



week 4

WEEKLY MEALS
MADE EASY

*transformation
guide*

WEEKLY MEALS MADE EASY: WEEK 4

EATING ON THE GO

I KNOW YOU ARE DETERMINED TO LIVE AND EAT CLEAN, AS YOU HAVE WORKED SO HARD TO EAT HEALTHY DURING THESE LAST 28 DAYS. YOU HAVE PLANNED AND PREPARED ALL OF YOUR MEALS. SOMETIMES, THERE IS NOT ALWAYS TIME TO PLAN, AND THIS IS WHY WE FOCUSED ON STOCKING YOUR FRIDGE AND PANTRY WITH HEALTHY OPTIONS.

As you know, you can always be the master of your own body. By now, you have learned how to create your own meal, and you can do the same when you are at a restaurant, eating on the go, out at a birthday party, or even on a business trip. Use your blank meal plan to build your meals for the day.

BUILD YOUR HEALTHY MEAL BY COMINING THE FOLLOWING:

- A healthy animal or non-animal protein
- A healthy fat
- A vegetable
- A healthy carbohydrate (if you do not eat grains, then omit)

NOTE: For many people, even if a grain is gluten-free, grains can still cause gas and digestive upset, which leads to inflammation. Keep your food diary and listen to your body. By week 4, you should have a good understanding of which foods work well for your body.

THIS WEEK'S PLAN

YOUR "REVITALIZE YOUR BODY" MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Energy Quinoa	Kale, Blueberries, and Cream	Spiced Kale Scramble	Dairy-Free Yogurt Breakfast	Protein-Packed Healthy Gluten-Free Oatmeal	Green Smoothie	Protein Pancakes
Veggie Wraps w/ 4 ounces of animal or plant-based protein	Super Silly & Fun Herb Stuffed Peppers	Rice & Lentil Salad	Simple & Tasty Salad	Chickpea Macaroni with a side salad	Spinach Salad with 4 ounces of protein (animal or plant-based protein)	Leftovers (make it simple on yourself – it is Sunday!)
Chipotle Lemon Salmon with a side vegetable	Tahini Chicken with a side vegetable	The Perfect Burger (Beef, Chicken, Turkey, or Tofu)	Sun Butter Vegetable Curry	Leftovers with a huge salad	Gluten-Free Grilled Lemon Chicken with a side of vegetables	Paleo Meatballs (or use Turkey/Chicken) with a large salad

TIPS FOR THE WEEK

1. If you LOVE dessert, then enjoy a dessert. You have 6 to choose from in your recipe guide.
2. If these recipes do not hit the spot, do not deprive yourself. Instead, look for guilt-free deserts at some of my favorite sites.

Check them out here:

1. Diet & Dessert & Dogs : <http://dietdessertndogs.com>
2. Dr. Josh Axe: <http://www.draxe.com/tools/recipes/>
3. Eating Well Magazine (vegan and non-vegan desserts):
http://www.eatingwell.com/recipes_menus/recipe_slideshows/delicious_vegan_desserts

JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

