

EVERYTHING LIFE WITH MIRIAM

MIRIAM'S FREE 3 DAY MEAL PLAN

HIGH FIBER, HIGH PROTEIN REGIMEN EDITION 1

(If you are on any intensive exercise routines you may have to increase your caloric intake)

If you are on any medication, please consult your doctor.

Fiber is a nutrition giant with some exceptional health benefits. Research credits eating more fiber with healthier gut bacteria, weight loss, more regularity in your gut (aka more and better poop), a healthy heart, decreased risk of insulin resistance as well as a decreased risk of all the conditions insulin resistance presents.

If you are not used to eating high-fiber foods, you will need to introduce them into your diet slowly and drink more water throughout the day. Introducing too much fiber, too quickly can lead to stomach cramping (and a lot of pooping).

All recipes on my YouTube channel (link below):

You can either follow this to the T or use recipes as in my Recipes playlist on YouTube page (Kale salad recipe on YT page has fewer calories as fewer items were used – it would still fill you up):

https://www.youtube.com/watch?v=DWrsvlmEjFY&list=PLW1TeVRIZv7fwY4y_0XKvLGIlphUEGnG0

DAY 1 – 1000 to 1200 kcal

Breakfast (177 kcal; 1g carbs, 0.6g fat, 36.5g protein)

Egg (as on YT channel): <https://www.youtube.com/watch?v=24G5WoCTx1A>

- 3 egg whites, cooked in ½ teaspoon olive oil or coat pan with a thin layer of cooking spray (1 second spray)
- Add 2 cups of arugula/kale/spinach to the top of eggs in the pan to make an egg/arugula sandwich.

Protein shake:

- Protein shake (1 scoop 33g) * the type of protein shake you use will influence your macros).

Lunch (604 kcal)

The Ultimate Kale Salad (YT recipe could be used):

<https://www.youtube.com/watch?v=CG9LKFW0HgQ>

- ½ cup black beans
- 1 bunch curly kale and/or spinach, stems removed, leaves washed and torn.
- 1 cup cherry tomatoes cut in halves.
- ½ yellow bell pepper
- ½ cup red bell pepper chopped
- ½ medium orange bell pepper
- 1 teaspoon lemon juice
- ½ teaspoon extra-virgin olive oil
- 5 Baby carrots grated or chopped.
- ½ cup red beet, roasted, cooked or raw
- 1 thinly sliced watermelon radish
- 1/2 an Avocado cubed
- 1 handful almond nuts (25g) optional
- Seasoning of your choice
- 1 chicken leg (no skin) or any lean protein of your choice.
- Add a dressing of your choice (no more that 50-70kcal)

*If the quantity of the lunch meal is way too much, you can split it between lunch and dinner

Dinner (110-220 kcal)

- Protein shake (1 to 2 scoops 33g) * the type of protein shake you use will influence your macros).

DAY 2 – 1000 to 1200 kcal

Breakfast (299 kcal)

Egg recipe (YouTube recipe can be used if preferred):

<https://www.youtube.com/watch?v=24G5WoCTx1A>:

- 3 egg whites, cooked in ½ teaspoon olive oil or coat pan with a thin layer of cooking spray (1 second spray)
- Add 1/8 of an onion of choice, chopped.
- ¼ yellow bell pepper
- ¼ medium red bell pepper chopped
- ¼ medium orange bell pepper

Blueberry Kale Smoothie (Yet to be on YT):

- 2 cups kale (packed)
- 1 cup blueberries or any berries of choice
- 1 cup spinach
- 3 large strawberries
- 2 kiwis'
- 1 cup water (amount depends on how liquid you like your smoothies)

Protein Bomb 2 cookies (Yet to be on YT):

- 1 cup peanut butter
- 1 egg

Mix thoroughly, bake at 375 degree F for 15 minutes.

Lunch (407 kcal)

Shirataki Rice or Noodle Stir Fry (as on YT channel)

[https://www.youtube.com/watch?v= IivZAmEsE](https://www.youtube.com/watch?v=IivZAmEsE) :

- Shirataki Rice (15oz) simply rinse / riced cauliflower.
- 1 teaspoon olive oil
- ¼ - ½ of an onion of choice /0.25 cup green onions
- 3 egg whites
- 1 cup green peas
- ¼ yellow bell pepper
- ¼ medium red bell pepper chopped

- ¼ medium orange bell pepper
- 2 cups sliced whole mushrooms (brown or white)
- ½ cup steamed or roasted Brussel sprouts cut in halves
- 100g chicken breast (chopped); steamed, baked, grilled, or air fried.

Dinner (331 kcal)

- Kale Avocado Flaxseed Smoothie (Yet to be on YT).

Kale Cucumber Salad or cucumber recipe on YT channel

<https://www.youtube.com/watch?v=zdrwdM9OpjQ> :

- 1/2 bunch curly kale, stems removed, leaves washed and torn.
- ½ a cucumber with skin / 2 cups of a combination of spinach & arugula
- 1/2 cup cherry tomatoes cut in halves.
- ¼ yellow bell pepper
- ¼ cup red bell pepper chopped
- ¼ medium orange bell pepper
- ½ teaspoon lemon juice (optional)
- 1 teaspoon extra-virgin olive oil
- Seasoning of choice
- 3 tbsp Bacon bits (optional)

DAY 3 – 1000 to 1200 kcal

Breakfast (187 kcal; 4g carbs, 2g fat, 41.5g protein)

Egg Omelet and Zucchini Scones/Patties as on YT channel

<https://www.youtube.com/watch?v=24G5WoCTx1A&t=43s> and

<https://www.youtube.com/watch?v=aPPpnGkkDnI> respectively:

- 3 egg whites, cooked in ½ teaspoon olive oil or coat pan with a thin layer of cooking spray (1 second spray)
- Add 2 cups of arugula to the top of eggs in the pan to make an egg/arugula sandwich.
- One (1) Zucchini scones or patties
- Protein shake (1 scoop 33g) * the type of protein shake you use will influence your macros).

Lunch (310 kcal) - as on YT page:

Seasoned Shirataki rice (16oz) or riced cauliflower with any low carb sauce of choice <https://www.youtube.com/watch?v=IivZAmaEsE&t=152s> , KFC style chicken (2) <https://www.youtube.com/watch?v=DWrsvlmEjFY> with cucumber salad <https://www.youtube.com/watch?v=zdrwdM9OpjQ&t=151s>

Dinner – as on YT channel:

Chicken crust pizza (1/4 to 1/2)

<https://www.youtube.com/watch?v=GiwvoUTXXsI> and kale salad (1/2 bowl)
<https://www.youtube.com/watch?v=CG9LKFW0HgQ&t=198s>

Any Carbonated juice of choice (as on YT)

<https://www.youtube.com/watch?v=oKXuWZnWET8>

***** You may vary the recipes to preference and taste. This may impact the caloric count and macros*****