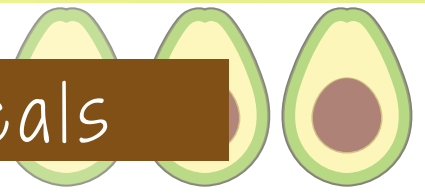


Quick & Clean (mostly) Meals



Because there's not always time to prepare a gourmet meal

I definitely promote eating the highest quality diet possible for your budget and lifestyle which includes cooking with whole foods, from scratch, at home. We always want to eat animals that consume their natural diet, organic produce, avoid added sugars in packaged foods and cook with healthy fats. **That being said, there's not always time for that, so you have to know how to eat what's "second best"!** If you don't have time to cook one night, then you should be able to throw a super fast meal together, even if quality gets compromised in some ways, it will always be better than fast food or something else that's super naughty. Make the best of the situation, don't give yourself an excuse to eat garbage just because you're busy.

low carb, high fat, moderate protein

Any of these can be altered to meet your dietary needs, just don't eat the ones that don't match your diet type. I have a little bit represented for all diets.

- Organic Italian sausage and assorted veggies, potatoes, & avocado oil roasted on same sheet pan.
- Meatloaf recipe rolled into meatballs- bake at 415 ° x 15 min. Frozen green beans with grass-fed butter.
- Boar's head lunch meat wrapped around avocado slices & ½ bagged salad mix.
- Scrambled eggs with salsa and avocado slices & side of strawberries.
- Pure Paleo protein smoothie (1 scoop powder, 1 cup unsweetened almond milk, 2 tbs nut butter, 1 tbsp chia seeds) with cucumber and tomato salad.
- Egg salad with sriracha mayo & raw vegetables with ranch dip (dairy or non-dairy per diet).
- BLT salad- greens, uncured bacon, tomatoes, avocado, boiled eggs, cheddar cheese and ranch (or non-dairy ranch, no cheese if dairy free).
- Any white fish with artichoke pesto (from a jar), baked in the oven till cooked & boxed/canned soup.
- Roasted whole chicken (pre-cooked kind at the grocery store) & roasted carrots and potatoes.
- Organic Italian sausage and zoodles with jar of sauce (unsweetened) or homemade. Add parmesan if you consume dairy.
- Organic hot dogs (no bun), potato salad and frozen-cooked green beans with butter.
- Salmon & roasted sweet potatoes with Brussel's sprouts in avocado oil.
- Can of tuna mixed with avocado mayonnaise & eat with carrot sticks.
- Cauliflower fried rice sautéed with ginger, soy sauce, garlic and scrambled eggs (see instructions on Green Giant frozen veggie medley bag).
- Sardines and can of organic soup.
- Plain coconut yogurt or whole milk, grass-fed yogurt with almond butter, chia seeds, flax meal and fresh strawberries.
- Avocado:
 - Eat with lemon & salt
 - Eat with "everything bagel" seasoning and olive oil
 - Eat with sriracha
- Sweet potato toast with eggs and bacon (google for recipes).
- EPIC grass-fed meat bar, roasted red peppers from a jar, canned artichoke hearts, handful olives, paleo crackers.
- BLT lettuce wrap: lettuce leaves, uncured bacon, tomato, avocado oil mayonnaise.