

High Carb Meals for Weight Loss

Dr. RACHEL PAUL
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Welcome!

I'M SO GLAD YOU'RE HERE!



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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide Is also not for those who are under 18 years, or who have specific medical conditions. Read more here: collegenutritionist.com/terms-conditions

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Ground Turkey Sweet Potato Skillet

1 SERVING • 551 CALORIES • 38GM PROTEIN • 13GM FIBER

INGREDIENTS

- 1 sweet potato
- 4 oz 93% lean ground turkey
- 1/4 avocado
- 1 1/2 cups shaved brussel sprouts
- 2 Tbsp parsley
- 1/4 cup shredded mozzarella
- 1 tsp avocado oil
- 1 tsp garlic salt
- 1/8 tsp pepper

RECIPE IN BEST BODY

DIRECTIONS

1. Cube sweet potato.
2. Add oil to a pan.
3. Cook sweet potato on low-medium heat, covered with a lid, until mostly cooked through, about 15-20 minutes.
4. Add in shaved Brussels (I buy pre-shaved), ground turkey, and seasonings (season well!).
5. Continue cooking pan's contents until ground turkey has cooked through, about another 7 minutes.
6. Top with cheese, and cover your pot with a lid. Turn heat to low. Let cheese melt.
7. Top with diced avocado and chopped parsley.
8. Serve!
9. No dairy? Use more oil when cooking, and/or more avocado to top your stir fry. No turkey? Use white beans or tofu.



Spaghetti Squash Shrimp Scampi Boats

1 SERVING • 486 CALORIES • 52GM PROTEIN • 4GM FIBER

INGREDIENTS

- 2 cups spaghetti squash
- 7 oz shrimp
- 1 Tbsp butter
- 1/4 cup grated parmesan
- 1/2 lemon
- 1/8 tsp garlic salt
- 1/8 tsp red pepper flakes

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Poke holes in spaghetti squash with a knife. Microwave for 5 minutes.
3. Cut spaghetti squash in half(assuming you're starting with a whole spaghetti squash, this recipe uses 1/2 spaghetti squash per serving). Scoop out seeds from the middle.
4. Bake spaghetti squash for 25 minutes.
5. While spaghetti squash is cooking, melt butter in a pan on low heat.
6. Add in shrimp, and stir fry until cook through. Mix in garlic salt and red pepper flakes.
7. Once spaghetti squash has cooked, shred strands with a fork.
8. Top spaghetti squash with shrimp, the melted butter from the pan, cheese and squeezed lemon.
9. Turn oven to broil, and bake for 3-4 minutes.
10. No dairy? Use oil instead of butter, and bacon bits or non-dairy cheese instead of cheese. No fish? Use white beans.

RECIPE IN BEST BODY



Alfredo Gnocchi and Sun Dried Tomatoes

1 SERVING • 461 CALORIES • 45GM PROTEIN • 8GM FIBER

INGREDIENTS

- 1 serving cauliflower gnocchi
- 2 cups spinach
- 1 Tbsp sun dried tomatoes packed in oil
- 1/4 cup Alfredo sauce
- 6 oz chicken breast
- 1/4 tsp pepper

DIRECTIONS

1. Cut chicken into bite size pieces. Spray pan with an oil spray, turn heat to low. Cook chicken and gnocchi (from fresh or frozen) for ~10 minutes, until cooked through.
2. Add in tomatoes for 2-3 minutes.
3. Add in alfredo sauce and spinach for 4-5 minutes. Top with pepper.

RECIPE IN BEST BODY



Beef Stroganoff Bowl

1 SERVING • 503 CALORIES • 38GM PROTEIN • 5GM FIBER

INGREDIENTS

- 1/2 cup cooked pasta
- 5 oz shaved beef
- 1/2 cup mushrooms
- 2 Tbsp sour cream
- 4 cups spinach
- 3 tsp butter
- 1 tsp minced garlic
- 1/4 tsp salt

RECIPE IN BEST BODY

DIRECTIONS

1. Cook pasta according to package instructions.
2. Add butter and garlic to pan, turn to low heat. Note: 3 tsp = 1 Tbsp.
3. Sir-fry beef for 6-7 minutes on medium-low heat, or until beef is no longer pink.
4. Add in mushrooms and sour cream, stirring occasionally, ~5 minutes.
5. Add spinach to a bowl and top with pasta, meat, and seasonings.
6. No beef? Use chicken, fish, beans, or tofu. No dairy? Use oil or a dairy-free version. Gluten free? Use gluten-free pasta.



Classic Chicken Noodle Soup

1 SERVING • 469 CALORIES • 40GM PROTEIN • 9GM FIBER

INGREDIENTS

- 6 oz chicken thighs
- 1 1/4 cups chicken or beef broth
- 1/4 cup uncooked macaroni pasta
- 3 whole carrots
- 1/2 cup celery
- 1/2 yellow onion
- 1 tsp avocado oil
- 1/2 tsp minced garlic
- 1 tsp dried thyme
- 1/4 tsp pepper

RECIPE IN BEST BODY

DIRECTIONS

1. Dice celery, carrots, and onion.
2. Add oil and garlic (I buy pre-minced) to a large pot. Add in diced veggies, chicken, broth, and seasonings (use as much as you like!).
3. Mix around contents, make sure chicken is fully submerged in the broth.
4. Bring your pot to a boil, then simmer on lowest heat for 20-30 minutes (until your chicken has cooked through). Stir occasionally.
5. Remove chicken, shred with a fork, and transfer the chicken back to the pot.
6. Add in dry pasta, and simmer for 10-12 minutes, until your pasta has cooked through.
7. Serve! You can make multiple servings in one large pot.
8. No chicken? Use white beans, and vegetable broth. No gluten? Use gluten-free pasta, or beans.



5 Ingredient Taco Skillet

1 SERVING • 518 CALORIES • 40GM PROTEIN • 12GM FIBER

INGREDIENTS

- 4 oz 90% lean ground beef
- 1/2 cup pinto beans
- 1 zucchini
- 1/4 cup Mexican cheese
- 1/4 small avocado
- 1 tsp taco seasoning

RECIPE IN BEST BODY

DIRECTIONS

1. Spice zucchini into small pieces.
2. Spray a pan with an oil spray.
3. Stir fry ground beef on medium heat until cooked through.
4. Add in zucchini, beans, and seasoning. Stir fry for another ~5 minutes, until zucchini has softened.
5. Top with cheese, and cover your pan with a lid to let the cheese melt.
6. When you're ready to eat, dice avocado and top your meal with it. Enjoy!



Cajun Boxed Mac and Cheese

1 SERVING • 553 CALORIES • 25GM PROTEIN • 6GM FIBER

INGREDIENTS

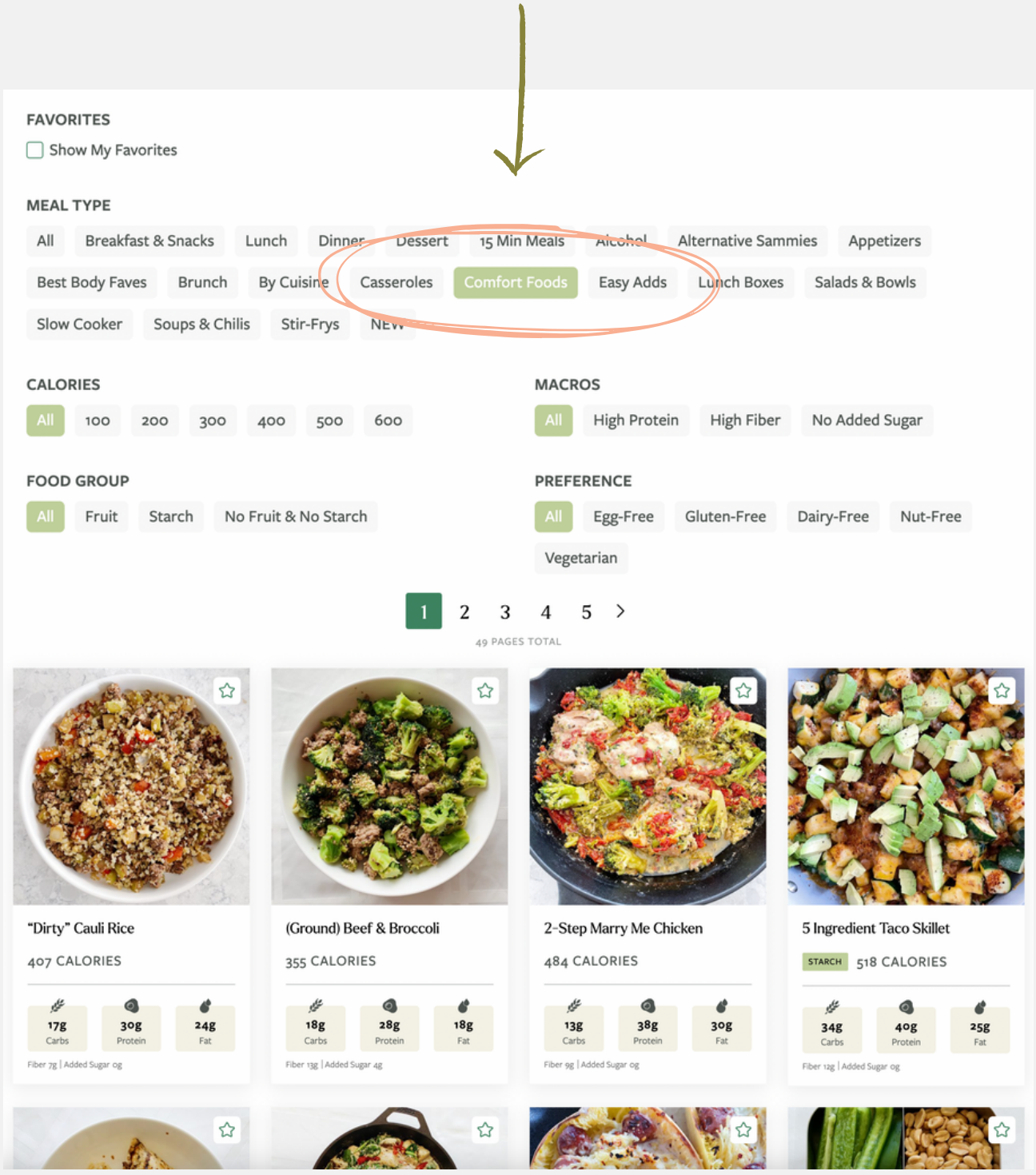
- 1/2 box Mac & Cheese, entire box with cheese packet, without milk & butter
- 1/3 green bell pepper
- 1/3 red bell pepper
- 1/3 yellow onion
- 1 chicken sausage
- 1 tsp butter
- 1 1/2 Tbsp 2% milk
- 1/8 tsp Cajun seasoning

RECIPE IN BEST BODY

DIRECTIONS

1. Dice your pepper, onion, and sausage.
2. Spray a pan with an oil spray.
3. Stir fry pepper, onion, and sausage on medium heat until cooked through, about 8 minutes.
4. Make mac & cheese according to the box – typically boil your water, cook your pasta & drain it, then in the pot add your milk, butter, and cheese packet & mix your cheese sauce with the cooked pasta.
5. Add your sausage & veggie mixture to the pot with the mac & cheese.
6. Mix with cajun seasoning (use as much as you like!)
7. Serve!
8. No sausage? Use beans. Dairy-free? Use a dairy-free boxed mac & cheese (e.g. Annie's). Gluten free? Use a gluten-free boxed mac & cheese (e.g. Annie's).

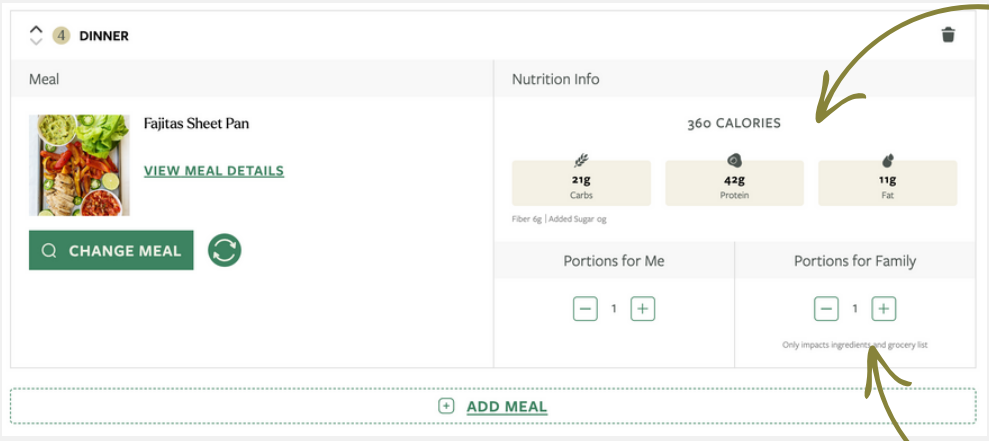
You can sort by “Comfort” meal options within The Best Body Meal Planner. Choose from over 1700 easy, delicious recipes!



Every week I create a new meal plan for you to use. You can edit my weekly done-for-you meal plans in so many different ways! You can also create as many of your own meal plans from scratch as you want.

If you don't want to see macros or calories, you can just toggle them "off"



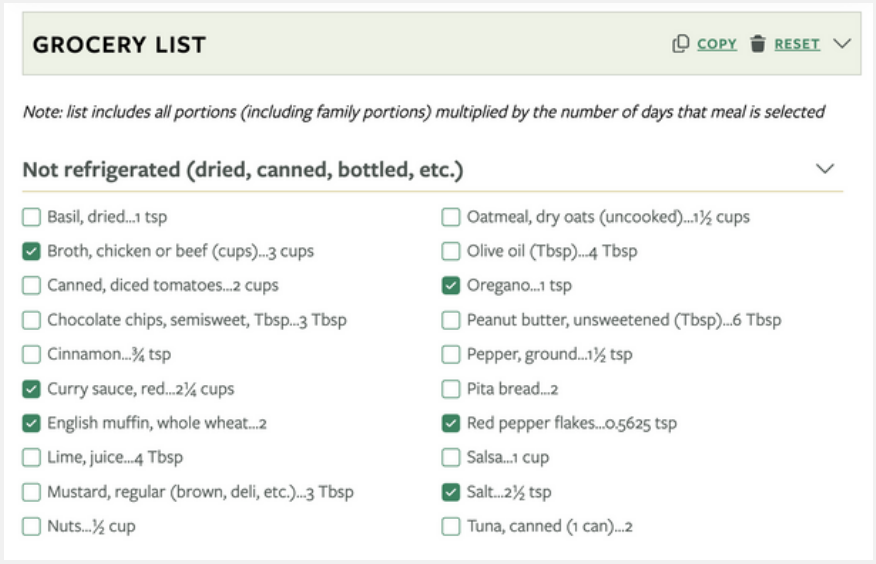


View calories, macros, fiber, and added sugar for each recipe

Increase portions for you, or portions for family members

Grocery list Is automatically updated with any of your edits

Check off what you already have at home & as you go through the grocery store





Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?
Do you want to feel totally in control around food, and stop emotional eating?
Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?
Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD,RD.

The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

by DR. RACHEL PAUL PHD,RD.

My proven program to help you become your best self



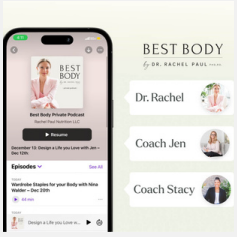
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY