

Phase 2 Meal Plan- Week 16 (Fat Loss, Gluten-Free, and Diabetic Friendly)

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

***Variety Plan- This plan has a lot more prep on Sunday then you're used to. For those that have gotten the hang of the clean eating and want to have more options/variety this is for you. If you're rather have simple and don't mind a lot of the same things each day then go back to a previous week.**

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 recipes you'll be eating for the next several days are Chicken Salad, Strawberry Overnight Oats and Egg Puffies. 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 Chicken Salad for dinner tonight and it'll take about 45 minutes- 1 hour of cooking, prepping along with another hour for the salad to chill, so just keep that in mind.

Chicken Salad, Servings: 4

Ingredients:

- 4 boneless, skinless chicken breasts (cooked and cut into cubes, see notes below for options on how to cook)
- 1/2 cup mayo (I like to use the brand that has Mayo with Olive Oil)
- 1/2 cup sour cream (light or regular)
- 1/2 Tablespoon Dill
- 1/2 teaspoon onion salt
- 3 Stalks of celery, chopped into small pieces
- 1 cup red seedless grapes, sliced in half
- 1 cup green seedless grapes, sliced in half

Directions: Pre-cook the chicken breasts. You can cook it however you'd like. I personally brought water to a boil and just threw in the breasts for about 30-35 minutes. I then let

them cool down and cut into cubes. In a bowl combine the mayo, sour cream, dill and onion salt and stir well. Then add in the grapes, celery and chicken. Mix thoroughly and let the mixture chill in the fridge for at least an hour before serving.

Tip: You can eat this several ways! Put it on a whole wheat bun or piece of bread, cut a cantaloupe in half and use it as a "bowl" to eat the mixture, place it over a salad of mixed greens or use romaine or butter lettuce to have chicken salad "wraps".

Approximate calories per serving (based on having it over salad or as lettuce wraps): 350-400 calories (varies a bit based on how much lettuce you use and if you use light sour cream or not).

***Some people like to separate their meal into the proper portion sizes and have it easier to grab on the go. It's too hard to put an exact amount because chicken breast sizes will be slightly different and since they are chopped into cubes it's hard to eye 1 chicken breast, which is your serving size. Personally, if you want to pre separate I'd just take a cup and 4 Tupperware containers and just do an even cup in all 4 and then another even cup and see where you're at (keeping doing an even serving in all 4 containers until it's gone) as a serving will probably be about 2- 2 ½ cups worth.**

I'll also be making a large batch of Strawberry Overnight Oats to have for breakfast some mornings. Cooking it in advance now and just separating into 4 breakfast servings to eat throughout the week.

Overnight Strawberry Protein Oats, Servings: 4

Ingredients:

- 2 cup unsweetened almond milk
- 1 banana, mashed up
- 10 strawberries, mashed up
- 10 strawberries, chopped/sliced (don't mash up these ones)
- 2 cup old fashioned oats (or gluten-free rolled oats)
- 1 scoop vanilla whey protein (I use an all natural isolate)
- 2-3 Tablespoons sugar-free, fat free Cheesecake pudding mix OR (1 teaspoon vanilla extract and 2-3 Tablespoons all natural zero calorie sweetener like Xylitol or Truvia)

Directions: Mash up the strawberries and the banana together in a bowl (you don't taste the banana much it is more for texture). In a separate bowl mix the almond milk, pudding mix (or substitute) and protein together. Then combine it with the berry mixture and 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. Heat it for 20-30 seconds in the microwave in the morning (upon serving) or eat it cold.

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

Approximate calories per serving: 275-300

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.

*****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 White Chocolate Raspberry Protein Shake and 1 handful of almonds (approx. 325 calories)

White Chocolate Raspberry Protein Shake, Servings: 1

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder (I use a vanilla whey isolate)
- 1 Tablespoon Sugar Free/Fat Free White Chocolate Pudding Mix
- 2 handfuls of raspberries (I used exactly 15)
- 1/4 teaspoon almond extract (you could always use less or omit, but this hint of almond really gives it such a great flavor)
- 2 – 3 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy! Optional: top with a bit of heavy whipping cream (no sugar).

Meal 2 - (Approx. 3 hours later, Approx. Calories 180) –1 apple (approx. 80 calories) with 1 Tablespoon natural peanut butter (or almond butter) (approx. 100 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. 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 5- (Approx. 3 hours later, Approx. 400 calories) – 1 Serving Chicken Salad over mixed greens or using Romaine or Butter Lettuce to have “chicken salad wraps”.

***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 –Overnight Strawberry Protein Oats (approx. 275-300 calories)- Re-heat 1 serving of overnight oats or eat cold.

Meal 2 - (Approx. 3 hours later, Approx. 200 calories) – 5-6 mini bell peppers (approx. 50 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories), 1 cup carrots (approx. 50 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 Serving Chicken Salad over mixed greens or using Romaine or Butter Lettuce to have “chicken salad wraps”.

Meal 4 - (Approx. 3 hours later, Approx. Calories 180) – 1 apple (approx. 80 calories) with 1 Tablespoon natural peanut butter (or almond butter) (approx. 100 calories).

Meal 5- (Approx. 275-300 calories) Egg Puffies- Re-heat 3-4 egg puffies (depending how many muffin it made, just use 1 of the 3 servings). You can top with salsa or hot sauce if you'd like.

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 –Overnight Strawberry Protein Oats (approx. 275-300 calories)- Re-heat 1 serving of overnight oats or eat cold.

Meal 2 - (Approx. 3 hours later, Approx. 200 calories) – 5-6 mini bell peppers (approx. 50 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories), 1 cup carrots (approx. 50 calories)

Meal 3 - (Approx. 275-300 calories) Egg Puffies- Re-heat 3-4 egg puffies (depending how many muffin it made, just use 1 of the 3 servings). You can top with salsa or hot sauce if you'd like.

Meal 4 - (Approx. 3 hours later, Approx. Calories 180) –1 apple (approx. 80 calories) with 1 Tablespoon natural peanut butter (or almond butter) (approx. 100 calories).

Meal 5- (Approx. 3 hours later, Approx. 400 calories) – 1 Serving Chicken Salad over mixed greens or using Romaine or Butter Lettuce to have “chicken salad wraps”.

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 –Overnight Strawberry Protein Oats (approx. 275-300 calories)- Re-heat 1 serving of overnight oats or eat cold.

Meal 2 - (Approx. 3 hours later, Approx. 200 calories) – 5-6 mini bell peppers (approx. 50 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories), 1 cup carrots (approx. 50 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 Serving Chicken Salad over mixed greens or using Romaine or Butter Lettuce to have “chicken salad wraps”.

Meal 4 - (Approx. 3 hours later, Approx. Calories 180) –1 apple (approx. 80 calories) with 1 Tablespoon natural peanut butter (or almond butter) (approx. 100 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 Chickpea and Avocado Salad (with chicken). Also, I'll get the rest of my snacks together and in bags or Tupperware.

Quinoa Chickpea and Avocado Salad (with chicken), Servings: 4

Ingredients:

- 2 boneless, skinless chicken breasts (cooked/grilled-see notes below)
- 1 cup quartered grape tomatoes
- 15 oz. can garbanzo beans, rinsed and drained
- 1 cup cooked quinoa (cook the quinoa based on instructions on back of bag)
- 2 tbsp. red onion, minced
- 2 tbsp. cilantro, minced
- 1 1/2 limes, juice of
- kosher salt and fresh pepper, to taste
- 1 cup diced cucumber
- 4 oz. diced avocado (1 medium hass)

Directions:

Chicken Prep- Take your 2 chicken breasts and season them with salt and pepper and grill outdoors or on the skillet indoors. You can cut into pieces or just cut in half. You'll be eating 1/2 a chicken breast for each meal/serving. You can mix the chicken breasts (in cubes) in with the salad to eat together or have it on the side. If you're eating it on the side to make it more flavorful you may want to use more seasoning like Mrs. Dash.

Quinoa Prep- Make sure to cook your quinoa by following directions on bag/container you purchased it in.

Salad prep- Combine all the ingredients except for avocado and cucumber, season with salt and pepper to taste. Keep refrigerated until ready to serve. Just before serving, add cucumber and avocado.

Serving size is approximately 1 1/4 cup of the salad mixture plus 1/2 of a chicken breast. Approximate calories per serving are 350-400 calories.

*Recipe from SkinnyTaste and altered to add in more protein grams and additional calories.

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.

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 –Overnight Strawberry Protein Oats (approx. 275-300 calories)- Re-heat 1 serving of overnight oats or eat cold.

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. 350-400 calories) – 1 serving of Quinoa Chickpea and Avocado Salad with Chicken.

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. 275-300 calories) Egg Puffies- Re-heat 3-4 egg puffies (depending how many muffin it made, just use 1 of the 3 servings). You can top with salsa or hot sauce if you'd like..

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 – 1 White Chocolate Raspberry Protein Shake and 1 handful of almonds (approx. 325 calories)

White Chocolate Raspberry Protein Shake, Servings: 1

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder (I use a vanilla whey isolate)
- 1 Tablespoon Sugar Free/Fat Free White Chocolate Pudding Mix
- 2 handfuls of raspberries (I used exactly 15)
- 1/4 teaspoon almond extract (you could always use less or omit, but this hint of almond really gives it such a great flavor)
- 2 – 3 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy! Optional: top with a bit of heavy whipping cream (no sugar).

Meal 2 - (Approx. 3 hours later, Approx. 200 calories) – 5-6 mini bell peppers (approx. 50 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories), 1 cup carrots (approx. 50 calories)

Meal 3 - (Approx. 3 hours later, Approx. 350-400 calories) – 1 serving of Quinoa Chickpea and Avocado Salad with Chicken.

Meal 4 - (Approx. 3 hours later, Approx. Calories 180) – 1 apple (approx. 80 calories) with 1 Tablespoon natural peanut butter (or almond butter) (approx. 100 calories).

Meal 5 - (Approx. 3 hours later, Approx. 350-400 calories) – 1 serving of Quinoa Chickpea and Avocado Salad with Chicken.

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 170) -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), 1 cup of carrots (approx. 50 calories).

Meal 3 - (Approx. 3 hours later, Approx. 350-400 calories) - 1 serving of Quinoa Chickpea and Avocado Salad with Chicken.

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!

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:

6 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)

1 small package of bacon (we prefer the nitrate-free bacon), optional (for egg puffies and/or omelet)

Vegetables:

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

3 stalks of celery

1 yellow or white onion

1 red onion

1 cucumber

1 avocado
1 small bunch of cilantro
1 small container of grape tomatoes
1 small container of mushrooms (optional for omelet and egg puffies)
1 bag of mixed green salad (or you can just use the spinach this is just for the salad you make on Sunday)
1 package of romaine or butter lettuce (this is for the Chicken Salad “wraps”. You could instead have your chicken salad over mixed greens it’s up to you)
1 medium red bell pepper (or use the red peppers in your mini bell pepper bag)
2 bags of sugar snap peas
2 bags of mini bell peppers
1 bag of mini carrots (or you can buy the larger ones and chop them up for the 1 cup of carrot snacks)
1 jalapeno (optional for omelet)
**As a note I will be getting a large bag of spinach, mini bell peppers, sugar snap peas, and romaine lettuce from Costco. They sell it all there and it saves me money to buy in bulk.

Fruit:

2 bananas
2 limes
5 apples (whatever kind is your favorite!)
1 small bag of red grapes
1 small bag of green grapes
1 large container of strawberries (you’ll need about 20 strawberries)
1-2 containers of raspberries
1-2 large containers of blueberries
**As a note I get my blueberries, raspberries and strawberries at Costco so I can save money.

Dairy and Eggs:

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)
2 dozen eggs (you’ll need this for the omelet, egg puffies and hard boiled eggs for snacks)
1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)
1 small container of sour cream (light or regular okay you’ll only use ½ cup)

Beans, Nuts, Oats & Seeds:

1 large bag of almonds
1- 15 oz. can garbanzo beans
1 small package of old fashioned oats or gluten-free rolled oat
1 bag/package of Quinoa

Seasonings/Dressing/Sauces:

1 container of mayo (I like the Kraft brand mayo with olive oil)
1 small container of dill
1 small container of onion salt
1 small container of Kosher salt (or use sea salt)
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)

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 Cheesecake pudding mix (3.4 oz. size box (approx.) because you can use in future weeks any leftover.)
1 box of sugar-free, fat free White Chocolate pudding mix (3.4 oz. size box (approx.))
1 small container almond extract
1 small container of Truvia or Xylitol (or other zero calorie sweetener of your choice), optional to sprinkle on overnight oats

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.