



Breakfast Ideas

- Smoothie: 20-25g scoop Organic Plant Protein Powder + 1 frozen banana + 1 cup nut or seed milk + 1.5 TBSP nut or seed butter or ½ frozen avocado
- Great smoothie flavor combos: vanilla protein powder+ canned pumpkin+ nut meg+ almond butter / Chocolate protein powder+ frozen raspberries+ cashew butter/ Vanilla protein powder+ blueberries+ cinnamon +coconut oil or coconut butter
- Organic chicken or turkey sausage+ sautéed veggies + roasted sweet potato with coconut oil and cinnamon



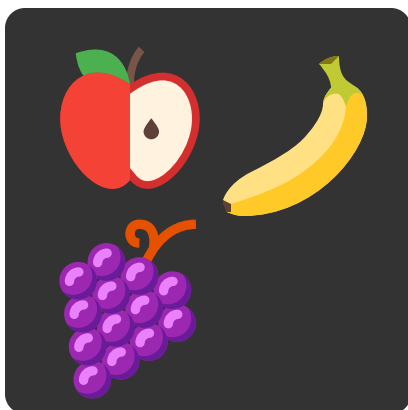
Lunch Ideas

- Grilled chicken breast over bed of greens with olive oil, vinegar, and all the nuts, seeds and veggies your heart desires!
- Taco bowl: lettuce, salsa, guacamole, protein, grilled peppers and onions, beans
- Rice pasta with meat sauce and a side salad (Pro Tip: Just make sure to cook your pasta al dente or you will not be happy!)
- Baked white fish+ quinoa + roasted veggies or side of grilled fruit (grilled pineapple is magical)



Dinner Ideas

- Cup of chili + side of roasted broccoli or even better yet, pour the chili over a baked potato!
- Grilled fish+ brown rice + side of veggies
- Stir fry with cauliflower “rice”, lean protein, veggies, and Coconut Aminos instead of soy sauce



Snack Ideas

Lara Bar, apple dipped in almond butter, rice cake or celery in sunflower butter, carrots and guacamole, rice crackers and hummus, Epic meat bar. You could also try a simple beverage like 1 cup vanilla unsweetened almond milk blended with ½ cup frozen raspberries, & 1 teaspoon raw cacao blended together for a little afternoon pick me up!

Please note individual serving sizes are not addressed as this is something you would discuss with your healthcare provider.