

# Change Your Mind to Change Your Body Challenge

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## DAY 1: NOURISH YOUR BODY

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Below are just a few examples to give you some ideas on putting together healthy meals.

### BREAKFAST IDEAS

Start each day with some protein and carbs. When you eat breakfast, digestion starts revving your metabolism for the day. Protein gives your body a metabolic boost.

- 1) 1 Slice Ezekiel toast with 1 Tbsp natural peanut or almond butter with 1 small banana or apple.
- 2) 1 packet plain oatmeal or 1/2 cup uncooked oats made with water and almond milk (if desired). Add 1 Tbsp natural peanut butter and banana or berries, 1 teaspoon flax or chia seeds.
- 3) 1 hardboiled egg sliced, 1/4 avocado sliced or mashed on 1 slice Ezekiel toast with 1/2 grapefruit or other fruit.

[Click Here](#) to get more breakfast recipes in my free guide full of Healthy Breakfast Ideas.

### LUNCH IDEAS

- 1) 4-6oz chicken, turkey, tuna (or any protein) in a make your own salad. Add any cut vegetables (think red, yellow, green) with 2 Tbsp olive oil and balsamic on the side and 1 serving of fruit.
- 2) Turkey Sandwich on Ezekiel bread with 3-4 slices fresh roasted turkey with 1 slice low fat cheese, OR sliced avocado, with mustard, lettuce and tomato. Add a small side salad with 2 Tbsp balsamic and oil or 1 serving fruit.
- 3) Hummus and veggie lettuce wraps: 1/2 cup plain hummus, 1/2 cup chopped tomatoes, 1/4 cup chopped green onion, 1/2 small cucumber (sliced), 2 tbsp of parsley, 4 large lettuce leaves, 1 whole grain pita or 2 slices Ezekiel bread or tortilla. Choose 1 fruit.
- 4) Dr. Praeger Veggie Bean burger on Ezekiel or 100% whole wheat English or Ezekiel muffin with lettuce, tomato, mashed avocado (as spread) and/or little ketchup or mustard. Add a small mixed green salad on side with 2 Tbsp olive oil and vinegar.

## DINNER IDEAS

1) 1.5 cups cooked whole wheat pasta or brown rice pasta with 4 oz chicken, broccoli or spinach. Small side salad with 2 Tbsp balsamic and olive oil.

2) Turkey Chili: 6oz ground turkey or chicken, 1 cup canned plum tomatoes, chili seasoning, 1/2 cup black beans, 1/2 cup barley or 1/3 cup brown rice, mixed green salad with 2 Tbsp balsamic and oil.

3) 4-6 oz salmon with 2 cups spinach salad, add mushroom, tomato and balsamic vinaigrette, with 1/2 baked sweet potato. Brush salmon w/ little teriyaki or hoisin sauce.

(Men can add an additional 2-4oz of protein and another serving of carbohydrate)