



## ***Eat with LB (Guidelines)***

Welcome to the STUDIO LB Fall Challenge! Follow these guidelines for the first 7 days to help jumpstart you into this challenge. Feel free to modify or continue following these guidelines for the remainder of the challenge for the best results. Let's get ready to shop + prep. You can do it!

Full Disclosure: I am not an RD, but I have spent years finding the right food to fuel my body in order to look and feel my best and have helped my clients do the same. If you have any medical concerns listen to your doctor and follow along as you see fit.

### **What I'm Not Eating:**

**Dairy** - No cheese, cow milk, yogurt, cream, sour cream, or butter. Cutting out dairy (even Greek yogurt) really changes your body for the better and you'll be shocked at the results.

**Grains** – no wheat, rye, millet, farro, amaranth, buckwheat, bulgur, or sprouted grains **with the exception of quinoa (a pseudograin) and brown rice.**

**Limit Added Sugar** –This includes honey, maple syrup, agave, Splenda, xylitol, and Stevia. When it comes to condiments, sugar is tough to avoid. Common ingredients — like sriracha, salad dressing and ketchup — include added sugar. You'll be shocked at how great you feel and how good you look when you strip sugar out of your life.

**Processed Food** - I avoid all processed, packaged foods. That means no vegetable oil, chemicals, preservatives, crackers, cookies, bread or pasta. Processed vegetarian proteins like tofu, tempeh and seitan are also not happening this week.

**Limit Alcohol** - I allow myself 1 glass (6 oz.) of wine per day. There are plenty of days that I have no wine, but it's my splurge. For me, red is the way to go, as it's heart healthy and lasts longer in my glass. Sip and savor it!



## What I Will Be Eating:

After reading what I'm not going to eat, it might seem tough to do this with me. But there are plenty of delicious ingredients that can make an amazing meal. I promise you that you can do this.

**Vegetables** – Eat veggies - including white and sweet potatoes - to your heart's content.

**Fruits** - Fruit, in moderation. Just remember that you're trying to limit your sugar intake, so choose low glycemic apples and berries over grapes or bananas.

**Unprocessed Meats** – All unprocessed meat is great. I usually stick to chicken and beef.

**Seafood** - Fish and shellfish. Think: salmon, turbot, shrimp and scallops.

**Eggs** – I eat eggs everyday, every way.

**Legumes** - Lentils, chickpeas, and hummus.

**Nuts and seeds** - All nuts and seeds.

**Oils and ghee** – I cook with and eat olive oil, avocado oil, coconut oil (in moderation) and ghee, which is a type of clarified butter.

**Coffee and tea** – I love my coffee, but I don't add any milk products or sugar to lighten it up. I used to be addicted to store-bought coffee creamer and now I love my cold brew and espresso black or with a touch of nut milk.

## Prep For The Week:

The key to success is to plan and prep for the week. I find it very difficult to eat anything at all if I don't have a plan and ingredients prepped in the fridge. Want to ensure your success? Invite a friend over, shop plan and prep together!

1. 8-10 hard-boiled eggs
2. Make chia pudding.
3. Chop veggies for my salads and collard wraps.
4. Grill proteins like steak and chicken.
5. Make salmon.
6. Cook lentils and quinoa.
7. Roast beets and sweet potatoes
8. Make a large batch of soup.



## Meal Inspiration

This is an inspirational guideline for your own meals. I'll be posting plenty of recipes on the blog and I hope that you will all share your own favorite recipes in the [Facebook group](#) or share on Instagram using #EatWithLB.

### Breakfast:

- Scrambled Eggs w/ sliced avocado, tomatoes & Trader Joe's everything bagel spice.
- Chia Pudding w/ sliced almonds and berries.
- Breakfast Salad: Poached or fried egg on a bed of spinach or sweet potato toast w/ a side of fresh berries.
- [Coffee Smoothie](#) with a hard-boiled egg.
- Scrambled Eggs w/ homemade salsa.

### Lunch:

- Collard Wrap – Spread collard w/ hummus and add quinoa + chopped veggies that I have on hand, and fold it up.
- [LB's Perfect Salad](#)
- [LB's Mexican-ish Salad](#)
- Zucchini Noodle Salad –Spiralized zucchini (you can purchase them at most grocery stores if you don't have a spiralizer), w/ dairy-free pesto, cherry tomatoes and protein of choice.
- KK's Med Salad: Cucumber, tomatoes, red onion (diced), avocado, & feta cheese.

**Protein:** Add grilled chicken, fish, lentils or 2 tablespoons of quinoa to any salad for additional protein.

### Snacks:

- Nuts.
- Fresh Fruit.
- Apple or banana w/ almond butter.
- Hummus with cherry tomatoes, carrots or cucumbers.

### Dinner:

- Baked salmon with roasted potatoes, and a roasted vegetable (zucchini, carrots, etc.).
- [Mediterranean Stuffed Peppers](#)
- [Crispy Chicken Bites](#)
- Stir-fried cauliflower rice with veggies and protein of choice.
- Loaded baked potato or sweet potato, stuffed with veggies and black beans. \*Recipe coming soon.
- Homemade hearty soup. (Minestrone, Lentil Soup, etc.) Avoid store bought soup that is full of sodium and preservatives and stay away from soups that have a creamy base. \*Minestrone recipe coming soon.