



Bonus: Meal Ideas



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Meal Ideas

The meal ideas in this book are simple and easy to follow. You have enough going on in your life, you don't need long, intricate and expensive meal ideas.

Enjoy these delicious, nutritious, and satisfying meals as you go through the other books in this program. It may take you a few time of reading and re-reading the other books to feel comfortable with becoming an Intuitive Eater, but as long as you fuel your body with the meal ideas in this book, you will ALREADY be on the path to success!

They are simple and easy to make even for the busiest families. But remember, simple doesn't mean cheap. I like to tell my clients to "not overthink things" and "keep it simple." It's when we complicate and overthink things that we just make life so much more difficult.



Mixed greens with soft boiled eggs, avocado, radish, almonds, sesame seeds and Primal Kitchen Green Goddess Dressing.



Lundberg Farms Honey Nut Rice Cake with nut butter and cinnamon. This is a great snack for a lower carb day or a higher carb day. For lower carb days, you can be a bit more generous with the nut butter to get in those healthy fats. On higher carb day, a thin layer of nut butter will do. You can even top with some berries or a few slices of banana or chocolate chips for dessert!



Kale, chicken, red onions, cilantro, parsley, avocado, with a side of hummus, balsamic vinegar, and olive oil. This is a great lower carb day option, but you could add a scoop of rice if you needed to add some carbs for a higher carb day.



Chicken and asparagus tossed in olive oil with a little bit of quinoa. There's such a small amount of quinoa that this is still a great lower carb day option. To refuel with carbs for higher carb day, add in more quinoa!



Soft scrambled eggs with avocado, bacon, sausage, and chives.



Burger patty, with gouda cheese, caramelized onions, arugula, and kale salad.



Eggs, sprouts, and guacamole topped with spices.



Ground chicken, green beans, broccoli, and sweet potatoes drizzled with hot sauce.



Chicken, brussel sprouts, sweet potatoes, and salsa.



Carne asada, rice, black beans, pico de Gallo, onions, cilantro, salsa, and a small dollop of guacamole.



Beef, rice, cilantro, and onions.



Chicken, rice, sweet potatoes, broccoli, pickled onions.



Steel cut oats, collagen protein, maple syrup, coconut shavings and chocolate chips.



Beef, brussel sprouts, sweet potatoes, garlic.

Next Step

Next Step: BONUS BOOK: **Result Boosters**.

Now that you have several meal ideas and examples, you can rotate them until you feel confident in your food choices, AND now you know what to eat as you add in the result boosters in your bonus book four.

You can enjoy these meals as you read and re-read all the books in this program and make Intuitive Eating a lifestyle.

That's the hard thing isn't it? We never know what to eat as we embark on a new lifestyle. Well, this book contains several meal ideas to fuel your gorgeous body as you learn how to become an Intuitive Eater.

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