

Phase 3 Week 1 Meal Plan & Grocery List

Fat Loss, Dairy-Free, Gluten-Free & Diabetic Friendly- Make sure to read notes on alternative products to stay within this guideline. Example: Purchasing Gluten-Free bread instead of whole wheat bread

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

Phase 3 will be dedicated to breaking through the plateaus. Often as we lose the weight and get closer to our goals (or if we've been doing the same type of plan for too long) we have hit a wall/plateau. This meal plan will mostly change up your macros (protein, carb and fat split) to shake things up in your body. Mostly focusing on lower calorie and low carb mixed with higher calorie and higher carb. You are welcome to go back to any previous week instead, as all the plans are designed to improve your health and lose fat.

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 WEEK (one prep night instead of two). 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. The main meat recipe you'll be eating for the week is Salsa Chicken. I prep and cook in bulk (normally takes me 2 hours depending on the recipe and snacks) so that I save time and money and so that weekday nights when I'm exhausted I don't have to spend time cooking (this is why people fall into the fast-food trap). I recommend prepping your food & snacks like I do but if you don't like leftovers go ahead and tailor the meal plan to fit your needs.

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

You'll be eating the Salsa Chicken for Dinner tonight and prep and cooking will be about 6-8 hours in the crockpot (or you could always Bake it in a 9 x 13 pan you'll just sprinkle with taco seasoning and cover each piece of chicken with salsa but you don't use the whole jar of salsa like the crockpot recipe and bake at 350 degrees for about 60 minutes or until chicken is fully cooked).

Salsa Chicken, Servings: 6

Ingredients:

- 6 Chicken breasts

- 16 oz. jar of your favorite salsa
- 1/2 package Taco Seasoning

Directions: De-thaw the chicken if needed. Trim off excess fat from the chicken. Rinse chicken and place chicken in crockpot. Sprinkle 1/2 package of taco seasoning onto chicken. Pour salsa over chicken. Cook on low in crock-pot 6 to 8 hours. You can leave chicken breasts whole or shred it while in crockpot and then let it cool for a bit. By shredding and letting it sit in there for a bit it'll soak up the juices and be moister throughout the next few days.

Sautéed Yellow Squash, Servings: 4

Ingredients:

- 3-4 Yellow Squash
- 4 Tablespoons Olive Oil
- Sea Salt, to taste

Directions: This is a really just a simple recipe and if you prefer you could instead quickly sautéed them fresh each night you are eating them instead of cooking and re-heating in advance. To make it easier you could just slice them and have them ready to sauté.

If you're cooking in advance you'll slice all of the summer squash. You'll want about 4 cups worth and so depending on the size of your yellow squash you may get more than 4 cups and that's okay just split into 4 even servings afterward. You'll pour the olive oil (1 Tablespoon per cup of squash) in a skillet over medium heat and cook until the squash are slightly brown (or cooked until your desired consistency). Then top with a bit of sea salt to taste.

LUNCH PREP- You'll also be grilling/cooking 3 chicken breasts to have on your salad on days 2, 4 and 5. You can bake or grill them (outdoors or on an indoor skillet). It's completely up to you. I'm going to take my chicken breasts, cut off excess fat, sprinkle with a bit of Mrs. Dash and then cook on the skillet or grill until cooked all the way through (no pink in the middle). Then store it in Tupperware containers to use on your salad as directed.

I'll also be prepping breakfast for the week:

Egg Puffies, servings: 3

Ingredients:

- 9 whole eggs
- 1/2 cup chopped onions
- 1/2-1 cup fresh spinach
- 1/2 cup chopped mushrooms
- 1/2 cup chopped red bell pepper (or other bell pepper of your choice)

Directions: Pre-heat oven to 350 degrees. Spray a muffin tin with olive oil nonstick spray or coat with coconut oil (our preferred choice because it's a healthy fat). *You can also use

muffin inserts and spray those so that you can have your egg puffie in a little cup on the go. Mix the eggs together in a bowl (scramble them). Then add the onions, spinach, mushrooms, and red bell pepper into bowl and mix together. Pour mixture into muffin tins (we fill them about 1/2 way). Place in oven for approximately 10-15 minutes or until toothpick comes out clean. Feel free to top with some salsa or hot sauce.

Overnight Blueberry-Banana Protein Oats, Servings: 3

Approx. calories per serving 325

Ingredients:

- 1 1/4 cup unsweetened almond milk
- 1 banana, mashed up
- 3/4 cup of blueberries, mashed up
- 1/3- 1/2 cup of blueberries (don't mash up these ones)
- 1 1/2 cup old fashioned oats (**or gluten-free rolled oats**)
- 3/4 scoop vanilla whey protein (I use an all natural isolate)
- 3/4-1 teaspoon vanilla extract
- 2- 2 1/2 Tablespoons all natural zero calorie sugar (I used 2 TBSP of Xylitol)
- 1/2 handful of almonds or other nut/seed of our choice (optional)
- Couple dashes of cinnamon (optional)

Directions: Mash up the blueberries and the banana together in a bowl. Then add in all of the other ingredients. Stir all the ingredients together well. Place the oats in a container (I use mason jars) to sit overnight and soak up all the liquids. Eat it in the morning cold or microwave for 30-60 seconds to eat it warm.

Always seal your food in Tupperware containers so it'll stay fresh over the next several days. I let the food cool down before I seal it to avoid too much condensation (extra water) in the containers.

***Make sure if you are a man or woman that is pregnant or breastfeeding that you read the notes at the bottom of each day.**

** Please note there is a meal 6 on workout days. The time you consume this is based on when you workout so read through the note for tomorrow so you know how to apply this each day of the week. You do not need to space our your meal 6 apart from the other meals. So for example if you worked out in the evening and it happened to be 1 hour after you had meal 4 that is perfectly okay and then if after you've had the post workout part of meal 6 you decide to eat meal 5 (dinner) 1 hour afterward that is okay too.

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

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

Meal 1 – Scrambled Eggs (approx. 300 calories)

Scrambled Eggs, Servings 1

Ingredients:

- 3 eggs

Toppings of your choice:

- 1/4 cup chopped onions
- 1/4 cup chopped mushrooms
- 1/4 cup chopped red bell pepper
- 2 tablespoons salsa

Directions: Mix eggs in bowl and place them on a greased skillet or non-stick skillet. Let them start to cook for a bit and when they are forming but still a bit runny throw in the toppings of your choice (some suggestions are listed above). Continue cooking until eggs are NOT runny and veggies are cooked to your liking. Remove and serve with a couple tablespoons of salsa (optional).

Meal 2 - (Approx. 3 hours later, Approx. Calories 250) – 1/3 cup (5 Tablespoons approx.) of Hummus (to use as dip for your veggies in this snack, approx. 170 calories) with sliced cucumbers and celery sticks (as many as you'd like)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey & Veggie Salad- Two cups worth of mixed greens, 3-4 pieces of turkey lunch meat (cut or torn into small pieces or use leftover meat from previous week), 1/2 bell pepper (sliced), 1/4 cucumber sliced, small handful of cherry tomatoes, 1/2 handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 - (Approx. 3 hours later, Approx. 130-150 calories) – 1 scoop whey protein or other protein of your choice (mixed with water) and a side of 1/4 cup blueberries.

Meal 5 (Approx. 3 hours later, Approx. 350-400 calories) – 1 serving of Salsa Chicken (1 chicken breast worth) with 1 cup of Summer Squash (sautéed in olive oil with a bit of sea salt to taste).

***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**. **For this plan focus on days 1, 2, 4 and 5 only adding in LOW CARB items while days 3, 6 and 7 can be any type of additional snack. If you're wondering what is lower carb you can email me.** 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) 1 extra tablespoon of peanut butter as a snack or with a snack. (Approx. 100 extra calories)
- 2) Adding another handful of almonds or cashews as a snack in the day. It doesn't need to be combined with another meal but it can be. (Approx. 160 calories)
- 3) Adding in a high protein, high fiber, low sugar/carb protein bar, such as a Quest Protein Bar (Approx. 200 calories).
- 4) Adding in 2 extra cups of vegetables; always a great option because you're adding in a lot of nutrients. These can be raw vegetables that you are snacking on such as

- sugar snap peas, mini bell peppers, carrots, broccoli, or cauliflower, etc. (Approx. 50-100 calories)
- 5) Adding in an additional protein shake as a snack. Simply follow the directions on your protein bottle to mix 1 scoop/serving with water (or unsweetened almond milk). Shake in a shaker cup. (Approx. 100-150 calories)
 - 6) Or refer to the snack substitution list to add in additional snacks or items to meals to increase your calories slightly if needed.

Day 2

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

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

Meal 1 –(Approx. 275-300 calories) Egg Puffies- Re-heat 3-4 egg puffies (depending how many muffin it made, just use 1 of the 3 servings). You can top with salsa or hot sauce if you'd like.

Meal 2 - (Approx. 3 hours later, Approx. Calories 250) –1/3 cup (5 Tablespoons approx.) of Hummus (to use as dip for your veggies in this snack, approx. 170 calories) with sliced cucumbers and celery sticks (as many as you'd like)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Chicken & Veggie Salad- Two cups worth of mixed greens, 1 chicken breast, sliced (you can cut the chicken breast into whatever size pieces you'd like for your salad), ½ bell pepper (sliced), ¼ cucumber sliced, small handful of cherry tomatoes, ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 - (Approx. 3 hours later, Approx. 130-150 calories) –1 scoop whey protein or other protein of your choice (mixed with water) and a side of ¼ cup blueberries.

Meal 5 (Approx. 3 hours later, Approx. 350-400 calories) – 1 serving of Salsa Chicken (1 chicken breast worth) with 1 cup of Summer Squash (sautéed in olive oil with a bit of sea salt to taste).

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

*Diabetics- This is a higher carb day. Depending on your levels and medication you're going to want to watch your blood sugar levels. You can reduce the fruit or replace it with something lower in carbs (example: blueberries instead of an apple). Also, you can have just 1 piece of bread for your sandwich instead of two or you could have it as a salad. Same for the chicken tacos. Just make sure you check your levels or see how you feel and adjust to accommodate your body.

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

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

Meal 1 – (Approx. Calories 325) 1 serving of Overnight Blueberry-Banana Protein Oats.

Meal 2 - (Approx. 3 hours later, Approx. Calories 180) –1 apple (approx. 80 calories) with 1 Tablespoon of natural peanut butter, or other nut butter of your choosing (approx. 100 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey Sandwich- 2 pieces of whole wheat (or gluten-free) bread. 3 Slices of Turkey Lunch Meat. Optional toppings: tomato, lettuce and mustard. *Feel free to add whatever veggies or toppings you like on your sandwiches. I'm also okay with mayo instead of mustard just don't use more than about 1 tablespoon.

Meal 4 - (Approx. 3 hours later, Approx. 280 calories) –Cake Batter Protein Shake plus ¼ cup (handful) of cashews.

Cake Batter Protein Shake, Servings: 1

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop vanilla whey protein isolate
- ½ cap (or 3 drops) of almond extract
- ½ cap (or 3 drops) of butter extract
- 1 Tablespoon of Sugar Free/Fat Free Vanilla Pudding Mix (or vanilla extract try a few drops)
- 2 packets of zero calorie sweetener (such as xylitol or Truvia. About 1 Tablespoon worth)
- 2-4 handfuls of ice (based on the consistency that you'd like)

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

Meal 5 - (Approx. 3 hours later, Approx. 500 calories) – 1/2 serving of salsa chicken. Use 2 corn tortillas (you can heat them a bit on the skillet or eat them as is). Place chicken

instead corn tortillas and top with (between two tacos approximately) 1/3 cup black beans, ½ chopped tomato, raw or sautéed bell peppers and/or onions (at least 1 cup worth). If it's easier you can rip up the corn tortillas and place everything in a bowl and eat it like a big taco salad.

Meal 6 (Your Pre and Post Workout Meal, Approx. 180 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 **PLUS AN APPLE.**

***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 –(Approx. 275-300 calories) Egg Puffies- Re-heat 3-4 egg puffies (depending how many muffin it made, just use 1 of the 3 servings). You can top with salsa or hot sauce if you'd like.

Meal 2 - (Approx. 3 hours later, Approx. Calories 250) –1/3 cup (5 Tablespoons approx.) of Hummus (to use as dip for your veggies in this snack, approx. 170 calories) with sliced cucumbers and celery sticks (as many as you'd like)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Chicken & Veggie Salad- Two cups worth of mixed greens, 1 chicken breast, sliced (you can cut the chicken breast into whatever size pieces you'd like for your salad), ½ bell pepper (sliced), ¼ cucumber sliced, small handful of cherry tomatoes, ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 - (Approx. 3 hours later, Approx. 130-150 calories) –1 scoop whey protein or other protein of your choice (mixed with water) and a side of ¼ cup blueberries.

Meal 5 (Approx. 3 hours later, Approx. 350-400 calories) – 1 serving of Salsa Chicken (1 chicken breast worth) with 1 cup of Summer Squash (sautéed in olive oil with a bit of sea salt to taste).

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 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 - (Approx. 275-300 calories) Egg Puffies- Re-heat 3-4 egg puffies (depending how many muffin it made, just use 1 of the 3 servings). You can top with salsa or hot sauce if you'd like.

Meal 2 - (Approx. 3 hours later, Approx. Calories 250) -1/3 cup (5 Tablespoons approx.) of Hummus (to use as dip for your veggies in this snack, approx. 170 calories) with sliced cucumbers and celery sticks (as many as you'd like)

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) - Chicken & Veggie Salad- Two cups worth of mixed greens, 1 chicken breast, sliced (you can cut the chicken breast into whatever size pieces you'd like for your salad), 1/2 bell pepper (sliced), 1/4 cucumber sliced, small handful of cherry tomatoes, 1/2 handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 - (Approx. 3 hours later, Approx. 130-150 calories) -1 scoop whey protein or other protein of your choice (mixed with water) and a side of 1/4 cup blueberries.

Meal 5 (Approx. 3 hours later, Approx. 350-400 calories) - 1 serving of Salsa Chicken (1 chicken breast worth) with 1 cup of Summer Squash (sautéed in olive oil with a bit of sea salt to taste).

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

*Diabetics- This is a higher carb day. Depending on your levels and medication you're going to want to watch your blood sugar levels. You can reduce the fruit or replace it with something lower in carbs (example: blueberries instead of an apple). Also, you can have just 1 piece of bread for your sandwich instead of two or you could have it as a salad. Same for the chicken tacos. Just make sure you check your levels or see how you feel and adjust to accommodate your body.

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

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

Meal 1 – (Approx. Calories 325) 1 serving of Overnight Blueberry-Banana Protein Oats.

Meal 2 - (Approx. 3 hours later, Approx. Calories 180) –1 apple (approx. 80 calories) with 1 Tablespoon of natural peanut butter, or other nut butter of your choosing (approx. 100 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey Sandwich- 2 pieces of whole wheat (or gluten-free) bread. 3 Slices of Turkey Lunch Meat. Optional toppings: tomato, lettuce and mustard. *Feel free to add whatever veggies or toppings you like on your sandwiches. I'm also okay with mayo instead of mustard just don't use more than about 1 tablespoon.

Meal 4 - (Approx. 3 hours later, Approx. 280 calories) –Cake Batter Protein Shake plus ¼ cup (handful) of cashews.

Cake Batter Protein Shake, Servings: 1

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop vanilla whey protein isolate
- ½ cap (or 3 drops) of almond extract
- ½ cap (or 3 drops) of butter extract
- 1 Tablespoon of Sugar Free/Fat Free Vanilla Pudding Mix (or vanilla extract try a few drops)
- 2 packets of zero calorie sweetener (such as xylitol or Truvia. About 1 Tablespoon worth)
- 2-4 handfuls of ice (based on the consistency that you'd like)

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

Meal 5 - (Approx. 3 hours later, Approx. 500 calories) – 1/2 serving of salsa chicken. Use 2 corn tortillas (you can heat them a bit on the skillet or eat them as is). Place chicken instead corn tortillas and top with (between two tacos approximately) 1/3 cup black beans, ½ chopped tomato, raw or sautéed bell peppers and/or onions (at least 1 cup worth). If it's easier you can rip up the corn tortillas and place everything in a bowl and eat it like a big taco salad.

Meal 6 (Your Pre and Post Workout Meal, Approx. 180 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 **PLUS AN APPLE.**

***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

*Diabetics- This is a higher carb day. Depending on your levels and medication you're going to want to watch your blood sugar levels. You can reduce the fruit or replace it with something lower in carbs (example: blueberries instead of an apple). Also, you can have just 1 piece of bread for your sandwich instead of two or you could have it as a salad. Same for the chicken tacos. Just make sure you check your levels or see how you feel and adjust to accommodate your body.

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

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

Meal 1 – (Approx. Calories 325) 1 serving of Overnight Blueberry-Banana Protein Oats.

Meal 2 - (Approx. 3 hours later, Approx. Calories 180) –1 apple (approx. 80 calories) with 1 Tablespoon of natural peanut butter, or other nut butter of your choosing (approx. 100 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey Sandwich- 2 pieces of whole wheat (or gluten-free) bread. 3 Slices of Turkey Lunch Meat. Optional toppings: tomato, lettuce and mustard. *Feel free to add whatever veggies or toppings you like on your sandwiches. I'm also okay with mayo instead of mustard just don't use more than about 1 tablespoon.

Meal 4 - (Approx. 3 hours later, Approx. 280 calories) –Cake Batter Protein Shake plus ¼ cup (handful) of cashews.

Cake Batter Protein Shake, Servings: 1

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop vanilla whey protein isolate
- ½ cap (or 3 drops) of almond extract
- ½ cap (or 3 drops) of butter extract
- 1 Tablespoon of Sugar Free/Fat Free Vanilla Pudding Mix (or vanilla extract try a few drops)
- 2 packets of zero calorie sweetener (such as xylitol or Truvia. About 1 Tablespoon worth)
- 2-4 handfuls of ice (based on the consistency that you'd like)

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

Meal 5 - (Approx. 3 hours later, Approx. 550 calories) – 1 serving of salsa chicken. Use 2 corn tortillas (you can heat them a bit on the skillet or eat them as is). Place chicken instead corn tortillas and top with (between two tacos approximately) 1/3 cup black beans, ½

chopped tomato, raw or sautéed bell peppers and/or onions (at least 1 cup worth). If it's easier you can rip up the corn tortillas and place everything in a bowl and eat it like a big taco salad.

OR

ANY CHEAT MEAL (try to keep calories below 800 but pick anything you want)

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 600-800 calories) or you can do a bit of research and find a healthier option where you're eating out on your own.

Options for a “cheat clean” meal:

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

Grocery List for this Meal Plan

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

Meat:

9 boneless, skinless chicken breast

1 package Turkey Breast Lunch Meat (You will be using this on a salad one day and then 3 slices for 3 different days for sandwiches).

Vegetables:

3-4 yellow squash (you can substitute for another veggie of your choosing but green veggie preferred if you do)

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

2-3 medium onions (depending on if you're going to use some for your chicken tacos too)

5-6 red bell pepper (or you can use a variety of peppers. You'll be using these for egg puffies, chicken tacos and salads)

1 small box of mushrooms (optional for egg puffies)

1 large bag/container of mixed green salad (you'll have several days of salads)

3 cucumbers (for salads and snacks)
1 stalk of celery (or more if you'd like you can eat as much as you'd like for snack 2 on the meal plan)
1 container of cherry tomatoes (optional for salads)
2-3 tomatoes
1 head of iceberg lettuce (optional to put on your turkey sandwich)

Fruit:

1 banana
2 large containers of blueberries (or you'll want three small containers. You'll use them as snacks and in a recipe for overnight oats)
5 apples (you can get a variety or stick with the same kind of apple up to you)
**As a note I get my blueberries at Costco so I can save money.

Milk and Eggs:

1 container of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk because it's low in calories and has no sugar)
1 dozen eggs (scrambled eggs and egg puffies for several breakfasts)

Oats, Nuts, Bread & Tortillas:

1 bag of cashews (you can have salted or unsalted, I'm not a stickler about that)
1 small bag of almonds (optional for overnight oats recipe topping)
1 small bag of old fashioned oat, or gluten-free rolled oats
1 small package of corn tortillas
1 loaf of whole wheat bread (if gluten-free you'll purchase a gluten-free loaf of bread)

Seasonings/Dressing/Sauces/Canned Goods:

1 large container of Hummus (I purchased the 32 oz. size from Costco called "Organic Pita Pal Hummus, Spicy Roasted Red Pepper.)
1 16 oz. jar of your favorite salsa
1 package of taco seasoning
1 small container of olive oil
1 small container sea salt
1 small container of Mrs. Dash, optional- this is to season chicken breast for your salad. You can omit or use other seasonings in its place.
1 container of balsamic vinaigrette dressing
1 container Natural Peanut Butter (you may have enough from previous weeks. Doesn't matter if it's chunky or creamy)
1 can of black beans
1 container of mustard (optional- for turkey sandwich you can also use a bit of mayo instead or in addition but I'm not adding it to the list)

Found in baking section:

1 box of sugar-free, fat free Vanilla pudding mix (or you can just use vanilla extract instead)
1 small container of cinnamon
1 small container of almond extract
1 small container of butter extract (if you can't find this extract you can still make the cake batter shake without it)
1 small container of vanilla extract
1 small container zero calorie sweetener (we like Truvia or Xylitol)

Misc.:

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

** It's always smart to review the meal plan and see if you'd like to make substitutions for anything you don't like, then alter the grocery list as needed. Shopping list is only accurate if you don't change the meal plan.