



Jumpstart Fat Loss Meal Guide

Kelsey Gooden Coaching



Hey beautiful! My name is Kelsey Gooden. I'm a certified personal trainer and health + happiness coach. I love helping women heal their gut and start the fat loss process. I'm so excited to share some of my favorite, healthy recipes with you and get you results in these next 30 days. If you follow the program and stay engaged, I promise you will feel amazing and want to continue your new healthy lifestyle after these 30 days!

Use the hashtag #KelseyGoodenCoaching throughout the program!

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BREAKFAST RECIPES

Super Blueberry Toasted Coconut Island Parfaits with Pistachios serves 2

6 TBS chia seeds
2 cups almond or coconut milk
pinch of salt
1/8 tsp vanilla extract
1/4 tsp cinnamon
1/2 cup blueberries (fold or blend in)
4 Tbsp unsweetened coconut, toasted
1/4 cup fresh blueberries - for topping
3 tsp raw pistachios - for topping
2 TBS coconut syrup or brown rice syrup - reduce by 1 TBS if your non-dairy milk is on the sweet side.

About 6+ hours before serving parfaits, prepare the chia pudding. You can simply briskly stir all ingredients together or do my low speed blender method. I add the milk, vanilla, sweetener, salt and cinnamon - turn blender on to lowest speed. Slowly pour in chia seeds so they do not stick to the sides of the blender. Blend on low for about 2-3 minutes to jump start the chia seed plumping process. Blueberries: you can either fold in the 1/2 cup of blueberries or blend them right into the pudding. Transfer your chia mixture to a small bowl or large jar. Cover and place in the fridge for at least 6 hours. About 1.5 hrs after placing in the fridge I like to give my pudding a few stirs to swirl the chia seeds a bit. This prevents clumping. This step is optional, you can always do a brisk stir right before serving too. When ready to prepare parfaits, finely chop your pistachios and set aside. For the coconut, heat the coconut in a dry skillet over high heat. Heat just until the edges start to brown and "toast." Set aside. Add chia pudding to tall parfait glasses. You can stir some or all of the coconut right into the pudding or just layer it on top of the pudding in the parfait glass. Top with the fresh blueberries, more toasted coconut and pistachios. I love to serve my chia pudding with a giant side bowl of extra blueberries, because you can never have too many blueberries on the table.

Cinnamon Quinoa Breakfast Serves 4

1 cup quinoa, rinsed
3 cups unsweetened almond milk
1/2 tsp vanilla
1 tsp cinnamon
1/4 tsp allspice
1 med green apple chopped small (save some for garnish)
Coconut sugar or stevia to taste
1/2 cup raw walnuts, chopped
4 tbsp raw sunflower seeds
1 cup fresh organic blueberries
optional - fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds
Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then

place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!

YUMMY + SHARE: HOMEMADE YOGURT + KID-FRIENDLY PARFAITS

Adapted from: [Food Network](#)

Yields: 2 quarts

Time: 30 min active prep time; 5-24 hours inactive prep time

Vegetarian, gluten free, sugar free (if the honey is omitted)

INGREDIENTS

6 tablespoons plain Greek yogurt with live cultures, at room temperature (note: this acts like a starter, similar to using yeast in a bread recipe)

4 cups whole milk

4 cups cream

1 banana, sliced

$\frac{1}{4}$ cup almonds, slivered and toasted

2-3 tablespoons raw honey, for serving

$\frac{1}{2}$ cup toasted coconut, for serving

6-10 medium strawberries, washed and cut into slices

Special tools needed: small insulated cooler, kitchen thermometer, cheesecloth, and glass mason jars

INSTRUCTIONS

Place the empty mason jars into the cooler.

Fill the cooler with hot water (approximately 115 degrees Fahrenheit) until the water level reaches a little less than two inches from the top of the jars.

Be careful not to pour any water into the mason jars. Close the lid of the cooler to insure the cooler stays warm.

In a medium saucepan, bring the milk and cream mixture to a simmer over low to medium heat.

Using a spatula, constantly stir the mixture to prevent the mixture from scorching.

Heat until the thermometer reads 180-190 degrees Fahrenheit.

Remove the milk and cream from the heat. Let the mixture cool until the thermometer reads 115 degrees.

Add the Greek yogurt to the milk and whisk well.

Pour the mixture into the mason jars and place the lids on the jars. Close the lid to the cooler.

Let the jars sit in the cooler for a minimum of five hours. Do not stir the yogurt during this time. The yogurt may remain in the cooler for up to 24 hours to achieve a tangier flavor; the water in the cooler may need to be changed periodically during this time to maintain 115 degrees Fahrenheit.

Place the cheesecloth over a sieve. Pour the yogurt into the cheesecloth-lined sieve and drain it over a bowl.

Place the bowl in the fridge and allow it to drain for at least two hours.

In the morning, set the toppings (banana, strawberries, honey, coconut, and toasted almonds) in little dishes on the table.

Spoon the yogurt into individual parfait cups, and allow children to create their own breakfast parfait.

Option: Turn this into a healthy dessert by adding honey, cocoa nibs, or candied nuts to the yogurt cups. Enjoy!

PLEXUS 96® POMEGRANATE PROTEIN SHAKE

Serves: 1

Prep time: 5 minutes

INGREDIENTS

1 pack Plexus 96® Vanilla

2 tablespoons fresh pomegranate seeds

8 ounces pomegranate juice

6 ounces Greek yogurt, nonfat, plain

½ tablespoon sunflower seed butter

4-6 ice cubes

DIRECTIONS

Add all ingredients to blender. Blend until smooth.



PLEXUS 96® PEPPERMINT CHOCOLATE PROTEIN SHAKE

Serves 1

Prep time: 5 minutes

Ingredients:

1 packet Plexus 96® Chocolate

8 ounces almond milk (substitute for preferred milk type)

1 cup Vanilla flavored Greek yogurt

2 tablespoons cocoa powder

Pinch of sea salt

¼ teaspoon pure peppermint extract

4 ice cubes

Optional: 1 tablespoon dark/vegan chocolate chips

Directions

Add all ingredients to blender. Blend until smooth.



LUNCH AND DINNER RECIPES

BROCCOLI MELT

Serves: 8 melts

Total time: 40 minutes

gluten free, vegan

INGREDIENTS

- 1 pound of broccoli
- 8 slices of gluten free bread
- 8 thin slices of provolone cheese
- $\frac{1}{4}$ teaspoon coarse salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{2}$ cup aged Pecorino-Romano cheese, finely grated
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- Lemon zest, finely grated
- $\frac{1}{2}$ lemon, juiced

INSTRUCTIONS

Cut off the broccoli stem and chop the rest in large two-inch chunks.

Bring a pot of salted water to boil and let the broccoli steam for two minutes. Drain well and pat dry with paper towels.

Using a sauté pan, cook the minced garlic until golden brown and add a dash of pepper flakes.

Add the broccoli and cook for two more minutes, seasoning with salt.

Transfer everything to a bowl and add the lemon zest and juice. Then, add salt and Pecorino cheese to taste.

Preheat the broiler.

Arrange the eight bread slices on a baking sheet and lightly toast on both sides.

Add broccoli mixture onto each slice of bread with a slice of provolone cheese on top.

Let it broil until the cheese is melted. Don't forget to share with your besties!



STRAWBERRY MANGO SPINACH SALAD

Serves: 4-6

Prep time: 20 minutes

INGREDIENTS

8 ounces baby spinach
2 mangoes, ripe
2 cups strawberries, hulled and sliced
Creamy Basil Dressing
1 cup basil leaves
 $\frac{1}{4}$ cup lemon juice, freshly squeezed
1 teaspoon Dijon mustard
1 tablespoon raw hemp seeds
 $\frac{1}{2}$ cup avocado oil
 $\frac{1}{2}$ teaspoon sea salt

INSTRUCTIONS

Wash and place the spinach in a large serving bowl.

Peel the mangoes with a vegetable peeler and slice the fruit from the pit with a knife. Dice it into quarter-inch cubes.

Add the strawberries and diced mango in the bowl with the spinach.

Add all ingredients for the creamy basil dressing in a blender and blend until creamy.

Drizzle the creamy basil dressing over the salad and serve immediately. Enjoy!



QUINOA CHICKEN BURRITO BOWLS

Adapted from Gimme Some Oven

Serves: 2

Time: 30 minutes

Gluten free, sugar free, dairy free

INGREDIENTS

2 cups quinoa, cooked
2 boneless, skinless chicken breasts
4 teaspoons taco seasoning
2 tablespoons olive oil
1 small bell pepper, thinly sliced
 $\frac{3}{4}$ small red onion, $\frac{1}{2}$ thinly sliced, $\frac{1}{4}$ small diced
1 15-ounce can of corn, drained
2 tablespoons cilantro
 $\frac{1}{4}$ cup cotija cheese, crumbled
1 lime, cut into wedges
1 avocado, mashed (or guacamole)
Salt and pepper to taste



INSTRUCTIONS :

Chicken

Season both sides of both fillets with salt and pepper. Add taco seasoning.

Heat 1 tablespoon of olive oil in a pan over medium-high heat. When the oil ripples, add the seasoned chicken breasts and cook for about 5 minutes on each side, until the chicken is cooked through.

Remove from heat and transfer to a cutting board. Allow the chicken to rest for about 5 minutes, then large dice each fillet.

Sautéed Veggies

Using the same pan, heat 1 tablespoon of olive oil over medium-high heat. When the oil ripples, add the sliced peppers and onions. Season with salt and pepper to taste. Sauté the veggies until soft, then remove from heat.

Corn Salsa

Finely chop the cilantro.

Toss the corn, diced red onion, and cilantro in a medium bowl. Squeeze two lime wedges over the mixture, and season with salt and pepper to taste.

Burrito Bowl

To assemble the burrito bowls, divide the cooked quinoa, chicken, peppers and onions, and corn salsa between two bowls.

Top with the mashed avocado or guacamole. Sprinkle each bowl with crumbled cotija cheese. Serve with the remaining lime wedges. Enjoy!

CAULIFLOWER MAC AND CHEESE

Serves: 8

Total Time: 10-15 minutes

Ingredients

2 pounds frozen cauliflower florets
1 cup heavy whipping cream
4 ounces cream cheese, cubed
8 ounces cheddar cheese, shredded
1 teaspoons Dijon mustard
1 teaspoon turmeric
½ teaspoon powdered garlic
Salt and pepper, to taste



Instructions

Boil cauliflower florets 5-10 minutes, to desired doneness.

Bring the cream to a simmer. Use a whisk to stir in the cream cheese and mix until smooth.

Stir in 6 ounces of the shredded cheddar cheese. Save the other 2 ounces for later. Mix until the cheese melts into the sauce.

Add the Dijon mustard, turmeric, powdered garlic, salt, and pepper. The sauce will become a smooth yellow color.

Drain the cauliflower, then add it to the cheese sauce. Evenly coat the florets with sauce.

Sprinkle on the remaining 2 ounces of cheddar cheese, then stir until mostly melted. Enjoy!

HEARTY SWEET POTATO REUBEN SANDWICH

Adapted from [One Green Planet](#)

Serves: 2

Time: 20 minutes

Ingredients

4 slices gluten free rye bread

$\frac{1}{2}$ to 1 cup chopped sauerkraut

1 to $\frac{1}{2}$ sweet potatoes, sliced into rounds

Butter or oil of your choice

4 slices Swiss cheese

Equal parts mayonnaise and ketchup (or Thousand Island dressing)

Instructions

Roasted Sweet Potatoes

Preheat oven to 400 degrees. Cover a baking sheet with parchment paper or aluminum foil.

Add sliced sweet potatoes, and drizzle with the oil of your choice. Add salt and pepper to taste.

Roast until golden brown and cooked through, about 10-15 minutes.

Reuben Sandwiches

In a small bowl, mix mayonnaise and ketchup. Season with salt and pepper to taste (alternatively, you can use Thousand Island dressing).

Heat a medium pan over medium heat. Add a slice of buttered rye bread to the pan, buttered side down.

On the bread, add a layer of the mayonnaise-ketchup combination, followed by the roasted sweet potatoes, drained sauerkraut, 2 slices of Swiss cheese, and the last slice of buttered rye bread.

Cook each side until it's golden brown and the cheese is fully melted, flipping occasionally to avoid burning.

Once your sandwich is cooked through, transfer it to a plate. Enjoy!



BUTTERNUT SQUASH LASAGNA

Gluten free, grain free

Serves: 6

Time: 1 hour 30 minutes

Ingredients

1 pound grass-fed beef
1 large butternut squash
1 28-ounce jar tomato sauce
1 tablespoon extra-virgin olive oil
1 cup white onion, diced
6 cloves garlic, minced
5 tablespoons sun-dried tomatoes, diced with oil drained
2 basil leaves
Salt and pepper to taste

Instructions

Peel the butternut squash and slice in half.
Remove the seeds with a spoon.
Slice both halves in half widthwise.
Slice each section into thin slices, lengthwise.
Preheat the oven to 375°F.
Bring a large saucepan to medium heat.
Add extra virgin olive oil, garlic and onion.
When the onions are translucent, add the meat, salt, pepper, and basil. Cook until meat is browned.
Add sun-dried tomatoes and marinara to the pan.

To assemble the lasagna:

Place 2-3 tablespoons of the sauce on the bottom of a 9"x13" baking pan.
Layer with slices of butternut squash so they overlap slightly. Add a layer of meat and sauce to cover the squash.
Repeat until there is no more squash or sauce left, about 3 layers.
Bake in the oven 60 minutes uncovered at 375°F.
Remove from the oven, slice into 6 pieces and serve immediately. Enjoy!



SNACK IDEAS

TANGY, GUT-HEALTHY GUACAMOLE

Adapted from [My Longevity Kitchen](#)

Serves: 4

Time: 15 minutes

Ingredients

- 1 clove of garlic, minced
- $\frac{1}{4}$ red onion, small diced
- 2 tablespoons sauerkraut brine
- $\frac{1}{2}$ fresh jalapeno, small diced
- 3 ripe avocados, sliced into small cubes
- $\frac{1}{2}$ cup fresh cilantro leaves, chopped
- 1 teaspoon of fresh lime juice (optional)
- Salt and pepper to taste

Instructions

In a large mixing bowl, combine the minced garlic, diced onion, and sauerkraut brine. Soak for about 10 minutes to take the edge off (optional).

Add the sauerkraut, diced jalapeno, avocado, and cilantro to the bowl. Mash the avocado, leaving some small chunks if desired. Mix all ingredients together.

Because not all sauerkraut is the same, taste the guacamole to decide if you need to add the lime juice. Season with salt and pepper to taste.

Enjoy right away or chill before serving



PLEXUS 96® PEANUT BUTTER & JELLY PROTEIN SHAKE

Serves: 1

Prep time: 5 minutes

INGREDIENTS

- 1 packet Plexus 96® Vanilla
- 8 ounces almond milk (substitute for preferred milk type)
- 1 frozen banana
- 1 tablespoon creamy peanut butter or peanut butter powder
- $\frac{1}{2}$ cup strawberries
- 4 ice cubes

DIRECTIONS

Add all ingredients to blender. Blend until smooth.



SOME FAVORITE SPICES

I'm here to tell you—low-cal doesn't equal low-taste. Adding spices to your cooking is an all-around good decision. It takes the flavor up a notch—or three—and many help support good health. Flavor plus health equals a total win-win. Here are seven amazing spices to give your favorite foods a low-calorie kick.

1. ADD SOME OREGANO

You already probably add this Italian favorite to your favorite pizza dish. Now try using it as a rub for chicken or red meat, or sprinkle some fresh, dried oregano on your salad. Kick up the flavor by combining it with some lemon juice and adding to your favorite fish dishes.

2. DABBLE IN CINNAMON

Need something sweet instead of salty? Cinnamon can be a perfect option when you want a bit of sweet without piling on the calories. At only 2 calories per teaspoon, you can indulge in something sweet without feeling guilty. Try adding some cinnamon to your coffee, yogurt, or oatmeal. Or, sprinkle it on nuts for a handy—and tasty—snack. Cinnamon has a lot of health-boosting benefits and can satisfy your sweet tooth.

3. LOOK FOR SALT-FREE SEASONING BLENDS

Your grocery store probably carries several options. Two of the most popular choices include Lawry's Salt-Free 17 Seasoning and any of the 15 varieties of Mrs. Dash Seasoning Blends. Salt-free seasoning blends are typically low-calorie and add a flavor punch to your protein in the blink of an eye.

4. REACH FOR THE GARLIC POWDER

At 10 calories per teaspoon, garlic powder packs a powerful punch and can take your dish from wimpy to whoa with a few shakes of the wrist. Garlic powder does wonders for the heart, bones, and brain—and, of course, it's super tasty!¹

5. SPICE UP YOUR FOOD WITH HOT SAUCE

Most brands of hot sauce contain five calories or fewer per teaspoon. Add a few shakes to your grilled chicken or popcorn—that's right, hot sauce is the new movie-theater butter. Not sure if you'll like the spice? Go easy at first, then see if you like it!

6. TRY A DASH OF CURRY

If you haven't considered adding curry to non-Indian dishes, why not? A teaspoon or two of the flavor-packed spice adds a deep, earthy flavor with a bright end note to rice, veggies, or any protein. At only seven calories per tablespoon, you can afford to be generous. And, curry is known to help support heart and bone health.²

7. USE A PINCH OF TURMERIC

Speaking of Indian dishes, turmeric is an ingredient often found in Indian food—right alongside curry. It's also found in mustard blends and various types of relish. Turmeric has a bitter, pungent flavor with an earthy taste. Reach for some amazing spices to take your culinary creations to a whole new level. Chances are, you'll never look back. Your health (and your taste buds) will thank you!

Must Have Supplements

FOR YOUR HEALTH JOURNEY



Clean protein for
muscle growth and
development



Gut healing probiotics
to control bacteria
overgrowth and
maintain a healthy
immune system



Prebiotics
Weight Management
Metabolism boosting

Feel free to contact me and we can discuss adding to your current holistic regimen