

Sustain Meal Plan and Recipes

Replace 1 meal a day with a shake using this recipe



Shake Recipe:

1 scoop Vegalite
1 heaping scoop Medibulk fiber supplement
½- 1 cup of frozen fruit (we recommend organic berries)
1 cup of water, coconut water or coconut milk
Add ice and blend to desired thickness

Optional:

Add 1 tablespoon chia seeds or freshly ground flax seeds.

Your 2 other meal should include:

1 serving of clean, lean protein (fish, chicken, turkey, beef {grass fed only})

- Serving Size; women should eat 4-6 oz at each meal; larger or more athletic women 6-8 oz
- Men should eat 8 oz; and larger or very athletic men up to 10 oz.
- Lean towards the higher range if you are very athletic or are recovering from surgery or healing from a wound

1-2 servings of healthy fats

- Serving size: 1 T olive oil, ¼ small avocado, 4 oz cold water fish, 10 nuts, 1 T nut butter, 5 olives)
- Be sure to count fat from protein, so if having grass fed beef, lamb or fish count as a fat serving

2+ servings of non-starchy vegetables

- Serving size: ½ cup cooked or 1 cup raw
More is better – Eat at least 5 servings a day, you can always increase the portion size of your non-starchy vegetables

1 serving of high fiber starchy carbs

- Serving Size: ½ cup cooked beans or rice, ½ small sweet potato, 1 piece of fruit

Minimize your time in the kitchen. Keep it easy and use leftovers.

- Make quick, one plate meals – make bowls, soups, wraps, salads
- Last night's chicken will be a great source for today's lunch
- Make substitutions – Replace a good fat with another good fat from the “optimal choices” list
- Leftover veggies? Toss them in a soup or bowl
- You can always add a salad to any meal

Recipes

Plates

Select a protein, starch, some non-starchy veggies (minimum 2 – go for more!), and two healthy fats.

Scallops stir fried w/
2 cups (1 T olive oil) veggies
½ cup brown rice
Mixed green salad with dressing

Grass-fed Beef
Roasted Brussels sprouts, asparagus with garlic and olive oil
½ roasted sweet potato
Mixed green salad with dressing

Chicken Pesto (see recipe below)
Roasted spaghetti squash with marinara sauce
Mixed green salad with chopped veggies and dressing

Wraps

Select a protein, some non-starchy veggies (minimum 2 – go for more!), and two healthy fats and wrap it up!

Rice wrap
Turkey slices
½ cup chopped non-starchy veggies & leafy greens
Avocado

Salads

All dressed with lemon or lime juice and extra virgin olive – add any herbs of your choice Basil, Cilantro, Oregano, Dill, Mint, etc.)

2 cups romaine and spinach blend
Grass Fed Beef
½ cup raw mushrooms & sliced tomatoes
1 T crumbled goat cheese*

2 cups arugula
Chicken
½ cup chopped celery and onions, tomatoes
10 walnuts

2 cups mixed greens
Salmon
1 cup chopped onions, cilantro & jalapeno peppers, garbanzo beans

Soup

Start with chicken or vegetable broth and add.....

Chicken, diced roasted chicken breast
Lentils
Sauteed & chopped onions, garlic, red and yellow peppers, zucchini
Mixed green salad with 10 raw nuts (your choice) & dressing

Snacks

2-4 ounces turkey and ¼ avocado roll-up (put avo in turkey and roll up)
Crudite and ¼ cup guacamole
Celery with 1 T hummus or almond butter
1 cup of lentil soup
Apple wit 1 T almond butter
½ shake serving

* only if you have determined you are not sensitive to dairy

If not dairy sensitive - plain Greek style yogurt, whey protein, cottage cheese, ricotta cheese, goat cheese can be used as protein option

If not egg sensitive - organic eggs or egg whites can be used as protein option

One of our favorite recipes:

"Cook 'em like a Chef" Chicken Breasts

Preparation time: 20 minutes

Serving size: 2 people

Preheat oven on to 350 degrees. Clean and rinse 2 medium size chicken breasts (approximately 4-6 ounces each). Rub exterior of breast with seasoning such as black pepper, lemon pepper, sea salt, thyme, oregano or other poultry seasoning. On your stove top, heat a sauté pan or skillet to medium heat, place a 1 tablespoon of olive oil or coconut oil in the pan. When pan or skillet is hot, place chicken breasts in pan just long enough to turn the outside golden brown then flip over and move entire pan into the oven to finish cooking, about 8-12 minutes (if your pan isn't oven resistant, preheat cookie sheet or roasting pan and transfer chicken breasts to it).

Chicken breasts are done when they are firm to touch and if, when pierced or sliced, their juice runs clear. This method can also be used for fish.

Chicken may also be broiled or grilled. This preparation method can also be used with **fish**.

Once you get this down, feel free to be creative with herbs or spices of your choice, such as:

Herb Crusted Chicken Breasts

4 skinless chicken breasts (remember your portion sizes 4-6 oz for women, 8-10 oz for men)

1 T fresh rosemary

1 T fresh basil

2 garlic cloves

1 T olive oil

1 T sea salt

½ t cracked black pepper

Combine herbs, olive oil and salt and pepper in food processor until it becomes a paste. Spread on chicken breasts and cover in refrigerator overnight. Then sautee, grill or broil.

Pesto Chicken

Slather chicken breasts with prepared pesto sauce*, cover and let set overnight. Then sauté, grill or broil.

* only if you have determined you are not sensitive to dairy