

## The Busy Life Diet Eating Plan

### Examples of Foods to Include

VEGETABLES	PROTEIN
Lettuce	Chicken
Tomatoes	Lean beef
Peppers	Fish
Onions	Eggs
Green beans	Greek yogurt (plain)
Sugar snap peas	Milk
Broccoli	
Carrots	HEALTHY FATS
Zucchini	Olive oil
Squash	Avocado
Mushrooms	Coconut oil
Leafy greens	Olives
	Nuts
FRUITS (after Week 1)	CARBOHYDRATES (after Week 1)
Apples	Brown rice
Berries	Sweet potato
Pears	Quinoa
Oranges	Whole grain pasta
	Legumes

- Eat vegetables, protein and a healthy fat at every meal.
- After Week 1, add in one serving (about ½ cup) of complex carbs and (optional) one fruit per day.
- Example meals include salad with grilled chicken and an olive oil-vinegar dressing, grilled or baked fish and vegetables roasted in olive oil, Greek yogurt with unsweetened berries, an omelet with sautéed vegetables, and steak or other lean beef with a salad and olive oil-vinegar dressing.