



I'm back!

Wow!! It seems like the older I get, the harder it is for me to stay focused! Whenever [my Amazon store](#) (where I sell plates) gets busy, I neglect the blog, and I'm sorry! I'm grateful for the boost in sales of course, and there should be nothing keeping me from working on my Amazon store AND keeping up with my blog.

Add becoming a grandma to a kid I just want to spend all day with, some things just don't get done! haha.

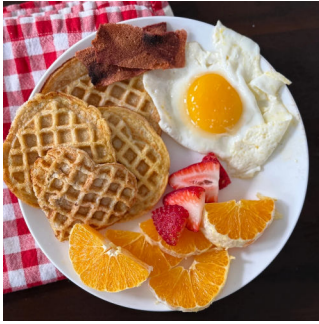
Also, I've been struggling with how to share my meals, and it's become clear that reflecting on the meals I'm eating is much more preferable to making a plan and trying to stick with it.

In fact, both my [1200 calorie meal plan](#), and my [1500 calorie](#) meal plan were written in retrospect of the meals AFTER I ate them to reach my goal weight.

Once I "make a plan", it's like my internal rebel comes out, and even though I'm the one that made the plan, I want to eat OFF plan in some sort of act of resistance.

Which is why at the end of the day, I've always loved flexible dieting through macro & calorie tracking. It just works for my attitude surrounding food, flexibility, autonomy, and being independent.

So, with that said, here's some ideas for meals based on the meals I ate this past week.



**1,341 calories — Protein 127 g, Carbs 143 g, Fat 27**

**Breakfast -Protein waffles**

[Protein waffles](#) (Recipe here!)

I generally like a savory (egg and cheese) breakfast, but once in a while I'll pop in some high protein waffles or pancakes. My FAVORITE recipe is equal parts cottage cheese, egg whites, and oats. (a classic [Body for Life Recipe](#)). But for the waffles in the photo above, I added a teaspoon of [Equal](#) & vanilla extract. They were SO AMAZING!

**Lunch -Green Salad** ([more salad recipes here](#))

Chicken Breast Tenderloins, Skinless Cooked  
Seasoned Croutons

Mozzarella cheese, cherry tomatoes and fat free Hidden Valley ranch dressing

**Dinner- Protein Bowl** ((I mentioned I wanted to make more protein bowls, and this one was fantastic)

Brown Rice, Cooked

Chicken Thighs, Skinless Boneless

Edamame

Wonton Crisps

Cabbage, Chopped

Carrot

Red Onion

Sweet Baby Ray's Sweet Teriyaki Sauce

**Snack - Protein bar**

Built Puff protein bar (Pink Lemonade) — 150 calories

Meal total: 390 calories

# 1341 CALORIES

1,341 calories — Protein 127 g, Carbs 143 g, Fat 27 g

🍷 Health Beet



BREAKFAST

## BREAKFAST

Protein waffles, egg,  
fruit, turkey bacon



LUNCH

## LUNCH

Green salad with  
chicken and dressing



DINNER

## DINNER

Protein bowl: Chicken, rice,  
edamame, won ton crisps



SNACK

## SNACK

protein bar,

[healthbeet.org](http://healthbeet.org)

Hope you enjoy! <3

Amy Roskelley

## DISCOUNT CODES

- **MY SHOP!** Weight Loss meal plans and digital cookbooks
- **Clean Simple Eats:** Code: HEALTHBEET
- **Built Bar:** Code: HEALTHBEET
- **Skinny Syrups:** Code; HEALTHBEET
- **Gardyn** (indoor veggies- my latest obsession! coupon code IRL37QK8XWR)
- **My Amazon Must-Haves**



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*Follow the links to connect we me or message me there. You can also reach out to me at:*

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