

Your #TBFC21 Meal Plan

Please note that you never need to eat all that is provided. Less is always best. If you need more, make bigger portions. I want you to be satisfied! It's okay to eat more of the good stuff as we transition from one way of eating to another.

Day One

Upon Rising:

Take a deep breath and give gratitude for another day to live life healthy and fit! You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter of water

Breakfast:

[Kristie's Hungry Girl Omelet](#) or 3 boiled eggs with sliced tomato

Prior to lunch, drink 1-liter of water.

Lunch:

[Avocado and Tomato Salad](#)

Prior to dinner, drink 1-liter of water. If you've had a stressful day, take a warm bath and sip on Trilogy Kombucha or a glass of red wine. This prevents us from diving into a bag of chips or other emotional eating behaviors.

Dinner:

[Simple Grilled Chicken {Make enough for lunch tomorrow}](#)

[Roast your favorite veggies or make a huge salad](#)

Dessert:

Herbal Tea sweetened with Stevia

80% and higher Dark Chocolate

Day Two

Upon Rising:

You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter water

Breakfast:

1 bowl mixed berries

[Avocado, Tomato, Sandwich](#)

Herbal Tea with Stevia

Prior to lunch, drink 1-liter of water.

Lunch:

[Simple Grilled Chicken](#) on top a garden salad.

Prior to dinner, drink 1-liter of water

Dinner:

[Kristie's Hungry Girl Omelet](#) or 3 boiled eggs with sliced tomato

Extra Asparagus

Dessert:

Herbal Tea sweetened with Stevia

70% and higher Dark Chocolate

Day Three

Upon Rising:

You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter of water

Breakfast:

1 Sliced Green Apple Sprinkled with Cinnamon

3 Eggs your way with 1 large tomato sliced

Prior to lunch, drink 1-liter of water.

Lunch:

[Kristie's Favorite Salad](#)

Dinner:

[Beet this Flounder](#)

[Cucumber Gazpacho](#)

Dessert:

Herbal Tea sweetened with Stevia

70% and higher Dark Chocolate

Day Four

Upon Rising:

You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter of water

Breakfast:

Start with 1 grapefruit

[Kristie's Hungry Girl Omelet](#) or 3 boiled eggs with sliced tomato

Prior to lunch, drink 1-liter of water.

Lunch:

[Avocado, Tomato, Salad](#)

Prior to dinner, drink 1-liter of water

Dinner:

[Grilled Chicken Cabbage Wraps](#)

Dessert:

Herbal Tea sweetened with Stevia

70% and higher Dark Chocolate

Day Five

Upon Rising:

You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter of water

Breakfast:

Start with 1 grapefruit

3 eggs your way with sliced tomato

Prior to lunch, drink 1-liter of water.

Lunch:

[Taco Salad](#)

**Afternoon snack:

[Zucchini "chips" with Guacamole and Salsa](#)

Prior to dinner, drink 1-liter of water

Dinner:

[Super Simple Salmon](#)

Steamed Broccoli with organic butter and sea salt

Dessert:

Herbal Tea sweetened with Stevia

70% and higher Dark Chocolate

Day Six

Upon Rising:

You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter water

Breakfast:

1 bowl mixed berries

[Avocado, Tomato, Sandwich](#)

Herbal Tea with Stevia

Prior to lunch, drink 1-liter of water.

Lunch:

[Creamy Tomato, Basil, Soup](#)

[Simple Grilled Chicken](#) {Make enough to have for dinner}

**Afternoon snack:

3 ounces Raw Cheese with Baby Tomatoes

Prior to dinner, drink 1-liter of water

Dinner:

[Simple Grilled Chicken](#)

Steamed Green Beans or Asparagus

Dessert:

Herbal Tea sweetened with Stevia

70% and higher Dark Chocolate

Day Seven

Upon Rising:

You can start your day with fresh lemon water, herbal tea, or coffee. If you're a coffee drinker please check out my [Rise n Shine Cocoa](#).

Prior to breakfast, drink 1-liter of water

Breakfast:

1 Sliced Green Apple Sprinkled with Cinnamon

3 Eggs your way with 1 large tomato sliced

Prior to lunch, drink 1-liter of water.

Lunch:

[Kristie's Favorite Salad](#)

**Afternoon snack:

[Zucchini chips with Guacamole](#)

Prior to dinner, drink 1-liter of water

Dinner:

[Beet this Flounder](#)

[Cucumber Gazpacho](#)

Dessert:

Herbal Tea sweetened with Stevia

70% and higher Dark Chocolate

Recipes:

Kristie's Hungry Girl Omelet

Makes 1 serving

- 4 eggs
- 1 cup any vegetable
- ¼ cup onions, chopped
- 1-teaspoon butter
- 3 slices raw goat cheese or 3 ounces shredded

Whisk the eggs in a large bowl. Add the vegetables. Melt the butter in a skillet over medium heat. Add the vegetable mixture and cook until the eggs become semi firm. Then layer the cheese onto the omelet. Fold and continue to cook until lightly brown on both sides and the egg is no longer runny. Enjoy with a lot of baby greens.

Avocado, Tomato, Red Onion, Salad

Makes 1 serving

- 1 avocado, sliced or cubed
- 1 tomato, sliced
- ½ cucumber, sliced thin
- ¼ cup red onion, sliced thin or chopped
- 2-3 cups mixed baby greens
- 1 lemon, juiced
- ½ teaspoon sea salt
- 1-tablespoon olive oil

For the dressing: In a small bowl mix the lemon juice, olive oil, and sea salt and set aside. In a large bowl add greens, avocado, tomato, and red onion. Pour the dressing over the salad and toss until coated.

Zucchini Chips with Guacamole

Makes 1 serving

- 1 Zucchini, sliced thin
- ½ avocado, mashed
- 1-cup salsa
- 1-tablespoon real mayo or Veganaise
- 1 lemon or lime, juice
- ¼ teaspoon sea salt

In a medium bowl, mix the avocado, salsa, mayo, lemon juice, and sea salt to your liking. The sliced zucchini will be used as “chips” to dip into the dip. Enjoy!



Super Simple Salmon

Makes 4 Servings

- 1-tablespoon garlic powder
- 1-tablespoon dried basil
- ½ teaspoon sea salt
- 4 Fresh Salmon Fillets
- 2-tablespoon butter
- 4 lemon wedges

Stir together garlic powder, basil, and salt in a small bowl; rub in equal amounts onto the salmon fillets.

Melt butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side. Serve each piece of salmon with a lemon wedge.

Avocado, Tomato, Sandwich

Makes 1 Serving

- 1 head, romaine lettuce
- Veganaise
- Amy's Horseradish Mustard

½ avocado, mashed
½ tomato, sliced thick
Sea Salt

On a romaine lettuce or butter lettuce leaf, spread the mashed avocado evenly. Add the sliced tomato and sprinkle with sea salt.

Creamy Tomato, Basil, Soup

Makes 2 servings

3 tomatoes
1 avocado
1-cup salsa
½ cup nutritional yeast {optional}
1-teaspoon sea salt

In a high-powered blender mix all ingredients together until smooth. This is a cold soup. A great warm soup option is Pacific Brand Creamy Basil Tomato Soup

Simple Grilled Chicken

Makes 4 servings

4 chicken breasts
2-tablespoons Olive Oil
3 pinches Lemon Pepper

In a small bowl, mix the olive oil and lemon pepper together. Lightly brush the chicken breasts on both sides and grill until cooked through. Serve with your favorite steamed vegetable.

Kristie's Favorite Salad

Makes 2 servings

4-6 cups fresh Arugula

½ cup feta

¼ cup red onion, diced

1 zucchini, spiralized or sliced thin

1 lemon, juiced

2-tablespoons olive oil

1/4 –teaspoon sea salt or 2-teaspoons liquid aminos or balsamic vinaigrette

In a small bowl mix the lemon juice, olive oil, and other and set aside. In a large bowl place the arugula, feta, walnuts, red onion, and zucchini. Drizzle the dressing evenly and toss to mix.

Beet this Flounder

Makes 2 servings

2 half pound flounder or trout fillets, rinsed

1-cup beets, chopped

1 cove garlic, diced

2-tablespoons lemon, juice

1-teaspoon butter, melted

Sea salt and fresh pepper to taste

1 cup raw corn cut off the cob {do not use frozen corn}

2-4 springs of your favorite herbs [optional]

Preheat oven to 450 Degrees Fahrenheit. Place the fish in a shallow baking dish, add the beets, then distribute the garlic, lemon juice, butter, and salt and pepper evenly over the whole dish. Bake uncovered for 25 minutes or until the fish begins to flake. On a dinner plate, place ½ cup of the raw corn and top with the baked fish and beets. Garnish your plate with your favorite herbs. Enjoy!

Cucumber Gazpacho

Makes 4 Servings

6 cucumbers, diced
1 onion, diced
1 stalk celery, sliced thin
1 jalapeno, chopped
2 cups fresh basil leaves, ripped
1-cup parsley, ripped
1 lemon, juice
4 ounces aged sherry vinegar
1 cup Greek yogurt
Sea salt to taste
Black Pepper to taste

Marinate everything but the yogurt together for 1-2 days in a plastic container. Place in blender and puree for 1-2 minutes—not so long as you don't want the veggies to break down to a point of a watery base. Once you have a puree of vegetables, mix in the yogurt by hand to get a creamy consistency. If you like, add a little diced cucumber and avocado to the top for garish and texture.

Grilled Chicken Cabbage Wraps

Makes 2 Servings

2 '[Simple Grilled Chicken Breasts](#)', sliced for sandwiches

8 large cabbage or romaine lettuce leaves

Real mayo or Vegenaïse

Amy's Organic Horse Radish Mustard

1 Tomato, sliced thin

4 ounces raw cheese

On a large cabbage leaf spread mayo or Vegenaïse and mustard. Add 1 slice chicken breast and ½ ounce raw cheese. Wrap lettuce leaf around to form a "burrito".

Taco Salad

Makes 1 serving

1 head Butter Lettuce

½ cup salsa

1 avocado, sliced

1 tomato, sliced or diced

½ zucchini, chopped

¼ cup red onion

1 lemon or lime, juice

Sea salt

1-tablespoon Greek yogurt or Vegenaïse

In a large bowl place the butter lettuce leaves flat until the bottom of the bowl is covered. In a medium bowl add remaining ingredients except the yogurt or Vegenaïse and toss to mix. Add this mixture to your large bowl on top of the lettuce leaves. Top with the Greek Yogurt or Vegenaïse.

Avocado Cucumber Soup

Makes 2 servings

1 avocado
1 cucumber, sliced
½ jalapeno
1 handful cilantro
2 handfuls spinach
1-teaspoon sea salt
½ cup nutritional yeast {optional}
1-cup pacific brand regular hemp milk
½ cup water

In a high-powered blender, blend all ingredients until smooth. This is a raw cold soup.

Sweet Potato Fries

Makes 2 servings

2 large sweet potatoes, sliced into thick "fries"
2-tablespoons olive oil
Sea salt
Garlic salt
Pepper

Pre-heat oven to 425 degrees Fahrenheit

In a large zip lock bag place "fries", and spices to your liking. Seal bag and shake to coat the "fries". Place on a large cookie sheet and spread out evenly on pan. Place in oven and cook for 25-minutes. For a crisper fry, place parchment paper on cookie sheet. Serve with [Kristie's Secret Sauce](#).

Kristie's Secret Sauce

Makes 2 servings

1/3-cup real mayo or Vegenaïse

¼ cup salsa

1-teaspoon hot sauce or a small pinch of cayenne pepper

1-tablespoon Amy's Organic Horse Radish Mustard

In a small bowl mix ingredients together well. Use as a dip for the [Sweet Potato Fries](#)

Kristie's Rise n Shine Cocoa

Makes 1 Servings

1 cup unsweetened chocolate almond, heated

½ cup Pacific Brand Hemp Milk, heated

3 shakes of the following:

Cinnamon

Turmeric

Cayenne Pepper

1-tablespoon raw cocoa powder

1-tablespoon coconut oil

½ cup freshly brewed coffee

Mix together

Enjoy!

