

# WEEK 5 | MEAL PLANNING

## HOW TO PUT TOGETHER MEALS

This new way of eating (high fat, moderate protein and low-carb) can be really difficult to get used to.

How much fat is too much?

Can I have ANY carbs?

What about fruit?

Which vegetables are good to eat and how much is in a serving?

The list of questions goes on and on.

First of all, let's think of this as intuitive eating as opposed to structured and measured. If you're having a hard time with the transition stop counting and follow the process I am going to outline instead.

## BREAKFAST

You should aim to eat breakfast within the first hour of waking up. That may mean a fatty coffee, or it may mean a full breakfast. Either option is fine, but get some fuel into your body early.

If you enjoy coffee make a coconut coffee (1 cup coffee (or tea) +1 tbsp coconut oil + 1 tbsp collagen powder blended for 5 to 10 seconds). This may fill you up for a few hours, in which case you'll have a snack in the mid-morning as your breakfast. If it does not fill you up in which case you'll eat your breakfast right away.

What does this look like in real life?

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## Let's run through some scenarios.

If you woke up at 5 am you could have a coconut coffee first thing. You may not get hungry for breakfast until three or four hours later. At that point (around 9 am) You could then have a meal something like this: 2 eggs, ½ avocado, 2 cups of greens and maybe a few other vegetables with salsa on top.

**or**

You wake up at 6 am and have one small cup of coconut coffee. But you're always hungry in the morning, and so right after you finish your coffee, you have a fatty smoothie. You may get hungry three hours later and then have ½ an avocado with sea salt and pepper.

**or**

You wake up at 6 am and don't drink coffee or tea. You have carrot cake chia pudding. You're full until about three hours later at which time you have a cup of tea blended with coconut oil.

All three scenarios are different, but they all involve a very similar amount of food. It's important to listen to your body, see which resonates with how you feel and try modeling that.

Regarding what to eat, choose a protein and a fat to start. Then, round out your breakfast with leafy green vegetables. Avoid starchy vegetables in the morning unless there is a workout involved. Research suggests your insulin response is most sensitive when you wake up, and we don't want to add fuel to the fire.

In the above examples, you are getting protein from eggs and protein powder in the coffee/tea or smoothie. The fat comes from avocado and ghee or coconut oil (used to cook your eggs or added to your coffee/tea) you could also dress your greens with olive oil) as well as chia seeds. The leafy greens round out the meal with vegetables.

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## LUNCH

Lunch is a little easier to figure out and involves choosing a protein and a fat once again and adding lots of vegetables.

An example would be a can of tuna (protein) with avocado mayo (fat) over greens (vegetables) and any herbs or seasoning. Don't stress over the timing or the portions. When you start to get hungry for lunch, eat it! Everyone runs on a slightly different schedule.

Another option would be a big green salad (vegetables) with nuts (fat), meat (protein), olives (fat), other vegetables (steamed broccoli for example) and olive oil (fat) with balsamic for a dressing.

For reference, if you eat the breakfast outlined and are not heavily exercising you should get hungry three to six hours later. It's important to listen to your body and not eat for the sake of eating.

## DINNER

This is where you can add in some starchy carbohydrates.

It may seem counterintuitive, but dinner is the best meal to include your higher carbohydrate items. Carbohydrates play a factor in leptin (the feeling full hormone) production, and by ending our day with them, we can produce more leptin overnight and not be ravenous in the morning. Insulin sensitivity also seems to be highest at night which means we can eat moderate amounts of carbohydrates without the huge spike in insulin a morning carbohydrate fest would give us.

For dinner, I suggest choosing your protein and having a fair size (e.g., 5 oz of steak). I would use fat in the cooking process in the form of oil or butter/ghee. Then I would add in my non-starchy vegetables (like salad greens, broccoli, asparagus, cauliflower, etc. THEN I would add a half cup or so of a starchy vegetables like sweet potatoes, peas, or squash, etc. We are replacing some of the fat with starchy vegetables at this meal, NOT adding starchy vegetables in addition to a high-fat meal.

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Don't stress out about portions. You want your body to tell you when you've had enough and when you're hungry for more.

Instead, focus on mindful eating. Sit down and enjoy your food. Don't be distracted by the tv, a book, the computer, your phone, etc.

Chew your food (try to chew 20 to 30 times per bite).

The important thing is to take your time and let your body recognize what's happening so it can take over and give you the proper cues.