



The Bone Broth Diet

Day Seven

Congratulations! You made it. Losing weight comes in phases. It is a journey. The first phase is making better choices with food and moving more. Do not weigh in daily. Get a pedometer and try to achieve 10,000 steps a day. Keep a journal. I believe in hypnosis to harness the power of your subconscious mind to achieve your weight loss goals. That program is hypnoslim.

Breakfast:

1 serving of protein + 1 servings of healthy fat + 1 serving of fruit
1 or 2 eggs + ½ avocado + berries

Lunch:

1 serving protein + 2 servings vegetables + 1 serving healthy fat
1-2 Baked chicken thighs + green salad or 1 cups frozen vegetables + 2 tbsp. Balsamic vinaigrette

Dinner: Avocado Zucchini Turkey Taco Boats

1 serving protein + 2 servings of vegetables + 1 servings healthy fat

Ingredients:

2 small zucchini
1 pound of turkey burger or grass fed beef
1 tsp. Cumin and chili powder
Pinch sea salt and pepper
Pico de gallo
Mashed avocado

Cooking Instructions: Cut zucchini in half. Scoop out inside. Sprinkle sea salt and pepper. Bake at 350 for 10 minutes. Sauté burger with seasoning. Add to zucchini. Top with pico and avocado.

