

THE LUCKY FORMULA

EATING THE LUCKY FORMULA[®] WAY

One external condition of The Lucky Formula[®] is eating right. I'm not going to tell you what you must eat, should eat, or have to eat. We're all different, and we all have different nutritional needs. This is what works for me.

People often think that eating healthy means boring and bland meals. It doesn't have to be that way! I've found that changing out vegetables and fruits on a regular basis keeps me satisfied and my energy levels high. What I focus on is quantity, quality, and variety. In the back of my mind, as I sit down to a meal I begin to build my plate.



BUILDING YOUR PLATE

Think of your plate as a large pie and divide it into fourths. One fourth should be your protein: chicken, turkey, fish, beans, tempeh, or seitan. Another fourth should be your complex carbohydrates: sweet potato, wild rice, quinoa, or whole wheat bread. Devote the final half of your plate to vegetables, cooked and raw: greens, beets, cauliflower, eggplant, and peppers. Sprinkle in good fats: olive or coconut oil, seeds, or nuts.

The suggestions that follow will give you an idea of what I choose to eat, but the list is not meant to be exhaustive. Eat what makes you feel good, remembering that by treating our bodies well, we are preparing ourselves for a healthier future.



BREAKFAST

- 2 eggs with 1 slice whole wheat or gluten-free toast
- 2-egg omelet with spinach or other vegetables
- 1 cup Greek yogurt with 1/2 cup berries or 1 apple
- 1 cup cottage cheese with 1/2 cup berries or 1 apple



LUNCH/DINNER

Bean and vegetable soup

Salad: Combine the base with one protein

- **Base:** lettuce, peppers, cucumbers, celery, cabbage
- **Protein:** chicken or turkey, tuna salad, hard-boiled egg, nuts or hemp seed, salmon, tofu, beans

2 cups vegetables with choice of protein

1 cup vegetables and small salad with choice of protein

Bean soup (lentil, mung, pinto, garbanzo, etc.)

Veggie burger with guacamole and salad

Protein pasta with a favorite sauce

Chili with ¼ cup quinoa

- **Proteins**
 - Chicken
 - Turkey
 - Fish (salmon, tuna)
 - Tofu or tempeh
 - Beans
 - Beef
 - Pork



SNACKS

1 cup grapes and ¼ cup almonds

2 hard-boiled eggs and 1 cup of vegetables

1 apple with 1 tablespoon of nut butter (almond, soy, cashew, etc.)

1 cup vegetables and 2 tablespoons hummus

1 cup cottage cheese and ¼ cup berries

2 rice cakes with 2 tablespoons nut butter

Small salad with lean protein

Cubed apples and cubed cheese

Lettuce wrap with grilled vegetables and cold cuts

Homemade popsicles (crushed fruit mixed with protein power and frozen)



HOMEMADE SALAD DRESSING

1 tablespoon olive oil

1 tablespoon vinegar (Balsamic, red wine, or apple cider vinegar)

1 tablespoon Dijon mustard

Himalayan pink salt

Pepper

Spices (oregano, thyme, rosemary, paprika, etc.)

Whisk together and serve.