

**TrainWithLyzabeth's**

# 2000 Calorie Menu Option

Welcome to the program! We're excited to get started.

You've chosen the 2000 calorie option. There is also a 1700 and 2000 calorie option for classic plan. Please note that there is a re-feed day once every two week where your calories will go up to 2500 calories(500 calories of additional carbohydrates).

The classic plan is meant for those that would like to lose at least 10lbs+ while maintaining / adding curves. If you do not have the right plan, you can change it at any time at no additional cost. Our goal is for you to get your best results.

Here is a quick summary of how the program works:

## Overview

- low carbohydrate/low sugar count for weeks 1 & 2
- week 3 & 4 carbohydrate goes up
- lactose free
- gluten free
- low sugar - roughly 20-40g/day
- grain free weeks 1, 2 & 3 (to address possible carb sensitivity, gluten free stuff in wk 4)
- 1 re-feed day every two weeks
- week 1 add morning fibre/colon cleanse
- weeks 1&2 (optional) add parasite killer supplement or kit. Also optional, if doing either of these cleanses: add lemon emena (lemona) or colonics on continue with a fiber supplement to ensure you are moving things out which will assist in less headaches, fatigue etc. that may occur due to cleansing

## Goals

- reduce sugar cravings & rebalance blood sugar
- reduce candida issues/ parasite issues
- restore energy
- lose fat
- reset your body as a fat burning machine
- re-feed days will ensure your metabolism gets a little shock to help it from lowering and gives you a 'fun day' to look forward to
- Intermittent Fasting
  - wk 1 & 2: eating window is 8 hours on days 1-3
  - wk 3 & 4: eating window is 8 hours on days 1-5

## Supplements

- Parasite cleanse kit of choice (optional) – since we're going low sugar, it's the perfect time to kill those pesky parasites causing havoc in your system. (take as directed on the label that you purchase).
  - o Should you do the parasite cleanse? If you already eat clean, you should be okay to do a parasite cleanse.
- Probiotic 20-50billion per capsule should be fine, but check with your doctor as to how much they think you may need. Personally I take 20-50 billion/caps.
- 1 tbls aloe - (easiest to add to a shake)
- 1 tbls glutamine 3 times a day - (breakfast, lunch and dinner)
- 5 grams BCAA pre-workout in water
- \*look for no sucralose, prefer stevia sweetened
- Digestive enzyme  
(ensure it includes: pepsin, cellulose, HCL) – take before meat meals or large meals.
- Chlorella capsules or Royal jelly tablets (take as directed on the label). Both provide an array of vitamins, minerals and health fats. You do not need to buy both, but you can if you like. If you don't want to take either of these, you can take a high quality multi-vitamin instead

## Liquid Options

- Water
- Infused water
- Herbal teas - warm or chilled• Sleepy Time Tea is a favourite amongst the TWL community to help with sleep
- Green & white teas - matcha is the best option with most antioxidants
- Organic coffee (max 2) one as pre-workout, one as necessary

(if necessary) – zero is best.

- Natural Vitamin C or magnesium drinks (no sweeteners except stevia or xylitol) – once a day each as necessary

Check out my video on healthy ways to stay hydrated for some yummy options

<https://youtu.be/6HPFCFBm2kw>

## Intermittent Fasting

- Food is consumed within an 8-hour window
- This does not apply to water, lemon water, chlorophyll water, unsweetened herbal teas etc.
- Eg.) First meal at 10am and last meal consumed by 6pm

## FAQ

Fermented Foods, what are they?

- they are probiotic packed veggies that have been fermented and assist with gut health and give you a flat belly!
- Some of you may not love the flavour at first, but you will grow to either tolerate them or crave them - don't give up, there are plenty of different varieties out there to enjoy
- The most popular ones are sauerkraut (great for newbies) and kimchi (great for those who like some spice)

Should you Add a Parasite Cleanse?

- Parasite cleanses can work well when eating a low sugar diet, so a sugar cleanse can be a good time to do this type of cleanse.
- It can work well if you have a healthy colon and good bowel movements. It's important that you have good bowel movements prior to starting. When cleansing, toxins need a way out. If you are backed up, this could lead to toxins, parasites and candida getting stuck in the colon. Personally I add a colonic and some people add a lemon (also known as lemonas) or coffee enema to ensure things are moving along. You can do further research if you are interested in this.
- How to do it? You can research a good kit from a health food store and add it as a supplement. A fibre supplement and adequate liquids can also help.
- If eating clean is a new lifestyle change for you, I suggest a solid month of the following my eating plan along with a quality fiber intake or supplement and adequate water before any advanced cleansing happens in order to prevent a cleansing crisis

What about Water?

- Your water goal is 2L plus workout water
- 1L of pure water (filtered)
- The other 2L can be your choice of BCAA's, herbal teas, fruit infused water, emergen -c or Mag-calm - make sure there are no artificial sweeteners or mystery ingredients

What is Intermittent Fasting (IF)?

- Intermittent fasting (IF) is a term for an eating pattern that cycles between periods of fasting and

eating – it is not a diet, but merely a way to describe an eating pattern that includes an eating window.

- Common intermittent fasting methods involve daily 16 hour fasts, or fasting for 24 hours, twice per week.

How to do Intermittent Fasting

- There are several different IF methods used, but all of them involve splitting the day or week into “eating periods” and “fasting periods.”
- During the fasting periods, you eat either very little or nothing at all.
- The simplest, most sustainable and easiest method to stick to is the 16/8 method
- The 16/8 Method involves restricting your daily eating period to 8 hours, for example from 10am to 6pm then “fasting” for 16 hours in between.

Why try IF?

- When you fast, several things happen in your body on the cellular and molecular level, but one of the most notable is the body’s ability to change hormone levels to make stored body fat more accessible.
- IF also increases Human Growth Hormone (think muscle gain and fat loss), improves insulin levels (think better energy and fat loss) and allows your cells to repair themselves (think anti-aging and long term health)

Do not start IF or discontinue if:

- If you notice abrupt changes in your menstrual cycle
- If you have problems with fertility and/or are trying to conceive
- You are underweight or have a history of eating disorders
- Do not have enough energy to carry out daily tasks after 4 days
- Have a history of diabetes or issues with regulating blood sugar and blood pressure

What to expect when fasting?

- Hunger (obviously) :)
- You may also feel weak and that your brain isn’t performing as well as you’re used to
- This may only be temporary, as it can take some time for your body to adapt to the new meal schedule.

\*If you have a medical condition, then you should consult with your doctor before trying intermittent fasting.

What if I have an allergy or sensitivity to any of the foods, or I really dislike them?

You are welcome to switch out a food. Just look at the recipe or package and change it out for something with similar macros. This month is lactose free, gluten free, so do not substitute with one of these foods. An example could be, someone that really does not like salmon, might be able to switch this out for chicken thighs. Both a good source of protein and high fat (fish has better fat), but all alternates won’t be the exact same macros. Just do your best.

## EATING PLAN

### DAY 1

**PRE-BREAKFAST - ACV Water**

**MEAL #1 CASHEW CREAM SMOOTHIE + MCT OIL**  
**MEAL #2 - CHICKEN BURGER & MASON JAR MIXED GREENS**  
**MEAL #3 - LAZY BONE BROTH SOUP WITH CELERY & NUT BUTTER (2 TBS) + FIRE SHOT**  
**MEAL #4 - STUFFED PEPPER + STEAMED MIXED VEGGIES & BUTTER**

MACROS

Protein 126.8g  
Carb 96.6g  
Fat 132.5g  
Fibre 30.8g  
Net Carb 65.8g  
Sugar 41.2g  
Calories 1997

**DAY 2**

**PRE-BREAKFAST - ACV Water**

**MEAL #1 CAFE AU LAIT SMOOTHIE + MCT OIL**  
**MEAL #2 - CHICKEN COLLARD WRAP WITH KIMCHI + STEAMED BROCCOLI & BUTTER**  
**MEAL #3 - HARD BOILED EGGS with LAZY BONE BROTH SOUP + CELERY & HUMMUS**  
**MEAL #4 - ASIAN BEEF STIR FRY ON SHIRATAKE NOODLES with AVOCADO (100g)**

MACROS

Protein 118.7g  
Carb 94.1g  
Fat 129.5g  
Fibre 39.5g  
Net Carb 54.6g  
Sugar 25.6g  
Calories 2008

**DAY 3**

**PRE-BREAKFAST - ACV Water**

**MEAL #1 CASHEW CREAM SMOOTHIE + MCT OIL**  
**MEAL #2 - STUFFED PEPPER + STEAMED MIXED VEGGIES & BUTTER**  
**MEAL #3 - LAZY BONE BROTH SOUP WITH CELERY & NUT BUTTER (1 TBS) + FIRE SHOT**  
**MEAL #4 - CHICKEN BURGER & MASON JAR MIXED GREENS**

MACROS

Protein 126.8g  
Carb 96.6g  
Fat 132.5g  
Fibre 30.8g  
Net Carb 65.8g  
Sugar 41.2g  
Calories 1997

**DAY 4**

**PRE-BREAKFAST - ACV Water**

**MEAL #1 – CAFÉ**  
**AU LAIT SMOOTHIE + MCT OIL**  
**MEAL #2 - ASIAN BEEF STIR FRY ON SHIRATAKE NOODLES with AVOCADO (100g)**  
**MEAL #3 - HARD BOILED EGGS with LAZY BONE BROTH SOUP + CELERY & HUMMUS**  
**MEAL #4 - CHICKEN COLLARD WRAP WITH KIMCHI + STEAMED BROCCOLI & BUTTER**

MACROS

Protein 118.7g  
Carb 94.1g  
Fat 129.5g  
Fibre 39.5g  
Net Carb 54.6g  
Sugar 25.6g  
Calories 2008

**DAY 5**

**PRE-BREAKFAST - ACV Water**

**MEAL #1 - CASHEW CREAM SMOOTHIE + MCT OIL**  
**MEAL #2 - STUFFED PEPPER + STEAMED MIXED VEGGIES & BUTTER**  
**MEAL #3 - LAZY BONE BROTH SOUP WITH CELERY & NUT BUTTER (1 TBS) + FIRE SHOT**  
**MEAL #4 - CHICKEN BURGER & MASON JAR MIXED GREENS**

MACROS

Protein 126.8g  
Carb 96.6g  
Fat 132.5g  
Fibre 30.8g  
Net Carb 65.8g  
Sugar 41.2g  
Calories 1997

**DAY 6**

**PRE-BREAKFAST - ACV Water**

**MEAL #1 - SPICY VEGGIE FRITTATA with KIMCHI & AVOCADO + FIRE SHOT**  
**MEAL #2 - CHICKEN COLLARD WRAP + LAZY BONE BROTH SOUP**  
**MEAL #3 - CAFE AU LAIT SMOOTHIE + MCT OIL**  
**MEAL #4 - STUFFED PEPPER WITH STEAMED BROCCOLI & BUTTER + NUT BUTTER DESSERT (1TSP)**

MACROS

Protein 135.2g  
Carb 96.7g  
Fat 135.6g  
Fibre 33.2g  
Net Carb 63.5g  
Sugar 36.4g  
Calories 1990

**DAY 7**

**PRE-BREAKFAST - ACV Water**

**MEAL #1 - GREENS EGGS & TURKEY BACON**

**MEAL #2 - CHICKEN COLLARD WRAP + KIMCHI & LAZY BONE BROTH SOUP (2 CUPS)**

**MEAL #3 - PROTEIN BAR (Sweet Treat)**

**MEAL #4 - CHICKEN BURGER & MASON JAR MIXED GREENS + SWEET POTATO**

MACROS

Protein: 154.3g

Carb: 109g

Fat: 124.8g

Fibre: 45.4g

Net Carb: 63.6g

Sugar: 30.9g

Calories: 1997

## GROCERY SHOPPING

Grocery List	Quantity
<b>Produce</b>	
Avocado	6
Baby spinach	6 cups
Bell Peppers (red)	5
Broccoli (fresh or frozen)	7 cups chopped
Broccoli slaw mix	1 cups
Bok choy	2 cups chopped
Cauliflower, riced (or you can grate yourself)	2 cups
Celery	1 bunch
Cherry tomatoes	1000g
Collard greens (fresh)	4 large leaves or 8 smaller ones
Cucumber	1
Garlic, bulb	1
Ginger root	5 tsp, minced
Lemon	3
Mixed Veggie Medley (no corn,peas or carrots)	3 cups
Onion, white or yellow	1
Onion, green	1 stalk



Oranges	6
Spring mix	3 cups
Sunflower sprouts	4 cups
Sweet potato	100g
Turmeric root	5 inches fresh or 2 tsp powder
Zucchini, large	1/2 cup sliced (1 small)
<b>Protein</b>	
Beef, lean cut (strip loin)	8oz total (4oz per serving)
Chicken burgers, gluten free	8 patties- from healthy butcher
Boneless, skinless chicken breast (organic preferred)	16 oz total (4oz each) approx.
Whole eggs – organic, local	1 dozen
Protein powder, vanilla	1 tub
Turkey bacon, nitrate free organic (or regular organic bacon)	4 slices
Lean ground turkey	1lb or 16oz
Egg whites, organic, free run (liquid)	1 cup
Protein Bar (low sugar, low carb, gluten free - 200 calorie)	1
<b>Fats</b>	
Cacao nibs	3 tsp
Hemp Hearts	6.5 tbs
Chia seeds	3 tbs
Coconut oil, organic, virgin	1 jar

Coconut butter (also called coconut mana)	1 jar
Butter, organic raw – or Ghee	1 package
Olive oil – extra virgin organic	1 bottle
MCT Oil	1 bottle
Nut or seed butter (pick 1) non-peanut, organic such as:	1 jar
<i><b>Almond</b></i>	
<i><b>Cashew</b></i>	
<i><b>Hazelnut</b></i>	
<i><b>Pumpkin seed</b></i>	
<i><b>Sunflower seed</b></i>	
Sesame seeds	2 tbs
<b>Condiments</b>	
Apple cider vinegar – organic w the mother	1 bottle
Bone broth - chicken, turkey or beef, available at health butchers and health food stores in the frozen food section	7 cups
Coffee, organic, instant or swiss water processed decaf instant	1 jar
Hot sauce- sugar free gluten free (Sriracha, Franks Red Hot, Tabasco etc.)	1 bottle
Honey, raw, organic	1 jar
Hummus (classic or spicy)	1 package
Braggs Aminos	1 bottle
Ketchup (organic)	1 bottle

Kimchi (for spicy palate) or Sauerkraut (for mild palate)	1 jar
Mayonnaise- sugar free, gluten free	1 jar
Mustard, honey Dijon	1 bottle
Orange juice, freshly squeezed, store bought (in lieu of home made from fresh oranges)	1 bottle
Salad Dressing - low sugar, low carb (if you are not making your own)	1 bottle
Shirataki Noodles	2 small packages or 678g total
Soup, pre-made - such as cauliflower or veggie; must be dairy & gluten free, low sodium, low carb and must be less than 12g of carb per cup	7 cups
Tomato paste, organic	1 jar
Unsweetened, non-dairy milk (almond, coconut, cashew, hemp, flax)	6 cups
<b>Spices/Pantry Items</b>	
Black pepper	
Chilli flakes	
Cayenne pepper	
Dried lemon rind	
Garlic powder	
Cinnamon, organic	
Oregano	
Rosemary	
Sea salt, unrefined such as Himalayan pink salt or Celtic Salt	
Thyme	
Turmeric powder	
Spice mixes, natural, gluten & sugar free, low sodium such as:	
<b>Flavour God</b>	
<b>Hot Mammias</b>	
<b>Mrs. Dash</b>	

## MEAL PREP

Meal Prep Name	Days
Chicken Burger (Prepare 4 servings or make fresh each day)	Day 1,3,5,7
Chicken Collard Wrap (prepare 4 servings)	Day 2, 4,6, 7
Stuffed Peppers (prepare 4 servings)	Day 1,3,5,6
Asian Beef Stir Fry on Shiratake Noodles (prepare 2 servings)	Day 2,4
Mason Jar Mixed Greens (prepare 4 servings)	Day 1,3,5,7
Hard boiled eggs (prepare 2 servings)	Day 2, 4
<p><b>Prep Day of</b></p>	
Lazy Bone Broth Soup (prepare 1 serving to eat for 7 days)	Day 1,2,3,4,5,6,7
Cashew Cream Smoothie (prepare fresh each day)	Day 1,3,5
Café au Lait Smoothie (prepare fresh each day)	Day 2,4,6
Spicy Veggie Frittata with Kimchi (prepare fresh each day)	Day 6
Green Eggs & Bacon (prepare fresh)	Day 7
Fire Shot (prepare fresh, drink within 20 mins of preparation)	Day 1,3,5
Steamed Mixed Veggies & Butter (prepare fresh preferred or prepare 3 servings in advance if you cannot prepare fresh)	Day 1,3,5
Steamed Broccoli & Butter (prepare fresh preferred or prepare 3 servings in advance if you cannot prepare fresh)	Day 2,4,6
Sweet Potato (prepare fresh)	Day 7
<p><b>Store Bought - ready to eat</b></p>	
Kimchi (buy)	Day 2,4,7,6

Protein Bar (buy)	Day 7
Celery & nut butter (buy)	Day 1, 3, 5,7
Celery & hummus (buy)	Day 2, 4
Nut butter dessert (buy)	Day 6
MCT Oil (buy)	Day 1,2,3,4,5,6,7

## MEAL PREP:

### MASON JAR MIXED GREENS

1 serving

#### Ingredients:

1 cup baby spinach  
 1 cup mixed greens  
 100g cherry tomatoes  
 50g avocado (1/4)  
 1/4 cup sunflower sprouts

#### Dressing

1 tsp honey Dijon mustard  
 2 tbsp olive oil  
 3 tbsp lemon juice  
 Option to use low sugar, low carb dressing

#### Instructions:

Combine mixed greens, tomatoes, sprouts & avocado  
 Mix ingredients and dressing well and serve with chicken burgers

#### MACROS

Protein: 2.7g  
 Carb: 15.8g  
 Fat: 35.7g  
 Fibre: 6.1g  
 Net Carb: 9.7g  
 Sugar: 3.8g  
 Calories: 374

### STUFFED PEPPERS

4 servings

Ingredients:

1 pounds ground turkey (4oz per serving)  
4 large red bell peppers  
2 tbsp coconut oil  
2 garlic cloves, minced  
1 tsp dried oregano  
1 tsp turmeric  
1/2 tsp sea salt  
1/2 tsp black pepper  
2 cups riced cauliflower  
1 tbsp organic tomato paste  
Coconut oil spray

Instructions:

Preheat the oven to 350 degrees  
Coat a small baking dish with coconut oil spray  
Bring a large pot of water to a boil  
Cut the stems and very top of the peppers off, remove seeds & place in boiling water for 4-5 Minutes  
Remove from the water and drain face-down on a paper towel  
Heat the coconut oil in a large nonstick pan over medium heat  
Add in the onion, garlic and sauté for 3-4 minutes until soft  
Stir in the ground turkey, oregano, turmeric, salt, and pepper and cook until turkey is browned  
Add the mixed veggies and cauliflower to the skillet as the turkey finishes cooking  
Cook everything together until the veggies are soft, and then drain any juices from the pan  
Remove the pan from heat and stir in the tomato paste  
Place the peppers upright in the baking dish

MACROS - 1 pepper

Protein: 22.1g  
Carb: 11.9g  
Fat: 19.9g  
Fibre: 3g  
Net Carb: 8.9g  
Sugar: 5.4g  
Calories: 281

## **CHICKEN (for chicken collard wraps)**

4 servings

Ingredients:

16oz total of chicken breasts, with skin – (4oz per serving)  
Spice mix, 1 tsp of each - rosemary, thyme, sea salt, black pepper, dried lemon rind or any of the prepared spice mixes in the grocery list  
10 cherry tomatoes, halved  
2 tbsp olive oil

Choose from crock pot or oven instructions below:

#### Crock Pot

Mix spices and olive oil and season chicken ensuring to coat it thoroughly  
Place seasoned chicken along with tomatoes in crock pot  
Cook in crock pot on high for 2-3 hours depending on how much chicken you are using  
Use a meat thermometer and ensure chicken is cooked to 165 degrees  
Remove skin upon serving

#### Oven

Mix spices and season chicken coating it thoroughly  
For more intense flavour, let chicken marinate for at least 2 hours prior to cooking  
Pre-heat oven to 350 degrees and place seasoned chicken in baking pan  
Bake in oven for 45 minutes or until meat thermometer shows 165 degrees

MACROS (Rosemary) - 1 chicken breast =  
4oz or 120g  
Protein: 26.5g  
Carb: 2.3g  
Fat: 8.4g  
Fibre: 0g  
Net Carb: 1.6g  
Sugar: 1.3g  
Calories: 191

## **CHICKEN COLLARD WRAP**

1 serving

#### **Ingredients:**

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

## **ASIAN BEEF STIR FRY ON SHIRATAKE NOODLES with AVOCADO (100g)**

1 serving

### Ingredients:

ASIAN BEEF STIR FRY & SHIRATAKE NOODLES - 1 serving

4oz grass fed beef, cut into strips

1/2 cup white onion - sliced

1 clove garlic, minced

2 cup broccoli florets

1 cup baby Bok choy

1/2 cup packaged broccoli slaw mix

2 tbsp Braggs Aminos

1/2 tsp minced ginger

1 tbsp olive oil

1 tbsp sesame seeds

1/2 tsp black pepper

Hot sauce to taste (optional)

226g Shiritake noodles (1/2 large package that is 453g)

50g avocado, sliced

### Instructions:

Heat oil over medium heat in large non-stick skillet

Sautee onions, garlic and ginger until softened

Add beef and cook for a few minutes unless you have meal prepped beef already

In separate pan, steam broccoli, Bok choy and slaw mix

Add broccoli and other veggies to beef and mix well

Add Braggs aminos, hot sauce and black pepper and mix well

Top over rinsed Shiritake noodles

Sprinkle sesame seeds and enjoy

### MACROS

Protein 27.8g

Carb 41.3g

Fat 54.2g

Fibre 17.6g

Net Carb 23.7g

Sugar 9.5g

Calories 754

## **HARD BOILED EGGS**

1 serving

2 medium organic free-range eggs



MACROS - 2 eggs

Protein: 12.6g  
Carb: 1.1g  
Fat: 10.6g  
Fibre: 0g  
Net Carb: 1.1g  
Sugar: 1.1g  
Calories: 155

## PREPARE FRESH DAY OF:

### ACV Water

500ml water, 2 tbs raw  
Apple Cider Vinegar

Mix and drink 15-20 minutes before breakfast

### CASHEW CREAM SMOOTHIE + MCT OIL

1 serving

**Ingredients:**

1 scoop vanilla protein powder  
1 tbsp organic instant coffee or Swiss water processed decaf instant coffee  
1 tsp unsweetened cacao nibs  
1 tbsp almond butter  
1/2 tsp organic cinnamon  
1.5 tbsp hemp hearts  
1 cup coconut, almond or cashew milk  
(unsweetened) + 1 cup of water/ice (depending on desired texture)  
1 tbsp MCT Oil

**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

### MCT Oil - MACROS

Protein:0g  
Carb: 0g  
Fat: 14.2g  
Fibre: 0g  
Net Carb: 0g  
Sugar: 0g  
Calories: 128

## SHAKE – MACROS

Protein: 36.1g  
Carb: 22.7g  
Fat: 31.3g  
Fibre: 11.6g  
Net Carb: 11.1g  
Sugar: 4.3g  
Calories: 515

## CAFE AU LAIT SMOOTHIE + MCT OIL

1 serving

### Ingredients:

1 scoop vanilla protein powder  
1 tbsp organic instant coffee or Swiss water processed decaf instant coffee  
1 tsp unsweetened cacao nibs  
1 tbsp almond butter  
1/2 tsp organic cinnamon  
1.5 tbsp hemp hearts  
1 cup coconut, almond or cashew milk(unsweetened) + 1 cup of water/ice (depending on desired texture)  
1 tbsp MCT Oil

### MACROS

Protein 36.1g  
Carb 17.7g  
Fat 35g  
Fibre 7.7g  
Net Carb 9.5g  
Sugar 3.9g  
Calories 519

## CHICKEN BURGER

1 serving

### Ingredients:

2 gluten free, organic chicken burgers bought from a healthy butcher or health food store  
1 tbsp organic ketchup  
1 tbsp hot sauce

### Instructions:

Bake chicken burgers in the oven at roughly 375 or follow package suggestion.  
Serve with Mason Jar Mixed Greens, ketchup and hot sauce

### MACROS - 2 burgers (4oz each)

Protein: 44g  
Carb: 5g  
Fat: 18g  
Fibre: 0g

Net Carb: 5g  
Sugar: 4g  
Calories: 360

## **CELERY & NUT BUTTER**

1 Serving

Ingredients:

2 celery stalks  
2 tbsp nut butter

Instructions:

Spread nut butter on celery stalks and enjoy!

MACROS

Protein: 3.2g  
Carb: 5.2g  
Fat: 8g  
Fibre: 2.5g  
Net Carb: 2.7g  
Sugar: 2.6g  
Calories: 100

## **FIRE SHOT**

1 Serving

Ingredients:

2 tbsp apple cider vinegar  
1 tsp raw honey  
1/2 orange squeezed (juiced)  
1/2 Lemon squeezed (juiced)  
1/2 cup water  
1 inch fresh turmeric root  
1 tsp minced fresh ginger root

Instructions:

Slice the lemon in half. Juice both halves (I have a \$20 electric lemon juicer that I use all time, I highly recommend getting one of these).

Slice one orange in half and juice 1/2 an orange (save the other half for next time)

Add ginger root and turmeric root into blender (I use my magic bullet) with 1/2 cup water

Pour into cup and add all other ingredients and mix

Tip - Should be consumed within 20 minutes of blending or juicing

MACROS - 1 serving

Protein: 0.7g  
Carb: 15.02g

Fat: 0.39g  
Fibre: 0.65g  
Net Carb: 14.37g  
Sugar: 12.11g  
Calories: 62

## **STEAMED MIXED VEGGIES & BUTTER**

1 serving

### **Ingredients:**

1 cup mixed veggie medley (corn, pea & carrot free)  
1 tbsp organic butter  
Pinch of sea salt & pepper to taste

### **Instructions:**

Lightly steam veggies and top with butter, salt and pepper

### **MACROS - 1 cup**

Protein: 2g  
Carb: 6g  
Fat: 11.2g  
Fibre: 2g  
Net Carb: 4g  
Sugar: 2  
Calories: 125

## **STEAMED BROCCOLI & BUTTER**

1 serving

### **Ingredients:**

1 cup broccoli florets, chopped  
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: 6g  
Fat: 3.9g  
Fibre: 2g  
Net Carb: 4g

Sugar: 2  
Calories: 58

## **SPICY VEGGIE FRITTATA WITH KIMCHI**

1 Serving

### Ingredients:

2 whole eggs  
3 egg whites  
1 cups raw baby spinach chopped  
1/4 cup onion, thinly sliced  
1/4 cup red bell pepper, thinly sliced  
1/2 tsp chilli flakes  
Hot sauce to taste  
1/4 tsp sea salt  
1/4 tsp black pepper  
1 tsp coconut oil  
4 tbs Kimchi

### Instructions:

Pre-heat oven to 350 - make sure oven rack is in centre of oven  
Using a cast iron or oven proof skillet, heat oil and add vegetables to skillet and cook until soft (about 5 minutes)  
While veggies are cooking, combine eggs, chili pepper, salt & black pepper and whisk well  
Pour egg mixture over cooking veggies  
Cook until edges are set and the centre is just beginning to set  
Transfer the skillet to the heated oven and bake for another 5-8 minutes until centre is firm  
Transfer to plate and serve with Kimchi

### MACROS

Protein 34.7g  
Carb 37.8g  
Fat 45g  
Fibre 11.3g  
Net Carb 26.5g  
Sugar 17.4g  
Calories 639

## **GREENS EGGS & TURKEY BACON**

1 serving

### Ingredients:

2 whole organic eggs  
2 organic egg whites  
4 slices nitrate free turkey bacon  
1 cup spinach, chopped  
1 green onion, chopped

1/2 cup zucchini, chopped  
1 tbsp organic ghee or coconut oil  
100g avocado, chopped

Instructions:

Crack eggs into a medium bowl and whisk until smooth  
In a large skillet, add 1 tbsp of your fat of choice (ghee or coconut oil)  
Quickly cook the zucchini, spinach & green onion until soft (1-2 minutes)  
Add eggs to the veggies and scramble until firm

MACROS

Protein 45.4g  
Carb 16.3g  
Fat 48.4g  
Fibre 8.4g  
Net Carb 7.9g  
Sugar 3.2g  
Calories 558

## BAKED SWEET POTATO

1 serving

100g sweet potato

INSTRUCTIONS

Line bottom rack of your oven with tin foil (this will catch any syrup that leaks from the potato)  
Prick sweet potatoes 2-3 times with a fork and place on the tin foil in the centre of the oven  
Set oven to 425 degrees  
Bake for 45 minutes or until potato is 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

## LAZY BONE BROTH SOUP

1 Serving

1 cup pre-made bone broth  
1 cup low sodium, low calorie pre-made soup such as pureed cauliflower or veggie

1/2 tbsp hot sauce (optional)  
Pepper to taste

MACROS - 2 cups soup

Protein: 10g  
Carb: 11g  
Fat: 0g  
Fibre: 3g  
Net Carb: 8g  
Sugar: 5g  
Calories: 85

## **CELERY & HUMMUS**

1 Serving

1 tbsp hummus  
2 celery stalks

MACROS - celery (2 stalks) & hummus (1 tbs)

Protein: 1.2g  
Carb: 3.7g  
Fat: 3g  
Fibre: 1.5g  
Net Carb: 2.2g  
Sugar: 0.6g  
Calories: 40