

Phase 2 Meal Plan- Week 7

***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 Quick, Easy and Healthy Chili. 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 Quick, Easy and Healthy Chili for Dinner tonight and it’s a fast to prepare so you only need about 10-15 minutes!

Quick, Easy and Healthy Chili, Servings: 7

Ingredients:

- 2 lbs. lean ground beef (or turkey if you prefer)
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1 tsp. ground cayenne (optional)
- 1 tsp. garlic powder
- 1 cup salsa (whatever brand you prefer)
- Sea salt and pepper, to taste
- Toppings (Optional) See below Directions

Directions: In a sauce pan place the ground beef and toss on top all the spices. Mix the spices and meat together while the meat is cooking. Once the meat is cooked (not pink) then drain the grease. Don’t rinse it because I don’t want too much of the seasonings to wash away. Put the meat back on the stove then turn down the heat to a simmer and add the salsa. Let it simmer for about 5-7 minutes with the salsa.

Toppings: In a bowl top your chili with these ingredients (or others that you prefer). I use 1/8 to 1/4 cup of each ingredient: shredded lettuce, red onion, cilantro, avocado (I use 1/8-1/4 of the avocado), shredded cheese (just a small handful), corn, chopped peppers and a tablespoon of sour cream. Load those veggies and toppings so you'll be full! As a rule of thumb don't over do it on the avocado, cheese or sour cream. But use as many veggies as you need to get full.

Calories will vary based on the toppings you use and quantity, but will be approximately 450-500 calories. The meat is only about 250-275 calories so you get another bulk of the calories from the toppings.

*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 3/4 cup of Chili. I'll go ahead and chop up all the veggies I'll be loading on top of the chili to eat...it's a lot of toppings so I'll just have them ready to go for the week (but have them separate from the meat until it's time to eat/serve). You're welcome to chop them fresh each day before you eat your meal too.

I'm also going to hard-boil 4 eggs today to have for snacks throughout the week. I have 1 listed every other day but you could instead omit and have a handful of sunflower seeds instead.

***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 –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!

Tips: If you put the spinach in the freezer you won't have to worry about it going bad (wilting) before you use it! Also, if you peel and then freeze the bananas you won't need as much ice.

Meal 2 - (Approx. 3 hours later, Approx. Calories 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey & Berry Salad- Two cups worth of spinach or mixed greens, 3 pieces of turkey lunch meat (cut or torn into small pieces or use leftover meat from previous week), handful of blackberries (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. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5- (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

***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 – 1 Pumpkin Pie Protein Shake (approx. 275 calories)

Pumpkin Pie Protein Shake, Servings: 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1 banana
- 1 scoop vanilla protein powder
- 1/4 cup canned pumpkin puree
- 1/8 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla
- 1 packet sugar substitute (such as Truvia or Stevia)
- 3 handfuls 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 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

Meal 4 - (Approx. 3 hours later, Approx. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 handful of sunflower seeds (approx. 70 calories)

Meal 5- (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

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 –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 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

Meal 4 - (Approx. 3 hours later, Approx. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5- (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

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***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 – 1 Pumpkin Pie Protein Shake (approx. 275 calories)

Pumpkin Pie Protein Shake, Servings: 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1 banana
- 1 scoop vanilla protein powder
- 1/4 cup canned pumpkin puree
- 1/8 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla
- 1 packet sugar substitute (such as Truvia or Stevia)
- 3 handfuls 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 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

Meal 4 - (Approx. 3 hours later, Approx. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 handful of sunflower seeds (approx. 70 calories)

Meal 5- (Approx. 3 hours later, Approx. 450-500 calories) – 1 serving of Chili loaded with all of the toppings!

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 Thai Chicken Curry with Broccoli. Also, I'll get the rest of my snacks together and in bags or Tupperware.

Thai Chicken Curry with Broccoli, Servings: 6

Ingredients:

- 3 lbs. of chicken tenders (just regular chicken, non-breaded), sliced into thin strips

- 1½-2 lbs. of broccoli (Almost 2 bunches worth about 6-8 cups chopped is on average what comes out after you discard the stalks. I use more broccoli than the norm to get our veggie servings in!)
- 1 Tablespoon Olive Oil
- 1-3 Tablespoons red Thai Curry Paste (1 Tablespoon if you don't like things really spicy, 2 is average and 3 if you like a "kick" like I do!)
- 1 teaspoon Chili Paste (also called sambal oelek). **Optional- I've made it without it and it's still very good; you could also add a couple dashes of red pepper flakes instead.**
- 1 clove garlic, minced
- 1 Tablespoon fresh ginger, grated
- 2-3 Tablespoons butter
- 3 Tablespoons natural peanut butter
- 13.5 oz. can of coconut milk
- 1 ½ teaspoons lime juice
- 4 green onions
- 2 Tablespoons zero calorie sweetener (Truvia, Xylitol, etc.)
- 1 Tablespoon soy sauce (if you're Gluten-Free make sure it's certified gluten free soy sauce)

Directions:

Chop the broccoli and use all but the stalks (discard stalks). You can steam, microwave or grill the broccoli on the skillet. If you're microwaving you put it in a microwavable casserole dish with about 1 ½ tablespoons of water and cook on high 2-3 minutes (drain and set aside). I like to instead cook them on a skillet. I use about ½ tablespoon of olive oil or coconut oil and then just cook the broccoli until it's cooked through. Set it aside once it's cooked.

Put the olive oil, curry paste and chili paste (sambal) in a wok don't turn it on yet.

In a medium bowl whisk together the coconut milk and peanut butter until well blended. Then whisk in the soy sauce and zero calorie sweetener (truvia); set aside. Have all the other ingredients prepped near the stove.

Turn the stove on medium heat and cook and stir the curry paste about a minute. Add the garlic, ginger and chicken (make sure the chicken is sliced into thin strips so it'll cook all the way through). Cook and stir until the chicken is no longer translucent (starting to turn white on the outside because it's practically cooked), but not completely cooked. Add the peanut butter/coconut milk mixture and bring it to a simmer. Simmer uncovered 10 minutes, stirring it occasionally.

Then stir in the lime-juice and the cooked broccoli. Cook for another few minutes until the broccoli is hot and chicken is fully cooked (I like to take out one piece and put it on a plate and then cut it to make sure the chicken is fully cooked).

Approximate calories per serving: 425-450

Original Recipe: http://www.genaw.com/lowcarb/thai_peanut_chicken_curry.html

***I find it convenient to separate the meal into 6 equal servings. Serving sizes will vary based on how much chicken and broccoli you actually have.**

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 –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 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 425-450 calories) – 1 serving of Thai Chicken and Broccoli.

Meal 4 - (Approx. 3 hours later, Approx. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5 - (Approx. 3 hours later, Approx. 425-450 calories) – 1 serving of Thai Chicken and Broccoli.

Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal. Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

***If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

Day 6

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

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

Meal 1 – 1 Pumpkin Pie Protein Shake (approx. 275 calories)

Pumpkin Pie Protein Shake, Servings: 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1 banana
- 1 scoop vanilla protein powder
- 1/4 cup canned pumpkin puree
- 1/8 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla
- 1 packet sugar substitute (such as Truvia or Stevia)
- 3 handfuls 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 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 – (Approx. 3 hours later, Approx. 425-450 calories) – 1 serving of Thai Chicken and Broccoli.

Meal 4 - (Approx. 3 hours later, Approx. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 handful of sunflower seeds (approx. 70 calories)

Meal 5 - (Approx. 3 hours later, Approx. 425-450 calories) – 1 serving of Thai Chicken and Broccoli.

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 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blackberries (approx. 30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 425-450 calories) – 1 serving of Thai Chicken and Broccoli.

Meal 4 - (Approx. 3 hours later, Approx. 100 calories) – 1 handful of sugar snap peas (approx. 30 calories), 1 hard-boiled egg (approx. 70 calories)

Meal 5 - (Approx. 3 hours later, Approx. 425-450 calories) – 1 serving of Thai Chicken and Broccoli.

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 7 Grocery List

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

Meat:

2 lbs. lean ground beef (or you could use ground turkey instead)
3 lbs. of chicken tenders (just thin-sliced chicken, non-breaded)
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)

Vegetables:

1 large bag of spinach (fresh instead of frozen preferred)
1 ½ -2 lbs. of broccoli (A few bunches worth, Approx. 6-8 cups worth, chopped)
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 mini bell peppers (you have about 6 of them daily)
2 bags of sugar snap peas (you have 1 handful a day)
4 green onions
1 small container of mushrooms (optional for your omelet)
1 small jalapeno (optional for omelet)

**As a note I will be getting a large bag of spinach, mini bell peppers, broccoli and sugar snap peas from Costco. They sell it all there and it saves me money to buy in bulk.

Toppings for your Chili in the veggie section (toppings are optional, use the toppings that you'd like. See recipe for approx. amount I use on each servings):

- 1 head of lettuce
- 1 red onion
- 1 small bunch of cilantro
- 2 avocados (I'll use a bit on my omelet as well)
- 2 bell peppers of your choice (or use the mini bell peppers)
- 1 can of corn

Fruit:

- 5 bananas
 - 2 large containers of blackberries (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 blackberries at Costco so I can save money.

Dairy and Eggs:

- 1-2 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)
- 1 dozen eggs (4 hard-boiled for snacks, and the rest you'll only need for the omelet)
- 1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)
- 1 small container of butter (optional, you'll use 2-3 Tablespoons worth in one of the recipes)

Toppings for your Chili in the dairy section (toppings are optional, use the toppings that you'd like. See recipe for approx. amount I use on each servings):

- 1 small bag of shredded cheese
- 1 small container of sour cream

Nuts & Seeds:

- 1 bag of sunflower seeds (I like to use the ones with shells already removed)

Seasonings/Dressing/Sauces:

***If you want it to be easier you could always purchase a Thai curry sauce to use instead of making it fresh. If you do this you'll remove many of the ingredients so review the recipe and cross it off your grocery list.**

- 1 small container of Thai Curry Paste
- 1 small container of chili paste (also called sambal)
- 1 clove garlic
- Fresh ginger (or you could use a bit in a jar if you can't find it fresh)
- 13.5 oz. can of coconut milk
- 1 small container of lime juice
- 1 small container of soy sauce (if you're gluten-intolerant then make sure it's listed as gluten-free)
- 1 small container of ground cumin
- 1 small container of coriander
- 1 small container of ground cayenne
- 1 small container of garlic powder
- 1 container of your favorite salsa (you don't need a lot just about a cup, plus whatever you want to use for omelets)
- 1 small container of sea salt

1 small container of pepper (optional for seasoning your meals)
1 container of Olive Oil
1 container Natural Peanut Butter (**chunky or creamy, for the meal this week creamy has a better consistency but both work**)
1 oil-based dressing (for salad- I recommend since it's a berry salad to use a raspberry vinaigrette)

Found in baking section:

1 can of pumpkin puree
1 small container of nutmeg
2 small container of vanilla extract
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!