

The goal of this meal plan is to promote better nutrition, more energy and better eating habits, which will ultimately promote a healthier lifestyle. With this meal plan it doesn't matter what your body type is. Doctors and scientist have proven that food lacks the proper nutrients that our bodies need and research shows that 9 out of 10 people are nutritionally deficient. As such, the components in this meal plan are crucial for achieving maximum result since this meal plan focuses on restoring vital nutrients. If you have any questions or want more info, please contact me at: <https://www.shabaang.com/contact-us> or e-mail me at info@shabaang.com

MAKEOVER for A New You “Daily Meal Plan”

Protein is the building block of cells throughout the body. It is necessary for healthy skin, nails, muscles, cartilage and blood. Protein helps to build and repair bodily tissues, and it is used to produce hormones and enzymes. When you eat protein for breakfast, you will feel more energized and ready to take on your day. You are also more likely to feel full longer, which can lead to healthier eating habits and possibly even weight loss. Here We Go!!

Here We Go!!

Take your [Zeal](#) before breakfast.

(Wild Berry, Kiwi Watermelon, Lemon Lime, Bold Grape, Tropical Dream).

Breakfast (Option 1)

Breakfast – Take your [Protein Shake](#) (just add water, unsweeten almond or rice milk to your chocolate or vanilla shake or blend strawberry, banana, or blueberries with your vanilla shake) blend it UP and drink as your [meal replacement](#).

Breakfast (Option 2)

Breakfast - ~ 2 eggs (1 palm-sized portion) ~ 1 cup (1 fist – sized portion of spinach or swiss chard ~1 slice (1 cupped handful) sprouted-grain toast ~1 tbsp (1 entire thumb) almond butter ~¼ cup (1 cupped OR- Breakfast ~3 eggs (1 palm-sized portion) ~1 cup (1 fist-sized portion handful) mixed berries ~ *8-16oz of water*.

Snack

Snack 3 hrs later: [Almonds](#) are a popular type of tree nut. They are loaded with important nutrients, including fiber, vitamin E, manganese and magnesium. **Protein content:** 13% of calories. 6 grams per 1 ounce (28 g) serving, with 161 calories. **Other High-Protein Nuts Pistachios** (13% of calories) and cashews (11% of calories). *8-16oz of water*.

Lunch

Lunch – 3 hrs later: ~ 4 oz (1 palm-sized portion) of albacore tuna ~1 cup (1 fist-sized portion) chopped cucumbers and peppers ~1 tbsp (1 entire thumb) of guacamole ~ 1 sprouted – grain wrap (1 cupped handful) 1 cup (1 fist-sized portion) baby carrots ~ **8-16oz glass water**.

Take your [Zeal](#) After Lunch but before 2:00 p.m.

Snack

Snack – 3 hrs later: ½ banana, 5 oz nonfat greek yogurt with swerve or stevia, 1tbsp. peanut butter. Remember! **8-16oz of water!**

Dinner (Option 1)

Dinner – Take your [protein shake](#) (strawberry, banana, kale, spinach, apple, peach) blend it UP and drink as your [meal replacement](#).

Dinner (Option 2)

Dinner – 3 hrs later: ~4 oz (1 palm-sized portion) of chicken ~1 cup (1 fist-sized portion) of asparagus ~1 tbsp (1 entire thumb) of coconut oil or extra-virgin olive oil ~1/2 cup (1 cupped handful) quinoa ~ **8-16oz of water**

Snack

Almonds - Your body is about to go without food for the next 6-8 hours. If you are on a strict workout program your muscles are in a state of recovery, repair and growth. Almonds are a calorie dense food packed with Omega 3s and healthy fats that take a significant amount of time to digest. If you consume almonds about 30 minutes before bedtime. **8-16oz of water!** There you go!

Over time, you will have to adjust. Based on preferences, based on variety, and based on your results. That's the beauty with a flexible approach to nutrition: There are unlimited variations.

Remember!! To consume ½ your body weight in ounces of water DAILY.

Enjoy your makeover journey to the new you!

El-Princess