

Phase 2 Meal Plan- Week 5

***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
- 3 teaspoons grated parmesan cheese

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 also be hard-boiling ½ a dozen eggs to have as snacks throughout the week.**

***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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

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 (approx. 250-275 calories)- Re-heat 1 cup of prepared steel cut oats, after it is heated add in ½ of a banana (sliced), sprinkle cinnamon and zero calorie sweetener (I'll be using Truvia) on top. Mix and enjoy! ***Feel free to add in berries or chopped up apples instead or to omit the fruit and just use cinnamon and zero calorie sweetener. You can also add in a bit of unsweetened almond milk with some nuts if you'd like.**

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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

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 (approx. 250-275 calories)- Re-heat 1 cup of prepared steel cut oats, after it is heated add in ½ of a banana (sliced), sprinkle cinnamon and zero calorie sweetener (I'll be using Truvia) on top. Mix and enjoy! ***Feel free to add in berries or chopped up apples instead or to omit the fruit and just use cinnamon and zero calorie sweetener. You can also add in a bit of unsweetened almond milk with some nuts if you'd like.**

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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

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 Spaghetti with Ground Turkey and Vegetables. Also, I'll get the rest of my snacks together and in bags or Tupperware.

Spaghetti with Ground Turkey and Vegetables, Servings: 6

Ingredients:

- 1 lb. bag of Brown Rice Pasta (which is gluten-free for those that are intolerant)
- 1 lb. lean ground turkey
- 1 Jar pasta sauce (My jar is 25.5 oz. and is mia's kitchen authentic pasta sauce. Try to pick one that is low in sugar ours says 3 grams of sugar per ½ cup which will be one serving)
- 1 yellow onion, chopped
- 4 oz. of mushrooms, chopped or sliced

Directions:

Cook Brown Rice Pasta according to instructions on the bag and set aside.

In a saucepan cook the lean ground turkey until brown and cooked all the way through. Drain and rinse ground turkey and set aside. In another saucepan (or clean the one you used for ground turkey), use ½ tablespoon of olive oil or a bit of butter to sauté the mushrooms and onion. Once the mushrooms and onion is tender reduce heat to a simmer, pour ground turkey in pan and pour jar of pasta sauce in pan until sauce is warm.

*Make sure to separate the pasta into 6 approx. servings for your next meals and do the same with the sauce that contains the meat and veggies so that it lasts throughout the week.

Tip/Note: This is a great way to see what a healthy portion of pasta is. 2 oz. isn't a lot of pasta, which is your approximate serving size each meal. With the protein (ground turkey), veggies and sauce it should still be filling. If it's not, feel free to instead omit the pasta, double the ground turkey and sauce, and cook an additional vegetable dish (I think steamed green beans is a good one for this dish) and place the sauce mixture over a large plate of vegetables instead.

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)

Butterfingers 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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

Meal 3 - (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Spaghetti with Ground Turkey and Vegetables (Serving size varies which is why I recommended in the recipe to separate into 6 even servings).

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. 450-500 calories) – 1 serving of Spaghetti with Ground Turkey and Vegetables.

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 (approx. 250-275 calories)- Re-heat 1 cup of prepared steel cut oats, after it is heated add in ½ of a banana (sliced), sprinkle cinnamon and zero calorie sweetener (I'll be using Truvia) on top. Mix and enjoy! ***Feel free to add in berries or chopped up apples instead or to omit the fruit and just use cinnamon and zero calorie sweetener. You can also add in a bit of unsweetened almond milk with some nuts if you'd like.**

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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

Meal 3 - (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Spaghetti with Ground Turkey and Vegetables.

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. 450-500 calories) – 1 serving of Spaghetti with Ground Turkey and Vegetables.

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). * Every morning snack this week I'd like to be fruits and veggies. To give you the energy at this time of day and focus on less (natural) sugar at the end of the day. If you substitute this one for something else try to still make it fruit and veggies and save the protein and fats until the later snack as I do throughout this week.

Meal 3 - (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Spaghetti with Ground Turkey and Vegetables

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. 450-500 calories) – 1 serving of Spaghetti with Ground Turkey and Vegetables

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.

Phase 2 Week 5 Grocery List

*** 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)
1 lb. of lean ground turkey

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 (or you can purchase 1 large one and use 8 oz. for the recipes and remaining mushrooms for your omelet on Saturday)
1 zucchini
1-2 bags of sugar snap peas (you have about a handful a day)
2 bags of mini bell peppers (You have about 5-6 every day for snacks)
1-2 yellow onion (1 is for a dinner recipe and the other optional for your omelet)
1-2 bags of sugar snap peas (you'll have 1-2 handfuls almost every day this week)
**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:

3 bananas

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)

**As a note I get my blueberries at Costco so I can save money.

Dairy and Eggs:

1 container of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk for my shakes because it's low in calories and has no sugar)

1 dozen eggs (you'll only need this for the omelet and for 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

Oats & Rice:

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

1 lb. bag of Brown Rice Pasta (all brands should be gluten-free but if you're intolerant just check the labeling to make sure)

Nuts & Seeds:

1 large bag of almonds

Seasonings/Dressing/Sauces:

1 jar of pesto sauce (small jar should be fine you'll be using about 6-9 teaspoons worth)

1 jar of pasta sauce (We purchased a 25.5 oz. jar. Pick one with low sugar. We bought Mia's Kitchen brand)

1 small container dried Italian seasoning

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 pepper, optional (just to use to season the vegetables and chicken)

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 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 cinnamon

1 small container of Truvia (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.

***** Because I'm increasing our carbs this week I'm omitting the dessert of the week for this week. Don't worry, it'll be back next week! ;0)**

** 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.