

### **BREAKFAST**

8-12 oz. of room temp water with electrolytes (salt + lemon or [Salt Stick](#) on Amazon) with a goal of 80+ ounces of water per day.

Coffee with no sugar/full fat dairy or unsweetened almond milk (optional: MCT oil or grass-fed butter + collagen peptides). If you are fasting this combo will not break your fast since insulin does not increase.

FASTING: Skip breakfast

BREAKFAST SCRAMBLE: 3-4 eggs + 1 tsp olive oil + 2-3 links chicken sausage, turkey bacon, or (no nitrate) bacon, sliced + spinach + tomatoes + sliced mushrooms+ or any other veggie of choice + 1/2 oz shredded cheese + 1/4 avocado

QUICK BREAKFAST: 3 hard boiled eggs + 1/4 cup nuts (almonds, walnuts, etc) + 1/2 cup berries or sliced green apple (invest in a lunch container such as [this one](#) for easy packing the night before)

### **LUNCH**

AVOCADO TUNA SALAD: 1 can wild caught tuna + 2 Tbsp avocado mayo + 1 celery stalk sliced + 1/2 avocado, diced + sea salt/pepper + 1/2 lemon juiced + served alongside a sliced green apple + 2 string cheese + 1/2 cup multigrain crackers

OUT TO EAT LUNCH: Chipotle- Whole30 Salad Bowl: Supergreens, chicken, carne asada or carnitas, fajita veggies, fresh tomato salsa and guacamole

### **DINNER**

BEEF OR CHICKEN FAJITA BOWL: 8oz-12oz sliced lean grass-fed beef or chicken + bell peppers + onions + mushrooms + spinach + served over cauliflower rice (low carb) or jasmine rice + topped with avocado, plain Greek yogurt, shredded cheese, and salsa

### **SNACKS (OPTIONAL)**

Unlimited assorted veggies + guacamole to go packs + sliced deli turkey or meat stick, RX bar and Justine's peanut butter packet with apple.

(Optional) Pre and Post Workout Snack

PROTEIN OATMEAL: 1 Tablespoon no sugar added almond or peanut butter + sliced strawberries + 1-2 scoop whey protein powder + 1 Tablespoon chia seeds + unsweetened almond milk

QUICK SHAKE: 1-2 scoops whey or pea protein powder + unsweetened almond milk + 1 tsp MCT oil