

GET RESULTS

BURN BY REBECCA NUTRITION GUIDE & RECIPES

DAILY NUTRITION GUIDE AND TIPS TO STAY ON TRACK

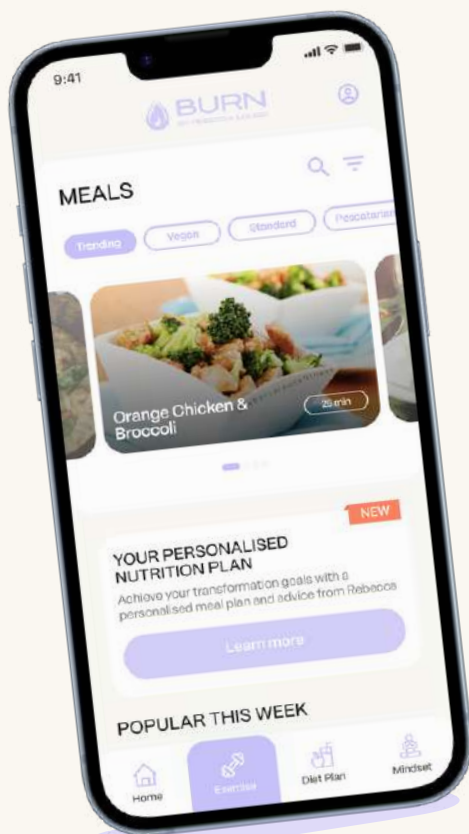


20% FITNESS
80% NUTRITION
100% MINDSET

BOOK YOUR COMPLIMENTARY NUTRITION CONSULTATION!

WHAT YOU GET WHEN YOU JOIN THE NUTRITION PLAN:

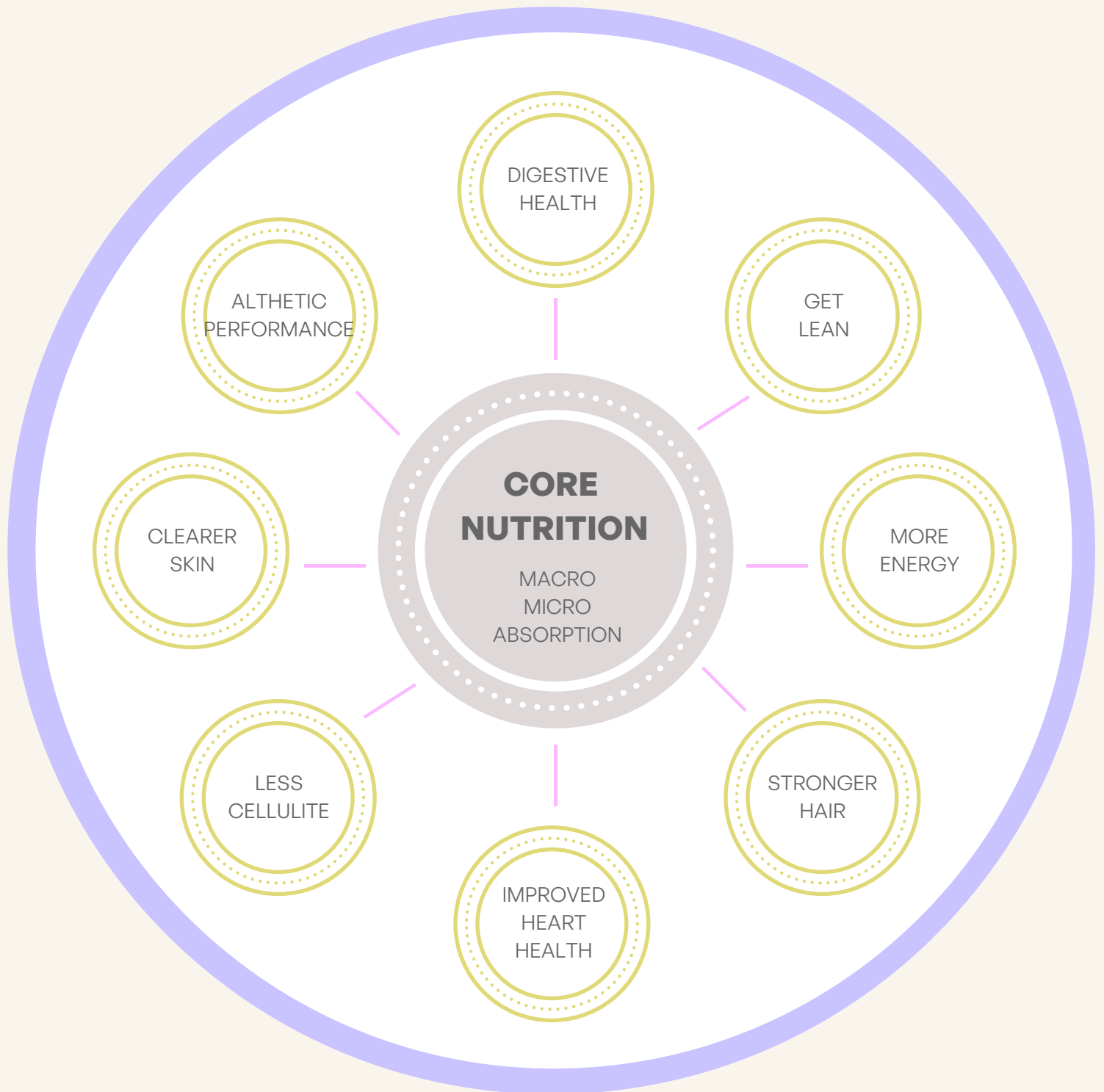
- 1 on 1 Nutrition Coaching
- Exclusive Community Chat
- Group Calls with Rebecca
- Additional VIP perks
- Access to Retreats



Time to book your call and fast-track your results with our awesome Wellness Team!

THE PHILOSOPHY

Your body will function at it's optimal level and with the greatest efficiency when provided with good nutrition: this is not a diet, it is a healthy lifestyle! We begin with core nutrition on a cellular level when addressing how to best feed your trillion of cells.

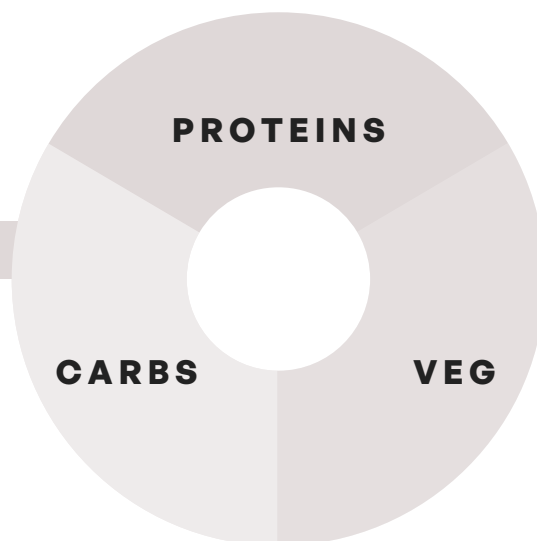


PORTION CONTROL

Don't have a kitchen scale to measure your food portions?

No Problem!

Use your hands as a guide. You can do this anywhere!





SHAKE, ALOE & TEA!

BREAKFAST

It's as easy as 1, 2, 3

1: SHAKE

Treat your body to a healthy, balanced meal in no time! Not only are these shakes easy to make, they're also delicious. With up to 21 essential vitamins and minerals and in a variety of flavors this is the ultimate way to start your morning!



MORE FIBER

THAN 50G OF BROCCOLI



MORE IRON

THAN 115G OF BEANS



MORE CALCIUM

THAN 200G OF YOGURT



MORE VITAMIN C

THAN A BANANA



MORE PROTEIN

THAN A CHICKEN THIGH (62G)

TWO WAYS TO MAKE YOUR SHAKE:

Option 1:

Serving of Healthy Meal with our Protein drink mix. Satisfy your hunger and stay energized with the power of protein!

Boost your protein intake to 24g.

Option 2:

Serving of Smoothie Mix with ice and 8 ounces of almond or soy milk

2: HERBAL TEA

Natural energy boost

Fat burner

Reduces appetite

Natural anti-oxidant



3: ALOE VERA

Natural detoxification

Supports internal cleansing and digestive health

Anti-inflammatory

Soothes the digestive system



Don't have the products? You can order any of the items in this guide, so you can follow what I do daily. Email customerservice@rebecca-louise.com You will also get one on one coaching with any product purchase for free!

MY SIMPLE MEAL PLAN EXAMPLE

BREAKFAST

Shake, Aloe and Tea – to have the ENERGY like me!

Nutrient-dense smoothie that's high in protein, which can help with muscle repair and growth, especially useful for those leading an active lifestyle or looking to manage their weight effectively. This combination enhances the shake's protein content, making it more satisfying and supportive of your fitness and nutritional goals.

SNACK 1

Greek yogurt with a handful of almonds and veggies with some complex carbs.

LUNCH

Similar as breakfast or dinner!

SNACK 2

A piece of whole fruit (like an apple or pear) or a serving of carrots or cucumber with hummus/almond butter. Complex carbs such as whole wheat toast. Or s shake if my lunch was like my dinner.

DINNER

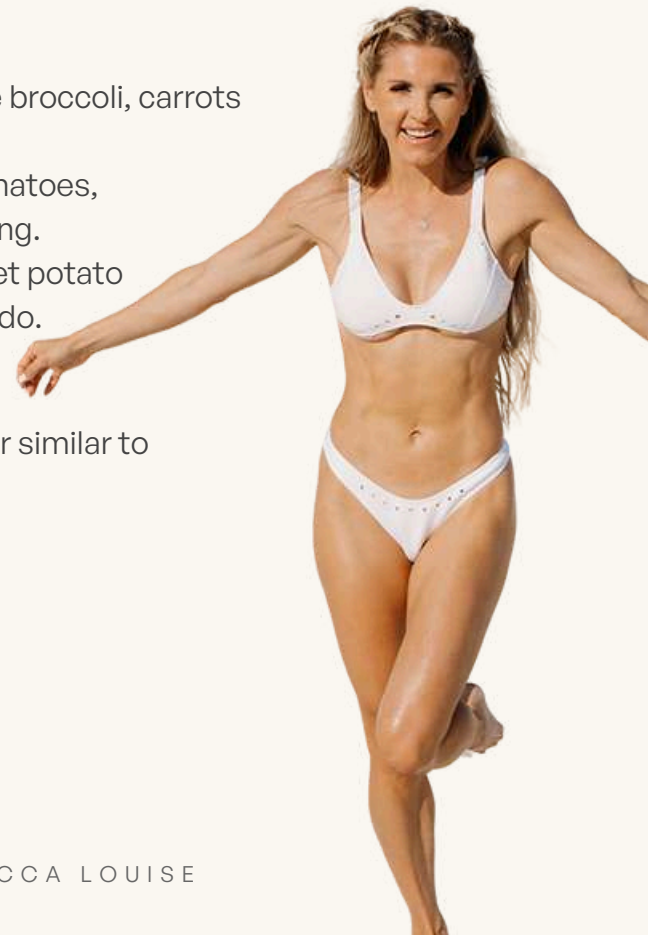
- Palm size of protein
- Handful of Steamed vegetables like broccoli, carrots and bell peppers.
- A side salad with mixed greens, tomatoes, cucumbers and a vinaigrette dressing.
- Fist size of Complex carbs like sweet potato
- Thumb size of good fats like avocardo.

SNACK 3

Post recovery shake after workout/or similar to snack 1 & 2.

SPORTS NUTRITION!

Pre workout, BCAA'S, Creatine,
Electrolytes, Post workout,
Restore tablets.



YOUR PLAN





SIMPLE NUTRITION PLAN

BREAKFAST

Within 30 minutes of waking up.
Shake or one of the breakfast recipes

SNACK 1

Lean Protein.
The size of half your palm
(see snack list for ideas).

LUNCH

For quicker results do the shake,
aloe tea again until at desired weight

SNACK 2

Lean Protein.
The size of half your palm
(see snack list for ideas).

DINNER

Lean protein,
Vegetables & Complex carbs
(see recipes for ideas)

SNACK 3

Lean Protein.
The size of half your palm
(see snack list for ideas).



YOUR SIMPLE PLAN

SHAKES

MEALS

SNACKS

VITIMINS

**LOOSE
WEIGHT**

2

1

3

3

**MAINTAIN
WEIGHT**

1

2

3

3

**GAIN
WEIGHT**

3

3

3

3



WHAT FOOD TO EAT & WHY



Different Proteins



So what are the most common types of protein powders?

SOY PROTEIN

IN OUR FORMULA 1 SHAKES AND THIS IS WHY!

Soy protein is made from soybeans and is one of the few plant-based protein powders that contain all nine essential amino acids. It is generally made after the soybeans have been hulled, dried, and then turned into soy flour. It can help to supplement your body especially in conjunction with a regular exercise regime because it is filled with high amounts of beneficial amino acids.

WHEY PROTEIN

IN OUR SPORTS NUTRITION AND THIS IS WHY!

Whey is one of the most popular protein powders on the market today. It is the liquid by-product of cheese production, but can also be separated from milk. Whey protein is a complete protein and contains all nine essential amino acids. These are the amino acids that our body cannot produce on its own.

Whey is quickly absorbed by the body and is relatively cheap in comparison to other types of protein powders. There are different types of whey protein available, so when you are looking for one to buy, it is a good idea to know what each of them are.

Different Proteins

WHEY PROTEIN CONCENTRATE (WPC)

This is generally the cheapest type of whey protein because it has the lowest amount of protein per 100 grams when compared to the other two. In saying that, it still has quite a high percentage of protein, which can vary from about 60-90%. The rest is typically made up of fat, carbohydrates (lactose), and other peptides.

WHEY PROTEIN ISOLATE (WPI)

This whey protein has a protein content of about 90-95%, with minimal lactose and fat. It is one of the most popular forms of protein and it is my preferred choice of protein if I were to use it.

WHEY PROTEIN HYDROLYSATE (WPH)

This type of whey is the one with the highest amount of protein per 100 grams at 99%. This type of protein is usually the most expensive and can have a stronger flavour, which may make it harder to mask with other ingredients.

PEA PROTEIN WE ALSO STOCK THIS IN SOME COUNTRIES

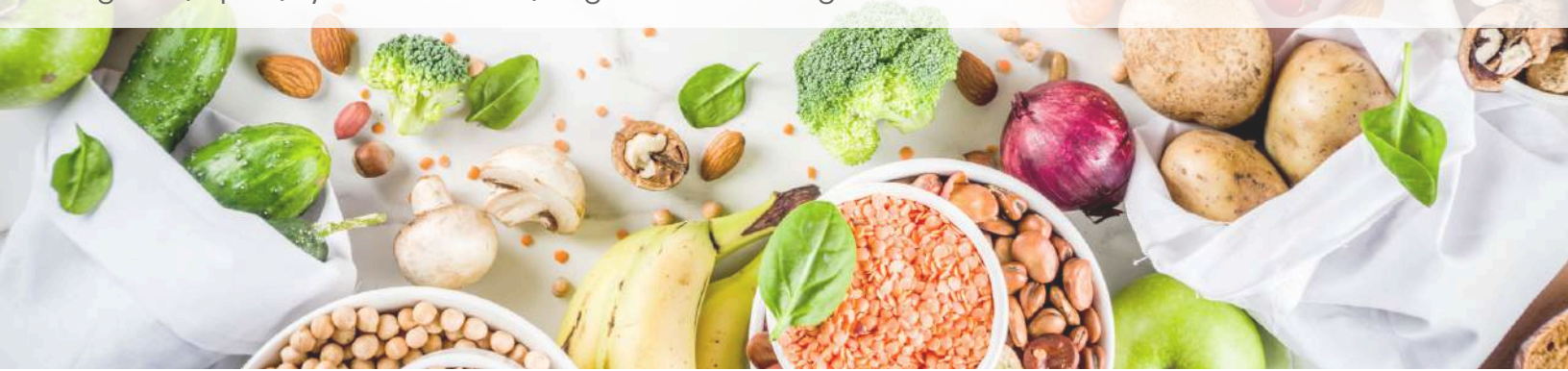
This is a popular protein choice for both vegetarians and vegans, which is made out of yellow split peas. This type of protein generally doesn't have many additives or artificial ingredients, so it's one of the few proteins that is as close to the whole food source as possible. It is also free from soy, gluten and lactose, so it may suit those who have food allergies. Your body can absorb pea protein quite easily and it has a high amount of protein content for a plant based protein, making it a great choice for those wanting to stay away from animal products.

RICE PROTEIN WE ALSO STOCK THIS IN SOME COUNTRIES

This is a popular protein choice for both vegetarians and vegans, which is made out of yellow split peas. This type of protein generally doesn't have many additives or artificial ingredients, so it's one of the few proteins that is as close to the whole food source as possible. It is also free from soy, gluten and lactose, so it may suit those who have food allergies. Your body can absorb pea protein quite easily and it has a high amount of protein content for a plant based protein, making it a great choice for those wanting to stay away from animal products.

Different Carbohydrates

Carbohydrates or 'carbs' are an energy source in food that comes from starch, sugar and cellulose. Carbohydrates provide vitamins, minerals, antioxidants and fiber in the diet. You can find healthful carbohydrate sources in foods like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye and in fruits, vegetables and legumes.



COMPLEX CARBS VERSUS SIMPLE CARBS

There are two types of carbohydrates; those in their natural food form referred to as “complex” and those that are referred to as “simple.” Complex carbs are foods which contain vitamins, minerals and antioxidants. Oatmeal, brown rice, quinoa, potatoes, beans, peas and lentils are examples of complex carbs.

Simple carbs are often softer in texture – white bread, white rice and baked goods. Soda, candy and other sweeteners like table sugar and honey are also simple carbs. These easily digested carbohydrates are rapidly absorbed, causing a spike in blood sugar and quick boost in energy. Because of this processing, they are digested faster and more easily and deliver fewer amounts of healthful nutrients. Fruits, vegetables and dairy are also technically made of simple carbohydrates but because of the fiber, protein and other nutrients, they act more like complex carbohydrates in the body and should be consumed daily.



BEST FRUITS & VEGETABLES TO EAT:

QUICK TIP! THE GREENER THE VEGETABLE, THE MORE NUTRITIOUS STICK TO BERRIES WHEN IT COMES TO FRUIT

BROCCOLI AND KALE

One cup of fresh broccoli contains 2.4 grams of fiber. Cooked broccoli contains over 5 fiber grams per cup. Loaded with vitamins and minerals, kale has long been a 'superfood.' It provides more vitamin C than an orange per serving, along with rich amounts of fiber and vitamin A.



BLUEBERRIES, BLACKBERRIES AND RASPBERRIES

Berries are the best fruits to eat because they have more antioxidants and less sugar than other fruits. Blueberries are considered a superfood for the brain as they are high in antioxidants. Blackberries and raspberries are beneficial because they are high in fiber!



TOMATOES

Tomatoes are prime sources of the antioxidant lycopene and are also high in vitamin C and fiber.



AVOCADOS

Avocados contain rich amounts of fiber, the antioxidant vitamin E and healthy unsaturated fats. Fats help your body absorb fat-soluble nutrients, such as vitamins E, D and K. Avocados also inhibit the production of inflammatory chemicals in your body.



BRUSSEL SPROUTS

These tiny cabbage-like vegetables are a great source B vitamins. Brussel sprouts are also loaded with fiber and notable amounts of other nutrients, such as calcium, vitamin K, vitamin A, vitamin C. A half-cup serving of brussels sprouts provides a mere 25 calories.



Foods to Stay Away From

SODA

High in sugar and sodium, dehydrates you and leads to gum disease

FRIED FOODS

High in Calories and trans fats that clog arteries and increase cholesterol



WHITE FOODS (PASTA, RICE, BREAD)

High in simple sugars that increase your blood sugar and insulin, leading to overeating

CANDY/CHOCOLATE

Low in nutrients, can cause insulin resistance, heart disease, diabetes

How Much Water Do You NEED?

Drinking enough water each day can completely change your body, from how you look on the outside to how you feel on the inside. I drink 3 liters of water a day and if I am doing exercise on that day I make sure I get in another half a liter to replace the fluid I have lost while I'm feeling the burn! For men it's suggested they have 13 cups a day which is about 3 liters and for women it's 9 cups, the same as 2.2 liters. When you are working out, it's necessary to drink more water to replenish what you have lost. It's also a good idea to drink water with electrolytes

1. SKIN

Being hydrated maintains a youthful glow and improves skin complexion. Drinking the required amount of water each day will make a significant difference when you are consistent. When your skin is hydrated, the texture is softer and lines are minimized, leaving you with flawless, younger looking skin. Not only is it an inexpensive way to achieve great skin, it's one of the best!

2. DIGESTION

Water flushes out all the bad toxins in the body. It will not flush out the good nutrition; it will simply clean and detox the body. Drinking enough water each day will help with your digestion and regular visits to the bathroom are a good thing!

3. STAY FULL

Often we think that we are hungry when actually we are just thirsty! Keeping a water bottle with you to drink at all times is going to keep you feeling full. I eat every three hours so during the times when I don't eat I am having lots of water to keep my body hydrated. Just like anything, drinking more water can become a habit. Once that habit is established, it will become much easier to do.

You will start to feel a difference within a few days. Your energy levels will increase, your skin will be smoother and more radiant and you will feel full longer, helping you avoid over-eating and naughty treats!





HACKS TO DRINK MORE WATER

Water is key for losing weight, great skin and a healthy digestion is water. Make it a priority in 2023 to stay hydrated!

1

Bookend your day with a glass of water. Drink a glass right when you wake up and an hour before bed. If you drink too close to bedtime you will be up peeing!

2

Add flavor or carbonation to make it more enjoyable to drink!. In fact, you can even add both. Personally, I like drinking La Croix with a splash of aloe from my nutrition plan because it's carbonated, the aloe helps with digestion and has great flavor.

3

Add lots of ice to your drinks because as it melts, you're technically drinking water and don't even know it!.

4

Add foods like celery, zucchini, watermelon, honeydew or any other foods with lots of water to your diet.

5

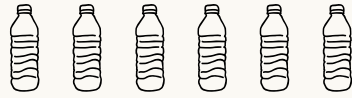
Get a water bottle that tells you how much water you've consumed for the day and reminds you to keep drinking.

5 REASONS YOU NEED WATER

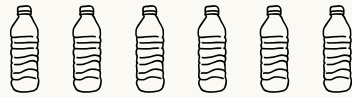
1. Brain function & keeps you alert.
2. Digestive functions such as urinating, sweating & of course going number 2!
3. Physical function giving you more strength, power and endurance.
4. Assists you in weight loss.
5. Increases your energy levels.

30 DAY WATER CHALLENGE

DAY 1



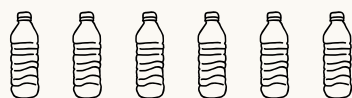
DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



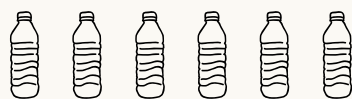
DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



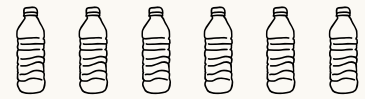
DAY 14



DAY 15



DAY 16



DAY 17



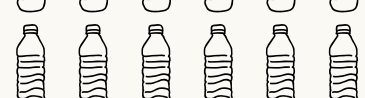
DAY 18



DAY 19



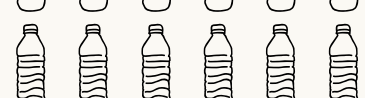
DAY 20



DAY 21



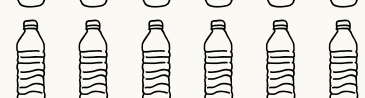
DAY 22



DAY 23



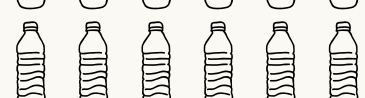
DAY 24



DAY 25



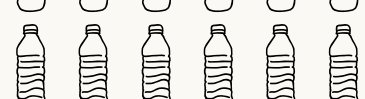
DAY 26



DAY 27



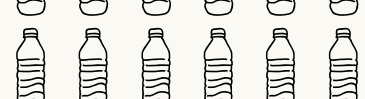
DAY 28



DAY 29



DAY 30



HALFWAY

YOU DID IT!

DIET MYTHS!

You may have lived your whole life under the impression that fewer calories = slimmer waistline or thinking that fat-free foods are better for your health! Check out some of these top diet myths to learn more.

Restricting Calories Will Help You Lose Weight

You may experience weight loss by severely limiting calorie intake, but this strategy won't work for long. It's hard to stick to a deprivation-based diet plan because your body is hungry and WANTS you to feed it, this is why most people who restrict calories end up gaining weight back – sometimes even more than they started with!

Eating Fat Is Bad For You

A modest amount of fat can help you feel full and satisfied longer than other dietary components (such as simple carbohydrates), because of this you may eat less food overall if you're incorporating healthy sources of fat into your regular meal plan. Fat also helps with the absorption of certain vitamins and phytonutrients, which are compounds in plants that are thought to promote health.

Diets Have A Beginning & An End

Diet's don't work – lifestyle changes do. No two people are the same. What works for someone else may not work for you. Losing weight is a process and getting in shape takes time & commitment. Be ready to modify your plan as you discover what works and does not work for you.

DIET MYTHS!

Eating Protein Will Make You Bulky

Protein is an essential part of a balanced diet that keeps you feeling full. It takes eating massive amounts of protein and food to bulk up along with lifting 100 lbs in weight over a long period of time. I have between 100–120g of lean protein in my diet everyday. Everyone will be slightly different depending on their goals and current body type.



You'll Gain Weight If You Eat At Night

It used to think if you ate after 6pm you would gain weight! Truth is we want to eat every 2–3 hours throughout the day. You should have your last protein snack 2 hours before you go to bed and then also eat breakfast within 30 minutes of waking up! Like I mentioned earlier, when you don't eat, your body doesn't trust you and will store everything for energy later. Bottom Line – If you are hungry, you should eat!

What Foods to EAT When Leaning Out

it's essential to focus on nutrient-dense foods that support fat loss while keeping you energized and satisfied.



Lean Proteins

Chicken breast, turkey, fish (salmon, tuna), lean cuts of beef, and eggs. These foods help build muscle, boost metabolism, and keep you feeling full longer.



Healthy Fats

Avocados, nuts, seeds, and olive oil. These help regulate hormones, keep you satiated, and reduce inflammation in the body.



Leafy Greens

Spinach, kale, arugula, and collard greens. Low in calories but packed with vitamins, minerals, and fiber, they help you stay full while supporting digestion.



Berries & Low-Sugar Fruits

Blueberries, strawberries, and raspberries. They're loaded with antioxidants and fiber but low in sugar, making them a great addition to any meal or snack.



Complex Carbohydrates

Sweet potatoes, quinoa, brown rice, and oats. These slow-digesting carbs provide steady energy and help maintain stable blood sugar levels, which is key when leaning out.



Legumes & Beans

Lentils, chickpeas, and black beans are excellent sources of plant-based protein and fiber, keeping hunger at bay while providing slow-burning energy.



What Foods to AVOID When Leaning Out

Certain foods can slow your progress and make it harder to achieve your goals.

❌ Processed Foods

Chips, cookies, sugary cereals, and frozen meals are often loaded with unhealthy fats, sugars, and additives that can lead to weight gain.

❌ Fried Foods

French fries, fried chicken, and similar foods are high in unhealthy fats and calories, slowing down your metabolism and stalling fat loss.

❌ Sugary Beverages

Soda, sugary coffee drinks, and fruit juices can spike your insulin levels and contribute to excess calorie intake without making you feel full.

❌ Alcohol

It can disrupt your metabolism, hinder muscle recovery, and add unnecessary calories. Plus, alcohol often comes with mixers high in sugar.

❌ Refined Carbohydrates

White bread, pastries, and pasta made from white flour are quickly digested and cause blood sugar spikes, leading to cravings and overeating.

❌ High-Sugar Desserts

Cake, ice cream, candy, and other sweet treats can quickly derail your progress, leading to cravings and excess calorie consumption.



HOW TO CONTROL SWEETS & UNHEALTHY SNACK CRAVINGS

Food cravings can be a slippery slope when it comes to healthy eating if they get out of hand. Cravings can be a big reason why you are having trouble losing weight and keeping it off.

Craving Something Sweet

Instead of going straight to the chocolates (my favorite) or gummy candies, opt for some fruit instead. Natural sugars are much more beneficial to your body than processed/refined sugars. Sugar is a simple carbohydrate that is converted into glucose which is used in our body for energy, however the overall effect on your body depends on the type of sugar you are consuming.

Craving Carbs

If you're craving carbs go for whole grain and complex carbs such as beans, quinoa and oatmeal. These will keep you fuller longer because they take longer to digest.

Craving Something Chocolatey

For a fun snack mix some of your favorite nuts and seeds together with some dark chocolate chips! The nuts and seeds will provide protein, fat and fiber and the chocolate chips won't add too many calories when used sparingly.

Craving Something Salty

Eating whole foods like vegetables with a side of hummus is a much better option over reaching for potato chips.



HOLIDAY EATING TIPS!

When it comes to Christmas, there are some things I like to keep in mind so that I can have fun and take it easy without derailing all of my hard fitness work! These are some tips I suggest

EAT A GOOD BREAKFAST

You may want to starve yourself until Christmas dinner, but starting off with a good, healthy breakfast will help you avoid overeating later.

EAT YOUR FAVORITE DISHES FIRST

Love the cinnamon buns? Fine, eat one! Remember that you don't have to eat two of everything. Choose your absolute favorites, savor them, and you'll be less likely to overindulge.

HYDRATE

I can't stress this enough. Drink water throughout the day, and maybe start your morning off with my Nutrition Shake! Staying hydrated will help you avoid mistaking hunger for thirst and then overeating.

MAKE YOUR PLATE COLORFUL

This goes all year round! The more color, the more nutrition!

SHIFT YOUR FOCUS

Don't overthink it; turn your attention instead to the camaraderie and fun of the holidays, not the forbidden food you can't eat. Eat, drink, be merry, and remember that this is a special occasion. It's not the end of the world if you overeat, but do focus on nourishing your body and your soul.



HOW TO BUILD HEALTHY SNACKS

Snacks are a great way to stay full throughout the day while still giving your body good quality nutrients. That means don't reach for the processed chips and cookies! Instead eat balanced snacks that will keep you full. Here are some ideas!

Good snacks should include the following:
Protein + Veggies + Fruits + Healthy Fats



Eggs, Carrots, Berries, Hummus



Turkey, Cucumber, Grapes, Avocado



Chickpeas, Peppers, Tomatoes, Olives



Beef Jerky, Snap Peas, Apples, Cheese



Snack List

5 GRAMS OF PROTEIN

- 18 CASHEWS
- 1/2 AVOCADO
- 3 OZ. OF TOFU
- 20 ALMONDS
- 1 SLICE OF TURKEY BACON
- 1 SCOOP OF MY PROTEIN
- 6 GRAPES, 1OZ CHEESE

- 3 HARD BOILED EGGS (JUST THE WHITES!)
- 2 SLICES OF TURKEY DELI MEAT
- MY PROTEIN BAR
- 1 OZ. BEEF JERKY
- MY FORMULA 1 SHAKE
- 1 OZ. SLICE OF LOW-FAT MOZZARELLA CHEESE
- 8.5 OZ. SOY MILK
- TOTAL FAGE GREEK YOGURT

Snack List

10 GRAMS OF PROTEIN

- 1 OZ. SLICE OF LOW-FAT MOZZARELLA CHEESE
- 8.5 OZ. SOY MILK
- TOTAL FAGE GREEK YOGURT
- 1 CUP OF QUINOA
- 3 OZ. WATER-PACKED TUNA, 1 SLICE CHEESE
- 3 C POPCORN, 2 T NUTRITIONAL YEAST
- 2 C KALE LEAVES, 1 T OLIVE OIL, 2 T NUTRITIONAL YEAST, BAKED AT 325 F FOR 15 MINUTES
- 3/4 C CHICKPEAS, 1 T OLIVE OIL, SALT AND CAYENNE (BAKED AT 350 FOR 25MINS)

- 1/4 C CHIA SEEDS, 1 C ALMOND MILK, 1/2 T HONEY
- 1 C GREEK YOGURT, CHOPPED HERBS, LEMON JUICE AND CHOPPED VEGGIES
- 1 T NATURAL PEANUT BUTTER, 1 C CELERY
- 1 T NUT BUTTER, 3 T OATS, 1/2 T DARK CHOCOLATE CHIPS (ROLLED INTO BALLS)
- 1/2 C BLACK BEAN DIP WITH VEGGIES
- 2 SLICES EZEKIEL BREAD, 1/2 C COTTAGE CHEESE, 1/4 AVOCADO, 1 SLICE TOMATO

Snack List

15 GRAMS OF PROTEIN

- 1/2 CUP OF PUMPKIN SEEDS
- 1 LOW FAT CHICKEN SAUSAGE
- 1/4 C GRANOLA, 2 T NUT BUTTER, 1 C BERRIES
- 1 C EDAMAME
- 1/2 C COTTAGE CHEESE, SLICED BERRIES
- 3 OZ. GRILLED TUNA, SALMON, OR HALIBUT
- 3 OZ. OF SHRIMP
- CUP OF CHICKPEAS
- 3 OZ. OF GROUND TURKEY
- 1/2 CAN OF TUNA
- 1 CUP OF LENTILS
- 1/2 COTTAGE CHEESE, 1 C COOKED SPINACH, 1/2 C QUINOA

- 1/2 C BEANS, 1 T SALSA, 1 SLICE CHEESE IN A SMALL WHOLE-WHEAT TORTILLA
- 2 HARD-BOILED EGGS, 1/2 AVOCADO, 1 T BELL PEPPER, 1 T RED ONION
- MY REBUILD STRENGTH SHAKE
- 1/2 TURKEY LEG
- 1 AVOCADO, 1/2 C COTTAGE CHEESE, 1 T SEEDS
- 1 SLICE EZEKIEL BREAD, 1/2 C COTTAGE CHEESE, 1 FRIED EGG, 1 SLICE TOMATO
- 1/4 AVOCADO, 1/2 C CHICKEN BREAST
- 1/2 C GREEK YOGURT, 1 T NUT BUTTER, CINNAMON, SLICED BERRIES
- 2 SCRAMBLED EGGS WITH VEGGIES

EASY RECIPES





CHICKEN AND PEACH SALAD

INGREDIENTS

- 1 1/3 cups water
- 2/3 cup quinoa
- Cooking spray
- 1 lb chicken breast cutlets
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 4 cups arugula
- 2 cups cherry tomatoes, halved
- 2 cups fresh peaches, sliced
- 3 tbsp olive oil
- 2 tbsp rice vinegar

Serves: 4 | Serving size: 2 cups
Calories 364 | Protein 31g | Carbs 30g |
Fat 14g | Fiber 6g

cook time: 25 minutes

INSTRUCTIONS:

1. Bring 1 1/3 cups water and quinoa to a boil in a small saucepan over high.
2. Reduce heat to medium-low; cover and simmer for 10 minutes.
3. Drain and rinse under cold water. Drain well.
4. Meanwhile, heat a grill pan coated with cooking spray over high.
5. Sprinkle chicken with 1/2 tsp salt and pepper.
6. Grill chicken, until done, 6 to 7 minutes.
7. Remove to a cutting board and let stand 3 minutes.
8. Slice into strips.
9. Place quinoa, arugula, tomatoes, and peaches in a large bowl.
10. Add remaining 1/2 tsp salt, oil, and vinegar; toss to coat.
11. Divide mixture among 4 plates; top evenly with chicken.
12. Serve.

VEGAN CHOCO PROTEIN SQUARES

INGREDIENTS

- 10 tablespoons cocoa powder
- ¼ cup honey
- 1/4 cup almond butter
- 2 scoops Rebecca's healthy meal protein
- 2 tsp vanilla extract
- Pinch of sea salt
- ½ cup oats
- ½ cup flax seeds
- 2 tbsp almond milk

Side:

- 1 cup blueberry
- 1 cup banana, sliced



INSTRUCTIONS:

1. In large bowl, combine all ingredients until well mixed.
2. Batter should be a thicker consistency.
3. Place a long sheet of parchment paper on in 9 X 9 baking pan and press batter evenly around the edges.
4. Lift up parchment paper and cut into squares.
5. Store leftovers in an airtight container and save for another meal.

Serves: 12 | Serving size: 4 squares

Calories 398 | Protein 20g | Carbs 58g | Fat 15g | Fiber 14g

cook time: 10 minutes



VEGGIE LASAGNE



INGREDIENTS

- Cooking spray
- 1 cup onion, chopped
- 2 garlic cloves, minced
- 2 tsp olive oil, divided
- 1 cup zucchini, chopped
- 1 cup yellow squash, chopped
- 1 cup thinly sliced carrot
- 1 cup chopped broccoli
- Pinch salt, divided
- 1/4 cup all-purpose flour
- 1 ¾ cups 1% low-fat milk
- ½ cup grated fresh Parmesan cheese, divided
- Pinch black pepper
- Pinch of nutmeg
- ½ package frozen chopped spinach, thawed and drained
- ½ cup 1% low-fat cottage cheese
- 1 cups pre-shredded part-skim mozzarella cheese, divided
- 1 large eggplant, cut lengthwise

INSTRUCTIONS:

1. Preheat the oven to 375°.
2. Heat a skillet over medium-high heat & coat the skillet with cooking spray.
3. Add onion to pan; saute 4 minutes or until caramelized.
4. Add garlic; saute 1 minute.
5. Spoon onion and garlic mixture into a separate bowl.
6. Heat 1 teaspoon of oil in a pan over medium-high heat.
7. Add zucchini and yellow squash; saute 4 minutes or until tender.
8. Add to a bowl with onion mixture.
9. Heat remaining 1 teaspoon oil in a pan over medium-high heat.
10. Add sliced carrot; sauté 4 minutes or until tender.
11. Add chopped broccoli; sauté 4 minutes or until crispy.
12. Add to the bowl with other veggies (add salt to taste to the veggies)
13. Place flour in a saucepan.
14. Heat and gradually add milk, stirring with a whisk until combined.
15. Bring to a boil over medium heat; constantly stir and cook until thick.
16. Remove from heat.
17. Add ¼ cup Parmesan, pinch salt, pepper, and nutmeg; stir until combined.
18. Stir in spinach.
19. Combine cottage cheese and mozzarella; stir well.
20. Spread spinach mixture in bottom of baking dish coated with cooking spray.
21. Arrange eggplant over spinach mixture in dish; top with half of cottage cheese mixture, half of the vegetable mixture, and about 1 cup of spinach mixture.
22. Repeat layers, ending with eggplant noodles.
23. Spread remaining spinach mixture over the eggplant and then sprinkle with remaining Parmesan and remaining mozzarella.
24. Cover and bake at 375 F degrees for 20 minutes.
25. Uncover and bake an additional 20 minutes or until cheese is beginning to brown.
26. Let stand 10 minutes before serving.
27. Put the leftovers in an airtight container and store in the fridge for another meal.

Serves: 6 | Serving size: 1 slice

Calories 270 | Protein 20g | Carbs 31g | Fat 9g | Fiber 4g | Cook time: 55 min

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MISO GLAZED SALMON

INGREDIENTS

- 4 (6-oz) salmon fillets
- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 2 tbsp miso (soybean paste)
- 1 tbsp fresh chives, chopped
- 2 tbsp hot water
- Cooking spray



INSTRUCTIONS:

1. Preheat broiler.
2. Combine brown sugar, soy sauce, water, and miso paste in a bowl and stir with a whisk.
3. Arrange fish in a shallow baking dish coated with cooking spray.
4. Spoon miso mixture evenly over fish.
5. Broil for 10 minutes or until the fish flakes easily when tested with a fork.
6. Basting twice with miso mixture. Sprinkle with chives.

Serves: 4 | Serving size: 1

Calories 297 | Protein 32g | Carbs 15g | Fat 10g | Fiber 1g

COOK TIME: 30 minutes

SWEET POTATO EGG HASH



INGREDIENTS

- 3 links chicken sausage
- 4 cups sweet potatoes, peeled and diced into tiny cubes
- 4 eggs
- 1 small onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- Salt, to taste
- Black pepper, to taste
- Salt, to taste
- Pinch garlic powder
- Pinch Italian seasoning
- Pinch cayenne pepper

Serves: 4 | Serving Size: 1

Calories 370 | Carbs 47g | Protein 23g | Fiber 7g | Fat 11g

Cook Time: 25 minutes

INSTRUCTIONS:

1. Place a large pan over medium-high heat; once hot, crumble the sausage into the pan and let it brown.
2. Add diced onion, red and green bell peppers, salt, pepper, garlic powder, italian seasoning and cayenne pepper to the pan and cook until veggies become crisp and tender.
3. Add in sweet potato, stir, and cook everything until it starts to caramelize and soften, covered, for about 12 minutes, stirring occasionally.
4. Top with green onion and serve with a fried egg.
5. Seal leftovers in an airtight container and freeze for another breakfast.

TUNA CAKES

INGREDIENTS

- 2 eggs
- 2 tsp lemon juice
- 3 tbsp grated Parmesan cheese
- ½ cup of bread crumbs
- 3 (5 oz) cans tuna, drained
- 3 tbsp diced onion
- 1 pinch ground black pepper
- 3 tbsp vegetable oil
- 1 stalk celery , finely chopped
- 1/2 teaspoon dried herbs
(oregano, dill, basil, thyme
or any combo)



INSTRUCTIONS

1. Beat eggs and lemon juice in a bowl.
2. Stir in Parmesan cheese and bread crumbs to make a mixture.
3. Fold in tuna, onion and celery until well-mixed.
4. Season with black pepper and spices.
5. Shape tuna mixture into eight 1-inch-thick patties.
6. Heat vegetable oil in a skillet over medium heat.
7. Fry patties until golden brown, about 5 minutes per side.

NUTRITION INFO

Serves: 4

Serving size: 1 cake

Calories 325

Protein 31g

Carbs 14g

Fat 16g

Fiber 1g

COOK TIME

25 minutes

SHRIMP AND BROCCOLI STIR FRY

INGREDIENTS

- 1 ½ cup brown rice
- 1/4 cup fat-free, less-sodium chicken broth
- 2 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 2 tsp almond flour
- 1/2 tsp sesame oil
- 1/4 tsp crushed red pepper
- 1 tbsp vegetable oil, divided
- 1 tbsp fresh ginger, minced and peeled
- 1 tbsp bottled minced garlic
- 1 lb shrimp, peeled and deveined
- 1/4 tsp salt
- 4 cups small broccoli florets
- 1 sliced red pepper
- 1 cup onion, vertically sliced



INSTRUCTIONS

1. Cook brown rice according to package directions, set aside.
2. In a small bowl combine chicken broth, rice vinegar, soy sauce, almond flour, sesame oil, and crushed red pepper; stir with a whisk until well combined.
3. Heat 2 teaspoons veggie oil in a skillet over medium-high heat. Add ginger and garlic to pan; saute 30 seconds. Sprinkle shrimp with salt. Add shrimp to pan, and saute 3 minutes or until opaque. Remove shrimp mixture from the pan, set aside.
4. Add remaining 1 teaspoon veggie oil to pan. Add broccoli, pepper and onion to pan; saute 4 minutes or until broccoli is tender. Add shrimp mixture and broth mixture to pan; cook 1 minute or until thickened, stirring constantly.
5. Serve.

NUTRITION INFO

Serves: 4 Serving size: 1 cup
Calories 222
Protein 26g
Carbs 12g
Fat 7g
Fiber 3g

COOK TIME

30 minutes

TRAIL MIX BREAKFAST BOWL



INGREDIENTS

- ½ cup almonds, slivered
- 2 scoops Rebecca's healthy meal protein*
- 2 cups greek yogurt
- 1 cup granola
- 1 cup apricots, dried
- 2 tsp honey

NUTRITION INFO

Serves: 3
Calories 430
Carbs 70g
Protein 26g
Fiber 14g
Fat 5g

* Available with Nutrition Plans

INSTRUCTIONS

1. Combine almonds, granola, apricots and honey in a large bowl and toss to ensure ingredients are evenly distributed.
2. Mix greek yogurt and Rebecca's healthy meal protein.
3. Top with granola mixture and properly seal and store leftovers for another breakfast!

COOK TIME

5 minutes

DARK CHOCOLATE ENERGY BITES

INGREDIENTS

- 1 1/2 cups of old fashioned rolled oats
- 1/2 cup ground flax seed
- 2 tbsp chia seeds
- 1 tsp cinnamon
- 1/3 cup unsweetened coconut flakes
- 1/2 cup raw honey
- 1 cup almond butter
- 1 tsp vanilla extract
- 1/2 cup dark chocolate chips
- 2 scoops Rebecca's Healthy Meal Protein*
- 1/4 cup almonds, crushed



INSTRUCTIONS

1. Mix all ingredients together in a large bowl.
2. Form energy bite mixture into 15 balls and place on parchment paper lined baking sheet.
3. Cover and place in refrigerator for 2 hours.
4. Serve and seal leftovers in an airtight container and save for another breakfast!

NUTRITION INFO

Serves: 15 Serving Size: 5 bites

Calories 640

Carbs 88g

Protein 22g

Fiber 16g

Fat 9g

COOK TIME

5 minutes

*Available with nutrition plans

TOFU TACO BOWL

INGREDIENTS

- 3 cups extra firm tofu
- 3 tbsp olive oil
- 1 tsp sea salt
- 1 tsp pepper
- 1 1/2 tsp chili powder
- 1 1/2 tsp paprika
- 3/4 tsp garlic powder

Toppings

- 3 cup brown rice
- 1 1/2 avocado
- 2 cup black beans
- 3/4 red onion
- 1 1/2 cup corn
- 1 tomatoes
- 1 cup cilantro



INSTRUCTIONS

1. Drain tofu. Remove as much excess liquid as possible by pressing between paper towels.
2. In a large skillet, heat oil to medium and add the block of tofu.
3. Use a spoon or spatula to "chop" the tofu.
4. Add seasonings and continue "chopping" and stirring until all of the tofu is seasoned.
5. Cook 8–10 minutes, until tofu is heated throughout.
6. Portion tofu into meal prep containers (or into bowls if you're eating it now!) and add desired toppings.
7. Store in an airtight bowl until next meal!

NUTRITION INFO

Serves: 4 Serving size: 1
Calories 560
Protein 31g
Carbs 72g
Fat 30g
Fiber 20g

COOK TIME

10 minutes

PROTEIN SAVOURY MUFFINS

INGREDIENTS

- 60 g Protein Bake Mix/Goods*
- 60 g almond milk
- 25 g cashew yoghurt
- 5 g sunflower oil or any other vegetable oil
- 40 g grated reduced fat cheese
- 25 g feta cheese
- 30 g sweetcorn
- 1 egg
- 6 g fresh chives or spring onions
chopped finely
- pepper



INSTRUCTIONS

- In a bowl, mix all the wet ingredients, then add the dry and mix until homogenous
- Fill 4 muffin cases and bake at 150C/ 250F for 15–20 mins or until golden brown.

NUTRITION INFO IN THE BAKE MIX/GOODS:

High Protein

5g of Fibre

21 vitamins and minerals

No artificial sweeteners

Nutrition dense

COOK TIME

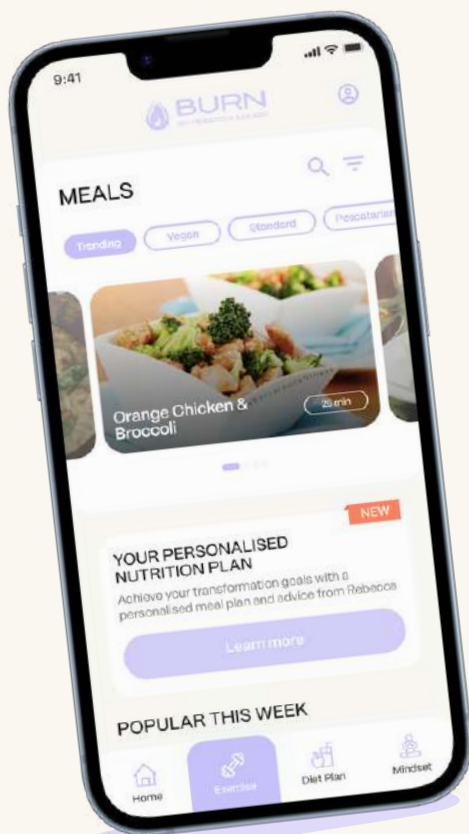
15–20 minutes

*Available with nutrition plans

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