



## **BAB Sample Menu**

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I like to think of Slim Days kind of like Spa Days. If you spent the day at a fancy spa you would be served the freshest, most beautiful, most nutrient-dense foods for vitality and well-being. You want to eat as cleanly as possible. These are not the days for beer, pizza or nachos.

Remember: Slim Days focus on higher fat and protein, less carbohydrates. We are draining our body's glycogen stores and encouraging it to use fat for fuel.

### **Slim Day Sample Menu**

#### **Breakfast**

Scrambled eggs, bacon, greens, avocado

Crustless quiche with spinach, peppers, pesto and mushrooms made with butter and goat cheese

Mini egg muffins - tomato basil mozzarella, broccoli and prosciutto, ham spinach and scallions, etc.

Non-fruit based smoothie

Grain free granola with almond milk

Smoked salmon omelette

Tip: A great way to fill up is by adding an avocado to your meal. Always say yes to a side of greens to your plate with a drizzle of olive oil and lemon.

Another tip: "Breakfast for dinner" is something our kids love but "Dinner for breakfast" is something your mombody will love. Get used to the idea of savory (protein and greens) for breakfast and ditch the cereal, bagels and english muffins.

## **Lunch**

Bone broth based soups - ie., chicken, rosemary and white bean. Turkey meatball and kale.  
Coconut milk and butternut squash.  
BLTA wrapped in lettuce  
Greens salad  
Kale Salad  
Salmon  
Tuna salad in avocado  
Chicken Salad on cucumber slices  
Cashew salad with Chicken  
Rice paper rolls

## **Snacks**

Asparagus Fries  
Nuts  
Nut butter with Celery  
Hummus with Veggies  
Cocoa with cinnamon  
Jicama Chips  
Kale Chips  
Dark chocolate  
Golden milk tea

## **Dinner**

Shrimp, zucchni, cups in butter lettuce - giada  
Shrimp tacos  
Beef bourginon - naomi whittel  
Chicken Pho  
Shrimp Scampi  
Roasted Vegetables in Curry Sauce  
Shrimp with feta and tomatoes  
White fish with butter, garlic, wine, leeks, and mushrooms  
Fish Ceviche  
Spaghetti zoodles & Meatballs  
Cauliflower fried rice  
Cauliflower pizza  
Stuffed peppers  
Sliced pepper nachos

Zucchini boats

Beef and broccoli

Bison Burgers and salad

Turkey burgers with spinach, feta, green onions & worsteshire

Baked fish

Roasted veggies - asparagus with balsamic, sauteed cabbage with balsamic and sesame seeds, roasted chickpeas, curried carrots, brussel sprouts with fish sauce, parmesan and and parsley and gruyere cheese roasted cauliflower

## **MISC**

Fermented foods like miso, sauerkraut, kimchi

Dressings: chopped garlic, lemon and olive oil

Siracha mayonnaise