

FLIPPING 50'S

10-DAY MEALS MADE EASY

HOT, NOT BOTHERED BLISS

COMPANION TO THE 10-DAY HOT, NOT BOTHERED CHALLENGE



SALMON

LETTUCE WRAPS

CHILI

SMOOTHIE

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10-DAY MEALS MADE EASY

HOT, NOT BOTHERED BLISS

11 Smoothie Recipes
7 Main Course Dinner & Lunch Recipes
2 or 3 variations for any recipe
Infinite Options
Forever Yours

Welcome! First, there is a lot of gold here. For the quick, *gimme-a-menu, recipes* and let's go look, you'll focus on the front end of the book with meal plan and recipes.

For a deeper look at why and what I'm giving you here, keep reading. Or come back to it later. You may do a challenge for 10 days, but you'll have this forever.



THE BASIS OF YOUR 10-DAY PLAN

We're going to explore the combination of protein and carbs OR the combination of protein and fats at your meals. If you're used to meals that include both high fat and high carb along with protein, and not seeing results (or feeling digestive issues), this simple switch may be helpful.

Digestion is different for carbs and of fats. The breakdown of each occurs through a different process. The common denominator you DO need at every meal is protein. Protein does several favorable things in addition to boosting muscle protein synthesis (you keep muscle, stay strong, feel more energetic and vibrant). It increases the thermogenic effect of meals. That is, your body has to burn more energy in digestion of that meal. It also helps reduce the sugar impact of any meal on your body. That is less of a blood sugar (fat storage) spike. It enhances satiety. That is, full longer and not distracted by the "hangry" feels that often follow a carb+ fat low protein, or high carb meal.

Have you ever eaten Pasta Alfredo? Feel really good and energetic after? I'm going to guess, no. In fact, the same is true for most of us with traditional pizza: high carbs, high fat toppings, and some but not much protein. As much as we love the flavor, it doesn't do wonders for our digestion. Similarly, a plate of cheesy gooey burritos smothered in sauce? Yummy during and awful after, especially if you started with the addictive corn chips and salsa.

Now flip to Chinese food. Most meals are high in veggies, served over rice. A lot of people will say they feel hungry soon after a meal of Moo Goo. Well, high carb and low protein will do that. Blood sugar skyrockets, then plummets (hunger). Say you enjoyed sweet-and-sour entrees. Even worse. In the typical American diet, there are many more examples of foods that lead to increased fat storage.

So, let's... FLIP the switch. Try it for 10 or 12 days and see how you feel. Whether you do this during a couple ho-hum routine weeks or during the holidays, you can do it. There's no reason you can't attend a tailgate, order off a menu, or enjoy a holiday buffet. Once you adopt a lifestyle, it's easy to do and when you feel good it's a lot less tempting to do something you know will make you miserable – at home or traveling.

You can leave it to me and just follow the sample plan, or you can follow suggestions for making changes and substitutes, still following the conscious choice of high protein, high protein & fat, or high protein & carb.

Debra

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SAMPLE 10 DAY MEAL PLAN

Day 1 Fat	Day 2 Fat	Day 3 Fat	Day 4 Fat	Day 5 Fat	Day 6 Fat	Day 7 Fat	Day 8 Fat	Day 9 Fat	Day 10 Fat
My Darling Clem	Ginger Apple Almond	Ginger Apple Almond	Apple Pie	Sweet Potato	Greena Colada	Pumpkin Pie	Almond Maca Cinn	Ginger Apple Almond	My Darling Clem
Rice wraps w/ dip	Leftover Crockpot chicken soup (freeze rest)	Rice wraps w/ dip	Leftover Chili add beans	Lettuce wraps w/ quinoa or rice	Lettuce wraps (day 5)	Leftover Pan-seared salmon w/o potato	Leftover Crockpot soup	Lettuce wraps w/o carbs	Rice wraps w/ dip
Crockpot Chicken Kale Soup w/avocado	One pan Shrimp	Turkey Chili (W/o beans, add avocado)	One Pan Shrimp (tortillas or rice)	Turkey Chili (add beans)	Pan-seared Salmon (w/ sweet potato)	Crockpot Chicken Kale Soup	Bison Burgers (lettuce wraps)	Crockpot chicken kale Soup Over riced cauliflower	Bison Burgers (add guacamole)

THE TRUTH ABOUT MEAL PLANS

Most of us don't really like or use them. What we like is having a plan. So, if someone provides the structure, we've got freedom. That's exactly what I hope that you do with this plan. Any of the lunch & dinner recipes can be used as meals prepped in advance and then kept as leftovers or single servings you refrigerate, freeze, and reheat.

What's most important for this challenge is that you adopt the rhythm of the Fat, Carb, and Protein emphasis on the indicated days, and realize you can modify most recipes to fit. Second, your body wants and needs two things:

1 **Consistency** - establish a regular meal schedule and types of foods you prefer (e.g. a smoothie for breakfast, a salad for lunch, a traditional protein and veggies dinner)

2 **Diversity** - eat a variety of foods within each day and over a few days for gut health. Not doing so sabotages your gut, in fact. Sure, having leftovers is nice, but don't overdo it. If you live alone and make a big batch, don't plan to eat it every day. Make 2 or three mains during a week, rotate them, and freeze what you won't use. I use weekends to make a big batch of soup on the stove, one in the crockpot, and then cook one for dinner that will give me one or two more days of leftovers.

Using Leftovers

If your gut is not in great shape, 1-2 days is all leftovers should be in your fridge. Otherwise, freeze servings to reheat later. How do you know? If you have gas, bloating, constipation, or diarrhea regularly that's a hint.

WHY THE REPEATS?

I've created the meal plan using fewer of the smoothie recipes than I've included for you in order to cut down on your grocery needs. If you want to expand or choose your own, browse the recipes and insert your own favs, you've got them.

Liquid in smoothies can be the milk alternatives or can be water any time you don't have another option, or you're doing a low-fat day and you only have coconut milk on hand.

FLEX YOUR RECIPE MUSCLES

As you'll realize as you go through the recipes, almost any can be modified to increase or decrease fat and or carbs to focus on the goal of the day. *ANY recipe can give you the protein, fat, or carb focus you want with a little tweaking.*

LET GO OF COUNTING

I know there are fanatics that think you need to count every calorie (eaten and burned). I'm not one. Can we still get along?

First, counting is only helpful if you know what you need. That's not an exact science. Your resting metabolism, activity level, stress level, all impact what you need. Then, you need to consider what you have been doing. Have you been undereating or overeating? A dramatic shift to an arbitrary goal could be devastating to your metabolism.

If you have been eating far fewer calories than you need and suddenly increase, you'll gain weight. If you've been overeating and suddenly reduce drastically, you'll slow your metabolism.

I've never seen someone counting... calories, carbs, or points... "win" long-term and be free from constant focus on food in nearly 4 decades of working with a lot of people.

If you will focus first on quality, then on enjoying the food, fullness and satiety will tell you. If you have no appetite, that should make you curious about why not. Stop when you've taken the edge off hunger. Sit down to eat. Take a deep breath before you eat. Do nothing but eat. No cell phones, TVs, distractions. Really taste and savor it. It changes everything. *"Bless the use of this food to the good of our bodies..."* was a prayer my Granny, my stepdad's mother, said before every meal. She lived to 97, gardening and practically making every meal and baking for her daughter until her last days. That type of pause before a meal supports your digestive system. Stop and focus on how food you eat supports the energetic, healthy body you want.

MAKE YOUR OWN PLAN

Day 1 Fat	Day 2 Fat	Day 3 Fat	Day 4 Carb	Day 5 Carb	Day 6 Carb	Day 7 Pro	Day 8 Pro	Day 9 Pro	Day 10 Fat

RECIPES

SMOOTHIES

Flip: Give any smoothie a protein boost with hemp hearts (3T = about 10 grams of protein) and or increase the serving of protein powder to reach the 30-gram minimum as needed. You can also add nut butter, but these change the fat significantly.

Flip: If you need to “crunch,” some women find eating a small portion of nuts or seeds (for a fat meal) or eating a cucumber with the smoothie (for a protein) or eating the sweet potatoes (for carb day) to be helpful.

PUMPKIN PIE SMOOTHIE

[Carb or Pro]

Ingredients:

- 1 cup almond milk
- 1/2 cup pumpkin puree
- 4 ice cubes
- 1/2 cup frozen pineapple + grapes OR *4 Medjool dates, pitted, chopped
- 1/4 tsp pure vanilla extract
- 1/4 tsp ground cinnamon
- pinch pumpkin pie spice
- 1 Scoop of vanilla Plant Power or Paleo Power protein shake
- 1-2 T Ground flax or chia seeds

Combine all ingredients in a blender and puree.

If you have a sweet tooth, this one will satisfy you. Maintain it as a treat since it is higher in sugar.

For Protein: Reduce fruit to 2 dates, (and additional stevia if needed) add 3 T hemp hearts

ALMOND, MACA, & CINNAMON SMOOTHIE

[Fat or Protein]

Ingredients:

2 T almond butter
2 T ground flaxseed
1 - 2 tsp maca powder
1/2 tsp ground cinnamon
1 serving Plant or Paleo Power vanilla protein powder
1 tsp vanilla extract
1 1/2 cups dairy-free milk (or less for a thick smoothie bowl)
1 T Hemp hearts
Ice

For Protein: Remove almond butter, add almond extract, increase Hemp Hearts to 3 T

GINGER APPLE ALMOND SMOOTHIE

[Fat or Pro]

Ingredients:

1 serving Vanilla protein powder
3 T hemp hearts
1 cup coconut* milk
Half an apple (tart Granny Smith)
Handful of greens, optional
1/4 almonds or almond butter
1-2 T. fresh ginger
Ice to desired thickness

*Includes both fat and carbs but not a high carb smoothie. Use coconut milk for higher fat content

For Protein: leave out almond butter, use almond milk (or water), add a fiber source (Fiber Boost or psyllium husk)

APPLE PIE SMOOTHIE

[Carb or Fat]

Ingredients:

Vanilla protein powder
1 medium apple (Honey Crisp, or Granny Smith) cored and cut in chunks (no need to peel if you have a strong blender)
2 T Hemp Hearts
1/3 to 1/2 of one medium cucumber, peeled and cut in chunks
1 large handful of spinach, kale, romaine(sweeter)
1-2 tsp. cinnamon, to your taste
1/4 tsp. fresh grated ginger
10 drops pure stevia liquid, optional and powder works
1 cup plain or unsweetened vanilla almond milk, very cold
ice cubes to desired thickness

For Fat: Substitute coconut milk for a higher fat smoothie.

MY DARLING CLEMENTINE SMOOTHIE

[Carb or Fat]

Ingredients:

1 Scoop Vanilla protein powder
2 Clementine oranges, preferably chilled and additional grated orange zest or orange extract
1/4 cup plain coconut or cashew yogurt
Coconut milk
Tiny dash sea salt
1-2 drops pure Vanilla extract
1/2 cup ice

For Carb: Use almond yogurt and almond milk, and 4 clementines

SWEET POTATO PIE SMOOTHIE**[Carb]****Ingredients:**

¾ cup alternative milk
 ¼ cup aquafaba liquid
 1 serving vanilla protein powder
 ½ cup cubed roasted sweet potato
 4 ice cubes
 ¼ tsp Nutmeg
 ¼ tsp Cinnamon
 ¼ tsp Vanilla extract
 1 T chia seeds
 3 T hemp hearts

Combine all ingredients in a blender. Adjust spices as needed (you may want to test using less than indicated if you have a sensitive palate.).

GREENA COLADA SMOOTHIE**[Carb]****Ingredients:**

Vanilla protein powder
 1 cup spinach
 ½ banana
 ¼-1/2 c frozen pineapple
 1 c coconut milk (this adds fat: if you're finding you do well with fat OR carb, but not both, swap this for almond milk)
 1 T. chia seeds
 1 T. maca (this can be helpful for regulating estrogen and cortisol)
 Stevia to taste
 Ice (if frozen fruits used, you may not need ice)

CHERRY VANILLA SMOOTHIE BOWL

[Carb]

Ingredients:

¼ cup Gluten-free Oats
Vanilla Paleo Power Protein*
¾ cup frozen cherries
2 T. Chia seeds or ground Flax meal
Ice cubes
Almond milk

*If you don't have vanilla protein, add ½-1 tsp vanilla extract.

CARROT CAKE SMOOTHIE BOWL

[Carb]

Ingredients:

½ cup Carrot juice
Vanilla Paleo or Plant Power Protein
½ tsp cinnamon
Dash nutmeg
Dash ginger
½ frozen banana
3 T hemp hearts
Ice cubes
Almond milk
Dash of sea salt
1-2 dates, optional

Top with chopped walnuts. You can add a date if you like on a carb day.

CHOCOLATE CHERRY SMOOTHIE BOWL

[Carb]

Ingredients:

Plant Power or Paleo Power Shake mix
¼ cup gluten-free oats
¾ cup frozen cherries
1 T cacao powder
1 T chia seeds
Small handful spinach leaves
Chocolate liquid stevia, optional
1/3 – ½ cup almond milk
ice cubes

Add all ingredients to a blender. Pulse 10 times. Blend til smooth and serve.

ERIN SMOOTHIE+

[Carb]

Ingredients:

1 serving Vanilla protein powder
Handful of Kale and Spinach mix
1/4-1/2 cup frozen strawberries
¼-1/2 cup frozen mangoes
Chia or Flax seed, Fiber Boost or Psyllium Husk
Water to cover
Ice to desired thickness

SOUPS & MAINS

CROCK POT CHICKEN KALE SOUP

[Carb or Fat]

Ingredients:

2lbs skinless chicken breasts
1/2 T. Sea Salt
1/4 tsp. Pepper
dash of thyme or 2 sprigs fresh
2 cloves garlic
5 cups low sodium chicken bone broth
1lb carrots sliced or shredded
1 yellow onion, diced
4 cups packed Kale or shredded super food greens
Wild or brown rice, or sweet potato, optional (see below)
Diced avocado, optional (see below)

Instructions:

Place the chicken in bottom of crockpot. Sprinkle with salt and pepper. Add thyme and garlic. Pour the broth over the chicken. Add the carrots, onion. Cook on high for 4 hours. Add the kale in the last half hour of cooking. Season to taste and break the chicken up with a fork as much or little as you like. Serve and keep the leftovers for lunches or freeze for busy days later.

As is, this recipe is low carb and lower in fat.

For Carb: add wild rice or serve over brown rice for a heartier carb meal. Alternatively, add cubed sweet potato.

For Fat: dice avocado to top bowls of soup as you serve. You can also substitute chicken thighs for chicken breasts.

If you're sick this one is nice to have waiting in the freezer. Freeze some the next time you make it!

TURKEY CHILI WITH KALE

[Carb with a Fat option]

Ingredients:

Yellow onion, diced
 Olive or coconut oil
 Garlic cloves, minced
 1 1/2# - 2 ground turkey or chicken
 1 tsp. oregano
 2 T. chili powder
 1 tsp. cumin
 1/4 tsp. cinnamon
 1/2 tsp. cayenne or Tabasco
 1 tsp. sea salt
 2 1/2 C. chicken bone broth
 1 C dark beer
 2 T tomato paste
 1 can kidney beans, drained
 1 can black beans, drained
 1 16 oz. can diced roasted tomatoes w/ green chilies
 1 C yellow bell pepper diced (optional)
 1 small zucchini squash, sliced into half rounds
 1 C kale, stemmed and torn into small pieces
 1 shredded carrot
 Fresh cilantro to garnish (or add ground for seasoning)

Instructions:

Use a 4–6-quart pot. Heat oil and add onion and garlic to taste. Sauté about 5 minutes. Add meat and cook until browned. Drain if needed. Add oregano, chili powder, cumin, cinnamon, cayenne, and salt (cumin now optional). Sauté for two minutes. Add the broth and beer. Stir in tomato paste. Add kidney and black beans, tomatoes, pepper if using, zucchini, carrot, and kale. Simmer and then reduce heat to low. Cover and cook for 20 minutes minimum or longer if you have time.

* This long list of ingredients that comes together quickly if you have a food processor or purchased chopped portions at your grocer.

Want to make this a fat meal instead? Leave out the beans. Reduce the chicken broth to 1 3/4 cups. Top with sliced avocado and enjoy.

Makes A Big Batch: Freezes Well. About 12 cups. 8 servings depending on the size you like. Serve with cashews. One pot...a one-bowl antioxidant and protein-rich meal! Adjust your ingredients to taste. (Any beans will do but black or cannelloni are especially high in protein and or have more resistant starch) Try shredded chicken or turkey instead of ground bison. The beer boosts flavor. (Modified from Johnny Bowden's Greatest Meals on Earth)

PAN-SEARED 15-MINUTE SALMON

[Fat]

Ingredients:

1 T extra-virgin olive oil
½ tsp kosher salt
Freshly ground black pepper
4 (6-ounce) salmon fillets, 1¼ in thick (skin on or off as you prefer)

Instructions:

Season the salmon with the salt and a few grinds of pepper. Heat the oil in a 12-inch nonstick skillet over medium-high heat until hot and shimmering. Cook the salmon, without moving, skin side up, until golden and crisp, about 4 minutes. Carefully flip the fillets and reduce the heat to medium. Continue cooking until done to your liking, 4 to 5 minutes more. Transfer to a platter and serve.

Serve with: sauteed kale and you can make them at the same time.
Steamed non-starchy veggies of your choice: make this an easy, all-stove-top meal

SAUTEED KALE

Ingredients:

1 pound (or 2 bunches) Tuscan kale*
2 garlic cloves
2 tablespoons olive oil
¼ teaspoon kosher salt
Fresh ground pepper
Optional: Lemon wedges, shredded Plant-Based Parmesan cheese

Instructions:

Wash and dry the kale leaves, then destem and roughly chop the kale. Smash and peel the garlic cloves (I purchase mine minced in a jar!) Add the olive oil to a large skillet and heat over medium-high heat. Add the garlic and kale and cook for 3 minutes, stirring frequently until wilted and bright green.

Remove from the heat and add the kosher salt and several grinds of fresh ground pepper. Discard the garlic cloves if using smashed and serve immediately. Squeeze 1 T lemon juice over kale.

You can add Plant-based Parmesan to make it a little more special but it's good without!

Flip: this pairs well with many proteins. Try grilled shrimp or chicken, or sauteed scallops (my favorite!) Fill the rest of your plate with non-starchy veggies and you've got a low carb/higher fat meal.

Or flip it for a carb day and add a sweet potato or brown rice to the meal instead.

Flip: Approximately 4 servings, but that's always an estimate. Non-starchy veggies are unlimited. This makes a great "bed" for any protein and for a protein bowl too. Leftovers make weekday lunch and dinners the best kind of "fast" food.

ONE-PAN SHRIMP AND VEGGIE FAJITA BOWLS

[Fat or Carb]

Ingredients:

For the vegetables

3 bell peppers, thinly sliced

1 small red onion, thinly sliced

1 small white onion, thinly sliced

2 T olive oil

2 tsp cumin

1 tsp each chili powder, garlic powder, and smoked paprika*

1 ¼ tsp kosher salt

For the shrimp and bowl:

1-pound medium shrimp, tail off, thawed and patted dry

2 T olive oil

3 garlic cloves, minced

½ tsp dried oregano

½ tsp onion powder

½ tsp kosher salt

For Carb:

Serve over brown rice OR cubed roasted sweet potatoes (these need a little more time than the veggies above so would need to be started first for 30 minutes, then add veggies, then add shrimp to do together.

For Fat:

Serve over riced cauliflower. Though not high fat, what you're doing here is trying to avoid the carb with riced cauliflower. Then, add slices or chunks of avocado to top. You could also try coconut wraps if you want the tortilla instead of a bowl. Be sure you're generous with the shrimp in your serving so you get about 5 oz of cooked shrimp to get adequate protein.

Instructions:

Preheat oven to 400. Line a large, rimmed baking sheet with parchment paper.

In a small bowl, combine dry seasonings. Remove and set aside ½ teaspoon of the seasoning mix. Place thinly sliced peppers and onions onto one end of the baking sheet. Drizzle with 1 tablespoon oil plus the seasoning mix and toss well to coat.

Riced-cauliflower: On the other end of the pan, add riced cauliflower. Toss with the remaining 1 tablespoon of oil. (for brown rice or sweet potatoes, prep as needed)

Place the baking sheet in the preheated oven and bake for 15 minutes, stirring halfway through (stir them both, but don't stir them together).

After 15 minutes, remove the baking sheet from oven. Arrange the shrimp in the center of the pan in a somewhat single layer to promote more even cooking of the shrimp. Sprinkle the shrimp with reserved ½ teaspoon of seasoning mix.

Return the pan to the oven and bake an additional 10 minutes, stirring the shrimp if needed to ensure they're all cooked through (pink and no longer opaque).

Remove the pan from the oven. Season the riced cauliflower with salt and pepper to taste. Add rice or potatoes to bowls. Top with the pepper and onion mixture and shrimp.

BISON BURGERS

[Fat or Carb]

Ingredients:

1 lb ground bison (lamb is higher in fat and supports decreased inflammation)

2 tsp Cajun (or other seasoning of your choice)

Sea salt

2 tsp extra virgin olive oil

Carb: 2 large, sweet potatoes

Fat: Avocado (or guacamole: simple version combine salsa with mashed avocado)

Large lettuce leaves

High protein: do the lettuce wraps without added fat toppings, include onion and tomato as you please

Instructions:

Choose Fat or Carb or make it simply high protein option. Preheat your grill (or make your burgers otherwise). Combine the meat with the seasonings. Form into 4 burgers (I usually ask my butcher for 1 ¼ pounds to make 4 servings with adequate protein. Brush each burger lightly with olive oil. Salt. When grill is on high heat, add burgers and cook for 4 minutes. Flip and cook an additional 3-4 minutes.

Buns:

You'll need to pre-cook the sweet potato in the microwave. Wash, peel, then cut 8 slices out of the middle of the sweet potatoes. Microwave for about two minutes with a little water added to a microwave-safe bowl. Then grill by brushing with olive oil and sprinkle with sea salt. Put them on the same time as the burgers. Grill about 4 minutes. Flip and cook 3-4 mins more until cooked through. Top with mustard, ketchup (low fat items), your burger and the bun top.

QUICK LUNCHES

LETTUCE WRAPS WITH HUMMUS OR GUACAMOLE

[Fat or Carb]

Ingredients:

Butter or romaine lettuce leaves
Hummus (if you have on hand) or guacamole
Leftover salmon, chicken, seasoned ground meat (I love taco meat)

Instructions:

Hold a lettuce wrap so the sides are turned up and ingredients won't spill out. Spoon a little hummus or guacamole on your lettuce wrap. Add your protein source. Wrap and enjoy! Make sure you've got about 5 ounces of protein. That will be 4 or 5 small wraps or 3 or 4 big romaine wraps. If you're using leftover (or specifically prepared ground meat seasoned to taste, the addition of red or broccoli cabbage, or riced cauliflower, you've got a nutrient-dense rich veggie meal ready in minutes).

For simply high protein: leave out the guacamole and hummus, and add other small, chopped veggies to the protein, season with prepared mustard if you like

BROWN RICE "SPRING ROLLS" WITH DIP**[Fat]****Ingredients:**

3 Vietnamese Brown Rice Spring Roll Wrappers
 5 oz shrimp (cooked, frozen, thawed is easy and ready in 5) or leftovers
 1 cucumber, julienne or mix with julienne carrot
 ½ cup mint or cilantro, chopped
 ½ cup baby spinach

Almond Sauce:

1/3 cup almond butter
 3 T water
 ½ lemon, juiced
 1 tsp coconut aminos
 ½ tsp ginger, grated
 1 clove minced garlic

Instructions:

Mix sauce ingredients in food processor or blender until smooth.

Dip wrapper in warm water. Remove quickly and spread flat on a plate until softened.

Place pieces of cucumber, spinach leaves, shrimp, mint or cilantro in middle of wrapper.

Roll ingredients tightly in wrapper by folding in three sides then rolling. Repeat for each of the wrappers. Enjoy with the Almond Sauce. Quick, flavorful, and feels fancy.

Primarily a high protein meal with a little fat.

Bump the fat: add small chunks of avocado

This one is so yummy with many protein options: shrimp, salmon, tuna (don't overdo tuna consumption due to mercury), chicken/poultry – whether leftovers or something you have in the pantry or prep with this in mind.

SHOPPING LIST

STOCK UP! I created a sample 10-day plan for you. Some of the recipes are repeated, and others included in the book are not used to reduce groceries. Your tastebuds and household are unique. If it's just you and one other the recipes will make plenty. If you're cooking for a houseful, you'll want to make more of some options. Estimate that you'll consume 5 ounces of animal protein per serving in order to reach protein to prevent muscle loss and support hormones.

I've given you the rough draft. However, you of course can go into the recipes, see what appeals to you, and determine your own grocery list from that. Choose at least 2, preferably 3 main dishes to make for dinner and leftover lunches. Make sure you've got enough for a smoothie each morning (and in a pinch it works for lunch).

For spices and oils, the recipes will call for: nutmeg, cinnamon, fresh ginger (or frozen Trader Joes is awesome and prevents me from throwing out one I don't use fast enough), pumpkin pie spice, vanilla extract, thyme, chili powder, garlic powder, smoked paprika, oregano, onion powder, minced garlic, Cajun seasoning, sea salt, pepper. Oils: olive, avocado, and coconut are good choices.

GROCERY LIST BASED ON THE 10 DAY SAMPLE PLAN

- 10 servings of [protein powder*](#) (more if you might use a smoothie for a quick lunch too)
- Hemp hearts to boost smoothie protein content, small bag
- 4 cups Unsweetened coconut milk
- 6 cups unsweetened almond milk (unless opting to use water)
- ½ cup plain cashew or coconut yogurt
- Fiber sources: ground flax meal, chia seeds, [Fiber Boost,*](#) psyllium husk
- Fat ingredients for smoothies: almond nut or sun butter (or nuts/seeds),
- Frozen berries
- Frozen pineapple, small bag
- Frozen riced cauliflower
- 1-2 avocados for topping dinners and lunches
- Greens for smoothies (10-12 handfuls of milder spinach, romaine)
- Romaine or butter lettuce for wraps
- 2-4 sweet potatoes (2 whole, others can be cubed for ease of roasting)
- 4-5 green (or personal favorite) apples
- 4 Clementine oranges
- 1 Yellow onion
- 1 Red onion
- 1 white onion
- 1 small zucchini
- 1 yellow squash
- 4 bell peppers (at least 1 yellow, plus any other variety)
- 4 bunches kale (additional to any used for smoothies for adding to soup)
- Lemon wedges or lemon juice
- Butter lettuce for use as wraps
- 1 lb and 1-2 carrots more to shred (or purchase shredded)
- Medjool dates (smallest quantity you can purchase)
- Canned pumpkin
- 1 can each black beans and kidney beans
- 1 16-oz can fire roasted tomatoes
- 1 can chickpeas (garbanzo beans) for the liquid use in a smoothie
- 7 ½ cups chicken bone broth
- Small can tomato paste
- Salsa, small container to your preferred heat
- Coconut aminos (for use as a soy or tamari sauce substitute)
- Brown rice or quinoa (enough for 1 ½ cups over the 10 days)
- Maca (small bag)
- Frozen riced cauliflower
- Plant-based parmesan cheese, optional
- 1 package Vietnamese brown rice spring roll wrappers
- 2 lbs ground meat (I like bison or other wild or organic beef)
- 2 lb skinless chicken breasts
- 4 6-oz salmon fillets
- 1-lb medium shrimp, tail off (if possible) frozen

Flipping 50 Plant or Paleo (animal without soy or dairy) and Fiber Boost are available for you at <https://www.flippingfifty.com/protein>

KNOWLEDGE

IS POWER

ARTICLES

WHY SMOOTHIES MAY NOT HAVE WORKED FOR YOU IN THE PAST

Are you resisting smoothies? Let me give you a few thoughts about why they may not have worked for you in the past. This vessel of protein, veggies, and convenience has been my staple for both the elimination of decision fatigue and the boost in recovery after exercise I've needed. Now that I exercise a whole lot less (just a whole lot more effectively), I'm no less busy and decades later, I appreciate the muscle protein synthesis even more. But... back to you and smoothies. Let me address these main issues with smoothies:

- Satiety
- Psychological need to chew
- Ingredients caused the spike and drop in blood sugar that increased hunger

HOW WE EAT

Imagine you're sitting down to a meal at a restaurant or at home. Let's breakdown a few of my favorite meals.

I might choose a big "loaded" salad for lunch. It's got mixed greens and a mixture of farm-fresh veggies like asparagus, carrots and, a little quinoa thrown in. I add grilled salmon.

For dinner at a favorite restaurant, I'd choose a seafood curry dish with sweet potato, scallops, shrimp in a curry sauce.

On the grill, I'll throw shrimp skewers loaded with zucchini, onion, tomato, and yellow squash. I'll serve it over brown rice or quinoa with some garlic hummus to dip the veggies in.

So, what is present at all meals?

Protein. Carbs. Fat.

In varied amounts they're each there. It's not normal (or really possible) to eliminate carbs or fat completely and at mid and later life your muscle can't afford the protein stimulus to be missing at meals.

The salad is highest in protein, moderate in fat, and low in carb.

The seafood curry is highest in protein, moderate in carb, low in fat.

The grill is highest in protein, moderate in carb, and lowest in fat.

Always build your meal around protein. Next focus on non-starchy veggies. Then shift the carb or fat depending on your day.

High activity? Go with a higher carb day and low fat.

That said, high stress also can be a reason to increase carbs and go low fat. We women get a little serotonin boost from carbs. That offsets cortisol.

Active could mean that today you had a high activity day or you're going to tomorrow, in which case your evening meal is one you want to be most conscious of. **Your evening meal will be the fuel you have in your tank for activity tomorrow morning.**

The longer your activities are and more frequently they are, the more conscious you need to be of fueling. But for our purpose, you're not likely training for endurance events, you're looking for a simple plan to follow for exercise that makes you feel your best and extends health and longevity.

Maybe it's a low activity day. In that case opt for lower carb and moderate fat options paired with your protein. (Exception mentioned above: you're going through a high stress time).

If you find digestion is more challenging at midlife (and certainly under stress) than it has been, you're not alone. Test for yourself how you do by altering your meal combinations.

Cycle carbs to both your activity and your weeks of your personal cycle (or the moon) is also helpful for many women. Our entire lives operate on 24-hour cycles, weeks, and months (or 28-day cycles), so this isn't new but sports and exercise nutrition, and definitely the diet industry, haven't addressed it. News flash: in a bout week 4 of your cycle, or Pre-menstruation for women still experiencing periods, it is OKAY to have higher carbs (with protein) and may be more beneficial than trying to restrict them. The body has wisdom. Use it. Cravings are often a clue and not random.

For this sample meal plan, I'm going to rotate higher carb, higher protein, and higher fat meal days every two or three days. Protein is always present and the goal minimum of 30 grams per meal is always there. However, if you find you're over and above and not over full, this is also going to make it easier to boost muscle and stabilize blood sugar.

You do have a lot of latitude here. However, if you are one of my community members who just wants it handed to them without any latitude, the plan is here!

WHEN YOU CHOOSE: PROTEIN, HIGH CARB/LOW FAT, OR HIGH FAT/LOW CARB?

The question to ask: Do you want to eat High Protein and Carb (low fat) or do you want to eat High Protein and Fat (low carb) today? AND you can also lighten the digestive load by using little fat or carb and focusing on high protein. Mentioned earlier, a mixed meal is normal. Historically, it's not generally usual (and impossible to do completely) to eliminate one of the macronutrients from a meal. A form of "food combining" though has been a successful way for some women to look at meals and days to cycle and also to combine this with the activity level you have on a given day.

For a High Pro & Carb (Low Fat) you simply won't add additional fats.

For a High Pro & Fat (Low Carb) you won't add carbs and will keep those included lower.

For a High Protein, you'll just eliminate extra fat and extra carbs.

Keep in mind, we need healthy fats for creating hormones, and healthy skin. We need carbs for good sources of fiber to aid in digestion, for energy, and for mood-boosting serotonin. And... we're all different. So, no one way of eating is going to work for everyone. Pay attention to how you feel No matter which choices you make; these recipes should help keep blood sugar spikes to a minimum and support satisfaction and satiety.

Key ingredients:

Protein (30 or more grams for a meal or post workout drink)

Fiber (without the fiber, you'll be hungrier quickly and blood sugar can spike more easily; especially true with lower fat shakes and smoothies)

Fat or carb sources (depending on the day)

You can modify any of the recipes here to reflect your need or choice on a given day. Do remember, **using the same ingredients in a smoothie day after day is not a good idea.** What you have every day, you're most likely to develop a sensitivity to.

Some Secret Weapons

If you find you are more sensitive to carbs: either recognizing it yourself from fat deposits around the middle or bra-line, or maybe you've heard the words "pre-diabetes" at your doctor's office, there are "special" carbs that may help.

Certain foods fall into a category called "resistant starches." That is, they are resistant to storage as fat. So even if your muscle glycogen and liver stores are "full" – the time when excess carbs will be deposited as fat, these will be less likely to be stored that way.

Resistant starches:

Aquafaba – the liquid from a can of chickpeas (add as part of the liquid in any smoothie)

Green banana – definitely not your banana bread version

White beans - (cannoli)

Sweet potatoes

Cooked, cooled white potato

Using these as your source of carbs may be good choices for you either on high (including with a little fruit for sweetness and added antioxidants) or low carb days.

WHY SMOOTHIE INGREDIENTS MATTER: KNOW WHAT YOU NEED

Why Those Lists That Read "6 Great High Protein Sources" and are NOT all.

For example:

- Protein Powders
- Greek Yogurt
- Tofu
- Milk
- Quinoa
- Nut Butters

Lists like this appear all over the internet on emerging "influencers" and food and fitness bloggers sites. They'll be recommended as sources of protein to add to smoothies. And what's missing here is the science about leaky gut and food sensitivities more common in midlife due to hormone and gut microbiome changes.

The bloggers or influencers don't intentionally do this, **they just aren't informed, educated,** and information that goes up on the internet stays there. Right or wrong, disorganized internet users don't come back to correct every blog even when they do learn more about nutritional effects on unique individuals.

So, let's unpack a little of this so that it is easier for you to understand the way these "healthy foods" could sabotage you. Otherwise, it's hard to buy into and make changes. Even the necessary short-term removal of these to then test for yourself what's true is very hard if you've had a certain belief all your life or eat something regularly and don't "feel" any harm. (P.S. You won't in the case of a food sensitivity). But if you have signs like skin issues, digestive issues, lethargy, or simply weight loss resistance, this is really important.

Protein Powders

Unless you know what you're looking for, protein powders are a landmine. All protein powders are not created equally. Sources of protein like soy and whey, and other Ingredients like maltodextrin, (or 80 other pseudo names for sugar) and chemicals that increase shelf life, dissolvability, and flavor, are added during processing. The more flavors a protein line has, the more likely it's causing inflammation.

You can readily see the grams of sugar and you want 5 or fewer grams per serving. But keep going. Hidden sugars (anything ending in "-ose" in addition to maltodextrin are just a few) will spike blood sugar. Soy and dairy are hi-fi foods: increasing inflammation. Soy is also a hormone disruptor, that most of my clients have found eliminating it will decrease hot flashes and night sweats.

Decide what you're including and eliminating in your own diet before you shop. Read labels carefully. Choose those with the fewest ingredients that you can pronounce. Even that alone won't help. There's no regulation on the use of terms like "natural flavors," so this is a loophole designed to favor producers who care less about your health than selling more product. Price can often be an indicator of quality here unfortunately.

Supermarkets and your favorite online stores want to move products and low-priced products sell fast. Recently due to the pandemic, the highest quality items across industries have been the hardest to access. The supply chain is still catching up and what I've found is that "junk" protein powder choices were readily available, while those higher quality ingredients like Flipping 50's were delayed more than once. Let's hope we're through the worst.

Collagen: Collagen powders occasionally say "complete" on the label. Otherwise, they are not. Either way, compared to say a steak or even salmon, they don't have as much of each essential amino acid. There is a significant difference in the quality. So, adding collagen boosts your protein, but using it alone in coffee or a shake helps skin, hair, and nails but not muscle.

Greek Yogurt

A dairy product, plain Greek yogurt infrequently can be tolerated by some, but regularly may trigger "leaky gut" or prevent gut healing, and can cause gas, bloating, and skin issues. Other alternative yogurts don't have the same high protein content but are available to help boost live cultures and creamy texture.

Even if you don't tolerate other dairy, many do okay with Greek yogurt, which is nice thanks to the high protein (up to 20g per serving in one brand). This is potentially because of the live cultures. It's best to "test" by doing an elimination and reintroduction to know if it works for you, then determine how often to rotate it into your diet if so. Plain is best here too.

Tofu

Another form of soy, this fermented version may also be better tolerated than other forms of soy. However, its best to eliminate soy 100% first, then introduce it in a controlled way so that you're testing your response to only soy. (There is a specific, not random way to reintroduce).

Milk

Dairy milk and soy milk are not ideal for reasons mentioned above. Alternative milks are good options for most. If you're sensitive to nuts, nut milk options may not work for you, and even these should be rotated if you use them. The alternatives are fortified with more calcium than dairy milk but don't have the protein dairy and soy offer. Coconut milk is an option with some protein. Oat milk is going to be higher in carbs. So, in consideration of alternative milks, if you're trying alternative milk and don't have known allergies to nuts, try almond, coconut, or other nut milk and alternate them. Always use unsweetened. There's just no reason to do otherwise.

Quinoa

A good source of plant protein, a cup has 6-8 grams of protein. It also carries carbs, so timing use of quinoa in combination with other carbs is a consideration if you're more sensitive to carbohydrates during midlife as many women are.

That's not all though. Be sure you follow directions and rinse it first. Quinoa can also be a food sensitivity for some, so in spite of rinsing, if you notice gastric upset that's unusual for you, or struggle with weight loss resistance, it could be something to isolate and test.

Nut Butters

Good sources of protein, nut butters aren't complete protein, so you don't want to rely solely on them for your muscle needs. Be sure you rotate use of nut butters as nuts can become food sensitivities. Peanuts are one of the food sensitivities (actually an allergen) to be aware of and often a source of mold exposure. Even organic. Try alternative nut butters instead.

ONE PLANT OPTION THAT IS A COMPLETE PROTEIN:

Hemp Hearts

A small seed similar in look to a sesame seed, hemp is a complete plant-based protein. A three-tablespoon serving provides 10 grams of protein. Adding them to a smoothie provides healthy omega 3 fats and provides a creamy texture. (If you have them in your pantry, they can be used to create creamy salad dressings too).

HOW SWEET IT IS

Statements like, “contains no added sugar only natural sugar from fruit,” are misleading. A fruit-only smoothie is recognized no differently by your body than candy. It’s broken down quickly, spikes blood sugar, and therefore insulin. When insulin is elevated, your body goes into fat storage mode. It’s taking the blood sugar and storing as glycogen first in muscle (build more muscle to act as a sponge for blood sugar) and then to liver. If those are “full” then the extra is stored as adipose tissue (fat). Remember the aforementioned “pre-diabetes” diagnosis? Reducing this kind of exposure to sugar in your diet will go a long way to improving body composition.

Sweet tooth? Good news: your taste buds change in about 11 days. So, what you need now for “sweet” may be far less than you need later if you wean yourself from it for less than 2 weeks.

Other Sources of “Sweet”

As “natural” as these may seem:

- Dates
- Honey
- Agave
- Maple syrup

They are absorbed by the body the same way and speed as white table sugar. Use sparingly. Sugar, not fat (except for inflammatory fats) as we so erroneously thought for decades, causes the chemical reaction in your body that causes fat storage.

If you have diabetes, pre-diabetes, or wish to keep your sugar intake low, monk fruit (also known as lo han), or stevia can be used. If your protein powder has a bit of stevia in it, always try that alone first, as you may find you don’t need additional sweetness especially if you add a small amount of fruit. I find adding almond extract adds flavor and decreases need for a sweetener in smoothies or coffee.

HOW TO BUILD YOUR OWN SMOOTHIE DEPENDING ON YOUR MEAL TYPE

Protein source (s) to reach at least 30+ gm if this is a meal

Liquid

Fiber source(s): some will have small amounts of fat (chia seeds, ground flax, Fiber Boost, Psyllium Husk)

Greens, optional

Adaptogens, optional

Small amount of fruit to optimize flavor, optional

For a “carb day”:

Fruit (kept to < ¾ cup is best)

Resistant starch (sweet potato, quinoa, oats, aquafaba liquid, green banana)

For a “fat day”:

Avocado

Nut butters or nuts/seeds

Coconut milk

If you're trying to really “reset,” or suspect you're carb sensitive (*if you're a midlife woman you very likely are more carb sensitive/insulin resistant), your best fruit choices are berries and citrus. Berries and citrus are lowest in sugar and highest in nutrient density. Reduce fruits (and other carbs) until you get your insulin sensitivity straightened out.

If you use greens, vary them. And realize kale for instance is going to have a more bitter taste and may require a little more additional flavor to cover it: lemon, fruit or stevia. Spinach is neutral and mild. Romaine is on the sweet side. Start small and let your palate get used to it.

You don't have to have greens in your smoothie every day. In fact, you may want to break from doing so. Some “anti-nutrients” in plants consumed regularly can cause gut issues. The take-away is, eat a variety of diverse foods in your routine. A smoothie daily is good... your body does well with routine and consistency, yet with varied ingredients so you thrive. Instead you can try vegetables like cucumber, or celery, even frozen riced cauliflower that you won't taste but adds a veggie.

A Smoothie a Day

***If the ingredients list feels like too much, find 3-4 of the recipes that appeal to you and buy ingredients for them and rotate them during your challenge.

Tip: If you have any trouble blending the protein powder or you're left with powder on the bottom, try to add powder last. Alternatively, add your liquid and protein powder first, blend then add your remaining ingredients. What “clean” proteins don't have is more chemicals added to help it dissolve. They won't dissolve as easily as lesser products.

Fiber

If you need to bump your fiber (to eliminate toxins, excess estrogen, and make weight loss easier, and boost your satiety) adding Fiber Boost to any smoothie is encouraged. The combination of multiple sources of fiber makes it easier to digest. Psyllium husk is another option though it's a single source of fiber, so go easy and allow your body to adjust.

RESOURCES

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