

21-DAY LIGHT & LEAN MEAL PLAN

Blast Fat From Your Belly Each Day



MEREDITH SHIRK, CPT, FNS

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Congratulations!

You have taken a major step in achieving optimal health, feeling your best, and losing weight. With this meal plan, you have been provided with 21 recipes to mix and match, meaning you create your own easy meal plan.

Why? Well, because no 2 people are the same, and no 1-meal plan will work perfectly for everyone. Factors like lifestyle, prep time, personal tastes, and preferences make a huge difference in what is feasible for you, and how you will find success.

Instead of laying out a prescribed, 21-day plan, you have access to 7 dinner, 7 lunch, 7 breakfast and 20 snack recipes that are nutritious, delicious and (perhaps most importantly) SIMPLE. In other words, even though everyone might choose a different order to things and varying meal and snack combinations, you really can't go wrong.

Light & Lean 21-Day Fat Melting Meal Plan GOALS

Nutrient Dense Foods

The number 1 priority of this plan is nutrient dense, whole foods. This is the base of health (along with an appropriate amount of physical activity), so you won't find any processed or packaged foods here. Eating foods that come (or are not far from) nature will help you lose weight, maintain your energy, and prevent future medical conditions. Sometimes, it's just that simple.

Weight Loss Supporting

Losing weight is likely on this meal plan, as you are omitting unhealthy, processed foods and focusing in on nutrient dense superfoods. The beauty of foods rich in vitamins, minerals, proteins, and healthy fats is that you will naturally feel more satiated (fuller) and experience less cravings. This plan is also fairly low in calories, but that doesn't mean you'll be starving.

Quick and Easy

Let's face it: most meal plans won't work if they require hours of prep time. You are busy, and a plan that involves minimal time in the kitchen with maximum results is what we are going for. You are also equipped with shopping lists that cover all 21 recipes, so you'll be prepared to make whichever recipes you'd like on any given day. Flexibility and simplicity often equal success.

With that said, healthy eating does require a certain amount of cooking, so depending on your current diet, you might be spending a bit more time prepping food. Hang in there, it's worth it.

Detoxifying

While this isn't a detox program, per say, it does naturally offer liver support and detoxifying benefits. The meals and snack included in this program will help to support your body's natural detoxification pathways.

Considerations

Even though this plan offers a lot of freedom, there are certain guidelines and considerations to keep in mind as you decide which meals and snacks to mix and match. 2 sample days are provided, as well.

Food Variation

Generally speaking, varying your foods is important. This goes for protein, fat, vegetables, fruits, and other carbohydrates. If you eat the same foods day in and day out, you are more likely to develop a food sensitivity or allergy to food. You are also missing out on the plethora of nutrients found in a wide variety of foods.

This meal plan can offer a great deal of variety, but it's important to do your best in mixing and matching recipes with different ingredients. For example, if you choose a chicken recipe for lunch, opt for something else for dinner. It's definitely okay to have some recipe favorites, but strive for as much variety as possible.

Substitutions

Whether it's due to taste preference or food allergies/sensitivities, you might have to make some substitutions. Chicken for beef, fish for turkey or hard-boiled eggs, beets for carrots, etc. As long as you are sticking to the principle of whole foods, you should be fine. Avoid rancid vegetable oils like canola, soy, corn, and grapeseed and stick with healthy fats like as coconut oil (ideal), olive, flax and avocado oils.

Leftovers

Leftovers can be a real lifesaver, so don't be afraid to increase the quantity of your recipes (remember, all recipes are written for 1 serving, as is the shopping list). Feel free to eat tonight's dinner leftovers for tomorrow's lunch, as this can save time and money.

Eating Out: What to Do in a Pinch

If you find yourself at an unexpected meal out (or even if it's planned), keep the following in mind:

Avoid the Bread Basket

Certainly, one of the hardest parts to resist is the breadbasket that comes before the meal is served. You could easily eat an entire meal's worth of empty calories in bread before the actual food even arrives. Empty calories mean the calories consumed offer little to no nutrient benefit. Bread is a carbohydrate, and high-carb diets are top contributors to weight gain and an array of other health problems over time. Instead of counting on will power alone, ask the server not to bring the bread, period.

Read the Menu Beforehand

This might sound obsessive, but studies show that when we are hungry and/or distracted, we consistently make poor(er) food choices. If we familiarize ourselves with the menu online before arriving at the restaurant, we've already chosen the option we know to be healthiest, and can focus on having fun and not making any impulsive decisions.

Substitute Side Dishes

Get rid of the idea that you don't want to be annoying. It is completely acceptable to ask how dishes are prepared, and to request substitutes. For example, if a dish is served over rice, ask that it be served over steamed vegetables. Ask for your salad dressing on the side. Instead of bread, ask for a side of fruit or veggies. Most all restaurants can easily provide these alternatives.

Stick to Meat and Veggie Options

Stick to orders that are made up of real foods, such as meat and vegetables, whenever possible. Depending on where you live, the restaurant might boast organic and grass-fed meats. If this is the case, don't be afraid to order red meats such as beef or pork; however, if the meat quality is questionable, it is best to stick to leaner options, such as fish, chicken, and turkey. The veggie option might be a salad, roasted, steamed or stir-fried vegetables (request they don't use too much oil if stir-frying).

Order Two Appetizers

Especially if portions are big, order two appetizers. This might be a salad or veggie dish, along with a meat option such as chicken skewers. If ordering soup, inquire as to what ingredients have been used, as many soups that sound healthy are often not.

And with that, you're off! Give yourself the time you need to prepare for your 21-Day plan, and know you are doing your body some serious favors.

Sample Days

The Light & Lean 21-Day Meal Plan is meant to give you options; therefore, you can choose which recipes you want to utilize each and every day☺. Below, I have put together 2 “sample days”, which you can model your 21-Day Meal Plan after!

Sample Day 1

Breakfast

- Quinoa Breakfast Salad
- 1 cup of coffee or tea with 1 tbsp. of coconut milk and/or a pinch of stevia
- 8 oz. water with fresh lemon (optional lemon, but great for liver support/detox)

Lunch

- Simple Baked Lemon Chicken
- 1 oz. (1 square) 70% or higher, dark chocolate (optional if craving sweets)
- 8 oz. water (or club soda with lemon)

Mid Afternoon Snack

- 1 oz. (1 small handful) of almonds or walnuts, raw if possible

Dinner

- Baked Dill Mustard Salmon with Side Salad
- 8 oz. water
- Optional: 4 oz. (1 serving) red wine

Sample Day 2

Breakfast

- Satisfying Sausage and Eggs
- 1 cup of coffee or tea with 1 tbsp. of coconut milk and/or a pinch of stevia
- 8 oz. water with fresh lemon (optional lemon)

Lunch

- Beet Carrot Salad
- 8 oz. water (or club soda with lemon)

Mid Afternoon Snack

- 1 oz. raw (or organic) cheese with 1 apple

Dinner

- Ground Turkey Mushrooms
- 8 oz. water
- Optional: 1 serving dark chocolate for dessert (70% or higher)



QUINOA BREAKFAST SALAD

1 Serving

Ingredients

- ½ (¼ cup raw) cup cooked quinoa
- ½ cup raspberries, sliced
- ½ cup blackberries, sliced
- ½ cup blueberries
- ½ apple, sliced

Dressing

- 1 tbsp. honey
- 1 tbsp. fresh lemon juice
- 1 tbsp. basil, chopped

Instructions

- If you don't have cooked quinoa already prepared, cook your quinoa according to package instructions. You can always make more if you want to have some on hand.
- Mix together your dressing by simply whisking all ingredients together in a small bowl.
- In a salad bowl, place your quinoa and fruit and mix together with dressing. Serve!



SIMPLE GREEN SMOOTHIE

1 Serving

Ingredients

- 2 handfuls of spinach or other greens (kale, chard, or mixed)
- 1 tbsp. ground flax or chia seeds
- 1 serving of protein powder
- 1 frozen banana
- Water, as needed for desired consistency

Instructions

- Place all ingredients in a blender, mix and serve.



SATISFYING SAUSAGE & EGGS

1 Serving

Ingredients

- 2 eggs
- 1-2 organic breakfast sausage (Applegate organics makes a great one)
- ½ tbsp. coconut oil for cooking
- ½ sliced avocado

Instructions

- Heat coconut oil in sauté pan over medium-high heat. Once hot, add your eggs and cook them any way you'd like (scrambled, sunny side up, over-easy).
- Your breakfast sausage will likely come precooked, so you'll simply need to heat it alongside your eggs. Follow package directions and be sure to opt for an all-natural option, whether it be chicken, beef, or pork.
- Serve your eggs sprinkled with a bit of sea salt, with sliced avocado on the side.



POWERHOUSE BREAKFAST SALAD

1 Serving

Ingredients

- 2 cups of mixed greens or spinach
- 1 green onion, sliced
- ½ bell pepper (any color), sliced
- ½ cup cherry tomatoes, halved
- 2 eggs, poached or fried
- ¼ avocado, sliced

Dressing

- 1 tbsp. flax or olive oil
- 1 tbsp. balsamic or apple cider vinegar
- 1 tbsp. fresh lemon juice
- Salt and pepper to taste

Instructions

- If poaching eggs, heat water in small pot over high heat, adding just a bit of vinegar. When water is boiling, crack eggs directly into water and turn heat off, allowing them to sit for 5 minutes, or until done. Or, if you prefer, simply heat about ½ tbsp. of coconut oil in a pan and fry eggs.
- In a salad bowl, combine all salad ingredients. Whisk together dressing ingredients separately, and add to salad, mixing everything together thoroughly. Place your cooked eggs on top of salad and enjoy.



CLASSIC OATMEAL

1 Serving

Ingredients

- ½ cup uncooked oats
- 1 cup fresh or frozen (and thawed) blueberries (replace with other berry, if desired)
- 1 tbsp. raw honey
- 1 tbsp. coconut oil
- 1 tbsp. ground flax or chia seeds

Instructions

- Place one cup of water into a pot and bring to a boil. Once water is boiling, add oats, lower heat and stir frequently, until done. Regular oats will need about 20 minutes, while quick oats will need much less.
- Once oats are cooked to your desired consistency, add berries, honey, coconut oil, and flax seeds. Mix all together and enjoy.



GREEK YOGURT DELIGHT

1 Serving

Ingredients

- 1 cup non-fat, plain Greek yogurt
- 1 cup chopped fruit of your choice (fresh or frozen)
- 1 tbsp. chopped walnuts or almonds
- Pinch of cinnamon
- ½ tbsp. of raw honey, if desired for sweetness

Instructions

- Place all ingredients in a bowl and serve!



GRAB 'N GO BREAKFAST

1 Serving

Ingredients

- 2 hard-boiled eggs (prepared ahead of time, if desired)
- 1 medium-sized apple, sliced (green apples are lowest in sugar)
- 1 tbsp. of raw walnuts or almonds

Instructions

- To hard-boil eggs, place eggs in a pot with water (make sure eggs are covered) and bring to a boil. Once boiling, set a timer for 5 minutes (still on medium-high heat, so that the water continues to boil). Next, drain water and let eggs sit in cold water for a few minutes more before peeling.
- You can also use your preferred method of hard-boiling instead.
- Pack eggs to go (sprinkle with a bit of sea salt, if desired), along with sliced apple and nut/seed mixture.



SPINACH CASSEROLE

1 Serving

Ingredients

- 4-6 oz. grass-fed ground beef
- 1 handful of spinach leaves (baby or regular, stems removed)
- 1 cup mushrooms, sliced (your choice, button work well)
- ¼ onion, chopped
- 1 garlic clove, minced
- 1 tbsp. coconut oil
- Salt and pepper to taste

Instructions

- In a casserole dish or deep-dish skillet, add ground beef and cook over medium heat until slightly browned (not totally cooked).
- Add onion, cooking for about 5 minutes or until tender.
- Next, add garlic and allow to cook for just 1 minute, mixing together.
- Add mushrooms and cook until done, less than 10 minutes.
- Finally, add spinach and coconut oil, stirring frequently until spinach is wilted.
- Season with salt and pepper to taste and serve.



SIMPLE BAKED LEMON CHICKEN

1 Serving

Ingredients

- 4 oz. boneless, skinless chicken breast
- 2 garlic cloves, minced
- ¼ cup of chicken broth (homemade is best, or an organic brand)
- Zest from ½ fresh lemon
- Juice from ½ fresh lemon
- 1-2 sprigs fresh thyme, or ½ tbsp. dried thyme
- ½ lemon, cut into 2 wedges
- Salt and pepper to taste
- 2 cups mixed greens
- ½ tomato, chopped

Instructions

- Preheat oven to 400F.
- Rub chicken with salt and pepper evenly on each side and place in a baking dish.
- Cover chicken evenly with chicken broth, lemon zest and juice, thyme, and minced garlic.
- Bake for 20-21 minutes, or until done (depends on the thickness of chicken breast)
- Serve with 1 lemon wedge and use the other to top mixed greens with tomato as a simple side salad.
- Add a pinch of salt to your salad, if desired.



BEET CARROT SALAD

1 Serving

Ingredients

- 1 carrot, grated
- ½ beet, grated
- ½ cucumber, sliced
- ½ tomato, diced
- ½ garbanzo beans, canned and washed or pre-cooked at home
- 1 hard-boiled egg, sliced (optional)
- Juice of 1 lemon
- Pinch of salt and pepper
- 1 tbsp. olive oil

Instructions

- This salad really couldn't be any easier! Simply assemble ingredients in a big bowl, minus the lemon juice, olive oil, and salt and pepper.
- Mix together lemon juice and oil with salt and pepper to taste separately and add to salad ingredients.
- Toss salad together and enjoy.



DELICIOUS QUINOA SALAD

1 Serving

Ingredients

- ¼ cup uncooked quinoa
- ½ cup water
- pinch of salt
- ¼ - ½ cucumber, diced
- 1 tbsp. mint leaves, finely chopped
- ¼ cup plain, non-fat Greek yogurt

Instructions

- In a small saucepan, combine quinoa and water. Bring to a boil and then reduce heat to low and cover. Let quinoa cook for about 15 minutes, and remove from heat and leave covered for about 5 minutes.
- In a salad bowl, mix together cooked quinoa, mint, yogurt, and cucumber. Season with salt and pepper to taste and serve.
- If you like this dish chilled, leave in the fridge for a while beforehand.



MINI EGGPLANT PIZZAS

1 Serving

Ingredients

- 1 small eggplant, or half of a larger eggplant (replace with Portobello mushroom, if desired)
- 1 oz. organic mozzarella cheese, grated
- ½ tomato, thinly sliced
- 1 tbsp. basil leaves
- ¼ cup pizza sauce (homemade or organic)
- 1 tbsp. coconut oil for cooking
- Other toppings you'd like
- 2 cups mixed greens
- ½ fresh lemon juiced
- Salt to taste

Instructions

- Slice eggplant into relatively thick slices and heat coconut oil in a sauté pan on medium heat.
- Once oil is hot, place eggplant slices in the pan and allow to cook. After a few minutes, flip them and add toppings (sauce, cheese, tomato slices, basil, etc.)
- Allow to cook for another few minutes, until cheese is melted.
- Plate and serve! Add mixed greens on the side with lemon juice and a pinch of salt for dressing.



ALMOND AVOCADO SMOOTHIE

1 Serving

Ingredients

- 1 cup unsweetened almond or coconut milk
- ½ cup raw almonds
- ½ - 1 frozen ripe banana
- ¼ - ½ avocado, flesh removed
- 1 serving protein powder (grass-fed whey, hemp, or pea are good options)
- Ice, if needed for consistency, but frozen banana might do the trick

Instructions

- Throw all ingredients into your blender and serve!
- This smoothie is filling enough to be a lunch alternative and can easily be prepared in the morning or the night before to be taken on the go.



SWEET POTATO & EGGS

1 Serving

Ingredients

- 1 tbsp. coconut oil
- 1 medium sweet potato or yam, washed
- 2 eggs
- 1 oz. sharp cheddar cheese, shredded
- Salt and pepper to taste

Instructions

- To start, grate sweet potato using the large holes of your grater (if you can julienne it, even better).
- Heat coconut oil in an oven-safe skillet, and once hot, add sweet potato. Stir frequently for about 10 minutes, until sweet potatoes are done.
- Set oven to broil on high, and while it is heating, spread out sweet potatoes evenly in the pan they cooked in, leaving 2 spaces to crack eggs into. Crack eggs into the sweet potato mixture and continue to cook on stovetop until whites are solidified, about 3 minutes.
- Sprinkle with grated cheese and place skillet in oven, until eggs are fully cooked.
- Add a bit of salt and pepper to taste, plate and serve!



GROUND TURKEY MUSHROOMS

1 Serving

Ingredients

- 1 tsp. coconut oil
- 2-3 large Portobello mushroom caps, cleaned
- ½ yellow or red onion, finely diced
- ¼ lb. ground turkey (replace with lean ground beef, if you prefer)
- 1 cup baby or regular spinach leaves
- ½ cup cherry tomatoes, halved
- Salt and pepper to taste

Instructions

- Melt coconut oil in skillet on medium-high heat. Once hot, place mushroom caps and cook until they are soft (7-10 minutes) turning them over once. Set them aside when done.
- Add onions and cook until tender (3-4 minutes). Add ground turkey and stir frequently until completely cooked, adding salt and pepper to taste.
- Turn off heat and add spinach, mixing together with turkey/onion mixture.
- To finish, scoop a spoonful of the turkey and spinach mixture into mushroom caps and top with sliced tomatoes. Enjoy!



EASY GROUND BEEF STIR FRY

1 Serving

Ingredients

- ¼ lb. grass fed ground beef
- ½ bell pepper (any color), diced
- ¼ red or yellow onion, diced
- 1 oz. canned water chestnuts, drained and sliced (optional)
- 1 oz. raw cashews
- 1 tsp. fresh ginger root, peeled and grated
- 1 clove fresh garlic, minced
- 1 tbsp. coconut amino acids or tamari sauce
- Salt and pepper to taste

Instructions

- In skillet, add ground beef and cook until browned.
- Add garlic, ginger, and coconut aminos or tamari sauce. Saute, mixing frequently for about 5 minutes more.
- Add bell pepper, onions, and chestnuts, cooking until veggies are done.
- Add salt and pepper to taste
- Plate and top with cashews. To add a delicious extra, toast cashews beforehand.



LEMON QUINOA WITH CHICKEN

1 Serving

Ingredients

- ¼ cup uncooked quinoa
- ½ cup water
- 2 tbsp. fresh lemon juice
- Salt to taste
- 1 stalk of celery, chopped
- 2 tbsp. red or yellow onion, diced
- Pinch of cayenne pepper (optional)
- ½ tsp. ground cumin
- 2 tbsp. fresh cilantro
- 2 tbsp. pine nuts

Instructions

- Toast pine nuts in dry skillet over medium heat, being careful not to burn and stirring frequently for just 3-4 minutes, or until lightly brown. Set aside.
- In saucepan, add water and quinoa with a bit of salt, bring to a boil and reduce heat. Cook until done, 10-15 minutes. Turn off heat and allow to cool.
- In a serving bowl, mix together cooked quinoa, pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and cilantro. Serve and enjoy.



ARUGULA CHICKEN SALAD

1 Serving

Ingredients

- 3 cups arugula
- 1 cup seedless grapes, cut in half
- ¼ red or yellow onion, thinly sliced
- 4-6 oz. chicken breast, grilled or baked (cook yourself or buy pre-cooked)
- 1 tbsp. walnuts (raw if possible)

Dressing

- 1 tbsp. olive or flax oil
- 2 tbsp. balsamic vinegar
- 1 tbsp. maple syrup or honey
- Pinch of salt and pepper

Instructions

- In salad bowl, add arugula, grapes, and onion, mixing all together. Top with grilled (or baked) chicken and walnuts.
- Prepare dressing by simply whisking together all ingredients until well combined.
- Pour over salad and serve!



STUFFED ZUCCHINI SQUASH

1 Serving

Ingredients

- 2 large zucchini squashes
- ¼lb. ground chicken, beef, or turkey
- 1 tomato, diced
- ½ tbsp. coconut oil
- ¼ red or yellow onion, chopped
- 1 garlic clove, minced
- ½ tsp. cumin
- ½ tsp. paprika
- ½ tsp. coriander
- 1 tsp. tomato paste
- Salt and pepper to taste

Instructions

- Preheat oven to 350F. Cut zucchini in half lengthwise and scrape out some of the mid-section with a spoon. Place on a baking sheet or dish and set aside (cut side of the zucchini face up).
- Melt coconut oil in skillet over medium heat and add onion, stirring until soft (just a few minutes). Add garlic for about a minute, then add ground meat. Stir frequently and cook until meat is lightly browned.
- Add tomatoes, tomato paste, all spices, and salt and pepper, mixing everything together.
- Spoon meat mixture into the squash "boats", lightly drizzle with a touch of olive oil, and bake for 21 minutes. Serve!



REFRESHING CHICKEN SALAD

1 Serving

Ingredients

- 4-6 oz. shredded chicken breast
- 3 tbsp. plain, non-fat Greek yogurt
- 1 tsp. raw apple cider vinegar
- ½ tbsp. honey (raw if possible)
- ¼ tsp. fresh ginger root, grated
- ½ medium cucumber, chopped
- 1 tbsp. chopped walnuts or almonds
- ½ apple, diced
- 2 tbsp. raisins

Instructions

- In a bowl, combine yogurt, vinegar, honey and ginger. Mix together.
- Next, add shredded chicken, cucumber, nuts, raisins and chopped apple.
- Serve and enjoy.



BAKED DILL MUSTARD SALMON

1 Serving

Ingredients

- 6 oz. wild salmon filet (replace with chicken breast, if you'd prefer)
- ½ tsp. garlic powder
- ¼ tsp. dried dill
- Pinch of salt and pepper
- 2 tbsp. raisins

Side Salad

- 2 cups kale, washed and chopped
- 1 tbsp. olive oil or flax oil
- Juice from 1 lemon
- Salt and pepper

Instructions

- Preheat oven to 400F. Lay salmon filet in greased baking dish (coconut oil) and sprinkle evenly with garlic powder, dill, salt, and pepper. When oven is ready, cook salmon until done, 15-20 minutes (this will depend on the thickness of your fish).
- While salmon is cooking, place kale in a bowl with olive oil, lemon, salt, and pepper. Massage kale until soft, anywhere from 2-5 minutes (depending on how soft you prefer it).
- Remove salmon when done and serve with kale salad.

SNACKS

1. 1 oz. almonds, walnuts or other nuts (about 1 small handful)
2. Fruit salad or 1 piece of fruit (seasonal and organic, if possible)
3. Smoked salmon
4. Grass fed or organic beef or salmon jerky
5. Nitrate free deli turkey breast rolled up with a slice of avocado
6. Kale or sweet potato chips
7. ½ - 1 can wild salmon or tuna with chopped tomato
8. 1 plain, whole fat yogurt with a bit of chopped fruit and 1 tbsp. of honey
9. Smoothie with hemp, pea, or whey protein powder, fruit, and 1 handful spinach
10. Chopped veggies with pesto or hummus
11. Seaweed snacks
12. Roasted pumpkin seeds
13. Chopped apple with 1 tbsp. of almond butter
14. Lärabars
15. 1 oz. raw cheese
16. ½ sweet potato with 1 tbsp. grass fed butter or coconut oil
17. Sliced cucumber with 2 tbsp. guacamole
18. 1 oz. dark chocolate (70% or higher)
19. 1 cup mixed berries with 2 tbsp. of plain yogurt, add 1 tbsp. of honey if desired
20. Classic ant-on-a-log: celery slices with organic peanut or almond butter, topped with raisins.