

# Extreme Wellness!

## 6 WEEKS OF TRANSFORMATIONAL WELLNESS

With Nicole Carter, Med

Meal planning and prepping is an important part of the program because it increases your rate of success just by being prepared. The method I use is very simple and can be adapted to any type of food you want to cook.

### Basic Instructions

Start by making a list of your favorite foods in 2 categories: Proteins and Veggies. A cheat sheet is provided. Plan for cooking enough food so that you can have 3 small meals for yourself each day, not including your dinner. I usually consume 3 pre-packed meals and then have dinner with my family, however find what works for you!

For each prep-cooking session, I recommend cooking 2 proteins and 3-4 vegetables. You can also combine the vegetables or use a mixed salad as the vegetable.

The portions I use are 4oz protein and 4-6pz vegetable. You can make any combination of these meals you like. This allows you to vary your meals each day as opposed to making one big batch of a recipe and eating the same thing several times, which would get very boring. You want to keep variety in foods to keep it interesting but also to vary the types of nutrients you are eating.

### Use the Chart provided to create your meal plans!

Proteins (Choose 1-2 per pre-cook session)

Organic Chicken

Organic Roasted Turkey Breast

Organic Ground Turkey

Bison

Lamb

Wild caught or sustainably farmed fish



Pasture raised Eggs  
Organic Sausages  
Uncured sugar free Bacon  
Grass Fed organic beef  
Other Seafood

Vegetables  
Artichokes  
Artichoke hearts  
Asparagus  
Avocado  
Bamboo shoots  
Bean sprouts  
Broccoli  
Brussels sprouts  
Cauliflower  
Celery  
Cucumber  
Daikon  
Eggplant  
Endive  
Jicama  
Leeks  
Greens (collard, beet, kale, mustard, turnip)  
Mushrooms  
Okra  
Onions  
Pea pods  
Peppers  
Radish  
Seaweed  
Squash (spaghetti, green and yellow zucchini)  
Sugar snap peas  
Swiss chard  
Tomato  
Water chestnuts



Watercress

Cabbage (green, bok choy, Chinese)

All Salad greens (chicory, endive, escarole, iceberg lettuce, romaine, spinach, arugula, radicchio, watercress)

Protein	# servings	X4oz= Total oz	Veggie	#servings	X4=total
Ex. Chicken	2	8oz	Broccoli	4	16oz

**Step 1:** Choose Your Protein and Veggies

**Step 2:** Calculate the amounts needed with the above chart

**Step 3:** Cook all of the food and set out storage containers

**Step 4:** Measure 4oz of protein and 4-6oz of veggies per container.

**Step 5:** Consume 3 meals daily plus additional daily needs, use meals within 3 days or freeze.

**TIP:** Don't forget to use Grass Fed Butter, Ghee, coconut oil or MCT oil for your cooking!

