



FLEX APPEAL LIFESTYLE TIPS

KIANA SAMPLE MEAL PLAN & TIPS

**VIEW THE EASY RECIPES & WORKOUTS AT
WWW.KIANA.COM
WWW.FITMOMTV.COM**

This is a sample of what I eat and is for informational purposes only.
Consult a physician before starting any exercise or nutrition program.

BREAKFAST

Kiana Egg white french toast, topped with Greek yogurt & blueberries, unsweetened almond milk latte with hazlenut stevia drops, water

MINI MEAL

Dark chocolate covered banana protein shake, water

LUNCH

Albacore tuna sandwich on Ezekiel bread with Greek yogurt instead of mayonaisse, arugula, tomato, baked chips, sparkling water

MINI MEAL

Baked pita chips, mini carrots, cucumber, hummus, water

DINNER

Kiana Adobe chicken, jasmine rice, kale salad, water, chardonnay

BREAKFAST

Scrambled eggs with spinach & goat cheese, toast, almond milk latte, water

MINI MEAL

Kiana Gorgeous Green drink wth coconut water, frozen banana, pineapple, raw organic spinach, vanilla protein

LUNCH

Plant based patty, kale salad, fruit, sparkling water

MINI MEAL

Almonds, water

DINNER

Grilled Chicken breast, brown rice, roasted broccoli, sparkling water

BREAKFAST

Kiana Protein oatmeal with fresh raspberries, water, unsweetened almond milk latte with hazlenut stevia drops

MINI MEAL

Gorgeous Green Shake with organic Spinach, frozen banana & pineapple, vanilla protein, water

LUNCH

Beach Bowl: Plant based patty, on raw organic spinach, brown rice, shredded cabbage & carrots, garbanzo beans, dip fork into tahini dressing, sparkling water

MINI MEAL

Apples, nut butter, water

DINNER

Grilled fish, brown rice, kale salad, water, white wine

BREAKFAST

Avocado toast on Ezeikiel bread topped w/ over easy egg, arugula & everything but the bagel seasoning. (trader joes) Bowl of Fresh berries, water, almond milk latte with english toffee stevia drops

MINI MEAL

Kiana Maui Banana pineapple protein shake, water

LUNCH

Extra lean ground turkey chili, topped with avocado and Greek yogurt mixed with hot salsa, baked tortilla chips, sparkling water

MINI MEAL

Celery, topped with nut butter & pumpkin seeds, water

DINNER

Kiana Baked Tofu on rice, green beans with almonds, sparkling water

KIANA'S HEALTHY EATING TIPS

Many have asked for tips on how I eat. Here they are in no particular order. Have a fit food day! XO Kiana

1. I avoid processed foods and foods with white sugar
2. I eat before and after I workout. Complex carbs before such as toast with nut butter and banana, clean protein after
3. I am a Flexitarian (love the name :) I focus on plant based proteins, but incorporate fish and chicken from time to time
4. I prefer raw vegetables over cooked
5. I drink a glass of water before I eat, it's an easy way to stay hydrated and fills you up
6. I also drink a glass when I wake up and before bed
7. I eat every 2-3 hours, fasting at night for apps. 12 hours
8. I dip my fork into salad dressing and then into the salad instead of pouring it all over the salad
9. I strive to eat all foods in moderation, if i really want a treat, i'll eat a bite or 2, deprivation can lead to bingeing and obsessing over it
10. I avoid trigger foods ie white sugar desserts
11. I prepare my foods by grilling, poaching, steaming, baking, stir fry or raw
12. I rarely drink straight juice, i mix with water, too much sugar
13. I keep snacks in my purse, office drawer, cars, gym bag: prepackaged nuts, protein bars
14. I try not to let myself or my family get too hungry, it leads to unhealthy choices
15. I prefer to cook and eat at home because I know how the food is prepared and who prepared it #germaphobe
16. My Dark Chocolate Banana Bites & Protein Candy are my guilt-free go-to desserts
17. I regularly buy 2 dozen bananas, peel and half a dozen and put in freezer to add to my protein shakes. Makes them super creamy like a milk shake
18. I regularly buy 2 dozen eggs, hard boil a dozen for easy-grab protein
19. I always eat breakfast. It's my favorite meal
20. I call snacks my Mini Meals because they have protein, complex carbs, fat
21. I don't like buffets, it leads to over eating, wasting food and there are many germs from numerous people serving themselves, touching everything and breathing on the food
22. When eating out, I order things exactly how I want it - but nicely of course
23. Yes, I refer to my Fit Cooking Books several times per week. My kids, family & friends use my recipes all of the time
24. When I cook I usually make double batches & keep in refrigerator for easy reheat the next day for healthy snack, mini meal, lunch or dinner
25. My drinks of choice: unsweetened almond milk latte, sparkling water, chardonnay
26. I am proud to share I have taught my daughters to make over a dozen dishes on their own. It's important to me they are able to cook healthy foods

