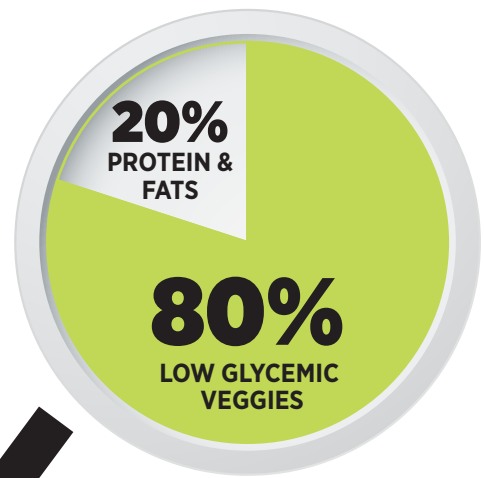




80/20 PLATE AT EVERY MEAL



HAVE A LIQUID DINNER

LENTIL VEGGIE SOUP

INGREDIENTS

- 1/2 CUP CHOPPED CELERY
- 1 TABLESPOON UNREFINED COCONUT OIL
- 1 TABLESPOON CHOPPED GARLIC
- 1 TABLESPOON GRATED GINGER
- 2 TEASPOONS GROUND CUMIN
- 3/4 POUNDS RED LENTILS, RINSED
- 1/2 TEASPOON SALT OR MORE IF DESIRED
- FRESHLY GROUND PEPPER
- 8 CUPS VEGGIE BROTH OR WATER
- 5 PACKED CUPS CHOPPED KALE
- 5 PACKED CUPS CHOPPED BABY SPINACH

CABBAGE TURKEY SOUP

INGREDIENTS

- 1 TABLESPOON GRAPE SEED OIL
- 2 CUPS CHOPPED CELERY
- 1 ONION, SLICED
- 3/4 POUNDS GROUND TURKEY
- 1 TABLESPOON CHOPPED GARLIC
- 2 TEASPOONS CARAWAY SEEDS
- 1 MEDIUM CABBAGE CHOPPED INTO BITE SIZE PIECES
- 4 CUPS CHICKEN BROTH
- 1 -15 OZ CAN STEWED TOMATOES

OR BUY A LOW SODIUM SOUP & ADD ROTISSERIE CHICKEN

LOW GLYCEMIC VEGGIE OPTIONS

- Artichokes
- Artichoke hearts
- Asparagus
- Bamboo shoots
- Bean sprouts
- Broccoli
- Brussels sprouts
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Leeks
- Lentils
- Radishes
- Rutabaga
- Squash
- Sugar Snap Peas
- Swiss Chard
- Tomatoes
- Water Chestnuts
- Beans (green, kidney, Garbanzo)
- Greens (collard, kale, mustard, turnip)
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Watercress
- Zucchini
- Cabbage (Green, Bok Choy, Chinese)
- Salad Greens (Chicory, endive, escarole, Iceberg lettuce, Romaine, Spinach, Arugula, Radicchio, Watercress)

PROTEIN OPTIONS

- Lean chicken, fish, turkey or steak
- 2 Hard boiled eggs

FAT OPTIONS

- Olive Oil
- Coconut Oil
- Avocado
- Nuts & Seeds

DRINK SWIMSUIT WATER BEFORE & AFTER EVERY MEAL

SWIMSUIT WATER

1 LITER WATER

■

1 CUP STRAWBERRIES

■

1/2 TBSP CINNAMON

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JUICE FROM 1 LIME

■

BLEND

3 HIGH PROTEIN & HIGH FIBER SNACKS A DAY

FIBER SNACK OPTIONS

- Low Glycemic Veggies
- Berries & Fruits
- High Fiber Crackers

PROTEIN SNACK OPTIONS

- Greek Yogurt
- Cottage Cheese
- Nuts & Nut Butters
- Turkey Slices
- Hummus

BONUS: TAKE A B COMPLEX SUPPLEMENT