



≡ *ON THE FLY*

PHASE 1 FAST FORWARD TO FIT MEAL OPTIONS

LUNCH:

1) Salad with Your Choice Protein

Ingredients:

- 1-2 generous fists of greens: Arugula, spinach, kale or mixed greens are all good (no iceberg lettuce)
- 1 palm size of any other raw veggies you like including: cucumbers, peppers, mushrooms, tomatoes, carrots, broccoli
- 1 palm size of your choice of protein including: salmon, steak, chicken, shrimp, eggs, tuna (be careful of pre-made tuna salad...it's usually loaded with mayo. No Bueno!)

drizzle of your choice dressing including

<https://www.self.com/gallery/store-bought-salad-dressings-dietitians-actually-use>

2) Chicken, Brown Rice & Broccoli

Ingredients:

- 1 palm chicken breast
- 2 fists broccoli
- 1 palm brown rice

Directions

Cook Chicken: 3 easy ways to prepare

a. Bake

drizzle with a small amount of olive oil and seasoning of your choice. It can be as simple as a pinch of salt and pepper, or spice it up with your favorite seasoning. Flavor God has some great ones!

Bake breast at 350 degrees 20-30 minutes or until it reaches an internal temp of 165 degrees.

b. Pan Sear or Stir Fry

Cut chicken breast into bite sizes, drizzle with good oil (olive, avocado, coconut), season the way like.

Heat skillet or wok to high with 1 thumb size amount good oil and cook chicken bites for 3-5 min or until no longer pink in the middle

c. Poach

Place breast in enough water or chicken broth to cover chicken breast by about an inch in saucepan or pot.

Bring to boil, then reduce heat to low and allow chicken to simmer for about 8-10 minutes until no longer pink in middle or 165 degrees internal temp.

Cook broccoli according to package directions or steam on stovetop if using fresh broccoli

Cook rice according to package directions

3) Turkey & Veggie Stir Fry

Ingredients:

- 1 package ground turkey

- 1 package Trader Joe's frozen veggie fried rice
- 1 package Trader Joe's cruciferous crunch
- coconut aminos (soy sauce substitute)

Directions:

- Sauté ground turkey and a little bit of olive oil in a large skillet over medium-high heat, breaking it apart with a spatula or spoon in the same way you would ground beef. Season it to taste. You'll know the turkey is cooked thoroughly when it turns completely white with no pink color. Remove pan and set aside.
- Sauté package of fried rice and cruciferous crunch in a bit good oil or ghee or a mixture of both over medium-high for about 5 minutes.
- Add cooked turkey and coconut aminos the last minute or two and enjoy.
- We like to prepare the entire package of turkey, whole bag of fried rice and cruciferous crunch and save extra portions for later, but feel free to cook only the desired amounts if you prefer. You can also substitute scrambled eggs instead of ground turkey.

4) Zucchini Pizza Boats and Side Salad

Ingredients:

- One large zucchini, halved lengthwise
 - ½ cup marinara sauce
 - One Palm part skim shredded mozzarella
 - One Palm mini pepperoni or turkey pepperoni chopped into smaller piece
 - Chopped fresh basil, for garnish

Directions:

- Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.
- In a large skillet over medium heat, heat olive oil. Add zucchini and sauté until tender, 6 to 8 minutes, then pour in marinara.
- Place hollowed zucchini on a large baking sheet. Spoon on sauce, then top with mozzarella and mini pepperoni. Bake until zucchini is tender and cheese is golden, about 15 minutes.
- Garnish with basil.

5) Tuna Salad, Pita Chips & Fruit

Purchase Whole Foods Tuna Lime salad if available or make yourself

Ingredients:

- One (5 oz) can albacore tuna packed in water
- ¼ cup celery, chopped
- ¼ cup nonfat Greek yogurt

- 1 tbsp reduced fat mayonnaise
- ½ tsp lemon juice
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp celery seed

Directions:

Mix ingredients together and enjoy with a handful of whole grain pita chips or crackers with a cup of fruit.