



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	Speedy Breakfast I	Asian Sesame Chicken Salad	Fresh Fiesta Bowl	OxyWhey PBJ Shake	1800
TUESDAY	Speedy Breakfast II	Avocado Black Bean Wrap	Fiesta Quesadilla	Tasty Oatmeal	1810
WEDNESDAY	Strawberry Banana Protein Frappe	Tuna Sandwich	Shrimp Risotto	Choc Strawberry Toast with Chocolate milk	1810
THURSDAY	Rainbow Toast	Rainbow Caesar Salad	Garbanzo Alfredo Bowl	Sweet Strawberry Banana Sundae	1750
FRIDAY	Speedy Breakfast I	Turkey Avocado Wrap	Veggie Fiesta Bowl	Sweet and Salty Popcorn	1800
SATURDAY	Speedy Breakfast II	Veggie Hummus Club	Veggie Scramble	Katya's Signature Chocolate Protein Pancakes	1780
SUNDAY	Strawberry Banana Protein Frappe	Asian Sesame Chicken Salad	Shrimp Risotto	Tasty Oatmeal	1760





CONTENTS: MY HEALTHY MEALS

Page	Breakfast	Calories
7	Rainbow Toast	400
8	Speedy Breakfast I	400
8	Speedy Breakfast II	400
8	Strawberry Banana Protein Frappe	460
	Lunch	Calories
9	Asian Sesame Chicken Salad	500
10	Avocado Black Bean Wrap	450
10	Rainbow Caesar Salad	450
11	Tuna Sandwich	480
12	Turkey Avocado Wrap	520
12	Veggie Hummus Club	500
	Dinner	Calories
13	Fiesta Quesadilla	400
14	Shrimp Risotto	400
14	Garbanzo Alfredo Bowl	450
15	Fresh Fiesta Bowl	500
15	Veggie Fiesta Bowl	480
16	Veggie Scramble	480
	Snacks and Desserts	Calories
17	Sweet Strawberry Banana Sundae	450
18	OxyWhey PBJ Shake	400
18	Tasty Oatmeal	400
19	Choc Strawberry Toast with Chocolate Milk	470
19	Sweet and Salty Popcorn	400
20	Katya's Signature Chocolate Protein Pancakes	400





BREAKFAST

RAINBOW TOAST

CALORIES 400

PREP TIME



- 1 slice whole wheat toast (100 Calories or less per slice), topped with
- 2 tbsp peanut butter, ½ cup mixed strawberries, blueberries, and banana
- Drip coffee or Americano with 2 tbsp half and half cream

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

• SPEEDY BREAKFAST I •

CALORIES 400

PREP TIME  

- 1 banana
- 2 hard boiled eggs
- ½ cup nonfat greek yogurt
- Drip coffee or Americano with 2 tbsp half and half cream



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

• SPEEDY BREAKFAST II •

CALORIES 400

PREP TIME  

- 1 cup strawberries, sliced
- ½ cup blueberries
- ½ cup raspberries
- 1 cup nonfat greek yogurt
- 1 hard-boiled egg
- Drip coffee or Americano with 2 tbsp half and half cream



- Replace Greek yogurt with coconut yogurt
- Replace cream with 1oz of almond milk
- Replace egg with 12 almonds

• STRAWBERRY BANANA PROTEIN FRAPPE •

CALORIES 460

PREP TIME  

- 1 cup banana slices
- 1 cup strawberries
- 1 scoop OxyWhey lean protein
- Ice, desired amount
- Blend all ingredients until smooth, serve with 1 slice whole wheat toast (100 Calories or less per 1 slice)



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





LUNCH IN UNDER 10 MINUTES

ASIAN SESAME CHICKEN SALAD

PREP TIME  5

CALORIES 500

- ✓ 8 oz grilled chicken, chopped
- ½ cup mandarin orange segments, fresh or packed in juice (not syrup)
- ½ cup edamame, shelled
- ½ cup chopped broccoli florets
- ½ cup cucumber
- ½ cup shredded carrot
- ¼ cup preferred asian sesame vinaigrette (50 Calories or less per 2 tbsp)
- 2-3 cups romaine or iceberg lettuce, chopped

 **VEGAN** Replace chicken with 2 cups of tempeh

DIRECTIONS

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



• AVOCADO BLACK BEAN WRAP •

CALORIES 450

PREP TIME



- 1 medium tortilla (140 Calories or less per 1 tortilla)
- ¼ cup canned refried beans
- ¼ cup canned black beans
- ¼ cup diced avocado
- Desired amount iceberg lettuce, shredded
- Salsa, desired amount to serve
- Apple or orange

DIRECTIONS

1. Spread tortilla with refried beans.
2. Top with black beans, avocado and shredded lettuce.
3. Roll tightly and dip in desired amount salsa.
4. Serve with apple or orange.

• RAINBOW CAESAR SALAD •

CALORIES 450

PREP TIME

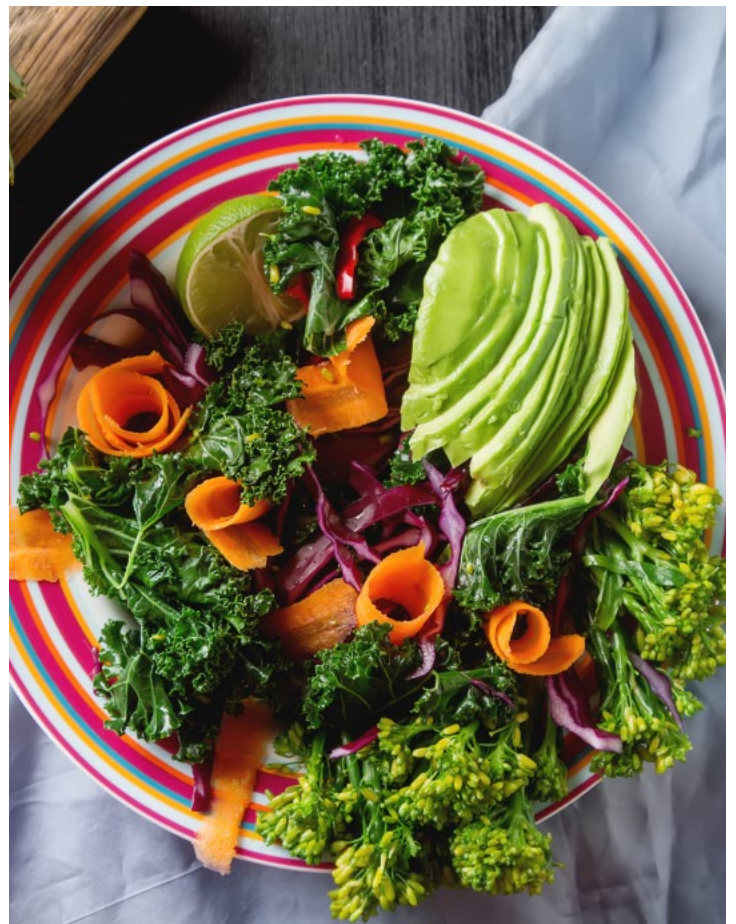


- 1 cup canned garbanzo beans, rinsed well
- ¼ cup shredded parmesan cheese
- ¼ cup yogurt caesar dressing (50 Calories or less per 2 tbsp)
- ½ cup chopped broccoli florets
- ½ cup red cabbage
- ½ cup shredded carrot
- ½ cup kale
- 2-3 cups romaine or iceberg lettuce, chopped

DIRECTIONS

1. Toss all ingredients and mix well to serve.

- **VEGAN** Replace parmesan with vegan friendly cheese
- Replace Caesar Dressing with vegan friendly hummus based Caesar dressing



• TUNA SANDWICH •

CALORIES 480

PREP TIME  **5**

- 2 slices whole wheat bread (100 Calories or less per slice)
- ✓ 1 can tuna, mixed with 1 tbsp reduced fat mayonnaise
- Sliced pickle, onion, and tomato, desired amount
- Apple or orange

DIRECTIONS

1. Mix tuna with mayonnaise.
2. Spread bread with mayonnaise, top with pickle, onion, tomato, and remaining slice of bread.
3. Serve with apple or orange.

 **VEGAN** Replace tuna with a Portobello mushroom and a falafel patty



• TURKEY AVOCADO WRAP •

CALORIES 520

PREP TIME  **5**

- 1 large tortilla
- ✓ 4 oz preferred deli turkey (60 Calories or less per serving)
- ½ whole avocado, sliced
- Sliced tomato, green leaf lettuce
- Apple or orange

 **VEGAN** Replace Turkey with the other half of avocado, Alfalfa sprouts, grated carrot and 2 slices of vegan friendly cheese

DIRECTIONS

1. Top tortilla with turkey, avocado, sliced tomato, green leaf lettuce and roll tightly.



• VEGGIE HUMMUS CLUB •

CALORIES 500

PREP TIME  **5** 

- 2 slices whole wheat bread (100 Calories or less per slice)
- 2 tbsp hummus (70 Calories or less per 2 tbsp)
- ½ whole avocado, sliced
- Sliced tomato, cucumber, red onion, shredded carrot, green leaf lettuce
- Apple or orange

DIRECTIONS

1. Top bread with hummus, sliced avocado, tomato, cucumber, onion, carrot, green lettuce, and remaining slice of bread.
2. Serve with apple or orange.




DINNER IN UNDER 10 MINUTES

FIESTA QUESADILLA

PREP TIME  

CALORIES 400

- 1 medium tortilla (140 Calories or less per tortilla)
- 2 slices sharp Cheddar cheese (110 Calories or less per slice)
- ¼ cup red bell pepper, minced
- ¼ cup sliced olives
- ¼ cup minced green onion
- ¼ cup diced tomato
- Desired salsa, desired amount for dipping

 **VEGAN** Replace Cheddar with vegan friendly cheese

DIRECTIONS

1. Cut each cheese slice in half to create four triangles.
2. Place two triangles on tortilla, top with olives, red bell pepper, green onion, and diced tomato.
3. Top with two remaining cheese triangles and fold in half.
4. Coat pan with nonstick spray and grill quesadilla over medium until cheese is melted and tortilla is brown. Slice and serve with salsa.



• SHRIMP RISOTTO •

CALORIES 400

PREP TIME  **10**

- 1 cup microwave in-bag brown rice
- ✓ **8 large shrimp**
- ¼ cup shredded parmesan cheese
- ½ cup baby carrots
- ½ cup zucchini slices
- 1 cup broccoli florets
- ¼ tsp garlic powder, desired amount black pepper to serve

✓ **V** Replace shrimp with ½ cup boiled lentils or 4oz of sweet potato

✓ **VEGAN** Replace parmesan with vegan friendly cheese

DIRECTIONS

1. Prepare rice to package directions.
2. Saute shrimp until opaque.
3. Steam carrots, zucchini, and broccoli.
4. Toss all ingredients with cheese, black pepper, and garlic powder to serve.



• GARBANZO ALFREDO BOWL •

CALORIES 450

PREP TIME  **10** 

- 1 cup garbanzo beans
- ½ cup light alfredo sauce (50 Calories or less per ¼ cup)
- ¼ cup shredded parmesan cheese
- ½ cup baby carrots
- ½ cup zucchini slices
- 1 cup broccoli florets
- ¼ tsp garlic powder, desired amount black pepper to serve

✓ **VEGAN** Replace parmesan with cashew or coconut cheese

DIRECTIONS

1. Heat garbanzo beans and alfredo sauce using microwave or pan with nonstick spray.
2. Steam carrots, zucchini, and broccoli.
3. Toss all ingredients with cheese, black pepper, and garlic powder to serve.

• FRESH FIESTA BOWL •

CALORIES 500

PREP TIME  **10**

- ½ cup microwave in-bag brown rice
- ✓ **8 oz precooked grilled boneless skinless chicken breast**
- ½ cup avocado, diced
- 2 cups mixed sliced bell pepper, mushroom, and onion
- Desired amount salsa, chopped cilantro to serve

 **VEGAN** Replace chicken with 1 cup of boiled black beans

DIRECTIONS

1. Prepare rice to package directions.
2. Reheat chicken.
3. Heat additional pan over medium heat. Saute onions, bell pepper, and mushrooms until soft.
4. Toss together rice, chicken, veggies, and avocado.
5. Garnish with cilantro and salsa to serve.

• VEGGIE FIESTA BOWL •

CALORIES 480

PREP TIME  **10**

 **VEGAN**

- ½ cup microwave in-bag brown rice
- 1 cup canned pinto beans, rinsed
- ½ cup avocado, diced
- 2 cups mixed sliced bell pepper, mushroom, and onion
- Desired amount salsa, chopped cilantro to serve

DIRECTIONS

1. Prepare rice to package directions.
2. Heat beans using microwave or pan with nonstick spray.
3. Heat additional pan over medium heat. Saute onions, bell pepper, and mushrooms until soft.
4. Toss together rice, beans, veggies, and avocado.
5. Garnish with cilantro and salsa to serve.



• VEGGIE SCRAMBLE •

CALORIES 480


PREP TIME  10



- 3 whole eggs, 3 egg whites, whisked together
- ¼ cup shredded parmesan
- ¼ cup cherry or grape tomatoes, sliced
- 4 white or crimini mushrooms, sliced
- ½ cup shredded spinach
- 2 tbsp minced chives or green onion
- 1 slice whole wheat bread, toasted (100 Calories or less per slice)

DIRECTIONS

1. Saute mushrooms in pan approximately 1 minute.
2. Add eggs, grape tomatoes, and spinach. When eggs near completion, add cheese and continue to scramble.
3. Top with chives and garnish with black pepper. Serve with toast.

-  **VEGAN**
- Replace eggs with 1 cup of tofu
 - Replace parmesan with coconut vegan cheese





SNACKS AND DESSERTS

SWEET STRAWBERRY BANANA SUNDAE

PREP TIME



CALORIES 450

- 1 cup mixed strawberry and banana slices
- 1 cup slow-churned or reduced fat ice cream (100 Calories or less per ½ cup), topped with
- 1 tbsp prepared chocolate syrup (100 Calories or less per 1 tbsp)
- ¼ cup whipped cream
- Blend all ingredients until smooth, garnish with ¼ cup whipped cream to serve

VEGAN Use vegan friendly ice cream, syrup and whipped coconut cream





• TOASTY OATMEAL •

CALORIES 400

PREP TIME



- 1/3 cup oats
- 2/3 cup water
- 1 Tbsp Cocoa
- 1 tsp Cinnamon
- 3 dates, chopped and pitted
- 1/2 apple, sliced

DIRECTIONS

1. Cook oatmeal on the stove top or in the microwave until it is creamy.
2. Add cocoa, cinnamon, dates and apple to oatmeal and serve.

• OXYWHEY PBJ SHAKE •

CALORIES 400

PREP TIME



- 1 scoop OxyWhey lean protein
- 2 Tbsp peanut butter
- 1 cup almond milk
- 1/2 cup frozen or fresh berries
- Blend until smooth

 **VEGAN** Replace OxyWhey with 2tbsp of chia seeds



• CHOC STRAWBERRY TOAST WITH CHOCOLATE MILK •

CALORIES 470

PREP TIME



- 1 slice whole wheat toast, spread with 2 tbsp chocolate hazelnut spread, ½ cup sliced strawberries, served with
- 1 cup nonfat milk mixed with 1 tbsp chocolate syrup

 **VEGAN** Replace milk with ½ cup of almond milk and vegan friendly syrup

• SWEET AND SALTY POPCORN •

CALORIES 400

PREP TIME



- 200 Calories desired popcorn, mixed with 200 Calories desired chocolate candy (M&M's work great!)





• KATYA'S SIGNATURE CHOCOLATE PROTEIN PANCAKES •

CALORIES 400 - SERVES 4

PREP TIME  **10**




Pancakes:

- 2/3 cup whole wheat flour
- 2 tbsp cocoa powder
- 3 scoops OxyWhey chocolate lean protein
- 1/2 tsp baking powder
- pinch of salt
- 3 tsp coconut oil
- 1 cup almond milk
- 1 tbsp sugar free maple syrup
- 1 egg

Topping:

- 1 tbsp cocoa powder
- 1/2 tbsp coconut oil
- 1/4 cup dates, pitted
- 1/4 cup boiled water

-  **VEGAN**
- Replace egg with 1/4 cup of mashed banana
 - Replace OxyWhey with 1/3 cup of ground oats, or 1/3 cup of coconut flour, or 1/3 cup of ground flax seeds



DIRECTIONS

1. In a medium bowl, combine the flour, cocoa powder, OxyWhey chocolate protein powder, baking powder and salt.
2. Place the almond milk, maple syrup, 2 tsp coconut oil and egg in a small bowl and whisk well.
3. Add the milk-egg mixture to dry ingredients and whisk to combine.
4. Heat a nonstick skillet over medium heat and brush with remaining coconut oil.
5. Spoon 1/4 cup of the batter onto skillet for each pancake.
6. Cook for 2-3 minutes or until little bubbles start to form on the surface.
7. Carefully flip the pancakes with a spatula, and cook the underside, for another 1-2 minutes.
8. To make the sauce place all ingredients in a blender and process until smooth.
9. Top with sliced strawberries.



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

