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### **5 Day Nutrition Planner**

- Breakfast within one hour of waking daily
- No eating two hours before bedtime
- At least 8 grams of protein with each snack/meal
- Eat something every 4 hours maximum
- Vegetables plentiful and varied, twice per day
- “Better Butter” = Half Extra Virgin Olive Oil, half organic Butter melted together and refrigerated
- Only beverages are water, herbal and green tea, diluted juices

#### **Breakfast**

1. Steel-cut oatmeal with 2 tbs raw almond butter, Green tea, 4oz soy milk
2. 2 slices sprouted wheat bread with 2 eggs, better butter, 2 oz pomegranate juice diluted with water
3. One slice whole wheat bread with peanut butter and jelly (no corn syrup or hydrogenated oils in either), 4 oz soy milk
4. ½ cup organic cottage cheese and ½ cantaloupe melon, sparkling water
5. 8 oz plain yogurt with sliced banana, Green tea
6. Protein smoothie: Protein powder, water, ice, frozen blueberries
7. High protein cereal with soy milk, handful raw cashews

#### **Snacks**

1. String cheese and apple
2. Handful raw almonds, handful dried cranberries
3. 2 hard boiled eggs
4. Turkey and cheese slices rolled together
5. Celery, cherry tomatoes, carrots, cucumbers dipped in hummus

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6. Protein bar – consider Lara, Powerbar Harvest
7. Whole wheat tortilla with hummus, lettuce, sliced tomatoes, red onion
8. Rice crackers and almond butter
9. Yogurt
10. Edamame
11. 4 dates, handful peanuts
12. Glass soy milk
13. Protein smoothie
14. Orange and hard boiled egg
15. Banana with 2 tbs peanut butter

### **Lunches**

1. Mixed green salad with ½ cup cottage cheese, sunflower seeds, olive oil, lemon juice, sprouts
2. Sandwich: Sprouted bread, avocado slices, mashed white (cannelloni) beans, sprouts, tomato
3. Serving of vegetable soup with a protein source (meat or beans), Whole wheat crackers and hummus
4. Mixed green salad with chicken breast, olive oil, vinegar, tomato, radish, onion, red or orange bell pepper
5. Sandwich: Whole wheat bread, mustard, romaine lettuce, tomato, onion, turkey, cheese

### **Dinner**

1. Wild Alaskan salmon cooked on stovetop with olive oil, steamed asparagus with salt and better butter, mixed green salad
2. Chili: Try recipes that mix turkey and beef and include many varied vegetables and beans, corn bread
3. Rotisserie chicken, sautéed onion, garlic, broccoli and kale in olive oil, ½ cup barley with better butter
4. Pork chops heated stove top in apricot jam, hoisin sauce and soy sauce over ½ cup quinoa, mixed green salad
5. Stir fried chicken and Asian vegetables in olive or canola oil, ½ cup brown rice
6. Tomato soup, Quesadilla: Whole grain tortilla, cheese, sliced bell peppers and topped with goat cheese. Steamed broccoli, cauliflower and carrots with better butter and salt