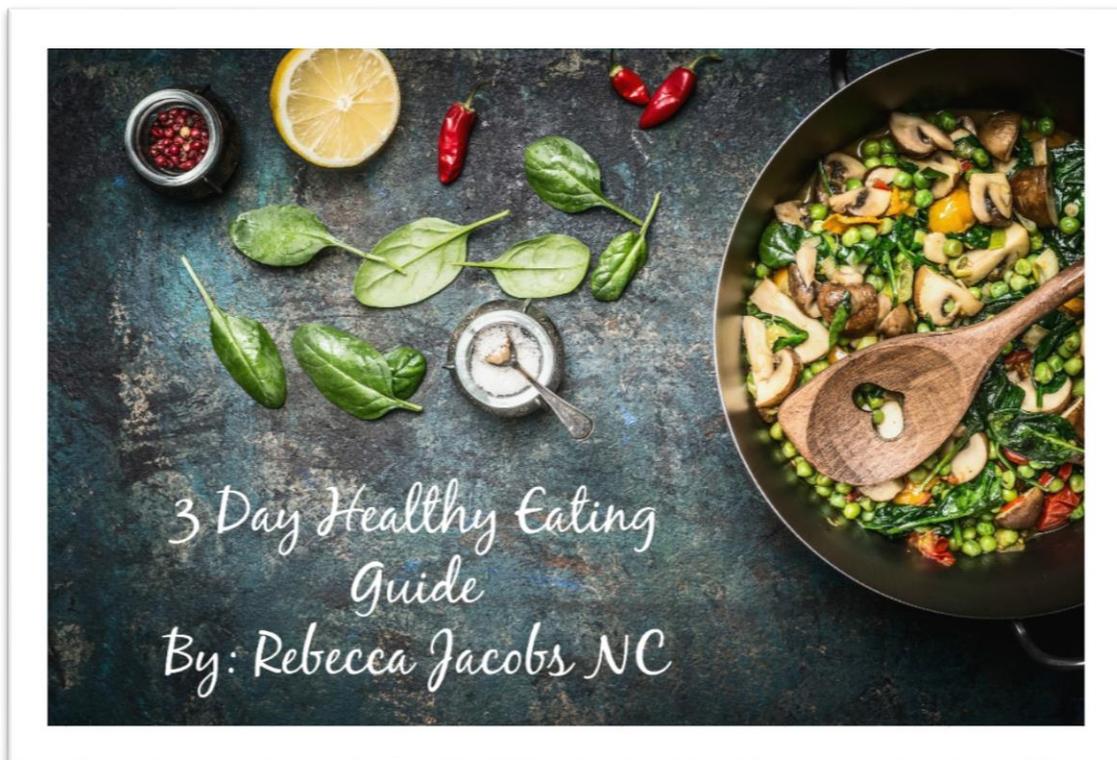


Holistic Balace Nutrition
Holisticbalancenutrition.co
Rebecca@holisticbalancenutrition.com

3 DAY HEALTHY EATING GUIDE

Rebecca Jacobs NC



Welcome!



Welcome to the 3 Day Healthy Eating Challenge! I am so excited to share 3 days of healthy eating with you, and I know you are going to love every single recipe. By reading this guide, you have committed to starting your personal health journey, and allowing your body to heal itself from the inside out. My hope is that this 3 day guide serves as a kick start towards a healthier you! A quote I commonly refer back to is "Every bite we take is either feeding disease, or fighting it." By starting this 3 day healthy eating challenge you are choosing to fight inflammation, improve weight loss success, and improve overall body function. You are allowing your body to enter a state to naturally fight disease. Congratulations on making the choice to start your healthy eating journey today, and I am so thankful you have decided to start the journey with me!

What's inside?

- 3 days of healthy eating recipes*
- Simple recipes that ANYONE can make*
- BONUS snack ideas*

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Disclaimer

It is important to consult with a professional medical practitioner before beginning any diet changes, introducing supplements, or other health related issues.

This book is read with full understanding that the information is not intended to diagnose, treat, cure or prevent illness or disease, and that the author and publisher are not responsible for specific health, or allergy conditions that may require medical supervision.

Day 1

Breakfast

Chunky Monkey Overnight Oats

Serves: 1

Cook Time: 0 mins

Ingredients

- ✓ ½ cup of rolled oats
- ✓ 1 cup of unsweetened almond milk
- ✓ 2 Tbsp. chia seeds
- ✓ 1 Tbsp. raw honey
- ✓ 1 Tbsp. organic almond butter
- ✓ ½ sliced banana
- ✓ 1 Tbsp. cocoa nibs

Directions

- ✓ Pour the rolled oats into the base of a mason jar, or cereal bowl. Top with almond milk.
- ✓ Add in the raw honey, and chia seeds, and stir until well combined.
- ✓ Cover, and refrigerate overnight.
- ✓ In the morning, top your oats with the almond butter, and cocoa nibs, and sliced banana.
- ✓ Enjoy at home, or on the go!

Day 1

Lunch

Super Food Salad

Serves: 1

Cook Time: 0 mins

Ingredients

- ✓ 2 cups of dark leafy greens (Kale ,Spinach, Arugula or a mix)
- ✓ 1 large tomato, sliced
- ✓ ½ avocado, sliced
- ✓ 1 Tbsp. hemp seeds
- ✓ 1 Tbsp. pumpkin seeds
- ✓ 1 Tbsp. unsweetened dried cranberries
- ✓ 1 Tbsp. olive oil mixed with 1 Tbsp. lemon juice

Directions

- ✓ Start by making your dressing, by whisking together the olive oil, and lemon juice. Set aside.
- ✓ Assemble the salad by placing the leafy greens into a large mixing bowl, and toss with the tomato, pumpkin seeds, and cranberries.
- ✓ Add the salad mix to a plate and top with the sliced avocado, hemp seeds, and drizzle with the dressing.

Day 1

Dinner

Quinoa Salmon Stir Fry

Serves: 2

Cook Time: 10 mins

Ingredients

- ✓ 2 cups of cooked quinoa
- ✓ 2 small salmon filets
- ✓ 2 cups of spinach
- ✓ 2 garlic cloves, crushed
- ✓ 4 Tbsp. coconut aminos
- ✓ 1 Tbsp. sesame seeds
- ✓ 1 Tbsp. Coconut oil

Directions

- ✓ Start by heating a large skillet over medium heat, and add the coconut oil and salmon filets.
- ✓ Cook the salmon until cooked through. This will take about 10 minutes or until firm. During the last 2 minutes of cooking, add in the garlic cloves, and coconut aminos.
- ✓ Place the cooked quinoa on a large mixing bowl, and add the fresh spinach leaves.
- ✓ Serve the quinoa on a plate, and top with the salmon, and a sprinkle of sesame seeds.

Day 2

Breakfast

Fancy Avocado Toast

Serves: 1

Cook Time: 5 mins

Ingredients

- ✓ 2 slices of gluten free bread, toasted
- ✓ 1 avocado, sliced
- ✓ ½ tomato, sliced
- ✓ 2 fried eggs.
- ✓ 2 Tbsp. balsamic vinegar

Directions

- ✓ Mash the avocado on 2 slices of toasted bread. Top with a slice of tomato, and 1 fried egg.
- ✓ Drizzle with balsamic vinegar.

Day 2

Lunch

Burrito Bowl

Serves: 1

Cook Time: 15 mins

Ingredients

- ✓ ¼ pound organic ground turkey
- ✓ 1 Tbsp. organic taco seasoning
- ✓ 1 tomato, sliced
- ✓ ½ small onion, chopped
- ✓ 1 handful of kale, chopped
- ✓ ¼ cup canned black beans rinsed and drained
- ✓ 2 Tbsp. water
- ✓ 1 Tbsp. coconut oil

Directions

- ✓ Start by sautéing the ground turkey in a medium saucepan with coconut oil until cooked through. Add in the taco seasoning, kale, onion, and 2 Tbsp. of water. Stir.
- ✓ Remove from heat, and add the turkey to a serving bowl. Top with the sliced tomato, and black beans.

Day 2

Dinner

Italian Fusion Spaghetti Squash

Serves: 2

Cook Time: 35 mins

Ingredients

- ✓ 1 spaghetti squash
- ✓ 1 Tbsp. olive oil
- ✓ Pinch of sea salt and pepper
- ✓ ½ cup marinara sauce (Low sugar)
- ✓ 1 cup of cooked broccoli florets
- ✓ 1 handful of fresh basil
- ✓ 2 ounces of goat cheese for topping

Directions

- ✓ Pre-heat your oven to 375 degrees F, and line a backing sheet with parchment paper.
- ✓ Slice the spaghetti squash in half, and drizzle with olive oil, and add a pinch of salt and pepper.
- ✓ Bake the squash face down on the baking sheet for 35 minutes, or until the squash is able to be scoop out like spaghetti.
- ✓ With a fork, loosen the squash a little, and then top each half with ¼ cup marinara sauce, ½ cup of broccoli, fresh basil, and 1 ounce of goat cheese.

Day 3

Breakfast

Tropical Green Smoothie

Serves: 1

Cook Time: 0 mins

Ingredients

- ✓ 1 cup of unsweetened almond milk
- ✓ 1 frozen banana
- ✓ ½ cup of fresh mango (Or frozen if not in season)
- ✓ ¼ cup frozen pineapple
- ✓ 1 handful of fresh spinach
- ✓ 1 Tbsp. ground flax seeds
- ✓ 1 Handful of ice

Directions

- ✓ Simply add all ingredients to the base of your blender, and blend until smooth.
- ✓ Enjoy!

Day 3

Lunch

Chicken Veggie Wrap

Serves: 1

Cook Time: 0 mins

Ingredients

- ✓ 1 gluten free wrap
- ✓ ½ cup of shredded organic rotisserie chicken
- ✓ ½ cup organic Greek yogurt (Plain, unsweetened)
- ✓ ¼ cup grapes
- ✓ ¼ cup chopped celery
- ✓ 2 Tbsp. lemon juice

Directions

- ✓ Place the rotisserie chicken into a mixing bowl, and add in all of the remaining ingredients. Stir until combined.
- ✓ Add the chicken mixture to the wrap, and roll like you would a burrito.

Day 3

Dinner

Stuffed Sweet Potatoes

Serves: 2

Cook Time: 45 mins

Ingredients

- ✓ 2 large sweet potatoes
- ✓ 2 Tbsp. coconut oil
- ✓ ½ cup black beans
- ✓ 1 handful of fresh cilantro
- ✓ ½ cup canned organic corn. (Drained and rinsed)
- ✓ 2 dollops of organic Greek yogurt (Plain, unsweetened)

Directions

- ✓ Pre-heat your oven to 425 degrees F, and line a baking sheet with parchment paper.
- ✓ Poke holes in the sweet potatoes, and bake for 45 minutes, or until the potato is soft in the middle.
- ✓ Slice the sweet potatoes in half, and fill each sweet potato with equal amounts of all of the ingredients minus the Greek yogurt.
- ✓ Top each sweet potato with a dollop of Greek yogurt.

What about Snacks?

I recommend eating 2 snacks per day to keep hunger at bay, and to keep your energy up. Try having a morning snack a few hours before lunch, and an afternoon snack a few hours before dinner. You will want to make sure you are armored with healthy snack options at all times to prevent grabbing an unhealthy option while you are out running errands! Always carry a healthy snack with you. Here are some great healthy snack options you can easily include in your diet

- ✓ Handful of nuts with fresh fruit
- ✓ Homemade smoothie with unsweetened nut milk or water
- ✓ Full fat, unsweetened plain Greek yogurt
- ✓ Cup of Greek tea with a side of fruit
- ✓ Apple with almond butter
- ✓ Celery with organic, unsweetened peanut butter
- ✓ Banana with almond butter
- ✓ Hard-boiled egg
- ✓ Plant based or un-denatured whey protein shake with unsweetened nut milk.