

# Jessica Baari

• NUTRITION •

## Meal 1: Choose 1

- 1.) 2 Whole eggs + 1 egg white Omelette with Spinach & 1/2 avocado
- 2.) Green or Black Tea with 1 Tbsp MCT Oil + 1 Tbsp Butter + 2 scoops Collagen Protein
- 3.) 2 pieces of Nitrate free TB + 1/2 avocado

## Meal 2 & 3 choose 1

- 1.) 4 oz Protein (any kind) + 1 cup green veggies + 1/2 avocado
- 2.) green or black tea with 1 Tbsp MCT Oil + 1 Tbsp butter + 2 scoops collagen protein

## Snack Options

- 1.) 1 single serving Justins almond butter packet
- 2.) 1-2 squares Lindt dark chocolate
- 3.) 1 cup steamed veggies with 2 Tbsp quac

## Plan overview

Higher fat and moderate protein is the name of the game here. Ideally you are eating enough fat and protein to need very little carbs.

- \*We emphasize lots of greens.
- \*Starch 1/2 portion only with meal 2 (or dinner)
- \*You need 4 oz of protein at each meal to avoid losing muscle.
- \*Ideally you would be using a heart rate monitor to track heart rate and calorie burn during exercise.
- \* You will take a pic of each meal/snack and text me BEFORE eating it.

Other approved Fats:

- \* 3 tbsp hemp seeds
- \* 2 tbsp chia seeds
- \* unsweetened coconut meat
- \* Dairy free Daiya cheese (1 oz)
- \* Olive Oil
- \* Coconut oil
- \* Flaxseed Oil (use sparingly)