

## WEEK 3 CLASSIC 1500 calorie plan

### DAY 1

#### TOTAL MACROS

**Protein:** 106.3g  
**Carb:** 134.2g  
**Fat:** 72.8g  
**Fibre:** 28.5g  
**Net Carb:** 105.7g  
**Sugar:** 68.2g  
**Calories:** 1494

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Coconut Bliss Smoothie

MEAL #2 - Tropical BBQ Chicken Salad + Bone Broth (1 cup)

MEAL #3 - Hummus & Veggies + Fire Shot

MEAL #4 - Beef Fajitas + Kimchi + Avocado (30g)

### DAY 2

#### TOTAL MACROS

**Protein:** 102.4g  
**Carb:** 156.3g  
**Fat:** 64.4g  
**Fibre:** 34.5g  
**Net Carb:** 121.8g  
**Sugar:** 79.6g  
**Calories:** 1493

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Lyza's Chia Almond Shake

MEAL #2 – Beef Fajitas + Kimchi + Avocado (30g)

MEAL #3 - Hummus & Veggies + Fire Shot

MEAL #4 - Tropical BBQ Chicken Salad + Bone Broth (1 cup)

### DAY 3

#### TOTAL MACROS

**Protein: 116.6g**  
**Carb: 88.3g**  
**Fat: 82.3g**  
**Fibre: 38.1g**  
**Net Carb: 50.2g**  
**Sugar: 25.8g**  
**Calories: 1496**

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Coconut Bliss Smoothie

MEAL #2 - Chicken Collard Wrap + Steamed Broccoli & Butter + Bone Broth (1 cup)

MEAL #3 - Tropical Chia Pudding + Nut Butter (1 tsp)

MEAL #4 - Beef Fajitas + Kimchi + Avocado (30g)

#### DAY 4

##### TOTAL MACROS

**Protein: 106.2g**  
**Carb: 133.1g**  
**Fat: 55.5g**  
**Fibre: 48.6g**  
**Net Carb: 84.5g**  
**Sugar: 41.1g**  
**Calories: 1504**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Lyza's Chia Almond Shake

MEAL #2 - Burger Meal (1 burger + Vitality Salad + Baked Potatoes) + Sauerkraut

MEAL #3 - Tropical Chia Pudding

MEAL #4 - Chicken Collard Wrap + Steamed Broccoli & Butter

#### DAY 5

##### TOTAL MACROS

**Protein: 110.1g**

**Carb: 111g**  
**Fat: 74.3g**  
**Fibre: 42.6g**  
**Net Carb: 68.4g**  
**Sugar: 29.7g**  
**Calories: 1505**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Coconut Bliss Smoothie

MEAL #2 – Chicken Collard Wrap + Steamed Broccoli & Butter

MEAL #3 - Tropical Chia Pudding

MEAL #4 - Burger Meal (1 burger + Vitality Salad + Baked Potatoes) + Sauerkraut

## DAY 6

### TOTAL MACROS

**Protein: 106.9g**  
**Carb: 154.2g**  
**Fat: 61.4g**  
**Fibre: 28.7g**  
**Net Carb: 125.5g**  
**Sugar: 74.3**  
**Calories: 1509**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + chlorophyll

MEAL #1 - Veggie Omelette + Avocado (30g)

MEAL #2- Burger Meal (1 burger + Vitality Salad + Baked Potatoes) + Sauerkraut

MEAL #3 - Hummus & Veggies + Fire Shot

MEAL #4 - Tropical BBQ Chicken Salad + Bone Broth (1 cup)

## DAY 7

### TOTAL MACROS

**Protein: 97.9g**  
**Carb: 134g**

**Fat: 68.6g**  
**Fibre: 33.9g**  
**Net Carb: 100.1g**  
**Sugar: 45g**  
**Calories: 1500**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Strawberry Cashew Protein Waffles

MEAL #2 - Chicken Collard Wrap + Steamed Broccoli & Butter

MEAL #3 - Hummus & Veggies + Fire Shot

MEAL #4 - Burger Meal (1 burger + Vitality Salad + Baked Potatoes)

## **GROCERY LIST - 1500**

*\*\*All produce to be organic when possible\*\**

### PRODUCE

### QUANTITY NEEDED FOR RECIPES

Avocados	3
Baby Spinach	8 cups
Basil leaves	4
Bell Peppers (red)	2
Bell Peppers (green)	1
Broccoli	4 cups, fresh or frozen
Broccoli sprouts	1 cup

Cantaloupe	150g
Cherry Tomatoes	600g
Cilantro	1 bunch
Collard leaves	4 large leaves
Cucumber	1
Ginger	
Jalapeño pepper	3
Kale	4 cups
Lemon	4
Mango	120g
Mixed Veggies	4 cups-to eat with hummus (celery, carrot, cucumber etc.)
Mushrooms	30g, sliced
Onion, red	2
Oranges	8 OR 1 cup fresh squeezed orange juice
Pineapple	120g
Romaine Hearts	1 bunch
Spring mix	3 cups
Strawberries	190g
Sunflower Sprouts	4 cups
Watermelon	200g
Potato (white or sweet potato)	4 potatoes - 100g each

*\*\*All animal products to be organic\*\**

<u>PROTEIN</u>	<u>QUANTITY</u>
Chicken, breasts	28oz total - 4oz each (approx. 7 breasts)
Beef strip loin, lean, grass fed	12oz total - 4oz each (approx. 3 cuts)
Burgers (chicken, turkey, bison or fish)	4 patties- from healthy butcher or supermarket
Eggs, organic, free run (whole)	1 dozen
Protein powder - Vanilla	1 tub

<u>FATS</u>	
Butter <u>or</u> Ghee, organic	1 stick or 1 jar
Cashew nuts, unsalted	1 cup
Chia seeds, black or white	8 tbsp
Coconut Oil, extra virgin, cold pressed (glass bottle preferred)	1 bottle
Coconut Oil spray (non-aerosol)	1 bottle
Coconut butter (coconut mana)	1 jar
Extra virgin olive oil, cold pressed	1 bottle
Hemp hearts	3 tbsp
Nut & Seed Butter organic such as:	
Almond	
Cashew butter	2 tsp
Hazelnut etc.	
Peanut (must be organic)	

Pumpkin Seeds	4 tsp
Sunflower Seeds	4 tsp

CONDIMENTS

Apple Cider Vinegar	1 bottle
Bone Broth	4 cups
Braggs Aminos or Wheat Free Tamari Sauce	1 bottle
Coconut water	1 bottle
Honey Dijon Mustard	1 bottle
Hot Sauce, sugar free, gluten free (Sririacha, Tabasco, Frank's Red Hot)	1 bottle
Hummus, regular or spicy	2 tubs
Ketchup, organic	1 bottle
Liquid Chlorophyll - mint flavour	1 bottle
Maple syrup, organic	1 bottle
Mayonnaise, sugar free	1 jar
Organic Honey, raw, unpasteurized	1 jar
Tomato Paste	2 jars
Non dairy milk (almond, cashew, coconut)	1 cups

MISCELLANEOUS

Maca Root Powder

PANTRY & SPICES - dried

Baking Powder	1/2 tsp
Black pepper	
Cardemom, ground	1.5 tsp
Cayenne pepper	
Chilli flakes or powder	
Cinnamon, organic	
Coriander, ground	
Cumin powder	
Garlic powder	
Paprika	
Rosemary	
Sage, ground	
Sea Salt - Celtic sea salt <u>or</u> Pink Himalayan salt	
Tapioca flour	1/4 cup
Thyme	
Turmeric powder or root	
Spice mixes, natural gluten free, sugar free such as: Flavour God, Hot Mommas or Mrs.Dash etc.	
Vanilla extract	

## **MEAL PREP RECIPES**

### 1. WATER

2L Watermelon & Basil Infused Water - *Make large batch - should last 2 days*

### 2. CHICKEN

BBQ Chicken

Herbed Chicken

Chicken Collard Wraps

### 3. GROUND MEAT

Burger Meal (your choice of bison, chicken, turkey, fish)

### 4. SALADS

Tropical BBQ Chicken Salad

Vitality Salad

### 5. BEEF

Beef Fajitas

### 6. SUPER FOODS & SNACKS

Fire Shot

Tropical Chia Pudding

Hummus & Veggie Sticks

## **PREPARE FRESH (day of)**

### 7. SMOOTHIES

Lyza's Chia Almond Shake

Coconut Bliss Smoothie

### 8. VEGGIES

Baked Potatoes

Steamed Broccoli & Butter

### 9. MAIN MEALS - weekend

Strawberry Cashew Protein Waffles

Veggie Omelette

## STORE BOUGHT (macros info only)

Avocado

Bone Broth

Kimchi (spicy palate)

Sauerkraut (mild palate)

Hummus

Low-carb chicken burger

## MEAL PREP RECIPES

### 1. INFUSED WATER

#### WATERMELON & BASIL INFUSED WATER - makes 2L

50g organic watermelon, thinly sliced (include rind if it is small, otherwise discard)

4 large basil leaves, crushed

#### INSTRUCTIONS

Use two 1L mason jars and divide ingredients evenly in each

Pour filtered water into jars

Allow flavours to develop for at least 2 hours

Mixture should last 2 days

### 2. CHICKEN

#### BBQ CHICKEN

3 chicken breasts

Sauce - makes 3 servings (6 tbsp), 1 serving = 2 tbsp

6 tbsp organic tomato paste

6 tbsp apple cider vinegar

1/2 tsp sea salt

1/2 tsp garlic powder

1/2 tsp paprika

1/2 tsp black pepper

1 tbsp honey

*\*option to use low sugar, gluten free prepared BBQ sauce that fits macros*

#### INSTRUCTIONS

Pre-heat oven to 350 degrees

Combine all of the ingredients (except chicken) in bowl and whisk until well blended

Place chicken in a lined baking pan and baste with half of BBQ sauce mixture

Use other half for more basting

Bake for 45 minutes or until meat thermometer shows chicken is cooked to 165 degrees

Baste with remaining BBQ sauce

Serve with *Tropical Salad*

#### MACROS - 1 chicken breast with 2 tbsp of sauce

Protein: 26.5g

Carb: 35.1

Fat: 1.7g

Fibre: 3.8g



Net Carb: 31.3g  
Sugar: 26.8g  
Calories: 252

### HERBED CHICKEN BREAST – 4 servings (4oz each breast)

4 chicken breasts

1 tsp rosemary

1 tsp thyme

1 tsp sea salt

1 tsp black pepper

200g cherry tomatoes, halved

*\*option to use prepared spice mixes in grocery list*

2 tbsp olive oil

### INSTRUCTIONS

Pre-heat oven to 350 degrees

Mix spices, oil and tomatoes and season chicken ensuring to coat it thoroughly

Place seasoned chicken in baking pan

Bake in oven for 45 minutes or until meat thermometer shows chicken is cooked to 165 degrees

### MACROS

Protein: 26.5g

Carb: 2.3g

Fat: 8.4g

Fibre: 0.7g

Net Carb: 1.6g

Sugar: 1.3g

Calories: 191

### CHICKEN COLLARD WRAP

1 large collard or 2 small ones

4oz chicken breast, thinly sliced

30g avocado sliced into long thin strips

1 tbsp mayo

1 tbsp spicy hummus

1/4 of cucumber sliced into long thin strips

1/4 cup sunflower sprouts

100g cherry tomatoes, halved

Hot sauce to taste

### INSTRUCTIONS

Wash collard and cut the end of the stem - you can also cut down the length of the stem to the stem to make it less bulky.

(Optional – lightly steam collard if you have trouble digesting raw veggies)

Spread mayo and hot sauce on the collard.

Add all other ingredients and wrap. If you're not sure how to wrap it properly, you can YouTube it

#### MACROS

Protein: 29.2g  
Carb: 13.3g  
Fat: 15.7g  
Fibre: 5.7g  
Net Carb: 7.6g  
Sugar: 3.5g  
Calories: 315

### **3. GROUND MEAT**

*The Burger Meal recipe is made using store bought healthy burgers - you can choose from **chicken, turkey, bison or fish**. This is meant for those that don't have a lot of time for cooking but want to be healthy without spending too much time and brain power. You can also use a healthy burger recipe (without bread crumbs) if you prefer to make from scratch*

#### LOW CARB CHICKEN BURGER

1 gluten free, organic burger bought from a healthy butcher or health food store

MACROS - 1 chicken burger (4oz)

**Protein: 22g**  
**Carb: 2.5g**  
**Fat: 9g**  
**Fibre: 0g**  
**Net Carb: 2.5g**  
**Sugar: 2g**  
Calories: 180

#### BURGER MEAL

1 gluten free, organic burger bought from a healthy butcher or health food store

1 tbsp organic ketchup

1 tbsp hot sauce

100g sweet potato or regular potato

Vitality Salad

#### INSTRUCTIONS

Bake chicken burger in the oven at roughly 375 or follow package suggestion.

Serve with *Vitality Salad & Baked Potato* - top with ketchup and hot sauce

MACROS - based on 1 **chicken** burger (4oz), Vitality Salad and Baked Potato

Protein: 32.4g

Carb: 48.7g  
Fat: 22.1g  
Fibre: 9.9g  
Net Carb: 38.8g  
Sugar: 17.1g  
Calories: 485

#### **4. SALADS**

##### TROPICAL BBQ CHICKEN SALAD – 1 serving

1 cups baby spinach  
1 cup mixed greens  
50g sliced cantaloupe  
50g sliced watermelon  
30g sliced strawberries  
1/4 cup cashews  
4oz BBQ chicken (from meal prep)  
Dressing - *or option to use low carb/sugar dressing*  
1 tsp honey dijon mustard  
2 tsp olive oil  
2 tbsp lemon juice

##### INSTRUCTIONS

Combine mixed greens, cantaloupe, watermelon, berries & cashews in mason jar  
Top with BBQ chicken breast from meal prep  
Pour dressing and combine well when ready to eat

##### MACROS

Protein: 33g  
Carb: 58.5g  
Fat: 18g  
Fibre: 8.5g  
Net Carb: 50g  
Sugar: 37g  
Calories: 482

##### VITALITY SALAD – 1 serving

1 cup baby spinach  
1 cup kale, chopped  
¼ cup sunflower sprouts  
¼ cup broccoli sprouts  
100g red onion, sliced  
1 tsp pumpkin seeds  
1 tsp sunflower seeds  
Dressing  
2 tbsp lemon juice  
1 tbsp Braggs Aminos  
2 tsp olive oil

## INSTRUCTIONS

Place spinach, kale, sprouts, onion and seeds into your mason jar

Whisk lemon juice, Braggs Aminos and olive oil dressing and pour into your mason jar

## MACROS

Protein: 8.4g  
Carb: 25.5g  
Fat: 12.9g  
Fibre: 6.6g  
Net Carb: 18.9  
Sugar: 6.7g  
Calories: 215

## 5. BEEF

### BEEF FAJITAS -1 serving

4oz beef tenderloin, sliced into thin strips

1 tbsp lemon juice

1/2 tsp cumin powder

1/2 tsp chilli powder or flakes

1/2 tsp garlic powder

1/4 tsp sea salt

1/4 tsp paprika

1/2 tsp ground coriander

1/2 tsp black pepper

1 tbsp coconut oil

1 jalapeño pepper

1/2 cup red onion, sliced

1/2 cup red bell pepper, seeded and sliced

1/2 cup green pepper, seeded and sliced

2 tbsp chopped cilantro, for garnish (optional, but delicious)

## INSTRUCTIONS

Combine beef, lemon juice, chilli powder, cumin, garlic powder, salt, paprika, coriander and black pepper in a large bowl or zip lock baggie

Toss well and make sure to coat the chicken in the spice mixture

This can be done ahead of time and refrigerated for up to a few hours or you can cook it right away

**Prep Tip** - make ahead of time and freeze using a freezer bag for a go-to ready meal!

Add 1/2 tbsp of oil to a large cast iron skillet and heat over high heat

Add beef to the pan and cook for 1-2 minutes per side

Remove the cooked beef and place in a side bowl

Add the remaining half of the oil to the same skillet and decrease the heat to medium

Add onion and bell peppers, stirring constantly until cooked through, about 5-7 minutes

Turn off the heat and add cooked beef back to the skillet for serving

Adjust seasoning with salt and pepper then garnish with chopped cilantro

## MACROS

Protein: 27.2g  
Carb: 24.8g  
Fat: 22.7g  
Fibre: 6.7g  
Net Carb: 18.1g  
Sugar: 11.9g  
Calories: 365

## 6. SUPER FOODS & SNACKS

### **FIRE SHOT -1 serving; best if consumed within 20 minutes of blending or juicing**

- 2 tbsp apple cider vinegar
- 1 tsp raw honey
- ¼ cup orange juice (freshly squeezed or bought)
- ½ Lemon squeezed
- 1/8 tsp cayenne pepper
- ½ cup water
- ½ a tsp turmeric powder or 1 inch fresh turmeric root (if you can get it)
- 1 tsp minced fresh ginger root

#### **INSTRUCTIONS**

- Squeeze the lemon ½ lemon (I have a \$20 electric lemon juicer that I use all time, I highly recommend getting one of these).
- Squeeze 2 oranges or use ready made orange juice
- Add ginger root and turmeric root into blender (I use my magic bullet) with ½ cup water
- Pour into cup and add all other ingredients and mix

#### **MACROS - 1 serving**

<b>Protein:</b>	<b>0.7g</b>
<b>Carb:</b>	<b>15.02g</b>
<b>Fat:</b>	<b>0.39g</b>
<b>Fibre:</b>	<b>0.65g</b>
<b>Net Carb:</b>	<b>14.37g</b>
<b>Sugar:</b>	<b>12.11g</b>
<b>Calories:</b>	<b>62</b>

#### **TROPICAL CHIA PUDDING**

1/2 scoop vanilla protein powder  
1 cup unsweetened coconut milk  
2 tbsp chia seeds  
1 tsp vanilla extract  
1/4 tsp cinnamon  
1/4 tsp cardamom  
40g pineapple  
40g mango  
Water (if needed)

#### **INSTRUCTIONS**

Combine coconut milk, pineapple & mango in a blender or food processor and blend until smooth

In a smaller mason jar, combine protein powder, chia seeds, spices, vanilla extract and blended fruit/coconut milk mixture

Stir until fully combined, add a bit of water if it is too thick

Cover and refrigerate for a few hours or overnight

#### **MACROS**

<b>Protein:</b>	<b>15.7g</b>
<b>Carb:</b>	<b>24.3g</b>

Fat: 11.5g  
Fibre: 12.5g  
Net Carb: 11.8g  
Sugar: 3.9g  
Calories: 260

## PREPARED FRESH RECIPES

### **7. SMOOTHIES**

#### *\*General Smoothie Instructions\**

Place all the ingredients in a blender (except protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

*Aim between 25-30g protein per scoop\**

#### LYZA'S CHIA ALMOND SHAKE

1 scoop vanilla protein powder  
1 tbsp almond butter  
1 tsp pure organic maple syrup  
1 tbsp chia seeds  
1 tsp maca root powder  
1/2 tsp cinnamon  
1/4 cup chopped kale  
2 hearts of romaine leaves  
1/2 cup coconut water  
1/2 cup vanilla almond milk  
3 ice cubes

#### MACROS

Protein: 26.9g  
Carb: 38.8g  
Fat: 12.9g  
Fibre: 14.5g  
Net Carb: 24.3g  
Sugar: 15.6g  
Calories: 366

#### COCONUT BLISS SMOOTHIE

**1 scoop vanilla protein - whey isolate or vegan**

**1 tbsp coconut butter (also called coconut mana)**

**1/2 tsp organic cinnamon**

**1 tbsp hemp hearts**

**1 cup coconut, almond or cashew milk (unsweetened) + 1 cup of water (depending on desired texture)**

#### MACROS

**Protein: 30.8g**  
**Carb: 16.7g**  
**Fat: 21.3g**

**Fibre: 8.5g**  
**Net Carb: 8.2g**  
**Sugar: 4.2**  
**Calories: 367**

## 8. VEGGIES

### BAKED POTATO

1 sweet potato or Yukon Gold/Red Skin Potato - 100g

1/2 tsp sea salt

### INSTRUCTIONS

Line bottom rack of your oven with tin foil (this will catch any syrup that leaks from the potato)

Prick potatoes 2-3 times with a fork and place on the tin foil in the center of the oven

Set oven to 425 degrees

Bake for 45 minutes or until potatoes are soft

When cook time has finished, turn off oven and leave potatoes in to rest for additional 30-45 minutes - this prevents dryness and gives you delicious tender potatoes.

### MACROS - 100g (1/2 cup)

Protein: 2g  
Carb: 20.7g  
Fat: 0.2g  
Fibre: 3.3g  
Net Carb: 17.4g  
Sugar: 8.4g  
Calories: 90

### STEAMED BROCCOLI & BUTTER

1 cup broccoli

1 tsp organic butter

Pinch of sea salt & pepper to taste

### INSTRUCTIONS

Lightly steam broccoli and top with butter, salt and pepper

### MACROS - 1 cup

Protein: 2g  
Carb: 4g  
Fat: 3.7g  
Fibre: 2g  
Net Carb: 2g  
Sugar: 1

Calories: 58

## 9. MAIN MEALS

### VEGGIE OMELETTE- 1 serving

2 whole organic eggs  
3 organic egg whites  
1 cup chopped spinach  
30g button mushrooms, sliced  
30g red bell pepper, sliced  
1/4 tsp sea salt  
1/4 tsp black pepper  
Coconut oil spray

#### INSTRUCTIONS

Spray pan with coconut oil and heat pan on low-medium heat  
Cook mushrooms, peppers & spinach until semi-soft  
Remove cooked veggies and set aside  
Beat eggs well and pour into the pan and allow them to cook that side  
Once ready, add veggies in the middle of the egg and fold over them  
Press down with your spatula and let cook for about a minute

#### MACROS

Protein: 27.2g  
Carb: 10.4g  
Fat: 10.5g  
Fibre: 3.5g  
Net Carb: 6.9g  
Sugar: 6.1g  
Calories: 257

### STRAWBERRY CASHEW PROTEIN WAFFLES - makes 2

1 scoop vanilla protein powder  
100g strawberries, sliced  
1 cup coconut, cashew or almond milk  
1 tsp apple cider vinegar (helps to activate baking powder for extra fluff!)  
1 whole egg  
1 egg white  
1/2 tsp cinnamon  
1/4 cup coconut flour  
1/4 cup tapioca flour  
2 tsp cashew butter  
1 tsp vanilla extract  
Coconut oil spray  
1/2 tsp baking powder  
1/8 tsp celtic or pink himalayan sea salt

#### INSTRUCTIONS



Pre-heat your waffle iron

Combine non dairy milk and apple cider vinegar - let rest for 5 minutes

Whisk eggs well until smooth and add the soured milk

Add the remaining ingredients - the batter should be thin, but not watery

Spray your waffle iron to prevent sticking if necessary (you can skip this step if it non-stick)

Pour batter into waffle iron - only pour enough to cover the bottom to avoid over flowing, then close the lid

Allow batter to cook until light goes off, you are looking for a dark, golden brown and somewhat crispy waffle

Top waffles with cashew butter and sliced strawberries

MACROS - 2 waffles

Protein: 29.6g

Carb: 38g

Fat: 20.7g

Fibre: 13.7g

Net Carb: 24.3g

Sugar: 9.4g

Calories: 460

## STORE BOUGHT MACROS

### AVOCADO

MACROS – 30g (1/8)

Protein: 0.6g

Carb: 2.56g

Fat: 4.4g

Fibre: 0.2g

Net Carb: 2.36g

Sugar: 0.1g

Calories: 48

### BONE BROTH

MACROS - 1 cup (based on Pacific Organics)

Protein: 9g

Carb: 0g

Fat: 0g

Fibre: 0g

Net Carb: 0g

Sugar: 0g

Calories: 35

CLASSIC HUMMUS

MACROS - 1 tbsp

Protein: 2g

Carb: 5g

Fat: 6g

Fibre: 2g

Net Carb: 3g

Sugar: 0g

Calories: 70

VEGGIES & HUMMUS

MACROS - 2 tbsp hummus + 1 cup assorted veggies

Protein: 4g

Carb: 15g

Fat: 6g

Fibre: 2g

Net Carb: 13g

Sugar: 0g

Calories: 120

KIMCHI

MACROS - 4 tbsp

Protein: 1g

Carb: 2g

Fat: 0g

Fibre: 2g

Net Carb: 0g

Sugar: 1g

Calories: 15

SAURKRAUT

MACROS - 4 tbsp

Protein: 0g

Carb: 4g

Fat:	0g
Fibre:	4g
Net Carb:	0g
Sugar:	0g
Calories:	20