

Work Book



21 Day Rejuvenation Challenge



Pilates For Smarties: by Robyn Alvarez



- Checklists
- Gratitude
- Recipes
- Affirmations
- Eulogy
- De-Cluttering
- Bucket List

On the App :

Complete Program

Daily meditations

Daily Pilates classes

Before you Start-Plan your 21 Days -print off

In your own personal diary plan your next 21 days. Write in your work schedule, family time, commitments Look for the white space in your day. Allocating an hour for yourself preferably first thing in the morning. As soon as you wake up is best to go for your walk /meditation it sets your mind up for the rest of the day. You can do this rejuvenation challenge anyway you like for example you might contact an old friend that you've not seen for years to go for a bushwalk to a waterfall (you've completed 3 tasks from the Getting out of your comfort zone) 1. Be Kind 2. 10 Km Hike 3Find a Waterfall

Daily Checklist These activities need to be completed daily for maximum benefit

Challenge	Day <u>1</u>	Day <u>2</u>	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
Wake up 5.30/6am																						
Walk outside																						
Drink Celtic salt water																						
Write my Gratitude																						
Affirmations																						
10min Meditation																						
Pilates Exercises																						
2-3 Lts Water																						
16hour Fasting																						
Cold Shower																						
Eating Clean																						
Sleep 8 hours																						
Self reflection																						

Getting out of your Comfort Zone checklist: These activities must be completed at least once during the 21 days

BODY			
Grounding/Sun Gazing	1-7 <u>days</u>	8-14 <u>days</u>	15-21 <u>days</u>
24 Hour Fast	<u>1day</u>	<u>2day</u>	<u>3day</u>
Walking 10km	1-7 <u>days</u>	8-14 <u>days</u>	15-21 <u>days</u>
MIND			
De Clutter your environment exercise -completed	10 items	20 items	All
Learn something new			
Ice Bath			
Social Media De-tox	1-7 <u>days</u>	8-14 <u>days</u>	15-21 <u>days</u>
HEART			
Write your Eulogy			
Be Kind exercise			
Find a waterfall and Swim in it			
Write a Bucket List			

Write in your measurements and Weight

	<u>Day 1 -Date:</u>	<u>Day 21-Date:</u>	<u>Later Date:</u>	<u>Later Date:</u>
<u>Photo</u>				
<u>Weight</u>				
<u>chest</u>				
<u>Belly button /Navel</u>				
<u>hips</u>				
<u>Upper Arms R L</u>				
<u>Upper Leg R L</u>				

Week 1 Workbook

Day 1

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation: *I love myself enough to take excellent care of my body, mind and soul and it responds by giving me vibrant good health*



Super Savory Omelette

SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 3 large eggs• Salt and pepper to taste• 1 tsp (4.5 g) avocado oil• 2 tbsp (8 g) red onions, chopped• Handful of spinach or arugula• 2 tbsp (28 g) goat cheese• 2 sliced of organic turkey, sliced	<ol style="list-style-type: none">1. In a bowl, whisk eggs with goat cheese until fluffy.2. In a small skillet heat olive oil.3. Add to skillet red onions and turkey. Cook for 2-3 minutes then remove from heat.4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with cooked onions mixture and turkey. Cook for an additional 30 seconds - 1 minute or until eggs are cooked through.5. Fold in half, remove from heat, and enjoy!

Breakfast

NUTRITION INFO
Calories: 438, Carbohydrate: 5 grams, Protein: 33 grams, Fat: 31 grams

Organic Chicken Salad and Avocado



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned organic chicken
- 1/2 tbsp (7g) avocado oil mayonaise
- 1/8 small red onion, diced
- 1 tsp (1g) dried dill weed
- Salt and pepper to taste
- 1 small avocado, halved and pitted
- 1 small cucumber, sliced

DIRECTIONS

1. Drain canned chicken.
2. Mix together chicken, avocado oil mayonaise, red onion, dill, salt, and pepper.
3. Fill avocados with chicken mixture.
4. Serve with a side of sliced cucumbers.

Lunch

NUTRITION INFO

Calories: 532, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 34 grams

Steak Stir Fry



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 4 oz (113g) grass-fed sirloin steak, sliced 1/8 inch thick
- 1 cup (90 g) broccoli, chopped
- 1 red or orange bell pepper, sliced
- 1/2 small yellow onion, sliced
- 2 tbsp (36g) tamari or coconut aminos
- 1 tbsp (14g) toasted sesame oil
- 1 tsp (10g) sesame seeds
- 1 green onion, chopped
- 1 cup (142g) cooked cauliflower rice

DIRECTIONS

1. In a medium skillet heat sesame oil over medium heat.
2. Add steak and cook for 2 minutes, stirring occasionally.
3. Add in broccoli, bell pepper, yellow onion, and tamari.
4. Cook for 3-4 minutes, or until vegetables are desired texture.
5. Just before removing from heat, add in sesame seeds and green onion.
6. Serve over cooked cauliflower rice.

Dinner-save leftovers for tomorrow

NUTRITION INFO

Calories: 502, Carbohydrate: 22 grams, Protein: 45 grams, Fat: 29 grams

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

De-Clutter your Environment

The connection between mental clutter and physical space is well-recognized. A cluttered environment often reflects a cluttered mind, and vice versa. The scenario you described, where unfinished tasks and to-dos play in the background of your subconscious, can indeed lead to stress and a sense of procrastination. Here is an exercise to help you get started. Try to get through some of your to-do list through the next 21 days.

1. Create a To-Do List for each room of the house. Go into each room and write down everything you see even the big jobs like painting the walls.
 - Write down tasks on a to-do list, categorizing them by priority.
 - Break down larger tasks into smaller, more manageable steps. For example if you need to paint a wall you might have to get quotes from 3 painters or if you are doing it yourself buy the paint and equipment.

Organizing tasks room by room is a practical approach to manage your to-do list effectively. Here's a template to help you list tasks for different rooms in your home:

<u>Room</u>	<u>Task</u>	<u>Breakdown into bite size Tasks</u>

Day 2

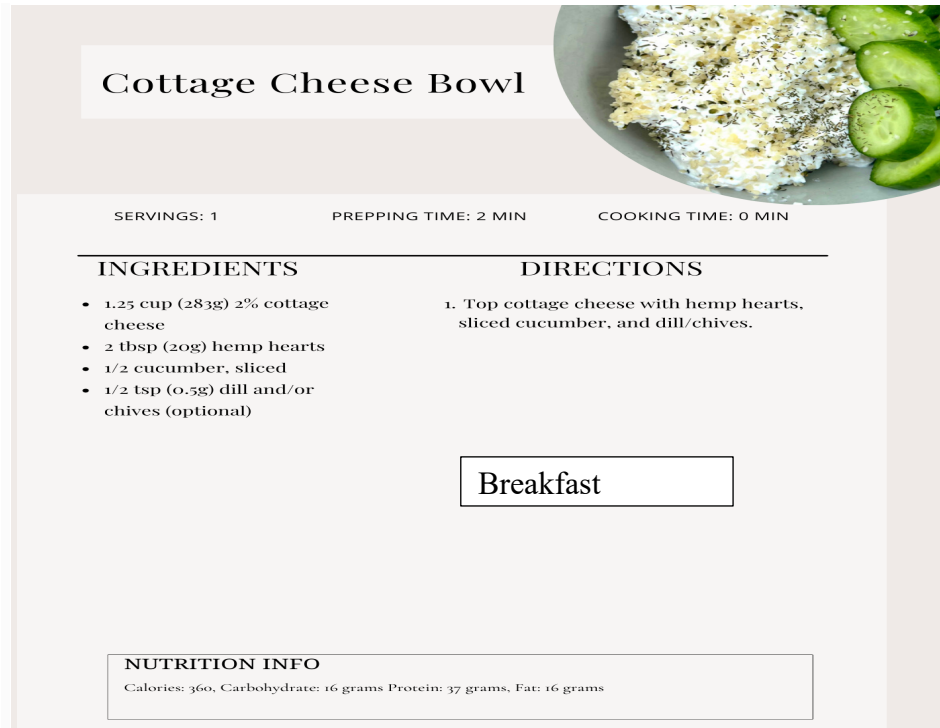
Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation: With every breath I take, I am getting Healthier and Healthier



Cottage Cheese Bowl

SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1.25 cup (283g) 2% cottage cheese
- 2 tbsp (20g) hemp hearts
- 1/2 cucumber, sliced
- 1/2 tsp (0.5g) dill and/or chives (optional)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

Breakfast

NUTRITION INFO
Calories: 360, Carbohydrate: 16 grams Protein: 37 grams, Fat: 16 grams

Hearty Pesto Chicken Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN
(FOR CHICKEN BREAST)

INGREDIENTS

- 2 cups (42g) mixed greens
- 4 oz (113g) cooked chicken breast, sliced
- 1/2 small avocado
- Handful cherry tomatoes
- 2 oz (56g) sliced mozzarella
- 1 tbsp (15g) pesto sauce (made with olive oil).

DIRECTIONS

1. Mix together pesto sauce with chopped tomatoes and mozzarella.
2. Combine all other ingredients together and top with tomato mixture.

Lunch

NUTRITION INFO

Calories: 578, Carbohydrate: 24 grams, Protein: 56 grams, Fat: 31 grams

Dinner : Left overs from the night before

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 3

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation: Throughout the day, I check in on my Body's tension Level. I sit quietly, Breathe deeply and let the tension go.

Berry Smoothie



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup (68g) frozen mixed berries
- 1 tbsp (10g) hemp hearts
- 2 scoops (30g) vanilla protein powder
- 1/2 cup (120g) unsweetened almond milk
- Handful baby spinach

DIRECTIONS

1. Blend all together and enjoy!

Breakfast

NUTRITION INFO

Calories: 357, Carbohydrate: 16 grams, Protein: 44 grams, Fat: 12 grams

Hearty Pesto Chicken Salad



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 20 MIN
(FOR CHICKEN BREAST)

INGREDIENTS

- 2 cups (42g) mixed greens
- 4 oz (113g) cooked chicken breast, sliced
- 1/2 small avocado
- Handful cherry tomatoes
- 2 oz (56g) sliced mozzarella
- 1 tbsp (15g) pesto sauce (made with olive oil).

DIRECTIONS

1. Mix together pesto sauce with chopped tomatoes and mozzarella.
2. Combine all other ingredients together and top with tomato mixture.

Lunch

NUTRITION INFO

Calories: 578, Carbohydrate: 24 grams, Protein: 56 grams, Fat: 31 grams

Baked Salmon and Asparagus



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 12 MIN

INGREDIENTS

- 1 large bundle asparagus, ends removed
- 2, 5 oz (142g) wild caught salmon filet, skin on
- Juice of one lemon
- 3 tbsp (40g) avocado oil
- 2 tsp (3g) dried rosemary
- 3-4 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Mix together avocado oil, lemon juice, rosemary, garlic, salt, and pepper.
3. In a glass baking dish, coat the salmon and asparagus with the avocado oil mixture.
4. Cook in oven for 9-12 minutes.

Dinner-save for leftovers for tomorrows dinner

NUTRITION INFO

Calories: 386, Carbohydrate: 4 grams, Protein: 31 grams, Fat: 27 grams

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 4

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation: Today I do a mental housecleaning, making room for new positive thoughts.

Cottage Cheese Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1.25 cup (283g) 2% cottage cheese
- 2 tbsp (20g) hemp hearts
- 1/2 cucumber, sliced
- 1/2 tsp (0.5g) dill and/or chives (optional)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

Breakfast

NUTRITION INFO

Calories: 360, Carbohydrate: 16 grams Protein: 37 grams, Fat: 16 grams

Tuna Salad Lettuce Wrap



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned tuna
- 1 tbsp (14g) avocado oil mayo
- 1-2 green onions, chopped
- Crushed red pepper flakes
- 2-4 leaves of bibb or romaine lettuce
- Salt and pepper to taste
- 2 tbsp (17g) raw or dry roasted mixed nuts

DIRECTIONS

1. Drain and mix canned tuna with avocado oil mayo, green onion, and red pepper flakes.
2. Fill lettuce leaves with tuna mixture.
3. Serve with side of mixed nuts.

Lunch

NUTRITION INFO

Calories: 335, Carbohydrate: 7 grams, Protein: 36 grams, Fat: 17 grams

Dinner: Left overs from the night before

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 5

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation: The more I accept life exactly as it is, the more I get to experience true harmony and perfection.

Berry Smoothie



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup (68g) frozen mixed berries
- 1 tbsp (10g) hemp hearts
- 2 scoops (30g) vanilla protein powder
- 1/2 cup (120g) unsweetened almond milk
- Handful baby spinach

DIRECTIONS

1. Blend all together and enjoy!

Breakfast

NUTRITION INFO

Calories: 357, Carbohydrate: 16 grams, Protein: 44 grams, Fat: 12 grams

Tuna Salad Lettuce Wrap



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned tuna
- 1 tbsp (14g) avocado oil mayo
- 1-2 green onions, chopped
- Crushed red pepper flakes
- 2-4 leaves of bibb or romaine lettuce
- Salt and pepper to taste
- 2 tbsp (17g) raw or dry roasted mixed nuts

DIRECTIONS

1. Drain and mix canned tuna with avocado oil mayo, green onion, and red pepper flakes.
2. Fill lettuce leaves with tuna mixture.
3. Serve with side of mixed nuts.

Lunch

NUTRITION INFO

Calories: 335, Carbohydrate: 7 grams, Protein: 36 grams, Fat: 17 grams

Cashew Chicken



Dinner save leftovers for tomorrow night dinner

SERVINGS: 2

PREPPING TIME: 6 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1 tbsp (14g) coconut oil
- 10 oz (284g) chicken breast, cut into cubes
- 1 red or orange bell pepper, sliced
- 1 green bell pepper, sliced
- 1/2 small onion, sliced
- 1/8 cup (40g) coconut aminos
- 1 tsp (1g) rice wine vinegar
- 1 clove garlic, minced
- Dash of ground ginger
- Dash of red pepper flakes (optional)
- 1 tsp (1g) honey
- 2 tbsp (22g) cashews
- 1 cup (142g) cooked cauliflower rice.

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, vinegar, garlic, ginger, honey, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews and cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

NUTRITION INFO

Calories: 390, Carbohydrate: 13 grams, Protein: 48 grams, Fat: 16 grams

Note what time you finish dinner = Intermittent Fasting : 16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 6

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation: My inner vision is clear and unclouded

Super Savory Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 3 large eggs
- Salt and pepper to taste
- 1 tsp (4.5 g) avocado oil
- 2 tbsp (8 g) red onions, chopped
- Handful of spinach or arugula
- 2 tbsp (28 g) goat cheese
- 2 sliced of organic turkey, sliced

DIRECTIONS

1. In a bowl, whisk eggs with goat cheese until fluffy.
2. In a small skillet heat olive oil.
3. Add to skillet red onions and turkey. Cook for 2-3 minutes then remove from heat.
4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with cooked onions mixture and turkey. Cook for an additional 30 seconds - 1 minute or until eggs are cooked through.
5. Fold in half, remove from heat, and enjoy!

Breakfast

NUTRITION INFO

Calories: 438, Carbohydrate: 5 grams, Protein: 33 grams, Fat: 31 grams

Cobb Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 - 25 MIN

(TIME TO COOK CHICKEN,
BACON, AND EGGS)

INGREDIENTS

- 2 cups (42g) mixed greens
- 1 hard boiled egg, quartered
- 2 slices cooked bacon, crumbled
- 2 oz (56g) cooked chicken breast, sliced
- 1 handful cherry tomatoes, chopped
- 1/8 small red onion, sliced
- 1/2 tbsp (7g) olive oil
- Lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients together and enjoy!

Lunch

NUTRITION INFO

Calories: 376, Carbohydrate: 8 grams, Protein: 37 grams, Fat: 21 grams

Dinner: Left overs from the night before- *Note what time you finish dinner =Intermittent Fasting : 16 hours after your last meal*
Self Reflection: What Did I do Well today?

Day 7

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation: I am open and receptive to receiving all the gifts that life has to give me .

Greek Yogurt Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 cup (125g) Greek Yogurt (whole milk)
- 1/4 cup (34g) mixed berries
- 1 tbsp (10g) pumpkin seeds or sunflower seeds
- (Option to serve with two hard boiled eggs for an additional 13 grams of protein).

DIRECTIONS

1. Top Greek yogurt with mixed berries and pumpkin seeds.

Breakfast

NUTRITION INFO

Calories: 334, Carbohydrate: 17 grams, Protein: 26 grams, Fat: 19 grams

Cobb Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 - 25 MIN

(TIME TO COOK CHICKEN,
BACON, AND EGGS)

INGREDIENTS

- 2 cups (42g) mixed greens
- 1 hard boiled egg, quartered
- 2 slices cooked bacon, crumbled
- 2 oz (56g) cooked chicken breast, sliced
- 1 handful cherry tomatoes, chopped
- 1/8 small red onion, sliced
- 1/2 tbsp (7g) olive oil
- Lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients together and enjoy!

Lunch

NUTRITION INFO

Calories: 376, Carbohydrate: 8 grams, Protein: 37 grams, Fat: 21 grams

Asian Sesame Kabobs



Dinner

SERVING TIME: 10 MIN COOKING TIME: 10 MIN
(PLUS TIME TO MARINADE)

INGREDIENTS

- 12oz (340g) steak tips
- 2 bell peppers, color of choice, cut into squares
- 1 small yellow onion, cut into squares
- 1/2 cup (144g) coconut aminos or tamari
- 3 tbsp (40g) avocado oil
- 1 tbsp (14) sesame oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp (6 g) ginger, minced (or 1 tsp ground ginger)
- 1 tsp (2g) onion powder
- Dash of salt
- Grilling skewers.

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Let grilling skewers soak in water for 5 minutes before preparing kabobs.
4. Heat grill to medium heat.
5. Add steak and vegetables to the skewers, alternating between each.
6. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
7. Once removing from the grill pour over remaining marinade.

NUTRITION INFO

Calories: 481, Carbohydrate: 11 grams, Protein: 38 grams, Fat: 33 grams

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Getting out of your Comfort Zone Challenge Activity

Write your Eulogy

The idea of writing one's own eulogy may seem unconventional and, perhaps, a bit morbid at first glance. However, this powerful exercise in self-reflection can be a transformative and enlightening experience. By articulating your life story, values, and accomplishments, you gain a profound understanding of the legacy you wish to leave behind. In this article, we will explore the process of writing your own eulogy, its significance, and the valuable insights it can offer. How to Write Your Own Eulogy:

1. **Reflect on Your Life:**

- Consider key life events, relationships, and experiences that have shaped you. Reflect on moments of joy, sorrow, and personal growth.

2. **Identify Core Values:**

- What principles have guided your decisions and actions throughout your life? Identify the core values that define you.

3. **Acknowledge Achievements and Challenges:**

- Celebrate your achievements and acknowledge the challenges you've overcome. This balanced perspective provides a holistic view of your journey.

4. **Consider Relationships:**

- Highlight significant relationships and the impact they've had on your life. Express gratitude for the people who played a pivotal role.

5. **Express Your Hopes for the Future:**

- Share your hopes and aspirations for the future, both for yourself and for those you leave behind. This adds a forward-looking dimension to your eulogy.

Eulogy space

Getting out of your Comfort Zone Challenge Activity

Write a bucket list

Creating a bucket list is a wonderful way to set intentions, dream big, and make the most of your life's journey. Here's a brief guide on how to write a bucket list:

1. Reflect on Your Passions and Interests:

- Begin by reflecting on your passions, interests, and the experiences you've always dreamed of having. Consider activities that bring you joy, fulfillment, and a sense of purpose.

2. Identify Short-Term and Long-Term Goals:

- Categorize your bucket list into short-term and long-term goals. Short-term goals might be things you can achieve within the next year, while long-term goals could span several years or even a lifetime.

3. Be Specific and Concrete:

- Be specific about the experiences you want to have. Instead of vague goals like "travel more," specify destinations you want to visit, such as "explore the streets of Tokyo" or "experience the Northern Lights in Iceland."

4. Include a Variety of Experiences:

- Ensure diversity in your list by including a mix of travel, personal development, adventure, and leisure activities. This variety will keep your list exciting and well-rounded.

5. Challenge Yourself:

- Don't be afraid to include challenging or adventurous goals. Pushing your boundaries can lead to personal growth and unforgettable experiences.

6. Consider Your Values:

- Align your bucket list with your values. Include activities that resonate with what matters most to you and contribute to your sense of fulfillment.

7. Keep It Flexible:

- While it's good to have a list, allow flexibility for spontaneous opportunities. Sometimes, the best experiences are the ones you didn't plan for.

8. Prioritize and Set a Timeline:

- Prioritize your bucket list items based on importance to you. Consider setting a timeline for each goal to keep yourself accountable and motivated.

9. Share Your List:

- Share your bucket list with friends or family. This not only makes the experience more enjoyable but also opens up opportunities for shared adventures.

10. Celebrate Achievements:

- As you tick off items from your bucket list, take time to celebrate your achievements. Reflect on the experiences, lessons learned, and memories created.

11. Update and Evolve:

- Your bucket list is not set in stone. Allow it to evolve as your interests, priorities, and circumstances change. Regularly revisit and update your list to reflect your current aspirations.

Creating a bucket list is a personal and introspective process. It's about envisioning a life filled with meaningful experiences and taking intentional steps to turn those dreams into reality. Enjoy the journey of crafting your list, and let it inspire you to live life to the fullest.

Week 2

Day 8

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation The *greatest gift I can give myself is unconditional love*

Steak and Eggs



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5-10 MIN

INGREDIENTS

- 1/2 tbsp (7g) avocado oil
- 1/4 tbsp (3.5g) tamari or coconut aminos
- 1/4 tbsp (3.5g) Worcester sauce
- 1 clove garlic, minced
- Dash of black pepper
- 2 eggs
- 3 oz (85g) sirloin steak, sliced thin
- 2 cups (42g) arugula

DIRECTIONS

1. Marinate 1/4 tbsp avocado oil, tamari, Worcester sauce, garlic, and pepper with sliced sirloin steak over night.
2. Warm skillet over medium heat. Add steak and marinade mixture to the skillet and cook until steak is cooked through, turning steak strips once.
3. In a separate skillet heat 1/2 tbsp avocado oil. Crack eggs into the skilled. All eggs to cook until egg white is firm.
4. Serve steak and eggs over 1 cup arugula.

Breakfast

NUTRITION INFO

Calories: 392, Carbohydrate: 4 grams, Protein: 39 grams, Fat: 24 grams

11

Sliced Chicken with Veggies and Hummus



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15-20 MIN

INGREDIENTS

- 5oz (142g) chicken breast, sliced
- 1 tbsp (14g) avocado oil
- Salt and pepper to taste
- 2 tbsp (14g) hummus
- 1/4 cup (22g) chopped broccoli
- 1 handful cherry tomatoes
- 1/4 cup (22g) organic baby carrots

DIRECTIONS

1. Preheat oven to 450 degrees.
2. Coat chicken breast in avocado oil, salt, and pepper.
3. Place chicken breast in a glass baking dish and cook in the oven for 15-20 minutes (until internal temperature of chicken shows 165 degrees Fahrenheit using a cooking thermometer).
4. Allow chicken to rest for at least 5-10 minutes.
5. Serve all together, dip vegetables in hummus.

Lunch

NUTRITION INFO

Calories: 373, Carbohydrate: 11 grams, Protein: 47 grams, Fat: 14 grams

20

Turkey Chili



Dinner-save leftovers for tomorrow's dinner

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 0.5 tbsp (7g) avocado oil
- 1/2 small onion, diced
- 1 small red bell pepper, diced
- 2 ribs celery, diced
- 1 clove garlic, minced (or 1 tsp garlic powder)
- 12oz (340g) ground turkey
- 1/2 14.5 oz (213g) can fire roasted tomatoes
- 1/2 tbsp (8g) tomato paste
- 1 1/2 tsp (2.5g) Chile powder
- 1/2 tbsp (3g) paprika
- 1/4 tsp (0.5g) ground cumin
- Dash of cayenne pepper
- Dash of salt and pepper
- Spoonful plain Greek yogurt (or avocado)

DIRECTIONS

1. Heat avocado oil in a large pan.
2. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
3. Add turkey, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, stirring and turning the turkey frequently.
4. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
5. Turn to low and simmer for 15-20 minutes.
6. Remove from heat and serve warm.
7. Top with plain Greek yogurt or avocado.

NUTRITION INFO

Calories: 330, Carbohydrate: 16 grams Protein: 35 grams, Fat: 14 grams

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 9

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation: *I maintain my body at the highest level of health , giving it what it needs at every level*

Greek Yogurt Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 cup (125g) Greek Yogurt (whole milk)
- 1/4 cup (34g) mixed berries
- 1 tbsp (10g) pumpkin seeds or sunflower seeds
- (Option to serve with two hard boiled eggs for an additional 13 grams of protein).

DIRECTIONS

1. Top Greek yogurt with mixed berries and pumpkin seeds.

Breakfast

NUTRITION INFO

Calories: 334, Carbohydrate: 17 grams, Protein: 26 grams, Fat: 19 grams

5

Mediterranean Salad With Ground Beef



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN
(FOR GROUND BEEF)

INGREDIENTS

- 1 cup (22g) mixed greens
- 2 oz (56g) feta cheese
- 1/8 small red onion, sliced
- 2 tbsp (20g) green olives
- 1/2 medium vine ripe tomato, sliced
- 1 small cucumber, sliced
- 4 oz (113g) cooked ground beef
- 1/2 tbsp (7g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste.

Lunch

NUTRITION INFO

Calories: 505, Carbohydrate: 10 grams, Protein: 31 grams, Fat: 37 grams

17

Dinner- Leftovers from night before *Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal*

Self Reflection: What Did I do Well today

Day 10

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation: *No one else gets to choose for me. I make my own choices.*

Hearty Sausage and Eggs Scramble



Dinner

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 1 organic chicken sausage link, sliced 1/4 inch thick
- 2 eggs
- 1/2 tbsp (7g) avocado oil
- 1/2 cup (45g) chopped broccoli florets
- 1/4 small onion, chopped small
- 1 clove garlic, minced
- Sea salt and black pepper to taste

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add sliced sausage, broccoli, onion, and garlic to the skillet and cook for 5 minutes stirring occasionally.
3. Whisk eggs in a bowl then add to skillet along with salt and pepper.
4. Stir until eggs are cooked through.
5. Remove from heat and serve warm.

Breakfast

NUTRITION INFO

Calories: 350, Carbohydrate: 20 grams, Protein: 34 grams, Fat: 14 grams

Mediterranean Salad With Ground Beef



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN
(FOR GROUND BEEF)

INGREDIENTS

- 1 cup (22g) mixed greens
- 2 oz (56g) feta cheese
- 1/8 small red onion, sliced
- 2 tbsp (20g) green olives
- 1/2 medium vine ripe tomato, sliced
- 1 small cucumber, sliced
- 4 oz (113g) cooked ground beef
- 1/2 tbsp (7g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste.

Lunch

NUTRITION INFO

Calories: 505, Carbohydrate: 10 grams, Protein: 31 grams, Fat: 37 grams

Cashew Chicken



Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

SERVINGS: 2

PREPPING TIME: 6 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1 tbsp (14g) coconut oil
- 10 oz (284g) chicken breast, cut into cubes
- 1 red or orange bell pepper, sliced
- 1 green bell pepper, sliced
- 1/2 small onion, sliced
- 1/8 cup (40g) coconut aminos
- 1 tsp (1g) rice wine vinegar
- 1 clove garlic, minced
- Dash of ground ginger
- Dash of red pepper flakes (optional)
- 1 tsp (1g) honey
- 2 tbsp (22g) cashews
- 1 cup (142g) cooked cauliflower rice.

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, vinegar, garlic, ginger, honey, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews a cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

Dinner save leftovers for tomorrow

NUTRITION INFO

Calories: 390, Carbohydrate: 13 grams, Protein: 48 grams, Fat: 16 grams

28

Day 11

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation ***I take the time today to bask in the love and light of my life. What a glorious day!***

Greek Yogurt Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 cup (125g) Greek Yogurt (whole milk)
- 1/4 cup (34g) mixed berries
- 1 tbsp (10g) pumpkin seeds or sunflower seeds
- (Option to serve with two hard boiled eggs for an additional 13 grams of protein).

DIRECTIONS

1. Top Greek yogurt with mixed berries and pumpkin seeds.

Breakfast

NUTRITION INFO

Calories: 334, Carbohydrate: 17 grams, Protein: 26 grams, Fat: 19 grams

5

Smoked Salmon Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4 oz (113g) smoked salmon
- 2 cups arugula (42g) or rocket
- 1 handful halved cherry tomatoes.
- 1/2 small avocado, diced
- 1 tbsp (10g) hemp hearts
- 1 tbsp (10g) sesame seeds
- 1/2 tbsp (7g) olive oil
- lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Combine salmon, arugula, cherry tomatoes, avocado, and hemp hearts together in a bowl.
2. Mix olive oil, lemon juice, salt, and pepper together and drizzle over salad.

Lunch

NUTRITION INFO

Calories: 456, Carbohydrate: 20 grams, Protein: 31 grams, Fat: 30 grams

27 Dinner-left

overs from night before *Note what time you finish dinner = Intermittent Fasting : 16 hours after your last meal*

Self Reflection: What Did I do Well today

Day 12

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation *I joyfully help wherever I can, easing the load of others .*

Hearty Sausage and Eggs Scramble



Dinner

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 1 organic chicken sausage link, sliced 1/4 inch thick
- 2 eggs
- 1/2 tbsp (7g) avocado oil
- 1/2 cup (45g) chopped broccoli florets
- 1/4 small onion, chopped small
- 1 clove garlic, minced
- Sea salt and black pepper to taste

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add sliced sausage, broccoli, onion, and garlic to the skillet and cook for 5 minutes stirring occasionally.
3. Whisk eggs in a bowl then add to skillet along with salt and pepper.
4. Stir until eggs are cooked through.
5. Remove from heat and serve warm.

Breakfast

NUTRITION INFO

Calories: 350, Carbohydrate: 20 grams, Protein: 34 grams, Fat: 14 grams

7

Smoked Salmon Salad



Lunch

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4 oz (113g) smoked salmon
- 2 cups arugula (42g) or rocket
- 1 handful halved cherry tomatoes.
- 1/2 small avocado, diced
- 1 tbsp (10g) hemp hearts
- 1 tbsp (10g) sesame seeds
- 1/2 tbsp (7g) olive oil
- lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Combine salmon, arugula, cherry tomatoes, avocado, and hemp hearts together in a bowl.
2. Mix olive oil, lemon juice, salt, and pepper together and drizzle over salad.

NUTRITION INFO

Calories: 456, Carbohydrate: 20 grams, Protein: 31 grams, Fat: 30 grams

2

Fajita Skillet

Dinner save leftovers for tomorrows dinner



SERVINGS: 2-3 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

INGREDIENTS

- 4 oz (113g) boneless skinless chicken breast, sliced 1/2 inch thick
- 6 oz (170g) skirt steak, sliced 1/2 inch thick
- 2 tbsp (14g) olive oil
- 3 bell peppers (yellow, green, and red), sliced
- 1 medium red onion, sliced
- 2 garlic cloves, minced
- 2 tsp (1g) ground cumin
- 2 tsp (1g) chili powder
- 1 tsp (1g) onion powder
- 1 tsp (1g) salt
- 1 tsp (1g) crushed red pepper flakes
- juice from one lime
- Jicama wraps for serving

DIRECTIONS

1. Warm a large skillet over medium heat with 1 tbsp olive oil.
2. Mix together cumin, chili powder, onion powder, salt, and crushed red pepper flakes.
3. Coat chicken and steak with half of the spice mixture and add to the skillet.
4. Cook chicken and steak for 2 minutes, flipping to cook both sides.
5. Add remaining olive oil, vegetables, and remaining spice mixture to the pan.
6. Mix occasionally and cook until chicken and beef is cooked through and vegetables are desired consistency.
7. Remove from heat and add lime juice.
8. Serve in a jicama wrap.

NUTRITION INFO

Calories: 329, Carbohydrate: 10, Protein: 42, Fat: 12

Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 13

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation **Limitations are merely opportunities to grow. I use them as stepping- stones to success.**

High Protein Overnight Oats



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup (40g) dry old fashioned oats
- 2 scoops (30g) vanilla protein powder
- 2/3 cup (160g) unsweetened almond milk (or milk of choice)
- 1/2 tbsp (5g) chia seeds
- 1/2 tsp (2g) vanilla extract
- 1/4 tsp (1g) cinnamon
- 1/2 tbsp (5g) pumpkin seeds
- 1/8 cup (15g) raspberries or blackberries

DIRECTIONS

1. Stir together oats, protein powder, almond milk, chia seeds, vanilla extract, and cinnamon.
2. Refrigerate oat mixture in mason jar or small container overnight.
3. Top with berries and pumpkin seeds.

Breakfast

NUTRITION INFO

Calories: 426, Carbohydrate: 23 grams, Protein: 55 grams, Fat: 14 grams

8

Sliced Chicken with Veggies and Hummus



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15-20 MIN

INGREDIENTS

- 5oz (142g) chicken breast, sliced
- 1 tbsp (14g) avocado oil
- Salt and pepper to taste
- 2 tbsp (14g) hummus
- 1/4 cup (22g) chopped broccoli
- 1 handful cherry tomatoes
- 1/4 cup (22g) organic baby carrots

DIRECTIONS

1. Preheat oven to 450 degrees.
2. Coat chicken breast in avocado oil, salt, and pepper.
3. Place chicken breast in a glass baking dish and cook in the oven for 15-20 minutes (until internal temperature of chicken shows 165 degrees Fahrenheit using a cooking thermometer).
4. Allow chicken to rest for at least 5-10 minutes.
5. Serve all together, dip vegetables in hummus.

Lunch

NUTRITION INFO

Calories: 373, Carbohydrate: 11 grams, Protein: 47 grams, Fat: 14 grams

2

dinner-left over from night before- *Note what time you finish dinner =Intermittent Fasting :16 hours after your last mea*

Self Reflection: What Did I do Well today

Day 14

Write down 3 things you are grateful for: Find 3 new things you are grateful for

1.

2.

3.

Write with your non-dominant hand today's affirmation *Love flows through my body, healing all dis-ease.*

High Protein Overnight Oats



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup (40g) dry old fashioned oats
- 2 scoops (30g) vanilla protein powder
- 2/3 cup (160g) unsweetened almond milk (or milk of choice)
- 1/2 tbsp (5g) chia seeds
- 1/2 tsp (2g) vanilla extract
- 1/4 tsp (1g) cinnamon
- 1/2 tbsp (5g) pumpkin seeds
- 1/8 cup (15g) raspberries or blackberries

DIRECTIONS

1. Stir together oats, protein powder, almond milk, chia seeds, vanilla extract, and cinnamon.
2. Refrigerate oat mixture in mason jar or small container overnight.
3. Top with berries and pumpkin seeds.

Breakfast

NUTRITION INFO

Calories: 426, Carbohydrate: 23 grams, Protein: 55 grams, Fat: 14 grams

Egg Salad with Bell Peppers



SERVINGS: 1

PREPPING TIME: 8 MIN

COOKING TIME: 12 MIN
(FOR HARD BOILED EGGS)

INGREDIENTS

- 2 whole eggs, hard boiled and chopped
- 2 egg whites, hard boiled and chopped
- 1/2 tbsp (7g) avocado oil mayonaise
- 1/8 small red onion, diced
- 1 tbsp (10g) hemp hearts
- Salt and pepper to taste
- 1 Red bell pepper, sliced to scoop up egg salad
- 2 tbsp (20g) pumpkin seed kernels (served on the side)

DIRECTIONS

1. Mix together eggs, avocado oil mayonaise, red onion, hemp hearts, salt, and pepper.
2. Serve with red bell pepper to scoop egg salad.
3. Also serve with a side of pumpkin seed kernels.

Lunch

NUTRITION INFO

Calories: 468, Carbohydrate: 13 grams, Protein: 32 grams, Fat: 32 grams

Shrimp Sheet Pan Dinner



SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 12oz (340g) medium shrimp (peeled and deveined)
- 1 cup (150g) cherry tomatoes
- 1 medium summer squash (sliced 1/2 thick)
- 1 bundle asparagus (thin)
- 3 tbsp (40g) olive oil
- 1 tsp (1g) garlic powder
- 1/2 tsp (0.5g) ground ginger
- 1 tsp (1g) dried oregano
- 1 tsp (1g) onion powder
- 1 tsp (1g) salt
- 2 tbsp (14g) lemon juice

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix together olive oil, garlic powder, ground ginger, dried oregano, onion powder, and salt.
3. Place the shrimp, cherry tomatoes, summer squash, and asparagus in a large pan.
4. Pour over olive oil mixture and lightly toss with the shrimp and vegetables.
5. Bake for 6-8 minutes.

Dinner

NUTRITION INFO

Calories: 296, Carbohydrate: 17, Protein: 28, Fat: 16

Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Week 3

Day 15

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation *Everyone I meet today has my best interests at heart.*

Protein Pancakes



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 2/3 cup (80g) almond flour
- 2 tbsp (20g) tapioca flour
- 2 tbsp (20g) protein powder
- 1/8 tsp (1g) baking soda
- 1/8 tsp (1g) salt
- 1/8 tsp (1g) ground cinnamon
- 2 tbsp (32g) almond butter
- 1/3 cup (80g) unsweetened almond milk
- 2 eggs
- 1 tbsp (14g) Ghee, grass-fed butter, or avocado oil.

DIRECTIONS

1. Mix all dry ingredients together.
2. Whisk together eggs and almond milk.
3. Stir egg mixture, and almond butter into dry ingredient mixture until smooth.
4. Heat 1/2 tbsp butter or oil in a medium skillet over medium heat.
5. Scoop 1/6 of batter onto the skillet for one pancake, you will likely be able to fit 2-3 pancakes on the skillet.
6. Cook until edges become firm and you can easily flip the pancake.
7. Cook for another 3-5 minutes on the opposite side.
8. Repeat steps 5-7 with remaining batter.
9. Option to serve with mixed berries or spread with almond butter.

Breakfast

NUTRITION INFO

Calories: 549, Carbohydrate: 13 grams, Protein: 34 grams, Fat: 43 grams

Turkey Patty with Egg



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 6-8 MIN

INGREDIENTS

- 4oz (113g) ground turkey patty
- 1 egg over easy
- 1 tbsp (14g) avocado oil
- Dash of paprika
- Salt and pepper to taste
- 1 cup (22g) baby spinach
- 1/8 small red onion, sliced
- 1 oz (28g) feta cheese

DIRECTIONS

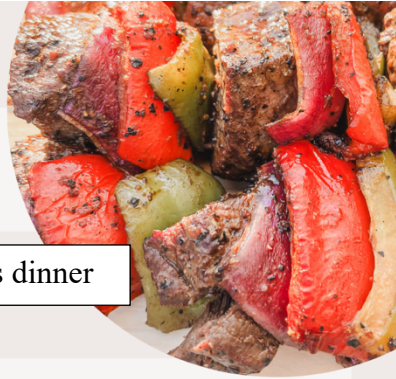
1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey patty to skillet and cook for 3-4 minutes on one side.
3. Flip patty, and crack egg into the skillet next to the patty.
4. Season egg with paprika, salt, and pepper.
5. Cook for another 1-2 minutes, then flip egg.
6. Cook turkey patty until brown all the way through and cook egg until desired consistency.
7. Combine all remaining ingredients and serve turkey patty and egg over these ingredients (warm or cooled).

Lunch

NUTRITION INFO

Calories: 508, Carbohydrate: 4, Protein: 40, Fat: 37

Asian Sesame Kabobs



Dinner save some for tomorrows dinner

SERVINGS: 2

PREPPING TIME: 10 MIN
(PLUS TIME TO MARINADE)

COOKING TIME: 10 MIN

INGREDIENTS

- 12oz (340g) steak tips
- 2 bell peppers, color of choice, cut into squares
- 1 small yellow onion, cut into squares
- 1/2 cup (144g) coconut aminos or tamari
- 3 tbsp (40g) avocado oil
- 1 tbsp (14) sesame oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp (6 g) ginger, minced (or 1 tsp ground ginger)
- 1 tsp (2g) onion powder
- Dash of salt
- Grilling skewers.

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Let grilling skewers soak in water for 5 minutes before preparing kabobs.
4. Heat grill to medium heat.
5. Add steak and vegetables to the skewers, alternating between each.
6. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
7. Once removing from the grill pour over remaining marinade.

NUTRITION INFO

Calories: 481, Carbohydrate: 11 grams, Protein: 38 grams, Fat: 33 grams

Breakfast (Freeze half for Friday)

Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 16

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation *Today I let go and have fun !*

Ground Turkey and Egg Skillet



SERVINGS: 2

PREPPING TIME: 0 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 8 oz (228g) ground turkey
- 1/4 cup (64g) pico de gallo
- 4 eggs
- 1 tbsp (14g) avocado oil
- 1 tsp (2g) garlic salt
- Black pepper to taste
- 2 handfuls arugula
- 1/4 small red onion

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey and cook approximately 5 minutes, mixing occasionally.
3. Drain extra liquid.
4. Mix in pico de gallo, garlic salt, and black pepper. Crack eggs over the mixture. Cook for approximately 3 minutes until egg whites and turkey are cooked through.
5. Top with red onion and arugula when removed from heat.

Breakfast

Breakfast (save half for tomorrow}

Calories: 33 grams, Fat: 26 grams

Shrimp and Avocado Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4oz (113g) cooked shrimp
- 1 tbsp (10g) sesame seeds
- 1/2 small avocado
- 2 cups (42g) arugula or rocket
- 1/2 medium cucumber, chopped
- 1/8 small red onion, chopped
- 1 tbsp (14g) fresh lemon juice
- 1/2 tbsp (14g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Lightly toss together all ingredients and enjoy!

Lunch

NUTRITION INFO

Calories: 275, Carbohydrate: 9 grams, Protein: 29 grams, Fat: 14 grams

Dinner-Leftovers Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today

Day 17

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation *Today I create a stress-free world .*

Ground Turkey and Egg Skillet



Breakfast

SERVINGS: 2

PREPPING TIME: 0 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 8 oz (228g) ground turkey
- 1/4 cup (64g) pico de gallo
- 4 eggs
- 1 tbsp (14g) avocado oil
- 1 tsp (2g) garlic salt
- Black pepper to taste
- 2 handfuls arugula
- 1/4 small red onion

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey and cook approximately 5 minutes, mixing occasionally.
3. Drain extra liquid.
4. Mix in pico de gallo, garlic salt, and black pepper. Crack eggs over the mixture. Cook for approximately 3 minutes until egg whites and turkey are cooked through.
5. Top with red onion and arugula when removed from heat.

NUTRITION INFO

Calories: 382, Carbohydrate: 3 grams, Protein: 33 grams, Fat: 26 grams

Organic Chicken Salad and Avocado



Lunch

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned organic chicken
- 1/2 tbsp (7g) avocado oil mayonaise
- 1/8 small red onion, diced
- 1 tsp (1g) dried dill weed
- Salt and pepper to taste
- 1 small avocado, halved and pitted
- 1 small cucumber, sliced

DIRECTIONS

1. Drain canned chicken.
2. Mix together chicken, avocado oil mayonaise, red onion, dill, salt, and pepper.
3. Fill avocados with chicken mixture.
4. Serve with a side of sliced cucumbers.

NUTRITION INFO

Calories: 532, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 34 grams

Pesto Chicken and Green Beans



SERVINGS: 3-4 PREPPING TIME: 10 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 4 tbsp (50g) pre-made pesto sauce made with olive oil
- 3, 5oz (142g) boneless, skinless chicken breasts
- 8 oz (227g) green beans, trimmed
- 1 tbsp (14g) olive oil

DIRECTIONS

1. Warm large skillet on the stove over medium heat.
2. Coat chicken breast with pesto sauce.
3. Add chicken to the skillet and cook for 8 minutes on one side.
4. Flip the chicken and add green beans and remaining olive oil.
5. Cook until chicken is cooked through (internal temperature of 165 degrees Fahrenheit).

Dinner-save some for tomorrows dinner

NUTRITION INFO

Calories: 305, Carbohydrate: 7, Protein: 38, Fat: 13

Intermittent Fasting : 16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 18

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation *I want love and acceptance from my family, so I start the ball rolling by loving and accepting them exactly how they are now .*

Cottage Cheese Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1.25 cup (283g) 2% cottage cheese
- 2 tbsp (20g) hemp hearts
- 1/2 cucumber, sliced
- 1/2 tsp (0.5g) dill and/or chives (optional)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

Breakfast

NUTRITION INFO

Calories: 360, Carbohydrate: 16 grams Protein: 37 grams, Fat: 16 grams

Shrimp and Avocado Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4oz (113g) cooked shrimp
- 1 tbsp (10g) sesame seeds
- 1/2 small avocado
- 2 cups (42g) arugula or rocket
- 1/2 medium cucumber, chopped
- 1/8 small red onion, chopped
- 1 tbsp (14g) fresh lemon juice
- 1/2 tbsp (14g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Lightly toss together all ingredients and enjoy!

Lunch

NUTRITION INFO

Calories: 275, Carbohydrate: 9 grams, Protein: 29 grams, Fat: 14 grams

Dinner-leftovers *Note what time you finish dinner =Intermittent Fasting :16 hours after your last meal*

Self Reflection: What Did I do Well today?

Day 19

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation ***I speak up for myself, secure in my own true worth.***

Cottage Cheese Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1.25 cup (283g) 2% cottage cheese
- 2 tbsp (20g) hemp hearts
- 1/2 cucumber, sliced
- 1/2 tsp (0.5g) dill and/or chives (optional)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

Breakfast

NUTRITION INFO

Calories: 360, Carbohydrate: 16 grams Protein: 37 grams, Fat: 16 grams

Organic Chicken Salad and Avocado



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned organic chicken
- 1/2 tbsp (7g) avocado oil mayonaise
- 1/8 small red onion, diced
- 1 tsp (1g) dried dill weed
- Salt and pepper to taste
- 1 small avocado, halved and pitted
- 1 small cucumber, sliced

DIRECTIONS

1. Drain canned chicken.
2. Mix together chicken, avocado oil mayonaise, red onion, dill, salt, and pepper.
3. Fill avocados with chicken mixture.
4. Serve with a side of sliced cucumbers.

Lunch

NUTRITION INFO

Calories: 532, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 34 grams

Turkey Chili



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 0.5 tbsp (7g) avocado oil
- 1/2 small onion, diced
- 1 small red bell pepper, diced
- 2 ribs celery, diced
- 1 clove garlic, minced (or 1 tsp garlic powder)
- 12oz (340g) ground turkey
- 1/2 14.5 oz (213g) can fire roasted tomatoes
- 1/2 tbsp (8g) tomato paste
- 1 1/2 tsp (2.5g) Chile powder
- 1/2 tbsp (3g) paprika
- 1/4 tsp (0.5g) ground cumin
- Dash of cayenne pepper
- Dash of salt and pepper
- Spoonful plain Greek yogurt (or avocado)

DIRECTIONS

1. Heat avocado oil in a large pan.
2. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
3. Add turkey, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, stirring and turning the turkey frequently.
4. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
5. Turn to low and simmer for 15-20 minutes.
6. Remove from heat and serve warm.
7. Top with plain Greek yogurt or avocado.

Dinner save for
tomorrows dinner

NUTRITION INFO

Calories: 330, Carbohydrate: 16 grams Protein: 35 grams, Fat: 14 grams

Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?

Day 20

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation **I am competent and well prepared to handle the tasks before me today.**

Protein Pancakes



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 2/3 cup (80g) almond flour
- 2 tbsp (20g) tapioca flour
- 2 tbsp (20g) protein powder
- 1/8 tsp (1g) baking soda
- 1/8 tsp (1g) salt
- 1/8 tsp (1g) ground cinnamon
- 2 tbsp (32g) almond butter
- 1/3 cup (80g) unsweetened almond milk
- 2 eggs
- 1 tbsp (14g) Ghee, grass-fed butter, or avocado oil.

DIRECTIONS

1. Mix all dry ingredients together.
2. Whisk together eggs and almond milk.
3. Stir egg mixture, and almond butter into dry ingredient mixture until smooth.
4. Heat 1/2 tbsp butter or oil in a medium skillet over medium heat.
5. Scoop 1/6 of batter onto the skillet for one pancake, you will likely be able to fit 2-3 pancakes on the skillet.
6. Cook until edges become firm and you can easily flip the pancake.
7. Cook for another 3-5 minutes on the opposite side.
8. Repeat steps 5-7 with remaining batter.
9. Option to serve with mixed berries or spread with almond butter.

Breakfast

NUTRITION INFO

Calories: 549, Carbohydrate: 13 grams, Protein: 34 grams, Fat: 43 grams

10

Hearty Pesto Chicken Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN
(FOR CHICKEN BREAST)

INGREDIENTS

- 2 cups (42g) mixed greens
- 4 oz (113g) cooked chicken breast, sliced
- 1/2 small avocado
- Handful cherry tomatoes
- 2 oz (56g) sliced mozzarella
- 1 tbsp (15g) pesto sauce (made with olive oil).

DIRECTIONS

1. Mix together pesto sauce with chopped tomatoes and mozzarella.
2. Combine all other ingredients together and top with tomato mixture.

Lunch

NUTRITION INFO

Calories: 578, Carbohydrate: 24 grams, Protein: 56 grams, Fat: 31 grams

Dinner-leftovers from night before *Intermittent Fasting :16 hours after your last meal*

Day 21-LAST DAY WELL DONE

Write down 3 things you are grateful for:

1.

2.

3.

Write with your non-dominant hand today's affirmation ***I now allow the genius within me to flow freely***

Steak and Eggs



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5-10 MIN

INGREDIENTS

- 1/2 tbsp (7g) avocado oil
- 1/4 tbsp (3.5g) tamari or coconut aminos
- 1/4 tbsp (3.5g) Worcester sauce
- 1 clove garlic, minced
- Dash of black pepper
- 2 eggs
- 3 oz (85g) sirloin steak, sliced thin
- 2 cups (42g) arugula

DIRECTIONS

1. Marinate 1/4 tbsp avocado oil, tamari, Worcester sauce, garlic, and pepper with sliced sirloin steak over night.
2. Warm skillet over medium heat. Add steak and marinade mixture to the skillet and cook until steak is cooked through, turning steak strips once.
3. In a separate skillet heat 1/2 tbsp avocado oil. Crack eggs into the skilled. All eggs to cook until egg white is firm.
4. Serve steak and eggs over 1 cup arugula.

Breakfast

NUTRITION INFO

Calories: 392, Carbohydrate: 4 grams, Protein: 39 grams, Fat: 24 grams

Hearty Pesto Chicken Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN
(FOR CHICKEN BREAST)

INGREDIENTS

- 2 cups (42g) mixed greens
- 4 oz (113g) cooked chicken breast, sliced
- 1/2 small avocado
- Handful cherry tomatoes
- 2 oz (56g) sliced mozzarella
- 1 tbsp (15g) pesto sauce (made with olive oil).

DIRECTIONS

1. Mix together pesto sauce with chopped tomatoes and mozzarella.
2. Combine all other ingredients together and top with tomato mixture.

Lunch

NUTRITION INFO

Calories: 578, Carbohydrate: 24 grams, Protein: 56 grams, Fat: 31 grams

Balsamic Chicken



Dinner

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 2, 5oz (142g) chicken breasts, boneless and skinless
- 1/4 cup (64g) balsamic vinegar
- 1 tsp (7g) honey
- 1 tbsp (14g) whole grain mustard
- 2 cloves garlic, minced (or 1 1/2 tsp garlic powder)
- Salt and pepper to taste
- 2 tbsp (28g) avocado oil
- 2 cups (300g) cherry tomatoes
- 1 tbsp (5g) dried rosemary
- 4 oz (113g) mozzarella, sliced thin
- 2 cups (182g) broccoli florets, steamed

DIRECTIONS

1. Preheat oven to 425 degrees.
2. In a large bowl mix together vinegar, honey, mustard, garlic, salt, and pepper.
3. Pound chicken to tenderize.
4. Add chicken to the bowl and coat chicken with vinegar mixture.
5. Transfer chicken and vinegar mixture to a glass oven dish along with the cherry tomatoes.
6. Cook in oven until internal temperature of chicken reaches 165 degree Fahrenheit (approximately 25 minutes).
7. Top with mozzarella immediately after removing from oven.
8. Serve warm with steamed broccoli florets.

NUTRITION INFO

Calories: 499, Carbohydrate: 11 grams, Protein: 59 grams, Fat: 24 grams

Intermittent Fasting :16 hours after your last meal

Self Reflection: What Did I do Well today?