



## Easy Meal Plan

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To transition to this type of eating, I like to keep it simple with a smoothie for breakfast, a large vegetable salad for lunch, and greens with some cooked vegetables and protein for dinner. I have included 3 meal plans below that you can use every day with simple substitutions for variety.

### **Breakfast (6-8am) - Green Smoothie with ¼ Green Apple**

- 1-2 C. Romaine, spinach, or other greens of choice
- 2-3 Celery stalks
- ½ C. Fruit, preferably berries
- ½ Avocado
- Pea protein powder
- Enough water to make anywhere from 3-5 C. of smoothie to be divided up into containers (glass, preferably) and stored in the fridge
- ¼ Green apple to have something to chew for breakfast (aids in digestion)

### **Snack (10am) - Rest of Green Apple**

### **Lunch (12pm) - Large Green Salad with Vegetables & Protein**

- Large amount of greens of your choice
- 1 Bag of frozen vegetables, steamed or heated on stove top, and/or
- Chopped raw vegetables
- 2-4 oz Protein (optional), good use of leftovers from prior evening's dinner
- Lemon, apple cider vinegar, or coconut aminos as dressing

### **Snack (3pm) - Green Smoothie (extra from morning or previous day) or 1 piece of fruit**

### **Dinner (5-7pm) - Steamed Vegetables, Protein, and Rice/Quinoa**

- Fresh vegetables, steamed or sautéed, and/or
- 1 Bag of frozen vegetables, steamed or heated on stove top
- 1 C. Short-grain brown rice or quinoa, cooked in chicken broth, if desired
- 4-6 oz Protein, prepare enough to have leftovers for lunch the next day