



MIX & MATCH MEAL PLAN



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DEBORAH
COATE
COACHING

Deborah Coate Coaching presents Mix & Match Meal Prep - meals that are clean and energizing!

Planning your meal plan for a race can be a crucial element of training for sure, but over the years of training women to run and race, I have found that simple is best. Keeping our plates peaceful and clean, will give us the best possible outcome - finishing strong and feeling great!

Our approach at **Deborah Coate Coaching** is using a mix and match format, so that you can create your perfect eating day. We have included 5-7 of our favorite breakfasts, lunches, and dinners for you to choose from, allowing for flexibility and simplicity. Based on your age, height and weight you may need to increase or decrease your portions. We don't use dieting as a way to adjust body composition, we think eating clean, whenever you are hungry and to satiety is best. All of our recipes are gluten free and keto friendly. Please be aware of any food allergens and adjust accordingly.

We wish everyone in the Diamond 10k best wishes!

-Debbie Coate

Deborah Coate Coaching

BREAKFAST

#1 Breakfast

Bulletproof Coffee:

- 1 Tbs. Coconut Oil
- 1 Tbs. Bulletproof Brain Octane/MTC Oil
- 1 cup (6-8oz.) Hot Black Coffee
- Optional: 1 Tsp. Ghee, Stevia or approved sweetener, approved non-dairy milk

For best results, brew coffee and blend with fats and optional add-ins to create a “latte.” You may add an approved protein powder such as Bulletproof to your coffee.

#2 Breakfast

- 4 Pieces Organic Chicken Sausage (Applegate Organics - Recommended)
- ½ Cup Sweet Potato, chopped
- ½ Medium Avocado-cubed
- 1 Tbsp Oil
- Salt, Pepper, Garlic

Saute sweet potato in oil until fork tender, season as desired. Heat chicken sausage.

#3 Breakfast

Sausage Omelet:

- 2 oz. Turkey Sausage-chopped
- 1 cup Mushrooms (chopped)
- 1 cup Spinach
- 2 eggs
- 1 tbsp Ghee or approved oil

Heat Turkey Sausage and set to the side. Melt oil in a pan and lightly brown mushrooms. Add spinach, season as desired. Add sausage and stir. Whisk the two eggs and pour over the entire mixture and cook until the eggs are done.

#4 Breakfast

Chocolate Bark:

- 1/2 cup coconut oil or raw cacao butter
- 1/4 cup raw cacao powder
- 1/4 cup fruit and nuts

- Almonds, hazelnuts, raisins, cashews, goji berries, hemp seeds, walnuts, macadamia nuts, dates, cranberries, pumpkin seeds, dried bananas, pecans, shredded coconut, and dried fruits such as blueberries, mango, cherries, or apricot.
- 1 tbsp honey (optional)
- 1 tbsp flavoring (optional)
- Grated ginger, orange zest, chili pepper, cinnamon, mint, vanilla or coffee bean.

Put the coconut oil in a bowl, and place that bowl inside another bowl filled with warm water. This will allow the coconut oil to heat up just enough to melt. Add the cacao powder and honey, and mix well. Next throw in your fruit, nuts, and flavorings, pouring into an 8 x 8 pan lined with parchment paper. Place the pan in the freezer for around 10 to 15 minutes, then remove and cut into 16 even pieces. If you use coconut oil, store in the fridge to keep from melting as it will soften at room temperature.

#5 Breakfast

Sweet Potato Hash:

- 1 sweet potato-cubed
- 1 pound of ground turkey
- 1 medium white onion-diced
- 1 medium red/yellow bell pepper-cubed
- 1 tablespoon coconut or olive oil
- salt and pepper to taste
- ½ cup water

Melt coconut oil in a pan. Add ground turkey and brown. Add onion, sweet potato and bell pepper, water, salt and pepper. Cook veggies until fork tender and water is evaporated.

#6 Breakfast

Egg & Ground Turkey Muffins-serves 4:

- 1 pound ground turkey
- 1 10 oz. bag chopped organic frozen spinach or kale
- 5 eggs
- 2 tbsp. extra-virgin olive oil or coconut oil
- 2 cloves garlic, minced or 1 tsp. garlic powder
- 2 tbsp. Italian seasoning, dry
- 2 tbsp. sea salt

Heat oven to 350 degrees. Crumble the turkey and cook over medium heat, stir frequently until brown for about 8 minutes. Sauté the spinach or kale on a low heat until leaves are tender. Place the spinach, eggs, olive oil/ coconut oil, garlic,

Italian seasonings, onion, and salt in a blender pulse for about 1 minute, or until mixed. Transfer all ingredients to a bowl and mix well. Fill lined muffin tins to just beneath the rim. Bake for 30-35 minutes, until the tops are brown, and muffins are completely cooked. Enjoy warm or cold as an on the go meal.

#7 Breakfast

Cinnamon-Flaxseed Muffins:

- ¼ cup ground flaxseed
- 1 tsp. cinnamon
- 1 large egg
- 1 tbsp. coconut oil
- 1 tsp. baking soda
- 1 packet of stevia or monk fruit

Line a muffin tin or grease with coconut oil for non-stick. Combine all ingredients into a mixing bowl and combine. Place ingredients evenly into a muffin tin pan. Set the oven to 350 degrees and bake for 8-10 minutes until golden brown and completely cooked. Enjoy the muffins with your favorite fruit.

#8 Breakfast

Flax Meal Pancakes:

- 3 tbsp. flaxseed Meal
- 1 tbsp. xylitol
- 1 tsp. baking soda
- ½ tsp. cinnamon
- Pinch of sea salt
- ½ tsp. vanilla extract
- 2 large eggs
- 1 tsp. of coconut oil
- 1 tbsp. Maple syrup
- ½ cup berries
In a pan heat coconut oil.

Place wet ingredients in a bowl and combine. Mix dry ingredients in a bowl, combine all ingredients until well blended. Four small pancakes pour about ½ cup onto the pan and brown on both sides to make a nice fluffy pancake. Add berries of your choice as a topping.

#9 Breakfast

Chia Seed Pudding:

- 1 cup unsweetened almond milk
- 1/4 cup chia seed
- 1 tsp. vanilla
- 1 tbsp. Brain Octane
- 1.5 servings Bulletproof Collagen Protein
- 1/2 cup blueberries

Pour almond milk and vanilla into a large glass jar, add chia seed. Put on a lid and shake until blended (stir or whisk optional). Refrigerator overnight-shaking once or twice. Stir in collagen protein until blended. Top with Brain Octane and blueberries. Macros: 57% fat, 22% carb and 21% protein.

LUNCH

#1 Lunch

Roasted Sweet Potato and Spinach Salad:

- 3-4 cups spinach and kale
- 1 sweet potato, peeled, cubed and roasted until tender
- ½ cup shelled raw pistachios
- ¼ red onion, thinly sliced
- 2 tbsp. olive oil
- 1 tbsp. raw apple cider vinegar

Whisk olive oil and vinegar together. Toss all ingredients in a bowl to complete the salad.

#2 Lunch

Chicken Salad:

- 2 cups Spring Mix- Lettuce Greens
- 1 cup raw Spinach
- 6 oz. grilled Chicken-cubed
- ½ Fresh Lemon
- 1 Tbs. Olive Oil
- ½ cup chopped Red Onion
- ½ med. Avocado-chopped
- ¼ cup Cilantro- chopped
- 2 tbsp. Raw apple cider vinegar (optional)
- ½ cup mixed fruit cup

Combine Spring Mix, Spinach, Chicken, Onion, Avocado, and Cilantro in a large bowl. Whisk lemon, olive oil and raw apple cider vinegar. Pour over chicken salad.

#3 Lunch

Collard green wrap w/ Parsnip chips:

- 2 Collard green leaves
- ½ Avocado-cubed
- 2 Celery stalks-sliced
- 4 oz Chicken-browned and cubed
- ½ cup cherry tomatoes-halved
- 1 tablespoon primal kitchen mustard

- 1 tablespoon olive oil
- 1 tablespoon raw apple cider vinegar

Remove stems from the collard greens.

Mix together chicken, avocado, celery and tomatoes.

Whisk together mustard, olive oil and apple cider vinegar and combine with chicken.

Add to collard greens for a wrap.

Parsnip Chip Recipe:

- 2 cups thin sliced parsnips use a mandolin slicer or vegetable peeler (about 2 whole medium parsnips)
- 3 tbsp Avocado oil or Olive oil
- 2 tsp Sea salt or more to taste

Preheat the oven to 425 F and line 2 baking sheets. Use a mandolin slicer or vegetable peeler to slice the parsnips into thin slices. In a large bowl combine: parsnip slices, avocado oil and sea salt. Toss with a spoon to coat in oil and salt. Place parsnip slices onto lined baking sheets. Bake each sheet of chips, one at a time, for 25 to 35 minutes or more until browned and crisp. Check at 15 minutes and if they are still soft then continue baking. Once browned and crisp let cool a little to dry out. If they are still soft then they need to bake a little longer. Bake the second sheet after the first is done. Add more salt to taste if desired.

#4 Lunch

- 1 tbsp Pumpkin Seeds
- 3 oz. Chicken Breast (cooked)
- 1 tbsp Avocado Oil
- 2 tbsp Braggs Apple Cider Vinegar
- ½ cup Cherry Tomatoes
- ½ Large Avocado
- 1 cup Romaine Lettuce (Chopped or Shredded)
- 2 cups Spinach
- 1 medium apple

Combine the oil and vinegar, and seasonings if desired, and set to the side. Arrange the rest of the ingredients to make a salad. Top with oil and vinegar dressing and enjoy. You can also mix in avocado with vinegar and oil for an avocado dressing.

#5 Lunch

Spinach, Olive & Quinoa Salad:

- 2 cups spinach, raw
- ½ medium avocado, sliced
- 2 tbsp. red onion, sliced
- 2 Tbsp. Hillary's Balsamic Thyme dressing
- ¼ cup quinoa, cooked
- 30 green olives (Jeff's Garden brand is a great brand)
- 2 servings Bulletproof Collagen Protein

Whisk dressing and collagen protein powder together until blended.

Toss remaining ingredients, drizzle with dressing.

Macros: 51% fat, 28% carb and 21% protein

DINNER

#1 Dinner

Stuffed Bell Peppers:

- 1 bag frozen riced cauliflower
- 1 medium white onion-cubed
- 4 colored bell pepper (not green)
- 2 cups veggies-cubed (squash, carrots, etc.)
- 1 tablespoon coconut or olive oil-
- 2 tablespoons tomato paste-Bionaturae Organic Tomato Paste is my favorite
- 1/2 cup (or more) water
- salt and pepper to taste
- Italian seasonings to taste
- toasted pine nuts-(optional)

Cut bell pepper in half and clean, saute veggies and onion in oil until tender. Add tomato paste and water, stir until thoroughly mixed. Season to taste, add riced cauliflower and mix. Place bell pepper into a baking dish and fill with the riced cauliflower mixture. Bake at 350 degrees until the peppers are tender. Top with pine nuts.

#2 Dinner

Salmon and Vegetables:

- 4 oz. Salmon-cook according to your favorite preparation
- 1 Tsp Ghee
- 1 med. baked Sweet Potato Dash cinnamon to taste
- 1 cup raw Kale-sliced
- 3 cups raw Spinach
- 1 cup Brussel sprouts-halved
- 1/2 white Onion-sliced
- 1 Tbs. Coconut Oil (optional for veggies or salmon)

Bake Brussel Sprouts and Onion at 350 degrees until tender. Place Brussel Sprouts and Onions over Spinach and Kale, allow the greens to slightly wilt. Add Ghee and cinnamon to sweet potato.

#3 Dinner

- 1 cup Riced Cauliflower
- ½ white onion-diced
- ½ red bell pepper-diced
- 3 oz. Chicken thigh-baked (season to taste)
- 1 cup Brussel Sprouts-cut in half
- ½ cup water
- 2 tbsps olive oil
- ¼ cup slivered almonds-toasted

Prepare chicken. Saute brussel sprouts with 1 tbsp of oil and water. Season to taste. Saute onion and bell pepper, add riced cauliflower with 1 tbsp of oil and season to taste. Top with slivered almonds.

#4 Dinner

Keto Egg Roll in a Bowl-aka Crack Slaw - Makes 4 Servings:

- 1 pound ground chicken-browned
- 1 head cabbage thinly sliced
- ½ onion medium, thinly sliced
- 1 tablespoon sesame oil
- ¼ cup soy sauce or liquid aminos
- 1 clove garlic minced
- 1 teaspoon ground ginger
- 2 tablespoons chicken broth
- Salt and pepper to taste
- 2 stalks of green onion

Brown ground chicken in a large pan over medium heat. Add sesame oil and onion to the pan with browned ground. Mix together and continue cooking over medium heat. Mix soy sauce, garlic, and ground ginger together in a small bowl. Once onions have browned, add the sauce mixture to the pan.

Immediately add the cabbage mixture to the pan and toss to coat the vegetable and evenly distribute ingredients. Add chicken broth to the pan and mix. Continue cooking over medium heat for three minutes, stirring frequently.

Garnish with salt, pepper, and green onion

#5 Dinner

Pizza Boats:

- 2 scoops Bulletproof Collagen Protein
- 1 Tbsp Bragg Nutritional Yeast - nutritional yeast seasoning
- 1 cup spinach
- 3 Tbsp Bionaturae organic tomato paste
- 1/2 cup water
- 2 medium zucchini, sliced
- 1 clove garlic-crushed or pressed
- Italian seasoning
- 1/4 cup red onion
- 20 Kalamata Olive
- 1.5 Tbsp olive oil

With a small spoon, scoop out the center of the squash (boat). Mix together tomato paste, water, garlic, Italian seasoning and collagen protein until smooth. Spoon some of the tomato mixture into each zucchini boat and top with spinach, olives and red onion. Top with nutritional yeast and bake for 20 minutes or fork tender in a 350 degree oven.