

A collage of various fresh and healthy grocery items. On the left is a carton of white eggs. At the top right is a bowl of mixed green salad. Below the salad are two small white bowls filled with guacamole. To the right of the guacamole are two large red bell peppers. At the bottom left is a bowl of almonds, and at the bottom right is a plate of sliced, cooked chicken breast.

Bare Essentials Grocery List & Meal Ideas

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Welcome!



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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



Bare Essentials Grocery List

for healthy weight loss

FRIDGE

- eggs
- 2 additional proteins e.g. rotisserie chicken, ground beef, deli turkey
- whole or 2% yogurt
- cheese (shredded, crumbled, or sliced)
- 1-2 fresh fruits e.g. apples, pears
- 2-3 fresh non-starchy veggies e.g. baby carrots, cucumbers,
- spinach
- avocado
- probiotic food e.g. sauerkraut, pickles, kimchi

PANTRY

- nuts and/or nut butter
- jerky
- olive oil for salads
- avocado oil for cooking
- balsamic or red wine vinegar
- canned salmon
- 2 whole grains e.g. wild rice, quinoa, steel cut oats
- seasonings: salt, garlic, pepper, basil

FREEZER

- frozen broccoli, green beans
- frozen berries
- frozen beef patties and/or edamame
- loaf of whole grain sprouted bread

Breakfast & Snack Ideas



2% Plain Greek Yogurt with Frozen Berries



FRUIT 190 CALORIES

22g

Carbs

17g

Protein

3g

Fat

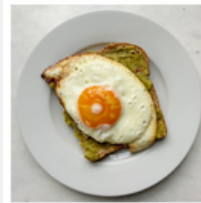
Fiber 9g | Added Sugar 0g

Ingredients

- 1 Yogurt, plain, Greek, 2%, single-serving container - 110 calories 🥛
- 1 cup Raspberries, frozen, not sweetened - 80 calories 🍓

Directions

1. Let berries melt for a few minutes before adding them to the plain yogurt – their juices will really mix in so you don't need to buy a flavored yogurt.
2. If you're on the go: Add the berries to the yogurt the night before and refrigerate (no need to let them melt first) in a mason jar.
3. No dairy? Use a dairy-free yogurt.



Fried Egg Guac Toast



STARCH 280 CALORIES

24g

Carbs

10g

Protein

15g

Fat

Fiber 4g | Added Sugar 2g

Ingredients

- 1 Egg, large - 72 calories 🥚
- 1 Bread, thick, whole wheat, slice - 120 calories 🍞
- ½ cup Guacamole - 53 calories 🥑
- 1 tsp Butter (tsp) - 36 calories 🧈
- ¼ tsp Salt - 0 calories *
- ¼ tsp Pepper, ground - 0 calories *

Directions

1. Melt butter in a pan
2. Fry egg to desired consistency
3. Toast slice of bread
4. Top bread with guac, egg, and seasonings. Enjoy!



Oatmeal with Peanut Butter and Banana



STARCH FRUIT 349 CALORIES

57g

Carbs

10g

Protein

11g

Fat

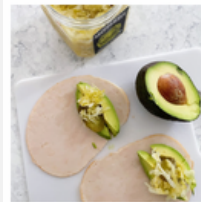
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Ingredients

- ½ cup Oatmeal, dry oats (uncooked) - 150 calories 🍷
- 1 Banana - 105 calories 🍌
- 1 Tbsp Peanut butter, unsweetened (Tbsp) - 94 calories 🥜
- ¼ tsp Cinnamon - 0 calories *

Directions

1. Mix oatmeal with water & microwave to desired consistency
2. Top with nut butter, banana, and cinnamon.
3. Feel free to swap out any nut/seed butter you prefer



Sauerkraut Turkey Wraps with 1/2 Avocado



286 CALORIES

9g

Carbs

29g

Protein

15g

Fat

Fiber 7g | Added Sugar 0g

Ingredients

- 4 oz Deli slices, turkey - 120 calories 🍗
- 2 Tbsp Sauerkraut - 5 calories 🥬
- ½ Avocado, medium - 161 calories 🥑

Directions

1. Slice avocado.
2. Layer turkey with sauerkraut and avocado slices.
3. Roll to make a "wrap."
4. Note: When choosing deli meat, look for organic and "no nitrates" if possible.



2 Hard Boiled Egg And 2 String Cheese



304 CALORIES

2g

Carbs

26g

Protein

22g

Fat

Fiber 0g | Added Sugar 0g

Ingredients

- 2 Egg, large - 144 calories 🥚
- 2 Cheese, string cheese, cheddar, full fat/ regular - 160 calories 🧀

Directions

1. Hard boil eggs



Apple "Cookies" with Peanut Butter



FRUIT 359 CALORIES

30g

Carbs

12g

Protein

24g

Fat

Fiber 7g | Added Sugar 0g

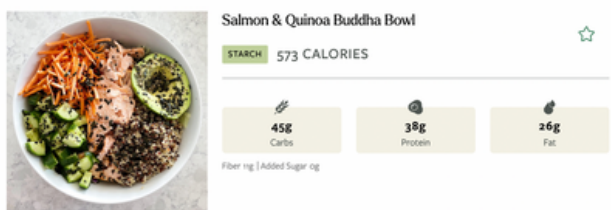
Ingredients

- 1 Apple, small - 77 calories 🍏
- 3 Tbsp Peanut butter, unsweetened (Tbsp) - 282 calories 🥜
- ¼ tsp Cinnamon - 0 calories *

Directions

1. Slice apple as depicted in picture
2. Spread peanut butter on each slice
3. Top with cinnamon
4. No nuts? Use a seed butter e.g. sunflower seed butter

Lunch & Dinner Ideas



Salmon & Quinoa Buddha Bowl

STARCH 573 CALORIES



45g

Carbs



38g

Protein



26g

Fat

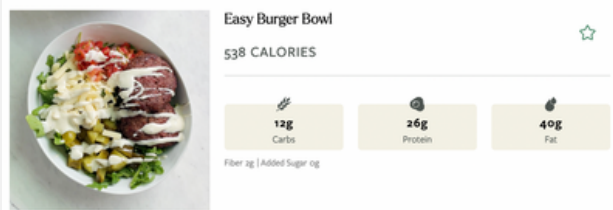
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Ingredients

- 4 oz Salmon fillet - 200 calories 🍷
- ½ Avocado, small - 117 calories 🥑
- ½ cup Carrots, shredded or julienned - 23 calories 🥕
- ½ Cucumber, medium - 21 calories 🥒
- 1 cup Cabbage, shredded - 16 calories 🥬
- ½ cup Quinoa, cooked - 111 calories 🍲
- 1 Seaweed snacks, single serving pack - 30 calories 🌊
- 1 Tbsp Sesame seeds (Tbsp) - 50 calories 🌱
- 2 Tbsp Red wine vinegar (Tbsp) - 6 calories *

Directions

1. Line a baking sheet with parchment paper. Spray it with an oil spray. Bake salmon fillet for 15 minutes at 400 degrees F, or until flakes easily.
2. Chop cucumber into small pieces, cube avocado, and shred (or cut with scissors) seaweed snacks.
3. Combine all ingredients in a bowl and top with red wine vinegar and sesame seeds.



Easy Burger Bowl

538 CALORIES



12g

Carbs



26g

Protein



40g

Fat

Fiber 2g | Added Sugar 0g

Ingredients

- 1 Burger patty, beef (fresh or frozen) - 290 calories 🍷
- 4 cups Leafy greens, arugula, raw - 20 calories 🌱
- ¼ cup Cheese, shredded, cheddar - 114 calories 🧀
- ½ cup Fresh Salsa (Pico de Gallo) - 40 calories 🍅
- 1 Tbsp Creamy dressing (e.g. ranch), regular (more than 50 calories per 2 tbsp) - 74 calories 🥗
- 1 oz Pickles, chip-cut - 0 calories *
- ¼ tsp Salt - 0 calories *
- ¼ tsp Pepper, ground - 0 calories *

Directions

1. Cook burger on the stovetop on medium heat for 10 minutes, flipping over midway through.
2. Combine all ingredients in a bowl, top with dressing and salt & pepper.
3. Enjoy!
4. No meat? Use a turkey burger, fish patty, or soy burger patty. No dairy? Use diced avocado.



Turkey Roll Ups with Apple

FRUIT 464 CALORIES



44g

Carbs



40g

Protein



17g

Fat

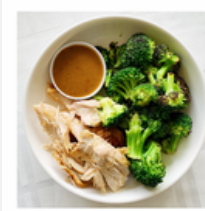
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Ingredients

- 1 Apple, small - 77 calories 🍏
- 4 oz Deli slices, turkey - 120 calories 🍗
- 1 oz Cheese, sliced cheese, full fat/ regular - 110 calories 🧀
- 2 Tbsp Tzatziki sauce - 80 calories 🥒
- 1 cup Carrots, baby - 45 calories 🥕
- 1 Cucumber, small - 32 calories 🥒

Directions

1. Slice cheese in half; roll half with 1 Tbsp tzatziki sauce into 2 oz deli turkey (so make 2 wraps. total)
2. Slice cucumber
3. No deli meat? Use tofurkey slices or make a bento box with nuts. No dairy? Have some nuts on the side.
4. Note: When choosing deli meat, look for organic and "no nitrates" if possible.



Chicken and Broccoli Stir Fry

402 CALORIES



15g

Carbs



49g

Protein



16g

Fat

Fiber 4g | Added Sugar 4g

Ingredients

- 6 oz Chicken breast, boneless, skinless, raw - 190 calories 🍗
- 1½ cups Broccoli - 36 calories 🥦
- 2 Tbsp Peanut sauce - 80 calories *
- ½ cup Peanuts (cups) - 96 calories 🥜
- ¼ tsp Red pepper flakes - 0 calories *

Directions

1. Cut chicken into bite-size pieces.
2. Spray a pan with an oil spray, add in garlic.
3. Cook for 7-8 minutes on medium heat, stirring frequently.
4. Add in broccoli, peanuts, and red pepper flakes for ~5 minutes on low heat.
5. Add in peanut sauce at the end.



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.

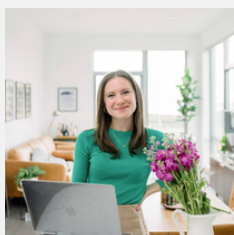
The simple system to lose weight permanently and finally feel in control around food.

- 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



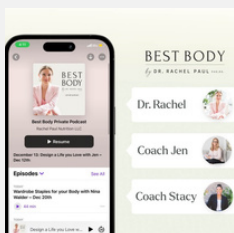
1. CREATE YOUR PERSONALIZED PLAN

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.



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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

