



Katie's Daily Food Guide

BREAKFAST, ENTRÉES, SMOOTHIES & SNACKS

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Hello Beautifuls

Welcome to your Daily Food Guide,
where you will find recipes of:

- 20 Lunch/Dinners
- 15 Breakfasts
- 10 Smoothies
- Over 20 Snack Ideas

YAY for yummy and healthy food!
These are my favorite recipes that I
cook weekly. Each meal has 7
ingredients or less, so none of these
are too complicated or require a lot!
(Besides any spices and/or olive oil)
This food guide is meant for girls
on-the-go. Instead of bringing you
all a guide of exactly what to eat
every morning, lunch, dinner and
snack, I just put together my favorites
so YOU can choose what you want to
eat daily. This way, it's a flexible way
to follow a plan. You can mix and
match what you want to eat for each
meal. And you can also choose what
kind of food you're in the mood for!
The best part, these meals are all
sooo delicious! Healthy food does not
have to bore your taste buds. Plus,
you will realize, unlike a normal meal
plan, I don't give you the amount of
calorie intake per meal. I left this
part out totally on purpose because
I believe we should always go off
how we feel instead of counting up
all the numbers. Counting all the
calories can be very restraining and
stress you out. I just want you to focus
on how each food will nourish you. Enjoy!!



Breakfast



Spicy Egg Toast

SERVES 2

2 slices whole wheat bread
2 whole eggs (cage-free)
2 egg whites (cage-free)
1/2 ripe avocado, sliced
4 tablespoons salsa

- Toast the bread.
- Coat a small skillet with oil spray and heat over medium.
- Whip together the egg and egg white.
- Add the eggs to the skillet and scramble until the egg is fully cooked.
- Layer the cooked eggs onto the toast.
- Top with the avocado and salsa.



Date Pecan Oatmeal

SERVES 2

2 cups water

6 dates, chopped (or 1 large Medjool date)

1 cup old-fashioned rolled oats (use certified gluten-free oats if following a gluten-free diet and approved by doctor/dietitian)

4 tablespoons chopped toasted pecans

2 teaspoons chia seeds **optional**

- In a small sauce pan, bring the water to a boil.
- Add the dates and cook for 1 to 2 minutes.
- Add the oats and simmer over medium heat for 5 minutes.
- Transfer the oatmeal to a bowl and top with the pecans and chia seeds (if using).

French Toast

SERVES 2

4 slices whole-grain, whole wheat, or gluten free bread

3 eggs, yolks separated

1 teaspoon cinnamon

1 teaspoon olive oil

1 cup blueberries and strawberries, chopped

2 tablespoons maple syrup

- In a large frying pan, add olive oil, or spray with oil mist.
- Use 1 whole egg and 1 egg white, tossing out extra yolk.
- Place in bowl and beat well.
- Add cinnamon to egg mixture, stir well.
- Place egg mix in shallow bowl.
- Place frying pan on stove and turn on medium heat.
- Dip each piece of bread into egg mixture, coating both sides. Then place on hot pan.
- Cook bread on both sides until egg is golden.
- Remove slices from pan, plate, and top with fruit and syrup.