

4 DAY MAKE AHEAD

Here is a helpful link: [HOW TO CONVERT POUNDS TO CUPS for VEGGIES:](#)

ITEMS TO MAKE AHEAD [click on links for recipes]

[Time commitment –Prep time – 60 - 90 minutes]

- [4 chicken breasts: Use this recipe \[it is the best\]](#)
 - [1 pot of soup](#) [8 cups]
 - [6 cups of roasted veggies \[cubed sweet potatoe, brussel sprouts, mushrooms\]](#)
 - [Salad Dressing \[12 oz\]](#) [I use balsamic oil and vinegar – specialty]
 - [4 hardboiled eggs \[for daily snack\] \[if you eat hardboiled for breakfast then boil 12\]](#)
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4 DAY WORTH OF MEALS

Breakfast

- 2 eggs [anyway you want them]
- 1/2 avocado
- 1.5 cup of roasted veggies
- 16 oz of water [with juice of one lemon]

Mid-AM Snack:

- Whey protein shake
- ½ cup blueberries
- 16 oz of water [8 oz in shake/8 oz on side]

Lunch

- 2 cups soup
- 1 hardboiled egg
- 16 oz of water

Mid-PM Snack

- 1 medium apple
- 1 tb. Almond butter
- 8 oz of water

Dinner Salad

- 1 Chicken breast [chopped]
 - 2 cups greens
 - 1 tomato
 - 1 cup of asparagus [steamed/chopped]
 - 1 tb walnuts
 - 2 tablespoons salad dressing
 - 8 oz of water
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SHOPPING LIST

FROM YOUR TLS COACH

- Whey Protein Shake
- Daily essentials
- Omega
- TLS Metabolic enhancement/support supplements

FROM GROCERY STORE

Here is a list of the dirty dozen food that you should always buy **organic**

Here is a great guide – good foods on a tight budget

DAIRY

1 dozen eggs

MEATS

4 Chicken breasts [@1 lb]

VEGGIES [for soup and roasted veggies and salad]

1 can or 1/4 lb. green beans

2 medium bell peppers [organic]

1 small onion

1 lb. carrots

1 lb. cabbage

1 large head of broccoli

1 lb. sliced zucchini

4 tomatoes [organic]

10 oz of greens [arugula, watercress, romaine, spinach] – [organic]

1.5 lb. asparagus [to steam] or 2 boxes frozen

1 lb. Brussel sprouts – 1 lb.

10 oz Mushrooms – 1 10 oz

1 lb. Sweet potatoes [cube to roast]

FRUITS

1-pint blueberries

4 medium apples [organic]

2 avocados [ripen in paper bag]

4 Lemons

CANNED/BOXED STUFF

1 can low sodium diced tomatoes 28 oz [organic]

6 cups beef broth

1 can tomato paste [organic]

SPICES/MISC [replenish as needed]

Garlic powder

Paprika

Sea Salt

Pepper 2 bay leaves

Thyme

Basil

Pepper to taste

Balsamic vinegar

Olive Oil

Walnuts [small bag]

Jar of almond butter

Items to make your [salad dressing](#) [or just use balsamic vinegar and olive oil]

1 bag of TRUVIA [stevia blend sweetener] for if you need a little sweet.