



SIMPLE MEAL PREP

How To

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
Beans & Wilted
Spinach

Dinner:

Roasted
Chicken, &
Cabbage

Chicken Soup

BBQ Chicken & Egg
over Sweet Potato

Steak, Cold Quinoa
Salad & Wilted Spin.

Pizza Night



How To

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 Min Prep 30 Min Cook)

Prep & Go

Seeds
Chia Pudding
Sweet Potato
Overnight Oats
IsaLean Shake
Boiled Eggs
Protein Balls
Bagged
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





How To

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|-------------------|--|--|--|--|--|
| | | | | | |
| 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...

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- Accountability
- Nutrition Coaching
- Workouts
- Mindset
- Digital Metrics
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