus, Kale, Carrots, Snow peas, Squash, Jicama
Protein	Chicken, Turkey breast, Fish, Grass Fed Beef, Pork, Bacon, Eggs (White parts)
Starch	Quinoa, Rice, Potatoes, Whole Grain Pasta, Oatbran, Farro, Couscous

Post workout Protein Shake

Unsweetened Almond Milk	3/4 cup
Frozen Banana	1 Piece
Chocolate Protein Powder	1 Scoop
Brewed Coffee	1 cup
Ice Powder	2 cups

How often Should You eat (Healthy meal and snacks)?

Morning Breakfast	Eggs, Fresh Fruits, Whole-Wheat, Smoothies, Whole Grain, Oats
Snacks (+2 hours)	Dark Chocolate, Tea/Coffee, Nuts/Seeds, Berries, Fresh Healthy Fruits
Lunch (+3 hours)	Soup, Salad, Casseroles, Pasta, Pizza, Rice/Noodles, Lentils/Pulses/Beans, Vegetables
Snacks (+3 hours)	Dark Chocolate, Tea/Coffee, Nuts/Seeds, Berries, Fresh Fruits, Dried Fruits
Dinner (+2 hours)	Fish, Chicken/ Turkey, Roast Meats, Lean Meats, Vegetables, Salads
Snacks (+2 hours)	Infusion/Flavoured Tea, Fresh Popcorn, Chips/Nuts/Seeds, Crackers/Light cheese, Yogurt

Quick Healthy Lunch Pack

Protein	Chicken, Fresh Turkey, Ground Turkey, Steak, Fish, Chill, Soup, Greek Yogurt for a quick healthy lunch pack
Carb/Star ch	Whole-Grain, Bread, Whole wheat pasta, bean salad, Sweet potato, Spaghetti Squash
Veggies	Salad, corn, sauteed mix vegies, broccolis, carrots, celery
Snacks	Raw Almonds, Healthy home made cookies, Carrot and salads, Fruits with raw almond butter, Sweet potato chips
Fruits	Berries, Apples, Bananas, Oranges, Grapes, Cherries
Beverage	Only Water

Making of Great Salad

Leafy Greens	Lettuce, Kale, Arugula, Spinach, Chard
Fruits and Vegetables	Grapes, Peach, Pear, Apple, Orange, Pomegranate, Carrot, Beats, Tomatos, Olives, Cucumber, Mango, Broccoli, Peppers, Avocado
Protein	Chicken, Seafood, Beef, Beans, Eggs, Tofu, Quinoa, Pork, Cheese
Texture and Flavour	Seeds, Herbs, Croutons, Sprouts, Nuts

High Fiber Foods - Being a bit more regular

Guava	9 grms
Figy	14.6 grms
Raspberries	8 grms
Prunes	12.4 grms
Kidney Beans	11.3 grms
Dates	11.8 grms
Black Berries	15 grms
Avocado	10 grms
French Beans	16.6 grms
Split Peas	16.5 grms
Bulgurt	8.2 grms

High Fiber Foods - Being a bit more regular (cont)

Lentils	15.6 grms
Almonds	17.9 grms
Sunflower Seeds	12 grms

Non animal based Protein

Quinao	8 grms per cup with pacake bitter
Black Beans	15 grms per cups add to smothies, salad, brownies
Avocado	3 grms per serving swap for butter, Add to smothies
Chia Seeds	11 grms per serving, Add to muffins, make a chia pudding
Peas	8 grms per cup, Add to salad, Make a soup
Greek Yogurt	11 grms per serving, Swap for mayo and sour cream
Almonds	6 grms per ounce, Add to smothies, Salads, Oatmeal
Broccoli	11 grms per head, Add to pasta, salads, smothies

Healthy Sweets - Chocolate Peanut Butter

Frozen Banana	2 chopped
Peanut Butter	2 tbspn
Coca Power	1 tbspn