

Phase 2 Week 9 Meal Plan & Grocery List
*****Grocery List is below Meal Plan**

READ FIRST: Around week 12 (which you just finished up) I've found my clients sometimes reach a plateau. You may be tired, stressed, lacking motivation, unsure if you're doing a good enough job, etc.

A lot of times our bodies hit a plateau as well even if we are eating pretty healthy and exercising. So every 12 weeks approximately I do another "jump-start". This means that you'll be following plans like weeks 1-4 that have no dairy, gluten or sugar. This is about doing the best you can. We aren't always perfect but just pushing yourself a little more each week can result in BIG changes over time. So are you ready for this??? Make sure to nod your head up and down right now... ;0)

Sunday, Day 1-

Sunday is a "prep" day in our house. This is when I get all of my snacks together and ready for the next several days (through Wednesday night). I put my snacks in Tupperware or plastic bags so that one: I don't over-eat by having an open container (say of cashews) near me, and two: I can grab it on the go if needed. I also cut up and cook my vegetables for the next several days. The main meat recipe you'll be eating for the next several days is Artichoke & Sun-Dried Tomato Crockpot Chicken. If you didn't already start the crockpot last night start it first thing this morning so you can use the chicken for dinner tonight. I prep and cook in bulk (normally takes me 1-2 hours depending on the recipe and snacks) so that I save time and money and so that weekday nights when I'm exhausted I don't have to spend time cooking (this is why people fall into the fast-food trap). I recommend prepping your food & snacks like I do, but if you don't like leftovers go ahead and tailor the meal plan to fit your needs.

*****ALSO, IT IS OKAY IF YOU ARE STARTING ON A DAY OTHER THEN SUNDAY. THE ONLY DIFFERENCE IT MAKES IS WHEN YOU PREP YOUR MEALS IN BULK SINCE I ALWAYS PREP ON SUNDAY (LISTED AS DAY 1) AND WEDNESDAY (LISTED AS DAY 4). ALSO, PLEASE NOTE THAT MEAL 6 ON THE DAILY PLAN IS FOR THE DAYS YOU WORKOUT. SO DEPENDING ON WHAT DAYS YOU WORK OUT MAKE SURE TO REMOVE OR ADD IT INTO YOUR PLAN. I HAVE IT LISTED ON THE DAYS I WORKOUT BASED ON STARTING THE MEAL PLANS ON A SUNDAY AND WORKING OUT MONDAY-FRIDAY AS LISTED ON MY WORKOUT PLANS ON THE SITE.*****

Artichoke & Sun-dried Tomato Crockpot Chicken, Servings: 7

Ingredients:

- 7 large boneless, skinless chicken breasts
- 1 Large 33 oz. Jar of Artichoke hearts with the juice
- 16 oz. (1/2 of the large 32 oz. Jar) of Sun-Dried Tomatoes with the juice

Directions:

Place thawed, but uncooked chicken breasts into a crockpot. Pour entire jar of artichokes including the juice into the crockpot on top of the chicken. Pour approximately 1/2 of the sun-dried tomato jar and 1/2 the juice onto the top of that. Put on the lid and cook on high for approximately 4-6 hours (or until chicken is fully cooked).

Tips: We purchase the large jars from Costco. You can use smaller jars; you'll just need to use more of them. You can also start this recipe in the morning and cook on low for 6-8 hours so it's perfect timing for dinner. We've noticed because of all the juices it saves and re-heats well.

Vegetables for tonight through next 4 nights:

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.

*Also, 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 perfect 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 240) –1 handful of cashews (approx. 160 calories), 5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 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), handful of blueberries (if you have some leftover from last week) and handful of raspberries, 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. 170 calories) – 1 handful of sugar snap peas (approx. 30 calories), 2 hard-boiled eggs (approx. 140 calories)

Meal 5 (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Artichoke & Sundried Tomato Chicken (If you shredded the chicken afterward this is approx. 1 1/2 cups worth. If you left the breast intact it would be 1 chicken breast plus another ½ cup of the artichoke and sun-dried tomato toppings) with 2 cups of Balsamic Glazed Brussels Sprouts (or non-starchy vegetable of your choice if you want to substitute)

***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 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 240) – 1 handful of cashews (approx. 160 calories), 5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Artichoke & Sundried Tomato Chicken (If you shredded the chicken afterward this is approx. 1 1/2 cups worth. If you left the breast intact it would be 1 chicken breast plus another 1/2 cup of the artichoke and sun-dried tomato toppings) with 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. 170 calories) – 1 handful of sugar snap peas (approx. 30 calories), 2 hard-boiled eggs (approx. 140 calories)

Meal 5 -(Approx. 3 hours later, Approx. 400 calories) – 1 serving of Artichoke & Sundried Tomato Chicken with 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. IF YOU ARE A BEGINNER AND ONLY DOING THE STRETCHING AND CORE EXERCISES YOU ARE WELCOME TO SKIP THIS MEAL (meal 6) ALL WEEK. Consume as follows:** 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 240) –1 handful of cashews (approx. 160 calories), 5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Artichoke & Sundried Tomato Chicken (If you shredded the chicken afterward this is approx. 1 1/2 cups worth. If you left the breast intact it would be 1 chicken breast plus another ½ cup of the artichoke and sun-dried tomato toppings) with 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. 170 calories) – 1 handful of sugar snap peas (approx. 30 calories), 2 hard-boiled eggs (approx. 140 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Artichoke & Sundried Tomato Chicken with 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 4

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

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

Meal 1 –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

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

Meal 2- (Approx. 3 hours later, Approx. 170 calories) – 1 handful of sugar snap peas (approx. 30 calories), 2 hard-boiled eggs (approx. 140 calories)

Meal 3 - (Approx. 3 hours later) – Artichoke & Sundried Tomato Chicken Salad- 2 Cups of Spinach or Mixed Greens topped with 1 serving of Artichoke & Sundried tomato Chicken.

Add chopped up mini bell peppers or other vegetables you choose. 1 extra Tablespoon of balsamic dressing (or another oil-based salad dressing of your choice). *When I eat it this way I like my chicken cold versus when I eat it plain with the vegetables I re-heat it.

Meal 4 - (Approx. 3 hours later, Approx. Calories 240) –1 handful of cashews (approx. 160 calories), 5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 5 - (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Artichoke & Sundried Tomato Chicken with 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.

******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 Lean Turkey Burgers & Red Cabbage Salad (you can prepare a different vegetable of your choosing if you don't like red cabbage, but even my kids like it prepared this way). Also, I'll get the rest of my snacks together and in bags or Tupperware.

Lean Turkey Burgers, Servings: Make 12 large patties and 2 patties will be 1 serving (so 6 meals)

Ingredients:

- - 3 lbs. Lean Ground Turkey Meat
- - 3 Tbsp. Honey Dijon Mustard
- - 1 Red Onion (Chopped)
- - 3 Tbsp. Minced Garlic
- - Olive Oil

Directions:

Place the turkey meat into a large mixing bowl. Chop the red onion into fine small pieces and add to the mixing bowl. Then add the mustard and the garlic. With your hands (wash them first!) mix all the ingredients together until well mixed. Then form into patties. Lightly drizzle each patty with olive oil and place on a medium heat pan. Cook both sides until well cooked (not pink).

Red Cabbage Salad, Servings: 6

Ingredients:

- 2 cups red wine vinegar
- 1 cup olive oil
- 2 Tbsp. minced garlic
- 3 Tbsp. Truvia (or other sweetener of your choosing such as Stevia, or even real sugar if you prefer)
- 1 Tbsp. salt
- 1 red cabbage, shredded

Directions: Cut up the red cabbage into small bite size pieces. Add in the rest of the ingredients and refrigerate. Continue to mix every 3 hours. Afterward you can serve right away but it tastes best if it's sat for a few hours.

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 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 raspberries (approx. 25-30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 500 calories) – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. *Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

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. 500 calories) – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad.

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

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

Day 6

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

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

Meal 1 –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

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

Meal 2 - (Approx. 3 hours later, Approx. Calories 80) –6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of raspberries (approx. 25-30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 500 calories) – 2 Lean Turkey Burger and 2 cups of Red Cabbage 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. 500 calories) – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad.

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 raspberries (approx. 25-30 calories)

Meal 3 - (Approx. 3 hours later, Approx. 500 calories) – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. *Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

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. 500 calories) – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad.

OR

“CHEAT CLEAN” MEAL- I believe in having a small break each week to make sure a nutrition plan isn't too restrictive as you are getting started. Plus, many people like to go out and be social with friends, family or your spouse. This does NOT look like a whole pizza you're eating. Here are your options for a suggested “CHEAT CLEAN” meal (staying within 600 calories) or you can do a bit of research and find a healthier option where you're eating out on your own.

Options for a “cheat clean” meal:

- 1) Pick a salad at any restaurant- No cheese or croutons, dressing on the side (choose an oil-based one and try to only use 1-2 tablespoons).
- 2) Hamburger - ORDER IT “PROTEIN STYLE” (meaning no bun, even fast food restaurants like Carl's Jr. will do this for you), NO CHEESE. Any toppings you want. NO FRIES, NO SODA peeps (I'm nice, but I want you to still see results!)
- 3) Fish and Veggies- Most restaurants have the option to get fish and you can ask for only vegetables on the side. Almost any food chain I've been to have this option.
- 4) Chicken and Veggies - Just like above most have a grilled chicken with vegetable option.

Grocery List for this Meal Plan

Meat:

7 boneless, skinless chicken breasts

1 package Turkey Breast Lunch Meat (You will only be using a few slices of this or you can also use it as a snack substitute or throw it in your eggs as well. If you want to omit this from your meal plan on the day you have a turkey & berry salad you are free to do that)

3 lbs. of Lean Ground Turkey Meat

Vegetables:

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

3 lbs. of Brussels Sprouts

2 bags of mini bell peppers (You have about 5-6 a day so depending on how many are in a bag you may need another bag)

1 bag of mixed greens (for salads)

1 large bag of sugar snap peas
1 red onion
1 red cabbage

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

1 onion
1 small box of mushrooms
1 bell pepper
1 jalapeno

Fruit:

4 bananas
2 large containers of raspberries (or you'll want three small containers. You'll use about ½ cup every day)

Milk and Eggs:

2 containers of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk for my shakes because it's low in calories and has no sugar)
1 dozen eggs (If you are male you'll probably want to get 2 dozen or 18-count container to have as snacks since you need to add 300 extra calories a day. See notes in meal plan for more details)
1 small carton of egg white substitute (or you can just use more of the eggs)

Nuts & Seeds:

1 large bag of cashews (you can have salted or unsalted, I'm not a stickler about that)

Seasonings/Dressing/Sauces:

1 Large 33 oz. Jar of Artichoke hearts (with the juice)
1- 16 oz. (1/2 of the large 32 oz. Jar) of Sun-Dried Tomatoes
1 container of Olive Oil
1 container of sea salt
1 container Balsamic Vinegar
1 container of Honey Dijon Mustard
1 container Natural Peanut Butter (Chunky or Creamy it doesn't matter)
1 oil-based dressing (for salads- I recommend since it's a berry salad to use a raspberry vinaigrette)
1 container of minced garlic
1 container of red wine vinegar
1 small container of salsa

Found in baking section:

1 container of Truvia (or other zero calorie sweetener of your choice such as Xylitol, Stevia, etc.)
1 large can of pumpkin puree
1 small container nutmeg
1 small container of cinnamon
1 small container of vanilla extract

Misc.:

1 large container of vanilla protein powder (I prefer a whey protein isolate). If you have chocolate protein powder then you won't be able to use the Pumpkin Pie Protein shake this week. Just substitute for Butterfinger shake (recipe is listed on the recipe tab on this website) or go get a container of vanilla protein. If you substitute the Butterfinger shake for the pumpkin protein you will NOT need (canned pumpkin puree, nutmeg, cinnamon and vanilla extract).

**** 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.**