



**Denise Austin's**



# **1-Day Meal Guide**

[DeniseAustin.com](http://DeniseAustin.com)

# 1-Day Meal Guide

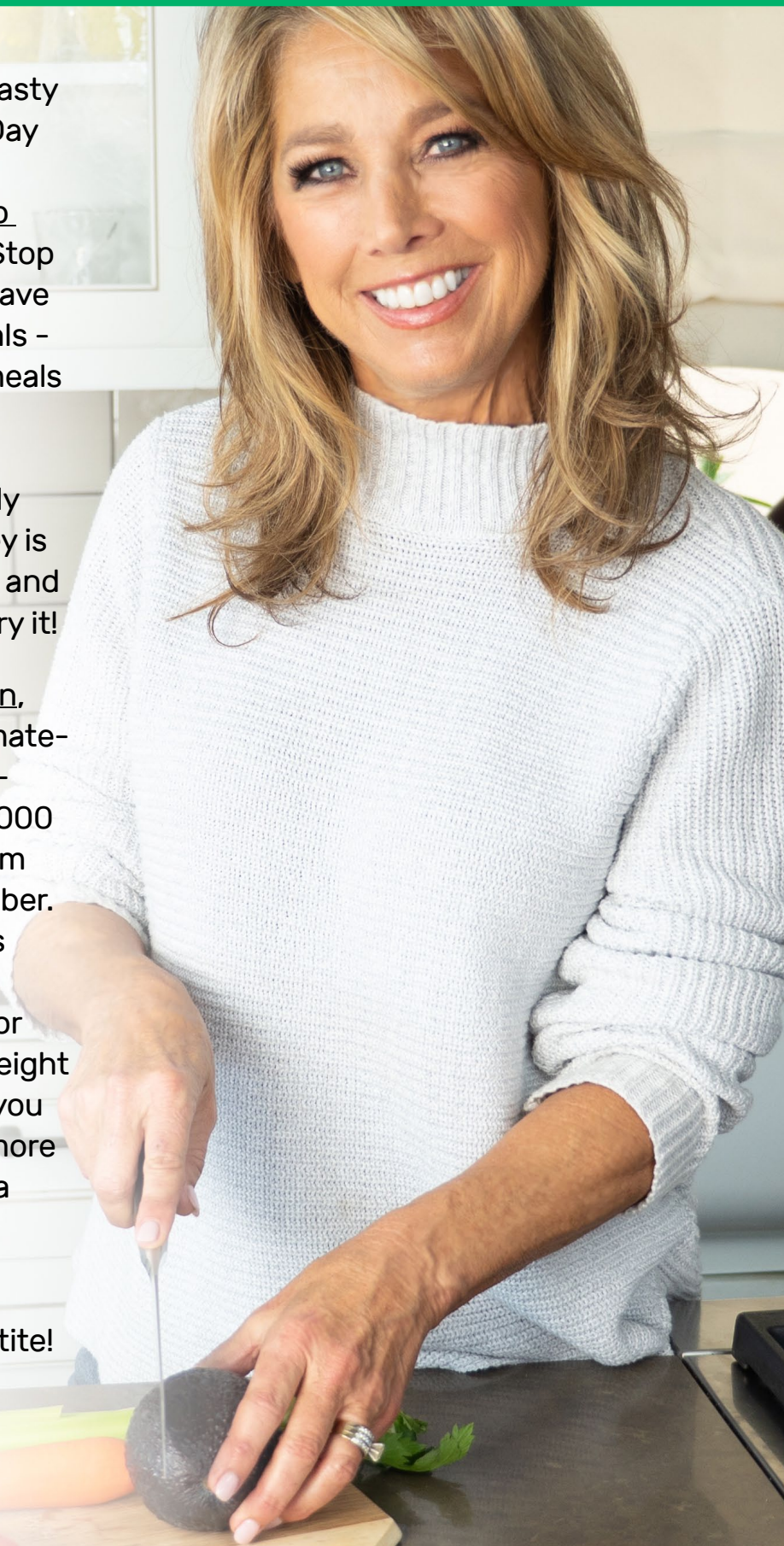


To make healthy eating easy and tasty for women over 40, I created a 7-Day Meal Plan featuring foods that are nutritious and delicious in my [Stop The Clock Nutrition Plan](#). For this Stop The Clock 1-Day Meal Guide, you have access to a full day's worth of meals - FREE! This Guide offers up three meals and two snacks, with recipes that focus on ingredients you either probably already have, or can easily get at a local grocery store. The key is to make healthy eating accessible and easy, so there's no excuse not to try it!

In my [Stop The Clock Nutrition Plan](#), each daily menu delivers approximately five to seven servings of antioxidant-rich fruits and vegetables, 1,000 milligrams of bone-building calcium and 25 grams of cancer-fighting fiber. It includes two levels of calories as well: 1,800 and 1,600. The 1,800-calorie-per-day plan is designed for active women who want to lose weight gradually and safely. For those of you who are more sedentary or have more pounds to lose, I've also provided a 1,600-calories-per-day option.

I hope you enjoy these delicious recipes as much as I do! Bon appetite!

*Denise Austin*



# 1-Day Meal Guide



## BREAKFAST

Healthy Aging  
Oatmeal

Green tea  
with a splash  
of orange juice

## SNACK

Banana Split  
Sparkling water

## LUNCH

Quick and Easy  
Spicy Black Bean  
Burger Sandwich

Apple

Water with a  
splash of lime

## SNACK

Pear  
Almond milk

## DINNER

Spring Chicken  
Stir-Fry

Green tea  
with lemon

This is **Day 1** of my **7-Day Meal Plan** in the [Stop The Clock Nutrition Plan](#). Get all 7 days in my full Plan, plus 24 bonus recipes, shopping, cooking suggestions and more!



Stop  
The  
Clock



# 1-Day Meal Guide



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**Nutrition  
Plan**

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## Breakfast

### HEALTHY AGING OATMEAL

### GREEN TEA WITH A SPLASH OF ORANGE JUICE

#### Healthy Aging Oatmeal

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##### INGREDIENTS

1/4 cup steel-cut oats (use certified gluten-free oats if following a gluten-free diet)

4 ounces whole milk

1 tablespoon ground flaxseed

Dash of cinnamon

Pinch of salt

½ cup fresh or frozen blueberries

##### DIRECTIONS

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Put oatmeal, milk, flaxseed, salt and cinnamon in a pot. Stir and cook as directed on the oatmeal package. Top with the blueberries. This is my favorite way to start the day!

##### NUTRITIONAL INFORMATION

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Calories 324  
Fat 8g  
Protein 12g  
Fiber 7g  
Calcium 175mg





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## Mid-Morning Snack

### BANANA SPLIT

### 8-OUNCE GLASS OF SPARKLING WATER

### Banana Split

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#### INGREDIENTS

- 18-ounce container of vanilla yogurt
  - 15-inch banana
  - Dash of cinnamon
  - 1 teaspoon chia seeds
- 

#### DIRECTIONS

Slice banana and mix with yogurt and chia in a bowl; top with a dash of cinnamon.

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#### NUTRITIONAL INFORMATION

Calories 324  
Fat 9g  
Protein 11g  
Fiber 5g  
Calcium 360mg



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## Lunch

### QUICK AND EASY SPICY BLACK BEAN BURGER SANDWICH

#### APPLE

#### WATER WITH SPLASH OF LIME

### Spicy Black Bean Sandwich

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#### INGREDIENTS

- 1 frozen black bean patty (use a burger that is soy-protein free)
  - 2 slices whole-grain bread
  - ½ cup spinach leaves
  - ¼ cup salsa
- 

#### DIRECTIONS

Cook patty according to package directions. Place on one slice of whole-grain bread and top with spinach leaves, salsa and remaining slice of bread. Enjoy this quick go-to lunch with an apple!

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#### NUTRITIONAL INFORMATION

Calories 392  
Fat 7g  
Protein 14g  
Fiber 15g  
Calcium 119mg



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## Mid-Afternoon Snack

### PEAR AND ALMOND MILK

#### Pear and Almond Milk

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##### INGREDIENTS

1 medium pear

$\frac{3}{4}$  cup almond milk (preferably unsweetened and calcium fortified)

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##### NUTRITIONAL INFORMATION

Calories 156  
Fat 2g  
Protein 2g  
Fiber 7g  
Calcium 360mg



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## Dinner

### SPRING CHICKEN STIR FRY

### GREEN TEA WITH LEMON

#### Spring Chicken Stir Fry

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##### INGREDIENTS

5 ounces skinless chicken breast, cut into 1/2-inch cubes (substitute tofu if you don't eat chicken)

1 tablespoon extra virgin olive oil

1/2 teaspoon minced garlic

1/2 teaspoon grated ginger

1/2 cup chopped broccoli

1/2 cup chopped carrots

1/2 cup chopped mushrooms

1/2 cup chopped peppers

1 cup cooked brown rice

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##### DIRECTIONS

Saute the chicken in the olive oil with the garlic and ginger for 4 minutes. Add broccoli, carrots, mushrooms and peppers. Cook until vegetables are tender. Serve over the brown rice.

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##### NUTRITIONAL INFORMATION

Calories 639  
Fat 20.84g  
Protein 46.11g  
Fiber 7.32g  
Calcium 79.05mg

# Keep It Going

## Stop the Clock After 40, 50, even 60 with Denise's Nutrition Plan



Want more recipes to help you stay fit and fab after 40? Then get your full copy of my **Stop The Nutrition Plan!** This downloadable, printable guide has everything you need to eat right while still enjoying every bite!

My **Stop The Clock Nutrition Plan** is the next step toward fueling your body with the foods that will help you implement healthy nutrition choices into your lifestyle. Soon you will be glowing from within, bursting with energy and looking & feeling great!

**LEARN MORE**

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## Disclaimer

As with any new nutritional activity, it is important that before beginning any nutrition regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice.

The information in this e-book may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified healthcare professional. For example, if you fall within one of the following classes of persons, then you should first consult a healthcare professional before following any nutrition programs or using any of the

information in this e-book:

1. pregnant women;
2. women who are breastfeeding;
3. persons with any ongoing physical condition proscribing exercise or physical activity;
4. persons suffering from cancer or other long-term illness;
5. persons with liver disease, kidney disease, or renal failure;
6. persons with eating disorders;
7. persons with diabetes, blood pressure or cholesterol issues;
8. elderly persons;
9. persons recovering from or recently recovered from illness or injury; and
10. persons with a low body mass index.

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