

Phase 2 Meal Plan- Week 15 (Fat Loss, Gluten-Free, Dairy-Free* and Diabetic Friendly)

***Please note the cheese is optional in the recipes so you'll simply omit the cheese to make it dairy free!**

****The Grocery List for this week is at the bottom of the meal plan.**

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 Pesto 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 ON A SUNDAY AND WORKING OUT MONDAY-FRIDAY AS LISTED ON MY WORKOUT PLAN YOU'RE GETTING LATER THIS WEEK.*****

You'll be eating Pesto Chicken for dinner tonight and it'll take about 20 minutes of cooking along with your Baked Red Potatoes with Veggies, which will be an additional 20 min. approx., so just keep that in mind.

Pesto Chicken, servings: 6

Ingredients:

- 3 boneless, skinless chicken breasts (I'm using larger 8 oz. breasts if your chicken breasts are small and thin then you'll need 6)
- 6-9 teaspoons of pesto sauce (you can look up how to make your own, I'm just purchasing mine in a jar at the store)
- 2 tomatoes, sliced
- salt and pepper (to taste)
- 6 Tablespoons reduced fat mozzarella cheese, shredded (Omit if you are dairy-free)
- 3 teaspoons grated parmesan cheese (Omit if you are dairy-free)

Directions:

Take the chicken breasts and cut off the excess fat. Wash/rinse the chicken and pat dry with a paper towel (or let dry on it's own). Cut your thick chicken breast in half horizontally so

that now you have two THIN pieces of chicken from one chicken breast (so you'll have 6 total after you do all 3 pieces of chicken). Preheat your oven to 400 degrees. Get a baking sheet and line it with parchment or foil (if using foil I like to lightly spray it with cooking spray).

Sprinkle a bit of salt and pepper on each of the 6 pieces. Place the pieces of chicken on the baking sheet. Use approx. 1 teaspoon of pesto on each piece of chicken, coating the top of each piece evenly (you can use a tad extra if needed which is why I said 6-9 teaspoons).

Place in oven and bake for approximately 13-16 minutes (or until chicken is cooked and not pink). Take it out of the oven and carefully (so you don't burn yourself) place with tomato slices, mozzarella cheese (approx. 1 Tablespoon on each piece) and Parmesan cheese on top. Then place back into the oven for another 4-5 minutes (until the cheese is melted).

Tip: You can instead purchase the already thin chicken breasts and just purchase 6 pieces instead of 3.

Main Vegetable Recipe you'll be eating with this recipe is Baked Red Potatoes with Veggies

Baked Red Potatoes with Veggies, Servings: 6

Ingredients:

- 2 ½ cups of red potatoes, cut into wedges (if possible refrigerate for about 1 hour prior to cooking)
- 1 zucchini, chopped into about ½ inch pieces
- 1 red bell pepper, chopped into about ½-1 inch pieces
- 4 oz. (1 cup) of chopped mushrooms
- ½ teaspoon dried Italian seasoning
- ¼ teaspoon garlic salt
- 2 teaspoons olive oil

Directions:

Preheat oven to 450 degrees. Spray a large 9 x 13 (or a bit larger) baking dish with cooking spray and set aside. In a large bowl after you've chopped all the vegetables mix them with the Italian seasoning, garlic and olive oil until well mixed. Place/spread it as evenly as you can in the pan. Bake for 15-20 minutes until vegetables are lightly brown (and tender).

***MAKE SURE TO STIR THE VEGETABLES AT LEAST ONCE WHEN IT'S ABOUT ½ WAY THROUGH COOKING.**

***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 1 pesto chicken with about ¾ cup of baked red potatoes with veggies. Since the size may vary a tad based on the size of the veggies you'll want to just separate the dish evenly into 6 servings.**

I'll also be making a large batch of Steel Cut Oats to have for breakfast every other morning this week. Cooking it in advance now and just separating into 3 breakfast servings to eat throughout the week.

Steel Cut Oats, servings: 3

Ingredients:

- 1 cup steel cut oats (those that are gluten intolerant make sure to purchase a brand that says gluten free on it)
- ¼ teaspoon salt
- 3 cups water

Directions: Place the water and salt into a pot and bring it to a boil. Add oats and reduce the heat to let it cook/simmer uncovered for 10-20 minutes (how long you cook it will depend on the consistency you'd like, how chewy you'd like it). Stir it occasionally. Then cover and remove from heat and let it stand for a few minutes to thicken and soak up the remaining water. It'll make 3 cups of oat cereal.

Tip: Use whatever toppings you'd like. Just be conscious of the additional calories to try and stay in the same calorie zone. I'll be using raspberries and some extracts to make a delicious Raspberry Almond Protein Steel Cut Oat Recipe! See recipe tab for details.

*****I'll also be hard-boiling ½ a dozen eggs to have as snacks throughout the week. (Use snack substitution list under meal plan tab if you'd like to substitute for anything similar in calories)**

***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 – 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water

- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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 120) –1 handful (1/2 cup) of blueberries (approx. 40 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 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 leftover), 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 of sugar snap peas (approx. 30 calories), 1 handful of almonds (approx. 160 calories)

Meal 5- (Approx. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

***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 –Steel Cut Oat Cereal- Raspberry Almond Protein version (approx. 275-300 calories)- Re-heat 1 cup of prepared steel cut oats, after it is heated add in ¼ scoop protein powder, ¼-1/2 cup unsweetened almond milk, splash of vanilla and splash of almond extract. **Mix thoroughly and then add 1-2 handfuls of fresh raspberries and sprinkle zero calorie sweetener on top (to taste).** *See recipe under recipe section (main dish) tab if needed.

Meal 2 - (Approx. 3 hours later, Approx. Calories 120) –1 handful (1/2 cup) of blueberries (approx. 40 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 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

Meal 4 - (Approx. 3 hours later, Approx. 230 calories) – 1 handful of almonds (approx. 160 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5- (Approx. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

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 - 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 - 3 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 120) -1 handful (1/2 cup) of blueberries (approx. 40 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 calories) - 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

Meal 4 - (Approx. 3 hours later, Approx. 230 calories) - 1 handful of almonds (approx. 160 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5- (Approx. 3 hours later, Approx. 400 calories) - 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

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 –Steel Cut Oat Cereal- Raspberry Almond Protein version (approx. 275-300 calories)- Re-heat 1 cup of prepared steel cut oats, after it is heated add in ¼ scoop protein powder, ¼-1/2 cup unsweetened almond milk, splash of vanilla and splash of almond extract. **Mix thoroughly and then add 1-2 handfuls of fresh raspberries and sprinkle zero calorie sweetener on top (to taste).**

Meal 2 - (Approx. 3 hours later, Approx. Calories 120) –1 handful (1/2 cup) of blueberries (approx. 40 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 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

Meal 4 - (Approx. 3 hours later, Approx. 230 calories) – 1 handful of almonds (approx. 160 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5- (Approx. 3 hours later, approx. 400 calories)

Spinach Shake Recipe, Servings: 1 *Please note the added portions to boost calories

Ingredients:

- 2 cups spinach
- ¾ cup unsweetened almond milk
- 1/2 banana
- 1 1/2 tablespoon natural peanut butter
- 1 1/2 scoops 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 Quinoa Meatballs and Baked Zucchini. Also, I'll get the rest of my snacks together and in bags or Tupperware.

Quinoa Meatballs, servings: 6

Ingredients:

- 2 pounds (95-percent) lean ground beef
- 1 1/2 cups cooked quinoa (see directions below on how to cook quinoa, because 1/2 cup uncooked quinoa will make 1 1/2 cups)
- 1/2 cup finely chopped onion
- 1/2 cup grated carrot
- 1/2 cup grated zucchini
- 4 tablespoons ketchup
- 2 tablespoon chopped garlic
- 2 tablespoon (low sodium) soy sauce (Make sure the container says gluten-free if you are gluten intolerant or pick up an alternative)
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 2 eggs, lightly beaten

Directions:

You'll want to start the quinoa first since you'll be using it for the recipe. Most of the packages should have instructions on it. You'll bring 1 cup of water to a boil in a small pot. Then pour in 1/2 cup UNCOOKED quinoa, cover and simmer on low until the water is absorbed which will be about 9-12 minutes. Remove from the heat for 10 minutes and lightly "fluff" it with your fork.

Preheat your oven to 450 degrees. Get a cookie sheet/baking sheet and line it with parchment paper to use later (set aside baking sheet). In a large mixing bowl, mix together all of the ingredients until they are well combined. Shape into 30 balls. Place them on the parchment paper (baking sheet). Bake them for about 15-18 minutes or until they are cooked through and golden brown.

Main Vegetable Recipe you'll be eating with this recipe is Baked Zucchini with Parmesan

Baked Zucchini with Parmesan, Servings: 6

Ingredients:

- 6 + medium zucchini (you'll use about 1/2-2/3 of a zucchini for the meatballs). Use whatever is leftover plus the other 6 on the grocery list.
- 4 Tablespoons of olive oil (or butter)
- 3 Tablespoon fresh oregano or 3 teaspoon dried oregano

- ¾-1 cup parmesan cheese, grated (optional- OMIT if you are dairy-free)
- Salt & pepper to taste

Directions:

Preheat oven 350 degrees. Wash zucchini and then slice them into ¼ “ slices (1/8th okay too). Toss with olive oil and oregano until well coated. Arrange on a greased baking/cookie sheet in a single layer (you will have to do two cookie sheets most likely) and then sprinkle with the Parmesan cheese. You’ll bake this (uncovered) for 35-40 minutes or until cheese looks light brown (or until your desired preference). Then season with a bit of salt & pepper to taste.

Tips: For eating again throughout the week many people prefer to re-heat this in a toaster oven or oven instead of microwaving just for a “crispier” consistency. Depending on your time it’s okay to microwave as well the zucchini is just a bit soggy.

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 5 meats balls plus approx. 1 cup of zucchini slices (amount of zucchini will vary based on the size you used so just split evenly into 6 servings).**

Make sure your snacks are ready for the next several days. 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 – 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter

- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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 120) –1 handful (1/2 cup) of blueberries (approx. 40 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 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

Meal 4 - (Approx. 3 hours later, Approx. 230 calories) – 1 handful of almonds (approx. 160 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini 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 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 –Steel Cut Oat Cereal- Raspberry Almond Protein version (approx. 275-300 calories)- Re-heat 1 cup of prepared steel cut oats, after it is heated add in ¼ scoop protein powder, ¼-1/2 cup unsweetened almond milk, splash of vanilla and splash of almond extract. **Mix thoroughly and then add 1-2 handfuls of fresh raspberries and sprinkle zero calorie sweetener on top (to taste).**

Meal 2 - (Approx. 3 hours later, Approx. Calories 120) –1 handful (1/2 cup) of blueberries (approx. 40 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 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

Meal 4 - (Approx. 3 hours later, Approx. 230 calories) – 1 handful of almonds (approx. 160 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini 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 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 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 120) –1 handful (1/2 cup) of blueberries (approx. 40 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 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

Meal 4 - (Approx. 3 hours later, Approx. 230 calories) – 1 handful of almonds (approx. 160 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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- 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 OR Fish Tacos- 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. Also, fish tacos are also great. Many restaurants have the fish grilled instead of breaded or fried.
- 4) Chicken and Veggies - Just like above, most have a grilled chicken with vegetables as an option.

Grocery List for this week

*** Always check your cupboards to see if you still have some of these ingredients before shopping.**

Meat:

3 boneless, Skinless Chicken Breasts (they need to be about 8 oz. size, if you're buying thin ones then purchase 6 because we'll be cutting them in half horizontally)
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. of lean ground beef (or you can use ground turkey but I've never tried that substitution for the quinoa meatballs)

Vegetables:

1 large bag of spinach (fresh instead of frozen preferred)
2 tomatoes
2 ½ cups worth of red potatoes (You'll be cutting them into wedges. For me I'll just be getting a 1 lb. bag)
1 bag of mixed green salad (or you can just use the spinach this is just for the salad you make on Sunday)
1 medium red bell pepper (or use the red peppers in your mini bell pepper bag)
2 four oz. containers of mushrooms (one is for a recipe and the other is optional for omelet if you want to just buy one container)
8-9 zucchini (used in a couple recipes in the week including a main veggie recipe)
2 bags of sugar snap peas (you have one-two handfuls a day)
2 bags of mini bell peppers (You have about 5-6 every day for snacks)
1-2 carrots (you'll need ½ cup grated)
1 white or yellow onion (1/2 is for a dinner recipe and the other optional for your omelet)
**As a note I will be getting a large bag of spinach, mini bell peppers, and sugar snap peas from Costco. They sell it all there and it saves me money to buy in bulk.

Fruit:

1 banana
2 large containers of blueberries (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)
1 large container of raspberries (you'll use 1-2 handfuls in your steel cut oat breakfast- or you can use another berry of your choice like strawberries)
**As a note I get my blueberries and raspberries at Costco so I can save money.

Dairy and Eggs *Please note the cheese is optional for recipes so if you're dairy-free just OMIT from grocery list:

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- 18 count egg carton (you'll need this for the omelet, 2 for a dinner recipe and for hard boiled eggs as a snack)
1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)
1 small bag shredded mozzarella cheese (you'll need about 6 tablespoons worth)
1 small container of grated Parmesan cheese

Nuts, Oats & Seeds:

1 large bag of almonds
1 small package of steel cut oats (If Gluten-Intolerant make sure the bag says Gluten-Free which they all should be)
1 bag/package of Quinoa

Seasonings/Dressing/Sauces:

- 1 jar of pesto sauce (small jar should be fine you'll be using about 6-9 teaspoons worth)
- 1 small container dried Italian seasoning
- 1 container of ketchup
- 1 container of dried oregano
- 1 container of thyme
- 1 bulb of garlic (you'll need 2 TBSP worth of chopped garlic)
- 1 container of low sodium soy sauce (if you're gluten intolerant check the label as some soy sauces are not gluten free- you can use a soy sauce substitute if preferred)
- 1 small container garlic salt
- 1 small container of sea salt (you should have this already from previous weeks)
- 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)
- Cooking spray (I like the olive oil cooking spray)
- 1 container of salsa (optional for omelet)
- 1 small container of ground black pepper

Found in baking section:

- 1 box of sugar-free, fat free chocolate pudding mix (3.4 oz. size box (approx.) because you can use in future weeks any leftover. If you use chocolate protein powder you can omit this item)
- 1 box of sugar-free, fat free Butterscotch pudding mix (3.4 oz. size box (approx.))
- 1 small container vanilla extract
- 1 small container almond extract
- 1 small container of Xanthum Gum, optional (this just thickens the shakes and you only use a pinch so it lasts a LONG time)
- 1 small container of Truvia or Xylitol (or other zero calorie sweetener of your choice)

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.