

Women'sHealth

**'With A Portion-Controlled Diet,
Beachbody, And Peloton
Workouts, I Lost 75 Pounds
During Quarantine'**



-75 LBS

Here's what I eat in a day.

Breakfast: Avocado toast on sourdough bread with "everything but the bagel seasoning," red pepper flakes, and an egg, alongside a Café Latte Shakeology from Beachbody. Or a loaded oatmeal bowl with toppings like fresh sliced banana, peanut butter, cacao nibs, and chia seeds.

Lunch: Some kind of power bowl. For the base: rice and a green, usually spinach or kale. The middle layer: lots of cooked and seasoned vegetables such as zucchini, sweet potato, squash, onion, and tomato. Top layer: some protein such as chicken, salmon, or ground turkey. On top, some dressing or extra seasoning. I love the Green Goddess dressing from Trader Joe's.

Snacks: My absolute favorite snack right now is the Go-Macro Oatmeal Chocolate Chip protein bar. I also love to snack on fresh fruit like mango, watermelon, grapes, cherries, or strawberries. I love my Shakeology from Beachbody as well.

Dinner: A choice of protein with a vegetable. I am obsessed with stuffed vegetables. For example, stuffed spaghetti squash, sweet potato, or eggplant. Stuffed vegetables are my go-to dinners because you can modify them however you like, and the meal keeps you full and feeling good.

Dessert: Trader Joe's non-dairy chocolate coconut milk ice cream. Or, strawberries with chocolate hummus, which tastes like chocolate frosting. I love making homemade desserts such as healthier almond flour cookies, dark chocolate peanut butter cups (I keep these in my freezer), or frozen Greek yogurt bark.