



The Bone Broth Diet

Day Four Stay The Course

Embrace change. Lighten it up. A collagen shake as a meal replacement and cauliflower rice instead of high carb rice. This is a staple in my diet. It's filling and healthy.

Breakfast:

1 portion protein + 1 portion healthy fat + 1 portion fruit
1 boiled egg + ½ avocado + ½ c berries

Lunch: Blueberry Shake

1 portion protein + 1 portion healthy fat + 1 portion fruit
1 scoop Vanilla Collagen Peptide Protein Powder + 1 Tbsp. Almond or peanut butter + 1 c. Unsweetened almond milk + ½ c blueberries + Ice + 1 tsp. Flax and Chia seeds.

Dinner: Cauliflower Rice Bowl

1 portion protein + 2 servings of protein + 1 portion of healthy fat

Ingredients:

1 pound of turkey burger
1 head of cauliflower
½ onion finely chopped
1 clove garlic
1 cup edamame shelled
Bunch chopped cilantro
1 tbsp coconut oil

Cooking Instructions:

Sauté turkey burger with pinch sea salt and pepper for 10 minutes. Drain and set aside.
Cut cauliflower into small florets and place in a food processor. Will need to do two batches. Pulse 10 seconds until cauliflower looks like rice. Using 1-2 tbsp coconut oil cook all vegetables for 10 minutes.
Add turkey burger. Serving size 1 ½ cups. Can add 1 tsp. Coconut aminos. Enjoy.

