

Nutrition Plan For Energy, Clarity and Weight Loss Check-Off Sheet

Understandings	Food Type	Meal Ideas	Portions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		Breakfast:								
Gives you energy & Clarity	Complex Carbohydrates	Green Shake	1 Serving							
Gives you energy and repairs tissue	Protein & Complex Carbohydrates	Quinoa or Chia porridge	1 Serving							
Helps brain & hormone function	Good Fat	Real Butter, Nut Butter	1 table spoon							
Supports Digestion	Digestive Enzyme	Lunch:								
Gives you energy	Complex Carbohydrates	Salmon	1/2 cup to 1 cup							
Helps brain & hormone function	Good Fat	Sesame Oil	1 table spoon							
Repairs Tissue	Protein	Wild Salmon	Size of your palm							
Cleans digestive system & Alkalizes body	Non-Starchy Complex Carbs (Veggies)	Salad with Basaltic and oil	1 cup to 1.5 cups							
		4 PM Snack:								
Helps brain function	Good Fat	Avocado	1 table spoon							
Gives you energy and repairs tissue	Protein & Complex Carbohydrates	Flax chips	1/2 cup							
Supports Digestion	Digestive Enzyme	Dinner:								
Repairs Tissue	Lean Protein & Complex Carbs	Lentils, tomatoes & brown rice stuffed in bell pepper	1-2 Peppers							
Helps brain & hormone function	Good Fat	Olive Oil	1 table spoon							
Cleans digestive system & Alkalizes	Non-Starchy Carbs (Veggies)	Steamed brussel sprouts or broccoli	1 cup to 1.5 cups							
		Desert:								
Supports blood sugar	Herb	Desert Tea w/ Cinnamon (no caffeine)	1-2 cups							
Supports Digestion	Probiotic w/ water	Bedtime Snack (optional):								
Repairs Tissue	Protein	Protein Shake	1 serving size							
Repairs Tissue	Protein	Quino or Chia Porriage	1/2 cup							

