

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!

