

# 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.

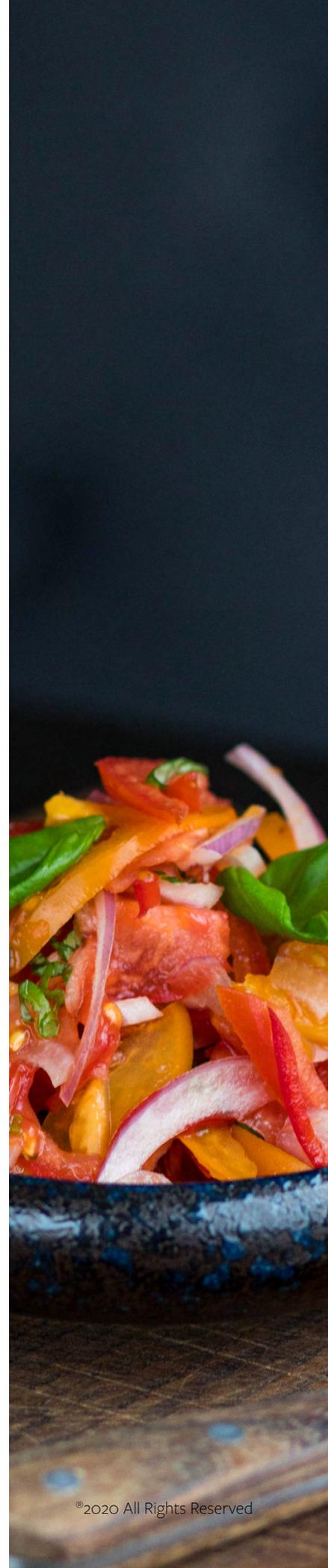
For those of you who love the grocery store, you can purchase all ingredients in one shopping trip weekly. But, if you're like us, and find some weeks to be busy, we recommend services like Instacart, a grocery delivery service that's widely available across the US. You can download their mobile app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

# 42 Days to a Healthier You

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## 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?

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Right inside the Meal Plan!

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



## Smart Substitutions

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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

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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
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### 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
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### Snack

Chocolate PB Balls	Chocolate PB Balls	Chocolate PB Balls	Chocolate PB Balls	Green Hummus	Green Hummus	Green Hummus
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### 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
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### 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
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# 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

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## 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!

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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
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### 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
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### Snack

Green Hummus	Honey Sesame Almonds	Peach Mango Protein Smoothie	Honey Sesame Almonds	Honey Sesame Almonds	Honey Sesame Almonds	Peanut Butter Bars
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### 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
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### 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
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## 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	Flourless Almond Blueberry Muffins	Flourless Almond Blueberry Muffins	Flourless Almond Blueberry Muffins
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### 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
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### 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
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### 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
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### 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
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## Week 3 has gotten here, oh, so fast!

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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

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### *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
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### 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
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### Snack

Chocolate PB Balls	Chocolate PB Balls	Chocolate PB Balls	Chocolate PB Balls	Green Hummus	Green Hummus	Green Hummus
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### 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
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### 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
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# Progress Check

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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
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### 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
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### Snack

Green Hummus	Honey Sesame Almonds	Peach Mango Protein Smoothie	Honey Sesame Almonds	Honey Sesame Almonds	Honey Sesame Almonds	No Bake Peanut Butter Bars
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### 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
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### 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
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# Only two weeks to go!

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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
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### 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
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### Snack

Green Hummus	Honey Sesame Almonds	Peach Mango Protein Smoothie	Honey Sesame Almonds	Honey Sesame Almonds	Honey Sesame Almonds	No Bake Peanut Butter Bars
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### 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
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### 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
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## 7...6...5...4...3...2...1!

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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

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### *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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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

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## 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

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## 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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
18	40	8

# Breakfast

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## Flourless Almond

# BLUEBERRY MUFFINS

		
YIELDS 12 SERVINGS	200 KCAL	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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

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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

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Spring

## MINESTRONE

 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

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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

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## 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

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Roasted

## VEGETABLE BOWL

		
YIELDS 4 SERVINGS	310 KCAL	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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

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## 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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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	
<b>PRO</b>	<b>CHO</b>	<b>FAT</b>
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

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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

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Dinner

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Men, add:



## Resources

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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>