

BP10 EAT RIGHT LUNCH

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – 2 Lunch Models, only!

Variations' within the two choices! Be creative within the 'key' ingredients!

Veggos – Eat 'more' plant fat choices to satisfy sustained hunger and brain energy!

PROTEIN SALAD	LEFT OVERS
<p>Time; Ideally 12-30 -2 pm. Prep time; 5 MINUTES</p> <p>Ingredients;</p> <ul style="list-style-type: none"> Green leaf – every choice available. Capsicum – all colours, Avo, Celery, etc, Cucumber, Red Onion, Carrots. 'Some' cheese (cheddar, tasty) 'Some' brown rice. *Nuts (no peanuts) & Seeds to taste, Vinaigrette [French], Olive Oil, *Sea Salt. <p>Adding; Protein Choices,</p> <ul style="list-style-type: none"> Red/ Pink (boney) Salmon, Tuna (in Olive Oil is great), Chicken (Breast, BBQ, 'Cooked' Red Meat; OR, Easy on the volume: Lentils, Chickpeas, Kidney Beans, Cottage Cheese, Quinoa – Avoid Soy! *must be included. <p>Change up Salad & Protein choice, daily!</p> <p>Method;</p> <ul style="list-style-type: none"> Bowl salad of choice, making certain either nuts and or seeds are present! Drizzle with Olive Oil and a dash of sea salt, Add protein of choice. <p>Volume; Feel free to tinker with the salad & protein choices from day to day. Variety is in your interest! Goal; Satisfy hunger till 6 pm.</p> <p>Key; Prioritise preparation time.</p> <ul style="list-style-type: none"> Make before work, contain, & refrigerate. You must make the time! <p>Drink (zero sugar); Coffee, Tea, Water, Green Choice!</p>	<p>Time; Ideally 12-30 -2 pm. Prep time; MINIMAL, e.g. reheating!</p> <p>Ingredients;</p> <p>As per dinner choices!</p> <p>Drink (zero sugar); Herbal Tea (Peppermint, Camomile, Lemon, etc.), 'Boiling' Water + Fresh Lemon, Green drink choice!</p> <p>Key; Prioritise preparation time the night before.</p> <p>Volume; Lunch is a 'hunger' top-up, not the main meal! I would rather you load up at Breakfast, allowing for a lighter (volume) evening meal. However, don't consume too little, falling to excessive grazing, a drawing towards pick-up pre-dinner food, and or playing an unnecessary Alcohol Wild Card.</p> <p>Attention HIGH VOLUME Exercise: Add 'more' plant fat, salt, water! And, summer fruits [eg banana, rockmelon, watermelon, grapes etc].</p>