

30g Protein

Yogurt Bowl:

- +1 cup 2% plain Greek yogurt
- +1oz sliced almonds
- +1/2 cup raspberries



Calories: 362
 Fat: 19g
 Carbs: 22g
 Sugar: 13g
 Fiber: 7g

29g Protein

Omelet:

- +1 egg
- +2 egg whites
- +2oz chicken apple sausage
- +1/2 cup spinach



Calories: 276
 Fat: 16g
 Carbs: 5g
 Sugar: 2g
 Fiber: 1g

30g Protein

Breakfast Burrito:

- +1 whole-wheat tortilla
- +1 egg
- +2 egg whites
- +1/4 cup black beans
- +1/4 cup shredded cheese
- +3 slices tomato



Calories: 399
 Fat: 17g
 Carbs: 37g
 Sugar: 6g
 Fiber: 8g

30g Protein

Avocado Toast:

- +1 slice whole-wheat toast
- +1/4 avocado
- +3oz smoked salmon
- +1 fried egg



Calories: 290
 Fat: 18g
 Carbs: 21g
 Sugar: 6g
 Fiber: 5g

29g Protein

Cereal:

- +1 1/2 cups Kashi GOLEAN cereal
- +1 cup skim milk
- +2 tbsp hemp seeds
- 1/3 cup blueberries



Calories: 399
 Fat: 17g
 Carbs: 37g
 Sugar: 6g
 Fiber: 8g

29g Protein

Banana PB Smoothie:

- +1 cup 2% plain Greek yogurt
- +1 small frozen banana
- +2 tsp peanut butter
- +1 tsp chia seeds
- 1 tsp cocoa powder
- +1/2 cup unsweetened almond milk



Calories: 423
 Fat: 15g
 Carbs: 48g
 Sugar: 10g
 Fiber: 12g

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Xiaolong Qi



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The UltraMind Solution Mark Hyman, 2008-12-30 From the ten time New York Times bestselling author of *Ultrametabolism* *The Blood Sugar Solution* and *Eat Fat Get Thin* comes *The UltraMind Solution* Do you find it next to impossible to focus or concentrate Have you ever experienced instant clarity after exercise Alertness after drinking coffee Does your brain inexplicably slow down during stress while multitasking or when meeting a deadline Do you get anxious worried or stressed out frequently In *The UltraMind Solution* Dr Mark Hyman explains that to fix your broken brain you must heal your body first Through his simple six week plan Dr Hyman shows us how to correct imbalances caused by nutritional deficiencies allergens infections toxins and stress restoring our health and gaining an UltraMind one that's highly focused able to pay attention at will has a strong memory and leaves us feeling calm confident in control and in good spirits

The Diabetes Diet Richard K. Bernstein, 2008-12-05 Dr Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease Barry Sears Ph D 1 New York Times bestselling author of *The Zone* This low carb diet book is geared towards diabetics An engineer by training Richard Bernstein entered medical school at age forty five to find solutions to questions he had about how to manage his own diabetes Dr Bernstein pioneered blood glucose self monitoring and the tight control of blood sugar that is now accepted as the standard treatment of diabetes

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