



hi & welcome!

Hi and welcome to your Bangin' Body Bites 28 day meal plan! I've put together 28 days of the best plant-based, veggie-forward recipes that will make you feel like a million bucks by this time next month.

Read through the menu and choose at least 3 new things to make each week. These recipes are some of my favorite satisfying, nourishing meals & snacks. When it comes to ingredients, a great rule of thumb is to use what you have on hand, and most importantly, use what you like! You don't have to spend a million dollars on groceries. If something calls for cashews but you have almonds, swap! If it calls for a spice you don't like, skip! If a recipe says quinoa but you can only find rice, that absolutely works too. Feel free to swap breakfast, lunch & dinner recipes, recipes from prior or future weeks, and boost meals and snacks based on your personal wellness goals. You'll see many recipes make 4+ servings. Make things in bulk and think of this as meal prepping for busy days ahead.

One last thing: cooking is an act of self-love. So infuse your meals with loving, healthy thoughts as you cook!

Enjoy, and remember: let this be fun. You don't "have" to do this 28-day program, you GET to do this. And we're all in it together!

So are you ready to feel fantastic?

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