

NUTRITION GUIDE



20 MINUTE BODY

Recipes
Nutrition Log
Shopping List

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20minutebody.com



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INTRODUCTION

You are about to embark on a 4-week challenge 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 is a 4-week jump-start. It's lower in carbs, but higher in nutrient-dense foods. It's not easy going lower in carbs, but the results are worth it. After the 4-weeks, I suggest adding one serving of carbs, either a fruit or starch, 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.

If you are a **vegetarian**, you will need to get your protein from different 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.

I talk about being emotionally connected; being connected inside to **why** you're on this journey. What you should **not** be emotionally connected to is food. Over the next 4-weeks, I'm going to ask you start looking at food as fuel, as a means to getting results.

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.

I've created this manual of nutrition guidelines, recipes, meal plans, snack ideas and shopping lists to help you with your nutrition while 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 over the next 4-weeks.

In health,

-- Brett



CHALLENGE PREPARATION

On Monday 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 Challenge:** You're about to make some major lifestyle changes, including the way you eat. Tell your family and friends about the challenge. 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. Throw 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 throw out 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. Throw 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 Challenge plan. Go to the grocery store with a list and try not to stray from it. The list provided here is a recommendation of food options; you don't need to purchase every item. 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.

One item that needs to be on your shopping list is **Tupperware**. 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 into the containers. 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 out and leave in container with a damp paper towel to keep vegetables fresh. For example, chop onion and peppers for omelets, chop carrots and celery for snacks, etc.



- Cut and portion out meats.
- Season and batch cook meats. Turkey burgers, chicken breast hold well. Consume within three days.
- Portion out snacks. In small Ziploc bags include: washed/ chopped veggies or 1 ounce of nuts. If using a dressing or nut butter, portion this out in advance as well.

Another option for bulk cooking is to use a slow cooker (aka crock-pot). Using a slow cooker is a great option because the recipes are generally very easy (think throw all of the ingredients into a pot and turn on) and they allow you to cook a large amount of food at once, making this nutrition plan easier for you. Check out the slow cooker recipes at the end of this document.



NUTRITION GUIDELINES & TIPS

- 1. The Green & White Eating Club:** You will be a member of this club for the next 4-weeks. 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.*
- 2. Food Journaling:** Over the next 4-weeks, you’ll need to keep track of what you’re eating. I recommend tracking your food and fluid intake using an online app like MyPlate (<http://www.livestrong.com/myplate/>) or MyFitnessPal (<http://www.myfitnesspal.com>). Other options are taking photos of your food and create a visual food journal or simply keeping track in a notebook. I’ve also created a food journaling template (included here) if you’d like more guidance.
- 3. 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 1200-1400 calories a day and men, 1600-1800 calories per day. These numbers are **NOT** set in stone and can be changed if you need more or less calories.
- 4. Water/Fluids:** Start each morning by drinking 8-16 ounces of water. Over the course of the day, you should drink about half your body weight in ounces of water e.g., if you weigh 150 lbs., you should drink 75oz 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.
- 5. Eat 5-6 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.*
- 6. 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 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.

- 7. 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.

8. 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 make sure they are clean. Avoid canned food when possible as it typically contains a large amount of sodium.

9. 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, meat, fish, etc. They require no added fat or oils keeping calorie intake in check. Here's the breakdown of the best:

- **Bake:** You can bake lean meats, fish, and vegetables. To bake, place food in a dish (may be covered or uncovered).
- **Broil:** This exposes food to direct heat. To broil, place dish of food in the broiler and let it cook. Watch food to make sure it's cooking evenly. No added fat/oil required.
- **Poach:** Similar to boiling. To poach, cook food (eggs, fish, etc.) in a small amount of hot water (just below the boiling point). No added oils/fat required.
- **Roast:** It's similar to baking but is done at very high temperatures. Roasting is great for cooking vegetables and can be done in a roasting pan or a baking sheet. May need to coat pan in light oil or spray to keep from sticking to pan.
- **Steam:** To steam, fill the very bottom of a pot with about one inch of water. Put steaming basket in the pot and food in the basket. Turn on heat. No added fat/oil required.

10. Potential Issues:

- a. **Fatigue:** Make sure you're getting 6-8 hours of sleep. If still fatigued and drinking coffee, discontinue coffee in your diet. It will take a few days to kick a coffee habit, so try caffeinated teas to wean yourself off slowly.



- b. **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.

11. Eating Out

Eating out can be difficult when you're trying to lose weight. Huge portions, sauces, and added oils, salt and sugar can make it hard to reach your weight and fitness goals. If you're going to eat out, ask these 4 questions:

1. **What's in this meal?** Is there dairy, soy, added sugar, etc.
2. **How is this prepared?** Many restaurants will give you the option so ask for your food to be baked, steamed, or broiled instead of sautéed, fried, etc.
3. **What's in the sauce:** Many sauces add cream, sugar, excessive oil, and salt. Your waiter should know so ask for the ingredients.
4. **Can I have the sauce on the side (or not at all):** Ask for the sauce to be left off or added on the side as a controlled option.



Foods to Eat	Foods to Avoid
<p>“Green and White” Foods <i>Green:</i> green veggies & green leafy veggies <i>White:</i> lean meats (chicken breast, turkey breast, egg whites, white fish, etc.)</p> <p>Good Fats: olive oil, coconut oil, avocado, nuts (limit nuts to 1 ounce/day)</p> <p>Protein Powders/Bars: choose dairy free – egg or vegan powder are best. <u>Recommended Brands:</u> <i>Vega One</i> plant-based or <i>Jay Robb’s</i> Egg protein powder - if using as a meal replacement after a workout, can add a serving of fruit (berries are best) to the shake. - <i>PB2</i> is powdered peanut butter with 75% less oil. Add this to shakes for peanut butter flavor without the extra calories. <i>Quest Bars</i> are tasty and helpful with a sweet tooth. They are loaded with fiber, but are made from whey protein, which has dairy. (this would be an exception)</p> <p>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.</p> <p>Single Ingredient Foods: foods that only have one ingredient like fish, chicken, kale, etc. These foods have existed for 1,000 of years and have no additives or chemicals.</p> <p>Organic: choose organic when possible</p> <p>Recommended Supplements: <i>Fish oil (with +700mg of EPA & DHA):</i> heart health, reduces inflammation</p> <p><i>Probiotics:</i> supports digestion</p> <p><i>Glutamine & Branched Chain Amino Acids:</i> supports recovery (from exercise)</p> <p><i>Electrolytes:</i> helps hydration when sweating, drink when working out</p>	<p>Processed Foods: avoid if it has lots of ingredients, if ingredients are hard to pronounce, or comes out of a box, bag or can</p> <p>*Alcohol: wine, beer, spirits etc. (empty calories, water retention, and affects sleep)</p> <p>*No dairy: cheese, yogurt, butter, milk/cream (replace with Unsweetened Almond milk) *avoid coconut, soy, rice milks/yogurts/creams (high sugar) (dairy intolerance is common and can cause bloating and poor digestion)</p> <p>Added sugar: cookies, ice cream, yogurt, etc. (empty calories and can affect insulin poorly)</p> <p>*Fruit: unless in a post workout shake/meal or if you are feeling extremely tired and need more carbs, then I suggest an apple or cup of berries. No dried fruit. (dried fruit is higher in sugar/carbs)</p> <p>*Grains: bread, corn, oats, pasta, rice etc. (refined carbs turn into fat easily)</p> <p>*Other Starchy Foods: unless in a post workout meal or if you are feeling extremely tired and need more carbs, then I suggest sweet-potatoes, yams or beans. These are better than corn and other potatoes (limiting carbs can help body burn fat)</p> <p>Soda/Diet Soda/Sugary Sport Drinks (avoid drinks high in sugar and fake sugar)</p> <p>Fake Artificial Sweeteners: Splenda (sucralose), Equal (aspartame), Sweet & Low (saccharin) *Stevia is OK (fake sugars can cause a bad digestive reaction)</p> <p>*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 BP)</p> <p><i>*These foods can be added back into your diet after the 3-weeks. My suggestion is to start by adding either one serving of fruit or starch a week. You will find out what your carb-tolerance is to maintain your results.</i></p>



SHOPPING LIST

PRODUCE	PROTEINS
<p>Asparagus Avocado Bell Peppers (red, green, orange, yellow) Broccoli Brussels Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Green beans Leafy greens (kale, spinach, mixed, arugula, romaine, etc.) Onions Zucchini</p>	<p>Chicken breast (boneless, skinless) Egg whites (100% liquid egg whites, avoid Egg Beater brand) Fish/Seafood <ul style="list-style-type: none"> • Alaskan salmon • Alaskan halibut Pacific cod • Pacific halibut • Shrimp • Tilapia Ground chicken (95-97%% lean) Ground pork (95-97%% lean) Ground turkey (95-97% lean) Pork chops (lean, cut fat off) Protein powders: egg white and vegan Turkey breast (boneless, skinless) *Tofu (only if vegetarian) *Beans/Legumes (only if vegetarian)</p>
CONDIMENTS, SPICES & SWEETENERS	DRINKS
<p>Balsamic vinegar Cinnamon (natural sweetener) Coconut oil Dijon mustard Ketchup (low sugar) Mrs. Dash (use as a salt substitute) Olive oil (spray bottle for baking) Pepper Stevia or Truvia (natural sweetener) Tabasco Vanilla (natural sweetener) Variety of dried herbs and spices (black pepper, cumin, curry, dill, garlic, ginger, paprika, red pepper, rosemary etc.)</p> <p style="text-align: center;">NUTS</p> <p>Raw almonds, walnuts and cashews Nut butter (peanut, almond, cashew)</p>	<p>Unsweetened Almond milk Club soda (low sodium, natural flavors) Caffeinated teas (to help get off coffee) Herbal teas (can make iced tea) *Coconut water (in post workout shake)</p> <p>**Avoid high sugar sports drinks, soda, diet soda or diet drinks</p> <p style="text-align: center;">GRAIN & STARCHES</p> <p>*corn, oats, rice (mainly if vegetarian) *sweet potato, yam (mainly if vegetarian)</p> <p style="text-align: center;">FRUIT</p> <p>*Apples *Berries use only in a post workout shake/meal or if you are feeling extremely tired.</p>



3-DAY MEAL PLAN

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DAY ONE

Breakfast

Veggie Scramble: 6 egg whites + ¼ cup chopped tomato + ½ cup spinach and ½ clove garlic.
Season with pepper.

Snack

20 raw almonds

Lunch

Tuna Salad: 2 1/2 cups leafy greens + ½ cup chopped cucumber + ½ cup tomatoes + ¼ cup sprouts + 6 ounces baked tuna steak
1-2 Tablespoons balsamic vinegar + 2 teaspoons olive oil

Snack

2 hardboiled eggs + paprika and pepper

Dinner

5 ounces cooked chicken breast
1/3 avocado
15 asparagus

DAY TWO

Breakfast

Omelet: 6 egg whites + ½ cup sliced mushrooms + ¼ cup peppers + 2 tablespoons onion + ½ clove garlic. Season with pepper.

Snack

¾ cup sliced peppers + 1 tablespoon hummus
Hardboiled egg

Lunch

Turkey Burger Salad: 6 ounce turkey burger + 1 tablespoon Dijon mustard on 2 cups leafy greens salad + ½ cup chopped tomato + 1/2 cup chopped peppers +
1-2 Tablespoons balsamic vinegar + 2 teaspoons olive oil

Snack

18 walnuts

Dinner

6 ounce baked halibut
¾ cup Brussel sprouts
¾ cup yellow summer squash



DAY THREE

Breakfast

Protein Shake:

2 cups almond milk + 1 scoop protein powder (dairy-free: egg or vegan)

3 scrambled egg whites + Mrs. Dash

Snack

6 cooked shrimp (pepper + lemon)

10 baby carrots

Lunch

Chicken Salad: 2 1/2 cups leafy greens + ½ cup chopped bell peppers + ½ cup chopped tomatoes + ¼ cup chopped cucumber + 6 ounces cooked chicken + 10 walnuts (chopped) + 2 Tablespoons balsamic vinegar + pepper

Snack

4 celery stalks + 1 tablespoon nut butter

Dinner

6 ounces scallops

2 cups steamed cauliflower + broccoli

** Men should add 1-2 ounces of protein at each meal and/or a third snack.



FOOD JOURNAL TEMPLATE

Day: _____

WHEN	WHAT	HOW MUCH
Time		Quantity
8:10am	Egg white veggie scramble	4 egg whites
		½ cup spinach
		¼ cup mushrooms
		¼ cup tomatoes
		Light spray of olive oil
10:45am	Quest protein bar (chocolate peanut butter)	1
1:15pm	POST WORKOUT:	
	Vega protein powder (vanilla)	1 scoop
	Almond Breeze almond milk (unsweetened)	1 cup
	Banana	1/2 small
2:00pm	Turkey burger salad	1 turkey burger 7oz
		2 cups romaine
		2 cups mixed greens
		¼ cup mushrooms
		¼ cup tomatoes
		¼ cup celery
		1 TBSP olive oil
		2 TBSP vinegar
3:45pm	Walnuts	12

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.

Notes:

FOOD JOURNAL



Day: _____

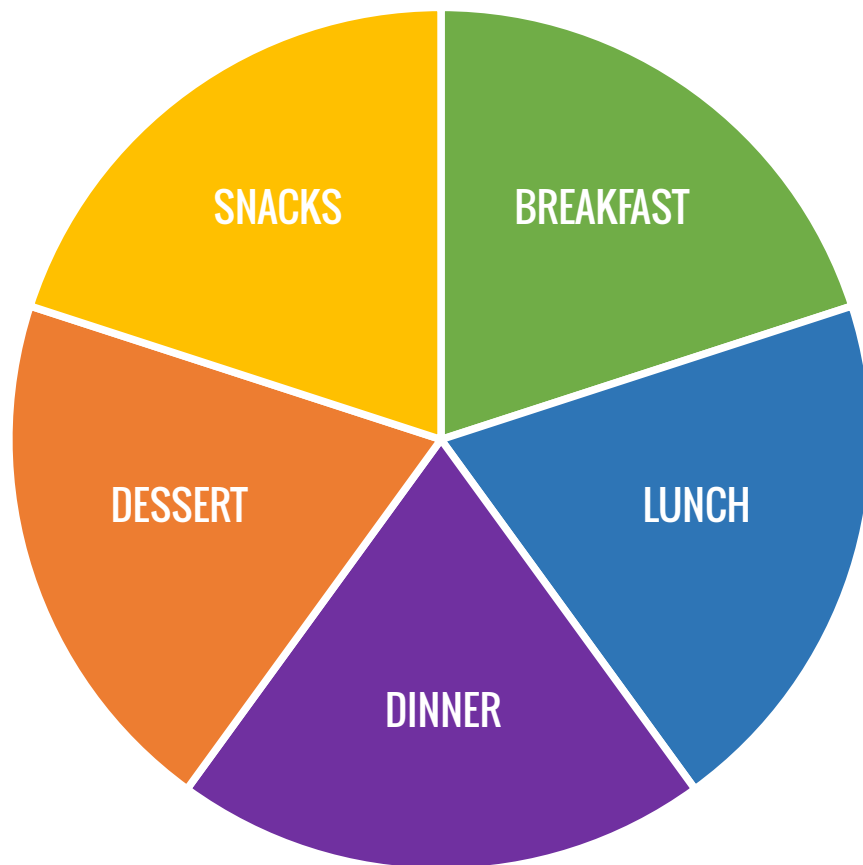
WHEN	WHAT	HOW MUCH
Time		Quantity

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.

Notes:



RECIPES





BREAKFAST

Chocolate Peanut Butter Protein Shake

Ingredients:

1 scoop chocolate protein powder

1 TB natural unsalted peanut butter

1 cup ice

1 cup unsweetened almond or coconut milk

Dash of cinnamon

Water (add to desired thickness)

Directions:

Combine all ingredients in a blender and blend until smooth. Add water for a thinner shake.

Tip: This is a great base recipe that can be modified by trying different protein powder flavors, adding frozen berries or bananas instead of fruit or using PB2 instead of full fat peanut butter. Since it is ice blended, this shake keeps well as a snack at work if you make it in the morning.



Superfood Smoothie

Ingredients:

- 1 scoop vanilla or strawberry protein powder
- 1 cup unsweetened vanilla almond milk
- 1 cup spinach
- ½ cup blueberries
- ½ banana
- ½ TB chia seeds
- ½ TB cacao nibs
- ½ TB goji berries
- ½ TB flax seeds
- 1 tsp cinnamon
- 4-5 ice cubes

Directions:

Combine all ingredients in a blender and blend until smooth. Add water for a thinner shake.

Tip: This smoothie is loaded with SUPERFOODS! You can find them at most health food stores and once you invest in them, they will last you a while and great to add in smoothies, on salads, in oatmeal etc. If you don't want to buy all of them feel free to add 1 TB of chia seeds and 1 TB of goji berries or 2 TB of flax etc so that the total serving of the superfoods is 2 TB. And don't be worried about the spinach, you can't taste it once blended and it is a good way to get in a serving of veggies!



Veggie Omelet

Ingredients:

1 whole egg (2 for guys)

½ cup egg whites

a handful of spinach

½ cup of (chopped) veggies (suggestions: bell pepper, zucchini, onion, etc.)

1 TB salsa

½ avocado (sliced)

Pepper

Directions:

Spray a nonstick skillet and heat over medium heat. Add veggies and spinach and cook until soft. Pour in egg whites and egg(s) and season with pepper. Continue cooking until desired doneness, top with salsa and avocado slices.

Tip: You can add an ounce of low fat or vegan cheese for taste. Feta, goat cheese, or vegan cheese (rice based not soy) are good options.



LUNCH

Turkey Burgers or Ground Beef Burgers

Ingredients:

½ medium onion, grated, divided

1 LB extra-lean ground turkey or 95% or higher lean ground beef

2 TB low-sodium tamari soy sauce (you can substitute with Bragg's Liquid Aminos to cut sodium even more)

1 tsp cinnamon

½ tsp fresh ground black pepper

Olive oil cooking spray

Directions: In a large bowl, mix together onion, turkey, soy sauce and spices. Form 4oz patties-about 2 inches in diameter, with clean, slightly damp hands. Place patties on a tray or plate. Heat nonstick or cast iron pan over medium-high heat and mist pan with cooking spray. Add patties and cook for about 2 to 3 minutes per side, or until juices run clear when pressed down with a spatula.

Tip: Make these at the beginning of the week and take them for lunch or use for dinners. Use Bibb lettuce to make 'protein style burgers' and top with avocado, veggies and low sugar/sodium condiments.



Tasty Greek Chicken

Ingredients:

- 1 LB boneless, skinless Chicken Breasts
- 1 TB of coconut oil
- 1 tsp oregano
- 1 tsp parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- ½ tsp cinnamon
- ½ tsp nutmeg
- Nonstick spray
- Juice of 1 Lemon

Directions: Preheat oven to 350* F. Cube chicken & place in large baking dish sprayed with oil spray. Melt coconut oil in microwave (approx.. 10 sec) & drizzle over cubed chicken. Sprinkle seasoning over cubed chicken & squeeze lemon on top. Bake for approx. 30-40 min until chicken is fully cooked.

Tip: This is a great 'basic' chicken recipe to prepare food ahead for the week. Add to salads, wraps, omelets or veggie bowls to make food prep simple during the week.



Vegetarian Shredded Vegetable Salad

- Add protein post-workout

8 oz.	Sliced red onion
1 lb.	Celery cut into 2-inch strips
1 lb.	Shredded broccoli
1 lb.	Shredded cauliflower
8 oz.	Rice wine vinegar
1 oz.	Fish sauce
1 oz.	Chili flakes
1 TBSP	Toasted sesame seeds
15	Slivered almonds
1/2 cup	Shredded carrots

Toss all ingredients in bowl and serve.



DINNER

Ground Turkey Loaf or Ground Chicken Meat Loaf:

3 lbs.	Ground turkey
1 cup	Onion diced
1 cup	Diced eggplant
1 TBSP	Minced garlic
3	Egg whites beaten
.75 oz.	Ground thyme
.75 oz.	Ground oregano
.75 oz.	Ground cumin
.75 oz.	Black pepper

Mix all ingredients to incorporate.

Portion into 5 oz. individual portions and bake 375' for 22 minutes.



Quick Stir Fry for Fish, Chicken or Vegetables

1 oz.	Garlic
1oz	Ginger
1 cup	Sliced baby bok choy
Small	Florets of broccoli
1 bundle or 12	Spears asparagus
1/2	Head napa cabbage
1	Julienne yellow pepper
1 cup	Sliced mushrooms
Add 1 cup	Diced firm tofu (if vegetarian)

Stir Fry Vinaigrette

1 TBSP	Thai chili (sambal olek) or sriracha
1 TBSP	Lime juice
1/2 TBSP	Lite soy sauce

After all your vegetables are cut and prepped, heat sauté pan to medium and add some non stick spray, ginger, garlic, and sauté for 1 minute, add all vegetables and sauté turning the heat to high, 3 to 5 minutes.

Add vinaigrette and deglaze, and serve.



Spice Baked Salmon

5 oz. Salmon (fresh)

Dry Rub for Salmon:

1 TBSP 5 spice, 1/2 tsp garlic, 1/2 tsp ginger, 2 oz. almond milk.

Marinate salmon at least 12 hours before baking.

Preheat oven to 350° Fahrenheit.

Place salmon on oiled baking sheet and place in oven for 12 minutes. If desired more doneness, increase time to 18 minutes, but careful salmon can overcook quickly.

Ginger Spinach for Salmon:

2 cups	Spinach raw
1 tsp	Garlic
1 tsp	Ginger
.75oz	Fresh ground black pepper

Steam spinach with 2 oz. water.



Simple Slow Cooker Chicken

1 whole chicken
black pepper and/or Mrs. Dash
1 small onion, chopped
4 celery stalks, diced
4 cloves of garlic, minced
3 sprigs of fresh thyme
3 sprigs rosemary
1 lemon

Rinse chicken in cold water and then pat dry.

Season the chicken (inside and out) with black pepper/ Mrs. Dash

Distribute 2/3 of onion and celery in the bottom of the slow cooker.

Place chicken on top of veggies in slow cooker.

Inside of chicken, put 1 garlic clove and 1 sprig of thyme and rosemary each.

Dice remaining thyme and rosemary. Spread on top of chicken with remaining 1/3 of chopped onion and celery.

Juice lemon and spread over chicken.

Cook chicken on low for 6 – 6 ½ hours.



Simple Slow Cooker Lemon Fish

2 pounds white fish fillets (cod works well)
Black pepper, to taste
1 cup chopped onion
6 tablespoons chopped fresh parsley
3 tablespoon coconut oil
1 tablespoon lemon zest

Lightly coat bottom of slow cooker with coconut oil.

Sprinkle pepper over fillets and place in slow cooker.

Put onion, parsley, lemon and remaining oil over fish.

Cook on low for 1 ½ - 2 ½ hours.

Garnish with lemon slices and parsley.



Spaghetti Squash

Ingredients:

1 spaghetti squash

Pinch of sea salt

Pepper

Nonstick spray

Low sugar, organic marinara sauce

Directions: 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. It will come off in noodle shaped pieces and transfer to a bowl. Top with marinara sauce.

Tip: Add ground turkey or chicken to mimic the 'spaghetti and meatball' comfort food you love. You can top with parmesan cheese as well.



Cauliflower Garlic Mashed Potatoes

Ingredients:

- 1 head cauliflower
- 5 garlic cloves, peeled and chopped
- 1 TB ghee (this is optional-tastes like butter)
- ½ tsp pepper
- 3 TB unsweetened almond milk

Directions:

Remove leaves from cauliflower and break into florets. Bring ¼ inch of water to boil in a large frying pan, add a pinch of salt and cauliflower florets. Cover and steam for 7-10 minutes until completely tender (Optional: You can also use a steamer basket or steam in microwave). Drain all water and add chopped garlic, cauliflower, ghee, pepper and almond milk to food processor (or a blender) and process until smooth.

Tip: This is a great make ahead side dish that can be paired with any protein or veggies for lunch/dinner.



DESSERT

No Bake Protein Balls

Ingredients:

1 scoop protein powder (peanut butter or chocolate work well)

1 TB natural peanut butter

1 TB coconut oil

1 tsp raw honey

1 tsp cinnamon

Water (as needed for desired consistency)

Directions:

Melt coconut oil and honey in microwave, about 10 seconds. In a small bowl, combine all remaining ingredients and pour in melted coconut and honey. Start to mix together, adding a few drops of water at a time until mixture starts to clump and becomes sticky. Using your hands, roll into 4-6 small balls. Cool in refrigerator for 10-15 minutes to firm or consume immediately.

SNACKS!



Seaweed Chips



Plain Air-Popped Popcorn



Raw Carrots & Cucumber



Hummus
(Mainly for vegetarians)



Hardboiled Eggs



Quest Protein Bar