

Honor Your Weight Release Nutrition Suggestions

Breakfast Ideas	Lunch Ideas	Snack Around 4pm	Dinner Ideas
<p>Protein/ Green shake (Non-GMO Almond milk with https://www.amazon.com/dp/B01A7N9KPK/ref=sspa_dk_detail_0?th=1)</p>	<p>Salmon salad with low-fat dressing or 2 tbs sesame oil. Have it with 1/3-cup quinoa, couscous, or brown rice or by itself. Add lemon on top of the brown rice for added flavor. Options: add garlic, mushrooms, and onions. Yummy!</p>	<p>10 flax tortilla chips with guacamole dip.</p> <p>Or</p> <p>1 small sliced baked apple or pear with cinnamon only. Again, cinnamon helps stabilize your blood sugar.</p> <p>Or</p> <p>½ cup Greek yogurt with your favorite nuts, cinnamon and a touch of raw honey (optional)</p>	<p>Stir-Fry: Choose 3-4 veggies and stir-fry them with sesame oil adding chili sauce for some spice. Add your favorite lean meat like wild salmon or organic free-range skinless chicken. Option: Use other low-fat low-sugar (no more than 3 grams) sauce. Red curry is a good one. Have your stir-fry with brown rice, couscous or quinoa on the side or as a base putting your stir-fry on top. Repeat above and try a new sauce. Be sure to watch sugar content in sauce.</p>
<p>1 hard boiled egg and 1-2 pieces of Ezekiel sprouted grain bread with almond butter</p>	<p>Cut a red bell pepper in half and use it as bread for a sandwich. Add sprouts, hummus, and organic free-range diced chicken. Have it with a salad or sauerkraut.</p>	<p>Handful of nuts and seeds: pumpkin seeds, walnuts, brazil nuts, almonds FYI: If you have autoimmune disease soak your nuts the night before or maybe stay away from them. Sometimes nuts can have mold so make sure you are aware of the quality of the nuts before you eat them.</p>	<p>Baked wild salmon or organic free-range skinless chicken, garlic, onions, and mushrooms with asparagus and brown rice, couscous or quinoa. I stir-fry them with lemon. I add a bit of pepper and touch of salt at the end.</p>

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Protein shake and small bowl of cereal	Soup and salad. Think of any bean soup or butternut squash soups. You can also pour your soup over 1/2 cup cooked quinoa for added protein. Add ½ an avocado for good fat and you're set! Yummy! (You can have this for dinner too.)	Hard-boiled deviled eggs with NON-GMO hummus: Take out the yolk and add in the humus and pepper.	Stuffed bell pepper: Stuff a red, yellow, or orange bell pepper with your favorite lean meat and brown rice, couscous or quinoa in side. Use your favorite sauce just keep the sugar content under 3grams a serving or less. A great sauce is spaghetti sauce or red curry. Cook everything up then mix them together and stuff your pepper. Have it with a nice salad.
Cooked Quinoa with almond or rice milk and almonds slices (or other nuts) and a bit of honey	Fry shiitake mushrooms and 1-2 cloves of garlic (I use 3) and a palm size amount of wild salmon in coconut oil. Add lemon as you cook. Have it with a salad and add chili sauce and sesame oil on top with a touch of lemon. Have it with ½ cup cooked quinoa or brown rice (optional). You can put the mushrooms and garlic on top of the quinoa or salad.	You can also eat cucumbers or any veggie with hummus for a refreshing snack or dip your hard-boiled egg into the hummus keeping the yolk for good fat.	Black eyed peas with quinoa, asparagus, ½ an avocado for good fat and a small salad.
Chia Pudding https://draxe.com/chia-seed-recipes/	Taco salad: use your favorite lettuce, chop up a handful of flax seed corn tortillas add 2 tbsp. of your favorite salsa making sure the sugar is under 3 grams. Add 1/3 cup of black beans, black-eyed peas for protein, a few olives, and 1-2 tbsp. sesame oil for good fat and you're set!	An easy snack is to mix your protein powder with your Super Greens shake and blend or stir or have them alone. Yummy!	Grilled chicken with sweet potato, a few olives for good fat and broccoli or other veggies. Add a touch of real butter on your potato and you're set!

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<p>Fry 2-Eggs (organic preferred) with spinach or kale (organic and washed and fry in a pan) and small red or sweet potatoes or use quinoa as your base instead of the potatoes. Top it with hot sauce, pepper and a touch of sea salt. (no ketchup)</p>		<p>Heated tortilla (I use gluten-free rice tortillas) with NON-GMO hummus and sliced tomatoes and or avocado</p>	<p>Wrap: use a rice wrap and add your protein, fibrous veggies like arugula, salsa, avocado, or nuts, tomato and a small salad or brown rice with garlic and real butter!</p>
<p>Quinoa with almond milk, and almonds or other nuts or seeds. Sprinkle with cinnamon. Heat it up for a warm meal.</p>		<p>Protein shake cupcakes: <ul style="list-style-type: none"> • 2 scoops of your favorite protein powder • 1/4 cup melted coconut oil Mix ingredients together thoroughly. Pour 2 teaspoons of mixture into mini cupcake holders and freeze for 5 minutes. Pull out and add 1 teaspoon almond butter. Then, top off with remaining mixture. Place in freezer to harden. Let thaw 5 minutes and enjoy! =)</p>	
<p>Plain Greek yogurt, blueberries, and nuts. This dairy is actually really good for you. It has a ton of good bacteria your body will love!</p>		<p>Black Bean Brownies! https://www.yummly.com/#recipe/Gluten-Free-Vegan-Flourless-Black-Bean-Brownies-1336433</p>	
		<p>Peanut Butter Protein Balls: https://thehealthychef.com/blogs/Recipes/peanut-butter-protein-balls</p>	