



DANA DINNAWI

— *empowered wellness & living* —

EASY WEIGHT LOSS

AT A GLANCE



AT A GLANCE

This At a Glance lists your suggested meals and recipes for the next 7 days. Keep in mind that you may add a clean protein source to any meal you choose. This At a Glance doesn't include snacks, but you can find snack options listed in the Recipes.

YOUR DAILY DRINKS

DAILY METABOLISM BOOSTING & FAT BLASTING DRINK

1 cup room-temperature water

1 lemon, juiced

1 tablespoon raw apple cider vinegar

1 teaspoon raw honey, maple syrup, or stevia to taste (optional)

Dash sea salt

NOTE: If you feel nauseous or experience tightness in the chest after drinking this, please omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins. Continue to drink, omitting the apple cider vinegar (or use only ½ teaspoon of ACV) for at least three days, and then reintroducing it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

SUGGESTED MEALS DAY 1

BREAKFAST:

SCRAMBLED EGGS WITH FRESH SALSA

Makes 2 servings

1 teaspoon coconut oil

1 small onion, diced

2 cups spinach

4 eggs, beaten

Sea salt and black pepper

Place a pan over medium-low heat. When the pan is hot, add coconut oil and onion. Sauté for 2 minutes until soft. Next, add spinach and sauté for 1 to 2 minutes until spinach begins to wilt. Finally, add eggs, sea salt, and black pepper. Scramble until cooked through. Top with Fresh Salsa.

FRESH SALSA

Makes 2 to 3 cups

2 large tomatoes, chopped

½ small onion, chopped

- 1 jalapeno, chopped (optional)
- 1 lime, juiced
- ½ bunch fresh cilantro, chopped
- Sea salt and black pepper

Add all the ingredients to a mixing bowl and stir gently. Cover and let it sit in the refrigerator until ready to eat.

LUNCH:

APPLE ARUGULA SALAD WITH TAHINI DRESSING

Makes 2 servings

- 4 cups arugula
- 1 apple, cored and chopped
- 1 avocado
- Choice of clean protein like chicken or fish

Add arugula, apple, avocado, and choice of protein to a large bowl. Mix and serve with Tahini Dressing.

TAHINI DRESSING

Makes 4 servings

- ½ cup tahini
- 1 lemon, juiced
- ¼ cup extra-virgin olive oil
- 2 tablespoons water

1 garlic clove, minced

Sea salt and black pepper

Mix the ingredients with a fork, or shake together in a glass jar.

DINNER:

ROASTED CHICKEN WITH SAUTÉED ZUCCHINI

Makes 4-6 servings

1 whole chicken

1 tablespoon coconut oil

1 tablespoon garlic powder

Sea salt and black pepper

Preheat the oven to 400 ° F/205 °C. Massage the raw chicken with coconut oil, garlic powder, sea salt, and black pepper. Bake for 1 hour to 1 ½ hours, depending upon the size of the chicken. You know the chicken is done when you poke the thickest part of the thigh and the leg and the juices run clear. Once the chicken is done, remove from the oven and allow the chicken to rest for at least 15 minutes before carving.

SAUTÉED ZUCCHINI

Makes 4 servings

1 tablespoon coconut oil

2 large zucchinis, chopped

Sea salt and black pepper

Heat the pan. Add the coconut oil to a warm pan. Once the oil is melted, add the chopped zucchini and sauté for about 5 to 8 minutes. Sprinkle with sea salt and black pepper and serve with Roasted Chicken.

DAY 2

BREAKFAST:

BUCKWHEAT PANCAKES

Makes 2 servings

- 1 cup buckwheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- 1 ¼ cup dairy-free milk
- 1 egg
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 teaspoon coconut oil

Add the buckwheat flour, baking powder, baking soda, sea salt, dairy-free milk, egg, cinnamon, and vanilla extract to a mixing bowl. Mix well until smooth. Next, heat a pan on the stove over medium heat. Add a teaspoon of coconut oil. Once the pan is hot and the oil has melted, add about ¼ cup of pancake batter. Allow the batter to cook for about 2 to 3 minutes. Once you see the pancake begin to dry out on the top, you can flip it over. Once both sides are cooked, you can remove the pancake from the pan and place it on a plate. Remember to add a teaspoon of coconut oil to the pan every time you make a new pancake to avoid sticking.

LUNCH:

CLASSIC EGG SALAD

Makes 2 servings

***Note:** You can substitute eggs for chicken or tuna if desired.

4 hard-boiled eggs, peeled and chopped

¼ cup plain Greek yogurt

1 garlic clove minced

1 medium carrot, shredded

2 celery ribs, chopped

½ bunch parsley, chopped

Sea salt and black pepper

2 cups mixed greens

Add the chopped boiled eggs, Greek yogurt, garlic, carrot, celery, parsley, sea salt, and black pepper to a mixing bowl. Mix well. Serve on top of mixed greens.

DINNER:

THAI CHICKEN SALAD WITH STEAMED SWEET POTATOES

Makes 4 servings

***Note:** You can buy a pre-cooked chicken OR roast your chicken at home for this recipe.

1 roasted chicken

1 head romaine lettuce, chopped

1 bunch cilantro, chopped

- 1 large carrot, shredded
- 1 cup bean sprouts
- 2 scallions, chopped

Shred the chicken. Take the chicken and pull it apart into bite-sized pieces and put into a large mixing bowl. Add romaine lettuce, cilantro, carrot, bean sprouts, and scallions. Mix well and top with Thai Sesame Dressing.

ROASTING CHICKEN

Makes 4-6 servings

- 1 whole chicken
- 1 tablespoon coconut oil
- 1 tablespoon garlic powder
- Sea salt and black pepper

Preheat the oven to 400 ° F/205 °C. Massage the raw chicken with coconut oil, garlic powder, sea salt, and black pepper. Bake for 1 hour to 1 ½ hours, depending upon the size of the chicken. You know the chicken is done when you poke the thickest part of the thigh and the leg and the juices run clear. Once the chicken is done, remove from the oven and allow the chicken to rest for at least 15 minutes before carving.

THAI SESAME DRESSING

Makes ½ cup

- 2 to 3 heaping tablespoons almond butter
- 1 garlic clove, minced

- 2 tablespoons wheat-free tamari
- 1 lime, juiced
- 2 teaspoons water
- 1 teaspoon apple cider vinegar
- ½ teaspoon sweetener
- 1 teaspoon sesame oil

Add all the ingredients to a small bowl and mix well. Serve with the Thai Chicken Salad.

STEAMED SWEET POTATOES

Makes 2 servings (*double batch if making 4 servings to go with Thai Chicken Salad)

- 2 sweet potatoes, chopped into bite-sized pieces
- 1 tablespoon coconut oil
- 1 lime, juiced
- Sea salt and black pepper

Steam the sweet potatoes. Fill a large pot with about 2 inches of water on the bottom. Place your metal steamer inside the pot, cover, and place over high heat. When the water is boiling, add the chopped sweet potatoes in one layer for even cooking. Cover and steam for about 5 to 7 minutes until soft. Remove from the pot to a serving plate. Add coconut oil, lime juice, sea salt, and black pepper to taste. You can also roast the potatoes in the oven.

DAY 3

BREAKFAST:

SCRAMBLED EGGS WITH FRESH SALSA

Makes 2 servings

1 teaspoon coconut oil

1 small onion, diced

2 cups spinach

4 eggs, beaten

Sea salt and black pepper

Place a pan over medium-low heat. When the pan is hot, add coconut oil and onion. Sauté for 2 minutes until soft. Next, add spinach and sauté for 1 to 2 minutes until spinach begins to wilt. Finally, add eggs, sea salt, and black pepper. Scramble until cooked through. Top with Fresh Salsa.

FRESH SALSA

Makes 2 to 3 cups

2 large tomatoes, chopped

½ small onion, chopped

1 jalapeno, chopped (optional)

1 lime, juiced

½ bunch fresh cilantro, chopped

Sea salt and black pepper

Add all the ingredients to a mixing bowl and stir gently. Cover and let it sit in the refrigerator until ready to eat.

LUNCH:

SPINACH SALAD WITH DRESSING OF CHOICE

Makes 2 servings

3 cups baby spinach

¼ cup olives

1 large grapefruit, cut into segments

1 cup red cabbage, thinly sliced

1 avocado

Choice of protein

Mix the salad. Add all the ingredients to a large bowl. Mix well and top with your favorite dressing.

DINNER:

CAULIFLOWER RICE WITH GARLIC SPINACH

Makes 2 servings

1 head cauliflower, chopped

1 tablespoon coconut oil

Sea salt and black pepper

Choice of clean protein like chicken or fish

There are 2 ways to turn the cauliflower into rice. The first is to place the chopped cauliflower into a food processor blender. If that is not available to you, then use a cheese grater. Next, heat a pan over medium heat

and add coconut oil. When the pan is hot, add the cauliflower rice. As the rice continues to soften, add sea salt and black pepper. Serve with Garlic Spinach.

GARLIC SPINACH

Makes 2 servings

1 tablespoon coconut oil

3 garlic cloves, minced

4 cups baby spinach

Sea salt and black pepper

Add coconut oil to a warm pan. Once the oil is melted, add the garlic cloves. Sauté for about 1 minute and add the spinach. Cook the spinach for about 2 minutes until wilted. Sprinkle with sea salt and black pepper. Serve on top of Cauliflower Rice.

DAY 4

BREAKFAST:

BERRY BANANA BUCKWHEAT BOWL

Makes 2 servings

½ cup buckwheat

1 ½ cups dairy-free milk or water

1 teaspoon vanilla extract

1 teaspoon cinnamon

Sweetener of your choice

1 banana, sliced

½ cup mixed berries

Add the buckwheat and dairy-free milk OR water to a small pot over low heat and bring to a low boil. Add vanilla extract, cinnamon, protein powder, and your favorite sweetener. Once the buckwheat is cooked (about 10 minutes), serve in a bowl topped with sliced bananas and mixed berries.

LUNCH:

CLASSIC EGG SALAD

Makes 2 servings

***Note:** You can substitute eggs for chicken or tuna if desired.

4 hard-boiled eggs, peeled and chopped

¼ cup plain Greek yogurt

1 garlic clove minced

1 medium carrot, shredded

2 celery ribs, chopped

½ bunch parsley, chopped

Sea salt and black pepper

2 cups mixed greens

Add the chopped boiled eggs, Greek yogurt, garlic, carrot, celery, parsley, sea salt, and black pepper to a mixing bowl. Mix well. Serve on top of mixed greens.

DINNER:

ROASTED CHICKEN WITH SAUTÉED ZUCCHINI

Makes 4-6 servings

1 whole chicken

1 tablespoon coconut oil

1 tablespoon garlic powder

Sea salt and black pepper

Preheat the oven to 400 ° F/205 °C. Massage the raw chicken with coconut oil, garlic powder, sea salt, and black pepper. Bake for 1 hour to 1 ½ hours, depending upon the size of the chicken. You know the chicken is done when you poke the thickest part of the thigh and the leg and the juices run clear. Once the chicken is done, remove from the oven and allow the chicken to rest for at least 15 minutes before carving.

SAUTÉED ZUCCHINI

Makes 4 servings

1 tablespoon coconut oil

2 large zucchinis, chopped

Sea salt and black pepper

Heat the pan. Add the coconut oil to a warm pan. Once the oil is melted, add the chopped zucchini and sauté for about 5 to 8 minutes. Sprinkle with sea salt and black pepper and serve with Roasted Chicken.

DAY 5

BREAKFAST:

BEAUTY CHOCOLATE SMOOTHIE

Makes 1 servings

½ banana

1 ½ cups dairy-free milk or water

1 tablespoon ground flax seed

1 large handful spinach or kale

1 cup frozen berries

2 tablespoons raw cacao or dark cooking cocoa without dairy or sugar

¼ teaspoon cinnamon

1 splash vanilla extract

Ice (optional)

Place all the ingredients into a blender and blend until smooth.

LUNCH:

MASSAGED KALE SALAD

Makes 2 servings

1 bunch kale, stems removed and leaves torn into bite-sized pieces

1 lemon, juiced

1 garlic clove, minced

- 1 tablespoon extra-virgin olive oil
- 1 avocado
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 scallion, chopped
- 1 cucumber, peeled and chopped
- Choice of clean protein like chicken or fish

Add kale to a large mixing bowl along with lemon juice, garlic, olive oil, avocado, sea salt, and black pepper. Massage the kale with your hands until it is wilted (about 2 to 3 minutes).

Once the kale is ready, top your salad with scallion, cucumber, and your choice of protein. Toss and serve.

DINNER:

ROASTED TEMPEH AND VEGETABLES

Makes 2 servings

***Note: This dish is best marinated overnight.**

- ½ pound tempeh, sliced
- ¼ cup coconut oil, melted
- 1 lemon, juiced
- 1 teaspoon sea salt
- 2 garlic cloves, minced

- 1 teaspoon dried basil
- 1 large onion, chopped
- 1 large zucchini, chopped
- 1 large yellow squash, chopped

Mix all the ingredients together in a large bowl or sealable bag. Allow it to marinate overnight in the refrigerator.

The next day, preheat the oven to 350 ° F/180 °C. Remove the tempeh and vegetables from the container and place in a baking pan. Bake for 30 minutes and serve.

DAY 6

BREAKFAST:

OATMEAL PROTEIN BREAKFAST BOWL

Makes 2 servings

- 1 ½ cup rolled oats
- 1 ¾ cup dairy-free milk or water
- 1 teaspoon coconut oil
- 1 teaspoon cinnamon
- 1 scoop protein powder
- Sweetener of your choice

Add the rolled oats to a small pot with dairy-free milk or water. Stir until the oats are cooked (roughly 6 to 8 minutes). Add coconut oil, cinnamon, protein powder, and sweetener. Mix well and serve immediately.

LUNCH:

APPLE ARUGULA SALAD WITH TAHINI DRESSING

Makes 2 servings

- 4 cups arugula
- 1 apple, cored and chopped
- 1 avocado
- Choice of clean protein like chicken or fish

Add arugula, apple, avocado, and choice of protein to a large bowl. Mix and serve with Tahini Dressing.

TAHINI DRESSING

Makes 4 servings

½ cup tahini

1 lemon, juiced

¼ cup extra-virgin olive oil

2 tablespoons water

1 garlic clove, minced

Sea salt and black pepper

Mix the ingredients with a fork, or shake together in a glass jar.

DINNER:

BAKED SALMON WITH STEAMED BROCCOLI

Makes 2 servings

2 salmon fillets, thawed

1 tablespoon coconut oil

Sea salt and black pepper

Preheat the oven to 375 °F/190°C. Massage the salmon with coconut oil, sea salt, and black pepper. Place the salmon skin side up in your baking dish. Place in the oven and bake for about 20 minutes. Remove from the oven and enjoy with steamed broccoli.

STEAMED BROCCOLI

Makes 2 servings

1 bunch broccoli, chopped

1 tablespoon sea salt

Water for steamer

Place a large pot on the stove. Fill the pot with about 2 inches of water. Add sea salt to the water. Place your metal steamer on top and cover. Let the water come to a boil. Add the chopped broccoli to the steamer. Put the lid on and let it steam for about 3 minutes until the broccoli is bright green and tender, but not mushy. Serve with Baked Salmon.

DAY 7

BREAKFAST:

BERRY GINGER GREEN SMOOTHIE

Makes 1 serving

1 ½ cups of dairy-free milk or water

½ cup fresh spinach

½ avocado

Handful of parsley

1 cup berries of choice

1-inch piece of ginger

1 teaspoon cinnamon

1 teaspoon honey or stevia to taste

Ice (optional)

Place all the ingredients into a blender and blend until smooth.

LUNCH:

MASSAGED KALE SALAD

Makes 2 servings

1 bunch kale, stems removed and leaves torn into bite-sized pieces

1 lemon, juiced

1 garlic clove, minced

- 1 tablespoon extra-virgin olive oil
- 1 avocado
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 scallion, chopped
- 1 cucumber, peeled and chopped
- Choice of clean protein like chicken or fish

Add kale to a large mixing bowl along with lemon juice, garlic, olive oil, avocado, sea salt, and black pepper. Massage the kale with your hands until it is wilted (about 2 to 3 minutes).

Once the kale is ready, top your salad with scallion, cucumber, and your choice of protein. Toss and serve.

DINNER:

SHRIMP AND GREEN BEAN STIR FRY

Makes 2 servings

- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 pound/1/2kg thawed shrimp, peeled and deveined
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Add coconut oil to a hot pan. Next, add minced garlic and fry for about 1 minute. Then add the shrimp, sea salt, and pepper. The shrimp should cook in about 3 to 4 minutes. Serve with Green Bean Stir Fry.

GREEN BEAN STIR FRY

Makes 2 servings

1 tablespoon coconut oil

2 garlic cloves, minced

½ pound fresh green beans, ends removed

1 teaspoon sea salt

1 teaspoon black pepper

Add coconut oil to a hot pan. Next, add minced garlic and fry for about 1 minute. Then add the green beans, sea salt, and pepper. Toss for about 5 minutes. Serve with the shrimp.