

MEAL IDEAS

MEALS/DAY

5

# Eat Anything Meals



### Vegetable Omelet and Nut Butter Toast

palms of eggs	0 or 1
fists of onions, peppers, and mushrooms	1
slices of toast	1
thumbs of nut butter	1



### Strawberry Banana Super Shake

scoops of vanilla or strawberry protein powder	0 or 1
fists of spinach	1
handfuls of frozen strawberries and banana	1
thumbs of chia seeds	1

Plus 4-12 oz water, plain dairy milk, or unsweetened plant milk



### Grilled Pesto Chicken Wrap

palms of chopped chicken	0 or 1
fists of baby carrots and cucumber slices	1
handfuls whole grain wrap and black beans	1
thumbs of olive oil pesto	1



### Roasted Salmon, Sweet Potatoes and Cauliflower with Olive Oil Drizzle

palms of salmon	0 or 1
fists of roasted cauliflower	1
handfuls of sweet potato slices	1
thumbs of olive oil drizzled on top	1



### Seared Tofu with Quinoa and Mixed Greens Salad

palms of seared tofu	0 or 1
fists of leafy green salad	1
handfuls of quinoa	1
thumbs of dressing drizzled on top	1

Season as desired. Plus 1 glass wine (counts as 1 handful or 1 thumb)



### Tropical Cottage Cheese Bowl

cups of cottage cheese	0 or 1
handfuls of chopped pineapple	1
thumbs of chopped walnuts	1