

*Hot Mess to **Sexy**
Black Dress Plan
Week 3*





Awareness

I SAY THIS AGAIN BECAUSE THIS IS VERY IMPORTANT

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

Reflecting back to before you started this challenge I want you to write down one thing each day that is different NOW for you. Whether that be how you feel, what you see, the changes in yourself and those around you.

After you have that one thing write down how that makes you feel (emotionally) and what that means for your future.

Measurements:

Height:

Weight:

Waist:

Hips/Thighs:

Arm Circumference:

Recipes

Green Smoothie, 1 serving

1 handful kale
1 cup tropical fruit blend (frozen)
½-1 banana
Scoop flax seed powder or chia seeds
¾-1 cup of water or almond milk (unsweetened)

Directions:

Blend till smooth.

Tomato Avocado , 1 serving

1 avocado
1 tomato
Salt & pepper

Directions:

Dice tomato to medium sized chunks as well as avocado, place in bowl. Add salt and pepper and enjoy.

Egg Veggie Stir Fry , 1 serving

2 eggs
½ cup of chopped green, orange, red and/or yellow bell peppers
¼ cup chopped onions
¼ cup chopped kale
1 tsp. olive oil
Salt & pepper
½ cup cooked quinoa

Directions:

Place stove on med-high heat with olive oil in a pan. Pour in eggs and cook all the way through. Drop in all chopped veggies and cook for 5 more minutes. As you stir ingredients chop up the eggs with the spatula so they become scrambled. Salt & pepper to taste.

Serve over cooked quinoa (left over, can warm on stove),

Recipes

Kale Salad, 2 servings

1 bunch kale
1 Tbsp. olive oil
¼ cup dried cranberries
½ lemon (juiced)
½ cup sunflower seeds (unsalted)

Directions:

After washing kale, strip leaves from stem by grabbing the bottom of the stem in your non-dominant hand and using your other hand to grip right where the leaves meet the bottom of the stalk and run down the stalk.

Stack handful of kale together, roll in a bunch and take a sharp knife to cut in ½ inch strips. Repeat till complete.

Put kale, lemon juice (from squeezed lemon), and olive oil into large mixing bowl. Mix and squeeze everything together like you're squeezing a stress ball for about 1-2 minutes. Making the kale soft.

Add sunflower seeds and dried cranberries to salad.

May need more lemon or olive oil.

Salmon Salad , 1 serving

1, 4 oz. salmon fillet (or the size of your palm)
1-1½ large handful of kale/ romaine mixed
Onions (as much as you want)
Sweet bell peppers (as much as you want, any or all colors)
Chopped radishes (as many as you want)
½ lemon
salt & pepper
1 Tbsp. olive oil

Directions:

Add salmon, greens, and veggies to your bowl. Pour tablespoon olive oil over and a splash of salt and pepper. Squeeze lemon juice over.

Recipes

Baked Chicken Salad , 1 serving

1, 4 oz portion size of chicken (or the size of your palm)
1-1 1/2 large handful of kale/romaine mix
Shredded carrots (as much as you want)
Tomatoes (as much as you want)
Onions (as much as you want)
Radishes (as much as you want)

Directions:

Use olive oil, salt, pepper with a squeeze of lemon for the dressing.

Baked Chicken , 4 servings

4 , 4 oz. chicken breast
Olive oil
Seasoning of your choice

Directions:

Pre-heat oven to 400 degree. Place chicken in pan and rub olive oil over along with seasonings of your choice and cook in the oven for about 15 minutes or until chicken is cooked all the way through.

Salmon , 4 servings

4 salmon fillets (portions sized about the size of your palm)
Salt & pepper
1 lemon
Olive oil

Directions:

Pre-Heat Oven to 400 degrees.

Place salmon fillets in pan and brush olive oil over each fillet. Add splash of salt and pepper. Place in oven and cook for about 20 minutes or until salmon is tender all the way through.

Once done squeeze ¼ slice of lemon over each fillet.

Recipes

Steamed Vegetables, 2 servings

2 cups uncooked broccoli
1 handful of shredded carrots
1/2 onion sliced

Directions:

Place all veggies in the steamer and cook for about 6-10 minutes until veggies are bright in color and still tender. If using frozen broccoli cook broccoli first for about 10 minutes and then add in other veggies and cook for about 4-5 more minutes.

Fried Vegetable Quinoa, 4 servings

1 Tbsp. olive oil
1-2 cloves garlic or garlic powder
1 cup uncooked quinoa (2-3 cups cooked)
1, 16 oz. bag frozen veggies (any variety you like)
1 can of garbanzo beans
½ tsp. ground ginger
2-3 Tbsp. low sodium soy sauce

Directions:

Heat oil on medium high heat.

Cook quinoa using the directions on the bag.

Add cooked quinoa, mixed veggies, and beans to a pan along with garlic cloves/powder and cook for about 5 minutes or until veggie are soft.

Once complete add soy sauce and ginger seasoning.

Shopping List

2 avocados
3 tomatoes
½ dozen eggs
1 green bell pepper
1 orange, red, and yellow bell pepper
1-2 onions
2 bunches of kale
1 large bunch of romaine (or 2 small)
Quinoa (or brown rice)
Olive oil (if you don't have already)
1 small bag of dried cranberries (try to find lowest in sugar, if you can't get raisins instead)
1 small bag sunflower seeds (shelled, unsalted)
Tropical fruit blend
Ground flax seeds or chia seeds (which ever you have already is fine)
3 bananas
3 lemons
1 lb. of salmon
4 small thin slices of chicken breast
10 oz. bag of shredded carrots
Radishes
1 lb. bag frozen broccoli
Garlic powder (if you don't have already)
1 lb. bag frozen mixed vegetables
Pure honey (if you don't have already)
1 can chickpeas
1 bottle soy sauce (if you don't have already)
Ground ginger seasoning
Hummus
Carrot sticks or celery or both
3 pears
Almonds (or nuts of your choice)

Prepping Instructions

Sunday Prep Day (~30 mins.)

Prep Kale Salad and place in 2 separate containers for lunch on Monday & Tuesday.
Prep little baggies of veggies in hummus so they're ready for Monday, Wednesday, Friday, and Sunday snacks .

Make Salmon Salad without salmon and store for Thursday & Saturday.

Monday Night (~15 mins.)

Prepare 1 serving of Salmon Fillet with steamed veggies.

Tuesday Night (~30 mins.)

Prepare Fried Veggie Quinoa and eat one serving.

The recipe calls for 1 cup.. but make 1 1/2 cups so that you have quinoa ready for your weekend breakfast.

Divide the rest into 3 servings and store for lunch on Wednesday & Saturday and dinner on Friday.

Leave about 1 cup of cooked quinoa to the side for breakfast on Saturday & Sunday.

Wednesday Night (~20 mins.)

Prepare Salmon and Steamed Veggies.

Prepare 2 salmon fillets. One to be used for lunch tomorrow.

Thursday Night (~20 mins.)

Prepare Baked Chicken and steamed veggies.

If there are left overs, you can take this for lunch tomorrow.

If not be sure to prepare 1 additional chicken breast and salad for tomorrow's lunch.

Friday Night

Enjoy Fried Veggie Quinoa.

Prepping Instructions

Saturday (~20 mins.)

Prepare salmon fillet for salad.

Sunday lunch (~20 mins.)

Prepare 2 baked chicken breast for salad and dinner.

