

Coach Patricia McIntyre

fall into healthy eating

Learn all the basics of eating healthy in this
5 day fall recipes clean eating challenge!



CHALLENGE GUIDE AND MEAL PLAN

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*DISCLAIMER -- The advice and information provided may not be appropriate for all individuals. It is strongly recommended to consult your doctor before beginning any exercise or diet program. The information provided is for informational purposes only and is not intended to substitute or replace your physician's orders. If you engage in this exercise and diet program, you agree to do so at your own risk and assume all risk of injury to yourself and agree to release and discharge the assigned health coach from any and all claims of action known or unknown arising. Each person is different, and the way you react to a certain food or product may be extremely different from the way other people react. The user of this guide assumes all responsibility and risk for any injury, loss or damage caused or alleged, directly or indirectly by using any information described in this guide.



welcome TO MY FALL CLEAN EATING CHALLENGE!

By joining me, you have shown a commitment to do something that will potentially change your life and the lives of those around you! The fall and winter season is usually synonymous with the abundance of eating sweet treats and lack of exercise. I hope this challenge will help you start the season out on the right foot! Learning how to eat healthy is one of the most important things you can do to live a better and more fulfilled life. You CAN make healthier swaps during the holidays! So, are you ready to do this?!

ARE YOU READY TO TAKE CONTROL OF YOUR HEALTH BY CLEANING UP YOUR NUTRITION?

The holiday season might not be the best time to lose weight (even though you can! I have!), but it most certainly doesn't have to be a time to gain weight and lose your health. Proper nutrition allows us to fuel our bodies in the right way - making everything in our lives easier. Over the next 5 days, you will learn the right habits to help you feel better, have more confidence, and even get into that black dress. Also, keep in mind that this is a plan you can always use as a resource at anytime during the year. Everyone can have a slip up from time to time and fall off track. The important thing is to focus on a healthy and balanced life.

I'm so excited to start this journey with you, and I'm always here to help. If you're looking for maximum results and accountability, please check in with the challenge group each day! I'll also be sharing some awesome clean eating tips, inspiration and motivation to keep you on track!

This guide will provide all the tools necessary to jumpstart you on a clean eating lifestyle. A shopping list and five daily meal plans are provided to make this transition super simple and painless. Each day will have a recipe for breakfast, lunch, and dinner PLUS two snacks! It's all laid out for you and super easy to follow! Any questions?!

healthy rules TO LIVE BY

REMEMBER THESE 15 FAST AND SIMPLE RULES FOR A HEALTHY LIFESTYLE.

01. Eat 5-6 small meals or 3 large meals a day - whatever works best for you
02. Eat every 2-3 hours or whatever works best for your body
03. Combine lean protein & complex carbs to stay full
04. Drink at least half your body weight in ounces of water each day
05. Never miss a meal, especially breakfast!
06. Carry a cooler loaded with clean eating foods to get through the day
07. Avoid all over-processed, refined foods, especially white flour & sugar
08. Avoid all trans fats and fatty fried foods
09. Avoid sugar-loaded colas/soda and juices
10. Consume adequate healthy fats (EFA's) each day
11. Avoid alcohol-another form of sugar
12. Avoid all calorie-dense foods containing no nutritional value
13. Depend on fresh fruits & vegetables for fiber, vitamins & enzymes
14. Stick to proper portion sizes - give up super sizing!
15. Get in at least 30 minutes of physical activity each day

clean eating AND HEALTHY LIVING TIPS

I have come up with this easy guide including some AMAZING tips for you to follow! This will help you become healthier through simple and delicious clean eating meals. Remember to adjust any recipes as needed, especially if you or your family have certain preferences or allergies.

I ABSOLUTELY recommend to choose foods that are fresh and nourishing to your body. Do your best to avoid any boxed or processed foods. Below are some additional tips to keep in mind!

► SHOP SIMPLE AND SMART

Follow these tips to stay safe when shopping for your clean eating groceries!

1. Never shop when you're hungry! The temptation to add fatty junk foods to your cart is too great!
2. Don't be tempted by end-displays -- most often marketing psychology is used to get you to buy the product. They're usually highly-processed, not-so-nutritious foods that are packaged brilliantly.
3. Shop the perimeter of the grocery store. Choose foods from the produce, fridge & freezer sections.
4. Skip artificial sweeteners like Equal/Splenda. Also avoid products like sugar-free syrups & candy.
5. Read the label! Look for whole food ingredients and skip those with hard to pronounce names.

► REMEMBER : DIRTY DOZEN AND CLEAN FIFTEEN

Purchase everything in organic if possible. If not, you can follow this list.

BUY THESE IN ORGANIC

- | | |
|-----------------|-----------------|
| 1. Apples | 9. Bell Peppers |
| 2. Peaches | 10. Cucumbers |
| 3. Nectarines | 11. Tomatoes |
| 4. Pears | 12. Potatoes |
| 5. Strawberries | |
| 6. Grapes | |
| 7. Celery | |
| 8. Spinach/Kale | |

OK TO BUY CONVENTIONAL

- | | |
|---------------|------------------|
| 1. Avocados | 9. Papayas |
| 2. Sweet Corn | 10. Kiwi |
| 3. Pineapples | 11. Eggplant |
| 4. Cabbage | 12. Grapefruit |
| 5. Sweet Peas | 13. Cantaloupe |
| 6. Onions | 14. Sweet Potato |
| 7. Asparagus | 15. Cauliflower |
| 8. Mangos | |

clean eating AND HEALTHY LIVING TIPS

► CHOOSING CLEAN PLANT PROTEINS

Often times when going plant-based, people wonder where in the heck will they get their protein! Have no fear, it's honestly way easier than you think! Not to mention, many animal products nowadays may contain heavy metals, antibiotics and other unwanted illnesses, plant protein is much cleaner!

- SEITAN (it is a wheat gluten)
- ALL BEANS & LENTILS
- GREEN PEAS
- Organic SOY (edamame, tofu or tempeh)
- BROWN RICE & QUINOA
- ALL NUTS & SEEDS

You may also obtain protein from many vegetables (broccoli!) and nutritional yeast & spirulina. If you are eating a wide variety of plants and out of these categories, you will get adequate protein!

► CHOOSING COMPLEX CARBS

1. Sweet potatoes are your best choice! High in vitamins, fiber and lower Glycemic Index.
2. Don't fall for promotional lines like "multigrain, stone-ground or whole wheat"
3. Go for WHOLE GRAINS, you'll get in more fiber, vitamins, minerals, protein and good fats.
4. Steel cut oats are best because they are simply chopped and have a lower Glycemic Index.
5. If you're gluten-free look for buckwheat, amaranth, millet, brown rice, and quinoa grains.

► CHOOSING HEALTHY FATS

Healthy fats keep you FULL and can actually help you lose more body fat than skipping this macro.

- FRESH AVOCADO
- COCONUTS & COCONUT OIL
- OLIVES/KALAMATA OLIVES
- HEMP & PUMPKIN SEEDS
- RAW & UNSALTED NUTS
- CHIA & FLAX SEEDS
- EXTRA VIRGIN OLIVE OIL
- ALMOND & PEANUT BUTTERS

*Choose whole food fats first, over the processed oils without fiber and stripped nutrients.

clean eating AND HEALTHY LIVING TIPS

► SOME SAY IT'S BEST TO EAT EVERY 3-4 HOURS (do what works best for you)

It can be healthier to eat small amounts throughout the day instead of two or three big meals followed by lengthy periods without food. It may seem like a lot of food, but you'll stay within a healthy range of calories each day. A lot of the foods are lower in calories because they are clean.

The advantages to eating frequently throughout the day are:

- EASIER WEIGHT CONTROL
- BETTER HEART HEALTH
- STEADIER BLOOD SUGAR
- ENERGY FOR AN ACTIVE LIFE
- REGULAR SUPPLY OF IMPORTANT NUTRIENTS
- BOOSTED METABOLISM

Make the most of eating often with some of these tips:

- GREET EACH DAY WITH BREAKFAST
- PLAN YOUR MEALS & SNACKS
- KEEP PORTABLE SNACKS ON HAND
- MAKE SNACK BREAKS A ROUTINE

If you're brand new to clean eating, I know it might seem overwhelming! Do the best you can, please reach out to me with any questions at all and at the very least...

I DO ASK THAT YOU FULLY COMMIT YOURSELF TO THE FOLLOWING:

- **NO SODA OR SWEET TEA**
- **NO WHITE SUGAR OR SWEETS**
- **NO STORE BOUGHT FRUIT JUICE**
- **NO PROCESSED FOODS**
- **NO ARTIFICIAL INGREDIENTS**
- **NO FAST FOOD**

Make sure to check out the group daily and participate! I love seeing your food pictures and learning from each other. I'd love to hear your feedback, helpful suggestions and of course, your results!

Lastly, let's have FUN together! To a healthier and happier FALL YOU!



YOUR 5 DAY *meal plan* CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B:	Pumpkin Pie Smoothie	Pumpkin Spice Latte Chia Pudding	Apple Pie Smoothie	Cinnamon Apple Oatmeal	Banana Chai Smoothie
S:	Grapes, Apple & Nut Butter	Pear, Grapes & Walnuts	Grapes, Apple & Nut Butter	Pear, Grapes & Walnuts	Grapes, Apple & Nut Butter
L:	Squash Quinoa Salad	Creamy Broccoli Salad	Squash Quinoa Salad	Creamy Broccoli Salad	Squash Quinoa Salad
S:	Carrot Sticks & Pumpkin Hummus	Celery & Pumpkin Hummus	Carrot Sticks & Pumpkin Hummus	Celery & Pumpkin Hummus	Carrot Sticks & Pumpkin Hummus
D:	Sweet Potato Lentil Soup & Steamed Veggies	Fall Wild Rice Soup & Steamed Carrots	Sweet Potato Lentil Soup & Steamed Veggies	Fall Wild Rice Soup & Steamed Carrots	Sweet Potato Lentil Soup & Steamed Veggies

Remember to read through the recipes & adjust as needed. Besides breakfast, MWF meals are the same and T/TH meals are the same to save on meal prepping and grocery costs. Hungry? Drink a glass of water and wait about 20 minutes. If still hungry, choose fresh fruits and veggies first. There is no "one-size-fits-all" meal plan, reach out to me if you need any help!

YOUR GROCERY SHOPPING LIST

► PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 4 bananas | <input type="checkbox"/> 1 pkg pre-cut broccoli |
| <input type="checkbox"/> 6 apples (red/fuji) | <input type="checkbox"/> lg bunch of green kale |
| <input type="checkbox"/> 2 pears | <input type="checkbox"/> sm pkg bella mushrooms |
| <input type="checkbox"/> lg pkg red grapes | <input type="checkbox"/> red onion |
| <input type="checkbox"/> lemons (for juicing) | <input type="checkbox"/> white onion |
| <input type="checkbox"/> lg pkg carrots | <input type="checkbox"/> garlic |
| <input type="checkbox"/> 1 pkg celery | <input type="checkbox"/> cilantro |
| <input type="checkbox"/> 2 sweet potatoes | <input type="checkbox"/> any veggies (for steaming M/W/F, ex. brussel sprouts) |
| <input type="checkbox"/> 1 pkg pre-cut butternut squash | |

► DRY / CANNED / JARRED

- | | |
|--|---|
| <input type="checkbox"/> 1 can coconut milk (full fat) | <input type="checkbox"/> sliced almonds |
| <input type="checkbox"/> 1 can pumpkin puree | <input type="checkbox"/> walnuts |
| <input type="checkbox"/> 1 cup quinoa | <input type="checkbox"/> pecans |
| <input type="checkbox"/> red lentils | <input type="checkbox"/> dried cranberries |
| <input type="checkbox"/> quick cooking oats | <input type="checkbox"/> nut butter |
| <input type="checkbox"/> wild rice | <input type="checkbox"/> veggie broth |
| <input type="checkbox"/> chia seeds | <input type="checkbox"/> apple cider vinegar |
| <input type="checkbox"/> flaxseeds (grind/ground) | <input type="checkbox"/> nutritional yeast |
| <input type="checkbox"/> pumpkin seeds | <input type="checkbox"/> all-purpose flour |
| <input type="checkbox"/> raw cashews | <input type="checkbox"/> optional - vanilla protein |

► REFRIGERATED

- ☐ 2 - 6oz. oatmilk yogurt (or coconut)
- ☐ almond milk
- ☐ plant-based butter

► CONDIMENTS / SPICES

- ☐ pure maple syrup
- ☐ tahini
- ☐ vanilla extract
- ☐ cinnamon
- ☐ ground ginger
- ☐ ground nutmeg
- ☐ ground cloves
- ☐ cardamom
- ☐ pumpkin pie spice
- ☐ curry powder
- ☐ old bay seasoning
- ☐ bay leaf
- ☐ salt
- ☐ black pepper

MEAL PREPPING NOTES + TIPS

▶ MEAL PREP CAN BE DONE ON SUNDAY FOR ALL FIVE DAYS

While you don't have to do all the meal prep at once, I found it easier to go ahead and make the recipes ahead of time then portion them out into my bowls. This way they are prepped, ready to go and I have no excuses not to stay on track and eat healthy during this challenge!

▶ START THE SLOW COOKER LENTIL SOUP + SOAK CASHEWS

My very first step was to get my slow cooker recipe going! I cut and prepared the ingredients for Day #1's dinner recipe. This way, I could have it cooking for 4 hours while I was working on the rest of the meal prep. While also preparing these ingredients, I prepped the other sweet potato, onion, carrot and celery for Day #2's dinner recipe. I also placed the cashews for Day #2's lunch dressing in a bowl of hot water to get them soaking.

▶ PREPARE CONTAINERS, WASH, CUT, AND PORTION ALL SNACKS

Next, I like to lay out all the containers I will need and line the ones for raw snacks with paper towels. This will help absorb any moisture and keep the produce fresh for longer. Then I wash, cut, and portion the rest of the carrots and celery into snack bags or containers. These will be for our afternoon snacks with pumpkin hummus (recipe below). Prepare hummus in separate containers as well. Then wash the bunch of grapes for portioning out the morning snacks with either an apple or pear. You'll want to set aside 1 cup of quartered grapes for Day #2's lunch recipe as well.

▶ BEGIN TACKLING THE OTHER RECIPES

After all the snacks are prepared, then I start to tackle the harder recipes. Starting with the lunches. These recipes contain a lot of the same ingredients such as apple, cranberries, red onion, nuts/seeds and kale. After that I moved on to T/TH dinners. I did have some leftover mushrooms and veggies that I either froze or used for the steamed side dish at dinner. I like to steam my veggies then season with lemon juice and black pepper.

▶ BREAKFAST RECIPES

All of these are super easy and quick to make! I didn't prep any of them in advance except for the two frozen bananas for Friday's smoothie and the chia pudding which I made Monday night and stored in the fridge as the recipe instructs. You may gather your ingredients together as you like and what works best for you!

**Some people like to begin with the harder meals to get them done first thing. Some people like to begin with what's easiest to find their groove and feel more accomplished to do the harder meals... Find what works for you!*

SAVORY PUMPKIN HUMMUS

1 can of chickpeas, reserve liquid in a separate bowl	1/2 tsp cumin
2/3 cup pure pumpkin puree	1/2 tsp salt
2 Tbsp tahini	1/4 tsp cinnamon
3 cloves of garlic	1/4 tsp paprika
1 Tbsp extra virgin olive oil	

1. Place all ingredients into a food processor or blender and blend until smooth and creamy.
2. Add in a Tbsp of chickpea liquid at a time until desired texture is achieved.
3. Taste and adjust seasonings. The flavors will mesh more over time.
4. Portion out into 5 small containers to go along with your snacks for the week.

**Garnish with sesame seeds, chopped parsley and paprika if desired.*

recipes FOR DAY ONE



BREAKFAST

1/2 cup pumpkin puree
1 large banana
6oz oatmilk yogurt (or coconut)
1/2 tsp pumpkin pie spice

1 tsp maple syrup
1/2 cup of almond milk
pinch of nutmeg
handful of ice

Combine all ingredients in high-speed blender, process until smooth and creamy. Enjoy!

PUMPKIN PIE SMOOTHIE

SNACK

Handful of grapes, 1 apple and 2 Tbsp nut butter

GRAPES, APPLE + NUT BUTTER

LUNCH :: Makes 3 bowls

SALAD:

1 cup quinoa, uncooked
2 cups veggie broth
3 cups butternut squash, pre-cut (or chopped)
1/4 cup dried cranberries
1 red apple, peeled & chopped
1/4 cup red onion, finely diced
1/4 cup pumpkin seeds
2 cups kale, washed, massaged & torn into pieces

DRESSING:

2 Tbsp tahini
2 Tbsp apple cider vinegar
2 Tbsp lemon juice
2 Tbsp tamari
4 Tbsp nutritional yeast
2 garlic cloves
1 Tbsp maple syrup

1. Preheat oven to 400F. Arrange butternut squash on a baking sheet lined with parchment paper. Season with salt & pepper if desired. Roast for 20 minutes or until squash is tender and lightly browned.
 2. While the squash is cooking, rinse quinoa well in a mesh strainer. Then place it in a medium saucepan with the 2 cups of veggie broth. Bring to a boil, reduce to simmer, and cook covered until liquid is absorbed.
 3. While the squash and quinoa is cooking, prepare the dressing by adding all dressing ingredients into a blender or mixing bowl; blend well.
 4. In a large bowl; assemble the salad. Combine the cooled quinoa, cooled squash, cranberries, apple, red onion, pumpkin seeds and kale. Add in the dressing and mix until combined. Season with salt & pepper to taste.
 5. Divide the salad evenly among 3 bowls. These will be your lunches for M/W/F.
- *You may also leave the kale out and add right before eating. This way by Friday it is not too soggy.*

HARVEST SQUASH QUINOA SALAD

SNACK

Large handful of carrot sticks and 1/3 cup of pumpkin hummus

CARROT STICKS + PUMPKIN HUMMUS

DINNER :: Makes 3 bowls

1 medium sweet potato, peeled and diced
3 medium carrots, cut into coins
3 stalks of celery, sliced
1/2 white onion, chopped
1 cup of red lentils, rinsed

SWEET POTATO LENTIL SOUP + STEAMED VEGGIES

1 tsp of ginger powder
1 tsp of curry powder
1 heaping tsp of sea salt
4 garlic cloves
optional garnish - lemon juice & cilantro

1. Combine all ingredients into a 4-6 quart slow cooker/crockpot.
2. Add 6 cups of water or veggie broth and stir.
3. Cover and cook on high for 4 hours.
4. Then divide evenly among 3 bowls. These will be your dinners for M/W/F.
5. Before serving add lemon juice & cilantro as garnish. Eat along with a side of steamed veggies if you like.

recipes FOR DAY TWO



BREAKFAST

PUMPKIN SPICE LATTE CHIA PUDDING

1/4 cup chia seeds
1/4 cup coconut milk (from can)
3/4 cup almond milk
1/4 cup pumpkin puree

2 Tbsp maple syrup
1 tsp pumpkin pie spice
1/2 tsp vanilla extract
crushed pecans, for garnish

In a mason jar or bowl, stir together all ingredients (except the pecans). Cover, refrigerate overnight to enjoy the next morning! If the mixture is too thick, I like to stir in some more almond or coconut milk. Add a dash of pumpkin pie spice and pecans before eating.

SNACK

PEAR, GRAPES + WALNUTS

Handful of grapes, 1 pear and 8 walnut halves

LUNCH :: Makes 2 bowls

CREAMY BROCCOLI SALAD

DRESSING
1/2 cup of cashews, soaked in hot water
3 Tbsp water
1 Tbsp pure maple syrup
2 Tbsp apple cider vinegar
1 clove of garlic
salt & pepper to taste

SALAD
3/4 pkg of pre-cut broccoli, cut into florets
1 cup of red grapes, quartered
1/4 cup of roasted sliced almonds
1/4 cup red onion, finely diced
1/4 cup dried cranberries
optional - 1 apple, diced & any extra kale pieces

1. Prepare the dressing by placing all ingredients in a high speed blender, process until creamy.
2. Place all salad ingredients in a large bowl and drizzle in the dressing; mix well.
3. Portion out into 2 large bowls. These will be your lunches for T/Th.

SNACK

CELERY + PUMPKIN HUMMUS

Large handful of celery sticks and 1/3 cup of pumpkin hummus

DINNER :: Makes 2 bowls

FALL WILD RICE SOUP + STEAMED CARROTS

4-5 cups veggie broth
1/3 cup uncooked wild rice
4oz baby bella mushrooms, sliced
4 cloves garlic, minced
1 carrot, cut into coins
1 celery rib, sliced
1 small sweet potato, chopped
1/4 white onion, diced

1 bay leaf
1-1/2 Tbsp Old Bay Seasoning
1 Tbsp plant-based butter
2 Tbsp all-purpose flour
1 cup coconut milk (canned)
1 large handful of kale pieces
salt & pepper to taste

1. In a large pot over med-high heat add the onion with a couple of Tbsp of water. Saute for 5 minutes. Stir in the garlic and cook for an additional 1-2 minutes. Add another splash of water if necessary so it doesn't stick.
2. Add in the veggie broth, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and seasoning. Mix well.
3. Once it simmers. Reduce heat to med-low and cover. Simmer for 45 minutes or until rice is tender.
4. When there is 10 minutes left, prepare your coconut sauce in a separate small saucepan on med-high heat.
5. Add in the butter and stir until it has melted. Whisk in the flour until combined and cook for 1 minute.
6. Slowly add in the coconut milk and whisk until combined. Stir frequently until the mixture becomes very thick.
7. Add the coconut sauce and kale to the soup and stir to combine well. Taste and adjust with salt & pepper.
8. Divide evenly into 2 large bowls. These will be your dinners for T/Th.
9. Eat along with a side of steamed carrots if you like.

recipes FOR DAY THREE



BREAKFAST

APPLE PIE SMOOTHIE

2 small red apples (peeled, cored, cut into chunks)
1 frozen banana
1 cup almond milk
6oz oatmilk yogurt (or coconut)
1/2 tsp cinnamon
pinch of nutmeg

pinch of ginger
pinch of cloves
1-2 tsp maple syrup
optional: vanilla superfoods powder

Combine all ingredients in high-speed blender, process until smooth. Add a dash of cinnamon on top and enjoy all the creamy goodness!

SNACK

GRAPES, APPLE + NUT BUTTER

Handful of grapes, 1 apple and 2 Tbsp nut butter

LUNCH

HARVEST SQUASH QUINOA SALAD

See DAY ONE lunch recipe.

SNACK

CARROT STICKS + PUMPKIN HUMMUS

Large handful of carrot sticks and 1/3 cup of pumpkin hummus

DINNER

SWEET POTATO LENTIL SOUP + STEAMED VEGGIES

See DAY ONE dinner recipe.

recipes FOR DAY FOUR



BREAKFAST

CINNAMON APPLE OATMEAL

1 apple, peeled & finely chopped
1 tsp plant-based butter
1/2 tsp ground cinnamon
pinch of ginger or nutmeg
1 cup of water

1/2 cup quick cooking oats
2 Tbsp maple syrup
1/2 tsp vanilla extract
pinch of salt
crushed pecans, for garnish

1. Add apple and butter to a medium saucepan. Cook over med-high heat until tender.
2. Stir in the cinnamon and other spices. Cook for 1 more minute.
3. Add water and oats; mix well. Bring to a boil over med-high heat and cook until tender (about 3 minutes).
4. Remove from heat and stir in the maple syrup, vanilla and salt.
5. Serve with a splash of milk and crushed pecans if desired.

SNACK

PEAR, GRAPES + WALNUTS

Handful of grapes, 1 pear and 8 walnut halves

LUNCH

CREAMY BROCCOLI SALAD

See DAY TWO lunch recipe.

SNACK

CELERY + PUMPKIN HUMMUS

Large handful of celery sticks and 1/3 cup of pumpkin hummus

DINNER

FALL WILD RICE SOUP + STEAMED CARROTS

See DAY TWO dinner recipe.

recipes FOR DAY FIVE



BREAKFAST

BANANA CHAI SMOOTHIE

CHAI SPICE

2 tsp cinnamon
2 tsp cardamom
1 tsp ginger
1 tsp cloves
1 tsp nutmeg

SMOOTHIE

1 tsp of chai spice mixture
2 frozen bananas, sliced
1-1/2 cups almond milk
2 Tbsp nut butter
2 Tbsp ground flaxseed

1. Create your chai spice mixture by combining all spices together in a small air-tight container.
2. Make your smoothie by combining all ingredients in high-speed blender, process until smooth and creamy.

SNACK

GRAPES, APPLE + NUT BUTTER

Handful of grapes, 1 apple and 2 Tbsp nut butter

LUNCH

HARVEST SQUASH QUINOA SALAD

See DAY ONE lunch recipe.

SNACK

CARROT STICKS + PUMPKIN HUMMUS

Large handful of carrot sticks and 1/3 cup of pumpkin hummus

DINNER

SWEET POTATO LENTIL SOUP + STEAMED VEGGIES

See DAY ONE dinner recipe.



thank you FOR JOINING ME!

I hope you had amazing results and found some amazing fall recipes this past week! As you continue on your healthy lifestyle, remember that nutrition is more than just a physical transformation. Pay attention to your internal transformation as well! How are you feeling? Do you feel better? Do you have more energy? Do you have more confidence? All these things are a natural side effect of fueling your body the right way!

Also -- another tip is to focus on moderation. I practice a 90/10 or 80/20 most of the time. This means that at least 80-90% of the time I'm eating healthy and the other 10-20% left is for whenever I want a special treat, have a date night, big meal with the family, or that delightful dessert I crave. I promise you can reach your goals and also enjoy food! Plus there are also tons of ways to make treat recipes healthier!

I'D LOVE TO LEARN MORE ABOUT YOU AND YOUR PERSONAL GOALS, SO PLEASE CONNECT WITH ME.

Don't be afraid to reach out to me with any questions you might have about food, fitness and the best ways to achieve your health goals -- especially with the hardest season to stay on track upon us! If I don't have the answer, I will find it for you or get you going in the right directions! I'm always here to help! I offer monthly clean eating & workout challenges, a year-round accountability, group coaching, one-on-one coaching and much much more! I look forward to chatting with you and helping you put your best self forward!

**“DON'T START A DIET THAT HAS AN EXPIRATION DATE...
FOCUS ON A LIFESTYLE THAT WILL LAST FOREVER!”**