

QUICK MEAL **ASSEMBLY**

**YOU WILL BE HAVING ONE SHAKE A DAY,
YOUR OTHER MEALS SHOULD INCLUDE:**

1 SERVING OF CLEAN, LEAN PROTEIN (FISH, CHICKEN, TURKEY, GRASS-FED BEEF)

- **Serving size:**

- Women should eat 4-6 ounces at each meal; larger or more athletic women 6-8 ounces
- Men should eat 8 ounces; larger or very athletic men up to 10 ounces
- Lean towards the higher range if you are very athletic, are recovering from surgery, or healing from a wound

1-2 SERVINGS OF HEALTHY FATS

- **Serving size:**

- 1 tablespoon olive oil, 1/4 small avocado, 4 ounces cold water fish, 10 nuts, 1 tablespoon nut butter, 5 olives
- Be sure to count fat from protein, so if having grass fed beef or fish count as a fat serving

2+ SERVINGS OF NON-STARCHY VEGETABLES

- **Serving size:**

- 1/2 cup cooked or 1 cup raw
- More is better – eat at least 5 servings a day
- You can always increase the portion size of your non-starchy vegetables

1 SERVING OF HIGH FIBER STARCHY CARBS

- **Serving size:**

- 1/2 cup cooked beans or rice, 1/2 small sweet potato, 1 piece of fruit

Minimize your time in the kitchen. Keep it easy and use leftovers.



- Make quick, easy one-plate meals – make bowls, soups, wraps, salads
- Last night's chicken will be a great source for today's lunch
- Make substitutions; replace a good fat with another good fat from the "optimal choices" list
- Leftover veggies? Toss them in a soup or bowl
- You can always add a salad to any meal

QUICK MEAL ASSEMBLY

Simply choose which of the following you want to assemble, follow the guidelines, and you have a quick, tasty, balanced meal

THE "STOUP"

My combination of Stew and Soup!

1. Chicken or veggie broth – low sodium and organic
2. Add lentils, legumes, brown rice or quinoa
3. Add non starchy veggies – load it up!
4. Add chopped protein
5. Serve with a side salad with extra virgin olive oil and lemon juice

My favorite:

1. Chicken broth
2. Lentils
3. Sautéed and chopped onions, garlic, red and yellow peppers, zucchini
4. Diced roasted chicken breast
5. Serve with mixed field greens and herb salad with EVOO and lemon juice

THE BOWL

1. Choose brown rice, quinoa or legumes as base
2. Add stir-fried, steamed, roasted or sautéed veggies
3. Add your protein
4. Top with your sauce/seasoning

My favorite:

1. Quinoa
2. Roasted Brussels sprouts, asparagus & red peppers
3. Grilled salmon
4. With lemon and sea salt

THE WRAP

1. Start with rice wrap or romaine, butter lettuce leaves
2. Add protein
3. Chopped non starchy veggies and leafy greens
4. Add healthy fat – chopped nuts, avocado

My favorite:

1. Rice wrap
2. Turkey slices
3. Arugula, basil, and Heirloom tomato
4. Sliced avocado

THE PLATE

1. Protein
2. Starch – sweet potato, etc
3. Veggies
4. Healthy fat (fish, olive oil, avocado, nuts)

My favorite:

1. Grass fed beef filet
2. ½ sweet potato
3. Asparagus, lightly sautéed with olive oil, garlic, and sea salt

QUICK MEAL ASSEMBLY

THE SALAD

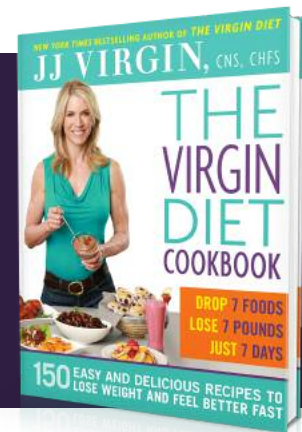
1. Start with dark leafy greens
2. Add chopped/julienned non starchy veggies
3. Throw in a little high fiber carb – legumes, berries, apple
4. Add protein
5. Dress and season

The dressing – lemon or lime juice and extra virgin olive oil, herbs if desired... think garlic, oregano, basil, dill, mint

My favorite:

1. Romaine & spinach blend
2. Chopped cucumbers, red onions, red peppers, carrots, asparagus (steamed al dente and chilled)
3. Garbanzo beans
4. Diced chicken
5. Lemon, olive oil & basil to dress

If you love to cook, check out *The Virgin Diet Cookbook*, filled with recipes that are compliant with The Virgin Diet. Go simple and assemble like I do, or try some of the delicious tasty recipes from *The Virgin Diet Cookbook* that your entire family will love!



MINI-MEALS

These will tide you over if you find yourself going longer than 6 hours between meals

Apple and almond butter

Celery and hummus

Turkey avocado roll up

Cup of lentil soup

½ of a shake serving

