

Phase 2 Meal Plan- Week 6

***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 Pepper Rings Rump Roast. 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 PLANS ON THE SITE.*****

You’ll be eating the Pepper Rings Roast for Dinner tonight and it’ll cook in the crockpot for about 6-7 hours so make sure to put it in early! The vegetables that go with the meal take about 15-20 minutes to bake.

Pepper Rings Rump Roast, Servings: 7

Ingredients:

- 3 pound rump roast (or whatever size fits comfortably into your crockpot. If you’d like to have more meat at your meal you can increase to the 4 lb. roast)
- 1 16 oz. jar of Pepper Rings, included the juice from the jar (I like the sliced kind and some people say they look like (or are) banana peppers. My jar says “Pepper Rings”, but sometimes my jar says pepperchinis. People say they are slightly different (pepperchinis versus banana peppers) but I’ve had clients make them with both kinds. The ones that use the sliced ones tend to like this recipe more. If you want to see a picture I have it under the recipe tab (under main entrees).

Directions: step 1- get your rump roast (thawed/not frozen) and place in crockpot. Step 2- pour a jar of pepper rings on top, including the juices. Step 3- cook on high 6-7 hours or until meat easily falls apart. I like to shred it and let the juices soak in more. Tastes great reheated because of all the juices. Between the peppers and the meat you should have approximately 7 cups worth. You’ll be eating a cup at each meal (if you have more than 7 cups because of the peppers go ahead and evenly divide 7 servings for your meals).

Baked Broccoli & Bacon, Servings: 7

Ingredients:

- 4 heads of broccoli (Approx. 12 cups worth of chopped up broccoli)
- 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 broccoli and place in a large mixing bowl. Add olive oil, chopped bacon slices and minced garlic and mix thoroughly in with the broccoli. Sprinkle sea salt (just a couple dashes-optional) on top of the broccoli and then mix again. Place the broccoli on a baking sheet. Bake in oven for approximately 15 minutes, or until the broccoli looks like it's getting bright green/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 broccoli! Also, we've used this same recipe with other vegetables such as Brussels sprouts and asparagus. Substitute any vegetable you prefer in place of broccoli (but the greener the vegetable the more nutrients you'll be getting). 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.

***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 approximately 1 cup of Pepper Rings Rump Roast with about 1¾ cup of baked broccoli with bacon. Since the size may vary a tad based on the size of the roast and veggies you'll want to just separate the dish evenly into 7 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.

***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 –Banana Cream Pie Protein Shake (approx. 225-250 calories)

Serving Size: 1

Ingredients:

- ½-3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about ½-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

Meal 2 - (Approx. 3 hours later, Approx. 220 calories) –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of cashews (approx. 160 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 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. 130 calories) – one 6 oz. container of non-fat plain Greek yogurt (approx. 100 calories) mixed with 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5- (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

***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. 60 calories) –2 handfuls of sugar snap peas (approx. 60 calories)

Meal 3 - (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

Meal 4 - (Approx. 3 hours later, Approx. 130 calories) – one 6 oz. container of non-fat plain Greek yogurt (approx. 100 calories) mixed with 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5- (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

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 –Banana Cream Pie Protein Shake (approx. 225-250 calories)

Serving Size: 1

Ingredients:

- ½-¾ cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about ½-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

Meal 2 - (Approx. 3 hours later, Approx. 60 calories) – 2 handfuls of sugar snap peas (approx. 60 calories)

Meal 3 - (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

Meal 4 - (Approx. 3 hours later, Approx. 130 calories) – one 6 oz. container of non-fat plain Greek yogurt (approx. 100 calories) mixed with 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5- (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

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. 60 calories) –2 handfuls of sugar snap peas (approx. 60 calories)

Meal 3 - (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

Meal 4 - (Approx. 3 hours later, Approx. 130 calories) – one 6 oz. container of non-fat plain Greek yogurt (approx. 100 calories) mixed with 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5- (Approx. 3 hours later, Approx. 500 calories) – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Baked Broccoli with Bacon).

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 Chicken Pizza and Balsamic Glazed Brussels Sprouts. Also, I'll get the rest of my snacks together and in bags or Tupperware.

Chicken Pizza, Servings: 6

Ingredients (read carefully as I list the amount for each chicken breast and then a total at the end of the line):

- 6 boneless, skinless chicken breast
- Dash of Italian Seasoning (on EACH chicken Breast)
- Dash of Garlic Powder (on EACH chicken Breast)
- Dash of Salt (on EACH chicken Breast)
- 1 Tablespoon Pizza Sauce (on EACH chicken Breast)
- 1/2 Ounce Pepperoni (on EACH chicken Breast) total 3 ounces pepperoni
- 1/2 Large Fresh Mushroom, Sliced Thin (on EACH chicken Breast) total 3 large mushrooms
- 1 Ounce Italian Sausage, Cooked and Crumbled (on EACH chicken Breast) total 6 oz. of sausage
- 2 Tablespoons Green Pepper, Minced (on EACH chicken Breast) total 12 Tbsp. of chopped green peppers
- 1 Tablespoon Red Onion, Minced (on EACH chicken Breast) total 6 Tbsp. of chopped red onions
- Optional: 6 oz. of cheese, shredded (cheddar, mozzarella, Mexican blend or whatever kind you'd like on your pizza), I just sprinkle a bit on top of each pizza before sticking it in the oven.

Directions: Pound the chicken as thin as possible without tearing the chicken apart. If you buy the large and thick chicken breasts (like from Costco) then it's sometimes easier to cut the chicken in half sideways (so you have two thin slices instead of having to pound the chicken out). Season both sides of the chicken breasts with the seasonings (garlic powder,

Italian seasoning and salt) and place it on a foil-lined baking sheet. Spread the pizza sauce on the top of the chicken. Then, top the chicken with the rest of the ingredients. Bake at 400 degrees for 10 minutes or until chicken is cooked all the way through.

Tips: We've made this recipe so many ways! You can get creative using any vegetable or meat toppings that you like. We've also used low-sugar bbq sauce or pesto sauce as a base instead of the pizza sauce to add variety and give a different flavor. Feel free to add or omit any vegetables and make this pizza just the way you (and/or your family) would like it! It can be fun to use several different sauces and toppings so when you eat it throughout the week you feel like you get more variety.

Balsamic Glazed Brussels Sprouts

Ingredients:

- 3 pounds Brussels Sprouts
- 1/2 cup Olive Oil
- Sea Salt (to taste)
- 3/4-1 cup Balsamic Vinegar
- 3 Tablespoons Truvia (or other zero calorie, all-natural sweetener of your choice)

Directions: Make sure the Brussels sprouts are clean. Cut the Brussels sprouts in half (you don't have to do this but you taste more of the glaze if you do, so I recommend it). Place Brussels sprouts in a bowl and pour in olive oil and some sea salt. Mix all together. Place the Brussels sprouts on two baking sheets. Bake at 375 degrees for 25 to 30 minutes, or until brown.

While they are baking on the oven you're going to make the glaze. Combine balsamic vinegar and Truvia (or other all natural sweetener) in a saucepan. Bring to a boil, then reduce to a medium-low heat and stir occasionally for about 15-20 minutes.

Once the Brussels sprouts are done baking we let them cool for just a minute and then throw them in a large bowl, pour the glaze on top and mix! Serve and enjoy!

TIP: The Brussels Sprouts taste great several days later even, as the glaze further soaks into them. My girls and husband like to eat them even cold. I prefer to always re-heat them.

***If you'd like to separate your portions out for the next few days it'll be 1 chicken pizza (or if you cut the breasts in half horizontally to make 2 pizzas from 1 breast then 2 pizzas would be 1 serving) plus approximately 2 cups of Balsamic Glazed Brussels Sprouts. Since portion sizes may vary based on the size of the meat or veggies you purchased just separate them evenly into 6 servings.**

Make sure your snacks are ready for the next several days. We seal/store our meat and vegetables in Tupperware containers so it stays fresh the rest of the week.

Day 5

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

***I always recommend eating breakfast (meal 1) within 30 minutes of waking up.**

Meal 1 –Banana Cream Pie Protein Shake (approx. 225-250 calories)

Serving Size: 1

Ingredients:

- ½-3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about ½-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

Meal 2 - (Approx. 3 hours later, Approx. 220 calories) –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of cashews (approx. 160 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 – 450 calories) – 1 chicken pizza with 1 serving (approx. 2 cups) of Balsamic Glazed Brussels Sprouts (or non-starchy vegetable of your choice if you want to substitute)

Meal 4 - (Approx. 3 hours later, Approx. 130 calories) – one 6 oz. container of non-fat plain Greek yogurt (approx. 100 calories) mixed with 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 – 450 calories) – 1 chicken pizza with 1 serving (approx. 2 cups) of Balsamic Glazed Brussels Sprouts (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 –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. 220 calories) –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of cashews (approx. 160 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 – 450 calories) – 1 chicken pizza with 1 serving (approx. 2 cups) of Balsamic Glazed Brussels Sprouts (or non-starchy vegetable of your choice if you want to substitute)

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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
- Optional: strip of cooked bacon

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 (and bacon if you're adding it), 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. 220 calories) – 2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of cashews (approx. 160 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 – 450 calories) – 1 chicken pizza with 1 serving (approx. 2 cups) of Balsamic Glazed Brussels Sprouts (or non-starchy vegetable of your choice if you want to substitute)

Meal 4 - (Approx. 3 hours later, Approx. 130 calories) – one 6 oz. container of non-fat plain Greek yogurt (approx. 100 calories) mixed with 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 – 450 calories) – 1 chicken pizza with 1 serving (approx. 2 cups) of Balsamic Glazed Brussels Sprouts (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- 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 6 Grocery List

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

Meat:

3 pound rump roast

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 package of bacon (we like to buy nitrate free. You are welcome to purchase turkey bacon if you prefer)

3 ounces sliced pepperoni (optional: pizza topping)

6 ounces Italian sausage (optional: pizza topping)

Vegetables:

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

4 heads of broccoli (Approx. 12 cups worth, chopped)

3 lbs. of Brussels Sprouts

1 bag of mixed green salad (or you can just use the spinach this is just for the salad you make on Sunday)

2-3 bags of sugar snap peas (you have 2 handfuls a day)

1 small container of mushrooms (for omelets and chicken pizza)

2 green peppers (optional: pizza topping, or other pepper of your choice)

1 red onion (optional: pizza topping, you can use leftover for your omelet too)

**As a note I will be getting a large bag of spinach, Brussels sprouts, 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 raspberries (or you’ll want three small containers. You’ll use about ½ cup every day. You are welcome to substitute this with ANY berry of your choosing)

**As a note I get my raspberries 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)

1/2 dozen eggs (you'll only need this for the omelet so you may have some leftover)

1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)

7 -six oz. containers of non-fat plain Greek yogurt (You can instead purchase a larger tub and just measure out the servings I'm buying the individual cups for convenience. I am using Chobani brand because it's lower in sugar but feel free to use whatever brand you want)

6-8 oz. of shredded cheese (optional: for your chicken pizza, any cheese you prefer on your pizza)

Oats & Rice:

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

Nuts & Seeds:

1 bag of cashews (unsalted or salted, I am fine with either)

Seasonings/Dressing/Sauces:

1 sixteen (16) oz. jar of Pepper Rings (some people say their jar says pepperchinis but mine says pepper rings and they are yellow and sliced. People have used both kinds and say they turn out delicious but you can see a photo of what I used under recipes on the website)

1 small container of minced garlic

1 small container of Italian seasoning

1 small container of garlic powder

1 small jar of pizza sauce (we just find one low in sugar)

1 small container of sea salt

1 container of Olive Oil

1 small container of balsamic vinegar

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)

Found in baking section:

1 box of sugar-free, fat free banana cream pudding mix (3.4 oz. size box (approx.) because you can use in future weeks any leftover.)

1 box of sugar-free, fat free French Vanilla pudding mix (3.4 oz. size box (approx.), regular vanilla is a fine substitute if needed)

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).

** 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.

*** Feel free to look under the Dessert tab under recipes to add in a cheat clean dessert for the week as well!