

Going from packaged foods to eating foods in their whole state looks daunting at first. But once you get it down, it is easier than expected. Below are a few suggestions on how I put my meals together. I do go on line and get recipes for sauces and combinations. I usually search Google for what I am wanting and choose from the choices it brings up. A few website's I have used are: <http://www.goneraw.com> , <http://www.bobsredmill.com>, [www.chocolatecoveredkatie.com](http://www.chocolatecoveredkatie.com), [www.realhealthyrecipes.com](http://www.realhealthyrecipes.com)

**Here is a list of basics to keep on hand all the time:**

- **Frozen Fruit** - all kinds esp. berries
- **Frozen Veggies** - butternut squash, sweet potatoes, red potatoes, green beans, okra, mushrooms and any others you like.
- **Fresh veggies** - French green beans, carrots, celery, zucchini, yellow squash, spaghetti squash, butternut squash, acorn squash, portabella mushrooms, spring mix, spinach, baby romaine, collard greens, kale, chard, grape tomatoes, olives (various), beets, sweet potatoes, white potatoes, avocados, peppers... etc
- **Fresh fruit** - coconut, bananas, pears, cherries, apples, grapes, nectarines, ...etc
- **Can/jar** - tomatoes, olives, spaghetti, barbeque, soy sauces, etc. (all organic with no additives)
- **Meat** - chicken breast, white fish, salmon, lamb, beef, ostrich, pork, tenderloins, etc... grass fed, organic, ocean caught.
- **Beans** – dried- Lentils, black, pinto, kidney, garbanzo etc... easy to cook and store for later
- **Hemp Milk** - (other choices: coconut, almond, rice) Hemp and Almond have more calcium and magnesium than milk.
- **Cheese** – Parmesan (not in a can, the real thing), goat cheese, feta cheese, sheep cheese
- **Cooking/Salad Oils** - Olive Oil, Coconut oil, Grapeseed, Flaxseed, etc...
- **Seasonings** - Himalayan Sea Salt, fresh herbs like rosemary, thyme, sage and any others you like.
- **Grains** - Quinoa - cooks up like rice but is a high protein grain. You can also find it in flour form to make pancakes or breads.
- **Sprouted Tortillas** – Corn or whole grain sprouted
- **Protein Powder** for smoothies – Hemp, Whey or Rice Protein
- **Various sprouted seeds & Nuts** – raw or sprouted. Stay away from salted and hydrogenated oils.
- **Sweeteners:** blackstrap molasses, stevia, raw honey

**Challenge:** *add in a new vegetable every week. Experiment and find new alternative choices.*

**How to organize meal planning?****Option 1:**

1 main meal – 1-2 snacks – 2 mini meals.

**Main Meal** – 1 protein, 2 veggies and 1 essential fat (and 1 grain if **early** in the day)

**Mini Meal** – protein (1/2 to 1 portion) and 1 veggie and 1 essential fat

**Snack** – 1 serving of fruit or veggie/ nuts/seeds

**I recommend that each meal consist of a lean protein and essential fat (olive oil or olives, avocado, fresh coconut or coconut oil, nuts, seeds... etc..**

**Option 2:**

**5-6 mini meals – eaten 2-3 hours apart**

**Serving sizes:**

Fats – the size of your thumb

Protein and grain – the size of your fist

Veggie and fruit – the size of your hand

**OR** use the best portion control tool you have at your disposal... *YOUR GUT BRAIN*. She will let you know when you have eaten to the point of energy; this eliminates the fear of overeating. Check out my videos and the [E.N.D. Homestudy course](#) for instructions on how to do this.

The key to healthy eating with a busy schedule is to prepare foods a head of time: cook meats and vegetables like butternut, spaghetti, acorn squash and sweet potatoes ahead of time. Prep and wash all veggies and store in the green bags so they stay fresh all week.

**Get the most out of your meals; eat with the circadian rhythm of the sun**

- *The body wakes up with the sun. From sunrise to 2:00 pm your body needs fuel for the day. The largest meal is eaten at midday when sun is highest in the sky.*
- *From 2:00 pm - 5:00 pm –drink water and take a small break to center yourself by participating in a Bio~Balance Mindful Breathing Meditation. The body slows down during the middle of the afternoon, and eating during this time tends to cause a bloated feeling. You will feel more energy and vitality by responding to the body's needs with breath, water and time.*
- *5:00 pm - 8:00 pm. small snack and/or light dinner*
- *Eat no later than 3 hours before bedtime. The body needs an empty stomach when slowing down for sleep. This is a time for the body to heal and repair; if the stomach is full the body will have to digest (at a slower rate) before this process can take place. Therefore, upon waking you will feel sluggish and tired.*
- *Note that the majority of your caloric intake is eaten early in the day.*

**Steps to get started right now:**

- Clean out your fridge and pantry using the ABB Kitchen Cleanse Guidebook. Eliminate processed foods for better health.
- Journal the foods you eat every day. This will reveal your habits so you know what to change. Make 3 columns on a sheet – first is for time of day, second is what food and how much, third column list if you were in a relaxed state or if you were rushed while eating.
- NEVER eat under stress! Digestive system shuts down under stress... this leaves you feeling bloated and lethargic and “sick”
- SLOW DOWN – never eat in a rush. ENJOY your meal time. Make it an event.

When you have the basics, you can get creative and make many combinations. Experiment and make delicious quick meals; fresh food cooks faster than boxed. You will be amazed!

Enjoy your journey to healthy eating! Please, do not stress about it. Take it one step, one meal at a time.

You CAN do this!

**Sample Meal Plan:****Option 1**

Breakfast: Protein/fruit smoothie – 1 cup of frozen berries, protein powder (Whey Protein - or Hemp Protein (plant source), hemp milk (or your choice of milk), 1 tsp molasses.

Snack – fresh fruit – orange, apple, peach etc... .for faster weight loss, no bananas.

Lunch – Black Bean salad with greens

Snack – sprouted seeds (stay within serving size) and fresh vegetables.

Dinner – Chicken Florentine (chicken cutlet stuffed with 1 T of shredded fontina cheese and sage leaf, baked in puréed tomatoes and crushed roasted red peppers)

**Option 2**

Breakfast: plain Greek yogurt (4 oz), oats or granola (1/4 c), fresh berries (1/2 c), fresh coconut (3 T)

Snack – Almonds (15) 1 apple

Lunch – Lettuce Wrap sandwich w/ fresh lean chicken, arugula, orange or red pepper. Spread Hummus on lettuce or collard....recipe listed above.

Snack – fresh veggies and hummus (2T)

Dinner – 1 cup of skillet dinner mix with lean protein.

**For FAST weight loss, ELIMINATE SUGAR and PROCESSED FOODS  
It takes 21 days to make a new habit. Do without and you will WIN in the end!**