

Food Freedom Meal & Daily Lifestyle Plan

Wake up: pray, express gratitude, notice something small & insignificant but something you love, look outside, light a candle, prepare your morning beverage & revel in it

Breakfast

Coffee or tea with steamed almond or oat milk (+ honey, coconut sugar or maple syrup) - blend

Soaked Oats using water or plant based milk, cinnamon + 1-2 Tbsp Chia seeds, piece of fruit

OR

Green Drink: Kale or Spinach, (frozen) Banana, Apple, 1 tbsp peanut butter blended

OR

Mono-Fruit Meal (very cleansing, I suggest doing this 1-3x a week and during the body reset)
example: Watermelon, Honeydew, Cantelope, Berries etc

Lunch

Large Kale or Romaine Salad, bell pepper + Chickpeas or Air Fried Tempeh, favorite dressing
(balsamic, tahini, miso etc)

OR

Veggie Soup & 1-2 Rice Cakes with avocado

OR

Leftovers from dinner

OR

Several pieces of fruit, ie. Fruit Meal

Dinner

Sweet Potato + Miso Veggie Soup

OR

Cauliflower Rice Stir Fry with onion, spinach & sugar snap peas + steamed tofu

OR

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Vegetarian Tacos: fat free refried beans, corn tortillas, lettuce, tomatoes, salsa, avocado

**season meals with balsamic vinegar, tamari/coconut aminos, herbs & spices (blends), braggs, hot sauce, vegan dressings & sauces - check whole foods or your local grocer for some innovative brands. There are so many to choose from, read the ingredient label and look for “vegan” or “plant based” or check for dairy/eggs. Use cooking spray for the air fryer and oven.*

Snack *optional: Matcha Latte & Gluten Free Pretzels

Snack *optional: Iced Coffee & piece of fruit

Sweet treats: plant based yogurt, frozen fruit + drizzle of honey & a dollop of coconut cream, dates, plant based ice cream, sorbetto,

Reflection

How I felt _____

What I could have done differently _____

What I enjoyed _____

What I'm proud of _____

Something that triggered me _____

My cravings/lack of cravings _____

Exercise

How I moved my body - walking, jogging, yoga, hiking, dancing

Spirit ** regardless of opinion, gratitude & surrender will always be an essential component of any lifestyle plan.*

Music, Prayer, Surrender, Therapy - DAILY

Lemme know how it goes. Have faith, give it at least a month then keep going xo