

Create Your Own Meals – Meal Planning 101

Choose 1 item from column A and minimal amount from C, for breakfast and dinner only, add a starch from column D and all you want from column B. Easy Peasy! Keeping it simple! ***Please choose grass fed and finished, wild caught, and organic whenever possible!***

A -Protein	B – Fruit/Vegetables/Fiber	C -Fats and Oils	D -Starch
Beef	Broccoli	Grass Fed Butter	½ Sweet potato
Chicken	Cabbage	Ghee	½ cup Winter Squash
Eggs	Onions (white and red)	Coconut Oil	½ cup organic white or red potato
Turkey	Mushrooms	Avacado Oil	½ cup beans/lentils
Pork	Spinach	Avacado	½ cup organic jasmine or basmati rice
Bacon	Chard	Sesame Oil	½ cup Quinoa
Salmon	Collard Greens	Flax Oil	½ cup organic oats
Trout	Kale	Extra Virgin Organic Olive Oil	½ cup higher glycemic fruit i.e. banana
Cod	Leafy Greens (Romaine, Spinach, Arugula, etc.)	Walnut Oil (for dressings)	½ cup organic whole wheat pasta
Halibut	Bok Choy	Nuts (1 oz per day)	
Shrimp	Celery	Organic cheese (1 oz)	
Scallops	Zucchini		
Mahi Mahi	Asparagus		
Crabmeat	Brussels Sprouts		
Tuna	Scallions or Green Onions		
Bison	Snow/Snap Peas		
Buffalo	Tomatoes		
Duck	Artichokes		
	Avocado		
	Pumpkin		
	Spaghetti Squash		
	Cauliflower		
	Carrots		
	Green Beans		
	Bell peppers		

	Berries		
	Citrus fruits		
	Apples		
	Peaches		
	Melon		
	Pineapple		

Note: The list for fruits and veggies is not limited to what is here.

Sample Meals:

- Grilled wild salmon or a salmon patty using wild caught salmon with 1/2 avocado, 1/2 plate of mixed vegetables that have been cooked in 1-2 tablespoons coconut oil.
- Grass-fed steak, mashed cauliflower with grass-fed butter and seasonings, a side of sautéed kale.
- Turkey burger or grass fed burger, 1/2 cup asparagus, 1/2 cup sautéed onions, mushrooms and peppers, a pat of butter on vegetables.
- Grilled chicken breasts with a large sautéed kale salad, and 1/2 of a sweet potato with drizzled coconut oil.
- 2-egg omelet loaded with veggies of your choice and a side of 1/2 cup of hash browns made from organic potatoes, sautéed with onions and garlic.
- Cauliflower Fried Rice with frozen mixed veggies
- Stir-fry Sesame Chicken
- Clean Eating Beef Stew in crock pot
- Large spinach and arugula salad with apple, walnuts and grilled chicken
- The combination/possibilities are really endless!