



THE  
**ONE-DAY**  
**MEAL**  
**PLAN**

*Kickstart Your Metabolism,  
Boost Your Energy, and  
Melt Away Belly Fat Today!*

**DANETTE** MAY.COM



## The One-Day Meal Plan

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# Let's Get Started

If you've considered making a change to your diet for a long time, you may be ready to get going! This stage is known as "preparation" for your diet. You've already learned what you need to know to make changes. Now it's time to begin.

The One Day Meal Plan is just what you need to kick-start your motivation, so you begin in the right frame of mind and gain the tools for lasting results. I'd like to take a minute and take you through the preparatory steps necessary for success.

## Preparation:

When you're preparing for a new meal plan, these steps will help you take your plan to the next level.

- Write down a detailed plan for what you'll do to make your diet changes. For example. What will you give up to reach your goals? (alcohol, sugar, excuses, etc.) What's your go to plan if the day goes crazy? What will you do if someone tries to sabotage your success?
- Head to the grocery store to make sure you have all the supplies you'll need before you begin. I cannot emphasize the importance of being prepared! Too many good intentions are derailed by ill preparation.

## Tips for Success

Tips for success when implementing this program:

- ✓ Eat only from this specific meal plan for one day.
- ✓ Drink at least 1 gallon of water. You can flavor your water with fresh lemon & herbs and you can drink herbal teas to make your total of a gallon.
- ✓ Make sure your first meal is within 1 hour of waking, as this will jumpstart your metabolism.
- ✓ Eat each meal within 2 to 3 hours of one another.



# The One Day Meal Plan

## BREAKFAST

### CHOCOLATE OATMEAL

- ★ ½ cup oats (approx. ¼ cup dry oats with 1/2 cup water added) then cook as directed on package
- ★ 1/4 cup unsweetened almond milk/coconut milk
- ★ 2 tbsp. dark chocolate chips 70% or higher

**NOTE:** If you're trying to lose weight or trying to lose those last 10 pounds, take out the chocolate chips and add 1 tsp. Stevia & ½ tsp. of cocoa powder.

To add a protein source, you can add 1 scoop of chocolate whey protein or you can add 3 oz. Greek yogurt or eggs as your side. You can top the oatmeal with ¼ to ½ cup cherries, berries, or bananas.



## SNACK 1

### BERRY-PROTEIN SMOOTHIE

- ★ ¼ cup hemp seeds
- ★ 1 scoop vanilla whey protein
- ★ ½ cup frozen mixed berries
- ★ 1 ripe banana
- ★ ½ cup spinach or kale
- ★ ½ cup water



Combine all ingredients in a blender, and blend until smooth.

## LUNCH

### MEXICAN BOWL

*Makes 2 servings. Eat one serving and save one for lunch or dinner the next day.*

- ★ 4 oz. chopped cooked chicken breast
- ★ 1 red bell peppers (cut into thin strips)
- ★ 1 medium zucchinis (cut into thin strips)
- ★ 1 cup pinto or black beans
- ★ 1 avocado and fresh salsa (optional)(sliced)



Coat a nonstick pan with cooking spray. Over medium-high heat, sauté the peppers and zucchini for about 7 minutes, then divide the pinto/black beans into four portions and place all ingredients in separate bowls.

Top with a quarter of the veggie mixture, a quarter of the avocado, and 3 tablespoons of salsa. Top with fresh cilantro and lime juice (optional).

## SNACK 2

### CHOCOLATE CHIP COOKIE DOUGH

- ★ ½ cup Greek yogurt
- ★ 1 tsp. – 1 tbsp. almond butter (optional)
- ★ 1 tsp. stevia
- ★ 1 tsp. slivered almonds (optional)
- ★ 1 tsp. vanilla
- ★ 1 tbsp. dark chocolate chips (try to get 70% or higher cocoa chips)



Mix all together. Quick and easy and satisfies the need for a sweet treat like cookie dough.

## DINNER

### CURRY QUINOA

- ★ ¼ cup quinoa or 1/2 c. pre-made quinoa
- ★ 1/2 cup shredded carrots
- ★ 2 tbsp. dried cranberries
- ★ 1/4 cup canned chickpeas
- ★ ½ tsp. curry powder
- ★ 3 oz cooked chicken or meat of choice



Cook quinoa according to package directions. Remove from heat, and let stand 10 minutes. Fluff with a fork and add ½ cup shredded carrots, 2 tbsp. dried cranberries, ¼ cup canned chickpeas, curry powder, and chicken(meat of choice).

## SNACK 3

### BANANA NICE CREAM

- ★ 1 frozen banana
- ★ 1 cup unsweetened vanilla almond milk
- ★ 1 tbsp. almond butter

Blend. Enjoy!



## Congratulations!

Once you complete the One-Day Meal Plan you're ready to take the next step towards a slim, trim, and healthy YOU!

The One-Day Meal Plan is an introduction to what you'll get in my [Personal Training Program](#) which will show you exactly how to jumpstart your metabolism, slow aging, lose stubborn fat...and keep it off!

You'll discover deliciously simple fat-burning recipes, a detailed 30-day meal plan, and the exact fat blasting workouts that you need to torch body fat once and for all. Plus you'll get exclusive access to the "My Tribe" Facebook Group where you'll get DAILY support from experienced mentors, other loving members, and me...

Now let's get started!

Get my **BEST** workouts, recipes, and support for **ONLY \$1** today

A handwritten signature in black ink that reads "Danette May". The signature is written in a cursive, flowing style with a large initial 'D'.

## About Danette



**Danette May**, the Founder of Mindful Health, LLC, has created this platform to provide millions of people around the world the tools, knowledge, and inspiration to look and feel their best while living more healthy and zestful lives. Her most recent accomplishment [Bikini Body Recipes](#) was created for women who have a true desire to lose weight and be healthier, but simply don't have the time or the knowledge to prepare nutritious meals. Being a single, working mother Danette fully understands how precious time is, so she created a recipe book with over 120 delicious recipes with only 5 ingredients to create wonderful meals with. The book was specifically designed for busy people who want to save time in the grocery store, save time in the kitchen, and have more meaningful time with families and loved ones. Danette also recently launched an online [Personal Training Program](#) for individuals who want a more personalized system to achieve their weight loss goals. The coaching includes a loving community of support, new exercise videos each week, mentor support, and interaction with Danette on the private Facebook group.

After graduating with a degree in pre-med and nutrition, Danette opened her own gym and began focusing on her lifelong passion of helping people lose weight. Over the last 15 years as a certified fitness professional, Pilates instructor, and nutritionist, Danette has changed the lives of thousands of people by transforming their bodies and helping them achieve their weight loss goals.

She was also an executive with Icon Health and Fitness, the largest global distributor of fitness equipment where she created several fitness products that are sold around the world today. She has been a fitness model for US Magazine and Women's Health Mag, and a frequent guest on Studio 5 and KSL-TV.



Additionally, she has starred in some of the top selling fitness videos including “Flat Abs Fast,” “Bootcamp Bikini Body,” and “Get Me In My Skinny Jeans”. And she created and starred in the workout video series XFactorST, which is sold in stores worldwide. She also wrote the nutrition book for Rip 60 and has worked with some of the top fitness professionals in the industry including Jillian Michaels and George St. Pierre.

On a personal side, Danette has been dealt her own difficult hand of cards to deal with- making her an ideal candidate to help millions of people get passed their own self-sabotage and the power that their created excuses hold over their health. She has had three children. Five years ago, she lost her son at birth. It was her first experience with deep depression as her dreams of being a mother to a boy vanished in an hour’s worth of time. She had to deal with not only the mental aspect of losing a child, but also the physical ones. Her body was ready and willing to care for her newborn, only she never got to bring him home with her. Danette had to learn to pull herself out of the darkness that claimed her mind and darkened the world around her, and she did it one step at a time. If this personal strike wasn’t enough for one person, Danette has also been struck with divorce, financial struggle, and being a single mom to two beautiful girls. With all of these moments that can break a person down- and they did a little bit- she has developed a deeper appreciation for the power of eating healthy, staying active, and focusing on looking and feeling her best. She’s dedicated her life to creating healthy and happiness in body, heart, mind and soul. Her mission is to instill the same lifestyle in her children, as well as millions of people.

To get free recipes, workouts and a serving of soul stirring love, go to [DanetteMay.com](http://DanetteMay.com)

