

# Learn Healthy Weight Loss Methods Now (Session 3 of 4)

Having a great holiday,  
without sacrificing your waistline!

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# Sample Meal Plans

**“If you fail to plan,  
you are planning to fail!”**

# **Breakfast Menu Plan Examples (Eat within 30 minutes of waking up!)**

**a) 2-6 scrambled egg whites with veggies  
scrambled in.\***

**Note: Use a non-stick or stainless steel skillet with  
a light film of butter or coconut oil to prevent  
eggs from sticking. )**

**1 slice of any gluten-free bread, lightly-  
toasted.\***

**\* Follow all this up with 8-10 oz water 15 minutes  
later.**

**b) Chocolate Quinoa Cereal**  
**[At Whole Foods or similar store, buy**  
**Ancient Harvest<sup>®</sup> Quinoa Flakes (be**  
**sure you buy the flakes!),**  
**WonderCocoa<sup>®</sup>, Agave nectar, goats**  
**milk, butter]**

**1. Boil 1 cup water.**

**2. Mix together 1/3 cup quinoa flakes, 1 tsp WonderCocoa, a pinch of sea-salt, and stir this into the boiling water for 90 seconds.**

**3. Turn off heat, stir in ½ tsp agave nectar. Add a pat of goats milk butter and enjoy! (chopped apples added in or frozen blueberries tastes great, and increases the antioxidants for further health enhancing effects!)**

**\*4-6 oz. leftover baked chicken strips or 1 chicken apple sausage patty**

**Follow all this up with 8-10 oz water 15 minutes later**

*c) “When You Don’t Feel Like Cooking”*

**Complete Nutrient shake: In blender, add ~8-12 oz. water or aloe vera juice or green tea + crushed ice + frozen berries + unsweetened plain goats milk yogurt + 1 scoop Designs for Health PaleoCleanse, PaleoMeal, PaleoFiber, PaleoGreens**

**(purchase at [www.HolisticHealthBayArea.com](http://www.HolisticHealthBayArea.com))**

**+ 1 T ground flaxseeds. Blend together thoroughly and enjoy.**



# **Morning Snack Menu Examples (Eat about 3 hours after breakfast)**

- a) 2 stalks of celery and 6 baby carrots dipped in almond butter**
- b) 6 or 8 ounces of unsweetened plain goats-milk yogurt + fresh or frozen (defrosted) berries**
- c) 1/2 baked sweet potato + Designs for Health PaleoCleanse shake (in shaker cup, 1 scoop PaleoCleanse in water, green tea or aloe vera juice and ice)**
- d) A handful of walnuts, almonds, brazil nuts**

# **Lunch and Dinner Menu Examples (Eat about 3 hours after morning and afternoon snack)**

**a) 4-8 oz baked chicken +  $\frac{1}{4}$  cup of  
brown or wild rice + a serving of  
Braised Swiss Chard Armistead**

## Braised Swiss Chard Armistead

**Serves 4 to 6**

**Swiss Chard is best from early October to early April. This is an easy side dish for just about any fish, fowl, or meat main course. Chard cooks way down, so using two or even three bunches is not an unreasonable amount.**

**2 Bunches young, tender chard, stems and leaves separated**

**3 TB extra virgin olive oil**

**1 medium onion, sliced**

**1 clove garlic, crushed**

**2 olive oil-packed anchovy fillets (optional)**

**Salt and Pepper to taste**

**Cut the chard stems into bite-sized pieces, and cut or tear the leaves into 2 inch wide strips. Bring a large pot of water to a boil over high heat and then salt the water. Add the chard stems and boil for 3 minutes. Add the leaves and cook for 1 minute longer. Drain well and press out any excess moisture.**

**In the same pot, heat the olive oil over medium heat. Add the onion and cook until it becomes translucent, about 4 minutes. Then, add the garlic and anchovies and stir until the anchovies melt into the oil and the garlic is translucent, 1 to 2 minutes. Add the chard and continue to cook, stirring occasionally, until tender. Season to taste with sea salt and pepper (optional) Serve warm.**

# b) Hearty Full Meal Stew

**Prepare chicken for the stew by:**

- 1. Rub olive oil, salt and pepper on 6 to 8 chicken thighs**
- 2. Bake in oven at 350 degrees for 45-50 minutes**

**Wash, chop in bite-sized pieces and add the following, in the following order, to a large stewing pot.:**

- 1. 1/8 stick of butter and about 2 cups water or chicken broth turn on burner to medium...simmer the following for about 30 total minutes:**

2. 1 medium yam
3. 1 medium sweet potato
4. 1 bunch radishes, including leaves
5. 1 medium carrot
6. 2 tomatoes
7. 1 bunch collard greens
8. 1 bunch rainbow chard
9. 1 bunch bok choy
10. 1 large yellow bell pepper
11. ½ bunch cilantro

**Add the chopped bite-sized chicken thighs to the vegetables in the stewing pot. Simmer for another 10 minutes.**

**This will make about 10 cups of stew.**



**Questions ?**  
**(Anything from the last 3 weeks)**

**Next Week:  
Safe and effective thermogenic  
(fat burning) supplements!**