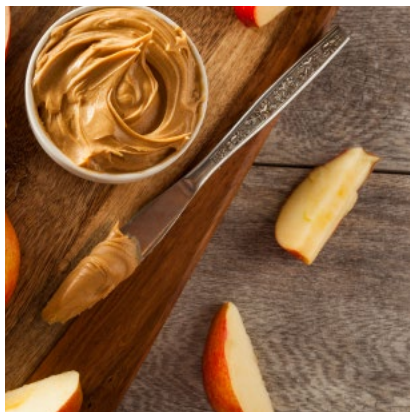
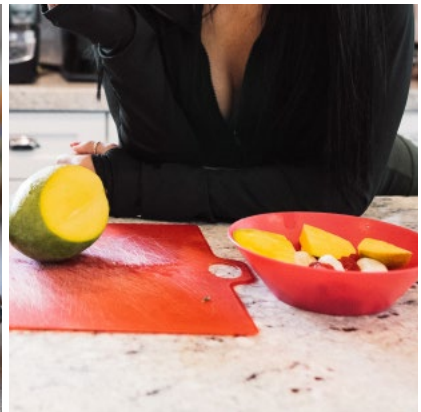
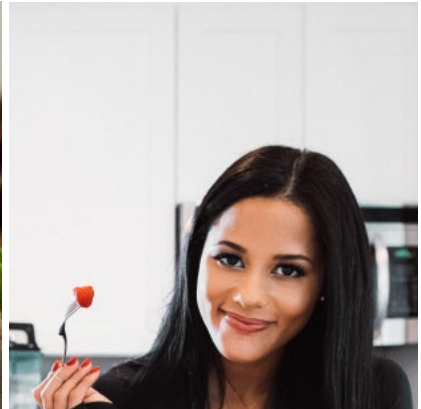




# KATYA'S HEALTHY DIET PLAN





# INTRODUCTION

Hi Guys!

My Meal Plans contain super easy recipes that allow me to eat my favorite foods, in a clean and healthy way. Every delicious recipe is really simple and quick to make, with a heavy focus on clean eating.

Nutrition and training go hand in hand - our bodies are sculpted in the gym, but MADE in the kitchen!

Each recipe contains basic nutritional information listing the calorie content for each serving. This will help you become familiar with nutrition and portion control - a very important aspect to achieving your dream body goals.

It's also important to remember that the nutrition information provided is based on specific ingredients I have used. When you make these meals, try to be exact the first few times and measure out your ingredients. This will then allow you to accurately estimate your meals in the future to make quick work in preparing your food.

*Katya*  
xoxo





# HOW TO USE MY HEALTHY DIET PLAN

## MY PLANS CAN BE MADE TO SUIT YOU!

I have created these diet plans so that you can tweak them to your lifestyle. Each meal contains similar caloric content so if you don't feel like a shake in the morning, you can have something else without breaking the calorie bank. However, this doesn't mean that you can have an ice cream sundae each night for dessert - be smart and treat yourself, just not every day!

## HOW TO USE THE DIET PLAN

I have provided you with 4 different breakfast ideas, 6 different lunch ideas, 6 different dinner ideas as well as 6 snack/dessert ideas. This is so that you have variation - one of the biggest problems with meal plans is that they don't cater for how you feel! So instead of splurging when you don't feel like eating what's for lunch, simply change to a different lunch.

So, pick a breakfast, lunch, dinner and either a snack or dessert, and that's your plan for the day done :)

## SUBSTITUTIONS

I have given you so many different meals not only for variation, but also so that you can use them as a base for your own ideas. For example, if you don't feel like turkey on your sandwich, you can replace it with a similar amount of chicken breast.

Why? Unlike other meal plans, my goal is to help you become empowered and educated so that you can make informed decisions and take control of your nutrition. It's 80% of the battle, so if you get this right everything else will fall into place!

**Vegetarian Substitutions:** If you're a vegan or a vegetarian, don't worry I've got you covered as well! For the recipes that aren't vegetarian, simply look for the **✓** next to a specific food and exchange it for the food listed—every recipe can be made vegan.

Don't be afraid to add your own meals to the plan - this is just a template to start you on your journey to a healthier you! Each week, I want you to slightly tweak one of the meals in the plan and let me know how you did it and how it tastes :)





# HOW TO USE MY HEALTHY DIET PLAN

## **EXTRA CALORIES**

You'll notice on a few of the days I have left "extra calories" for you; these are for your own healthy snacks and beverages to allow you some 'breathing room'. Focus on whole foods and less on processed snacks and soda.

**Beverages:** Try to limit your beverage consumption to water, no-sugar-added iced tea, black coffee, and other zero-calorie beverages.

**Snacks:** Skip any and all snacks other than plain vegetables (cut cucumbers, broccoli, etc), or if you're craving something sweet have a guilt free scoop of OxyWhey lean protein. This strategy will help you evaluate your hunger and promote satiety rather than grazing on snacks for flavor alone.

## **HUNGER & APPETITE CONTROL**

You might have found that you're eating less on my healthy diet plan than you normally would; if this is the case, you might get hungry at times and need a way to control your appetite.

Don't worry, by eating a lot of whole foods, I guarantee you'll feel satisfied for longer. In terms of appetite control, I recommend using OxyShred from my sponsor EHPlabs! It's great for suppressing your appetite and contains heaps of other great ingredients like mood enhancers that will keep you happy and energized during a caloric deficit, and metabolism boosters that will help you shred that stubborn fat!





# EXAMPLE WEEKLY PLAN

EXAMPLE WEEK	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT	CALORIES
MONDAY	Grab and Go Breakfast I	BBQ Chicken Salad	Chili Spud	Pineapple Banana Frappe	1200
TUESDAY	Grab and Go Breakfast II	California Turkey Stack	Vegan Dinner Bowl	Strawberry Sundae	1200
WEDNESDAY	Sunny Strawberry Shake	Chickpea Salad	Chicken Marinara	Apple with Peanut Butter	1250
THURSDAY	Blueberry Almond Toast	Healthy Caesar Salad	Chili Spud	Ice Cream Sundae	1325
FRIDAY	Grab and Go Breakfast I	Vegan Protein Bowl	Avocado Fiesta Salad	OxyWhey Frappe	1100
SATURDAY	Sunny Strawberry Shake	Hummus Salmon Sandwich	Teriyaki chicken Bowl	Apple with Peanut Butter	1250
SUNDAY	Blueberry Almond Toast	BBQ Chicken Salad	Veggie Benedict	Chocolate	1175







# CONTENTS: MY HEALTHY MEALS

<b>Page</b>	<b>Breakfast</b>	<b>Calories</b>
7	Blueberry Almond Toast	275
8	Grab and Go Breakfast I	300
8	Grab and Go Breakfast II	300
8	Sunny Strawberry Shake	250
	<b>Lunch</b>	<b>Calories</b>
9	BBQ Chicken Salad	300
10	Chickpea Salad	300
10	Healthy Caesar Salad	350
11	California Turkey Stack	300
12	Hummus Salmon Sandwich	350
12	Vegan Protein Bowl	300
	<b>Dinner</b>	<b>Calories</b>
13	Vegan Dinner Bowl	350
14	Avocado Fiesta Salad	300
14	Chicken Marinara	400
15	Chili Spud	400
15	Teriyaki Chicken Bowl	350
16	Veggie Benedict	400
	<b>Snacks and Desserts</b>	<b>Calories</b>
17	OxyWhey Frappe	200
18	Chocolate	200
18	Ice Cream Sundae	300
18	Strawberry Sundae	250
19	Pineapple Banana Frappe	200
19	Apple with Peanut Butter	300





# BREAKFAST

## BLUEBERRY ALMOND TOAST

**CALORIES 270**

PREP TIME



- 1 slice whole wheat toast (100 Calories or less per slice), topped with
- 1 tbsp almond butter and  $\frac{1}{4}$  cup blueberries
- Drip coffee or Americano with 2 tbsp half and half cream

 **VEGAN** Replace cream with 1oz of almond milk





## • GRAB AND GO BREAKFAST I •

**CALORIES 300**

PREP TIME



- 1 apple or orange
- 2 hard boiled eggs
- Drip coffee or Americano with 2 tbsp half and half cream

- VEGAN**
- Replace eggs with tofu scramble: ½ cup tofu, mushrooms, peppers and cumin
  - Replace cream with 1oz of almond milk

## • • SUNNY STRAWBERRY SHAKE •

**CALORIES 250**

PREP TIME



- 1 cup sliced strawberries, blended with
- 1 scoop OxyWhey lean protein

- VEGAN**
- Replace OxyWhey with 1tbsp chia seeds and 1tbsp honey

## • GRAB AND GO BREAKFAST II •

**CALORIES 300**

PREP TIME



- 1 banana
- 1 cup nonfat Greek yogurt
- Drip coffee or Americano with 2 tbsp half and half cream

- VEGAN**
- Replace Greek yogurt with coconut yogurt
  - Replace cream with 1oz of almond milk







## LUNCH IN UNDER 10 MINUTES

### BBQ CHICKEN SALAD

**CALORIES 300**

PREP TIME



- ✓ 4 oz grilled chicken, chopped
- ¼ cup black beans, well rinsed
- ¼ cup canned or frozen corn
- ¼ cup preferred barbecue sauce (50 Calories or less per 2 tbsp)
- 2-3 cups romaine or iceberg lettuce, chopped
- ½ cup grape tomatoes
- ½ cup cucumber

**VEGAN** Replace chicken with ¾ cup of boiled lentils

### DIRECTIONS

1. Toss together all ingredients and mix well to serve



## • HEALTHY CAESAR SALAD •

**CALORIES 350**

**PREP TIME**



- ✓ 4 oz deli turkey, chopped
- ¼ cup shredded parmesan cheese
- ½ cup grape or cherry tomatoes
- ½ cup chopped broccoli
- ¼ cup preferred yogurt Caesar Dressing (50 Calories or less per 2 tbsp)
- 2-3 cups romaine lettuce, chopped



- Replace turkey with ½ cup of boiled black beans



- Replace parmesan with vegan friendly cheese
- Replace Caesar dressing with vegan friendly hummus Caesar dressing

### DIRECTIONS

1. Toss together all ingredients and mix well to serve

## • CHICKPEA CHOP SALAD •

**CALORIES 300**

**PREP TIME**



- ¼ cup canned garbanzo beans (chickpeas), rinsed well
- 2 tbsp feta or other goat cheese
- 3 pita chips, crushed
- ½ cup thinly sliced cucumber
- ½ cup thinly sliced red bell pepper
- 4 kalamata olives, chopped
- Thinly sliced red onion, desired amount
- 2-3 cups romaine or spring green mix
- ¼ cup preferred balsamic vinaigrette (60 Calories or less per 2 tbsp)

### DIRECTIONS

1. Toss all ingredients to serve

- ✓ **VEGAN** Replace goat cheese with cashew based vegan cheese





## • CALIFORNIA TURKEY STACK •

**CALORIES 300**

**PREP TIME**



- 1 slice sourdough bread (100 Calories or less per slice)
- 1 slice sharp Swiss cheese (80 Calories or less per slice)
- 4 thin slices avocado
- ✓ 2 oz deli turkey (60 Calories or less per serving)
- 2 slices tomato (or amount desired)
- Thinly sliced red onion

### DIRECTIONS

1. Lightly toast sourdough bread. Top toast with turkey, avocado, tomatoes, onion, and Swiss cheese, and broil until cheese is melted.

✓ Replace turkey with Alfafa sprouts and grated carrot

✓<sup>EGAN</sup> Replace Swiss cheese with vegan Swiss cheese



## • HUMMUS SALMON SANDWICH •

**CALORIES 350**

**PREP TIME**



- 2 slices whole wheat bread (100 Calories or less per 1 slice)
- ✓ 1 vacuum pack salmon packaged in water (80 Calories or less per 1 pack)
- 2 tbsp desired hummus (70 Calories or less per 2 tbsp)
- Thinly sliced red onion, desired amount
- Sliced tomato, desired amount
- Field greens or shredded iceberg lettuce, desired amount

### DIRECTIONS

1. Toast bread, if desired.
2. Spread with 2 tbsp hummus and flaked salmon.
3. Top with red onion, tomato, greens, and the remaining slice of bread to serve.

**VEGAN** Replace Salmon with falafel patty or Portobello mushroom

## • VEGAN PROTEIN BOWL •

**CALORIES 300**

**PREP TIME**



- ½ cup mixed spring greens
- ½ cup grape or cherry tomatoes
- ½ cup peeled sliced cucumber
- ½ cup grated carrot
- ½ cup canned garbanzo beans (thoroughly rinsed)
- 2 tbsp hummus (70 Calories or less per 2 tbsp)
- 1 tbsp sunflower seeds (shelled)
- 1 tbsp preferred vinaigrette (45 Calories or less per 1 tbsp)

### DIRECTIONS

1. Mix together first four ingredients, top with remaining ingredients to serve.







## DINNER IN UNDER 10 MINUTES

### VEGAN DINNER BOWL

**CALORIES 350**

PREP TIME  5



- ½ cup microwave in-bag brown rice
- ½ cup shelled frozen edamame
- ½ cup baby carrots
- ½ cup snow peas
- 1 cup broccoli florets
- ¼ cup preferred teriyaki sauce (25 Calories or less per 1 tbsp)

### DIRECTIONS

1. Prepare rice and edamame to package directions.
2. Steam carrots, snow peas, and broccoli in microwave steam bag or on stove with steam pot attachment.
3. Toss together all ingredients and mix well to serve.



## • AVOCADO FIESTA SALAD •

**CALORIES 300**

**PREP TIME**



- ✓ 8 large shrimp, cooked with nonstick cooking spray
- 1/3 cup avocado, diced
- 1/3 cup diced pineapple
- 2-3 cups romaine or iceberg lettuce, chopped
- 1/2 cup cucumber, diced
- 1/2 cup red bell pepper, diced
- 1/4 cup Southwest-Inspired vinaigrette (60 Calories or less per 2 tbsp)

### DIRECTIONS

1. Toss together all ingredients and mix well to serve.

✓ **VEGAN** Replace shrimp with 4oz of sweet potato or 3oz of boiled black beans

## • CHICKEN MARINARA •

**CALORIES 400**

**PREP TIME** **IF CHICKEN PRE-COOKED**

- ✓ 8 oz grilled boneless skinless chicken breast
- 1/3 cup prepared marinara sauce (70 Calories or less per 1/2 cup)
- 2 tbsp shredded Parmesan cheese
- 2 cups broccoli florets



### DIRECTIONS

1. Preheat oven to 425. Spray tin foil with nonstick cooking spray. Season chicken breast with pepper, wrap in foil.
2. Bake at 425 for 35-40 minutes, or until chicken is no longer pink and reaches an internal temperature of 165 degrees.
3. Heat marinara in microwave.
4. Measure 8 oz chicken, top with marinara and 2 tbsp parmesan cheese. Broil until cheese is melted.
5. Serve with 2 cups steamed broccoli, prepared in microwave steam bag or in steaming pot on stove.

✓ Replace chicken with 10oz of eggplant and 10oz red bell peppers

✓ **VEGAN** Replace parmesan with coconut based vegan parmesan

## • CHILI SPUD •

**CALORIES 400**

**PREP TIME**



- 1 medium sweet potato
- ½ cup canned vegetarian chili (150 Calories or less per ½ cup)

### DIRECTIONS

1. Pierce potato several times with knife, place in microwave on full power for 5 minutes. Flip the potato over and cook for another 5 minutes or until soft.
2. Slice and mash innards coarsely with fork.
3. Top with ½ cup chili, heated in microwave.

## • TERIYAKI CHICKEN BOWL •

**CALORIES 350**

**PREP TIME**



- ½ cup microwave in-bag brown rice
- ✓ 6 oz precooked grilled boneless skinless chicken breast
- ½ cup baby carrots
- ½ cup snow peas
- 1 cup broccoli florets
- ¼ cup preferred teriyaki sauce (25 Calories or less per 1 tbsp)

**VEGAN** Replace chicken with 6oz of tofu and 3oz of boiled chickpeas

### DIRECTIONS

1. Prepare rice to package directions.
2. Reheat chicken using microwave or pan with nonstick spray.
3. Steam carrots, snow peas, and broccoli in microwave steam bag or on stove with steam pot attachment.
4. Toss all ingredients to serve.





## • VEGGIE BENEDICT •

**CALORIES 400**

**PREP TIME**



- 1 English muffin (140 Calories or less per muffin)
- 2 eggs, cooked with nonstick spray
- 1 slice sharp cheddar cheese (110 Calories or less per slice)
- 2 slices tomato, two thin slices avocado
- Salt and pepper to serve

### DIRECTIONS

1. Coat pan with nonstick cooking spray, cook eggs over easy. Toast muffin and top each half with the remaining ingredients.

**VEGAN** Replace eggs and cheese with 3oz of tofu, coconut vegan cheese and asparagus







## SNACKS AND DESSERTS

### OXYWHEY FRAPPE

PREP TIME



#### 200 CALORIES

- 1 scoop OxyWhey lean protein, blended with
- ½ cup fruit of choice
- Ice

 **VEGAN** Replace OxyWhey with 1tbsp of peanut butter and 1 tbsp of chia seeds





## • STRAWBERRY SUNDAE •

**CALORIES 250**

**PREP TIME**  2



- 1 cup slow-churned or reduced fat ice cream (100 Calories or less per ½ cup)
- 1 cup sliced strawberries

 **VEGAN** Use vegan friendly ice cream

## • CHOCOLATE •

**CALORIES 200**

**PREP TIME**  2



- 200 Calories' worth of your desired brand of chocolate or treat

## • ICE CREAM SUNDAE •

**CALORIES 300**

**PREP TIME**  2



- 1 cup slow-churned or reduced fat ice cream (100 Calories or less per ½ cup)
- 1 tbsp prepared chocolate syrup (100 Calories or less per 1 tbsp)

 **VEGAN** Use vegan friendly ice cream and syrup





## • PINEAPPLE BANANA FRAPPE •

**CALORIES 200**

**PREP TIME** 



- ½ cup frozen or fresh pineapple
- 1 cup banana slices
- Zero Calorie mandarin orange seltzer water (sweetened with sucralose or similar)
- Ice, desired amount
- Blend all ingredients until smooth

## • APPLE WITH PEANUT BUTTER •

**CALORIES 300**

**PREP TIME** 



- 1 apple sliced and spread with 2 tbsp peanut butter



## HEALTH GOALS

It's not about eating less, it's about eating better. You don't have to starve yourself to lose weight, or eat mountains of protein to tone up; you just have to eat healthy. I have created a few goals for you to tick off each week - be honest to yourself and try to implement them each week. If you binge one day during the week, that's ok.

Keep up the healthy choices for the rest of the week, don't fall into the trap of turning the whole week into a binge and "starting fresh" the next.

1. Eat one less starchy meal per day
2. Eat three cups of vegetables per day
3. Rethink your drinks
4. Healthy snacks
5. Avoid stress eating
6. Treat yourself in moderation

