

**Phase 2 Week 14 Meal Plan & Grocery List  
(Fat Loss, Dairy-Free\*\*, Gluten-Free & Diabetic Friendly)**

**\* Grocery List is below the Meal Plan**

**\*\*Dairy-Free because the recipes allow for the cheese to be optional.**

**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 meat recipe you’ll be eating for the next several days is Mexican 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 Mexican Chicken for Dinner tonight and it’ll be approximately 30 minutes of prep and cooking time and you’ll also be baking asparagus in the oven for another 10 minutes so just be aware of cooking time needed before your meal.**

**Mexican Chicken, Servings: 7**

**Ingredients:**

- 2 ½ pounds of boneless, skinless chicken breasts
- 3 teaspoons taco seasoning
- 1 ¼ cup enchilada sauce (whatever kind you like best)
- 8 oz. of cheddar cheese, shredded (this is optional if you’d prefer to not use cheese you can omit or use less)
- Sea salt, to taste
- 6 green onions, chopped

**Directions:** Preheat oven to 350 degrees. Step 1- Sprinkle the chicken with the taco seasoning and grill on the stovetop for a few minutes until it’s cooked through (not pink). You can chop it up into smaller pieces before you cook it if you’d like it to cook quicker. Step 2- Chop the chicken into cubes (if you didn’t pre cooking you’ll need to do it afterward). Step 3- Lightly spray a 9 x 13 baking pan and then place chicken into the pan (spreading evenly

around the pan). Step 4: Sprinkle a touch of sea salt on the top of the chicken and then pour the enchilada sauce coating the chicken as evenly as possible. Step 5: Sprinkle all the cheese on top of the dish evenly. Place the chicken in the oven and bake at 350 degrees for about 15-20 minutes or until the cheese is bubbling on top. Remove from oven and sprinkle the green onions on top. Let cool a bit and serve with a side of the vegetables we're cooking tonight.

**Main Vegetable Recipe you'll be eating with this recipe is Baked Asparagus with Parmesan.**

Baked Asparagus with Parmesan (Parmesan optional for those that prefer dairy-free),  
Servings: 6

**Ingredients:**

- 3 pounds of asparagus (I like to only use fresh asparagus (not canned) for this recipe. I realize asparagus can be expensive so feel free to substitute another vegetable in its place such as broccoli, cauliflower or zucchini)
- 5-6 Tablespoons olive oil
- Salt & Black Pepper (sprinkled to taste)
- 1 ½ cups loosely packed (about 4.5 ounces) grated parmesan cheese (you can use less if you'd like or if you'd rather be dairy free you can omit and sprinkle a bit of garlic salt or other seasoning of your choice on top)

**Directions:** Pre-heat your oven to 400 degrees. You're going to want to cut (or break off) the woody ends of the asparagus spears. If you'd like you can chop the asparagus into smaller pieces or leave them as spears (doesn't really matter). Link the asparagus on a foil-lined baking sheet (you will most likely have to do two batches worth). Coat the vegetable with olive oil. Sprinkle with some sea salt and pepper and then evenly sprinkle the Parmesan cheese over all the asparagus. You'll bake it for approximately 8-10 minutes of until the cheese begins to turn brown.

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.

**\*It may be best to separate your foods into portion sizes. Since portion sizes may vary slightly based on how you chop your meat or if you even chop the vegetables I recommend you just evenly separate what you have based on the servings (7 servings for chicken and 6 for vegetables). This will be approximately ¾-1 cup of the chicken recipe (when you include the juices, toppings, etc.) and 1- 1½ cups of asparagus if you chopped it up. Again, if you have a bit more or less that is totally fine just divide evenly.**

**We will also be prepping some Overnight Protein Oats that you'll be having for breakfast Monday-Wednesday.**

Overnight Blueberry-Banana Protein Oats, Servings: 3

Approx. calories per serving 325

Ingredients:

- 1 1/4 cup unsweetened almond milk
- 1 banana, mashed up
- 3/4 cup of blueberries, mashed up
- 1/3- 1/2 cup of blueberries (don't mash up these ones)
- 1 1/2 cup old fashioned oats (**or gluten-free rolled oats**)
- 3/4-1 scoop vanilla whey protein (I use an all natural isolate)
- 3/4-1 teaspoon vanilla extract
- 2- 2 1/2 Tablespoons all natural zero calorie sugar (I used 2 TBSP of Xylitol)
- 1/2 handful of almonds or other nut/seed of our choice (optional)
- Couple dashes of cinnamon (optional)

Directions: Mash up the blueberries and the banana together in a bowl. Then add in all of the other ingredients. Stir all the ingredients together well. Place the oats in a container (I use mason jars) to sit overnight and soak up all the liquids. Eat it in the morning cold or microwave for 30-60 seconds to eat it warm.

Optional: Top with your favorite nuts or seeds and/or top with additional berries of your choice.

TIP- Separate them into about 3 even servings (you don't have to be picky you can eye it) in advance in 3 separate mason jars just so it's easier to have/serve the next few mornings. **ALSO, this tastes GREAT using Strawberries or Raspberries instead if you prefer instead of blueberries\*\*\***

**\*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 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 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 blueberries (and other berries or fruit of your preference if you have some), 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. 190 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of cashews (approx. 160 calories),

**Meal 5- (Approx. 3 hours later, Approx. 400 calories)** – 1 serving (\*See note after recipe about servings but it's approx. 1 cup) of Mexican Chicken with 1- 1 1/2 Cups (divide it evenly in 6 servings and eat one serving at each meal) of the main Vegetable Recipe on the side (Baked Asparagus with Parmesan).

\*\*\*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 – (Approx. Calories 325)** 1 serving of Overnight Blueberry-Banana Protein Oats.

**Meal 2 - (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 3 - (Approx. 3 hours later, Approx. 400 calories)** – 1 serving (approx. 1 cup) of Mexican Chicken with 1 serving (approx. 1 ½ cups) of Baked Asparagus with Parmesan.

**Meal 4 - (Approx. 3 hours later, Approx. 190 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of cashews (approx. 160 calories).

**Meal 5- (Approx. 3 hours later, Approx. 400 calories)** – 1 serving (approx. 1 cup) of Mexican Chicken with 1 serving (approx. 1 ½ cups) of Baked Asparagus with Parmesan.

**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 – (Approx. Calories 325)** 1 serving of Overnight Blueberry-Banana Protein Oats.

**Meal 2 - (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 3 - (Approx. 3 hours later, Approx. 400 calories)** – 1 serving (approx. 1 cup) of Mexican Chicken with 1 serving (approx. 1 ½ cups) of Baked Asparagus with Parmesan.

**Meal 4 - (Approx. 3 hours later, Approx. 100 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of sunflower seeds (approx. 70 calories)

**Meal 5 - (Approx. 3 hours later, Approx. 400 calories)** – 1 serving (approx. 1 cup) of Mexican Chicken with 1 serving (approx. 1 ½ cups) of Baked Asparagus with Parmesan.

**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 – (Approx. Calories 325)** 1 serving of Overnight Blueberry-Banana Protein Oats.

**Meal 2 - (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 3 - (Approx. 3 hours later, Approx. 400 calories)** – Mexican Chicken Salad- 2-3 cups of mixed greens (or other salad of your choice). Topped with 1 serving of Mexican chicken. Add in mini bell peppers of other vegetables of your choosing. Optional: Add salad or 1-2 Tablespoons of salad dressing of your choice.

**Meal 4 - (Approx. 3 hours later, Approx. 190 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of cashews (approx. 160 calories).

**Meal 5 - (Approx. 3 hours later, Approx. 400 calories)** – 1 serving (approx. 1 cup) of Mexican Chicken with 1 serving (approx. 1 ½ cups) of Baked Asparagus with Parmesan.

**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 Easy Steak Beef Crockpot Fajita Bowls**. Also, I'll get the rest of my snacks together for the week and in bags or Tupperware.

Easy Beef Crockpot Fajita Bowls, Servings: 6

\*\*\*\*\* **READ THIS-** I really like the meat this way because I like it tender instead of chewy. It also makes the onions and peppers completely soft and tender. Some people do NOT like that. So as an option you can have the onions and peppers on the side raw so they are crunchier. You could also cook the meat, peppers and onions on the cooktop or grill instead if you like them crisp. It all depends on your preference, my husband doesn't like the peppers and onions soggy and prefers to grill the meat and even the peppers or have them raw in the bowl to have them crunchy. If you grill or use the cooktop you can sprinkle the seasoning on as directed on the package (no ketchup needed). Also, when we use these fattier meats the portion sizes are smaller (because I'm still staying within a calorie range for optimal fat burn/loss per week). That's why I tend to eat more chicken and other lean meats, because you can eat more food. If you don't feel this is enough food you can add more lettuce and make it into a salad for more "substance".

You'll want to either separate the servings post cooking, or as an estimate a serving will be about ¼ lb. of the steak beef then add toppings. I like to keep the meat and the toppings separate. When I reheat I just reheat the meat portion that has onions and peppers and then I put the other ingredient on top cold.

Ingredients:

- 2 lbs. steak beef cut into thin strips (you could use chicken but may want to cut the cooking time a bit)
- 1 packet fajita seasoning mix (I find this next to the taco seasoning. Mixes do have a higher amount of sodium but since our meal plan is so low in sodium I'm not worried about it)
- 1 large onion sliced
- 2 bell peppers (the large kind but if you have the small ones from the meal plan you can just use about 8) sliced
- 2 tablespoons ketchup
- 1/2 cup of water

Toppings list per serving this is about what I use per bowl (so times it by 6 when used all 6 times/meals):

- ¼ avocado
- 2 Tablespoons salsa
- ½ tomato, chopped into small pieces
- Small handful (sprinkle) of cheese on top, optional
- ¼-1/2 cup chopped iceberg lettuce

- 1 spoonful of sour cream, optional

Directions:

Cut your meat, onion and bell peppers into thin slices. Place them in the crockpot. Sprinkle the fajita-seasoning packet on top of the meat and veggies. Then mix the ketchup with the water on the side and then pour it over the top of the meat/veggies. Cover and cook on low for about 6-8 hours (or until it reaches your desired tenderness). You can also cook on high for 4-6 hours.

When I serve it I put my serving in a bowl and top with the optional topping ingredients listed in the recipe above. Mix and enjoy!

\* I am going to start this at NIGHT when I go to bed on low but if you want to start it Wednesday morning you are welcome to. You'll need it done for lunch tomorrow.

We seal/store our meat 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 185)** –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), 1 handful of sugar snap peas (approx. 30 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 400-500 calories)** –1 serving Fajita Bowl with optional toppings. See recipe for approximate amount per serving (split your recipe into 6 servings) and review optional toppings.

**Meal 4 - (Approx. 3 hours later, Approx. 100 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of sunflower seeds (approx. 70 calories)

**Meal 5 - (Approx. 3 hours later, Approx. 400-500 calories)** –1 serving Fajita Bowl with optional toppings.

**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** –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 185)** –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), 1 handful of sugar snap peas (approx. 30 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 400-500 calories)** –1 serving Fajita Bowl with optional toppings.

**Meal 4 - (Approx. 3 hours later, Approx. 100 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of sunflower seeds (approx. 70 calories)

**Meal 5 - (Approx. 3 hours later, Approx. 400-500 calories)** –1 serving Fajita Bowl with optional toppings.

**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

### 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, 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 poach 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 185)** –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), 1 handful of sugar snap peas (approx. 30 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 400-500 calories)** –1 serving Fajita Bowl with optional toppings.

**Meal 4 - (Approx. 3 hours later, Approx. 100 calories)** –1 handful (1/2 cup) of raspberries (approx. 25-30 calories), 1 handful of sunflower seeds (approx. 70 calories)

**Meal 5 - (Approx. 3 hours later, Approx. 400-500 calories)** –1 serving Fajita Bowl with optional toppings.

**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. Please note that the CHEESE is optional. You can make all the recipes without it. I am integrating cheese/dairy back into our diet in Phase 2 but you can easily remove from recipe or substitute snacks if/when needed if you prefer.**

**Meat:**

2 ½ pounds of boneless, Skinless Chicken Breasts (you can use up to 3 lbs.)

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. steak beef

**Vegetables:**

1 large bag of spinach (fresh instead of frozen preferred)  
3 pounds of asparagus (I like to use fresh asparagus or you can substitute another vegetable of your choice, see recipe in meal plan to decide)  
2-3 bags of mini bell peppers (You have about 5-6 daily and use them in your fajita recipes and omelet)  
1 small bag of mixed green salad (or you can use fresh spinach)  
2-3 bags of sugar snap peas (you'll have them daily)  
6 green onions  
1 large white onion  
2 Bell Peppers (large ones for the fajitas or you can chop up the mini bell pepper ones)  
\*\*As a note I will be getting a large bag of spinach, mini bell peppers, sugar snap peas, and asparagus from Costco. They sell it all there and it saves me money to buy in bulk.

**Vegetables for Omelet & Fajita Bowl Toppings** (so if anything below you don't like then don't purchase it for the omelet or fajita toppings):

1 onion  
1 small box of mushrooms  
1 jalapeno  
2 avocados  
3 tomatoes  
1 head of iceberg lettuce

**Fruit:**

3 bananas  
1 container of blueberries  
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 and blueberries at Costco so I can save money.

**Dairy and Eggs:**

1-2 containers 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)  
1/2 dozen eggs (you'll only need this for the omelet. So you may already have enough in your fridge. For the omelet you'll need 4 unless you have leftover egg white substitute then you'd only need 1.)  
1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)  
Optional-12-16 oz. of cheddar cheese (8 oz. for Mexican chicken and the rest to use on top of your fajitas bowls) \*those that are dairy-free OMIT this.  
1 container of grated Parmesan cheese (you'll need about 1 ½ cups or 4.5 oz. for the vegetable recipe or you can omit it if you'd prefer)  
Optional- 8 oz. container of sour cream, optional (doesn't matter if you buy fat free or not you only use a tablespoon at a time. This is optional for the fajita bowl topping.)

**Nuts, Oats & Seeds:**

1 large bag of cashews (you can have salted or unsalted, I'm not a stickler about that)  
1 bag of sunflower seeds (I prefer the ones with the shells already removed)  
1 bag gluten-free rolled oats (Bob's Red Mill is the brand I used). \*\* IF YOU ARE NOT GLUTEN FREE YOU CAN USE OLD FASHIONED OATS INSTEAD.

**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 packet of taco seasoning  
1 packet of fajita seasoning mix  
1 small jar or can of enchilada sauce (red or green sauce and you'll need about 1 ¼ cup worth)  
1 container of Olive Oil  
1 container of sea salt  
1 container Natural Peanut Butter (chunky or creamy, doesn't matter)  
1 small bottle of ketchup (you'll only need a couple of tablespoons so hopefully you have a bottle in your fridge already)  
1 oil-based dressing (for salad- I recommend since it's a berry salad to use a raspberry vinaigrette)  
1 container of salsa (optional for omelet and for entrée recipes when serving)  
1 small container of pepper, optional (just to use to season the vegetables)

**Found in baking section:**

1 small container zero calorie sweetener (I'm using Xylitol)  
1 small container cinnamon (OPTIONAL- for overnight oats)  
1 small container vanilla extract

**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).

\*\* 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.