

**Phase 2 Week 13 Meal Plan & Grocery List
(Fat Loss, Gluten-Free, Diabetic Friendly & *Dairy Free)
Grocery List is below the Meal Plan**

***Please note if you're dairy-free there were a couple of snack alternations made because this plan does have a bit of dairy. Just see the notes next to the dairy items and grocery list for details on how to alter to be dairy free (there is no dairy in the main recipes).**

Sunday, Day 1-

Sunday is a "prep" day in our house. This is when I get all of my snacks together and ready for the next several days (through Wednesday night). I put my snacks in Tupperware or plastic bags so that one: I don't over-eat by having an open container (say of cashews) near me, and two: I can grab it on the go if needed. I also cut up and cook my vegetables for the next several days. The main recipe you'll be eating for the next several days is Roasted & Seasoned Veggies with Chicken (<http://www.2fitathome.com/recipes/2014/4/22/roasted-and-seasoned-veggies-with-chicken>). I prep and cook in bulk (normally takes me 1-2 hours depending on the recipe and snacks) so that I save time and money and so that weekday nights when I'm exhausted I don't have to spend time cooking (this is why people fall into the fast-food trap). I recommend prepping your food & snacks like I do but if you don't like leftovers go ahead and tailor the meal plan to fit your needs.

*****ALSO, IT IS OKAY IF YOU ARE STARTING ON A DAY OTHER THEN SUNDAY. THE ONLY DIFFERENCE IT MAKES IS WHEN YOU PREP YOUR MEALS IN BULK SINCE I ALWAYS PREP ON SUNDAY (LISTED AS DAY 1) AND WEDNESDAY (LISTED AS DAY 4). ALSO, PLEASE NOTE THAT MEAL 6 ON THE DAILY PLAN IS FOR THE DAYS YOU WORKOUT. SO DEPENDING ON WHAT DAYS YOU WORK OUT MAKE SURE TO REMOVE OR ADD IT INTO YOUR PLAN. I HAVE IT LISTED ON THE DAYS I WORKOUT BASED ON STARTING THE MEAL PLANS ON A SUNDAY AND WORKING OUT MONDAY-FRIDAY AS LISTED ON MY WORKOUT PLANS ON THE SITE.*****

You'll be eating the Roasted & Seasoned Veggies for Dinner tonight and it'll be approximately 60 minutes of cooking time (you first bake or grill your chicken and then you will set it aside to mix in with the veggies that you bake) so just be aware of cooking time needed before your meal.

Roasted Veggies & Seasoned Chicken, Servings: 6

Ingredients:

- 3 chicken breasts
- 2 bunches broccoli
- 1 head cauliflower
- 6 small yellow squash
- 12 large carrots (6 cups chopped)
- 4 Tbsp. olive oil
- Rosemary

- Thyme
- Dill
- Sea salt
- Pepper

1. Halve three chicken breasts, season (I like to sprinkle Mrs. Dash or you could mix the seasoning that you're doing the veggies in and sprinkle a bit on the chicken before grilling or baking) and cook as desired. (Grill, or bake at 350 degrees for 30 minutes.) Chop into cubes to sprinkle over veggies once they are cooked. *So one chicken is done just set it aside.

2. Chop veggies. Use only florets from broccoli and cauliflower. Chop carrots and yellow squash into 1/8-inch slices.

3. Put a quarter of the veggies in a Ziplock bag. Add 1 Tbsp. olive oil, and sprinkle with rosemary, thyme, dill, sea salt, and pepper. Shake vigorously. Repeat three more times to coat all veggies.

4. Spread veggies out in two cookie sheets.

5. Bake veggies at 350 degrees for 20-30 minutes, until veggies are tender. Rotate veggies every 10 minutes to prevent burning.

6. Reheat veggies and chicken together in a single dish for meals.

Tips: All of the seasonings (rosemary, thyme, dill, salt and pepper) are to taste. You may adjust the next time you make it to add more seasoning or a bit less. Each of my veggies has a bit of the seasoning so I'm generous with my sprinkles. :)

Per Serving: Calories: 438

Always seal your food in Tupperware containers so it'll stay fresh over the next several days. I let the food cool down before I seal it to avoid too much condensation (extra water) in the containers.

***Some people like to separate their meal into the proper portion sizes and have it easier to grab on the go. For this week it would be ½ chicken breast with approximately 2- 2 ½ cups of the veggies if you'd like to separate your portions in advance.**

Today I will also be making some "Egg Puffies" to have for breakfast some mornings instead of just shakes this week. If you'd rather not have these then feel free to still have your shake each morning and just buy a couple extra bananas for them. I'll be making egg puffies today and putting them in ziplock bags to grab each morning and re-heat.

Egg Puffies, servings: 3

Ingredients:

- 9 whole eggs
- 1/2 cup chopped onions
- ½-1 cup fresh spinach
- 1/2 cup chopped mushrooms
- 1/2 cup chopped red bell pepper (or other bell pepper of your choice)
- 4 strips of bacon, chopped (optional)

Directions: Pre-heat oven to 350 degrees. Spray a muffin tin with olive oil nonstick spray or coat with coconut oil (our preferred choice because it's a healthy fat). *You can also use muffin inserts and spray those so that you can have your egg puffie in a little cup on the go. Mix the eggs together in a bowl (scramble them). Then add the onions, spinach, mushrooms, red bell pepper, and bacon into bowl and mix together. Pour mixture into muffin tins (we fill them about 1/2 way). Place in oven for approximately 10-15 minutes or until toothpick comes out clean. Feel free to top with some salsa or hot sauce.

Tip: Use whatever veggies you like! Also, you can use your favorite meat in place of the bacon. Use fun-shaped muffin tins to make it even more "fun" for your kids.

***Make sure if you are a man or woman that is pregnant or breastfeeding that you read the notes at the bottom of each day.**

** Please note there is a meal 6 on workout days. The time you consume this is based on when you workout so read through the note for tomorrow so you know how to apply this each day of the week. You do not need to space our your meal 6 apart from the other meals. So for example if you worked out in the evening and it happened to be 1 hour after you had meal 4 that is perfectly okay and then if after you've had the post workout part of meal 6 you decide to eat meal 5 (dinner) 1 hour afterward that is okay too.

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

***I always recommend eating breakfast (meal 1) within 30 minutes of waking up.**

Meal 1 –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Meal 2 - (Approx. 3 hours later, Approx. Calories 110) –1/2 cup of 1% (fat) cottage cheese (approx. 80 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

*Note- a lot of people like to freeze their raspberries and think it tastes delicious to combine the frozen berries in with the cottage cheese. You can eat them separate as well you don't have to combine them. ****If Dairy-Free omit the cottage cheese and instead have a handful of sunflower seeds.**

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey & Berry Salad- Two cups worth of spinach or mixed greens, 3 pieces of turkey lunch meat (cut or torn into small pieces or use leftover meat from previous week), handful of raspberries (and other berries or fruit of your preference), ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of an oil-based dressing. *We love to use a raspberry vinaigrette for this salad.

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5- (Approx. 3 hours later, Approx. 439 calories) –Servings may vary slightly. You'll use ½ a chicken breast with 1/6 of the veggies you made which should equal approx. 2- 2 ½ cups worth. You cannot over do it on veggies so if you have more then that then eat them. ☺

***If you are a **MAN or woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. You can do this by using any of the suggestions below to increase your daily plan by 300 calories (you'll need to add a couple of these methods/options together to get the full amount of calories):

- 1) Adding 1 ½ cups of spinach and 1 extra tablespoon of peanut butter to the spinach shake for breakfast. (Approx. 120 extra calories)
- 2) Adding another handful of almonds or cashews as a snack in the day. It doesn't need to be combined with another meal but it can be. (Approx. 160 calories)
- 3) Adding in a high protein, high fiber, low sugar/carb protein bar, such as a Quest Protein Bar (Approx. 200 calories).
- 4) Adding in 2 extra cups of vegetables; always a great option because you're adding in a lot of nutrients. These can be raw vegetables that you are snacking on such as sugar snap peas, mini bell peppers, carrots, broccoli, or cauliflower, etc. (Approx. 50-100 calories)
- 5) Adding in an additional protein shake as a snack. Simply follow the directions on your protein bottle to mix 1 scoop/serving with water (or unsweetened almond milk). Shake in a shaker cup. (Approx. 100-150 calories)
- 6) Or refer to the snack substitution list to add in additional snacks or items to meals to increase your calories slightly if needed.

Day 2

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 –Egg Puffies (approx. 275-300 calories)- Re-heat 3 egg puffies. You can top with salsa or hot sauce if you'd like.

Meal 2 - (Approx. 3 hours later, Approx. Calories 110) –1/2 cup of 1% (fat) cottage cheese (approx. 80 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)
*Note- a lot of people like to freeze their raspberries and think it tastes delicious to combine the frozen berries in with the cottage cheese. You can eat them separate as well you don't have to combine them. ****If Dairy-Free omit the cottage cheese and instead have a handful of sunflower seeds.**

Meal 3 - (Approx. 3 hours later, Approx. 439 calories) –You'll use ½ a chicken breast with 1/6 of the veggies you made which should equal approx. 2- 2 ½ cups worth.

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5- (Approx. 3 hours later, Approx. 439 calories) –You'll use ½ a chicken breast with 1/6 of the veggies you made which should equal approx. 2- 2 ½ cups worth.

Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal:
Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout. I like to workout at home so I put the drink in the fridge during my workout. If you go to the gym you can either put in fridge if the gym's close to your home and drink it immediately when you get back, or I'd pack in a small cooler with ice to keep it fresh and cold. If I worked out first thing in the morning I'd make the shake, drink 1/3, get dressed to workout, start my workout approx. 30 min. after consumption, drink 2/3rds immediately following, get ready for the day and then start on meal 1 (breakfast). If you workout any other time of day you just squeeze it in between your meals and no you don't have to wait a certain period of time to then consume your next meal on the list.

***If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously on Day 1.

Day 3

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach

- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Meal 2 - (Approx. 3 hours later, Approx. Calories 110) –1/2 cup of 1% (fat) cottage cheese (approx. 80 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)
 *Note- a lot of people like to freeze their raspberries and think it tastes delicious to combine the frozen berries in with the cottage cheese. You can eat them separate as well you don't have to combine them. ****If Dairy-Free omit the cottage cheese and instead have a handful of sunflower seeds.**

Meal 3 - (Approx. 3 hours later, Approx. 439 calories) –You'll use 1/2 a chicken breast with 1/6 of the veggies you made which should equal approx. 2- 2 1/2 cups worth.

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5 - (Approx. 3 hours later, Approx. 439 calories) –You'll use 1/2 a chicken breast with 1/6 of the veggies you made which should equal approx. 2- 2 1/2 cups worth.

Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal. Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

***If you are a **MAN or woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

Day 4

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 –Egg Puffies (approx. 275-300 calories)- Re-heat 3 egg puffies. You can top with salsa or hot sauce if you'd like.

Meal 2 - (Approx. 3 hours later, Approx. Calories 270) –1/2 cup of 1% (fat) cottage cheese (approx. 80 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of almonds (approx. 160 calories) *Note- a lot of people like to freeze their raspberries and think it tastes delicious to combine the frozen berries in with the cottage cheese. You can eat them separate as well you don't have to combine them. It also tastes

good to combine in the almonds to the mix but you can eat those separate as well if you prefer. ****If Dairy-Free omit the cottage cheese and instead have a handful of sunflower seeds or simply omit since you are having almonds.**

Meal 3 - (Approx. 3 hours later, Approx. 439 calories) –You'll use ½ a chicken breast with 1/6 of the veggies you made which should equal approx. 2- 2 ½ cups worth.

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5 - (Approx. 3 hours later, Approx. 300 calories)- Spinach Shake

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal. Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

***If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

******MEAL PREP NIGHT****** Tonight I will start prepping my food for the rest of the week after I've eaten dinner. We'll be making Tacos! Everyone loves tacos right? We'll also be prepping the items we will top our tacos with so everything is easy to grab and eat for the rest of the week.

Tacos (salad or wraps)

Servings: 6 (Approximate calories per serving: 425)

Ingredients:

- 2 pound lean ground turkey or lean ground beef (to keep calories about the same using beef instead of ground turkey you'll want to get 95% lean or worse case scenario 90% lean ground beef)
- 2 packets of taco seasoning *See not below on how to make your own if you prefer to cut down on the sodium. I purchase the LOW SODIUM taco seasoning at the store
- 1 head of iceberg lettuce
- 3 tomatoes, chopped
- 3 avocados, sliced (you can slice them upon serving if you don't like to see them brown, which they do after being cut and stored)
- Salsa (2-4 Tablespoons worth per serving)
- Optional- Sprinkle a bit of cheese on each taco
- Optional- Tablespoon of sour cream on each taco serving

Directions:

In a large skillet (medium-high heat) brown your meat. Then drain the fat and return the meat to the skillet. Stir in the seasoning packets and water (use the amount of water listed on the taco seasoning- remember you're using two packets because we're doubling a normal taco recipe so use double the water). Keep the meat, seasoning and water on heat until the water starts to boil. THEN, reduce the heat to a simmer (lowest setting) and let simmer for about 5-7 minutes, stirring occasionally.

You'll be using the lettuce either to wrap the meat and tacos in or you can simply shred the lettuce and place it in a bowl, pour 1/6 of the meat (your serving) on top and add in the suggested toppings (or you could use your own preferred toppings).

Tip: I keep the meat and toppings all separate. I re-heat the meat and then throw all the ingredients together when I'm ready to eat everything, which only takes a few minutes. If you want it easier to take on the go (like to work) I would probably take the meat in a separate container but in a jar put the salsa, then shredded lettuce, and then all the toppings in and seal jar. Re-heat meat and then throw in jar (if it's large enough) or put in a bowl and pour the jar's contents on the meat to mix up for a yummy taco salad. The salsa acts as a low calorie dressing.

*Note- if you'd prefer to make your OWN taco seasoning this will be enough for two pounds of beef/ground turkey:

Homemade Taco Seasoning, Servings: 2 (1 pound of turkey or beef is 1 serving)

Ingredients:

- 2 teaspoons chili powder
- 1 ½ teaspoon paprika
- 2 teaspoons cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon ground coriander
- ¼ teaspoon cayenne
- 1 teaspoon salt

- ½ teaspoon xanthan gum

Directions- Mix all of the spices. When you add it to the browned meat also add in 1 cup of water and then follow directions as listed above just like using the taco seasoning packets.

We seal/store our meat and vegetables in Tupperware containers so it stays fresh the rest of the week.

Day 5

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Meal 2 - (Approx. 3 hours later, Approx. Calories 110) –1/2 cup of 1% (fat) cottage cheese (approx. 80 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)
*Note- a lot of people like to freeze their raspberries and think it tastes delicious to combine the frozen berries in with the cottage cheese. You can eat them separate as well you don't have to combine them. ****If Dairy-Free omit the cottage cheese and instead have a handful of sunflower seeds.**

Meal 3 - (Approx. 3 hours later, Approx. 425 calories) – 1 serving of Tacos (1/6 of meat, lettuce (as much as you want), ½ tomato, ½ avocado, salsa and optional cheese and/or sour cream).

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5 - (Approx. 3 hours later, Approx. 425 calories) – 1 serving of Tacos (1/6 of meat, lettuce (as much as you want), ½ tomato, ½ avocado, salsa and optional cheese and/or sour cream).

Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.

Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

***If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

Day 6

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 –Egg Puffies (approx. 275-300 calories)- Re-heat 3 egg puffies. You can top with salsa or hot sauce if you'd like.

Meal 2 - (Approx. 3 hours later, Approx. Calories 110) –1/2 cup of 1% (fat) cottage cheese (approx. 80 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)
*Note- a lot of people like to freeze their raspberries and think it tastes delicious to combine the frozen berries in with the cottage cheese. You can eat them separate as well you don't have to combine them. ****If Dairy-Free omit the cottage cheese and instead have a handful of sunflower seeds.**

Meal 3 - (Approx. 3 hours later, Approx. 425 calories) – 1 serving of Tacos (1/6 of meat, lettuce (as much as you want), 1/2 tomato, 1/2 avocado, salsa and optional cheese and/or sour cream).

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5 - (Approx. 3 hours later, Approx. 425 calories) – 1 serving of Tacos (1/6 of meat, lettuce (as much as you want), 1/2 tomato, 1/2 avocado, salsa and optional cheese and/or sour cream).

Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.

Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

***If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

Day 7

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 – 1 Egg White Omelet (Approx. 250-300 calories, depending on the oil you use and the toppings)

Egg White Omelet recipe, Servings: 1

Ingredients:

- 1/2 cup egg whites (from about 3 large eggs or out of a carton) and 1 whole egg
- 1/4 cup chopped onions
- 2 tablespoons chopped jalapenos (optional)
- 1/2 cup fresh spinach
- 1/4 cup chopped mushrooms
- 1/4 cup chopped red bell pepper
- 2 tablespoons salsa
- Optional: since you'll have some leftover you can chop up 1-2 strips of bacon

Directions:

Spray a medium-size skillet with olive oil nonstick spray or coat with coconut oil (our preferred choice because it's a healthy fat). Mix the egg whites and whole egg together in a bowl. Once the pan reaches medium-high heat, add the eggs and wait 30 seconds. Then add the onions, jalapenos, spinach, mushrooms, and red bell pepper (and bacon if you decided to use some), placing them in a line along the middle. Once the eggs start to bubble and become firm on the bottom (usually 1 to 2 minutes), indicating that the omelet is ready to flip, sprinkle the outside edges with water using your fingertips—as it bubbles it creates a space that helps make it easier to use a spatula for flipping. Flip/close the omelet and cook for another minute or so; then flip the omelet to the other side for another 1 to 2 minutes, or until done. Once the omelet is cooked to your liking, serve with the salsa on top and enjoy.

Tip: Use whatever veggies you like! I love to top my omelet with 1/4 sliced avocado and homemade salsa, YUM! If you think cooking an omelet is too hard then simply pour the eggs in a pan, mixing it around until they are starting to firm up and then pour all the vegetables on top and continue to mix occasionally until the eggs are cooked (so making scrambled eggs instead of an omelet).

Meal 2 - (Approx. 3 hours later, Approx. Calories 100) –1 handful of sunflower seeds (approx. 70 calories). 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 425 calories) – 1 serving of Tacos (1/6 of meat, lettuce (as much as you want), 1/2 tomato, 1/2 avocado, salsa and optional cheese and/or sour cream).

Meal 4 - (Approx. 3 hours later, Approx. Calories 215) –3 Tablespoons of Hummus (to use as dip for your veggies in this snack, approx. 105 calories) 5-6 mini bell peppers (approx. 50 calories), 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 5 - (Approx. 3 hours later, Approx. 425 calories) – 1 serving of Tacos (1/6 of meat, lettuce (as much as you want), ½ tomato, ½ avocado, salsa and optional cheese and/or sour cream).

OR

“CHEAT CLEAN” MEAL- I believe in having a small break each week to make sure a nutrition plan isn’t too restrictive as you are getting started. Plus, many people like to go out and be social with friends, family or your spouse. This does NOT look like a whole pizza you’re eating. Here are your options for a suggested “CHEAT CLEAN” meal (staying within 600 calories) or you can do a bit of research and find a healthier option where you’re eating out on your own.

Options for a “cheat clean” meal:

- 1) Pick a salad at any restaurant- No croutons, dressing on the side (choose an oil-based one and try to only use 1-2 tablespoons).
- 2) Hamburger - ORDER IT “PROTEIN STYLE” (meaning no bun, even fast food restaurants like Carl’s Jr. will do this for you). Any toppings you want. NO FRIES, NO SODA peeps (I’m nice, but I want you to still see results!)
- 3) Fish and Veggies- Most restaurants have the option to get fish and you can ask for only vegetables on the side. Almost any food chain I’ve been to have this option.
- 4) Chicken and Veggies - Just like above, most have a grilled chicken with vegetables as an option.

Grocery List for this Meal Plan

*** Always check your cupboards to see if you still have some of these ingredients before shopping. *Dairy-Free individuals read notes about omitting the cottage cheese from the list and using sunflower seeds instead.**

Meat:

3 large boneless, Skinless Chicken Breasts

1 small package Turkey Breast Lunch Meat (You will only need a few slices so you’re welcome to omit this item completely from the turkey and berry salad or substitute another meat)

2 lbs. lean ground turkey OR lean ground beef (if beef I prefer you use 90-95% lean)

Optional: 1 package of bacon (I like to get hormone and nitrate free). This is optional to put in your egg puffies and omelet.

Vegetables:

1 large bag of spinach (fresh instead of frozen preferred)

2 bunches of broccoli

1 head of cauliflower

6 small yellow squash

1 large red pepper (optional for egg puffies)

1 small container of mushrooms (optional for egg puffies and omelet Saturday)

12 large carrots (6 cups chopped)

1 red onion (optional for egg puffies and omelet)

2 bags of mini bell peppers (You have about 5-6 every day for snacks)
1 small bag of mixed green salad (or you can use fresh spinach or other lettuce of your choice)
2-3 bags of sugar snap peas (you'll have 2 handfuls for snacks every day)
1-2 heads of iceberg lettuce (you'll be using them for taco wraps or taco salad. How much lettuce you use is completely optional)
3 tomatoes (optional topping for tacos)
3 avocados (optional topping for tacos)
**As a note I will be getting a large bag of spinach, mini bell peppers, sugar snap peas, broccoli and cauliflower from Costco. They sell it all there and it saves me money to buy in bulk.

Fruit:

3 bananas
2 large containers of raspberries (or you'll want three small containers. You'll use about ½ cup every day. You are welcome to substitute this with ANY berry of your choosing)
**As a note I get my raspberries at Costco so I can save money.

Dairy and Eggs:

1 container of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk for my shakes because it's low in calories and has no sugar)
1 dozen eggs (you'll only need this for the omelet and for egg puffies)
1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)
24 oz. container of 1% (milk fat) cottage cheese ***If Dairy-Free omit this you'll be using sunflower seeds instead. Make sure to get a large bag instead of a small one as noted.**
Small container of shredded cheese (**optional topping for tacos**)
Small container of sour cream (**optional topping for tacos**)

Nuts & Seeds:

1 small bag of sunflower seeds (**I prefer the ones with the shells already removed. *** Note that you will only be using a handful this week so you SHOULD have some leftover from last week. If you have ANY nuts leftover do not buy anymore and instead just use a handful of whatever you have left on Saturday**)

Seasonings/Dressing/Sauces:

1 large container of Hummus (I purchased the 32 oz. size from Costco called "Organic Pita Pal Hummus, Spicy Roasted Red Pepper.)
1 small container of Rosemary
1 small container of pepper
1 small container of Thyme
1 small container of sea salt (you should have this already from previous weeks)
1 small container of dill seasoning
1 container of Olive Oil
1 container Natural Peanut Butter (**chunky or creamy**)
1 oil-based dressing (for salad- I recommend since it's a berry salad to use a raspberry vinaigrette)
2 packets of taco seasoning (I prefer low sodium taco seasoning or you can purchase the ingredients listed in the recipe to make homemade taco seasoning if you prefer)
1 container of salsa (optional for omelet, egg puffies and tacos)

Misc.:

1 large container of vanilla protein powder (I prefer a whey protein isolate) *You can replace with another protein of your choice (i.e. pea, soy, hemp or whey concentrate). You can also use a chocolate protein powder instead of vanilla.

** It's always smart to review the meal plan and see if you'd like to make substitutions for anything you don't like, then alter the grocery list as needed. Shopping list is only accurate if you don't change the meal plan.