



YOU 2.0

Be a better, healthier version of you.
Nutrition and Challenge Guidelines

COACH CATALYST

CHALLENGE GUIDELINES



EAT NUTRITIOUS FOOD

- Eat minimally processed, whole foods
- Eat plenty of vegetables (the greener, the better) and protein (opt for leaner cuts of meats)
- Eat a moderate amount of fruits, starches and healthy fat (avocados, olive oil, eggs, nuts, seeds)



AVOID PROCESSED FOOD

- Avoid alcohol and calorie-containing beverages (milk, soda, fruit juice, etc)
- Avoid added sugar or artificial sweeteners (soda, diet soda, ketchup, etc)
- Avoid processed grains (bread, pasta, cookies, cake, baked goods, etc)



ACTIVITY GOALS

- Complete two to three strength workouts per week
- Complete two to three interval training sessions per week
- Complete thirty to sixty minutes of low intensity activities most days (something you enjoy)



NUTRITION SUPPORT

- Stay hydrated by drinking mainly water with some tea, coffee, and La Croix
- Get organized - plan your meals and prep your food
- Eat slowly for better digestion and fullness recognition



LIFESTYLE

- Develop a sleep routine and get enough sleep
- Take the time to relax and take care of your mental well-being

WHAT TO EAT



PROTEIN

MEAT & POULTRY

Beef, Lamb, Pork,
Venison, Chicken,
Turkey, Duck

FISH & SHELLFISH

Cod, Haddock,
Mackerel, Pollock,
Salmon, Trout, Crab,
Prawns, Scallops,
Squid

DAIRY

Cottage Cheese,
Eggs, Plain Strained
Yogurt, Whey Protein
Powder

PLANT BASED

Beans, Chickpeas,
Lentils, Peas, Tempeh,
Tofu, Pea Protein
Powder



VEGETABLES

SALAD

Spinach, Kale, Bok
Choy, Arugula, Beet
Greens, Iceberg
Lettuce, Radicchio,
Watercress

VEGETABLES

Asparagus, Artichoke,
Bean Sprouts,
Beets, Bell Peppers,
Broccoli, Brussels
Sprouts, Cabbage,
Cauliflower, Celeriac,
Celery, Cucumber,
Eggplant, Fennel,
Green Beans, Green
Onions, Leeks,
Mushrooms, Okra,
Onions, Radishes,
Rutabaga, Sugar
Snap Peas, Tomatoes,
Zucchini



CARBS

STARCHES

Carrots, Corn,
Parsnips, Potatoes,
Pumpkin, Squash,
Sweet Potatoes, Yams

FRUIT

Apricots, Apples,
Berries, Bananas,
Cantaloupe, Cherries,
Grapefruit, Grapes,
Lemons, Limes,
Mangoes, Melons,
Oranges, Papaya,
Peaches, Pineapple,
Plums, Pomegranates

WHOLE GRAINS

Amaranth, Barley,
Brown Rice, Millet,
Quinoa, Oats,
Sorghum, Spelt, Teff,
Wild Rice



FATS

NUTS & SEEDS

Almonds, Brazil Nuts,
Cashews, Hazelnuts,
Macadamia,
Pistachios, Walnuts,
Chia, Flax, Pumpkin,
Sesame, Sunflower

DRUPES

Avocados, Coconuts,
Olives

DAIRY/OTHER

Butter, Ghee, Natural
Nut Butters, Omega 3
Supplement

OILS

Avocado Oil, Coconut
Oil, Olive Oil, Fish
Oil, Flaxseed Oil,
Pumpkin Seed Oil,
Walnut Oil



FLAVOR

VEGETABLES

Fresh Chili Peppers,
Garlic, Ginger

HERBS

Basil, Bay Leaves,
Chives, Cilantro,
Dill, Lemongrass,
Marjoram, Mint,
Oregano, Parsley,
Rosemary, Thyme

SPICES

Cinnamon, Coriander,
Cumin, Fennel,
Mustard Seeds,
Nutmeg, Paprika,
Turmeric

SAUCES

Hot Sauce, Mustard,
Tabasco, Tamari
Sauce, Vinegars

MEAL MAPPING



SERVING SIZE = SIZE OF A PALM

- One palm per meal for women (20-30g)
- Two palms per meal for men (40-60g)

PROTEIN



SERVING SIZE = SIZE OF A FIST

- Five fists per day for women
- Five fists per day for men

VEGGIES



SERVING SIZE = SIZE OF A CUPPED HAND

- One cupped hand per meal for women
- Two cupped hand per day for men

CARBS



SERVING SIZE = SIZE OF A THUMB

- One thumb per meal for women
- Two thumb per day for men

FATS



64 OZ (2 LITERS) PER DAY

- Choose from water, unsweetened tea and coffee.
- Don't sabotage your nutrition with sugar laden drinks.

LIQUIDS

MEAL PLANNING



LOOK AHEAD

Which days will you have time to cook? How many people need to be cooked for? Which days are more hectic - meaning you need to have something pre-prepared? Are you away from home for any meals and need to take something with you?



MAKE A PLAN/MENU

Decide on the meals that you will eat. You may want to spend some time finding whole food recipes that are nutritious, healthy and mouth-watering. Think about whether you can use ingredients more than once to minimize waste. Write out your menu or use an app.



MAKE A SHOPPING LIST

Finalize your plan and make a shopping list to match your serving sizes and the days you are shopping for. Think about what ingredients do you already have and what ingredients do you need to buy. Remember to check condiments and food storage/cooking items.



GO SHOPPING

Go shopping and stick to your shopping list. Never shop on an empty stomach! You could even see if your grocery store delivers (which means you are less likely to impulse-buy those unwanted snacks). Online grocery shopping is often quicker, allows you to check prices and budget, and repeat orders.



PREP AND BULK COOK

Once you have your groceries, get to work preparing for the week ahead by bulk cooking. Things you can cook in advance include chilis, hard-boiled eggs, legume dishes, roasted vegetables, mason jar salads, potatoes, and stews.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

BULK COOKING GUIDE



- Bake Chicken Breast
- Cook Taco Meat
- Crockpot Chicken (Shredded)
- Crockpot Roasts
- Grill Meats
- Egg Muffins
- Egg Bake

PROTEIN



- Fresh Vegetables
- Oven Roasted Veggies
- Sweet Potato Fries
- Riced Cauliflower
- Rice
- Quinoa
- Fajita Peppers & Onions
- Stir Fry

VEGGIES & SIDES



- Curried Pumpkin Soup
- Ground Beef Hobo Stew
- Vegetable Soup
- Butternut Squash Soup
- Crockpot Sweet Potato Beef Stew
- Indian Spiced Bean & Tomato Soup

STEWES & SOUPS



- White Chicken Chili
- Buffalo Chicken Chili
- Pumpkin Beef Chili
- Chili Chili Bang Bang
- Sweet Potato Black Bean Chili
- Roasted Red Pepper Chicken Chili

CHILI



- Flavored water in a pitcher by adding:
- Fresh Berries
 - Cucumbers
 - Mint
 - Cold Press Coffee
 - Iced Green Tea
 - Iced Tea with Lemon

DRINKS

SUPER SHAKE GUIDE

STEP 01

START WITH A LIQUID

- Unsweetened Nut Milk
- Unsweetened Hemp Milk
- Iced Green Tea
- Water
- Coffee

STEP 02

ADD VEGETABLES

- Dark Leafy Greens (Kale, Spinach)
- Beets / Beet Greens
- Pumpkin Puree
- Cucumber / Celery
- Powdered Greens Supplement

STEP 03

ADD FRUIT

- Frozen Banana
- Frozen Berries
- Unsweetened Cherries
- Pineapple
- Mango
- Powdered Fruit Supplement

STEP 04

ADD PROTEIN POWDER

- Whey Protein
- Pea Protein
- Vegan Protein

STEP 05

ADD HEALTHY FAT

- Avocado
- Flaxseed
- Chia Seeds
- Nut Butter (Peanut, Almond, Cashew)
- Coconut

STEP 06

OPTIONAL TOPPINGS

- Cacao Nibs
- Oats
- Cinnamon
- Pure Vanilla Extract
- Unsweetened Cacao Powder

ULTIMATE BREAKFAST GUIDE



START WITH PROTEIN

- Eggs (Scrambled, Poached, Fried, Easy, Omelet Frittata, Hard or Soft Boiled, Muffins)
- Nitrate/Nitrite-Free Bacon
- Meat or Poultry
- Protein Powder (See Shake Guide)

STEP
01



ADD A VARIETY OF VEGETABLES

- Dark Leafy Greens (Kale, Spinach)
- Bell Peppers
- Broccoli or Cauliflower
- Mushrooms
- Onions
- Sauerkraut or Kimchi

STEP
02



ADD SOME FLAVOR

- Chili Powder or Garlic Powder
- Crushed Red Pepper
- Salt and Pepper
- Spices (Cumin, Turmeric)
- Herbs (Thyme, Marjoram, Dill)
- Sauces (Salsa, Hot Sauce, Tabasco)

STEP
03



AND A LITTLE EXTRA

- Add Some Fat (Cook In Avocados, Coconut Or Avocado Oil)
- Add Some Carbs (Sweet Potatoes, Potatoes, Squash, Sprouted Bread)

STEP
04



HEALTHY BEVERAGES

- Water (Add Extra Flavor with Fresh Lemon/Lime, Cucumbers)
- Seltzer Water (Unsweetened)
- Coffee (No Added Sweetener or Cream)
- Tea or Iced Tea with Lemon

STEP
05

RESTAURANT GUIDE



GET ONLINE

Most restaurants have websites where you can download and view menus in advance. Many have calorie, nutrition and ingredient information too. So, if possible, do your homework and decide on your choices before you go.



ORDER FIRST

Order first, so you're less likely to be influenced by everyone else. Having reviewed the restaurant menu online before you meet your friends, commit to a healthy choice (when you're not hungry). Then don't even read the menu when you get to the venue.



CHOOSE SALADS

Salads can often be a good choice. They will contain vegetables and usually protein on top. Ask if they can leave off processed extras like croutons and breadsticks. Leave the salad dressings and see if they have olive oil and balsamic vinegar instead.



GET INVENTIVE

Check other items on the menu to see what they have available in the kitchen and create your own meals. For example, do they have roasted vegetables or salad in the side orders section? Could you add chicken? Could they add fish?



SWEETNESS AND LIGHT

If you want something sweet after your meal, see if grapefruit is available on the menu as a starter and have that as a dessert instead. You could also check out the children's menu to see if they have fruit bags available.



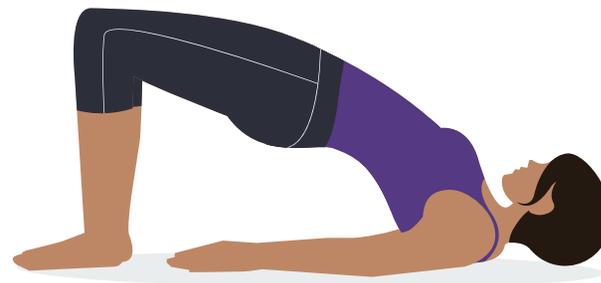
BE CHOOSY AND MODIFY

Virtually every restaurant menu can be modified in order to fit a healthy lifestyle. Don't be shy about asking for substitutions, or for items to added or taken off. You can even ask the how the dish is prepared and see if they can cook your food differently. Restaurants constantly make alterations for their customers so you won't be seen as being awkward. As many people have food intolerances, they may even have ingredients available that are not listed.

SLEEP YOGA ROUTINE



Hero Pose



Bridge Pose



Child's Pose



Knees to Chest



Supine Twist Pose

SAMPLE MEAL PLAN

7 days

MONDAY

- **Breakfast** Fajita Frittata with Salsa
- **Lunch** Balsamic Pulled Pork
Steamed Vegetables
- **Dinner** Chili Con Carne

TUESDAY

- **Breakfast** Fajita Frittata with Salsa
- **Lunch** Balsamic Pulled Pork
Steamed Vegetables
- **Dinner** Chili Con Carne

WEDNESDAY

- **Breakfast** Fajita Frittata with Salsa
- **Lunch** Balsamic Pulled Pork
Steamed Vegetables
- **Dinner** Chili Con Carne

THURSDAY

- **Breakfast** Fajita Frittata with Salsa
- **Lunch** Slow Cooker Mexican Chicken
Roasted Vegetables
- **Dinner** Beef Burger and Sweet Potato Wedges

FRIDAY

- **Breakfast** Sweet Potato Bacon Quiche
- **Lunch** Slow Cooker Mexican Chicken
Roasted Vegetables
- **Dinner** Beef Burger and Sweet Potato Wedges
- **Dessert** 1 Apple and 2 tsp Almond Butter

SATURDAY

- **Breakfast** Sweet Potato Bacon Quiche
- **Lunch** Avocado Chicken Salad
- **Dinner** Thai Chicken Curry with Noodles
- **Dessert** Chocolate Pudding

SUNDAY

- **Breakfast** Sweet Potato Bacon Quiche
- **Lunch** Avocado Chicken Salad
- **Dinner** Thai Chicken Curry with Noodles
- **Dessert** Chocolate Pudding

NUTRITION

- **Monday** Calories 1467 kcal
Protein 91g // Carbs 144g // Fat 60g
- **Tuesday** Calories 1467 kcal
Protein 91g // Carbs 144g // Fat 60g
- **Wednesday** Calories 1467 kcal
Protein 91g // Carbs 144g // Fat 60g
- **Thursday** Calories 1482 kcal
Protein 103g // Carbs 88g // Fat 82g
- **Friday** Calories 1367 kcal
Protein 81g // Carbs 127g // Fat 62g
- **Saturday** Calories 1530 kcal
Protein 89g // Carbs 96g // Fat 92g
- **Sunday** Calories 1530 kcal
Protein 89g // Carbs 96g // Fat 92g

SHOPPING LIST

66 ingredients

VEGETABLES

- 2 cups baby kale
- 3 ½ cups baby spinach
- ¼ head boston lettuce
- 2 ½ cups broccoli
- 1 cup brussels sprouts
- 4 ¼ carrots
- ¾ stalk celery
- 2 cups cherry tomatoes
- 1 ½ tbsp chives
- ⅔ cup cilantro
- 5 cloves garlic
- ¼ tsp ginger
- 3 ¼ green bell peppers
- 5 stalks green onion
- 1 ½ jalapeño peppers
- ½ cup mushrooms
- 2 orange bell peppers
- 1 ¾ red bell pepper
- 1 ¾ cups red onions
- 5 ½ sweet potatoes
- 1 tomato
- 1 ⅔ white onions
- 2 ½ zucchinis

FRESH FRUIT

- 1 apple
- 4 avocados
- 2 lime
- ½ mango
- 2 tsp lemon juice
- 1 tbsp lime juice

MEAT AND DAIRY

- 5 chicken breasts
- 8 oz extra lean ground beef
- 3 slices organic bacon
- 1 lb pork shoulder
- 1 lb steak
- 12 eggs

CUPBOARD ITEMS

- 2 tbsp almond butter
- 2 tbsp cocoa powder
- 2 tbsp raw honey

BOXED & CANNED

- ¾ can black beans (12oz)
- 1 ½ cups brown rice
- ¾ can chickpeas (12oz)
- ¾ can diced tomatoes
- ½ cup organic chicken broth
- 1 cup organic coconut milk

SPICES

- ⅓ tsp cayenne pepper
- 1 ¼ tbsp chili powder
- ⅓ tsp cinnamon
- ½ tsp coriander
- 1 ⅓ tbsp cumin
- ½ tsp dried basil
- ½ tsp dried chives
- 1 ⅓ tsp garlic powder
- ¼ tsp ground mustard
- ⅓ tsp nutmeg
- ¼ tsp onion powder
- 1 ½ tsp oregano
- ¼ tsp red pepper flakes
- ¼ tsp smoked paprika
- sea salt
- black pepper

CONDIMENTS

- ¼ tsp apple cider vinegar
- ⅓ cup balsamic vinegar
- ¾ tsp coconut oil
- 1 tbsp dijon mustard
- ½ cup extra virgin olive oil
- ¾ tsp yellow curry paste

FAJITA FRITTATA WITH SALSA

4 servings • 25 mins • 14 ingredients



Photo Credit: Mark's Daily Apple

DIRECTIONS

01. Season steak with cumin, chili powder and salt.
02. Preheat oven broiler to high.
03. Heat olive oil in a 12" oven-proof skillet over medium-high heat on the stove. Add steak.
04. Sauté 3 minutes (meat should be just slightly pink) then add garlic and peppers.
05. Sauté 3 minutes more then add eggs and a handful of cilantro.
06. Stir quickly then turn heat down to medium. Let cook 3 - 4 minutes, until the egg is set around the edges but still runny in the middle.
07. Transfer the pan to the oven under the broiler and cook until the frittata is golden and firm in the middle, about 3 - 5 minutes.
08. Remove from oven. Gently mix together avocado, green onion, jalapeño and lime juice. Add sea salt to taste.
09. Serve with slices of frittata.

NOTES

- Adapted from [Mark's Daily Apple](#).
- Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

INGREDIENTS

2 tsp	Cumin
½ tsp	Chili powder
	Sea salt, to taste
2 tbsp	Olive oil
16 oz	Steak, thinly sliced
2	Green bell peppers, sliced
1	Red bell pepper, sliced
2 cloves	Garlic, chopped
8	Eggs, whisked
2	Avocados, cut into chunks
2 stalks	Green onions, sliced
1	Jalapeño pepper, chopped
1	Lime, juice
1 bunch	Cilantro, chopped

NUTRITION

Calories	639	Carbs	17g
Protein	38g	Fiber	9g
Fats	48g	Sugar	4g
Trans Fats	0g		

SWEET POTATO BACON QUICHE

3 servings • 1 hour 15 mins • 9 ingredients



DIRECTIONS

- 01.** Preheat oven to 400°F (200°C).
- 02.** Peel and slice the sweet potatoes into thin slices (the slices should be thin enough to bend easily). Arrange potato slices in a pie dish in a circular pattern to form a “crust” for the quiche.
- 03.** Drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake 15 - 20 minutes.
- 04.** Meanwhile, heat the remaining oil in a skillet over medium heat and add the garlic and onion.
- 05.** Cook until the onion and garlic are soft and fragrant, around 5 minutes. Add in the spinach. Sauté until wilted, 2 - 3 minutes, and set aside to cool down.
- 06.** When the sweet potatoes are done, lower the oven heat to 375°F (190°C).
- 07.** In a bowl, combine beaten eggs with the spinach mixture, bacon, and chives. Pour over the sweet potato crust and place back in the oven.
- 08.** Bake 30 - 35 minutes, or until the eggs are set; serve warm.

NOTES

- Adapted from [Paleo Leap](#).
- Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.
- Make it low FODMAP by leaving out the garlic and onions and adding mushrooms or bell peppers instead.

INGREDIENTS

- 3** Sweet potatoes
- 3** Eggs, beaten
- 1 ½ cups** Baby spinach
- 3 slices** Bacon, nitrate free, cooked and crumbled
- ⅓** Onion, sliced
- ¾ clove** Garlic, ground
- 1 ½ tbsp** Fresh chives
- 1 ½ tbsp** Olive oil
- Sea salt
- Black pepper

NUTRITION

Calories	364	Carbs	29g
Protein	13g	Fiber	5g
Fats	22g	Sugar	6g
Trans Fats	0g		

SLOW COOKER BALSAMIC PULLED PORK

3 servings • 8 hours 10 mins • 7 ingredients



DIRECTIONS

- 01.** Place the pork shoulder in a slow cooker.
- 02.** Mix water/broth and balsamic vinegar and pour over pork.
- 03.** Season pork with garlic, crushed red pepper flakes, salt and pepper.
- 04.** Drizzle with honey.
- 05.** Cook on low for 8 - 10 hours. Shred and enjoy!

NOTES

- Adapted from [Skinny Taste](#).
- Leftovers can be stored in an airtight container in the refrigerator for up to 3 - 4 days.
- Enjoy in many different ways including mixed with eggs, served with sauerkraut, eaten with beans.

INGREDIENTS

- | | |
|----------------|-------------------|
| 1 lb | Pork shoulder |
| ½ cup | Water or broth |
| ½ cup | Balsamic vinegar |
| ½ tsp | Garlic powder |
| ¼ tsp | Red pepper flakes |
| | Sea salt |
| | Black pepper |
| 1 ½ tsp | Honey, optional |

NUTRITION

Calories	207	Carbs	7g
Protein	30g	Fiber	0g
Fats	7g	Sugar	6g
Trans Fats	0g		

STEAMED VEGETABLES

3 servings • 10 mins • 3 ingredients



DIRECTIONS

- 01.** Trim any loose, yellow or damaged leaves from the sprouts, wash and then trim the base. Cut any larger sprouts in half.
- 02.** Slice the carrots and the cut broccoli into uniform bite-sized pieces.
- 03.** Add two inches of water to your saucepan. Bring the water to a boil over high heat. When you hear the water bubbling and see steam starting to emerge from the pot, it's ready.
- 04.** Add the vegetables to the steamer basket and place the basket on the sauce pan.
- 05.** Cover the pot and reduce the heat to medium.
- 06.** Start checking the vegetables after a few minutes. The vegetables are done when you can easily pierce the thickest part of the vegetable with a paring knife.

NOTES

- Leftovers can be stored in an airtight container in the refrigerator for up to 3 - 4 days.
- Brussels sprouts, broccoli, cauliflower, carrots, asparagus, artichokes, zucchini or green beans can be used in this recipe.
- For extra flavor, toss the vegetables in a mixture of chili, salt and lime juice.

INGREDIENTS

- | | |
|---------------|------------------|
| 2 cups | Broccoli |
| 1 cup | Brussels sprouts |
| 3 | Carrots |

NUTRITION

Calories	58	Carbs	12g
Protein	3g	Fiber	4g
Fats	0g	Sugar	5g
Trans Fats	0g		

SLOW COOKER MEXICAN CHICKEN

2 servings • 4 hours 10 mins • 15 ingredients



DIRECTIONS

- 01.** In a small bowl, combine the cumin, chili powder, onion powder, garlic powder, smoked paprika, coriander, salt and black pepper. Stir until well mixed.
- 02.** Place the chicken inside the insert of your slow cooker. Sprinkle the top of the chicken breasts with half of the seasoning. Then, flip the chicken and sprinkle the other side with the remaining seasoning mixture.
- 03.** Add the chicken broth or water to the crock pot. Squeeze the juice from the limes over the top of the seasoned chicken.
- 04.** Add the cilantro leaves, onion wedges, and jalapeño slices to the crock pot, arranging them in and around the seasoned chicken breasts.
- 05.** Cook on low for 3 - 5 hours, or until cooked through (different crock-pots cook at varying heats) and tender.
- 06.** Remove chicken breasts from the crock pot, shred and place in a bowl. Set aside.
- 07.** Strain the liquid through a fine mesh strainer, reserving the liquid and discarding the solids. Add all of the juices back to the shredded chicken.
- 08.** Stir to distribute them all over the meat. Garnish, if desired, with chopped cilantro and sliced green onions.

NOTES

- Adapted from [Good Life Eats](#).
- Leftovers can be stored in an airtight container in the refrigerator for up to 3 - 4 days.
- Enjoy in a taco salad, in a fajita, or as part of a burrito bowl.

INGREDIENTS

2/3 tsp	Cumin
1/2 tbsp	Chili powder
1/4 tsp	Onion powder
1/3 tsp	Garlic powder
1/4 tsp	Smoked paprika
1/2 tsp	Coriander
3/4 tsp	Sea salt
1/4 tsp	Black pepper
2	Chicken breasts
1/4 cup	Chicken broth, or water
1	Limes
3 tbsp	Cilantro leaves
1/2	Onion, cut into wedges
1/2	Jalapeño, sliced
1 stalks	Green onion, sliced

NUTRITION

Calories	204	Carbs	8g
Protein	33g	Fiber	2g
Fats	4g	Sugar	2g
Trans Fats	0g		

ROASTED VEGETABLES

2 servings • 35 minutes • 9 ingredients



Photo Credit: Charlotte Markham, Pixabay

DIRECTIONS

- 01.** Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02.** Arrange the chopped vegetables on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 03.** Roast in the oven for 25 minutes, or until very tender, stirring once about halfway through.
- 04.** Remove from oven and transfer to a bowl.

NOTES

- Leftovers can be stored in an airtight container in the refrigerator for up to 3 - 4 days.
- Brussels sprouts, bell peppers, broccoli, cauliflower, carrots, squash, asparagus, tomatoes, zucchini or green beans can be used in this recipe.

INGREDIENTS

- 2** Orange bell peppers, chopped
- 2** Zucchini, chopped
- 1 cup** Cherry tomatoes
- ½ cup** Red onion
- 1 tbsp** Olive oil
- 2 tbsp** Balsamic vinegar
- 1 tsp** Dried oregano
- ½ tsp** Sea salt
- ¼ tsp** Black pepper

NUTRITION

Calories	189	Carbs	28g
Protein	5g	Fiber	0g
Fats	8g	Sugar	6g
Trans Fats	0g		

AVOCADO CHICKEN SALAD

1 serving • 10 minutes • 11 ingredients



DIRECTIONS

01. Combine everything in a bowl.

INGREDIENTS

- 1 Chicken breasts, cooked
- 1 cups Baby spinach
- ¼ Avocado, sliced
- ½ cup Cherry tomatoes, halved
- ¼ cup Red onion, chopped
- 1 stalk Green onion, sliced
- ½ tsp Cilantro, chopped
- ½ tbsp Lime juice, to taste
- Sea salt
- Black pepper
- 1 tbsp Homemade mayonnaise

NUTRITION

Calories	292	Carbs	13g
Protein	35g	Fiber	6g
Fats	11g	Sugar	5g
Trans Fats	0g		

HOMEMADE MAYONNAISE

16 servings • 5 minutes • 5 ingredients



Photo Credit: Marco Verch

DIRECTIONS

01. Add egg, salt, mustard and lemon juice to a food processor. Put the lid on, and turn on. Very lightly drizzle in the olive oil extremely slowly as the food processor is running.

NOTES

- Leftovers can be stored in an airtight container in the refrigerator for up to 7 days.
- It is important to drizzle the oil extremely slow in a steady stream so that the ingredients emulsify.
- This recipe can also be made with avocado oil.
- Add additional spices such as cayenne, garlic or fresh herbs.

INGREDIENTS

1	Egg
½ tsp	Sea salt
½ tsp	Ground mustard
2 tbsp	Lemon juice
1 cup	Olive oil

NUTRITION

Calories	125	Carbs	0g
Protein	0g	Fiber	0g
Fats	14g	Sugar	0g
Trans Fats	0g		

SLOW COOKER CHILI CON CARNE

3 servings • 8 hours 15 mins • 17 ingredients



DIRECTIONS

01. Heat the oil in a heavy-based pan. Cook the onion for 10 mins until softened and starting to caramelize. Add the garlic and spices and cook for a further 1 - 2 mins.
02. Drain the black beans but keep the juice from the tinned tomatoes.
03. Combine everything into a large slow cooker. This recipe is meatless but feel free to add 12oz (340g) of ground beef if you want to at this point.
04. Cover and cook for 8 hours on low.
05. Serve with cooked rice.

INGREDIENTS

½	White onion, chopped
1 clove	Garlic, crushed
1 ½ tsp	Chili powder
1 ½ tsp	Cumin, ground
½ tsp	Oregano
½ tsp	Dried basil
⅓ tsp	Cayenne pepper
¾ can	Chickpeas (16oz can), drained
¾ can	Black beans (16oz can), drained
¾ can	Diced tomatoes (16oz can)
¾	Red bell pepper, sliced
¾	Green bell pepper, sliced
¾ stalk	Celery, sliced
¾	Carrot, sliced
½ cup	Mushrooms, sliced
½	Zucchini, sliced
1 ½ cup	Brown rice, cooked

NOTES

- Adapted from [Wonderfully Made and Dearly Loved](#).
- Easy to prepare and freezes well.

NUTRITION

Calories	416	Carbs	33g
Protein	24g	Sugar	2g
Fats	20g	Fibre	12g
Trans Fat	0g		

BEEF BURGER WITH SWEET POTATO WEDGES

1 serving • 30 minutes • 12 ingredients



DIRECTIONS

01. Preheat oven to 400°F (200°C).
02. Mix the sweet potato wedges in 1 tbsp of olive oil and season with salt and pepper. Place on a baking tray and oven cook for 25 - 30 minutes.
03. Ten minutes after placing the wedges in the oven, preheat a cast-iron skillet on the stove on high heat. Add the olive oil to the pan.
04. Mix together the ground beef, salt, pepper, garlic powder, garlic clove, and chives and form mixture into four burger patties.
05. Place the patties on the skillet and press down on them with your spatula.
06. Cook for 3 - 5 minutes on each side, until cooked through.
07. Let rest 5 minutes, then serve with lettuce, avocado, onion, tomato and Dijon Mustard.

INGREDIENTS

- 1 Sweet potato, wedges
- ¾ tsp Olive oil
- Sea salt
- Black pepper
- 4 oz (115g) Extra lean ground beef
- ¼ clove Garlic, ground
- ¼ tsp Garlic powder
- ¼ tsp Dried chives
- ¼ head Boston lettuce
- ¼ Avocado
- 2 tbsp Red onion
- ½ Tomato
- 1 ½ tsp Dijon mustard

NUTRITION

Calories	450	Carbs	35g
Protein	27g	Sugar	7g
Fats	22g	Fibre	8g
Trans Fat	0g		

THAI CHICKEN CURRY WITH NOODLES

2 servings • 45 minutes • 16 ingredients



DIRECTIONS

01. Slice chicken into bite-sized pieces. Heat coconut oil on medium/high heat, add the chicken and the carrots and cook for about 3 minutes, until the carrots just begin to soften.
02. Turn the heat down to medium and add in the pepper, broccoli, onion and ginger and cook until they begin to soften and brown, about 5 minutes.
03. Add in the curry powder and cook until fragrant, about 1 minute.
04. Add in the can of coconut milk (make sure you mix it well before adding!) and a pinch of salt, mixing well.
05. Raise the heat to medium/high and bring the mixture to a boil.
06. Once boiling, turn the heat down to medium/low heat and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken.
07. While the sauce cooks, heat the remaining coconut oil in a separate pan over medium heat.
08. Spiralize the potato using the 3 mm blade and then add it into the pan. Cook the noodles, stirring often, until they just begin to wilt, about 10 minutes. Season with salt.
09. While you wait, toss together the diced mango, red onion, Thai chili (adjust to preferred level of spiciness), apple cider vinegar and cilantro in a medium bowl. Season with a pinch of salt.
10. Divide the noodles between two plates and top with the curry. Garnish with the mango salsa and extra cilantro.

NOTES

- Adapted from [Paint the Kitchen Red](#).

INGREDIENTS

Thai Chicken Curry

- 2 Chicken breasts
- 1 cup Full fat coconut milk
- ½ Green bell pepper, cubed
- ½ Carrot, sliced
- ½ cup Broccoli, sliced
- ¼ Onion, cubed
- ¼ cup Chicken broth
- ¾ tsp Yellow curry powder
- ¼ tsp Ginger
- ¾ tsp Coconut oil

Noodles

- ½ Sweet potato, peeled
- ½ tsp Coconut oil

Mango Salsa

- ½ Mango, diced
- 1 Red onions, diced
- ½ Red Thai chili
- ¼ tsp Apple cider vinegar
- 2 tbsp Cilantro
- Sea salt

NUTRITION

Calories	484	Carbs	29g
Protein	36g	Sugar	17g
Fats	25g	Fibre	4g
Trans Fat	0g		

CHOCOLATE PUDDING

2 servings • 5 minutes • 7 ingredients



Photo Credit: Bernadette Wurzinger, Pixabay

DIRECTIONS

01. Add all of the ingredient into a mixing bowl and use a mixer or food processor to blend it all together.

INGREDIENTS

- 1 Avocado
- 4 tsp Raw honey
- 2 tbsp Cocoa powder
- 1 tbsp Almond butter
- 1/3 tsp Lemon juice
- 1/3 tsp Cinnamon
- 1/3 tsp Nutmeg

NUTRITION

Calories	265	Carbs	7g
Protein	5g	Fiber	0g
Fats	7g	Sugar	6g
Trans Fats	0g		

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Updated: February 2020

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