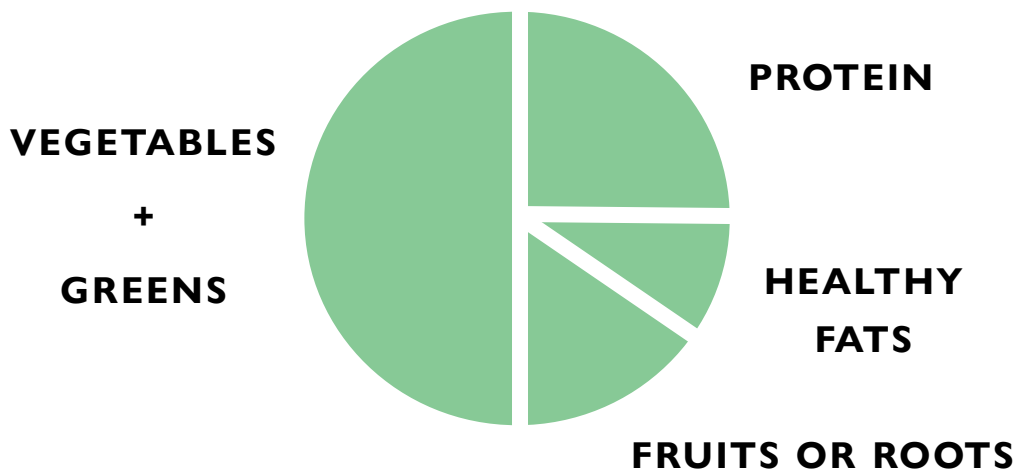




This Eating Guide is a companion to the Vibrant Health Cookbook that you received as a part of this program. This will give you an overview of how to eat a healthy diet rather than giving you a structured meal plan. You can adjust what you eat depending on what you have on hand and what you're in the mood for.



**ALWAYS BE AIMING FOR THESE FOOD PROPORTIONS**

- Each day you should eat 1-2 servings of protein, 1 fat, 1 carbohydrate (fruit or root vegetables, not grains), and 6-8 servings or more servings of vegetables.
- If you eat the wrong thing, don't beat yourself up over it. Just increase the amount of fresh produce in your diet to keep everything in proportion.



**BEFORE YOU EAT, TAKE A MOMENT TO BLESS  
YOUR FOOD AND TAKE A FEW DEEP BREATHS TO RELAX.**

# BREAKFAST

REMEMBER TO START THE DAY WITH PRAYER, GRATITUDE, AND A LARGE GLASS OF FILTERED WATER

## HERE ARE SOME SUGGESTIONS:



SMOOTHIE



EGG & VEGGIE BOWL



BERRIES & CASHEW  
CREAM



OMLET WITH  
VEGETABLES

Your first meal of the day is one of the most important things to determine how you feel. If you eat sugary cereals or other refined carbohydrates, you can expect to feel tired and foggy headed by 11 am. Eating healthy protein with fruits or vegetables is going to give you more energy and mental clarity. And if you add some healthy fats, it will sustain you until your next meal.

You will find more recipes in the Vibrant Health Cookbook that you got in this program. See the next page for several smoothie recipes.



## NO TIME TO EAT? TRY ONE OF THESE OPTIONS:

- PROTEIN BAR & APPLE
- GRANOLA & YOGURT
- HANDFUL OF NUTS & FRUIT
- HARD BOILED EGGS

# SMOOTHIE RECIPES

REMEMBER TO START THE DAY WITH PRAYER, GRATITUDE, AND A LARGE GLASS OF FILTERED WATER

HERE ARE SOME SMOOTHIE RECIPE IDEAS:



## SUPERFOODS CAN BE ADDED FOR A NUTRITION BOOST

Add 1-2 teaspoons of any of these:

- Spirulina
- Chlorella
- Bee pollen (do not use if allergic)
- Maca powder
- Sprouts (sunflower, broccoli, etc)
- Flax seeds
- Chia seeds
- Cacao powder
- Ginger root
- Cinnamon
- Astragalus root powder

# SNACKS

MID-MORNING OR MID-AFTERNOON IS A GOOD TIME FOR ONE OF THE SNACK IDEAS BELOW TO KEEP YOUR ENERGY LEVELS UP

## HERE ARE SOME SUGGESTIONS:



BARS: LARABARS OR  
RX BARS



FRUIT & RAW NUTS



HUMMUS FILLED  
BELL PEPPERS



APPLES & ALMOND  
BUTTER



KALE CHIPS



DATES STUFFED WITH  
COCONUT BUTTER



CANTELOUPE FILLED  
WITH COCONUT  
YOGURT



GUACAMOLE  
& RAW VEGGIES

## OTHER IDEAS

- PROTEIN BAR & APPLE
- GLUTEN FREE CRACKERS
- BEAN DIP WITH VEGGIES
- KIMCHI FILLED AVOCADO
- TRAIL MIX
- ROASTED CHICKPEAS
- GRANOLA & YOGURT
- HARD BOILED EGGS
- NATURAL BEEF JERKY
- PISTACHIOS
- FRESH VEGETABLE JUICES
- FRUIT LEATHER



# LUNCH

LUNCH CAN BE EASY WHEN YOU HAVE LEFTOVERS THAT CAN BE REPURPOSED INTO SALAD OR A SIMPLE MEAL.

## HERE ARE SOME SUGGESTIONS:



CHICKEN SALAD  
STUFFED AVOCADOS



CRACKERS WITH  
HUMMUS AVOCADO  
& CUCUMBER



HUMMUS FILLED BELL  
PEPPERS & SALAD



BLACK BEAN SALAD

Always keep staples on hand for easy lunches, such as prewashed greens for salads, avocados, gluten free and grain free crackers (we love Simple Mills!), hummus, salsa, cucumber or bell peppers.

Leftovers are another easy way to handle lunches: plan ahead and make the most of your cooking time by doubling the recipe so you have extra you can use for lunches or freeze for longer storage. You make your own convenience foods when you do this, which saves so much time!

## OTHER IDEAS

- MAKE A SMOOTHIE
- SOUP AND A SALAD
- TURKEY BURGER AND A SALAD
- TACO SALAD ON A BED OF GREENS
- CAULIFLOWER FRIED RICE
- CANNED SALMON SALAD WITH VEGGIES IN AVOCADO

# DINNER

It doesn't get much easier to make dinner than this: toss everything with a sauce and cook on one pan in the oven for 18-25 minutes. Dinner is ready, and only one pan needs cleaning! You can vary the vegetables to whatever you prefer. The recipes below are just suggestions to get you started.

## ONE PAN DINNERS OPTIONS



HONEY GARLIC  
CHICKEN & VEGGIES



CHICKEN FAJITAS  
& VEGGIES



HERB GARLIC  
SALMON & VEGGIES



ASIAN GARLIC  
SALMON & VEGGIES

### MIX SAUCE

4 Tbsp. butter  
2 Tbsp. coconut oil  
2 Tbsp. Dijon mustard  
2 Tbsp. honey or  
coconut sugar  
1 tsp. dried basil  
1/2 tsp. garlic powder

2 tsp. chili powder  
2 tsp. cumin  
2 tsp. dried oregano  
1 tsp. smoked paprika  
1/2 tsp. garlic powder  
3 Tbsp olive oil

4 Tbsp. butter  
2 Tbsp. coconut oil  
1 Tbsp. lemon juice  
4 cloves garlic, minced  
1/2 tsp. oregano  
1/2 tsp. thyme  
1/2 tsp. rosemary

2 tsp. lemon juice  
2 cloves garlic, minced  
1 tsp. honey  
1 tsp. finely grated ginger  
3 Tbsp. soy sauce  
1 Tbsp. coconut oil

### ADD THESE

1 lb. chicken tenders  
1 broccoli crown, cut  
into florets  
1 zucchini or squash,  
sliced 1/4 inch thick  
1/2 onion, sliced 1/4 inch

1 lb chicken tenders  
3 bell peppers, cut into  
strips  
1 onion, cut into 1/4  
inch slices

2 lbs. salmon  
1 lb green beans  
or asparagus

4 (5 oz) salmon fillets  
1 lb green beans  
2 carrots, sliced into 1/4  
inch slices

### COOK

Preheat oven to 400.  
Coat chicken and veggies  
with sauce.  
Cook on greased baking  
sheet for 20-25 minutes.

Preheat oven to 400.  
Coat chicken and veggies  
with sauce.  
Cook on greased baking  
sheet for 20-25 minutes.

Preheat oven to 400.  
Coat salmon and veggies  
with the sauce.  
Cook on greased baking  
sheet for 16-18 minutes.

Preheat oven to 400.  
Coat salmon in sauce. Coat  
veggies with olive oil and  
place on greased baking  
sheet with the salmon.  
Cook for 16-18 minutes.