

7-Day E-STEPS: Healthy Clean Eating Plan, Grocery List and Emotional Eating Habit Patterns

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Two Eggs Bell Pepper Bacon	Oatmeal	Two Eggs Turkey Avocado ¼ Tomato	Two Eggs Grilled Veggies	Two Eggs Spinach, ¼ Tomato	Two Eggs Asparagus Bacon	Oatmeal
Snack	Grapes	½ Grapefruit	Three Celery Stalks Nut Butter	½ Grapefruit	Three Celery Stalks Nut Butter	Orange	Three Celery Stalks Nut Butter
Lunch	Wrap or Salad Turkey, Lettuce/Kale, ½ Tomato, Carrots	Wrap or Salad Tuna, Lettuce/Kale, Bell Pepper, ½ Tomato, Carrots, 1 Egg	Wrap or Salad Grilled Chicken Lettuce/Kale ½ Tomato	Grilled Shrimp, Asparagus	Grilled Chicken, Spinach	Wrap or Salad Steak, ½ Tomato, Carrots, Kale or Lettuce	Wrap or Salad Tuna, Lettuce/Kale, Bell Pepper, ½ Tomato Carrots, 1 Egg
Snack	Strawberries	Celery, Nut Butter	Grapes	Celery Nut Butter	Strawberries	Fruit Salad	Orange
Dinner	Crab Cakes, Grilled Veggie, Sweet Potato	Grilled Chicken Breast Asparagus Carrots	Grilled Shrimp Grilled Veggies Cauliflower Broccoli	Wrap/Salad Grilled Chicken Kale/Lettuce ½ Tomato, Carrots	Rib-Eye or Flank Steak Spinach Sweet Potato	Grilled Shrimp Grilled Broccoli	Crab Cakes, Grilled Veggie, Sweet Potato
Snack	Nut Butter, Celery, Lemon Water or Green Tea	Grapes, Lemon Water, or Green Tea	Banana, Lemon Water, or Green Tea	Strawberries, Lemon Water, or Green Tea	Grapes, Lemon Water, or Green Tea	Nut Butter, Celery, Lemon Water, or Green Tea	Banana, Lemon Water, or Green Tea

Times: Eat within 30 minutes of awakening **Fruit:** 10 Grapes/6-Berries, Small Fruit, Fresh Preferably, and Frozen acceptable **Sweetener:** Stevia

Salad Dressing: Vinegar, Lemon Juice, 2 Tablespoons Olive Oil **Spread:** Mustard, Avocado, Pepper, Lemon Juice, Salsa **Cooking Oil:** Coconut 2 Tablespoon

Sauces: Franks Hot/Bufalo Sauce **Raw Nut Butter:** Cashew, Pecan **Wrap:** Can be Salad or Sandwich **Bread:** Ezekiel Sprouted Only **Oatmeal:** Old Fashion Steel Cut

Veggies: 2-3 times the amount of Protein consumption (example: 4 ounce chicken breast=8-12 ounces Spinach) **Meat/Protein:** Palm Size, 4 Ounces

Can interchange veggies for veggies, protein for protein but consistently consume veggie & protein together at each meal, except oatmeal breakfast.

Fruit Salad: Small variety serving **Protein Shake:** Replace Meat/Breakfast **Drink:** 1 Gallon/Day Water, Lemon **Last Meal:** At least 3 hours prior to bedtime

Seasonings: Sea Salt, Cayenne & Black Pepper, Garlic, Onions

Congratulations on your 7-Day E-STEP HEALTHY EATING PLAN!!

If you ask yourself, “I wonder if I can have that?” The answer is probably “NO”

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7 Day Grocery List (prefer fresh but frozen is acceptable)

Meat/Protein	Veggies	Fruit
1 Dozen Eggs	Celery, Spinach, Kale, Lettuce	Grapes, Strawberries
6-8 oz. Turkey (can be Deli meat), 2 Servings(4-6 oz.) Rib-Eye/Flank Steak	3-Tomatoes, Carrots, Broccoli, Cauliflower, Red/Green Peppers	2-Bananas, Lemons
6-8 Slices Bacon, 18-Shrimps, 2-Crab Cakes, 4 Chicken Breast	3 Tomatoes, Onions, Garlic, Asparagus,	2 Oranges
2 Tuna Pouches in Water	3-Sweet Potatoes	1 Grapefruit

EMOTIONAL EATING

3 Reasons why we eat? 1) The body's need for caloric intake 2) The body's need for nutrition 3) Emotions (stress, anxiety, boredom, social)

Emotional Eating & Weight Gain: Identify your triggers such as TV watching, job/career and social interaction. Movie=popcorn (Are you really hungry?)

Common Triggers: Grief, anxiety, anger, frustration, fatigue, unresolved issues, internal dissatisfaction with self or life's choices.

Weight Gain: over 25% body fat can affect hormone function, therefore increasing mood swings and unpredictable emotions and behavior.

Resolve Emotional Stress: 1) Acknowledgement of triggers and patterns 2) Release emotional stressors and toxic people 3) Make lifestyle adjustments such as sleep patterns, social interaction, remove triggers and most of all, be authentic and true to yourself.

Would you like to learn more about Lifestyle adjustments to accomplish your desired outcomes? Request to be on the list for the next upcoming coaching call, send an email to info@necolemitchellgriffin.com. We would love to have you!

AFFIRMATIONS

- I am letting go of being perfect; I am satisfied with being authentic.
- I choose health and wellness over restrictive diets and unpleasant workouts.
- I am superior to low action, negative thoughts and toxic people.
- I am making better choices daily and nothing tastes as good as I feel.
- I am eating for my health, to achieve my goals and live out my God-given assignment.
- I am eating only what I need and what will positively serve my body and my future.
- I am surrounding myself with quality people and quality conversations.
- I am committed to the results; therefore I am capable of adjusting and growing.
- Anything that is incongruent with where I am going, I will evict.