

# Power of Food

## Nutrition & Meal Plan Guide

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MIND • BODY • MOTIVATION

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**I am SO excited to be writing about one of my favorite topics, FOOD!**

They say that knowledge is power and in this case they (whoever they are) could not have been more correct! As a society we've almost been forced into terrible eating habits, and what I mean by forced is this. When is the last time you went to a restaurant and the menu showed you how much bad fat was in the meal? Even worse, how about a fast food dive, live any of the major chains that are out there. I think its safe to say that you know who they are. Did you know that a strawberry milk shake at McDonalds has over 50 different ingredients, and none of the ingredients include milk or strawberries? All chemicals and they're not even required to tell us what they all are! There are over 3500 Artificial Flavors approved for use by the FDA, and companies don't have to tell us which they're using, they just have to list that its an artificial flavor! Look at the below picture. My Dr. has this hamburger in his office from McDonalds and he left it out as an example, its been sitting there since April 2011, and the thing hasn't changed a single bit, it didn't rot, mold, or even attract a single insect! It's because its not food, its chemicals that you and I have been tricked into thinking is food, and this is what I mean by forced into having terrible eating habits. We're being told its one thing and its really another.



I could go on for hours about all the different things we need to look out for, but that's not what this meal guide is intended to do. This is a way for you to breakdown what you're putting into your body to insure that you're be as healthy as you can be.

**“Let food be thy medicine and medicine be thy food”**

**— Hippocrates (Written Over 2000 Years Ago)**

So many of the illness you and the people we know suffer from are directly related to the food that we're putting into our bodies. We are not getting the vitamins and nutrients we need for the body to work properly and its having a major effect on our way of life. Did you know that 2 out of every 3 people in the USA are overweight and that 1 out of every 3 is considered obese? That's crazy when you think about how advanced we're as a society, we should be the healthiest country with the knowledge and resources we have and instead, out of 72 first world countries we're ranked dead last, number 72 in health. The World Health Organization has declared us the most diseased country in the world! As a country we consume more prescription drugs then any other country in the entire world yet we are the most sick! Ok, I'm stepping off the soapbox, I think you get the point!

I have great new about everything I just told you! It can all change by the actions you decide to take! Yes, you can be the change that helps everyone! You see knowledge is power and what you're about to read is the basic need to knows about food and how it can help you be the healthiest you've ever been! Food will affect your mood every day, it will affect how your muscles will work, how your heart will pump, how your brain will process thought, how your eyes will see and how your organs will work! If you truly care about the body you've been given and want to do everything in your power to not be in a hospital ill, or all hopped up on meds, then all you have to do is watch what you're eating and you can start today! I'm not saying don't eat good tasty foods, I'm saying eat good tasty foods that will help you kick butt at life! The choice is yours, all I can do is tell you what I've learned and how I believe you can make food work for you!

## **So lets get started!**

I am going to break down what we're putting into our bodies in four sections, Calories, Protein, Fats, and Carbs so that we have an understanding of how all of these are important to us. I'll be brief with each as to not bore you and just give you the basics, but enough info that you'll get the idea of how the body operates. Then I'll give you some quick recipes that you can use to get through your busy life. Yes, I'm assuming you have a busy life, because I'm yet to meet anyone in this country who is not busy every day. Its how our society is, we're on the go all the time, so I'll give you some tips of how to overcome that objection, afterall isn't that why we eat fast food?

## CALORIES

Lets start here and I'll be brief and to the point! If you're trying to lose weight you must consume fewer calories than you burn each day. Once the body has burned through your food, broken it all down and used it as energy ,it will then start to look for other forms of energy in body such as body fat. If you're eating more calories per day than you burn, the body will take the excess food, break It down at a molecular level and store it as fat to use it at a later time when needed.

If you're wondering how many calories you burn each day there's a way to find out. Google BMR Calculator which stands for Basal Metabolic Rate, it will ask you for your age, weight, height and sex, and will then tell you how many calories you burn per day without exercise. It's a ballpark figure, yes it may be plus or minus but it gives you a barometer to go by. For example, a 5'7 30 year old female who weighs 130 pounds will burn 1394 calories per day without exercising. So if she were to want to lose weight she would need to eat fewer calories than that each day.

Here's crazy for you. A Mcdonalds Grilled Chicken Club Sandwich is 590 Calories, a large fry is 570 calories and small strawberry shake is 420 calories and medium Sprite is 210 calories.

A whopping total 1790 calories!!!

Not to mention you actually haven't eaten anything with nutrients yet. If you want to tell me that the chicken has nutrients we can go into an entire other conversation about what's actually in there chicken, but I'll touch on that in the Protein section of this guide. So think about that, if a woman who's BMR was 1394 ate just that she would already have 396 more calories consumed then she's going to burn, just from that one meal, and all of that is going to turn to fat and get stuck in the butt, or sides, or somewhere that you can't get to it!

I don't mean to keep bashing on McDonalds, we could use any of these fast food places because they're all going to around the same. The point is that if you're serious about losing weight then you absolutely need to know how much you're putting in your body and what you're putting into your body, I mentioned the 1790 calories, but I didn't even tell you how many carbs for fat then meal had, its astronomical and way more then you will ever need or want. Just Say No, it's the easiest way to get where you want your health to be!

If you're thinking, oh I don't want to count calories, don't worry, I'm going to give you a guideline to stick to that will help you to not have to. We'll talk about portion size and knowing when enough is enough, plus if you're eating healthy foods your body will process them faster because it knows what to do with them and how it wants to use them, and this is going to speed up metabolism which in turn will burn more calories, just from the digestion process!

That's what you will want to know about calories, they do matter and not knowing what you're feeding yourself can play a HUGE roll in how fast you hit your goal!

# PROTEIN

The building blocks of all life on Earth. When we consume protein our bodies will break the protein down into Amino Acids which are the building blocks for our muscles. Proteins also strengthen the immune system, and are responsible to helping the body create healthy blood cells as well as other key rolls in transporting nutrients through the body. They're a macronutrient and are absolutely necessary for the body to function properly.

A healthy ration of protein in your nutrition plan would be about .08 to 1 full gram of protein per body pound. So to stick to our woman example of 5'7 130 pounds that would be around 120 to 130 grams of protein per day. If you're trying to build muscle you will want to try to consume more, closer to 1.5 grams per body pound.

Which leads us to, Where Do We Get Our Protein?

I'll breakdown protein sources into 3 categories, Meat Based Protein, Plant Based Protein, and Dairy Based Protein.

Meat based protein is the most common source for most people, Poultry, Beef, and Fish.

Here are three examples of what the macronutrient breakdown would look like:

Meat Based Protein	Calories	Protein	Carbs	Fat
Grass Fed 90/10 Ground Beef 5oz (Or Steak)	320	40	0	15
Wild Caught Salmon 4 oz Filet	240	30	0	12
Free Range Chicken Breast 4oz	184	36	0	4

Plant Based Proteins can be found in greens, seeds, nuts, beans, and grains, here are three examples:

Plant Based Protein	Calories	Protein	Carbs	Fat
1 Ounce Almonds	163	6	6	14
1 Ounce Pumpkin Seeds	126	5	15	6
5 Ounces Broccoli	50	5	10	0

The third place we can find protein is in dairy products, and here are three examples:

Dairy Based Protein	Calories	Protein	Carbs	Fat
1 Single Serving Greek Yogurt	100	17	6	1
1 Single Serving Whey Protein Shake	120	25	2	3
4 Ounces Cottage Cheese	111	13	4	5

So as you can see there are many places you can find your protein, so no matter what type of nutrition programs you're on, you want to be sure you're getting enough protein to support a healthy lifestyle.

# CARBOHYDRATES

TO EAT CARBS OR NOT EAT CARBS THAT IS THE QUESTION?

My answer, you have NO choice but to eat Carbohydrates, and anyone who tells you not to is not looking out for your bodies best interest. Carbs are necessary for many reasons, what's most important is the types of carbs we eat. For example, sugar is the most evil carb on the planet, it should be banned in all 50 states!

Wait! Don't stop reading, I didn't mean to offend your taste buds!

There are two types of carbs, Simple and Complex. Sugar is a Simple carbohydrate, but inside the body its actually considered a toxin and is a HUGE reason for our obesity epidemic. Even too much fruit can be a bad thing because it clogs up our liver. I'll go into this more when I discuss the Liver Toxin Flush Drink here in the next few pages!

For now lets stick to what we need to know about carbohydrates. Your brain actually needs 50 grams of carbs per day just to function properly, and carbohydrates are the fastest burning source of energy for the body, if you don't have this, there's a chance your body could target protein as a source of energy and we don't want that, so we need to find the happy medium of how many grams of carbs per day, and what types of carbs!

Veggies are the best source of carbohydrate and considered a Complex carb, greens especially, they're packed full of nutrients, are high in fiber, which means the stomach has to work hard to break them down and digest them, and this helps increase the amount of calories we burn per day. If you could make 50% of your plate at breakfast, lunch and dinner veggies, you'd be doing a major service to your body and you will absolutely feel healthier in a short amount of time! I personally make sure I have broccoli, kale and spinach everyday, just because I know how great they're for my body!

Complex Carbs are also referred to as Starchy Carbs and here are some examples:

- Sweet Potato
- Beans
- Nuts
- Oats

- Whole Grain Breads and Cereal
- Bananas
- Root Vegetables
- Chic Peas

Some examples of Simple Carbs (bad carbs in my book) would be:

- White Bread
- White Flour
- White Rice
- Pizza
- Cakes
- Sugar Filled Processed Cereal

Complex carbs breakdown in the body slower and the sugars in them are released into the blood stream slower than simple carbs. This helps the body monitor the spike in Blood Sugar Level, when the Blood Sugar Level gets too high, the body releases a hormone called Insulin, which is sent to regulate Blood Sugar level, but also is a fat creator, so it's not a good thing to have excess of. Next time you think about eating a huge piece of cake, just know it's A VERY BAD IDEA!

So overall you do need carbs, but sticking to veggies, is the best way to get them!

## **CAN CONSUMING FAT ACTUALLY BE GOOD FOR YOU?**

Not only can consuming fat be good for you, it is 100% necessary to include in your diet to promote good heart health, good emotional well being and also to help promote the loss of body fat! Yes, to burn more body fat you need to consume fat. Now comes the part you need to know; there are good fats and bad fats! As a trainer I am always preaching a balanced diet, made up of good protein, carbohydrates and yes fat. In fact, when creating your meal plan you want to have 20% of your caloric intake per day come from fat. A useful number to remember is the number 9. Every gram of fat is equal to 9 calories. For example, if you are on a 1200 calorie diet per day, 20% of your calories would be 240 calories from fat, which would equal 26.6 grams of fat. Now before you jump up and down excited about having a scoop of ice cream to make up this 20% we must discuss the difference between good fats and bad fats. For years we've been told that a lowfat diet is the best way to lose weight, and when we walk through the grocery store it seems as though there are more and more 'low fat' products to choose from. If they're so low in fat and supposed to help keep us from getting fat, why are 2 out of every 3 people in this country overweight?

When reading the back of labels you'll sometimes notice four different types of fats broken down under the fat category. They're Saturated Fat, Trans Fat, MonoUnsaturated Fat and Poly Unsaturated Fat.

Let's start with bad fats, they're Saturated and Trans Fats, and these are the ones we want to stay away from most. Both of these fats lead to elevated levels of bad cholesterol and will increase your risk of heart disease. Some saturated fats come in our meats such as red meat, and pork as well as some healthy oils such as coconut oil, and some saturated fat in your diet can be managed and not as harmful as trans fats. Trans fats are by far the worst fat there is, and unfortunately can be found in many of our commercially processed and prepared foods. Here's a quick list of products that are high in BAD fat, both Saturated and Trans Fats.

## **Saturated Fat**

- Ice Cream
- Butter
- Cheese
- Whole Milk
- High Fat cuts of Beef, Pork
- Chicken with the skin

## **Trans Fat**

- Fried Foods (Fried Chicken – French Fries – Breaded Fish )
- Commercially Baked Goods (Cookies – Cakes – Donuts )
- Packaged Snack Foods (Crackers – Chips)
- Candy of any type in a wrapper
- Stick Margarine

The most important thing you can do is start reading the labels and stay away from saturated and trans fats, the less you put in your diet the better your chances of slimming down and getting healthy.

So with that being said, let's talk about good fats, and those are the Polyunsaturated Fats and Monounsaturated Fats. Both of these are excellent for the body, they promote a healthy heart, they promote healthy emotional wellbeing and best of all they will actually help you burn more body fat! Here's a quick list of sources of both Poly and Mono Fats, Good Fats!;

## **Polyunsaturated Fats**

- Walnuts
- Fatty Fish (Salmon – Tuna – Trout – Sardines)

- Seeds (Sunflower – Pumpkin – Flax – Sesame)

- Tofu

### **Monounsaturated Fats**

- Olive Oil

- Sunflower Oil

- Avocados

- Nuts (Almonds – Pecans – Macadamia Nuts – Cashews)

These are great sources of GOOD fats and should be incorporated into your daily meal plan.

Some good ways to get them into your diet could be:

- Add a handful of nuts to your diet as a snack

- Add avocados to your diet

- Snack on fresh olives or make a tapenade dip

- Create your own salad dressing using olive oil, sunflower oil or sesame oil

Another component to look for when choosing GOOD healthy fats is to look for Omega 3 Fatty Acids. Found in many types of fish, Omega 3's are found in Polyunsaturated fats and have shown in clinical studies to:

- Reduce the risk of heart disease, cancer, stroke

- Reduce inflammation, and the pain of arthritis

- Protect against memory loss and dementia as we age

- Reduced the symptoms of depression again leading to healthy emotional well being

In summary it is important to know you absolutely want to incorporate GOOD fats both Poly and Mono in to your diet, and anywhere from 20% to 30% of your daily caloric intake should be made up of GOOD fats. Try not to rely on Fat Free foods as they are processed and usually high in

sugar and carbohydrate content. A healthy diet is a diet with balanced nutrition, and this is what will lead you to great long term health. Staying away from BAD fats is easier then you may think, simply don't go after fast food, as there are no nutrition facts given, stay away from foods that are high in sugar such as candies and ice cream. Start to add a couple of GOOD fats per day, maybe adding olive oil to your salad, or grabbing a handful of almonds as a snack!

## WHAT DO WE DO NOW?

So by now you're either terrified, or really excited, but don't worry, I've worked with hundreds of clients around the country and everyone has been in the exact same spot that you're right now!

Our next steps are to simplify all of this! You need to make a decision as to whether or not you care enough about your body to try and do all you can to help yourself live the healthiest life possible!

I'm 98.4% sure that I know the answer, and am hoping the answer is YES, I want to try and give this healthy living thing a shot!

Cool, happy to hear it, and I will personally do everything in my power to help you do it in a way that will not be so overwhelming you just want to give up. Is that fair?

First thing you need to know is if you're going to want to lose weight or gain weight! Go to the BMR Calculator we spoke about earlier, find out how many calories you're burning without exercise. If you are exercising which you absolutely should be, get a ball park figure of how many calories you're burning during your workout and add it the BMR total.

If you're trying to gain weight, just be sure to eat MORE than you're burning!

If you're trying to lose weight and inches then we're going to take some special steps!

We need to set up a meal plan that you can stick to and that will keep your metabolism running on high speed all day. If you can stick to healthy choices, you don't necessarily have to count calories, instead I'll show you a way to insure you're getting just enough.

If you're serious about what you want to accomplish, this won't be too difficult.

We are going to eat a minimum of 6 times per day, roughly about every 3 hours. Only 3 of these times will be full meals, breakfast, lunch and dinner. The other 3 will be snacks and we will get a good portion of good fats from snacks!

For breakfast ,you'll want 50% of your plate to be carbs then other half be protein. This might be oatmeal, fruit and eggs.

For lunch and dinner you'll want to go 50-50, half veggies, and half protein. This way the body can breakdown and digest everything that you eat before you go to sleep at night. The more greens you can eat in the day the better! So maybe lunch is a salad with chicken and dinner is salmon and broccoli!

To see a list of what differentiates complex and simple carbs, look up a list of on google!

In sticking to our example from earlier of a woman who is 130 pounds with a BMR of 1396, a sample day for her would like the sample meal plan below.

## SAMPLE MEAL PLAN FOR WOMAN 5'7" 130 POUNDS

FOOD	CALORIES	PROTEIN	CARBS	FAT
<b>BREAKFAST (MEAL 1)</b>				
Organic Broccoli 7oz	70	7	14	0
1 Oatmeal Muffin Tray Serving	80	3	13	1.5
1 Egg Muffin Tray Serving	78	6	0	5
<b>SNACK (MEAL 2)</b>				
2 Ounce Avocado	94	2	4	8
<b>LUNCH (MEAL 3)</b>				
Spinach 2 Cups or Kale	14	2	2	0
1 Ounce Yellow Bell Pepper	9	0	2	0
Cherry Tomatoes 1/2 Cup	14	0	3	0
Wild Caught Salmon 4 oz Filet	240	30	0	12
<b>23 Almonds-1 Serving (MEAL 4)</b>				
163	6	6	14	
<b>Organic Sweet Potato 7oz (MEAL 5)</b>				
Organic Broccoli 7oz	70	7	14	0
Free Range Chicken Breast 4oz	184	36	0	4
<b>True Athlete Natural Whey 3 Scoops (MEAL 6)</b>				
Whole Foods Organic Almond Milk 8oz	40	1	2	3
	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Macro Totals	1346	130	99.5	49

## **IN CONCLUSION**

My true hope is that you have found some of this information to be useful and you feel confident that you want to make a change to healthy eating. It really is on us to make it happen, nobody else if going feed us the foods we know we need. The easiest way to insure we live a long healthy life is to eat clean, and feed the body the nutrients it needs to work at its optimal rate!

In the beginning some of the changes may be difficult, but in the end I absolutely know you can do it, and once you start, people around you will notice, then they'll want to join you and before you know it you'll be leading those around you down a road of healthy living. Trust me I've seen it happen dozens of times, and all it takes is your commitment to yourself!

On the next few pages, I've given you some helpful information to help you on your way!

The Dirty Dozen and Clean 15 are veggies you want to try and buy organic to avoid any nasty pesticides.

Then I've give you some of my favorite, breakfast, lunch and dinner recipes, with all of the nutritional macronutrient information so you can incorporate them into your meal plan.

Notice I am not saying diet.

You're not going on a diet at all. Diets are fads that don't last and the weight you take off you always gain back, sometimes even more so.

What we're doing is setting up a nutritional meal plan that you will lose weight on, to keep weight off. Very important to know that this is a lifestyle change.

Healthy living is a life long journey that never ends, but it does have to start, and for you I hope its going to start today!

I 100% believe in you and know that you can achieve any plan you put into action, so make your plan, and Make It Happen!

'Know The Goal'

Chris Bryan

**Dirty Dozen** Buy these organic

- 1  Apples
- 2  Celery
- 3  Strawberries
- 4  Peaches
- 5  Spinach
- 6  Nectarines  
– imported
- 7  Grapes – imported
- 8  Sweet bell peppers
- 9  Potatoes
- 10  Blueberries  
– domestic
- 11  Lettuce
- 12  Kale/collard greens

**Clean 15** Lowest in Pesticide

- 1  Onions
- 2  Sweet Corn
- 3  Pineapples
- 4  Avocado
- 5  Asparagus
- 6  Sweet peas
- 7  Mangoes
- 8  Eggplant
- 9  Cantaloupe  
- domestic
- 10  Kiwi
- 11  Cabbage
- 12  Watermelon
- 13  Sweet potatoes
- 14  Grapefruit
- 15  Mushrooms

## **WANT TO JUMP START THE FAT BURNING PROCESS?**

One great way to jump start the fat burning process is with this 7 Day Liver Toxin Flush.

To learn more about why you want to do this, watch my quick video at: <http://www.youtube.com/watch?v=1cBPMKmLPIY>

Here's the recipe for one day, repeat the below 7 times for 7 full days

- Organic Dandelion Root Tea
- 1 Gallon of Distilled Water
- 3 Ounces of Unsweetened Cranberry Juice
- Fresh Squeeze Half an Organic Lemon

Mix all together and drink a gallon per day for 7 Days!

## **BREAKFAST IDEAS**

The most important meal of the day really is breakfast and here's why:

First, the body has been without food for 6 to 8 hours and during that time you're still burning calories, so the body is in the mode of looking for energy. When you wake up, all systems in the body are turned on and your body is coming out of hibernation/survival mode, so this is an incredibly important time to get the metabolism going so the body will process unwanted body fat as energy!

If you want to see what I drink "My Green Tea Power Drink" click on this link here: <http://www.youtube.com/watch?v=oP3BOcqwHhc>

I understand breakfast can be tough at times, especially if we are running out the door, so here are my two favorite ready to go foods, that I prepare and cook on Sunday, put in Tupperware, place in the refrigerator, so that they're all ready to go every day of the week!

CB's Oatmeal Circles (See Following Pages For Individual Recipes And Nutrition Info)

This recipe will make 12 Oatmeal Circles

- Put 4 Cups of Rolled Oats Into A Large Mixing Bowl
- Add 3 Cups of Organic Unsweetened Almond Milk and Stir
- Get 12 Place Muffin Pan Fill Each Hole With Paper Cupcake Lining
- Scoop ¼ Cup of Oatmeal Into Each Hole
- Bake at 375 for 15 minutes
- Remove From Pan and Let Cool
- Freeze What You Will Not Be Eating Next Day (Take Out Each Night To Thaw For Next Morning)

Oatmeal Circle Nutrition	Calories	Protein	Carbs	Fat
1 Oatmeal Muffin Tray Serving	80	3	13	1.5

CB's Egg Circles (See Following Pages For Individual Recipes And Nutrition Info)

- Get 12 Hole Muffin Pan
- Coat Each Hole With Refined Organic Coconut Oil
- Place 1 Whole Egg, or 2 Egg Whites In Each Hole
- (Add anything you want to the eggs – See Following Pages For Recipe Ideas)
- Bake at 375 For 15 Minutes

Whole Egg Circle Nutrition	Calories	Protein	Carbs	Fat
1 Egg Muffin Tray Serving	78	6	0	5

Egg White Circle Nutrition	Calories	Protein	Carbs	Fat
2 Egg Whites Muffin Tray Serving	32	8	0	0

### CB OATMEAL CIRCLES

(IF YOU NEED TO SWEETEN THEM I RECOMMEND ORGANIC STEVIA ONLY)

#### BLUEBERRY

Oatmeal Circle Nutrition	Calories	Protein	Carbs	Fat
1 Oatmeal Muffin Tray Serving	80	3	13	1.5
3/4 Cup Organic Blueberries	80	0	18	1

### ALMOND BUTTER

Oatmeal Circle Nutrition	Calories	Protein	Carbs	Fat
1 Oatmeal Muffin Tray Serving	80	3	13	1.5
1 Tbs Organic Raw Almond Butter	90	3.5	3	8

### BANANA

Oatmeal Circle Nutrition	Calories	Protein	Carbs	Fat
1 Oatmeal Muffin Tray Serving	80	3	13	1.5
1/2 Medium Banana	52	1	13	0

### PUMPKIN SEED

Oatmeal Circle Nutrition	Calories	Protein	Carbs	Fat
1 Oatmeal Muffin Tray Serving	80	3	13	1.5
1 Tbs Pumpkin Seeds	56	3	1	5

### RASPBERRY

Oatmeal Circle Nutrition	Calories	Protein	Carbs	Fat
1 Oatmeal Muffin Tray Serving	80	3	13	1.5
3/4 Organic Raspberry	60	2	14	0

## CB EGG CIRCLES

(CAGE FREE – HORMONE FREE – VEGETARIAN FED EGGS ONLY RECOMMENDED)

### TOMATO SPINACH

Egg Circle Nutrition	Calories	Protein	Carbs	Fat
1 Egg Muffin Tray Serving	78	6	0	5
Cherry Tomatoes 1/4 Cup	7	0	1.5	0

Egg White Circle Nutrition	Calories	Protein	Carbs	Fat
2 Egg White Muffin Tray Serving	32	8	0	0
Cherry Tomatoes 1/4 Cup	7	0	1.5	0

### BROCCOLI ALMOND CHEESE

Egg Circle Nutrition	Calories	Protein	Carbs	Fat
1 Egg Muffin Tray Serving	78	6	0	5
1 Ounce Organic Broccoli	10	1	2	0
Lisanti Almond Cheese 1 oz	63	7	2	3

Egg White Circle Nutrition	Calories	Protein	Carbs	Fat
2 Egg White Muffin Tray Serving	32	8	0	0
1 Ounce Organic Broccoli	10	1	2	0
Lisanti Almond Cheese 1 oz	63	7	2	3

## BELL PEPPER BLACK BEAN

Egg Circle Nutrition	Calories	Protein	Carbs	Fat
1 Egg Muffin Tray Serving	78	6	0	5
1/2 Serving Black Beans	55	3.5	9.5	0.5
1/2 Ounce Red Bell Pepper	4.5	0	1	0
Egg White Circle Nutrition	Calories	Protein	Carbs	Fat
2 Egg White Muffin Tray Serving	32	8	0	0
1/2 Serving Black Beans	55	3.5	9.5	0.5
1/2 Ounce Red Bell Pepper	4.5	0	1	0

## LUNCH

Lunch can also be a tough time for a lot of people and an easy way to get off track if you haven't prepared your lunch ahead of time. I always recommend a salad with protein for lunch, you can make and portion each days salad in its own Tupperware on Sunday and its ready to go when you leave for work in the morning. Just add protein and you're off! Here are my 3 favorite salads!

### KALE WITH CITRUS SQUEEZE SALAD

Kale	14	2	2	0
1 Ounce Orange Bell Pepper	9	0	2	0
1/2 Cup Cucumber	10	0	1	0
Cherry Tomatoes 1/2 Cup	14	0	3	0
1/2 Fresh Orange Squeezed Over Salad as Dressing				

### SPINACH AVOCADO BLACK BEAN SALAD

2 Cups Organic Spinach	14	2	2	0
Cherry Tomatoes 1/2 Cup	14	0	3	0
1 Serving Black Beans	110	7	19	1
1/2 Cup Cucumber	10	0	1	0
1 Ounce Avocado	47	1	2	4
1 Tbs Extra Virgin Olive Oil	120	0	0	14

### BROCCOLI PARSLEY COCONUT SALAD

2 Cups Chopped Parsley	44	4	7	1
2 cups Broccoli	52	4	12	1
1/2 Ounce Orange Bell Pepper	4.5	0	1	0
1/2 Cup Cucumber	10	0	1	0
Cherry Tomatoes 1/2 Cup	14	0	3	0
Dressing				
1/2 Tbs Unrefined Coconut Oil Mixed With Almond Milk	90	1	0	8

**ADD ANY MEAT FROM BELOW**

Meat Based Protein	Calories	Protein	Carbs	Fat
Grass Fed 90/10 Ground Beef 5oz (Or Steak)	320	40	0	15
Wild Caught Salmon 4 oz Filet	240	30	0	12
Free Range Chicken Breast 4oz	184	36	0	4

## DINNER

For Dinner I will always recommend Protein and Vegetables. This is a time when your metabolism is working its slowest so we want to eat foods that are easy to process. I always have either meat or eggs with broccoli every single night and yes I know that sounds boring but equate it to taking medicine, there's nothing better in the world I could be feeding my body at this time of night to insure maximum fat loss, so I sacrifice a lot to be as healthy as I can!

Lastly I will leave you with a list of recommended snacks. You'll want to choose at least 2 per day, but at those times if and when you do get hungry DON'T completely fall off from your plan. Instead go after one of these snacks!

Snack	Calories	Protein	Carbs	Fat
23 Almonds (1 Serving)	163	6	6	14
14 Halved Walnuts (1 Serving)	185	4	4	18
Blue Diamond Nut Thin Crackers	130	3	24	2.5
1 Hard Boiled Egg	77	6	1	5
1 Medium Banana	105	1.5	27	0.5
1 Granny Smith Apple	80	0	22	0
6 oz of Coconut Yogurt	120	0	18	6.5
1 Cup of Raspberries	65	1.5	15	1
1 Cup of Blueberries	85	1	21	1.5
1 oz or 48 Pumpkin Seeds (1 Serving)	126	5	15	6
1 Slice Turkey Spinach Wrap (Have 5!!)	15	2	0.5	0.5
Kosher Dill Whole Pickle	15	0	3	0
Shaklee Protein Shake	170	16	18	3
Shaklee Toffee Crunch Snack Bar	140	9	18	4.5
Shaklee Blueberry Meal Replacement Bar	260	16	18	3
Celery Almond Butter Sticks	180	7	6	16
Organic Kale Chips (1oz)	47	1	4	4
Organic Sweet Potato or Beet Chips (1oz)	150	2	15	9
Endive (Qty 4) and Avocado (50grams or 1/4 of whole)	80.5	1	4	7
4 Tomato Slices with 1/2 tbs Goat Cheese per slice	90	5	1	7

**Every Challenge In Life Is Met With OPPORTUNITY**

**Opportunity Is Met By CHOICE**

**Choice Is YOUR DECISION**

**Your Decision Leads To YOUR ACTION**

**Your Action Leads To YOUR DESTINY**

**'KNOW THE GOAL'**

**-CHRIS BRYAN**