

Hot Mess to *Sexy* Black Dress Plan Week 4



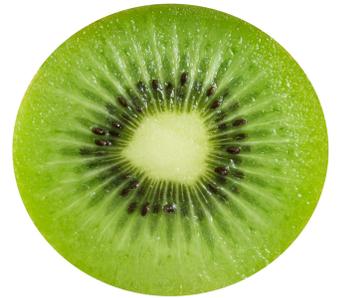
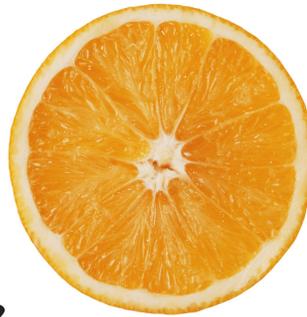
Awareness

Remain aware of your body. Truly feel when you are truly hungry. Some portions within this plan may be larger or smaller for you. If you are truly hungry you eat, and if not you don't. Simple as that.

If hungry, eat unlimited amounts of veggies and fruits. If you feel you need more animal protein you can add a side of baked or grilled chicken breast or fish (grilled, or baked) to meals that do not have animal protein at all.

A side of animal protein does not need to be any bigger than the palm of your hand.

But all in all... do your best to stick with the plan for best results.



Journal

Keep your goal at top of mind and continue to look at it each day.

Journal Exercise Each Day This Week: What are the obstacles that will come in the way of you accomplishing your goal and how will you overcome them?

Measurements:

Height:

Weight:

Waist:

Hips/Thighs:

Arm Circumference:

Recipes

Mango Ginger Smoothie, 1 serving

1 cup frozen mango
1 ripe banana
½ cup fresh kale
½ cup avocado.
¾ inch raw ginger root peeled
½-¾ cup water or almond milk

Directions:

Blend till smooth.

Egg & Avocado Toast, 1 serving

1-2 eggs
½ avocado
1 slice toasted sprouted grain bread
Olive oil
Salt
Pepper

Directions:

Warm pan over med - high heat and add in 1-2 eggs. Cook egg until solid and fluffy all the way through.

Place egg over toasted sprouted grain bread.

Take half an avocado and thinly slice and place over egg.

Add salt and pepper to taste.

Recipes

Roasted Shrimp and Vegetables , 4 servings

1 red onion diced
1 red bell pepper diced
1 cup mushrooms stems removed and halved
1 1/2 cups broccoli florets
3 Tbsp. olive oil divided
Salt
Pepper
Lemon pepper seasoning
Paprika
1 pound uncooked shrimp peeled and deveined
Garlic powder

Directions:

Preheat oven to 425 degrees. Add in onion, bell pepper, mushrooms and broccoli to a large sheet pan. Add 2 tablespoons olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/4 teaspoon lemon pepper, and 1/4 teaspoon paprika to the veggies and toss evenly. Roast in the oven for 15 minutes.

Meanwhile in a separate bowl add the shrimp, 1 tablespoon olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon paprika, and 1/2 teaspoon garlic powder. Toss until shrimp is evenly coated.

Remove veggies after 15 minutes and add the shrimp directly to the pan with the veggies, spreading out evenly. Place back in the oven for another 5-7 minutes. Remove and serve over quinoa.

Kale & Grain Salad, 4 Servings

2 cups cooked quinoa
1 1/2 handfuls of kale, stems removed
1/2 cup dried cranberries
1/2 cup slivered almonds

Recipes

For the dressing:

3 Tbsp. balsamic vinegar
¼ cup apple cider vinegar
¼ cup extra virgin olive oil
1 heaping tablespoon of honey
½ teaspoon salt

Directions:

Throw all into a bowl and divide into 4 servings.

Use dressing as needed.

If you feel you want to add a bit of animal protein you can choose to do so.

Taco Tomatoes, 2 servings

4 tomatoes
1 tbsp. extra-virgin olive oil
1 onion, chopped
1 lb. ground turkey
1 packet taco seasoning
kosher salt
Pepper
1/2 cup shredded romain lettuce
1/2 c. sour cream (non-dairy if you can find)
1 avocado

Directions:

In a medium skillet over medium heat, heat oil. Add onion and cook until tender, about 5 minutes. Add ground turkey and taco seasoning, breaking up the meat with a wooden spoon. Season with salt and pepper, and cook until the turkey is cooked all the way through, about 6 minutes. Set aside.

Flip tomatoes so they are stem-side down. Cut the tomatoes into six wedges, being careful to not cut completely through the tomato. Carefully spread open the wedges.

Divide taco meat evenly among the tomatoes, then top each with avocado, lettuce, and sour cream.

Recipes

Tuna Avocado Romain Salad, 3 servings

Olive oil

Salt & pepper

1 large head of romaine lettuce chopped

1 bunch radishes sliced

1 avocado peeled pitted and sliced

2 cooked tuna steaks (if using canned tuna, use 1 can per salad (no need to cook in this case just add on top)

Directions:

In a large bowl, combine tuna, lettuce, radishes, and avocado. Drizzle with olive oil salt and pepper and can add a squeeze of lemon if you like.

Tuna

Place stove on medium to high heat. Place tablespoon of olive oil and cover bottom of pan with water. Place tuna steak in pan and cover adding in salt, pepper, lemon juice, and garlic. Cook until white all the way through, may need to add in more water once tuna gets cooking.

Shopping List

Frozen mango (small- medium bag)
4 bananas
2 bunches fresh kale
Romain lettuce (large pack)
1 teaspoon freshly grated ginger or 3/4 inch raw ginger root peeled
1-2 eggs
6 avocados
Sprouted gran bread (Ezekiel)
Olive oil
1 red onion
1 yellow onion
1 red bell pepper
Mushrooms (small carton)
Broccoli (fresh head will need 1 1/2 cups of florets)
Lemon pepper seasoning
Paprika
Garlic powder
1 packet taco seasoning
1 lb. shrimp peeled & deveined
1 lb. ground turkey
Quinoa (or any grain of your choice as long as it's not white rice)
Dried cranberries (small bag)
Slivered almonds (small bag)
Balsamic vinegar
Apple cider vinegar
Honey
4 tomatoes
1/2 c. sour cream (non-dairy if you can find)
1 bunch radishes
2 tuna steaks

Prepping Instructions

Sunday

Prepare Kale & Grain Salad and divided into 4 servings to be eaten throughout the week.
Prepare a total of 2 cups of quinoa or any grain of your choice, which should yield about 4 cooked cups.
Use 2 cooked cups for the Kale & Grain Salad and the rest for the Roasted Veggie & Shrimp dish throughout the week.

Monday

Prepare Roasted Veggie & Shrimp dish and dived into 4 servings for later in the week. Enjoy over quinoa.

Tuesday

Enjoy Kale & Grain Salad..

Wednesday

Enjoy Roasted Veggie & Shrimp dish.

Thursday

Enjoy Kale & Grain Salad.

Prepare Tuna Avocado and Romaine Salad for tomorrow's lunch, Saturday's dinner, and Sunday's lunch.
Wait until you are ready to eat the salad to add the avocado.

Friday

Prepare Tomato Tacos and save have for tomorrow's lunch.

Saturday

Enjoy Tuna Avocado Romain Salad