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Balance Meal Plans



# BALANCE using Ayurveda

## Mind/Body nutritional program.

In a society that constantly inundates us with the next best diet, it can be difficult to stay focused and know what's actually beneficial and effective for healthy weight loss. Stress is one of the most significant causes of weight gain in our society, so the last thing we need is to stress out about that!

Many of my clients ask...Is there a way to lose weight and keep it off—  
without losing your sanity and jumping from diet to diet, only to relapse and start the cycle again?

**There is—and it has been road-tested for the last 5,000 years.**

Ayurveda, an ancient system of medicine developed in India, is the sister science to yoga. It seeks to prevent disease and promote health, balance, and longevity through simple guidelines that follow the natural rhythms of nature, the seasons, and the time of day.

Here are eight Ayurveda tips that can naturally and gently guide you toward holistic and healthy weight loss, without the use of chemicals, processed food, or extreme diets.

1. Drink a large glass of warm water with organic lemon in it upon waking to stimulate the bowels. This boosts the entire digestive system and gives you a fresh start to your day. The Lemon alkalizes the water, making it more beneficial in the weight loss process.

2. Exercising enough to break a sweat is suggested as a daily morning practice for healthy weight loss; 45-60 minutes is ideal, but even 30 will do. Find an activity that you can do for the rest of your life, or at least for the foreseeable future.

3. An absolute MUST:

Find five to 10—or more—minutes of peace and relaxation in the morning. Mind/body practices like yoga, meditation, and qi gong elicit a relaxation response in the body. This helps to alleviate stress, one of the main causes of weight gain.

It also puts us in a more mindful and present state of mind, allowing us to be better decision-makers as our day proceeds.

4. Eat three meals a day, with little snacks. Food is a fast-burning fuel, and when your body is given a constant fuel line, it remembers how to burn fat. Have breakfast, a medium to larger -sized meal, between 7:30 and 9:00 am, get moving! Then have lunch, your last grains of the day meal, between 11:00 am and 2:00 pm. Have dinner, your smallest meal ( "soup" per / supper ), between 5:30 pm and 8:00 pm, when your digestion is weakest.

5. Eat with the season, and preferably the region. Through the long, hot days of summer, Mother Nature offers us high-carbohydrate fruits and fresh vegetables to keep us cool and energized. However eat your fruits in the AM, not before bed—as they hold sugars and unless your going for a jog before bed—keep the fruits to just breakfast and snack, limit your quantities and stop eating fruit half hour before your lunch meal. Veggies are a no holds Food, go for it ... but do you know what's a fruit and what a vegetable? ( tomatoes, cucumbers ???

In the fall and winter, the bounty consists of root vegetables, stored nuts, seeds and fruits, heavier meats and cheeses, and stored grains to insulate us from the cold. But this doesn't give us permission to over consume!

In the damp days of spring, nature brings us berries, green leafy vegetables, and sprouts to cleanse us from the heavy and acidic winter diet. When we eat as much organic and local food as possible, and feast on seasonal, whole foods, our bodies naturally digest and assimilate nutrients.

6. Experience all six tastes. In Ayurveda, we recognize six tastes: sweet, sour, salty, pungent, bitter, and astringent. Be sure to incorporate all six tastes into your daily diet. Sweet, sour and salty tastes are anabolic, or building, in nature and need the pungent, bitter, and astringent tastes, which are catabolic, or burning in nature, to balance them out. Too many sweet, sour, and salty tastes, as seen in the standard American diet, can cause fast weight gain. Foods that are bitter, such as leafy greens; pungent, such as spicy chili peppers; and astringent, such as pomegranate and eggplant seeds, offer healthy counterpoints to the building nature of the sweet, sour, and salty tastes.

7. Move a little after each meal. Going for short walks after each meal stimulates peristalsis and digestion. It's most important to go for a walk after lunch, preferably 10 to 20 minutes at a moderate pace. If possible, lie on your left side after walking for 10 minutes to further aid in digestion. Take a look at other cultures, such as Thailand or Italy—the people there are slim, and it is because they eat rich homemade foods and mindful eating combined with the practice of mindful movement.

8. Go to bed with the sun, and rise with the sun. Tapping into our natural circadian rhythms create a major hormone-balancing effect. Anthropologically speaking, our ancestors had no reason to stay up late at night. They would have slowed down when the sun went down, and maybe sat around a fire or a candle for a while before calling it a day. The screens( blue light) that we stare at late at night cause stimulation in the brain that keeps us awake and wired after our body naturally wants to slow down. Two hours before bed, start

to limit your screen time. Go to bed before 10:00 pm, when we get our second wind. Obtaining a proper seven to nine hours of sleep a night gives the body time to detoxify and reset for the next day, and helps maintain healthy levels of cortisol (a stress-response hormone that causes weight gain).

These eight steps towards natural weight loss can have profound effects on your life. However, it's vitally important to meet yourself where you are, in order to maintain sanity and not create more stress. Decide if this plan is something you want to take on full throttle, or if just a piece or two could be incorporated into your routine at this time. It's okay to begin with small steps. Slowly but surely, the wisdom of Ayurveda can help lead you toward stress-free, healthy weight loss.

Starting out our meal planning maybe shaky, detoxing can be tricky as you detox, your mind has a tendency to tell you, can I do this, I'm not seeing results quick enough! Emotional roller coaster!! Supplements can assist us to ensure maximum wellness. Now of course all information are purely recommendations, please use this information as you see fit. Do your own homework as to what will work for you, and your own philosophies. Below is a list of supplements I recommend:

1. **Vitamins— my secret weapons** (*ask me why, and what they do?*)

~ **Active X multi vitamin with Co Q 10**

~ **Omega 3 fish oil, one 3 times a day** (*seriously the best bang for your buck— you will see visible results in fat loss, quickly*)

~ **Recovery & glucosamine** (*I over train because it's my job! Take care of your joints*)

~ **Adrenal smart or cortex** (*menopause and stress, ladies only*)

2. **Greens + Detox**, I have this as my back up if juicing is not available to me.

I love to juice greens to maximize the phytonutrients

3. **Protein mixture - Isolate**

Comes in natural or vanilla flavoured - does it matter?

you can always add chocolate flavouring to the vanilla but can't mix chocolate in your soups or fruit shakes.

4. **OR VEGAN + Greens**, this is a great option for vegetarians who require supplementations to acquire the necessary BCAA that plant based proteins lack. As BCAA's are added in this propriety blend. This is a pea protein based alternative.

4 week Cycle	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BEGIN EACH MORNING WITH CUP OF WARM WATER WITH LEMON							
BREAKFAST	VEGGIE OMELETTE	Protein shake	Chicken scramble	Chipati scramble	Spinach scramble	Protein smoothie	Oatmeal n' egg white
SNACK	BERRY SHAKE	Greens shake	Protein n greens shake	Greens and protein shake	Protein n green dateshake	Greens and berry blend	Cottage cheese or yogurt n' fruit
LUNCH	CHEF'S SALAD	Stir fry	Tuna salad	Organic herb salad n chick	Turkey burgers	Tropical Salad	Herb salad
SNACK	1/2 APPLE AND ALMOND BUTTER	paneer and pear	Handful of almonds	Almond butter n celery sticks	Yoghurt n 1/2 mango	Frozen yogurt	Almond butter n apple
DINNER	CHAKRA SOUP & SALMON	Butternut squash soup & turkey	Wild rice ,zucchini and halibut	Quinoa and bassa	Wild rice n' swordfish	Broccoli stir fry & miso soup	Lemon ginger chicken n asparagus soup

Please note all servings are based on an average person weighing 130 lbs . So please consider your necessary changes for portion control .

Rule of "thumb" - pardon the pun!

Protein—Your fist size is your serving size.

Carbohydrates ( complex veggies ) — two open palms cupped

grains—the inside of your palm size

fats—size of your thumb



Quick guide—mix and match , pick one from box one and pair it with one item from box 2

2 eggs  
 4 egg whites  
 1 cup almond milk  
 2 slices of turkey bacon  
 1 cup lactose free yogurt ,Greek  
 1 cup cottage cheese , dry  
 3 oz of all natural lox ( salmon)  
 1 nitrate free turkey sausage  
 3 oz of chicken  
 1 scoop of protein powder and water

1 slice of Ezekiel bread 4:9 or English muffin  
 1 cup oatmeal  
 1 cup Nature path Synergy or Kashi lean cereal  
 2 tbsp. of Holy crap  
 1/2 grapefruit  
 1/2 c mixed berries  
 1 apple  
 2 tomato slices  
 1 Udi's bagel  
 1 cup of buckwheat cereal

<p><b><u>Breakfast for 2</u></b>  <b>Veggie omelette</b>  6 egg whites  Salt &amp; pepper to taste  3/4 cup of veggies( spinach, or asparagus)  2 tbsp. chives chopped  1/2 cup chopped eggplant  1 1/2 ounces low dry cottage cheese  Coat non stick pan , spray with olive oil or ghee  Lightly beat egg whites with a fork and season to taste  In skillet cook egg mixture &amp; veggies until the bottom sets. Sprinkle the cheese over the top , fold omelets in half and cook a bit longer until cheese is melted and eggs are set.</p> <p>Serve with 1 cup of fresh strawberries or mango</p>	<p><b><u>Breakfast for 2 —</u></b>  <b>Oatmeal n egg whites</b>  6 scrambled egg whites , pan fried  ( Vegan opt for adding hemp hearts , and mixed of walnuts , pumpkin and sunflower seeds on oatmeal )  1 cup of steel cut oats  1/2 cup of blueberries  1 Tbsp. of pure maple syrup  1/2 cup of almond milk</p>
<p><b><u>Breakfast for 2-</u></b>  <b>Spinach scramble:</b>  1/2 c asparagus  1 c spinach  6 egg whites  1 1/1 oz. Feta or goat cheese  1 tbsp. fresh basil, chopped  Sauté or create an omelette</p> <p>1/2 grapefruit  1/2 a cup of yogurt ( lactose free , Greek )</p>	<p><b><u>Breakfast-</u></b>  <b>Chipati scramble:</b>  4 egg whites, pan fried  1/2 warmed flat bread, ** home made is best -but convenience use wrap ,Ezekiel wrap in freezer isle  1-1/2 to 4 oz. Of paneer, or dry cottage cheese or mozzarella goat cheese  pepper to taste.  Garnish with  One strawberry  Go for it have a  4 oz glass of almond milk!!-</p> <p>if you've been cheating , not for you!!</p>
<p><b><u>Breakfast</u></b>  <b>Protein shake</b>  1 scoop of protein powder ( if vegan , use vegan powder or opt for hemp hearts , my fav.! )  1/2 c berries  1/2 a banana  1/2 c ice  1tsp of almond butter or ground flax</p>	<p><b><u>Breakfast- single serving</u></b>  2 slices of veggie or turkey bacon</p> <p><b>1 chicken scramble:</b>  6 egg whites  3 ounces of chicken ( skip it if vegan , add 1 oz of quinoa )  1 1/2 ounces of dry cottage cheese or goat cheese  1/2 tbsp. fresh basil  Pepper it up !!!</p>
<p><b><u>Breakfast-protein shake</u></b>  (single serving)  1c almond milk  1 scoop of a protein powder ( whey isolate) or if vegetarian use nugreens , phtoberry or Vegan plus greens  1/2 cup of berries  1/2 banana  1/2 cup ice  1/2 mango  Blend</p>	<p><b><u>Breakfast — fast and filling vegan</u></b>  1 table spoon of chia  t table spoon of hemp  1 tble spoon of buckwheat  1 tablespoon of dried cranberries  cinnamon  1/2 cup of almond milk</p>

<p><b>Snack</b>  1/3 cup almonds  A berry shake ( nu greens or essential vitamins mixture)  1 scoop of protein- no milk just ice mixture and 10 ounces of water.</p>	<p><b>Snack</b>  1/2 apple  1 tsp. almond butter</p>
<p><b>Snack</b>  1 1/2 ounce of dry cottage cheese or paneer (* see recipe below)  1/2 a pear  Sprinkle with cinnamon  And almond slivers</p>	<p><b>Snack</b>  ** recovery drink ( phto-berry , recovery or nu greens.)  w/ 1 scoop protein. Ice, blend w/8 oz water , enjoy  Handful of almonds ( 10 ct.)  or tsp of almond butter in shake</p>
<p><b>Snack</b>  1 scoop Nu greens or phyto berry drink  1 scoop of protein powder  8 oz of water  Shake it up and enjoy .</p>	<p><b>Snack</b>  Handful of almonds about 2 oz.( 20 ct.)</p>
<p><b>Snack</b>  Recovery Protein date shake:  4 soaked dates  1 scoop protein powder  1/2 cup yogurt ( Greek lactose free)  1/2 banana  1 tbsp. maple syrup  Blend and savour!!!</p>	<p><b>Snack -</b>  Sweet potato ( potassium recovery ) baked slice and add fresh whipped  1/4—1/2 avocado ( natures butter )  1 tble of salsa</p>

**SNACKS**  
Mix and match—pick one from the first box and pair it with one from the other box

<p>1/2 c hummus  20 raw almonds or walnuts  1 oz of goat cheese  1 tablespoon of almond butter  2 slices of turkey bacon  1/2 c of black bean dip  1 c low sodium white tuna  1/2—1 cup of Greek lactose free yogurt  1/2c of cottage cheese or paneer  1 cup edamame beans</p>	<p>Unlimited carrot sticks  unlimited celery sticks  1 apple ( small )  1 rice cake  1 Ezekiel wrap  20 - 30 dehydrated veggie chip ( sweet potato , zucchini , etc.)  1/4 avocado  unlimited blueberries  1 pear</p>
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How to make Paneer-

1. heat the milk in a sauce pan. Set over medium heat .
2. add tsp of lemon juice or apple cider vinegar . Remove the milk from the heat as you stir in the lemon juice , once it starts to boil.
3. let the milk stand for about 10 min . Cover the milk give it time to completely separate the curds and whey .
4. have cheese cloth draped open over colander , pour the curds and whey , to strain out the excess liquid .
5. tie the cheese cloth in a ball so you can squeeze off liquid .
6. hang the tied cheese cloth over sink faucet for one hour
7. place in a small container ( shape it into a square ) in fridge to cool and stiffen
8. then open , cut and serve.

<p><b>Chef's salad</b>  3 ounces of either turkey, tuna or chicken breast chopped  3 ounces of ( ham – extra lean)  1 1/2 ounces dry cottage cheese or ricotta cheese  1/2 roma tomato, chopped  2 cups romaine lettuce, chopped  1/4 cup endive  1 ounce avocado, diced</p> <p><b>Light dressing we recommend</b>  1 tsp. yoghurt  1 tsp. Olive oil  1 tsp protein powder  Salt &amp; pepper  1 tsp. maple syrup  Dill – fresh  Fennel – fresh  1/8 tsp favorite spices</p>	<p><b>Shrimp stir fry</b>  6 ounces of shrimp, peeled  1/4 tbsp. Tamari  1/2 tsp. Braggs  1/4 chicken broth ( fat free , for all recipes– vegetable broth for vegans )  1/4 tsp. Minced ginger  1/4 chopped chives  1/2 c broccoli florets  1 1/4 c snow peas, trimmed  1 1/2 c eggplant, chopped  1/4 c yellow pepper,  1/4 c water chest nuts</p> <p>Rinse shrimp and drain well  Heat the tamari, braggs, and 2 tbsp. Of broth , sauté over medium heat. Add ginger and sauté until tender  Add all the veggies to the pan and continue to sauté, stirring and adding more broth as needed.  Add shrimp when the veggies are half-way cooked and sauté 'til the veggies are tender and the shrimp are opaque .add 1 tbsp. Of sesame seeds and 1 oz. Cashews</p>
<p><b>Lunch</b>  <b>Chicken or tuna salad</b>  2 c of baby herbs ( salad mix)  1 c vegetable soup  1 tbsp protein powder</p>	
<p><b>Lunch</b>  Chicken &amp; organic herb salad:  4 ounces chicken ( fry a head of time for the week and freeze it and put it in zip-lock baggies )  2 c herb salad organic  1/4 cup dried cranberries  1/2 c canned artichoke hearts ( in a jar – whole foods)</p> <p>2 table balsamic vinaigrette dressing:  1-1/2 c balsamic vinegar  2 tbsp. fresh lemon  6 tbsp. Dijon  4 tsp. shallots, chopped  4 tsp. fresh basil, chopped  2 tsp. olive oil  Black pepper</p>	<p><b>Lunch</b>  <b>Turkey burgers:</b>  6 oz ground turkey breast  2 egg whites  1– 1/2 tbsp. sourdough bread crumbs  3 tbsp. low fat butter milk  2 1/4 tsp. chives, minced  2 1/4 tsp. parsley, chopped  1/4 tsp. Dijon mustard  1 dash of braggs  Black pepper baby!!!!  Mix and form pattys , grill 7-10 per side ( gotta George foreman grill ? , use it )</p> <p>1-1/2 slice of havarti or gouda  1/2 coleslaw:  1 c gazpacho:  3 cups tomato juice  2 1/2 cucumbers , peeled and diced  1/2 c carrots, peeled n diced  3/4 red and yellow peppers, seeded n diced  1/4 c chives  2 shallots  2 inches ginger  1/3 c braggs  1/3 c fresh lime juice  1 tsp paprika  1 tbsp favorite no salt seasoning  1/4 tsp hot sauce  Blend in a food processor , chill and serve .</p>

**Lunch for 2**

Tropical Chicken salad

6 oz chicken :

1/2 tsp salt

1/2 tsp pepper

1/2 tsp chilli powder

1/2 tsp ground cumin

1/2 tsp cinnamon

Or 2 tsp no salt seasoning

2 tsp olive oil

1 tble maple syrup

1/2 tbsp fresh chives

1/2 tbsp hot sauce

Preheat oven to 350

Stir together spices and coat the chicken , turn every 4 min

Heat 1 tbsp of oil in skillet ,medium heat brown chicken about 4 min.

Stir maple syrup ,chives and hot sauce and pat onto chicken place chicken in roasting pan and cook in oven for 20 min.

salad:

1/2 orange

1 c fresh spinach

1/2 red pepper cut into strips

1 tbsp of dates or raisins

1 cup cabbage shredded

6 ounce of chicken

2 tablespoons cumin vinaigrette dressing

**Lunch**

**tuna &**

**2 c Organic herb salad**

One can of white tuna in water

1 oz of noyannaise ( mayonnaise substitute) or 1/2 avocado

3/4 tsp squeeze of lemon

2 tbsp carrots, shredded

2 tbsp celery chopped

2 tbsp chives chopped

1 1/2 tsp celery seeds

Drain tuna mix all ingredients serve over herb salad

**Chilled cucumbers soup:**

1 cucumber

3 tbsp fresh dill

1/4 of chives

1 tbsp fresh mint

1 c plain lactose free greek yogurt

1/4 tsp sea salt

1/8 tsp papper, black

1/16 tsp cayenne

1/4 tbsp celery seed

Puree in blender chill, garnish with parsley.

**DINNER / Lunch**

Quick choices—mix N ' match pick one item from first box then pair it with one item from second box

- 5 ounce :
  - white fish
  - tuna
  - halibut
  - chicken
  - pork loin
  - turkey
  - hard boiled eggs
  - cottage cheese or paneer
  - 3 oz pumpkin seeds
  - 1/2 cup of white beans
  - Greek lactose free yogurt

- Small sweet potato & 1/8 avocado
- 1/2 c brown rice or brown rice pasta
- 1/2 c quinoa
- 1/2 c black bean
- 1 large artichoke
- 2 cups of salad
- 1 cup of asparagus
- 1 cup of green beans
- 1 large artichoke
- 1 cucumber
- edammame beans





**6 oz. Salmon or basa fillet**

With 2 tbsp. lemon/ dill sauce

Lemon dill sauce

1/2 c shallots

2 cup wine , white

2 tablespoons arrowroot

2 cups of chicken broth, low sodium

6 tbsp. lemon juice

1 tsp. Lemon grass, minced

1 tbsp. Dill , fresh

Sprinkle favorite no salt seasoning

Sauté shallot's until soft , not brown moisten with wine .

Dissolve arrowroot in 1/2 c chicken broth . Set aside

Add remaining wine to shallots and reduce by half. Add remaining broth and reduce by half

Add arrowroot mixture. Transfer to food processor puree until smooth

Return to pan. Add lemon juice and lemon grass simmer 30 min. ( while fish is cooking , should thicken ) remove lemon grass and stir in dill.

I make this a head of time and freeze it over my fish so I can just put it in the pan or oven and its ready !

**Dinner**

6 oz halibut

2 tsp. pesto sauce:

1 cup pine nuts

4 cup fresh basil( or 1 cup of dried)

2 tbsp. of chopped ginger

1 cup parmesan cheese

1/3 c of white wine ( okay , okay a little sip !)

1/3 c lemon juice , fresh

1/2 c broth

1/4 tsp. sea salt

Heat in skillet over medium heat. Toast the nuts until golden, blend basil , ginger in blender .seconds, then parmesan, wine, lemon, and broth, blend well, add salt to taste, serve over halibut .

1 cup wild rice

1/2 c zucchini

**Dinner**

6 oz Basa Fish with honey chilli sauce:

1/4 shallots, choopped

2/3 c honey, slightly warmed

1/4 braggs

1 tsp chilli powder

1/4 tsp ground cumin

1 1/2 c chicken or vegetable broth

Salt n pepper

1 tsp. cilantro , chopped

3 tbsp. chopped pecans

1 cup quinoa

1/2 c snap peas

**Dinner**

**6 oz of turkey or chicken with 2 tbsp. sweet sauce :**

1/4 tsp tamari

1/4 tsp braggs

1/4 tsp pure maple syrup

No salt seasoning or salt and pepper

1/2 c green beans

**1 c butternut squash soup (my fav.):**

1 tbsp. shallots , minced

1 inch of ginger , pressed or minced

3 c butternut squash peeled and seeds

1/2 c of broth – vegetable or chicken

\*\* optional 1 tbsp. of protein powder

Combine the shallot and the ginger in a

skillet and cook on low until translucent,

adding a little water to prevent scorching

Add the squash and broth simmer 'til soft

about 20 min , transfer to a blender and puree

Return the soup to the pan and place on medium

'til thoroughly hot . Serve.

Good cold too.

A great freezer item.

**Dinner**

**6 oz Swordfish or Ahi tuna**

with 2 tbsp. mango ginger sauce:

1/2 tbsp. olive oil

1 tbsp. of chopped chives

1 mango peeled and cubed

1 1/2 tbsp. fresh ginger, minced

1/4 lime juice

2 tbsp. orange juice

2 tbsp. white wine

1 1/2 tbsp. raw sugar or 1 pkg stevia

1 1/2 tbsp. braggs

Stir together and store in a dressing container in the fridge 'til ready to use.

1 c wild rice

1 artichoke

## Dinner

lemon - ginger Chicken:

1/4 fresh lemon

2tablep molasses

2 sp worchester sauce

2 inches of ginger minced

2 pounds of chicken thighs boneless skinless

1/4 tsp black pepper

Lemon wedges parsely sprigs

Combine first 4 ingredients in a non reactive dish and add chicken. Cover and marinate in refridgeator 1hour or over night turning occassionally

Preheat over to 425

If allready in a corning roasting pan just sprinkle with s& p bake for 20 min remove marinade and bake for additional 20 min.or until chicken is done. Serve with lemon wedges and parsely. and

1 c wild rice or quinoa

1 cup Asparagus soup :

1/4c chives

1/2 tsp. chopped ginger

1 1/2 quarts of broth

1 1/2 pounds of asparagus diced

1/2 sweet potato diced

Dash of salt

1/2 tsp yellow mustard seed

Sprinkle of no salt seasoning

1/2 tsp dry mustard

Sauté chive in broth add asparagus, potatoes and remaining stock . Bring to boil reduce and simmer 15–20 min

Puree in food processor or blender, return to pan and season w spices. Add 1 scoop of protein powder just before serving.

## Dinner

**Broccoli stir fry/ miso soup w protein powder:**

1/4 c tamari

1/4 c chili or jalapeño peppers

1 tbp minced ginger

1 1/2 pound of ground turkey or chicken or 8 egg whites

1 tbsp sesame oil

2 tbsp. braggs

4 c broccoli

8 oz kombu noodles , or buckwheat

Stir fry

### Miso soup

1/2 tsp sesame oil

1/3 c shallots, chopped

3 tbsp miso

1 quart vegetable broth

1/4 c dry cottage cheese or paneer

Heat oil, add shallots and cook 'til translucent

Add the miso and mix well add the vegetable broth and bring to simmer .

For 15 min. serve with cottage cheese ,



## Quick SUPPER guide Mix and match

4 ounces

Salmon

Chicken breast

5 large shrimp

broiled pork chop

turkey breast

halibut

tuna

scallops

mahi mahi

swordfish

quinoa

black beans

4 egg whites

Steamed green beans

steamed asparagus

Leafy salad with raw cucumbers

steamed carrots

roasted cauliflower

Baked Brussels sprouts

Steamed spinach

Steamed bok choy

Steamed kale

Spaghetti squash

Butter nut squash

Grilled mixed vegetables

all of the above as a soup!

**Dinner -**

**1 cup Chakra soup ( 1200 cal diet.)**

**2 cups (2400 + calorie diet)**

**Salmon with 2 tbsp. dill sauce**

**1 cup wild rice**

**1/cup of steamed asparagus**

**chakra soup:**

**2 cups white wine!!!**

**1 cup chive, 1 table sp. ginger**

**1 cup cabbage**

**1 cup celery**

**1/2 yellow zucchini**

**2 plum tomatoes**

**1 carrot , chopped**

**1 cup of chicken broth , low sodium**

**2 tbsp. thyme**

**1/4 tsp. ground pepper and cumin**

**1 scoop of protein powder**

**Dash of salt**

**Heat wine n large , heavy soup pot medium heat, add chives, celery and zucchini cook and stir for 3 min. stir in ginger, cook 2 more min. add tomatoes, broth, bring to boil, reduce heat and simmer for 25 min – in a separate pan sauté carrot & cabbage in olive oil ( 1 tsp. ) puree soup in processor or blender. Return to pot and add rest of the ingredients**