



THE NOURISHED PLATE • FREE GUIDE

The Nourished Plate Guide

The morning glass, the 7-day plan and 8 recipes that use baking soda as the working ingredient — the exact routine behind my 17 lb in 6 months.

WELCOME

Hi, I'm Elena.



I'm a home cook in Tucson, AZ. I am not a doctor and this is not medical advice — it is the routine that took me from stuck to 17 lb in 6 months lighter without a diet.

The idea is simple: one glass of warm lemon water with a pinch of baking soda every morning, and a kitchen that uses that same box to make lighter food easier — creamy beans, juicy lean protein, crispy vegetables with almost no oil.

Baking soda does not burn fat. It makes the lighter choice the easy choice, every day. That is where the results come from.

Safety first

A pinch = about 1/8 teaspoon, once a day, in 10–12 oz of water. Never a spoonful. If you have blood-pressure, kidney or pregnancy concerns, talk to your doctor before adding sodium.

THE METHOD

The Morning Glass

Step	What	Why
1	10–12 oz warm water	Warm, not hot — easier on an empty stomach
2	Juice of half a lemon	Flavor and a little vitamin C
3	1/8 tsp baking soda	Softens the acidity, calms morning bloat
4	Stir, sip slowly	Before coffee, before food

Then, the three kitchen rules

- 1. Beans on Sunday** — a pinch in the pot, creamy in half the time, fiber all week.
- 2. Velvet the lean protein** — 1/4 tsp per pound, 15 minutes, rinse. Juicy with no oil.
- 3. Crisp, don't fry** — a pinch before roasting potatoes, chickpeas, cauliflower.

What to expect

Week 1: less bloat. Week 2: fewer snacks. Weeks 3–4: the scale starts moving — about a pound a week when dinner is light and early.

PLAN

The 7-Day Plan



Day 1 Morning glass, 10-minute walk, protein breakfast.

Day 2 Batch a pot of creamy beans for the week.

Day 3 Roast a tray of crispy chickpeas for snacks.

Day 4 Velvet chicken for two dinners.

Day 5 Light dinner by 7pm — tomato soup night.

Day 6 Weekly weigh-in after the glass. Write it down.

Day 7 Rest, prep, repeat. Review what felt easy.

RECIPES

8 Recipes With Baking Soda as the Working Ingredient

Creamy Sunday Black Beans 190 kcal / cup

- 1 lb dried black beans
- 1/4 tsp baking soda
- 1 onion, 2 garlic cloves, bay leaf

Soak overnight with the baking soda. Rinse, cover with water, simmer 60–75 min until creamy. Salt at the end.

Morning Lemon & Pinch Water 5 kcal

- 10–12 oz warm water
- juice of 1/2 lemon
- 1/8 tsp baking soda

Stir until the fizz settles. Sip slowly, before breakfast.

Sparkling Lemon Fizz 10 kcal

- juice of 1 lemon
- 12 oz cold water, ice
- 1 pinch baking soda, mint

Add the pinch last — it fizzes on its own.

Fluffy Oat Pancakes 280 kcal / 3

- 1 cup oats blended
- 1 egg + 1/2 cup Greek yogurt
- 1/2 tsp baking soda, blueberries

Rest 5 min, cook on a dry non-stick pan 2 min a side.

RECIPES

More recipes

Crispy Paprika Chickpeas 150 kcal / serving

- 1 can chickpeas, dried well
- 1 tsp olive oil
- 1/4 tsp baking soda, smoked paprika, garlic powder

Toss, spread on a sheet pan, 30 min at 400°F, shake halfway. Cool 5 min to crisp.

Velvety Lemon Garlic Chicken 320 kcal / plate

- 1 lb chicken breast, sliced thin
- 1/4 tsp baking soda
- garlic, lemon, 1 head broccoli

Toss chicken with baking soda 15 min, rinse, pat dry. Sear 3 min a side, add garlic and broccoli, lemon, cover 4 min.

Ultra-Crispy Oven Potatoes 210 kcal / serving

- 1.5 lb potatoes, chunks
- 1/2 tsp baking soda (boil water)
- 1 tsp olive oil, rosemary, salt

Boil 8 min with the baking soda, drain, shake hard, roast 35 min at 425°F.

Tender Pork & Pepper Stir-Fry 380 kcal / plate

- 1 lb lean pork, thin
- 1/4 tsp baking soda
- 2 bell peppers, ginger, garlic, splash soy

Velvet 15 min, rinse. Sear 2 min a side, add peppers 4 min.

SWAPS

Eat This, Not That

Instead of	Eat this	Saves
Sugary coffee drink	Morning lemon & pinch water	−300 kcal
Chips	Crispy baking-soda chickpeas	−180 kcal
Bread-heavy sandwich	Creamy pot beans & greens	−220 kcal
Takeout stir-fry	Velveting chicken stir-fry	−450 kcal
Bakery muffin	Banana oat muffin	−260 kcal
Soda	Sparkling lemon fizz	−150 kcal

Weekly tracker

Week	Weight	Glass days /7	Light dinners /7	Notes
1				
2				
3				
4				

ONE MORE THING

Want the pinch pre-measured?

Measuring 1/8 teaspoon every morning is the part most people get wrong — too much, and the glass feels heavy and salty. I switched to **SlimSoda**, a purpose-made powder for the morning glass with the dose right every time.

\$27.50 for 2 tubs + 2 free — months of mornings.

<https://cc.slimsodapowder.com/v2/checkout.php?affid=aff6526148>

Affiliate link — I may earn a commission. *These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. This guide is personal experience, not medical advice.

