

THE HEALTHY PLATE II

— **42-DAY TRANSFORMATION** —

Meal Plan, Prep, & Recipe Guide



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Start Here

This meal plan is filled with some of the most delicious recipes designed to give you the biggest results in the next 6 weeks. We've made sure this plan is easy to follow with ingredients you can find in your local grocery store in one weekly visit.

Each week is divided into a nutritionist written meal plan, grocery list, and prep ideas and plans. While many people will find this to be the easiest solution, we know your palate may not love every single recipe, which is why we made every meal and snack interchangeable. Simply plug in a recipe you love and you'll be good to go! You'll find that the macronutrients - protein (prot), fat, and carbohydrates (CHO) are included with each recipe. You can easily interchange meals and still know exactly where you stand for your total intake for the day.

The single most important thing we tell our clients when it comes to nutrition: Plan Ahead. Each week we've provided prep plans and ideas to make your kitchen come alive with healthy food. For some people this means a Sunday prep day, but others will plan out cooking throughout the week. The key is in the preparation and knowing how you'll fill your kitchen table before 5 PM rolls around.

We've included blank meal plans so that you can mix, match and make a plan that works for you and your home. As cliché as it is...have fun and celebrate the new flavors and foods you'll meet in this plan.

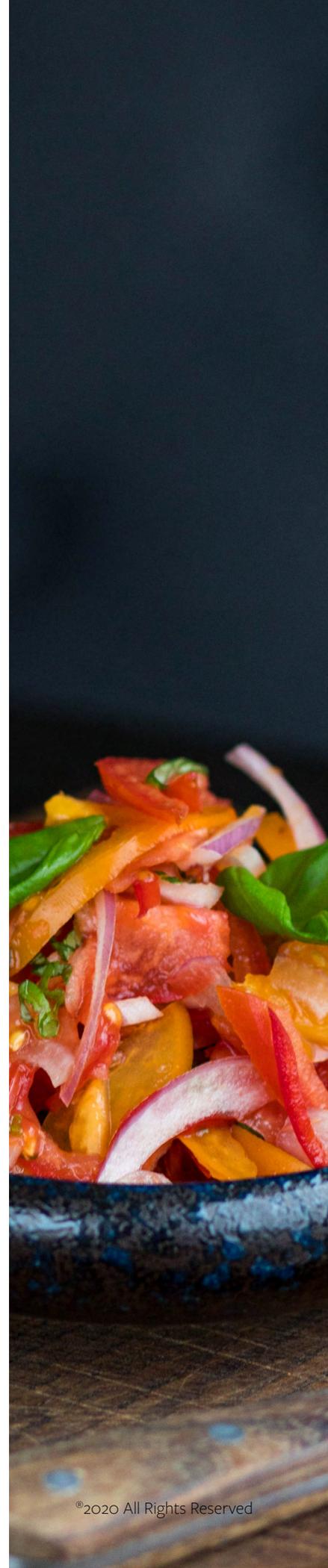
What's not in the plan? Most foods associated with inflammation. Feeling your best means making sure your body's at it's healthiest and our nutritional team has made sure you'll get there.

For those of you who love the grocery store, you can purchase all ingredients in one shopping trip weekly. But, if you're like us, and find some weeks to be busy, we recommend services like Instacart, a grocery delivery service that's widely available across the US. You can download their mobile app or signup at www.instacart.com.

42 Days to a Healthier You

Plan for Success

- 1 Portion size matters. When you're filling your plate, base it off of the size of your hand. Your palm will be your protein or main dish, your four fingers are your veggies or fruits, and your thumb is the good fats, such as oil or almond butter that we're adding in.
- 2 Don't starve yourself. Each day includes breakfast, lunch, dinner and snacks. You may be eating in smaller portions, but you'll be fueling your body throughout the day at set times to make sure you're never tempted to binge out of hunger.
- 3 Ante up your protein intake. As you push your body during your workouts, make sure you have the right fuel. Add a protein powder + supplement all-in-one to make sure you're building muscle and staying strong.
- 4 Plan simple meals for complex days. Your accountability coaches will be reviewing your week with you and encouraging you to plan your simplest meals on days when time is lacking and you need an easy day in the kitchen.
- 5 Supplements for success. Our goal is to make sure you reach your healthiest you. That means we're looking at your health holistically: fitness, nutrition and supplementation. Your accountability coaches will work with you to determine the best supplements for your unique body.
- 6 Check Amazon for unique ingredients. You may see a handful of ingredients that are available at your local store but can be found much less expensively on sites like Amazon.



Where can I find vegetarian recipes?

Right inside the Meal Plan!

With the exception of Chicken Burger Bowls and Superfood Salmon Salad, all recipes have a vegetarian option.



Smart Substitutions

This meal plan is designed with some healthy substitutions to fit your palate preferences.

- 1. Vive Le Gluten:** Anything gluten free (bread, pasta, oats) can be substituted with standard options.
- 2. Vive Le Vegetarian:** Looking to substitute in meat-free options? Simply add 4-6 ounces of plant based protein in lieu of the meat based protein. Or, choose one of our favorite recipes that's vegetarian from the list on page 5.
- 3. Making something old new again:** Love a former recipe, but want to switch it up? Change out the protein or sub in your favorite veggies or fruits to make a recipe fresh and new.



Resetting Your Tastebuds

My tastebuds are my best friend and, when I've spent way too long eating too much salt and sugar, they're also my worst enemy.

It's why I like to reset my taste buds with a simple French soup that people have been using for generations. This recipe isn't in the recipe book as it's a totally optional addition.

I recommend making this soup the Friday evening before your 6 weeks begins. On Saturday for breakfast, lunch and snacks, you'll have soup and, on Saturday evening, you'll add in a light salad with oil and vinegar and a palm sized piece of your favorite protein.

Voila. You'll taste how good fresh food really is!

MIMOSA SOUP

Yield: 6 servings

kcal: 136 prot: 6 CHO: 23 FAT: 2

1 head of lettuce

1 pound leeks

½ pound carrots, peeled

½ pound celeriac (celery root)

½ pound turnips

½ pound cauliflower

½ cup chopped parsley

2 hard boiled eggs chopped

Coarsely chop lettuce, leeks, carrots, celeriac, and turnips. Add to a medium pot and cover with water. Bring water to a boil and simmer, uncovered for 40 minutes. Coarsely chop cauliflower and add to pot. Stir in parsley. Cook for an additional 15 minutes. Using an immersion blender, blend ingredients until smooth. Serve topped with chopped boiled eggs.

PRO TIP: If you don't have celeriac, you can substitute with one of the following: 1) equal amount chopped celery - the flavor will be milder, 2) chopped carrots with a pinch of celery seed - the flavor will be sweeter, or 3) equal amount chopped turnips with a pinch of celery seed. Turnips can be replaced with equal amounts of other root vegetables like carrots, sweet potatoes, or parsnips.

WEEKLY PLANS

Menu *Tips* *Grocery List*



WEEK 1

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

| | | | | | | |
|---------------------------------|---------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| Egg & Guacamole Breakfast Salad | Egg & Guacamole Breakfast Salad | Smoky Skillet Cauliflower Chilaquiles | Smoky Skillet Cauliflower Chilaquiles | Strawberries and Cream Overnight oats | Strawberries and Cream Overnight oats | Strawberries and Cream Overnight oats |
|---------------------------------|---------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|

Lunch

| | | | | | | |
|---|------------------------|---|------------------------|---------------------------------------|------------------------|-------------------|
| Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Sheet Pan Dinner | Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled | Asian Sheet Pan Dinner | Smoky Skillet Cauliflower Chilaquiles | Superfood Salmon Salad | Spring Minestrone |
|---|------------------------|---|------------------------|---------------------------------------|------------------------|-------------------|

Snack

| | | | | | | |
|--------------------|--------------------|--------------------|--------------------|--------------|--------------|--------------|
| Chocolate PB Balls | Chocolate PB Balls | Chocolate PB Balls | Chocolate PB Balls | Green Hummus | Green Hummus | Green Hummus |
|--------------------|--------------------|--------------------|--------------------|--------------|--------------|--------------|

Dinner

| | | | | | | |
|------------------------|---|------------------------|---|------------------------|---------------------------------------|------------------------|
| Asian Sheet Pan Dinner | Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Sheet Pan Dinner | Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Superfood Salmon Salad | Smoky Skillet Cauliflower Chilaquiles | Superfood Salmon Salad |
|------------------------|---|------------------------|---|------------------------|---------------------------------------|------------------------|

Men, add:

| | | | | | | |
|----------------|--|----------------|---|----------------|--|----------------|
| 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans |
|----------------|--|----------------|---|----------------|--|----------------|

It's Kick Off Time!

Your 42 Day Transformation starts...NOW! We know you're excited and want to make sure you stay strong throughout this week.

The meal plans below are there to help lighten your load during the work week. After all, your body will be going through lots of changes. Prep now and rest later is our motto for week 1!

Your grocery list may be filled with new items and you'll find this week's bill to be your most expensive week as we add in pantry goods that may not be found in your house. Check your spice cabinet (and your neighbors') before you purchase new spices, which can add up your total quickly.



Week 1 Tips

Pre-Make Sunday:

- Try to get yourself into a set routine when you prep for your weeks ahead. Try combining laundry, food prep, and listening to your favorite music. You can find a great deal of satisfaction (and enjoyment) knowing you are all set for the week ahead. Have fun with it!
- When pre-making food, go ahead and portion out the food in individual air-tight containers for easy portion control when it's time to eat.
- **Prepare your choice of extra protein** (Grilled Chicken, Grilled Salmon, Steamed Lentils): You'll notice the menu offers some flexibility and choice. Each week you get to customize a few of the meals by selecting the protein! This week you will need 4 servings of your choice of protein.
- **Chocolate Peanut Butter Balls:** Portion out Balls for easy grab and go.
- **Thai Chopped Salad:** Combine all the salad ingredients EXCEPT the orange segments and mangoes and store in a sealed bag. Place the orange segments and mangoes in another bag. Make the dressing and store separately. Toss just before serving.
- **Asian Sheet Pan Dinner:** Make marinade and marinate chicken. Prep vegetables by chopping and storing. Prepare 4 cups of rice and store.

PRE-SHOP CHECKLIST:

- Review all recipes on the calendar for this week and make any substitutions or changes to your grocery list. For example, if you are looking for a vegan style plan, you might want to substitute chicken with
- Use the provided grocery list. As you are looking through the grocery list for the week, remember to check your cabinets, pantries, fridge, and freezer so that you do not buy something that you already have at home.
- If you are cooking for others (family/significant other), be sure to adjust the quantities you'll need to purchase based on the number of people you're serving.
- Consider how you will store your prepared food. Make sure you have air-tight containers to help you organize your meals for the week.
- Carve out some time on your calendar for food prep on Sunday and Thursday this week.

Pre-Make Thursday:

- **Strawberries and Cream Overnight Oats**
- **Green Hummus:** Portion out hummus, carrots, and crackers for easy grab and go.
- **Superfood Salmon Salad:** Combine all of the salad ingredients EXCEPT avocado and salmon. It's okay to add dressing to salad. It will make the kale more flavorful and tender. Store avocado and cooked salmon separately. Top just before serving. Already roasted beets can be found in the refrigerated produce area of your local grocery store. If unavailable, roast your own. Wrap one beet in aluminum foil and cook at 400° for 50-60 minutes or until fork tender.

WEEK 1

GROCERY LIST

Produce

mixed greens – 7 cups
prepared guacamole – small package
prepared pico de gallo – small package (1 cup)
prepared pesto – 1 small package
mango – 2
ginger – 1 small piece
limes - 5
garlic – 2 heads
red cabbage – 2 small heads
snap peas – 1 small package
carrot – 1
orange – 2
cilantro – 1 small bunch
red bell peppers – 3
broccoli – 1 head
onion – 1
baby bok choy – 4
cauliflower – 1 large head
avocado – 2
green onions – 1 bunch
baby spinach leaves – 1 package
baby carrots – 1 package
lemon - 1
chopped kale – 1 large package
shredded Brussels sprouts – 1 package
blueberries – 1 pint
pomegranate arils – 1 small package (refrigerated produce section, often by the pre-cut fresh fruit)
roasted beets – 1 small package (refrigerated produce section)
red potatoes – 1/2 pound
asparagus – 1 bunch

Meat + Dairy

hardboiled eggs – 2
chicken breast – 2 breasts
salmon – 1 pound
plain whole-milk Greek yogurt – small container
unsweetened almond milk – 1 quart
Protein of choice – chicken, salmon, or lentils – 4 servings

Spices + Baking

dark chocolate chips – 1 bag
cornstarch – 1 small package
chili powder – 1 jar
cumin – 1 jar
chia seeds – 1 small bag
maple syrup – 1 small bottle
vanilla extract – 1 small bottle
cayenne pepper – 1 jar

Check your pantry before buying!

Canned + Boxed Goods

coconut milk, full fat – 1 can
chipotle chiles in adobo sauce – 1 can
chickpeas – 2 (15-ounce) cans
chicken broth – 1 box
diced tomatoes – 1 (15-ounce) can

Condiments + Nuts + Seeds

honey – 1 small bottle
sesame oil – 1 small bottle
olive oil – 1 small bottle
toasted cashews – 1/2 cup
peanut butter – 1 jar
soy sauce – 1 bottle
rice vinegar – 1 bottle
apple cider vinegar – 1 bottle
sriracha – 1 bottle (or hot sauce of choice or crushed red pepper)
tahini – 1 jar
freeze dried strawberries – 1 package (canned fruit aisle or natural food aisle; or sub 3/4 cup fresh strawberries if freeze dried unavailable)
pepitas (pumpkin seeds) – 1 small package

Grains + Bakery

blue corn tortilla chips – 1 bag
gluten-free rolled oats – 1 bag*
quick rice – 1 package
gluten-free crackers – 1 package*

Frozen

edamame (shelled) - 1 small package

Meat

pecans – 1 large package
Udi's gluten-free whole grain bread – 1 loaf*
raspberries – 2 cups
Cheddar cheese – 8 ounces
Schar gluten-free crispbreads – 1 package*

*Gluten-free is recommended, but you may substitute non-gluten-free ingredients as needed or desired.

High Five, my friend!

You've completed your first week and we can't wait to know how it's gone.

You've probably learned a few things, like whether or not you love beets, if smoothies make your morning so much easier and if Wednesday night's meals need to be prepped in advance.

It's time to review last week and consider how we'll make this week an extraordinary success. Share this with us and together we'll create a plan that works just for you!



WEEK 2

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

| | | | | | | |
|---------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Strawberries and Cream Overnight Oats | Peach Mango Protein Smoothie | Oatmeal Almond Protein Pancakes | Peach Mango Protein Smoothie | Oatmeal Almond Protein Pancakes | Oatmeal Almond Protein Pancakes | Oatmeal Almond Protein Pancakes |
|---------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|

Lunch

| | | | | | | |
|-------------------|-----------------------|-------------------|---|------------------------------|------------------|---|
| Spring Minestrone | Asparagus Pasta Salad | Spring Minestrone | Black Bean Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Peach Mango Protein Smoothie | Black Bean Salad | Black Bean Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils |
|-------------------|-----------------------|-------------------|---|------------------------------|------------------|---|

Snack

| | | | | | | |
|--------------|----------------------|------------------------------|----------------------|----------------------|----------------------|--------------------|
| Green Hummus | Honey Sesame Almonds | Peach Mango Protein Smoothie | Honey Sesame Almonds | Honey Sesame Almonds | Honey Sesame Almonds | Peanut Butter Bars |
|--------------|----------------------|------------------------------|----------------------|----------------------|----------------------|--------------------|

Dinner

| | | | | | | |
|-----------------------|-------------------|-----------------------|---|------------------|---|---|
| Asparagus Pasta Salad | Spring Minestrone | Asparagus Pasta Salad | Chicken Burger Bowls with Avocado Pesto | Black Bean Salad | Chicken Burger Bowls with Avocado Pesto | Chicken Burger Bowls with Avocado Pesto |
|-----------------------|-------------------|-----------------------|---|------------------|---|---|

Men, add:

| | | | | | | |
|--|----------------|--|----------------|--|----------------|---|
| 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads |
|--|----------------|--|----------------|--|----------------|---|

PRE-SHOP CHECKLIST:

- Review all recipes on the menu for this week and make any substitutions or changes to your grocery list.
- Take inventory of your pantry and refrigerator and note anything on this week's grocery list that you already have at home.
- Adjust quantities of ingredients on the grocery list if you will be cooking for loved ones
- Oat flour is made from finely milled whole oats. Look for it with the other whole-grain flours or near gluten-free flours. Or make your own by grinding rolled oats in a blender or food processor until they are the texture of flour.

Week 2 Tips

Pre-Make Sunday:

- **Honey Sesame Almonds**
- **Oatmeal Almond Protein Pancakes**

Pre-Make Thursday:

- **Prepare your extra protein of choice** (Grilled Chicken, Grilled Salmon, Steamed Lentils): You will need 2 servings this week.
- **Black Bean Salad:** Prepare and store in the refrigerator.
- **Chicken Burger Bowls with Avocado Pesto:** Prepare Avocado Pesto and store in the refrigerator until ready to use. Prep and cook burger patties, if desired.
- **Peanut Butter Chocolate Chip Protein Bars:** Prepare and store in the refrigerator.



WEEK 2

GROCERY LIST

Produce

asparagus – 1 bunch
sliced mushrooms – 1 package
tomato – 1
garlic – 1 head
green onion – 1 bunch
fresh basil – 1 package
fresh oregano – 1 package
fresh thyme – 1 package
lemons – 2
red bell pepper – 1
yellow bell pepper – 1
red onion – 1
parsley – 1 bunch
avocado – 1
fresh basil – 1 package
mixed greens – 6 cups
Medjool dates – 1 small package (can also use a different variety of dates or dried figs)

Meat + Dairy

uncooked shrimp (16-20 per pound) – 1/2 pound
grated Parmesan cheese – 1 package
unsweetened almond milk – 1 quart
large eggs – 2
ground chicken – 1 pound
Protein of choice – chicken, salmon, or lentils – 2 servings
hardboiled eggs – 2

Spices + Baking

crushed red pepper flakes – 1 jar
sesame seeds – 1 jar
almond flour – 1 package
gluten-free oat flour – 1 package*
gluten-free rolled oats – 1 package*
sugar – 1 small package
cinnamon – 1 jar
baking powder – 1 package
baking soda – 1 package
vanilla extract – 1 package
cumin – 1 jar
chili powder – 1 jar
dark chocolate chips – 1 package

Check your pantry before buying!

Canned + Boxed Goods

black beans – 1 (15-ounce) can

Condiments + Nuts + Seeds

honey – 1 jar
white wine – 1 small bottle
roasted unsalted almonds – 2 cups
canola oil – 1 bottle
olive oil – 1 bottle
apple cider vinegar – 1 bottle
Dijon mustard – 1 bottle
pine nuts – 1 small package
peanut butter – 1 small jar

Grains + Bakery

angel hair pasta – 1 package
long grain rice – 1 package

Frozen

frozen peaches – 1 package
frozen mangoes – 1 package

Misc

pecans – 1 large package
Udi's gluten-free whole grain bread – 1 loaf*
raspberries – 2 cups
Cheddar cheese – 6 ounces
Schar gluten-free crispbreads – 1 package*

*Gluten-free is recommended, but you may substitute non-gluten-free ingredients as needed or desired.

WEEK 3

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

| | | | | | | |
|--------------------|------------------------------------|--------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| Peanut Butter Bars | Flourless Almond Blueberry Muffins | Peanut Butter Bars | Flourless Almond Blueberry Muffins |
|--------------------|------------------------------------|--------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|

Lunch

| | | | | | | |
|--|---------------------------|--|--|--|--|--------------------|
| Roasted Vegetable Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Chipotle Portobello Tacos | Roasted Vegetable Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Roasted Vegetable Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Chickpea Meatballs |
|--|---------------------------|--|--|--|--|--------------------|

Snack

| | | | | | | |
|---|--------------------|---|-------------------------|-------------------------|-----------------------|-----------------------|
| No-Bake Tahini Oat Bars + 2 hardboiled eggs | Peanut Butter Bars | No-Bake Tahini Oat Bars + 2 hardboiled eggs | No-Bake Tahini Oat Bars | No-Bake Tahini Oat Bars | Nut Free Energy Bites | Nut Free Energy Bites |
|---|--------------------|---|-------------------------|-------------------------|-----------------------|-----------------------|

Dinner

| | | | | | | |
|---------------------------|--|---------------------------|--------------------|--------------------|--------------------|--|
| Chipotle Portobello Tacos | Roasted Vegetable Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Chipotle Portobello Tacos | Chickpea Meatballs | Chickpea Meatballs | Chickpea Meatballs | Asian Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils |
|---------------------------|--|---------------------------|--------------------|--------------------|--------------------|--|

Men, add:

| | | | | | | |
|--|---|----------------|--|----------------|--|---|
| 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads |
|--|---|----------------|--|----------------|--|---|

Week 3 has gotten here, oh, so fast!

Your body is likely acclimating incredibly well to your new routine. You may find yourself waking up feeling great, getting longer and deeper sleep or invigorated when you used to be tired mid-afternoon.

This is all thanks to the big changes you're making!

In the studio, your coaching team is building your long term plan and will be sharing it with you next week. That's going to include what your nutrition will look like, so it's time to keep taking notes and share them in your meeting this week.

- ✔ What's worked for your meal prep?
- ✔ What are the easiest kind of meals for you to make?
- ✔ What meals do you savor eating and are worth the extra effort?





Week 3 Tips

Pre-Make Sunday:

How is your food prep routine going? How does it feel to set yourself up for success at the beginning of the week? Stick to the routine and remember to make it fun!

- **Prepare your extra protein of choice (Grilled Chicken, Grilled Salmon, Steamed Lentils):** You will need 7 servings this week.
- **Flourless Almond Blueberry Muffins:** Prepare and keep in the refrigerator.

Pre-Make Thursday:

- **Asian Salad:** Prepare and keep in the refrigerator.
- **Nut Free Energy Bites:** Prepare and keep in the refrigerator. You'll have a couple of extras of these. Share them with friends!

PRE-SHOP CHECKLIST:

- Review all recipes on the menu for this week and make any substitutions or changes to your grocery list.
- Use provided grocery list. Inventory your refrigerator, freezer, pantry and cabinets to prevent buying things you already have.
- If you are cooking for others, adjust the quantities you'll need to purchase based on the number of people you're serving.
- Schedule time on your calendar for food prep on Sunday and Thursday this week.

WEEK 3

GROCERY LIST

Produce

medium red potatoes – 3
sweet potato – 1
carrots – 2
beet – 1
radish – 1 bunch
cabbage – 1 head
red pepper – 5
broccolini – 1 bunch (or broccoli, if unavailable)
kale – 2 cups
lemon – 1
Medjool dates – 1 package
garlic – 1 head
portobello mushrooms – 4 extra large
blueberries – 1 pint
fresh parsley – 1 bunch
lemon – 1
ginger – 1 small piece
carrots – 4
celery – 1 bunch
red onion – 1
cilantro – 1 bunch

Meat + Dairy

hard boiled eggs – 4
Protein of choice – chicken, salmon, or lentils – 7 servings
large eggs – 5
grated Parmesan cheese – 1 container

Spices + Baking

curry powder – 1 jar
cumin – 1 jar
coriander – 1 jar
cinnamon – 1 jar
sugar – 1 small package
almond flour – 1 package
vanilla extract – 1 jar
Italian seasoning – 1 jar
garlic powder – 1 jar
smoked paprika – 1 jar
sesame seeds – 1 jar

Check your pantry before buying!

Canned + Boxed Goods

chiles in adobo sauce – 1 can
refried black beans – 1 can
chickpeas – 1 (15-ounce) can
pasta sauce, such as Muir Glen Organic Vegetable sauce – 1 jar

Condiments + Nuts + Seeds

olive oil – 1 bottle
tahini – 1 bottle
honey – 1 bottle
coconut oil – 1 jar
salted pistachios – 1 small bag
sweetened cranberries – 1 small bag
unsweetened applesauce – 1 small jar
sesame oil – 1 bottle
soy sauce – 1 bottle
sliced almonds – 1 small package

Grains + Bakery

gluten-free rolled oats – 1 package*
corn tortillas – 1 package
rice-based gluten-free spaghetti, such as Tinkyada – 1 package*

Frozen

blue corn tortilla chips – 1 bag
gluten-free rolled oats – 1 bag
quick rice – 1 package
gluten-free crackers – 1 package

Meat

pecans – 1 medium bag
Udi's gluten-free whole grain bread – 1 loaf*
raspberries – 3 cups
Cheddar cheese – 6 ounces
Schar gluten-free crispbreads – 1 package*

*Gluten-free is recommended, but you may substitute non-gluten-free ingredients as needed or desired.

WEEK 4

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

| | | | | | | |
|---------------------------------|---------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| Egg & Guacamole Breakfast Salad | Egg & Guacamole Breakfast Salad | Smoky Skillet Cauliflower Chilaquiles | Smoky Skillet Cauliflower Chilaquiles | Strawberries and Cream Overnight Oats | Strawberries and Cream Overnight Oats | Strawberries and Cream Overnight Oats |
|---------------------------------|---------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|

Lunch

| | | | | | | |
|---|------------------------|---|------------------------|---------------------------------------|------------------------|-------------------|
| Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Sheet Pan Dinner | Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Sheet Pan Dinner | Smoky Skillet Cauliflower Chilaquiles | Superfood Salmon Salad | Spring Minestrone |
|---|------------------------|---|------------------------|---------------------------------------|------------------------|-------------------|

Snack

| | | | | | | |
|--------------------|--------------------|--------------------|--------------------|--------------|--------------|--------------|
| Chocolate PB Balls | Chocolate PB Balls | Chocolate PB Balls | Chocolate PB Balls | Green Hummus | Green Hummus | Green Hummus |
|--------------------|--------------------|--------------------|--------------------|--------------|--------------|--------------|

Dinner

| | | | | | | |
|------------------------|---|------------------------|---|------------------------|---------------------------------------|------------------------|
| Asian Sheet Pan Dinner | Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Asian Sheet Pan Dinner | Thai Chopped Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Superfood Salmon Salad | Smoky Skillet Cauliflower Chilaquiles | Superfood Salmon Salad |
|------------------------|---|------------------------|---|------------------------|---------------------------------------|------------------------|

Men, add:

| | | | | | | |
|----------------|--|----------------|---|----------------|--|----------------|
| 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans |
|----------------|--|----------------|---|----------------|--|----------------|

Progress Check

You've passed the halfway point and this week you'll be taking an in-depth peek into how your body has changed. This may include checking your weight and measurements, detailed nutrition review, and possibly a body scan that will take you inside the deepest changes in your body.

There's nothing better than seeing what 3 short weeks of work can do to one's body...it's quite simply amazing!

Your coaches will be presenting your long-term plan this week. Remember, this is just the beginning of the rest of your healthiest life. They've been taking into account your nutrition, your practice and workouts, your supplements and what those long-term big dream goals are to create a plan and path that's unique for you. I can't wait for you to see it!



Week 4 Tips

PRE-SHOP CHECKLIST:

- Review all recipes on the menu for this week and make any substitutions or changes to your grocery list.
- Use the provided grocery list and check off any items you already have at home.
- Schedule time on your calendar for food prep this week.



Pre-Make Sunday:

How is your food prep routine going? How does it feel to set yourself up for success at the beginning of the week? Stick to the routine and remember to make it fun!

- **Prepare your extra protein of choice (Grilled Chicken, Grilled Salmon, Steamed Lentils):** You will need 4 servings this week.
- **Chocolate Peanut Butter Balls:** Portion out Balls for easy grab and go.
- **Thai Chopped Salad:** Combine all the salad ingredients EXCEPT the orange segments and mangoes and store in a sealed bag. Place the orange segments and mangoes in another bag. Make the dressing and store separately. Toss just before serving.
- **Asian Sheet Pan Dinner:** Make marinade and marinate chicken. Prep vegetables by chopping and storing. Prepare 4 cups of rice and store.

Pre-Make Thursday:

- **Strawberries and Cream Overnight Oats**
- **Green Hummus:** Portion out hummus, carrots, and crackers for easy grab and go.
- **Superfood Salmon Salad:** Combine all of the salad ingredients EXCEPT avocado and salmon. It's okay to add dressing to salad. It will make the kale more flavorful and tender. Store avocado and cooked salmon separately. Top just before serving. Already roasted beets can be found in the refrigerated produce area of your local grocery store. If unavailable, roast your own. Wrap one beet in aluminum foil and cook at 400° for 50-60 minutes or until fork tender.

WEEK 4

GROCERY LIST

Produce

mixed greens – 7 cups
prepared guacamole – small package
prepared pico de gallo – small package (1 cup)
prepared pesto – 1 small package
mango – 2
ginger – 1 small piece
limes – 5
garlic – 2 heads
red cabbage – 2 small heads
snap peas – 1 small package
carrot – 1
orange – 2
cilantro – 1 small bunch
red bell peppers – 3
broccoli – 1 head
onion – 1
baby bok choy – 4
cauliflower – 1 large head
avocado – 2
green onions – 1 bunch
baby spinach leaves – 1 package
baby carrots – 1 package
lemon – 1
chopped kale – 1 large package
shredded Brussels sprouts – 1 package
blueberries – 1 pint
pomegranate arils – 1 small package (refrigerated produce section, often by the pre-cut fresh fruit)
roasted beets – 1 small package (refrigerated produce section)
red potatoes – 1/2 pound
asparagus – 1 bunch

Meat + Dairy

hardboiled eggs – 2
chicken breast – 2 breasts
salmon – 1 pound
plain whole-milk Greek yogurt – small container
unsweetened almond milk – 1 quart
Protein of choice – chicken, salmon, or lentils – 4 servings

Spices + Baking

dark chocolate chips – 1 bag
cornstarch – 1 small package
chili powder – 1 jar
cumin – 1 jar
chia seeds – 1 small bag
maple syrup – 1 small bottle
vanilla extract – 1 small bottle
cayenne pepper – 1 jar

Check your pantry before buying!

Canned + Boxed Goods

coconut milk – 1 can
chipotle chiles in adobo sauce – 1 can
chickpeas – 2 (15-ounce) cans
chicken broth – 1 box
diced tomatoes – 1 (15-ounce) can

Condiments + Nuts + Seeds

honey – 1 small bottle
sesame oil – 1 small bottle
olive oil – 1 small bottle
toasted cashews – 1/2 cup
peanut butter – 1 jar
soy sauce – 1 bottle
rice vinegar – 1 bottle
apple cider vinegar – 1 bottle
sriracha – 1 bottle (or hot sauce of choice or crushed red pepper)
tahini – 1 jar
freeze dried strawberries – 1 package (canned fruit aisle or natural food aisle; can sub 3/4 cup fresh strawberries if freeze dried unavailable)
pepitas (pumpkin seeds) – 1 small package
pine nuts

Grains + Bakery

blue corn tortilla chips – 1 bag
gluten-free rolled oats – 1 bag*
quick rice – 1 package
gluten-free crackers – 1 package*

Frozen

edamame (shelled) – 1 small package
peas – 1 small package

Misc

pecans – 1 large package
Udi's gluten-free whole grain bread – 1 loaf*
raspberries – 2 cups
Cheddar cheese – 8 ounces
Schar gluten-free crispbreads – 1 package*

*Gluten-free is recommended, but you may substitute non-gluten-free ingredients as needed or desired.

WEEK 5

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

| | | | | | | |
|---------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Strawberries and Cream Overnight Oats | Peach Mango Protein Smoothie | Oatmeal Almond Protein Pancakes | Peach Mango Protein Smoothie | Oatmeal Almond Protein Pancakes | Oatmeal Almond Protein Pancakes | Oatmeal Almond Protein Pancakes |
|---------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|

Lunch

| | | | | | | |
|-------------------|-----------------------|-------------------|---|------------------------------|------------------|---|
| Spring Minestrone | Asparagus Pasta Salad | Spring Minestrone | Black Bean Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Peach Mango Protein Smoothie | Black Bean Salad | Black Bean Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils |
|-------------------|-----------------------|-------------------|---|------------------------------|------------------|---|

Snack

| | | | | | | |
|--------------|----------------------|------------------------------|----------------------|----------------------|----------------------|----------------------------|
| Green Hummus | Honey Sesame Almonds | Peach Mango Protein Smoothie | Honey Sesame Almonds | Honey Sesame Almonds | Honey Sesame Almonds | No Bake Peanut Butter Bars |
|--------------|----------------------|------------------------------|----------------------|----------------------|----------------------|----------------------------|

Dinner

| | | | | | | |
|-----------------------|-------------------|-----------------------|---|------------------|---|---|
| Asparagus Pasta Salad | Spring Minestrone | Asparagus Pasta Salad | Chicken Burger Bowls with Avocado Pesto | Black Bean Salad | Chicken Burger Bowls with Avocado Pesto | Chicken Burger Bowls with Avocado Pesto |
|-----------------------|-------------------|-----------------------|---|------------------|---|---|

Men, add:

| | | | | | | |
|--|----------------|---|----------------|--|----------------|---|
| 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads |
|--|----------------|---|----------------|--|----------------|---|

Only two weeks to go!

When you're in the home stretch it's all about staying the course. It's why leftovers become your new best friend, come week 5. Prep and cook once, eat for multiple meals. Consider doubling (or if you're like my family, tripling) up and watch as your prep time winds down and your food enjoyment winds up.

With just two weeks left, be hyper-aware of what you're drinking this week: the calories you drink are not empty calories. Our challenge to you:

- Drink a full 64 ounces of pure water daily.
- Add in an unsweetened herbal tea each day. Try a red zinger if you love tart flavors, a peppermint for mornings, or a chamomile tea in the evening.
- Avoid artificial sweeteners, plain and simple.
- Start every day with a warm cup of water and a squeeze of fresh lemon. Bitterly crazy... yes. But it's the perfect palette cleanse and ensures that you're hydrated after a long night.





Week 5 Tips

Pre-Make Sunday:

- **Honey Sesame Almonds**
- **Oatmeal Almond Protein Pancakes:** Oat flour is made from finely milled whole oats. Look for it with the other whole-grain flours or near gluten-free flours. Or make your own by grinding rolled oats in a blender or food processor until they are the texture of flour.

Pre-Make Thursday:

- **Prepare your extra protein of choice (Grilled Chicken, Grilled Salmon, Steamed Lentils):** You will need 2 servings this week.
- **Black Bean Salad:** Prepare and store in the refrigerator.
- **Chicken Burger Bowls with Avocado Pesto:** Prepare Avocado Pesto and store in the refrigerator until ready to use. Prep and cook burger patties, if desired.
- **Peanut Butter Chocolate Chip Protein Bars:** Prepare and store in the refrigerator.

PRE-SHOP CHECKLIST:

- Review all recipes on the menu for this week and make any substitutions or changes to your grocery list.
- Double check your kitchen for items on the grocery list to avoid buying anything you don't need.
- Block off time on the calendar for food prep on Sunday and Thursday this week.

WEEK 5

GROCERY LIST

Produce

asparagus – 1 bunch
sliced mushrooms – 1 package
tomato – 1
garlic – 1 head
green onion – 1 bunch
fresh basil – 1 package
fresh oregano – 1 package
fresh thyme – 1 package
lemon – 2
red bell pepper – 1
yellow bell pepper – 1
red onion – 1
parsley – 1 bunch
avocado – 1
fresh basil – 1 package
mixed greens – 6 cups
Medjool dates – 1 small package

Meat + Dairy

uncooked shrimp (16-20 per pound) - 1/2 pound
grated Parmesan cheese – 1 package
unsweetened almond milk – 1 quart
large eggs – 2
ground chicken – 1 pound
Protein of choice – chicken, salmon, or lentils – 2 servings
hardboiled eggs – 2

Spices + Baking

crushed red pepper flakes – 1 jar
sesame seeds – 1 jar
almond flour – 1 package
gluten-free oat flour – 1 package*
gluten-free rolled oats – 1 package*
sugar – 1 small package
cinnamon – 1 jar
baking powder – 1 package
baking soda – 1 package
vanilla extract – 1 package
cumin – 1 jar
chili powder – 1 jar
dark chocolate chips – 1 package

Check your pantry before buying!

Canned + Boxed Goods

black beans - 1 (15-ounce) can

Condiments + Nuts + Seeds

honey – 1 jar
white wine – 1 small bottle
roasted unsalted almonds – 2 cups
canola oil – 1 bottle
olive oil – 1 bottle
apple cider vinegar – 1 bottle
Dijon mustard – 1 bottle
pine nuts – 1 small package
peanut butter – 1 small jar

Grains + Bakery

angel hair pasta – 1 package
long grain rice – 1 package

Frozen

frozen peaches – 1 package
frozen mangoes – 1 package

Meat

pecans – 1 large package
Udi's gluten-free whole grain bread – 1 loaf*
raspberries – 2 cups
Cheddar cheese – 6 ounces
Schar gluten-free crispbreads – 1 package*

*Gluten-free is recommended, but you may substitute non-gluten-free ingredients as needed or desired.

WEEK 6

Meal Plan

1500 kcal women

2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

| | | | | | | |
|---------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Strawberries and Cream Overnight Oats | Peach Mango Protein Smoothie | Oatmeal Almond Protein Pancakes | Peach Mango Protein Smoothie | Oatmeal Almond Protein Pancakes | Oatmeal Almond Protein Pancakes | Oatmeal Almond Protein Pancakes |
|---------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|

Lunch

| | | | | | | |
|-------------------|-----------------------|-------------------|---|------------------------------|------------------|---|
| Spring Minestrone | Asparagus Pasta Salad | Spring Minestrone | Black Bean Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils | Peach Mango Protein Smoothie | Black Bean Salad | Black Bean Salad + 4 oz Grilled salmon/3 oz grilled chicken/1/2 cup lentils |
|-------------------|-----------------------|-------------------|---|------------------------------|------------------|---|

Snack

| | | | | | | |
|--------------|----------------------|------------------------------|----------------------|----------------------|----------------------|----------------------------|
| Green Hummus | Honey Sesame Almonds | Peach Mango Protein Smoothie | Honey Sesame Almonds | Honey Sesame Almonds | Honey Sesame Almonds | No Bake Peanut Butter Bars |
|--------------|----------------------|------------------------------|----------------------|----------------------|----------------------|----------------------------|

Dinner

| | | | | | | |
|-----------------------|-------------------|-----------------------|---|------------------|---|---|
| Asparagus Pasta Salad | Spring Minestrone | Asparagus Pasta Salad | Chicken Burger Bowls with Avocado Pesto | Black Bean Salad | Chicken Burger Bowls with Avocado Pesto | Chicken Burger Bowls with Avocado Pesto |
|-----------------------|-------------------|-----------------------|---|------------------|---|---|

Men, add:

| | | | | | | |
|--|----------------|---|----------------|--|----------------|---|
| 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads | 3/4 cup pecans | 2 pieces Udi's gluten-free whole grain bread + 3 tablespoons peanut butter + 1 cup fresh raspberries | 3/4 cup pecans | 3 ounces Cheddar cheese + 4 Schar gluten-free crispbreads |
|--|----------------|---|----------------|--|----------------|---|

7...6...5...4...3...2...1!

The countdown has begun and you're days away from ending these 6 weeks strong. Each day counts, quite literally, this week. Here are our tips for making the most of it:

1. Stay hydrated. Don't forget your water, my friend. It makes a huge difference in your hunger.
2. Keep your protein intake up. Protein powder is your best friend when it comes to making sure you keep burning fat and adding muscle.
3. Don't consider going hungry. If you starve yourself down a pound, you're likely to see it (and a few extra) pop right back on your body the following week. Now is the time to eat smart.
4. Snack smart. Pack your snacks in advance and make sure you keep your hunger satiated throughout the day.

We can't wait to meet with you next week!





PRE-SHOP CHECKLIST:

- Review all recipes on the menu for this week and adjust for any changes you wish to make.
- Update this week's grocery list after you inventory your pantry and refrigerator.
- Schedule food prep time on your calendar on Sunday and Thursday.

Week 6 Tips

Pre-Make Sunday:

- **Prepare your extra protein of choice (Grilled Chicken, Grilled Salmon, Steamed Lentils):** You will need 7 servings this week.
- **Flourless Almond Blueberry Muffins:** Prepare and keep in the refrigerator.

Pre-Make Thursday:

- **Asian Salad:** Prepare and keep in the refrigerator.
- **Nut Free Energy Bites:** Prepare and keep in the refrigerator. You'll have a couple of extras of these. Share them with friends!

WEEK 6

GROCERY LIST

Produce

medium red potatoes – 3
sweet potato – 1
carrots – 2
beet – 1
radish – 1 bunch
cabbage – 1 head
red pepper – 5
broccolini – 1 bunch (or broccoli, if unavailable)
kale – 2 cups
lemon – 1
Medjool dates – 1 package
garlic – 1 head
portobello mushrooms – 4 extra large
blueberries – 1 pint
fresh parsley – 1 bunch
lemon – 1
ginger – 1 small piece
carrots – 4
celery – 1 bunch
red onion – 1
cilantro – 1 bunch

Meat + Dairy

hard boiled eggs – 4
Protein of choice – chicken, salmon, or lentils – 7 servings
large eggs – 5
grated Parmesan cheese – 1 container

Spices + Baking

curry powder – 1 jar
cumin – 1 jar
coriander – 1 jar
cinnamon – 1 jar
sugar – 1 small package
almond flour – 1 package
vanilla extract – 1 jar
Italian seasoning – 1 jar
garlic powder – 1 jar
smoked paprika – 1 jar
sesame seeds – 1 jar

Check your pantry before buying!

Canned + Boxed Goods

chiles in adobo sauce – 1 can
refried black beans – 1 (15-ounce) can
chickpeas – 1 (15-ounce) can
pasta sauce, such as Muir Glen Organic Vegetable sauce – 1 jar

Condiments + Nuts + Seeds

olive oil – 1 bottle
tahini – 1 bottle
honey – 1 bottle
coconut oil – 1 jar
salted pistachios – 1 small bag
sweetened cranberries – 1 small bag
unsweetened applesauce – 1 small jar
sesame oil – 1 bottle
soy sauce – 1 bottle
sliced almonds – 1 small package

Grains + Bakery

gluten-free rolled oats – 1 package*
corn tortillas – 1 package
rice-based gluten-free spaghetti, such as Tinkyada – 1 package*

Frozen

frozen peaches – 1 package
frozen mangoes – 1 package

Meat

pecans – 1 medium bag
Udi's gluten-free whole grain bread – 1 loaf*
raspberries – 3 cups
Cheddar cheese – 6 ounces
Schar gluten-free crispbreads – 1 package*

*Gluten-free is recommended, but you may substitute non-gluten-free ingredients as needed or desired.

RECIPES

Breakfast

Lunch

Dinner

Snacks



Breakfast

Egg & Guacamole

BREAKFAST SALAD

| | | |
|---|---|------------|
|  |  | |
| YIELDS 1 SERVING | 300 KCAL | |
| PRO | CHO | FAT |
| 9 | 31 | 17 |

INGREDIENTS

- 1 1/2 cups packed mixed baby greens
- 3 tablespoons packaged guacamole
- 6 organic blue corn tortilla chips
- 1 large hard boiled egg, quartered
- 1/2 cup fresh prepared pico de gallo

PREPARATION

Top baby greens with guacamole, tortilla chips, egg, and pico de gallo.



Breakfast

Smoky Skillet

CAULIFLOWER CHILAQUILES

 
YIELDS 240
4 SERVING KCAL

PRO CHO FAT
8 20 17

SERVING: 1/4 of dish

INGREDIENTS

2 Tbsp. olive oil, divided
1 large head cauliflower, chopped into florets
1 red bell pepper, chopped
1 Tbsp. adobo sauce from canned chipotle chiles in adobo
2 minced garlic cloves, divided
2 tsp. chili powder
1½ tsp. cumin
¾ tsp. salt, divided
¼ tsp. freshly ground black pepper
Juice of 1 orange, divided
½ cup plain whole-milk Greek yogurt
Juice of 1 lime
½ cup fresh cilantro leaves
1 sliced avocado

PREPARATION

Preheat oven to 400°F.
In a bowl, combine cauliflower, bell pepper, 1 garlic clove, chili powder, cumin, 1/2 teaspoon salt, pepper, and juice of half the orange. Drizzle with 1 tablespoon olive oil. Heat remaining 1 tablespoon olive oil in a 12-inch iron skillet over medium-high heat. Transfer mixture to skillet; cook for 8-10 minutes.
Transfer skillet to oven and bake at 400° for 20 minutes, stirring once.
Meanwhile, combine yogurt, lime juice, and remaining garlic, salt, and orange juice. Drizzle cauliflower with yogurt mixture. Top with cilantro and sliced avocado.

Breakfast

Strawberries & Cream

OVERNIGHT OATS

INGREDIENTS

- 1/2 cup freeze dried strawberries, divided
- 2 cups gluten-free rolled oats
- 2 cups unsweetened almond milk
- 4 teaspoons chia seeds
- 4 teaspoons maple syrup
- 2 teaspoons vanilla extract

PRO TIP: Despite their tiny size, chia seeds are chock full of important nutrients. They are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron, and calcium.

PREPARATION

Crush half of dried strawberries into a powder. Combine strawberry powder and remaining strawberries, along with oats, almond milk, chia seeds, maple, and vanilla extract. Divide evenly among 4 jars, cover, and chill for at least 3 hours or overnight.

| | | |
|---|---|------------|
|  |  | |
| YIELDS 4 SERVINGS | 240 KCAL | |
| PRO | CHO | FAT |
| 8 | 40 | 6 |
| SERVING: 1 jar | | |

Peach Mango

PROTEIN SMOOTHIE

INGREDIENTS

- 2 scoops vanilla protein powder
- 1/2 cup frozen peaches
- 1/2 cup frozen mangoes
- 8 oz unsweetened almond milk

PREPARATION

Add all ingredients to a blender. Blend to desired consistency.

| | | |
|---|---|------------|
|  |  | |
| YIELDS 1 SERVING | 300 KCAL | |
| PRO | CHO | FAT |
| 18 | 40 | 8 |

Breakfast

Flourless Almond

BLUEBERRY MUFFINS

 YIELDS
12 SERVINGS

 200
KCAL

PRO CHO FAT
8 12 14

SERVING: 2 muffins

INGREDIENTS

1 1/4 cups almond flour
1/2 teaspoon ground cinnamon
3 large eggs, separated
2 tablespoons granulated sugar
1/2 teaspoon vanilla extract
1/4 cup unsweetened applesauce
1/4 teaspoon kosher salt
1/2 cup blueberries

PREPARATION

Preheat oven to 350°F. Line a standard 12-cup muffin pan with paper liners.

Combine almond flour and cinnamon in a medium bowl.

Beat egg yolks, sugar, and vanilla in a large bowl until pale, or about 3 minutes.

Add almond flour mixture and applesauce; stir to combine.

Beat egg whites and salt with an electric mixture until stiff peaks form. Fold half of egg whites into almond flour mixture. Then add remaining egg white mixture and fold in to combine.

Stir in blueberries.

Divide batter among prepared muffin cups. Bake at 350° for 30 minutes or until a pick inserted into the center of muffins comes out clean.

Breakfast

Oatmeal Almond

PROTEIN PANCAKES

| | | |
|---|---|------------|
|  |  | |
| YIELDS 4 SERVINGS | 350 KCAL | |
| PRO | CHO | FAT |
| 16 | 25 | 20 |
| SERVING: 1/4 of pancakes | | |



INGREDIENTS

- ½ cup vanilla protein powder
- ½ cup almond flour
- ½ cup oat flour
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- ¾ cup unsweetened almond milk
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract

PREPARATION

Combine protein powder, almond meal, oat flour, sugar, cinnamon, baking powder, baking soda and salt in a medium bowl. Add eggs, milk, oil, and vanilla extract. Stir well with a wire whisk. Let stand while heating the skillet.

Heat a nonstick skillet over medium-high heat. Spray lightly with cooking spray.

Using 1/4 cup at a time, cook pancakes until bubbly and flip to cook through on the other side.

Lunch

Thai

CHOPPED SALAD

 YIELDS
4 SERVINGS

 400
KCAL

PRO **CHO** **FAT**
10 52 20

SERVING: 1/4 of salad

INGREDIENTS

2 ripe mangoes, peeled and cubed, divided
1/2 cup water
1/4 cup coconut milk
2 tablespoons honey
2 tablespoons sesame oil
1 – 1-inch piece of ginger, peeled and minced
1 tablespoon fresh lime juice
1 garlic clove, minced
1/4 teaspoon sea salt
1 cup frozen edamame beans (shelled), thawed
4 cups mixed greens
2 cups red cabbage, very thinly sliced
1 cup snap peas, cut in half
1 large carrot, thinly sliced
1 orange, cut into segments
1/2 cup chopped cilantro
1/2 cup toasted cashews
Optional: Add 8 ounces of shredded rotisserie chicken or 1/3 of a pound of sauteed shrimp.

PREPARATION

Combine the cubed fruit from half of a mango, water, coconut milk, honey, sesame oil, lime juice, garlic, and sea salt in a blender container. Blend until smooth.

Combine edamame, mixed greens, red cabbage, snap peas, carrots, cilantro, and cashews in a medium bowl. Toss serving of the mixture with 1/4 of the dressing to coat. Top with 1/4 of oranges and mango.

PRO TIP: Snap peas and edamame are both legumes (beans). With snap peas, you usually eat the peas and pod together, and they are usually eaten raw. Edamame are soy beans that are in the pod. They are cooked in the pod, and you remove the pod and eat only the beans.

Lunch

Spring

MINISTRONE

 YIELDS
4 SERVINGS

 410
KCAL

PRO 16 **CHO** 52 **FAT** 16

SERVING: about 2 cups



INGREDIENTS

2 tablespoons extra virgin olive oil
6 green onions, chopped
2 large garlic cloves, minced
1/2 pound red potatoes, cut into 1-inch pieces
4 cups chicken broth
1 (15-ounce) can diced tomatoes
1 teaspoon salt
1 (15-ounce) can of chickpeas (garbanzo beans), rinsed and drained
1 cup frozen peas, thawed
1/2 pound asparagus, cut into 1-inch pieces
2 cups kale, sliced thinly
1/4 cup prepared pesto
1 teaspoon black pepper
Optional: Add a small chicken breast or palm sized serving of roasted salmon on the side.

PREPARATION

Heat olive oil in a medium saucepan over medium-high heat. Add onion and garlic; saute for 2-3 minutes. Add potatoes and saute for an additional 2-3 minutes. Add chicken broth, tomatoes, and salt. Bring to a simmer; reduce heat, cover and cook for 10 minutes. Add chickpeas and green peas; cook an additional 5 minutes. Stir in asparagus and kale; cook for an additional 2 minutes. Stir in pesto and pepper.

Lunch

Asian

SALAD

 YIELDS
4 SERVINGS

 250
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 6 | 28 | 14 |

SERVING: 1/4 of salad

INGREDIENTS

2 tablespoons sesame oil
2 tablespoon lemon juice
2 tablespoon honey
4 teaspoons soy sauce
2 teaspoon minced ginger
2 minced cloves of garlic
1/4 teaspoon salt
4 carrots, grated
2 red pepper, finely diced
4 celery stalks, finely diced
1/2 medium red onion, finely diced
1/2 cup chopped cilantro
4 tablespoons toasted sesame seeds
1/4 cup sliced almonds
Optional: Add 8 ounces of shredded rotisserie chicken.

PREPARATION

Combine first 7 ingredients in a small bowl and whisk together. Set aside.

In a medium bowl, combine carrots and remaining ingredients. Drizzle dressing over vegetables and toss to coat.

PRO TIP: Toasted sesame seeds can be purchased in the spice aisle. Toasting brings out the sesame flavor of the seeds. If the toasted option isn't available to you, toast your own in a small skillet until lightly browned. Or use untoasted sesame seeds...the flavor just won't be as pronounced.

Lunch

Black Bean SALAD

 YIELDS
4 SERVINGS

 340
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 9 | 54 | 9 |

SERVING: 1/4 of salad

INGREDIENTS

2 cups water
1 cup uncooked long grain rice
1 (15-ounce) can black beans, rinsed and drained
1 red bell pepper, seeded and chopped
1 yellow bell pepper, seeded and chopped
5 green onions, sliced
2 tablespoons olive oil
1/4 cup apple cider vinegar
1 tablespoon Dijon mustard
1/2 teaspoon ground cumin
1 large garlic clove, minced
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Optional: Add 1/3 of a pound of pork tenderloin.

PREPARATION

Bring 2 cups of water to a boil in a medium saucepan. Add 1 cup rice, return to a boil. Cover pan, reduce heat, and simmer for 15 minutes, or until rice is tender and water is absorbed.

In a large bowl, combine rice, black beans, bell peppers, and green onions.

In a small bowl, combine olive oil, apple cider vinegar, mustard, cumin, garlic, salt, and pepper. Toss to coat.

Lunch

Roasted

VEGETABLE BOWL

| | | |
|---|---|------------|
|  |  | |
| YIELDS 4 SERVINGS | 310 KCAL | |
| PRO | CHO | FAT |
| 7 | 42 | 14 |
| SERVING: 1/4 of vegetables | | |

INGREDIENTS

2 tablespoons olive oil, divided
3 medium red potatoes, sliced into 1/4-inch slices
1/2 large sweet potato, peeled and sliced into 1/4-inch slices
2 large carrots, peeled, halved and sliced
1 medium beet, peeled and sliced
4 medium radishes, halved
1 teaspoon curry powder, divided
1/2 teaspoon salt, divided
1 cup thinly sliced cabbage
1 medium red pepper, seeded and sliced
1 cup broccolini, chopped
2 cups chopped kale
1 juice of one lemon
2 tablespoons tahini, divided
Optional: Add a small chicken breast or palm sized serving of roasted salmon on the side.

PREPARATION

Preheat oven to 400°.

Drizzle a sheet pan with 1 tablespoon olive oil. Add potatoes, sweet potatoes, carrots, beets, and radishes. Sprinkle with 1/2 teaspoon curry powder and 1/4 teaspoon salt. Bake at 400° for 20-25 minutes or until tender and roasted.

Drizzle another sheet pan with remaining 1 tablespoon olive oil. Add cabbage, bell pepper, and broccolini. Sprinkle with remaining 1/2 teaspoon curry powder and 1/4 teaspoon salt. Bake at 400° for 20 minutes. Add kale to the pan and bake for an additional 5 minutes. Toss to combine.

Combine lemon juice and tahini. Serve vegetables topped with a drizzle of tahini mixture.

PRO TIP: Tahini is made from ground-up, hulled sesame seeds. This rich paste is used in dressings and sauces. Although it has a slightly higher fat content, it's also packed with protein. It is easy for your body to digest and loaded with minerals that help support your immune system. You can find tahini in the condiment aisle or ethnic foods section of your grocery store.

Snacks

Chocolate Peanut BUTTER BALLS

INGREDIENTS

3/4 cup gluten-free rolled oats
1/2 cup peanut butter
2 tablespoons honey
1 scoop (32 grams) chocolate protein powder
1 tablespoon dark chocolate chips

Green HUMMUS

INGREDIENTS

1/2 garlic clove
1 (15-ounce) can chickpeas (garbanzo beans), drained with 1/4 can liquid reserved
1/4 cup lime juice
2 green onions, sliced into 1-inch pieces
1/2 cup fresh cilantro
2 cups baby spinach leaves
1/4 cup tahini
1/4 teaspoon cumin
3/4 teaspoon kosher salt
24 gluten-free crackers
1 cup baby carrots

 YIELDS
4 SERVINGS

 320
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 12 | 31 | 19 |

SERVING: 3 balls

PREPARATION

Combine oats, peanut butter, honey, protein powder and chocolate chips in a large bowl. Use your hand if necessary, to squeeze and combine. Form into (12) 1-inch balls. Store in the refrigerator or freezer.

 YIELDS
4 SERVINGS

 500
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 12 | 76 | 17 |

SERVING: about
1/3 cup hummus,
6 crackers, 1/4 cup
baby carrots

PREPARATION

Place garlic, chickpeas, lime juice, onions, cilantro, spinach, tahini, cumin, salt, and 1/4 cup of reserved chickpea liquid in the container of a food processor or blender. Pulse until smooth and creamy. Serve with crackers and baby carrots.

Snacks

Honey Sesame

ALMONDS

INGREDIENTS

- 2 tablespoons honey
- 2 cups roasted unsalted almonds
- ¼ teaspoon coarse salt
- 3 tablespoons sesame seeds

PREPARATION

Preheat oven to 350°.

Heat honey in a small bowl for 15 seconds. In a medium bowl, mix almonds, salt, and sesame seeds. Drizzle honey over almonds and stir to combine.

Transfer mixture to a baking sheet lined with parchment. Bake at 350° for 7 minutes. Allow to cool. Break apart almonds and store in an airtight container.

 YIELDS
4 SERVINGS

 540
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 18 | 23 | 46 |

SERVING: 1/2 Cup
Almonds

No-Bake

TAHINI OAT BARS

INGREDIENTS

- 3 tablespoons tahini
- 2 tablespoons honey
- 1 tablespoon coconut oil
- 1/2 cup gluten-free rolled oats
- 2 pitted dates, finely chopped
- 2 tablespoons salted pistachios, roughly chopped
- 2 tablespoons sweetened dried cranberries
- 1/8 teaspoon sea salt

PREPARATION

Combine tahini, honey, and coconut oil in a small saucepan. Heat over medium-low heat to melt together. Combine oats, dates, pistachios, cranberries, and salt in a medium bowl. Pour tahini mixture over oat mixture. Stir to combine.

Press mixture into a loaf pan lined with parchment. Freeze for 30 minutes. Cut into 4 bars. Store in the refrigerator.

 YIELDS
4 SERVINGS

 230
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 5 | 30 | 12 |

SERVING: 1 Bar

Snacks

Peanut Butter Chocolate Chip

PROTEIN BARS

| | | |
|---|---|------------|
|  |  | |
| YIELDS 4 SERVINGS | 280 KCAL | |
| PRO | CHO | FAT |
| 9 | 36 | 13 |
| SERVING: 1 bar | | |

INGREDIENTS

- 1 cup gluten-free rolled oats
- 2 tablespoons vanilla protein powder
- 1/4 cup peanut butter
- 3 dates, pitted
- 3 tablespoons water
- 2 tablespoons dark chocolate chips

PREPARATION

Pulse oats in the container of a blender or food processor until a fine meal. Add protein powder, dates, and peanut butter. Pulse until blended. Add water, pulsing to combine. Stir in chocolate chips by hand.

Transfer mixture to a loaf pan lined with parchment. Freeze for 30 minutes. Cut into 4 bars. Store in the refrigerator.

Nut Free

ENERGY BITES

| | | |
|---|---|------------|
|  |  | |
| YIELDS 2 SERVINGS | 360 KCAL | |
| PRO | CHO | FAT |
| 8 | 30 | 26 |

INGREDIENTS

- 1/4 cup unsweetened shredded coconut
- 1/4 cup raw sunflower seeds
- 2 tablespoons sunflower seed butter (Sunbutter)
- 1 1/2 tablespoons ground flaxseed
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon chia seeds
- 1/4 cup sweetened dried cranberries

PREPARATION

Combine ingredients in a large bowl. Roll into balls, using a heaping tablespoonful at a time. Store in the refrigerator.

Snacks

Roasted

CHICKPEAS

| | | |
|---|---|------------|
|  |  | |
| YIELDS 4 SERVINGS | 180 KCAL | |
| PRO | CHO | FAT |
| 7 | 24 | 6 |
| SERVING: 1/4 of chickpeas | | |



INGREDIENTS

1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
1 tablespoon olive oil
1/2 teaspoon kosher salt
1/2 teaspoon chili powder
1/2 teaspoon black pepper
1/2 teaspoon cumin
1/4 teaspoon smoked paprika

PREPARATION

Preheat oven to 375°.
Dry chickpeas with a towel as much as possible, rubbing off and removing as many skins as possible. Transfer chickpeas to a bowl; add olive oil, salt, chili powder, black pepper, cumin, and paprika. Transfer to a baking sheet lined with parchment and spread into a single layer.
Bake at 375° for 45-60 minutes, stirring the pan every 15 minutes. Bake until chickpeas are browned, but not dark. Allow to cool (chickpeas will become more crunchy as they cool). Store at room temperature in an airtight container.

Dinner

Asian Sheet

PAN DINNER

 
YIELDS 310
4 SERVINGS KCAL

PRO CHO FAT
20 48 4.5

SERVING: 1/2 cup
rice, 1/2 chicken
breast, 1/4 of the
vegetable mix

INGREDIENTS

- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon sriracha (or hot sauce of your choice OR add crushed red pepper)
- 2 garlic cloves, finely minced
- 1/2 cup water
- 1 teaspoon cornstarch
- 2 chicken breasts
- 2 bell peppers, chopped
- 1 head of broccoli, cut into florets
- 1 medium onion, chopped
- 1 teaspoon olive oil
- 4 baby bok choy bunches, pulled apart into single sections
- 4 cups cooked rice
- For vegetarian: Sub plant based protein for chicken breasts.

PRO TIP: Baby bok choy is a nutrient-dense veggie that's readily available in your local grocery store. However you can always substitute with vitamin-rich alternatives like swiss chard, napa cabbage, broccoli or regular bok choy (since this is larger than baby bok choy, just use 1 or 2 bunches instead of 4).

PREPARATION

Combine soy sauce, honey, rice vinegar, sesame oil, sriracha, and garlic in a small bowl. Place chicken breast in a zip-top bag. Pour 1/4 cup of soy sauce mixture over chicken. Seal, chill, and allow to marinate while you prep vegetables or up to 24 hours. Preheat oven to 400°.

Transfer remainder of soy sauce mixture to a small saucepan. Combine 1/2 cup water and cornstarch; add to saucepan. Bring to a simmer on the stovetop. Allow sauce to thicken; remove from heat and set aside.

Transfer chicken and marinade to a pan lined with parchment paper. Arrange bell peppers, broccoli, and onion around chicken. Drizzle with oil and bake at 400° for 20 minutes. Gently stir vegetables and add bok choy. Baste all with pan sauce. Bake an additional 10 minutes or until chicken is cooked through.

Dinner

Superfood

SALMON SALAD

 YIELDS
4 SERVINGS

 440
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 29 | 28 | 25 |

SERVING: 1/4 salad
plus 1 salmon fillet

INGREDIENTS

1 pound salmon, sliced into four fillets
3 tablespoons olive oil, divided
1½ tablespoons honey
1 tablespoon apple cider vinegar
2 cloves garlic, minced
Juice of 1 lemon
½ teaspoon cayenne pepper
½ teaspoon salt
¼ teaspoon pepper
6 cups chopped kale
2 cups shredded Brussels sprouts
2 cups shredded red cabbage
½ cup blueberries
¼ cup pomegranate arils
½ cup roasted beets, diced
2 tablespoons pine nuts
1 avocado, peeled and sliced

PREPARATION

Drizzle salmon with 1 tablespoon olive oil. Broil salmon on a parchment lined baking sheet for 6-8 minutes, or until cooked to desired degree of doneness. Combine remaining olive oil, honey, vinegar, garlic, lemon juice, cayenne, salt, and pepper in a small bowl. Place kale in a large bowl. Pour oil mixture over kale and gently massage into leaves. Add Brussels sprouts, cabbage, blueberries, pomegranate, beets, and pepitas. Toss together. Transfer one-quarter of salad to a plate and top with one salmon fillet and one-quarter of avocado.

PRO TIP: Pomegranate arils pack an antioxidant punch, which can contribute to reducing inflammation in the body! Beets are loaded with essential nutrients like potassium, magnesium, folate and Vitamin C, to name a few. You can use different varieties of beets interchangeably, such as golden beets or Chioggia beets as well as use canned or frozen beets when roasted beets are unavailable.

Dinner

Asparagus

PASTA SALAD

 **YIELDS**
4 SERVINGS

 **240**
KCAL

| PRO | CHO | FAT |
|------------|------------|------------|
| 14 | 21 | 9 |

SERVING: 1/4 of mixture

INGREDIENTS

3 ounces uncooked angel hair pasta
1/2 pound uncooked shrimp (16-20 per pound), peeled and deveined
1/4 teaspoon salt
1/8 teaspoon crushed red pepper flakes
2 tablespoons olive oil, divided
8 fresh asparagus, trimmed and cut into 2-inch pieces
1/2 cup sliced fresh mushrooms
1/4 cup seeded tomato, peeled and chopped
4 garlic cloves, minced
1 green onion, chopped
1/2 cup white wine
2 teaspoons minced fresh basil
2 teaspoons minced fresh oregano
2 teaspoons minced fresh parsley
2 teaspoons minced fresh thyme
1/4 cup grated Parmesan cheese
Lemon wedges
For Vegetarian: Sub Plant Based Protein for Shrimp

PREPARATION

Cook pasta according to package directions. Meanwhile, combine shrimp with salt and pepper flakes. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add shrimp; cook for 2-3 minutes or until pink. Transfer shrimp to a plate and keep warm. In the same skillet, cook asparagus, mushrooms, tomato, garlic, and green onion in remaining 1 tablespoon oil. Cook for about 5 minutes or until vegetables are crisp-tender. Return shrimp to pan. Add drained pasta to shrimp mixture and gently toss. Sprinkle with parmesan cheese.

Dinner

Chickpea

MEATBALLS

| | | |
|---|---|------------|
|  |  | |
| YIELDS 4 SERVINGS | 620 KCAL | |
| PRO | CHO | FAT |
| 21 | 93 | 21 |
| SERVING: 1 cup noodles, 1 cup sauce, 4 meatballs | | |



INGREDIENTS

1 (15-ounce) can chickpeas (garbanzo beans), drained, rinsed, and patted dry
1/2 cup almond flour
2 large eggs
1/4 cup chopped fresh parsley
2 tablespoons grated Parmesan cheese
2 teaspoons Italian seasoning
1 teaspoon pepper
1 teaspoon garlic powder
3/4 teaspoon smoked paprika
3/4 teaspoon salt
2 tablespoons olive oil
4 cups rice-based spaghetti noodles, such as Tinkyada
4 cups pasta sauce
Optional: Sub 8 ounces of ground beef and 8 ounces of ground turkey for chickpeas.

PREPARATION

Combine chickpeas, almond flour, eggs, parsley, Parmesan cheese, Italian seasoning, pepper, garlic powder, paprika, and salt in the container of food processor or blender. Pulse until mixture comes together and is mostly smooth.
Roll mixture into about 16 tablespoonful balls.
Heat oil in a large skillet over medium-high heat. Cook meatballs in hot oil for 6-8 minutes or until golden. Once hot, add chickpea meatballs and cook for 6 to 8 minutes, turning to brown all sides, until golden.
Cook pasta according to package directions. After draining pasta, add pasta sauce to pasta to heat. Serve with chickpea meatballs.

Dinner

Chipotle Portobello

TACOS

 YIELDS
4 SERVINGS

 290
KCAL

PRO 9 **CHO** 47 **FAT** 10

SERVING: 2 tacos



INGREDIENTS

2 tablespoons olive oil
1/4 cup adobo sauce from adobo chiles
(canned chiles)
2 garlic cloves, minced
1 teaspoon cumin
1 teaspoon coriander/cilantro
1/4 teaspoon salt
4 extra large portobello mushrooms,
sliced into 1/2-inch strips
2 red bell pepper, sliced into 1/2-inch
strips
8 corn tortillas, warmed
1 cup refried black beans, warmed
Optional: Sub 8 ounces of shredded
chicken, pork or beef for portobello
mushrooms (or if you're like us keep the
mushrooms and add the meat).

PREPARATION

Preheat oven to 425°.

Combine oil, adobo sauce, garlic, cumin,
coriander, and salt in a large bowl. Stir in por-
tobello mushroom and red bell pepper slices
into marinade. Transfer ingredients to a sheet
pan. Bake at 425° for 20 minutes.

To serve, spread 2 tablespoons of black
beans on a corn tortilla. Top with mushroom
mixture.

Dinner

Chicken Burger Bowls

WITH AVOCADO PESTO

 YIELDS
4 SERVINGS

 350
KCAL

| PRO | CHO | FAT |
|-----|-----|-----|
| 30 | 9 | 23 |

SERVING: 1 1/2 cups
salad, 1 patty, 1/4
pesto



INGREDIENTS

- 1 lb. ground chicken
- 1/4 cup minced red onion
- 3/4 cup chopped parsley (divided into 1/4 c. + 1/2 c.)
- 1 tablespoon chili powder
- 2 teaspoons sea salt
- 1/2 teaspoon pepper
- 1 avocado, peeled and pitted
- 1/2 cup packed basil leaves
- 1/4 cup pine nuts
- 2 tablespoons olive oil
- Juice from 1/2 lemon
- 6 cups mixed greens

PREPARATION

Combine ground chicken, red onion, 1/4 c. parsley, chili powder, salt, and pepper in a medium bowl. Form into 4 patties and set aside.

Combine avocado, basil, 1/2 c. parsley, pine nuts, olive oil, lemon juice, and place the basil, parsley, pine nuts, olive oil, and lemon juice in the container of a blender. Blend until smooth. Add a couple tablespoons of water to thin pesto if needed.

Heat grill. Cook chicken burgers for 12 minutes, flipping halfway through, or until cooked through.

Top 1 1/2 cups mixed greens with 1 chicken patty and 1/4 of the pesto.

WEEK 1

Meal Plan

1500 kcal women

2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

Lunch

Snack

Dinner

Men, add:

WEEK 2

Meal Plan

1500 kcal women

2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

Lunch

Snack

Dinner

Men, add:

WEEK 3

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

Lunch

Snack

Dinner

Men, add:

WEEK 4

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

Lunch

Snack

Dinner

Men, add:

WEEK 5

Meal Plan

1500 kcal women
2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

Lunch

Snack

Dinner

Men, add:

WEEK 6

Meal Plan

1500 kcal women

2000 kcal men

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

Lunch

Snack

Dinner

Men, add:



Resources

Looking for more resources? Here are some of our favorites:

Wondering how many calories you should eat each day? How about what a healthy BMI should be? You'll find all your answers and some of our favorite tools and calculators here: <https://www.calorieking.com/us/en/tools/>

Want to learn more about food planning or dive into some specific foods? The USDA's Choose My Plate website is an incredible start: <https://www.choosemyplate.gov/>

They've also filled this website with some of our favorite infographic and quick inspiration meals! <https://www.choosemyplate.gov/resources/infographics>