

I'm not robot



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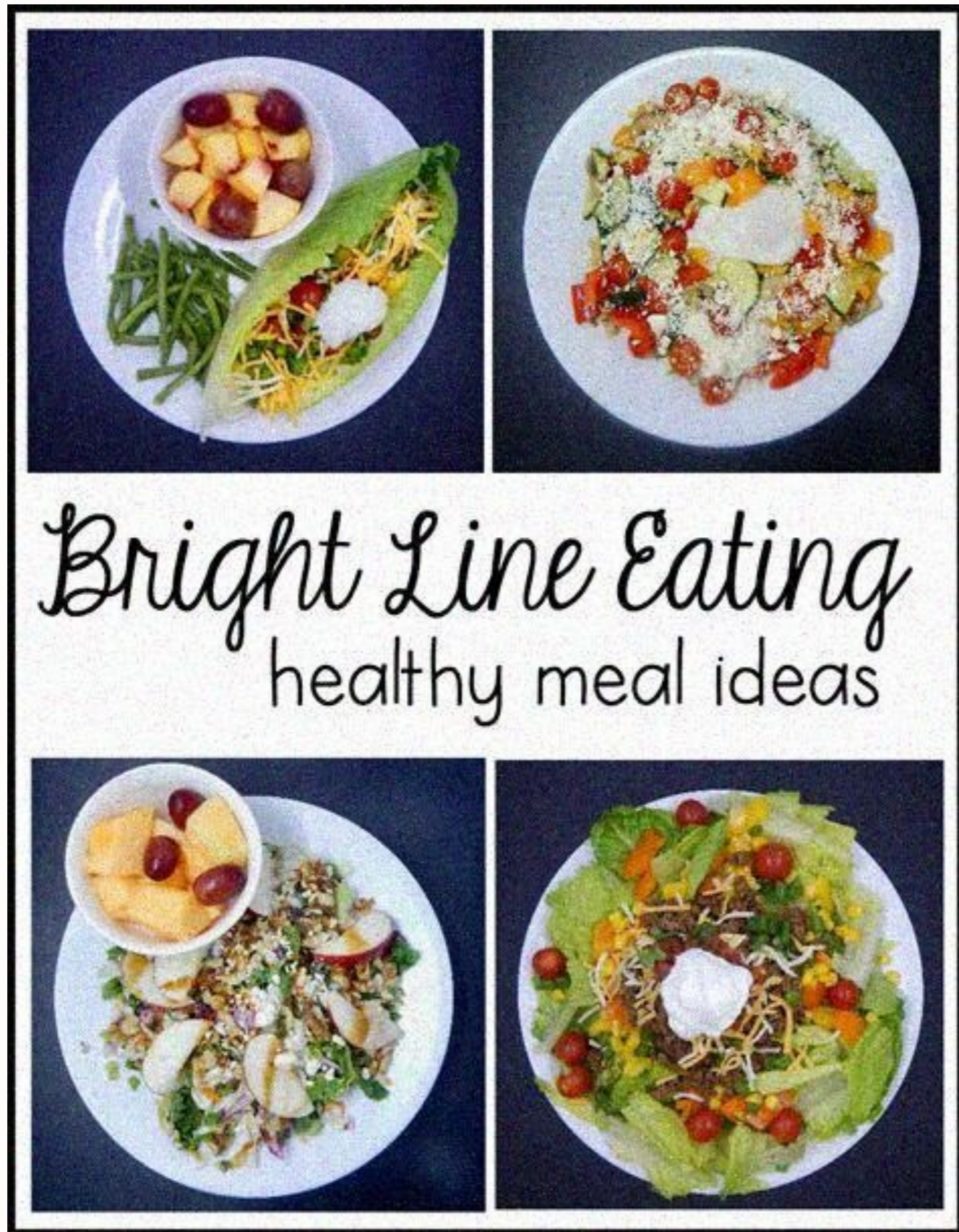
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Protein	Grain	Fruit	Fat	Veg
8oz. plain yogurt	4oz. cooked potato	1 large fruit	1 Tbsp. tohini	6oz. of ANY vegetable, except the following should be limited in use, per week:
8oz. soy/nut milk	4oz. cooked rice	2 plums	1 Tbsp. butter	Peas
8oz. milk	4oz. quinoa	2 kiwis	1 Tbsp. mayo	Corn
6oz. beans/fenitils	4oz. pre-cooked hot	3 apricots	1 Tbsp. nut butter	Potatoes
4oz. cottage cheese	1oz. oatmeal dry	6oz. berries	1 Tbsp. oil	Turnips
4oz. ricotta cheese	1oz. cream of wheat	6oz. grapes	1 Tbsp. dressing	Rutabaga
4oz. tofu	1oz. puffed rice	6oz. pineapple	2oz. avocado	Squash
4oz. hummus	1oz. shredded wheat	6oz. cherries	2oz. olives	Pumpkin
4oz. veggie burger	1oz. Triscuits	6oz. melon		
4oz. meat	1oz. rice cakes	6oz. mango/papaya		
2oz. cheese				
2oz. nuts/nut butter				
2oz. seeds				
2 eggs				

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Breakfast	Lunch	Dinner
1 Protein 1 Grain 6 oz Fruit	1 Protein 6 oz vegetables 6 oz fruit 1 Fat	1 Protein 16 oz vegetables 1 Fat
Breakfast Grains		
Weigh 4 oz cooked or weigh 1 oz dry, then cook		
Potato Sweet Potato Yam Rice Quinoa Millet (4 oz cooked) Quinoa	Oatmeal Oat bran Cream of Rice/Wheat Grits Quinoa flakes Shredded Wheat, Fiber One Cereal Rice cakes Ezekiel Bread Tritium Chia seeds	
Protein		
8 oz unsweetened milk (dairy or nondairy) 8 oz plain yogurt 2 oz cheese 4 oz cottage cheese 4 oz ricotta cheese 2 eggs 2 oz nuts 2 oz seeds 2 oz nut butter	4 oz chicken 4 oz turkey 4 oz beef 4 oz pork 4 oz fish 4 oz lamb 4 oz shellfish	6 oz beans 2 oz roasted beans 6 oz lentils 4 oz tofu 4 oz hummus 4 oz shell edamame 4 oz veggie burger 2 oz soy granules 2 oz soy nuts
Fats		
Butter (1 Tablespoon or .5 oz) Mayonnaise (1 Tablespoon or .5 oz) Oil (1 Tablespoon or .5 oz) Avocado (2 oz) Sour Cream (1 oz) Cheese (1 oz) Olives (2oz)	Nuts (1.5 oz) Nut Butter (1 Tablespoon or .5 oz) Seeds (1.5 oz) Salad dressing (1 Tablespoon or .5 oz) Tahini (1 Tablespoon or .5 oz) Canned coconut milk-light (4 oz) Canned coconut milk-full fat (2 oz)	
Condiments		
Use freely		
Cinnamon Herbs & spices Salt & pepper Hot sauce Lemon juice, lime juice Vinegar Mustard	Capers (2 oz) Marinara sauce (2 oz) Nutritional yeast (2 oz) Salsa (2 oz) Fermented vegetables (2 oz) Sauerkraut, kimchi, etc. Pickles (2 oz)	

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Grocery Lists

PANTRY STAPLES (KEEP STOCKED)

- Rolled oats
- Nuts of choice for oatmeal topping (pecans, almonds, pumpkin seeds, walnuts, etc.) (See p. 22-23 for topping combination ideas)
- 1 container unsweetened non-dairy milk or yogurt of choice (try hemp, soy, or almond)
- Nut butter of choice (check ingredients list for sweeteners)
- Rice cakes (unsweetened)
- Sweet potatoes (store in a dark, cool place)
- Red & yellow onions (store in a dark cool place)
- Dry polenta (a.k.a. corn grits)
- Unsweetened Cereals
 - Try puffed grains (like rice, kamut, or quinoa), wheat flakes (like Uncle Sam's), Ezekiel sprouted cereal, or shredded wheat
- Apple cider vinegar
- Olive oil
- Dark toasted sesame oil
- Soy sauce
- Rice vinegar (not seasoned rice vinegar)
- Tahini (1 container)
- Several cans of garbanzo beans
- Beans of choice for salads
- Dry quinoa (1 package)
- 2-3 cans of coconut milk (regular fat)
- 2-3 jars marinara sauce (check for sugar)
- 1 lb dry navy beans or dry white beans
- Dry mung beans (a few handfuls)
- Dry yellow split peas (a few handfuls)
- Dry green split peas (a few handfuls)
- 2-3 cans diced tomatoes (15 oz)
- Veggie stock (or buy veggie bouillon, or make your own stock and freeze)
- Tomato paste (tube or small can)
- 1 lb dry small red lentils
- Chili sauce or ketchup (sweetener in the ingredients is ok, it will be heavily diluted)
- Vegan Worcestershire sauce (sweetener in the ingredients is ok, it will be heavily diluted - I use Anker brand)
- Low-sugar BBQ sauce (less than 5 grams per serving), or make your own on p. 45

Note: Grocery lists and recipes provided in this meal plan document assume that all of these staple ingredients are present in your kitchen.

If you don't have most of these items already, I assure you, it will be worth the investment! These things do not rot out quickly and last a long time!

<http://kaleidosyncs.com>

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Despite initial worries about their survival rates, both babies thrived. Around this time, I began teaching a course on The Psychology of Eating and Body Image. My research intensified as I investigated the psychology and neuroscience behind successful weight loss, ultimately developing the system now known as Bright Line Eating. In 2011, our family experienced significant changes with the birth of our third child, a move to a larger house, my tenure being granted, and David's promotion. However, this was just the beginning; I sensed an idea brewing within me... Fast-forward to January 26, 2014, during my morning meditation, when I received the clear awareness that I needed to write a book called Bright Line Eating... I remember the first time those words came together as a guiding force. It was like receiving a mandate from countless souls desperate for a solution to their struggles with food and weight. My chest cavity ached with empathy and prayers, but I knew I had to tap into my knowledge bank and help people in need. That night, I set my alarm for 4:20 am so I could start writing my book proposal the next morning.

For months, I wrote every morning without fail before meditating at 5:00 am. As I crafted my proposal, I realized that a good book wasn't enough; I needed a platform to make a real impact. So, I launched my Big, Hairy, Audacious Goal (BHAG) to help anyone lose weight and keep it off if they were willing to put in the work. That summer, I turned 40 and officially started my BHAG. Since then, Bright Line Eating has grown into a global movement, helping people worldwide. Our email list has millions of subscribers who receive free resources on sustainable weight loss. The book was published and hit The New York Times Best-Sellers list...and the books just keep coming! What's most meaningful to me is our membership program, which serves people worldwide and helps them not only lose weight but also learn to love themselves, feel connected, and become their authentic selves. I struggled with sticking to a specific food plan for my health and weight loss, even though I had success in the past. For me, the biggest challenge was limiting myself to a set amount of food at each meal. I enjoyed eating a variety of foods, including grains, fruit, and vegetables, but found it hard to stick to just protein and veggies every day. Despite my initial success on a different program, I gained weight over the summer due to overeating during vacations and other social events. I decided to try the Bright Line Eating 14-Day Challenge to help me get back on track. The program provided structured guidance through daily videos and printable downloads that outlined meal guidelines and food lists. I found it helpful to have a physical copy of the plan, which made it easier for me to stay on track.

While I didn't finish all the videos in the challenge, I felt like I had learned enough by halfway through. The program also provided daily emails with reminders to watch the next video, which helped keep me motivated. Overall, I found the \$29 cost of the challenge to be a reasonable investment for the structured support and guidance it provided. As a result of following the Bright Line Eating plan, I lost 7 pounds in just 7 days. This was a significant weight loss for me, especially considering that I had gained some weight over the summer. It showed me that I don't have to be so precise with macros. I enjoyed the variety of food options, including fruit and grains like oats for breakfast. I wasn't hungry between meals and felt satisfied with my choices. Having tons of energy was a great bonus! I think this is because I stopped overeating, which drains me mentally and physically. I liked planning my meals the night before to know what to expect in the morning.

However, I got bored with the lack of variety, even though it's something I usually do when not on a plan. It made me realize that I use food as entertainment and didn't know how to cope without it. This experience taught me to be more mindful of my thoughts about food. During this challenge, I lost 7 pounds and noticed that I felt lighter and leaner. My measurements also improved, with a 1.5-inch reduction in waist size and a 0.5-inch decrease in hip size. I'm proud of myself for keeping records for 8 days and having all the photos, recipes, and nutrition data to refer back to if I want to lose weight again quickly. Day 1-7 Bright Line Eating Meal Plan: Breakfast (Day 1): 1 oz oats, 6 oz berries, 8 oz Greek yogurt; (Day 2) 1 egg, apricots, sweet potato; (Day 3) 1 oz oats, berries, yogurt; (Day 4) 1 egg, apricots, sweet potato; (Day 5) 1 oz shredded wheat, grapes, eggs; (Day 6) oats, egg, cheese, cantaloupe; (Day 7) shredded wheat, strawberries, yogurt. Lunch (Day 1): 4 oz rotisserie chicken, cucumbers, cherry tomatoes, grapes, dressing; (Day 2) 3 oz steak, lettuce, poppyseed dressing, pumpkin seeds; (Day 3) 4 oz steak, salad, broccoli, olive oil; (Day 4) roasted chickpeas, olive oil, apricots, carrots; (Day 5) rotisserie chicken, salad, broccoli, dressing; (Day 6) chicken patty, mayo, apricots, banana, corn; (Day 7) Costa vida salad with Pork. Dinner (Day 1): 4 oz steak, salad, broccoli, olive oil; (Day 2) zucchini noodles, ground beef, lettuce, cherry tomatoes, spaghetti sauce, dressing; (Day 3) rotisserie chicken, salad, broccoli, dressing; (Day 4) zucchini noodles, burger, mushrooms, lettuce, ranch; (Day 5-7) varied meals. Day 8 Bright Line Eating Meals: Breakfast: egg, cheese, apple, oats; Lunch: plums, apricots, rotisserie chicken, parmesan cheese, spaghetti squash, butter, avocado; Dinner: chicken broccoli, ricad cauliflower, olive oil, Yoshida sauce. About the Bright Line Eating plan: It's a diet program that emphasizes strict food choices and encourages disciplined eating behavior. The idea is to set "bright line" non-negotiables around certain foods to help individuals overcome food addiction. There's no standard calorie count per day; instead, serving sizes are recommended for each food group. Q&A: * Can I have almond flour on Bright Line Eating? No, due to processing. * Is rice allowed? Initially, only for breakfast, and later at lunch and dinner once close to goal weight. * Can I eat popcorn? No, it's not a BLE-friendly food.