SHAN'S DAY 2 DAY MENU IDEAS:

THE BREAKDOWN:

HERE ARE SOME MEAL IDEAS THAT YOU CAN START TO INCORPORATE INTO YOUR EVERY DAY ROUTINE IF YOU'D LIKE. THIS IS PURELY TO INSPIRE IDEAS FOR YOURSELF, THAT WAY YOU DON'T HAVE TO RESORT TO CHICKEN, RICE, AND BROCCOLI AS YOUR GO-TO (LET BE HONEST... THAT'S BORING AF).

NEED SNACK IDEAS?

- SMART POPCORN
- DARK CHOCOLATE RICE CAKES
- RICE CAKES W/PEANUT BUTTER AND BANANAS
- FRUIT
  - APPLES, BANANAS, GRAPES, BERRIES, PEARS, ETC.
- MOZZARELLA CHEESE W/TURKEY SLICES
- NUTS (ALMONDS/PISTACHIOS)
- PROTEIN BARS
- PITA CHIPS W/ HUMMUS

CAUTION WITH:

CONDIMENTS & DRESSINGS

CONDIMENTS & DRESSINGS CAN BE PACKED WITH SUGAR, ADDITIVES, COLORS, AND CAN BE HIGH IN FAT, SO MAKE SURE TO LIMIT THEM AS BEST AS YOU CAN & ALWAYS READ THE NUTRITION LABEL!

"NO SUGAR/NO FAT" OPTIONS

EVERYTHING IN MODERATION IS OKAY. SOMETIMES THESE OPTIONS MAKE UP FOR THE DEFICIT WITH CHEMICALS/FILLERS, SO JUST KEEP THAT IN MIND.

BREAKFAST:
FILLING YET TASTY

- SMOOTHIES
  - WATER OR MILK BASED, FROZEN BANANA, SPINACH, PEANUT BUTTER, PROTEIN POWDER (CAN ADD OTHER FRUIT)
- PROTEIN PANCAKES / PROTEIN WAFFLES
- EGG SCRAMBLE W/ SALSA
- OMELETTE W/ FETA AND VEGGIES
  - BELL PEPPER, SPINACH, MUSHROOMS, ONIONS, CHEESE, ETC.
- GREEK YOGURT W/ FRUIT AND GRANOLA
- ENGLISH MUFFIN W/ AVOCADO AND EGGS
- AVOCADO TOAST W/ EGGS OR TOMATOES

LUNCH:
CLEAN & SATIATING

- POKE OR SALMON BOWL
  - SALMON, RICE, AVOCADO, EDAMAME, GREEN ONIONS, AND COCONUT AMINOS
- SHREDDED CHICKEN PASTA SALAD
  - ROTISSERIE CHICKEN, BELL PEPPERS, RED ONIONS, BROCCOLI, LIGHT ITALIAN DRESSING, PASTA OF YOUR CHOICE)
- SEASONED GRILLED CHICKEN W/ GRILLED VEGGIES AND ASPARAGUS
- COCONUT AMINO GROUND TURKEY RICE BOWL
  - RICE, GROUND TURKEY COOKED IN AMINOS, GREEN ONIONS, ONIONS, CARROTS, GARLIC

DINNER:
SIMPLE & QUICK

- CROCKPOT MEALS :
  - CHICKEN/POTATOES/CARROT
  - BEEF AND BROCCOLI
  - POT ROAST
- CHICKEN FAJITAS
- RIGATONI W/ SAUSAGE, TOMATOES, & ZUCCHINI
- FISH TACOS W/ CARB SMART TORTILLAS
- GRILLED CHICKEN SKEWERS W/ VEGGIES

OPTIONAL "DESSERT" SWAPS:

"NICE CREAM"
INGREDIENTS NEEDED:

- FROZEN BANANA (1-2), DARK CHOCOLATE CHIPS, ICE, MILK OR MILK ALTERNATIVE (JUST ADD LIQUID SLOWLY AS YOU BLEND TO FIND THE RIGHT CONSISTENCY).
  - CAN ADD PROTEIN POWDER IF YOU'D LIKE

ENVY APPLE DE"LIGHT"
INGREDIENTS NEEDED:

- ENVY APPLE (OR ANY APPLE), CINNAMON, WHIPPED CREAM OR SMALL SCOOP OF ICE CREAM, DARK CHOCOLATE CHIPS.
  - CUT THE APPLE INTO SLICES AND HEAT THEM UP (MICROWAVE OR SKILLET), ADD TOPPINGS AFTER