

JENN MARASCO

— *wellness* —

Quick Meal & Snack Options

Breakfast Ideas

- Turkey Sausage
- Eggs (scrambled, omelet, any preferred style) considering adding veggies
- Smoothies (without dairy)
- Ezekiel Toast with nut butter
- Ezekiel toast with an egg
- Make ahead egg muffins
- Turkey Bacon
- Oatmeal

Lunch Ideas

- Ezekiel toast with avocado
- Protein bar with no sugar (lara bar, raw bar)
- Salad with toppings of choice (nuts, chicken, salmon) * see below for approved dressings
- Corn tortilla with grilled chicken and veggies (dip in salsa, guacamole, hummus)
- Grilled chicken with salsa, guac or hummus
- Deli turkey (look for the good stuff) with any of the approved dips
- Chicken sausage or chicken burgers (Costco & Trader joes have a lot of good options. Check to make sure there is no added sugar)
- Any lean protein with a veggie or fruit side
- Black beans in corn tortilla
- Black beans prepared lots of different ways
- Quinoa & Black bean salad

Dips

- Guacamole
- Hummus
- Salsa (find a kind w no added sugar, just real/fresh ingredients)
- Balsamic vinegar
- Week 3 & 4- greek yogurt
- Black bean dip (find kind with no sugar)

Snacks

- Any veggie with the above dips
- Fruit with nut butter of choice

- Lara bars or raw bars
- Plantain chips
- Salads
- Nuts
- Dried fruit (with no added sugar)
- Popcorn
- Smoothie (made without dairy for weeks 1&2)
- Frozen grapes
- Kiwi with unsweetened coconut on top
- Avocado rice cakes
- Rice cakes with nut butter
- Cantaloupe & cottage cheese (Weeks 3 & 4)

Whole Grain Options (1x a day for first two weeks, then in moderation for weeks 3 & 4)

- Brown rice
- Quinoa
- Corn (popcorn, corn tortillas (make sure they don't have sugar))
- 100% whole grain pasta
- gluten free pasta is fine as long as it doesn't have added sugar
- 100% whole grain bread (Check it make sure it's NO sugar)
- Ezekiel bread or sprouted whole grain breads

Quick (Very little cooking) Dinner Options

- Rotisserie Chicken with a veggie side
- Crockpot Chicken (Dump salsa on top) and cook- serve with veggies & quinoa
- Breakfast for dinner- Omelets with veggies and a side of fruit
- Lots of great soup options with lean proteins and veggies
- Veggie or Chicken Fajitas
- Chicken with pre-made pesto (check ingredient label) and whole grain pasta or veggies
- Stir Fry (use coconut aminos instead of soy sauce)

Quick Salad Dressing Options

1. Red & White Balsamic Vinaigrette

Recipe: Makes Approx. 2 Cups, Have 1 or 2 TB spoon on salad (100 Calories)

- 1 1/2 Cup Extra Virgin Olive Oil
- 1/4 Cup Red Balsamic Vinegar
- 1/4 Cup White Balsamic Vinegar
- 1 Teaspoon Stone Ground or Dijon Mustard - or to taste
- 2 Garlic Cloves - minced
- 1 Teaspoon Sea Salt - or to taste

Dash of Black Pepper

Instructions:

1. In a medium bowl, whisk together the mustard, vinegars, garlic, salt and

pepper. Next slowly whisk in the olive oil. Or use a hand-held blender to emulsify.

2. Drizzle Balsamic Vinegar over salad
3. Olive Oil and Lemon Juice Dressing
4. 3 tbs. lemon juice (one large lemon)
5. 2 tbs. extra-virgin olive oil
6. Salt and freshly ground pepper to taste
7. Place salad greens in a bowl. Squeeze fresh lemon juice over the top, and drizzle on extra-virgin olive oil. Add salt and freshly ground pepper, and toss gently until salad is mixed.

2. DIY Fruity Dressing

Ingredients

- 100% fruit juice of your choice
- olive oil or coconut oil

Instructions

1. Pour equal parts of the above ingredients
2. Mix together and serve