



## **Overcome Your “On The Go” Weight Loss Dilemma!**

A few simple preparation sessions per week will give you an arsenal of “on the go” meal ideas to help you get closer to optimal health:

### **Shopping List (quantity will depend on how many people you cook for)**

Organic Chicken and/or Organic Turkey Breast

Organic Eggs

Fresh or frozen wild caught salmon or other fish you enjoy

Every vegetable you can get your hands on, enough for 3-4 days, in season is best

Tub of organic mixed greens and spinach (or other dark leafy greens you enjoy)

Lots of fresh fruit, organic when possible

Extra Virgin Olive Oil

Organic coconut oil

Sea Salt and Pepper

Poultry seasoning

Other fresh herbs and spices you enjoy

Box of quinoa

A cooler/lunch box with icing system and lots of Tupperware

### **Prep That Protein**

#### **1. Organic chicken and turkey**

Preheat your oven to 350\*. As oven is preheating, place 1-2 teaspoons of coconut oil in the bottom of your glass casserole dish and melt in over for about 1 minute. Remove from oven and place chicken and/or turkey breast in the dish. Mix together sea salt and pepper, poultry seasoning, and any other spices and herbs you like in a separate dish, enough to generously cover both sides of the chicken. Rub your herb mix all over both sides of the chicken and bake for 20-30 minutes, or until meat is white throughout and still moist.

#### **2. Eggs**

Hard boil some eggs for the week- place uncooked eggs in a pot of cold water, and place on stove. Bring to boil, then shut off stove and let eggs sit in hot water for 10-12 minutes. Remove and rinse with cold water; store in fridge and enjoy throughout week

### **Prep Those Veggies**

#### **1. Roasted Veggies:**

Preheat oven to 350\*. Cut up all your veggies into bite sized pieces (eggplant, sweet potato, zucchini, peppers, onion, beets, brussel sprouts, etc.). Place in baking pan and drizzle olive oil, sea salt, pepper, and any other herbs you like over all the veggies.

Bake in oven for about 20-25 minutes, or until hardest vegetable is tender. Don't overcook as this will decrease nutrient content, and decrease life in fridge.

**2. Fresh Veggies:** Chop all of your veggies into “generic sized pieces,” meaning a bite size that will fit into a variety of dishes. Put all of your veggies in a gallon size bag, and keep in the fridge. Keep onions and peppers in separate baggies.

### **Prep That Grain**

**1. Quinoa or Brown Rice:** Prepare using directions on box. Keep in fridge as a healthful side dish

### **What You Can Make by Prepping Your Protein, Veggies, and Grains**

**Veggie Frittata:** Preheat oven to 350\*. Throw a handful of veggies from your fresh veggie bag and sauté them until tender in 2 teaspoons of coconut oil. Add veggies and 6-8 whole eggs in a casserole dish, and bake for about 15 minutes, or until softly cooked throughout. Keeps in fridge for 3-4 days. Enjoy as any meal or snack, on the go or at home. Prep and cook time: 15-20 minutes. Time to prep as a leftover: 2 minutes. Serves: 6

**Cruciferous Veggie Stir Fry:** Heat 2 teaspoons of coconut oil in a pan. Add in 1-2 handfuls of fresh veggies and sauté until tender throughout. Add in 1 cup of precooked chicken or turkey, and sauté until meat is warm throughout. Serve over a bed of quinoa as a quick meal after a long day at work. Prep time: 5-8 minutes. Serves: 2

**Everyday Green Lunch:** Start with a bed of organic mixed greens. Add 1 cup of roasted veggies and top with a hardboiled egg. Drizzle with 1 tsp. olive oil and vinegar, and add sea salt and pepper to taste. Top with 1/4 cup of quinoa. Prep time: 3 minutes. Serves: 1

**Lettuce Wraps:** Chop 4 oz. of precooked chicken into small pieces. Combine with 1/4 of an avocado, until avocado is mashed and well immersed with the chicken. Add a few slices of fresh apple or tropical fruit such as mango, wrap in romaine lettuce leaf, and enjoy! Prep time: 5 minutes Serves: 1

### **Simple Snacks:**

- Sliced hardboiled egg with 1/4 an avocado on top of one piece of Ezekiel toast
- 8 oz. Chobani yoghurt (plain) with fresh fruit
- Apple with almond butter
- Lettuce wraps
- Quinoa and roasted veggies
- Slice of veggie frittata
- Any leftovers put into Tupperware
- Fresh fruit with hardboiled egg

### **Other things to keep in mind for when looking to improve health:**

- Get some exercise daily- sweat it out!
- Drink only water, about half your body weight in ounces
- Have a food plan for the week and be prepared!
- Have a colorful plate, and eat wild caught fish a few times a week
- Don't go to the grocery store hungry
- Don't skip meals- eat every 3 hours or so
- 90% of the time eat clean so your body can handle the 10% that you don't

- Accountability is the key to successfully accomplishing your goals