

Higher carb eating style sample day

BREAKFAST:

Shake with

1 and 1/2 scoops whey protein "isolate" made with unsweetened nut milk and 1/4 teaspoon of cinnamon

1 cup of mixed fruit - grapefruit, berries, melon, pomegranate, cherries, kiwi

2 Spolombos chicken a sage breakfast sausage or 2 egg white muffins made ham, onion, spinach and seasoning of your choice.

LUNCH:

Spicy beef bowl

140g extra lean beef (or you can use chicken)

2 cups mild salsa

2 bell peppers

1 cup black beans cooled or 1 cup of quinoa

Extra toppings optional; Smokey tabasco or hot sauce, chopped red onion, diced tomato, cilantro, jalapenos, garlic, lime juice.

DINNER:

2 Stuffed Portabella Mushrooms

Stuff mushrooms with a scramble made up of cauliflower rice, extra lean ground beef or chicken, garlic, herbs and seasoning of your choice. Top with a sprinkle of mozzarella.

Or

Egg white omelet

6 egg whites, 1 ounce mozzarella cheese, jalapenos (optional) garlic, salt, pepper, spinach. With a side of baked asparagus tossed in sea salt and lemon juice.

