



The Shopping List

Lettuce
Kale
Celery
Carrots
Cucumber
Broccoli, sometimes cauliflower
Sweet peppers
Onions
Mushrooms
Some fruit of your choices like watermelon, grapes, apples, berries, etc.
Olive oil
Canned beans and chick peas etc.
Coconut milk
Red and yellow curry jars
Nuts (almonds and/or walnuts)
Coconut flakes
Honey
Chicken, beef, turkey, pork
Canned tuna and or salmon (wild, preferably)
Eggs
Salsa
Some spices like Adobo and Mrs. Dash chipotle seasoning mix, etc.
Hummus (sometimes)
Chicken broth
Garlic

Brunch:

Plate full of salad
Eggs and salsa/
or egg breakfast bowl

Dinner:

Soups or stir fry
Homemade pot pie

Cheat day pot pie

Afternoon snack/meal:

Cucumber and hummus (or salsa, or tuna)
Plate of one of my famous salads

Dessert:

The World-Famous Nut Snack ☺

Strength and Power Recipes: (What I eat)

My delicious salads:

Chop up a couple of vegetables (anything in the fridge will do; personally, I like adding onion and mushrooms or broccoli)

Lettuce and kale

Some black beans

*Homemade Salad dressings

*(see below for some great homemade salad dressing recipe ideas)

Salsa egg brunch bowl:

Fry up some onion and mushrooms (can use oil or butter)

Scramble up a couple of eggs. Combine in a bowl and mix in some salsa.

Stir fry:

Fry onion, broccoli, a carrot and 2 sticks of celery

Steak, or chicken

¼ cup of olive oil

Adobo spice to taste Or instead add a half jar of Asian sauces, or Old Pasa Burrito/fajita mixes.

Black bean stir fry:

Finely dice 1 onion and 4 cloves of garlic

In a pan, add a little oil or butter and fry onion and garlic

Once tender, add 1 can of black beans (do not drain)

Add adobo seasoning and sea salt to taste (or other spices such as cilantro and lime juice)

Once liquid has more or less evaporated it is ready to serve

Curry soup:

Chop up some vegetables (celery, carrots, onion, broccoli, or cauliflower, etc.) fill half the pot with that

Mince some garlic (4 cloves on average)

Can add beef or chicken or pork, as an option

A can of coconut milk (**don't want curry, substitute milk and curry for chicken or beef broth**)

A jar of red curry, or yellow curry, paste

Mix water to fill the pot

And boil

Nut Snack ☺

¼ cup of almonds ground up in a blender

¼ cup of coconut flakes

A few teaspoons of honey

Mix up in a dessert bowl. **This is flippin' awesome!**

I still eat about three times a day, but I skip breakfast and have a brunch or early lunch, then an afternoon snack, and then we eat dinner when I get home from training.

All delicious! I hope you like it!

Cheat day pot pie:

Soup ingredients:

3 tablespoons butter
Chicken or turkey cut into small cubes
1 tsp pepper
1 tsp salt
¼ cup flour
3 cups chicken stock (broth)
3 -4 cups of vegetables (celery, carrots, onion, garlic, sometimes broccoli and/or cauliflower)
Spices to taste (oregano, basil, etc.)

Biscuits ingredients:

2 cups flour
1 tbsp baking powder
1 tsp sugar
1 tsp salt
½ cup melted butter
1 cup water

Soup directions:

Preheat oven to 450 degrees F.
In a sauce pan melt butter and cook meat (chicken or turkey)
Add salt and pepper
Cook until meat is browned
Remove meat and set aside
Add flour and whisk to combine
Slowly add half of the chicken broth while continuing to whisk
Bring to a boil and add the remaining chicken broth
Add the vegetables
Stir and reduce heat to medium

Meanwhile, prepare the biscuits in a mixing bowl

Biscuits directions:

Combine flour, baking powder, sugar, and salt
Stir until combined
Add water and butter
Stir until combined

Add chicken back into soup
Pour the mixture into a baking dish or pan
Drop the biscuits by spoon on top of the pot pie
Bake at 450 degrees for 10-12 minutes or until biscuits are golden brown

Enjoy your cheat day!

Homemade Salad Dressing Recipes

Chipotle dressing:

Tablespoon of Chipotle spice
¼ cup Olive oil
2 tablespoons cider or wine vinegar

Annatto dressing:

Tablespoon of Annatto
¼ cup Olive oil
2 tablespoons wine vinegar
1 tablespoon Honey (I know, I know, but it really makes it good!)