



heikeyates



HEALTHY MEAL --- PLANNING

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Healthy Meal Planning for Intermittent Fasting Success

Meal Prep Ideas:

- Batch Cook: Prepare grains, proteins, and veggies in advance.
- Use Leftovers: Transform last night's dinner into today's lunch.

Build Balanced Meals:

- Protein: Include lean proteins like chicken, tofu, beans, or eggs.
- Carbohydrates: Opt for whole grains like quinoa, brown rice, or whole-grain bread.
- Healthy Fats: Add avocado, nuts, seeds, or olive oil.
- Vegetables: Fill half your plate with colorful veggies, steamed, roasted, or raw.

Simple Meal Combinations:

- Breakfast: Greek yogurt with berries, nuts, and a drizzle of honey.
- Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, and vinaigrette.
- Dinner: Baked salmon with roasted sweet potatoes and steamed broccoli.
- Snack: Sliced cucumber with hummus.

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Nutrient-Dense Foods to Include:

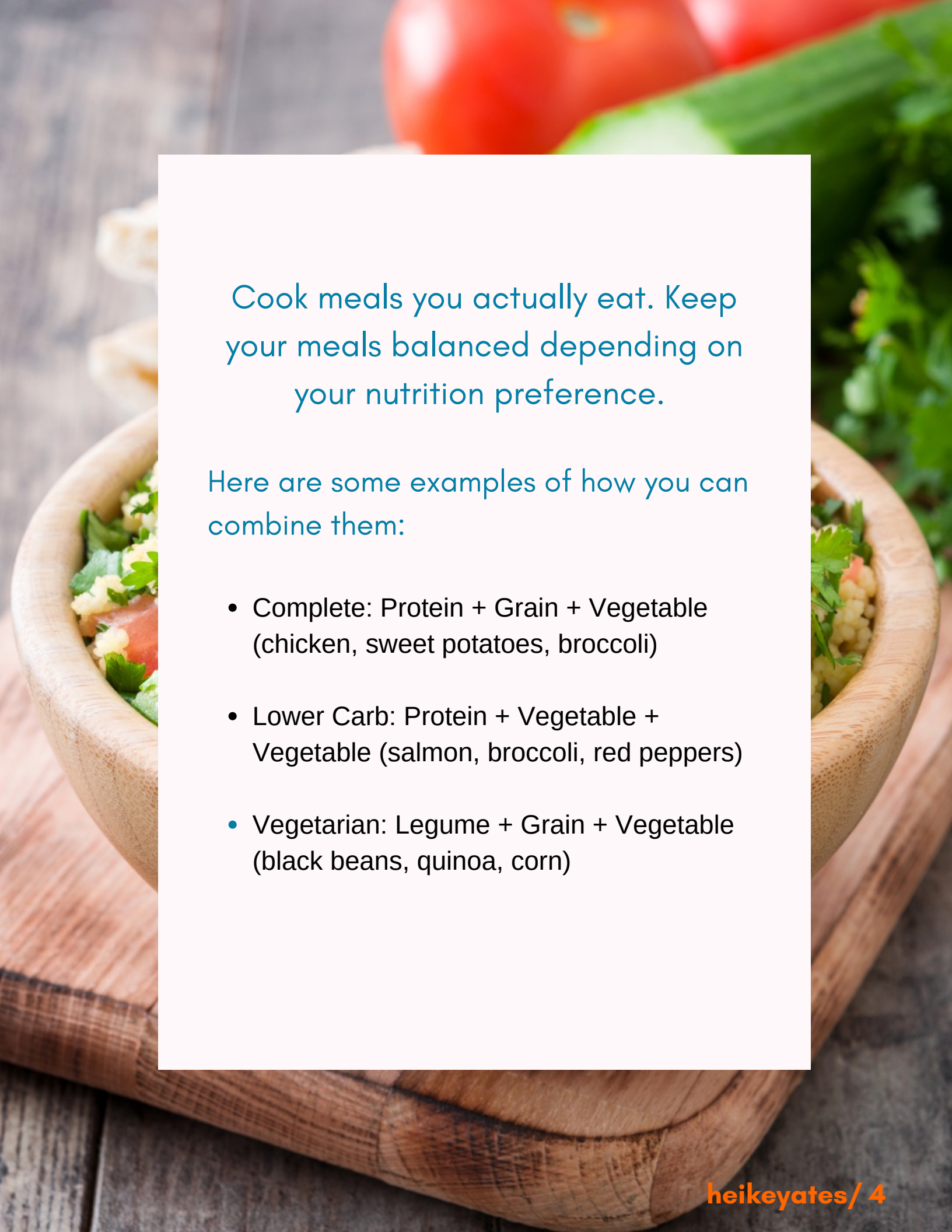
- Fruits: Berries, apples, oranges.
- Vegetables: Spinach, carrots, bell peppers.
- Whole Grains: Oats, brown rice, whole-grain pasta.
- Lean Proteins: Turkey, fish, legumes.
- Healthy Fats: Avocado, almonds, flaxseeds.

Mindful Eating Tips:

- Chew Slowly: Savor each bite.
- Listen to Hunger Cues: Stop when satisfied, not stuffed.

Portion Guide:

- Protein: A palm-sized serving.
- Carbohydrates: A fist-sized serving.
- Fats: A thumb-sized serving.
- Vegetables: Fill half your plate.



Cook meals you actually eat. Keep your meals balanced depending on your nutrition preference.

Here are some examples of how you can combine them:

- Complete: Protein + Grain + Vegetable (chicken, sweet potatoes, broccoli)
- Lower Carb: Protein + Vegetable + Vegetable (salmon, broccoli, red peppers)
- Vegetarian: Legume + Grain + Vegetable (black beans, quinoa, corn)



Breakfast Spinach, Tomato, Feta Burrito

2 serving - 20 minutes

Ingredients:

1 1/2 clove garlic
2 handfuls of baby spinach
1/2 pint of cherry tomatoes
5 large scrambled eggs
2 (8-10 inch) flour tortillas
10 oz of Feta
Salt and Pepper to taste

Instructions:

- Heat 1 tablespoon of olive oil in a sauté pan over medium heat
- Add 1/2 clove minced garlic and sauté 1 minute.
- Add 2 handfuls (5 ounces) baby spinach and sauté until wilted, 2-3 minutes;
- Cut half a pint of cherry or grape tomatoes into quarters.
- Scramble 5 large eggs.
- Warm 4 (8- to 10-inch) flour tortillas.
- Place 1 tortilla on a work surface and arrange 1/2 of the eggs in a line down the middle.
- Arrange 1/2 of the spinach on 1 side of the eggs and 1/2 of the tomatoes on the other side. Sprinkle Feta cheese and roll up



ROASTED SALMON WITH ZUCCHINI STICKS

4 serving - 20 minutes

Ingredients:

12-ounce salmon fillet
2 large Zucchini cut
into small strips
2 cups basil leaves
4 cups kale
1 garlic glove
1/4 cup extra virgin
olive oil or avocado oil
Salt and pepper to
taste

Instructions:

- Slice the Zucchini into small stripes, wash the kale, and rip into small pieces, massage the kale for 1 -2 minutes with olive oil, and set aside.
- Heat the oven to 350 F degrees and bake the salmon until pink in the middle (about 5 - 8 minutes).
- In the meantime, sautee the garlic, add the zucchini until almost translucent, and then add the kale and basil.

Plate the salmon alongside your vegetable mix and season with salt and pepper.



PAN ROASTED VEGETABLES

2 serving - 30 - 40 minutes

Ingredients:

2 Carrots

2 Potatoes (you can use sweet potatoes instead or mix and match)

2 cups of Broccoli or Cauliflower (or mix and match)

Virgin Olive Oil or Avocado Oil

Salt and pepper to taste

Instructions

Thinly slice the carrots and potatoes, and cut the broccoli and cauliflower into small florets. Drizzle with Olive or Avocado Oil, season with salt and pepper.

Set the oven to 375 F degrees and roast the vegetables for 20 minutes. Stir and roast for another 10 minutes or until all vegetables are done. Serve with your favorite protein.



OVERSTUFFED VEGGIE SANDWICH

4 serving - 10minutes

Ingredients:

- 4 tablespoons Ranch Dip, or other creamy condiments of choice
- 8 slices whole grain/ whole wheat bread
- 4 large romaine lettuce leaves (or other lettuce) leaves, torn in half
- 1 medium-sized avocado, peeled, pitted, and sliced
- 2 cups bean sprouts
- 1 large tomato sliced
- 1/2 cucumber, peeled and sliced

- 1 cup grated carrots (peeled and grated on cheese grater)
 - 4 slices low fat muenster, provolone, mozzarella cheese, or vegan cheese of choice
- Salt and pepper, to taste

Instructions:

- Spread 4 slices of bread with Ranch Dip Spread. To the other slices add cheese, shredded carrots, 1/4 cup bean sprouts to each, 2 slices of tomato, 1/4 avocado, and cucumber.
- Top with the bread that has the spread on it, season with salt and pepper, and enjoy!

NEXT STEPS

Congrats on finishing 'The Fit + Fasted Over 50 Jump Start!' You've started an important journey towards better health and vitality.

Don't stop here; keep prioritizing your wellness and thriving in your life. It's a marathon, not a sprint, and I'm with you every step. Keep moving forward!

DON'T STOP THERE

Ready to feel energetic and healthy without constantly starting over when life gets in the way?

If so, join the Pursue Your Spark Blueprint, an 8-week group coaching program that's helped hundreds of women in midlife experience more energy and strength, control cravings, lose body fat, and gain body confidence.

This course is the perfect fit if sustainable health and wellness; looking and feeling your best are your goals. Secure your spot today and begin your journey to a more vibrant, healthier you. Apply NOW!

For more details, go to heikeyates.com