

Meal Options & Recipes

Planning is the key to success when you're trying to dial in your nutrition.

Think about your week ahead...are you planning on preparing your own meals, eating out some or most of the time or having meals delivered (great option if you're limited on time and have a flexible budget)? We're giving you many different meal options for breakfast, lunch and dinner for the second phase of the program. Feel free to mix them up and try something different every day of the week or stick with your "go to" favorites repeatedly. Once again, there is no right or wrong way as long as you are avoiding excess carbs on the days we've designated as low carb. If you prefer to create your own meals based on the plate and portion guidelines we've suggested, that works too. The goal is to have a plan and feel energized, empowered and in control.