

Week 3 Nutrition- Lunch Menu

Ideal Plate:

1. **2 Palm-sized portions of Protein (3-5x daily)** (chicken, fish, eggs, pork, lean beef, turkey). This will keep you feeling full longer while preserving muscles after workouts! Also, the body uses up more calories breaking down protein in the body for energy!
2. **1-2 handfuls of carbohydrates (1-2x daily)** (fruit, old fashioned oats, quinoa, sweet potatoes, green beans). Fiber-rich carbs will help keep you full and help recover from exercise! Add a few berries to your post-workout meal with plain greek yogurt for the perfect combination!
3. **2 fist-sized servings of vegetables (2-3x daily)**. Besides veggie's powerhouse of vitamins and minerals, they contain a lot of fiber and water to keep you occupied longer!
4. **1-2 thumb-sized portions of fat per day**(butter, olive oil, avocado, nuts and seeds). Fats help boost immunity and aid in the absorption of vitamins in our bodies!
5. **1/2 your body weight in Ounces of WATER DAILY**. If you are an athlete or workout regularly, consume an additional 20-40 oz. Keep track of your urine color (dark yellow- dehydrated). Add frozen berries or lemons to your drink if needed to keep taste up.

Small Progress for best results: Make small changes one week (& one meal) at a time for longer results. Depending on your activity level, add/subtract meals as needed. Below are examples of a balanced meal. (try to include a healthy veggie, fat and protein at ea. Meal. Also, make sure men who are active are getting upwards of 1 gram/lb body weight of protein and women are getting .75 grams/lb body weight of protein daily).

Week 3 GOAL- Healthy Lunch (Keep protein high, add healthy veggies and carbohydrates)

Option #1:

Step 1- Gather Protein Sources for week (plan out 5-7 days). If you are vegetarian, plan accordingly. One serving of protein is equivalent to a palm of your hand (between 15-25 grams of protein).

Step 2- Thaw out meat and season with a little bit of pepper or your favorite seasoning. Watch total sodium levels throughout the day.

Step 3- Grab large cookie sheet and lay out meat to be cooked. Usually, it is 350 degrees for 20-25 minutes (keep an eye on it) depending on how well you want your meat cooked and the type of meat. Once cooked, distribute into individual containers for the week.

Step 4- While meat is cooking in oven, grab veggie of choice, in this case, it's mixed broccoli, cauliflower and carrots. 1 cup = 1 serving per day. So, if you are cooking 5 days worth then measure out 5 cups of veggies to be steamed. Lightly steam veggies and distribute into individual containers for the week.

Step 5- Chop up sweet potatoes (if making 5 servings, then 1 cup=1 serving) into slices of 1/2 inch or less. Drizzle olive oil over them while mixing in a large bowl. Take out cookie sheet and lay out sweet potatoes for cooking. 400 degrees for 40 minutes. Or Use crock pot with whole potatoes on HIGH for 4 hrs (wash and pierce with fork before putting in pot). Once cooked, serve 1 cup in separate containers for the week along with your protein and veggie.

Step 6- Dessert. 1/2 cup-1 cup of mixed berries (blueberry, blackberry, raspberry, strawberry) with plain yogurt or by themselves.

*Note- If you have a sweet tooth, by all means have that treat but don't feel guilty. If you have one serving/day you are still doing fine.

Total Prep Time= approx. 30 minutes (this includes chopping, cutting if you desire). A lot of this can be done at the same time as listening to a favorite podcast or watching a game.

Option #2:

Follow the same rules as option one, but substitute a different protein, carbohydrate or veggie:

CHO= Quinoa, Oats, Wild Rice or buckwheat

PRO= CHK, Fish, Steak, Beans, Tuna, etc.

Veggies= Asparagus, Brussels Sprouts, green beans, spinach salad, etc.

Fruit= Banana, apple, orange, etc.