



Breakfast	Shake	Overnight Oats	Overnight Oats	Eggs, Chicken Sausage & Sweet Pot	Steak, Eggs & Spinach
Snack 1:	Fruit & Cheese	Veg & Cottage Cheese	Protein Shake	Isalean Bar	Apple & Peanut butter
Lunch:	Leftover Lunch	Roasted Chicken, & Cabbage	Soup & Salad	Chicken Sandwich Steak, Cold Quinoa	Steak, Cold Quinoa Beans & Wilted Spinach Pizza Night
Dinner:	Roasted Chicken, & Cabbage	Chicken Soup	BBQ Chicken & Egg over Sweet Potato	Salad & Wilted Spin.	





Choose Your Stations:

Dutch Oven - Meat (Chicken) Optional Veggies (5 Min Prep 3 Hr Cook)

Slow Cooker - Lunch Item or Legumes (Beans) (5 Min Prep 3 Hr Cook)

Stovetop Burner 1 - Versatile Grain Quinoa (Quinoa) (5 Min Prep 15 Min Cook)

Stovetop Burner 2- Boiled Eggs (5 Min Prep 10 Min Cook)

Oven Rack 1 - Roasted Veggies (15 Min Prep 20 Min Cook)

Oven Rack 2 - Sweet Potato (5 Min Prep 30 Min Cook)

Casserole: Overnight Oats (5 Min Prep)

Toaster: Chicken Sausage (2 MinPrep 30 Min Cook)

Prep & Go Seeds Chia Pudding **Sweet Potato** Overnight Oats IsaLean Shake Boiled Eggs Protein Balls Baggied PB/Hummus Cottage Cheese Grapes Seaweed Snack

Berries

Dates

Protein

Balls/Energy Bites

Kale Chips

Store & Know

IsaLean Shakes Nuts/Seeds Bowl of Clementines Isalean Protein Bars Prunes/Dates Isagenix Protein Chips Single Serve Quinoa

Tuna Pouch

Grab & Go

Orange Clementine Banana Apple Peach / Nectarine Single Serve Mixed Nuts Low Sugar Greek Yogurt Isagenix Protein Chips Jerkey Tuna Pouch String Cheese Single Serve Nutbutter Isalean Protein Bars Single Serve Prunes Apple Sauce Roasted Chick Peas Kombucha Single Serve Baby Carrots

Single Serve Wholly

Guacamole

Single Serve Quinoa



Snack Attack Hacks

Commit to snacking well with these tips





Breakfast			
Snack 1:			
Lunch:			
Optional Snack 2:			
Dinner:			





Choose Your Stations:

Dutch Oven:

Slow Cooker:

Instapot:

Rice Cooker:

Stovetop Burner 1:

Stovetop Burner 2:

Stovetop Burner 3:

Stovetop Burner 4:

Oven Rack 1:

Oven Rack 2:

Casserole:

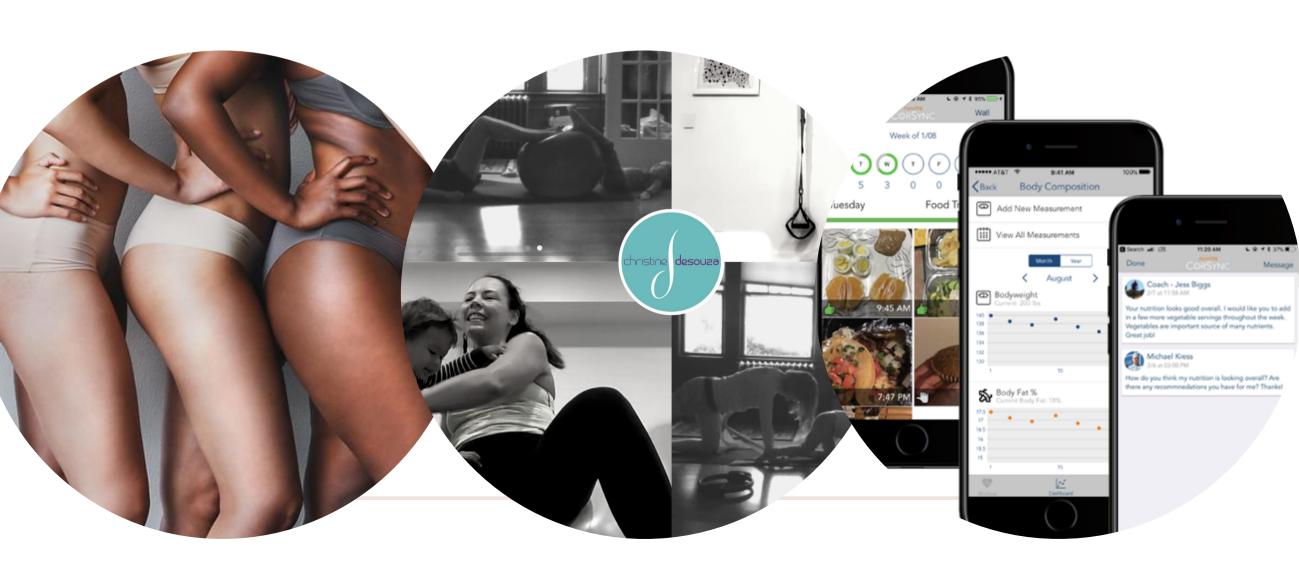
Toaster:

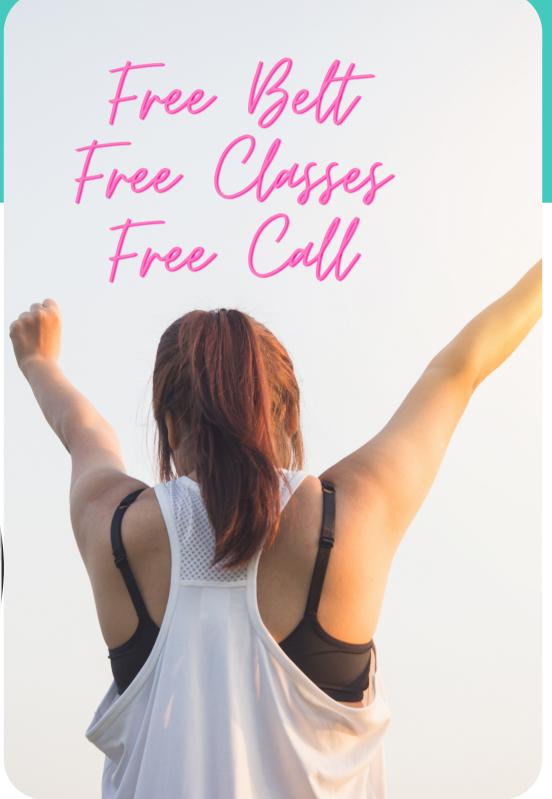
Microwave:

Taking it further than Prep...

- -Accountability
- Nutrition Coaching
- Workouts
- Mindset
- Digital Metrics
- First to join new virtual classes

Your Naked Truth 21 Day Challenge





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