

# Olena Wellness Power Plate Meals

## Breakfast:

### Shake:

Water, Coconut or Almond Milk (Calfia)  
Protein powder (Standard Process Complete or Ancient Nutrition Bone Broth Powder)  
1Tbl of MCT oil  
1 cup of green veggies (spinach, romaine, kale, celery, cucumber)  
½ cup of fruit (cherries, apples, blueberries, frozen tropical mix, pears or ½ banana)

### Fried Egg in Butter

Homemade Potato Hashbrowns (Radish, Sweet Potatoes, *Potatoes*) with an egg or animal protein

## Snack Options:

1) Shake

2) 1 piece of organic fruit

3) Chips and Dip:

Dips: Organic Hummus, Wholly Avocado, *Refrigerator Salsa (read labels)*

Chips: Raw Carrot Chips, *Benito Chips, Late July Chips, Simply Lays*

4) Hardboiled Eggs/Deviled Eggs

5) *Almond Butter* on Celery Sticks or Banana

6) Organic Seeds (Sunflower, pumpkin)

7) Skinny Chocolate Fat Bomb! See Recipe at [www.olenawellness.com/recipes](http://www.olenawellness.com/recipes)

Use Organic Whole Leaf Stevia or Pure Monk Fruit to sweeten!

## Lunch Options:

1) Soup in Thermos! Stays warm all day long!

Homemade Broth is always best! Store bought Options: Pacific and Kirkland!

Recipes at [www.olenawellness.com/recipes](http://www.olenawellness.com/recipes)

2) Salads with Bolthouse/Primal Kitchen/Braggs Salad Dressing

Organic Greens: Mixed Greens, Spring Mix, Romaine, Butter Lettuce, Bean Sprouts, etc.

Toppings: Tomatoes, Cucumber, Onions, Radish, Olives, Seeds, Broccoli, Cauliflower, Carrot, etc.

Protein: Grilled Chicken or hardboiled eggs

Dressing: Homemade is always best! 1 cup avocado oil, ½ c rice vinegar, 1tsp salt and seasonings

Store Bought Dressings: Braggs, Primal Kitchen, Tessemae's, Bolthouse

3) Dinner Leftovers

4) *Sandwiches:*

*Bread: Alpine Valley (Costco), Dave's Killer Bread, Sami's Sourdough Millet Bread (Health Food Store)*

*Spreads: Mayo (Primal Kitchen, Sir Kinnsington, Homemade, Soy free Vegenaize)*

*Meat: Boars Head Deli Meat at Publix*

*Cheese: Boards Head Cheese at Publix Deli, Organic Valley*

5) Chicken Salad: Organic Homemade or *Costco Rotisserie Chicken/Primal Kitchen Mayo/Celery & Green Onion or Grapes & Walnuts/Salt*

6) Tuna Salad: Wild Planet Tuna/Primal Kitchen Mayo/Bubbies Dill Relish

7) Quinoa Bowl:

1/2c cooked quinoa

Palm Size Protein (chicken, beef, lamb, turkey, fish)

1 cup Organic Green Veggies (bean sprouts, kale, spinach, etc)

1 cup Organic Veggies (Carrots, Peppers, Tomatoes, Onions, Broccoli, etc)

***ALL Italicized words should be minimized or avoided depending on your nutritional therapist's advice!***

## Dinner Options:

1) Lunch Options

2) Grill It! Bake It! Or Stir Fry It!

Protein: Organic Chicken, Lamb, Beef, Turkey, Fish

Veggies: Zucchini, Asparagus, Squash, Onions, Bellpepper, Sweet Potatoes, etc.

Grill Marinade: 1 cup avocado oil, ½ c rice vinegar, salt & seasonings

Bake It: One Pan Clean up! Mix all ingredients together with avocado or coconut oil and seasonings.

Stir Fry: Fry in avocado or coconut oil. Top with Sesame Oil, coconut aminos, and seed & sprouts.

3) CrockPot/Instant Pot Meals (Recipes at [www.olenawellness.com/recipes](http://www olenawellness.com/recipes))

## Drinks:

Filtered Water : Drink half your body weight in ounces (200lb person drink 100oz)

Organic Herbal Teas

*Organic Coffee with Calvia or Organic Valley coffee creamers*

Coffee Alternative: Teechino Herbal Tea (Dandelion versions are gluten free)

*Treats: Zevia, Crystal Light PURE, True Lemon, True Lime*

Safe Sugar Alternatives: Whole Leaf Stevia (Zing) or Pure Monk Fruit

## **Treats: DON'T EAT ON A REGULAR BASIS! IT'S A TREAT! However....**

*We would rather you cheat with an organic treat than go to Sonic for a milkshake! LOL*

*Figgy Pops (Costco)*

*Kirkland Fruit Snacks*

*Organic Animal Crackers (Costco)*

*Back To Nature Cookies (Publix)*

*Lilly's Chocolate Bars/Theo's Chocolate Bar/Equal Exchange Chocolate/Enjoy Life Desserts & Chocolate*

## Restaurant Tips:

*safer Restaurants: Chiptoles, Jason's Deli, 7 Spice, Zoes, Whole Foods Deli, Sunflower Café, Clean Eatz, FOY,*

Order a Salad & take your own salad dressing or grilled chicken/steak & veggies

Don't order fried food! Look out for Bad Fats!!!! They cause pain & inflammation!

Take close note how you feel after the meal and even up to 3 days later! Was there a change in pain, mood or any other symptom?

## **Organic Grains & Dairy:**

*These should not be eaten if you are trying to overcome symptoms, autoimmune disorders or trying to lose weight!*

*They require proper preparation, time and planning! All grains should be soaked!*

*If you want to eat grains and dairy, please ask your nutritional therapist before doing so. They will step you through a safe way of eating these nutrient dense foods!*

## **RULES TO REMEMBER:**

1) Eat To Fullness! Don't overeat!!!

2) Eat all meals within a 12 hour window of time (ex. 6am – 6pm or 8am to 8pm) or Intermittent fasting

3) Drink enough filtered water! (Half your body weight in ounces)

4) Eat Organic Meat, Veggies & Fruit Only! Everything else is a treat and should be minimized, especially if you are trying to lose weight or overcome illness!

5) 2:1 Veggie to Fruit Ratio: If you eat 2 cups of veggies you can have 1 cup of fruit!

6) Only eat good healthy fats! (kerrygold butter, ghee, avocado oil, coconut oil, sesame seed oil, flax seed oil, *grapeseed oil*, organic lard)

7) Seasonings: Sea salt, Pepper(s) and fresh or dried herbs: No seasoning packets!!!!

**8) Avoid All Food Allergens, Bad Fats, Bad Salt, Bad Sugar Substitutes, Added Sugar especially high fructose corn syrup**

See our favorite brands and grocery tips at Olena Wellness Favorites Shopping Guide at

[www.olenawellness.com/shopping-guide](http://www.olenawellness.com/shopping-guide)

Olena Wellness Recipes at [www.olenawellness.com/recipes](http://www.olenawellness.com/recipes)

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