

**Phase 2 Week 17 Meal Plan & Grocery List
(Fat Loss, Gluten-Free, Dairy- Free and Diabetic Friendly)**

*****Grocery List is below Meal Plan**

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 Chinese Fried Rice. 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 Chinese Fried Rice for Dinner tonight and prep and cooking will be about 25-30 minutes. * Please note in the ingredients that you can choose to make this with either shrimp (which is what I’m doing) OR chicken (for those that don’t want shrimp).

Chinese Fried Rice, Servings: 7

Ingredients:

- 35-40 ounces fresh cauliflower (2 medium heads/bunches)
- Cooking oil (we like to use a bit of olive oil)
- 10 green onions, sliced and roughly separated into green and white
- 4 cloves garlic, minced
- Dash of ginger, optional
- 10 tablespoons soy sauce (I like to use low sodium)
- 10 drops of sesame oil, (optional-just a few drops to taste)
- 10 cups raw shrimp, peeled (you could use chicken instead or other meat of your choice)
- 10 eggs, beaten

Directions: ***You will probably just to separate and do two batches of this it’s a LOT. Grate the cauliflower using either the largest holes on a hand grater or the grating blade in a food

processor (or sometimes I just use my knife and chop finely, whatever is easiest). The results should resemble cooked white rice- hence the recipe's name. On medium-high, heat enough oil (we like to use a bit of olive oil) to cover the bottom of a wok or large skillet (just a few Tablespoons should do). Quickly stir-fry garlic and the white of the onions. Watch closely so as not to burn. Add the cauliflower; fry about 4 to 5 minutes, stirring constantly, until it begins to color a bit. Don't overcook or it will get mushy. Stir in the ginger, soy sauce, sesame oil, onion greens, and shrimp (or other meat of choice). Stir-fry until shrimp turn pink and are cooked through. Push the "rice" mixture to one side of the wok. Pour the eggs into the other side, scramble and cook until still moist. Mix the eggs into the "rice", breaking up any large chunks of egg. **Again, if you do not have a large enough Wok (this is a lot of food) you will have to do two batches to fit all the ingredients in just split recipe in half if needed to cook a double batch.**

Tip: This dish stores and reheats well. It also freezes and thaws well so it's a great one to cook in bulk and freeze.

Because the base of the recipe is Cauliflower this will also be the "vegetable" you are eating at lunch and dinner over the next several days. One meal, two purposes....gotta love that! ;)

I'll also be prepping breakfast for two days this week, you can prep it any time during the day you won't be using it until tomorrow morning:

Banana Overnight Protein Oats, Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1 banana
- 1 cup old fashioned oats (or gluten-free rolled oats)
- 1/2 scoop vanilla whey protein (I use an all natural isolate)
- 1/4-1/2 teaspoon cinnamon (I used 1/2 it was perfect in my opinion)
- 1/4 teaspoon vanilla extract
- 1 teaspoon zero calorie sweetener (I used Xylitol)

Directions: Mash up 1/2 of your banana in a bowl. Then add in all other ingredients except the other half of the banana. Mix all ingredients together thoroughly. Cut the rest of the 1/2 banana into small pieces and then mix in. Place the oats in a container (I use mason jars) to sit overnight in fridge and soak up all the liquids. Microwave before serving for 20-30 seconds or eat it cold in the morning.

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 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 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 raspberries and handful of blueberries (if you have some leftover from last week), 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. 400-500 calories) – 1 serving of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and 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 –(Approx. 300 calories)- 1 serving of Banana Protein Overnight Oats. Re-heat 1 serving. Feel free to sprinkle a bit more zero calorie sugar on top or add in some unsweetened almond or unsweetened coconut milk if you'd like it more like a cereal instead of an oatmeal.

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. 400-500 calories) – 1 serving of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and veggies).

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 of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and 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 –(Approx. 300 calories)- 1 serving of Banana Protein Overnight Oats. Re-heat 1 serving.

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. 400-500 calories) – 1 serving of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and veggies).

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 of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and 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 –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. 400-500 calories) – 1 serving of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and veggies).

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 of Chinese Fried Rice (about 2 ½ cups worth of the mixture which includes your meat/shrimp and 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.

******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 Meatloaf & Baked Brussel Sprouts with Bacon.** Also, I'll get the rest of my snacks together for the week and in bags or Tupperware.

Quinoa Meatloaf, Servings: 6

Ingredients:

- 1 pound lean ground beef or ground turkey (hormone-free meat is also preferred when

- possible)
- 2 eggs
 - 1/4 cup uncooked quinoa (you will cook it before using ingredient)
 - 1 medium onion
 - 3 garlic cloves
 - 1/2 of a large red bell pepper, chopped
 - 1 Tablespoon coconut oil or olive oil
 - 1 teaspoon Thyme
 - 1 teaspoon Rosemary
 - 1/4 teaspoon black pepper
 - 1 teaspoon salt

Directions: Cook quinoa as directed on the package and set aside. Preheat oven to 350 degrees F. Add onion, bell pepper and cloves to a food processor or chop them finely. Add cooked quinoa and all other ingredients (including the ones that you just chopped) to a large bowl and mix together. Grease a loaf pan with coconut oil or olive oil and then add the mixture to the pan. Bake for 1 hour (or until cooked). Cut in 6 even slices.

Baked Brussel Sprouts with Bacon, Servings: 6

Ingredients:

- 3 pounds of Brussel Sprouts (Chopped in half or in quarters, either way works)
- 3-4 Tablespoons of olive oil
- 2-3 Tablespoons of minced garlic (We love garlic so we use 3)
- 4 pieces of uncooked bacon, chopped into pieces (optional- just omit if you'd rather not eat the bacon)
- Sea salt to taste

Directions:

Preheat oven 350 degrees. Wash and chop up brussel sprouts in halves or in quarters and place in a large mixing bowl. Add olive oil, chopped bacon slices and minced garlic and mix thoroughly in with the brussel sprouts. Sprinkle sea salt (just a couple dashes-optional) on top and then mix again. Place the brussel sprouts on a baking sheet. Bake in oven for approximately 15-20 minutes, or until the brussel sprouts looks like it's getting crispy on top. Make sure the bacon looks cooked as well.

Tips: This is a great way to add flavor so your kids will eat their vegetables! You may need to do two cookie sheets worth this is a large batch so you can reheat for the meal plans throughout the week.

When I'm prepping my snacks today I'll also be cooking (either on the skillet or baking) the REST of the bacon I bought to have as a snack (replace for a 50 calorie item) or use in an omelet at the end of the week. This is again, optional. I usually add only one strip (which is about 40-50 calories) to any meal/recipe. I also seal this up and put in the fridge until I use it later.

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 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. 450 calories) – 1 serving/slice of Quinoa Meatloaf and 1 ½ cups of Baked Brussel Sprouts with Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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. 450 calories) – 1 serving/slice of Quinoa Meatloaf and 1 ½ cups of Baked Brussel Sprouts with Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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 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. 450 calories) – 1 serving/slice of Quinoa Meatloaf and 1 ½ cups of Baked Brussel Sprouts with Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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. 450 calories) – 1 serving/slice of Quinoa Meatloaf and 1 ½ cups of Baked Brussel Sprouts with Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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
- 1 strip of pre-cooked bacon chopped (optional- using since I have the bacon for the Brussel sprout recipe)

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, chopped bacon (optional) 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 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. 450 calories) – 1 serving/slice of Quinoa Meatloaf and 1 ½ cups of Baked Brussel Sprouts with Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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. 450 calories) – 1 serving/slice of Quinoa Meatloaf and 1 ½ cups of Baked Brussel Sprouts with Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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 cheese or 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), NO CHEESE. 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.
- 5) Or refer to the “fast food guide” listed under the recipe tab for more suggestions

Grocery List for this Meal Plan

*** Always check your cupboards to see if you still have some of these ingredients from last week!!!**

Meat:

1 lb. lean ground beef or ground turkey (for meatloaf recipe)

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 and substitute another meat or you probably have some leftover from last week if you bought some)

1 small package of bacon (uncured, reduced-sodium center cut bacon would be the best kind for you, but I'm okay with any brand/kind of bacon you choose since we won't be using it weekly).

5-6 lbs. of raw shrimp (I prefer to buy the bags where they are also already PEELED, but you can peel them yourself if you prefer) *You can replace with chicken instead, see meal plan for details on recipe. You'd need approx. 5 chicken breasts worth if you do this.

Vegetables:

- 1 large bag of spinach (fresh instead of frozen preferred)
 - 2 bunches/heads of cauliflower (Approx. 35-40 ounces)
 - 1 medium onion
 - 1 red bell pepper
 - 10 green onions
 - 2 bags of mini bell peppers (You have about 5-6 a day so depending on how many are in a bag you may need another bag)
 - 1 small bag of mixed green salad (or you can use fresh spinach)
 - 1-2 large bag of sugar snap peas (You'll have about 2 handful's worth daily so just depends on how big the bags are)
 - 3 pounds of brussel sprouts (you can substitute this for another veggies of your choice we're just baking them with garlic, olive oil and bacon)
- **As a note I will be getting a large bag of spinach, mini bell peppers, sugar snap peas and cauliflower from Costco. They sell it all there and it saves me money to buy in bulk.

Vegetables for Omelet (so if anything below you don't like then don't purchase it for the omelet):

- 1 onion (or you can use part of the white onion from the other recipe just leave a bit aside)
- 1 small box of mushrooms
- 1 jalapeno

Fruit:

- 2 bananas
 - 2 large containers of raspberries (or you'll want three small containers. You'll use about ½ cup every day)
- **As a note I get my raspberries at Costco so I can save money.

Milk 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)
- 18-count of eggs (10 for Chinese fried rice, 2 for meatloaf and another 3-4 will be for an omelet.)
- 1 small carton of egg white substitute (or you can just use more of the eggs)

Oats, Nuts & Seeds:

- 1 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 small bag of old fashioned oat, or gluten-free rolled oats (you'll only need 1 cup worth so you should have some from previous weeks)
- 1 small bag of quinoa (you'll only need ¼ cup worth if you have some from a previous week)

Seasonings/Dressing/Sauces:

- 1 large container of Hummus (I purchased the 32 oz. size from Costco called "Organic Pita Pal Hummus, Spicy Roasted Red Pepper.)
- 1 small container of Thyme
- 1 small container of Rosemary
- 1 small container black pepper

1 container of Olive Oil (You should have this from last week)
1 container of sea salt (you should have this from last week)
7 cloves of garlic (for Chinese Fried Rice and Meatloaf- you can use a conversion chart and use minced garlic if you prefer)
1 small container of minced garlic
1 container Natural Peanut Butter (you may have enough from previous weeks. Doesn't matter if it's 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 omelets)
1 small container of ginger (you'll only be using a dash you can omit if you prefer, I really like the flavor it adds personally)
1 container of soy sauce (Make sure if you're Gluten Intolerant that it says Gluten-Free on the bottle)
1 small container of sesame oil (I find this in Wal-Mart where they have a small Asian cooking section so any grocery store should have this.)

Found in baking section:

1 box of sugar-free, fat free Chocolate pudding mix (3.4 oz. size box (approx.) best and you may have some from previous weeks*OMIT IF YOU HAVE CHOCOLATE WHEY PROTEIN POWDER)
1 box of sugar-free, fat free Butterscotch pudding mix (3.4 oz. size box (approx.) best and you may have some from previous weeks)
1 small container Xanthum gum (Optional- this just makes your shakes thicker)
1 small container of cinnamon
1 small container of vanilla extract
1 small container zero calorie sweetener (we like Truvia or Xylitol)

Misc.:

1 large container of vanilla protein powder (I prefer a whey protein isolate)

** 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.