

Phase 3 Week 3 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**

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. This plan is also more “simple”, meaning less variety. Sometimes to push through a plateau it’s what I do to get results before moving back to more variety in my diet.

Sunday, Day 1-

Sunday is a “prep” day in our house. This is when I get all of my snacks together and ready for until Wednesday night when I’ll cook again. Or you could cook everything at once and freeze the meat to thaw later on this week when you need it (my experience has been the veggies stay good all week but meat normally isn’t as good after day 4).

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 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). 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 Turkey Burgers and Baked Cauliflower for Dinner tonight and prep and cooking will be about 1 hour so just keep that in mind.

Lean Turkey Burgers, Servings: Make 8 large patties

Ingredients:

- 2 lbs. Lean Ground Turkey Meat
- 2 Tbsp. Honey Dijon Mustard
- 3/4 Red Onion (Chopped)

- 2 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).

Baked Cauliflower

Ingredients:

- 2 heads cauliflower (about 8-10 cups worth once chopped)
- 5 tablespoons olive oil (or you can use sesame oil)
- 2 teaspoons salt (I like to use sea salt)
- ½-1 teaspoon coarsely-ground black pepper

Directions:

Preheat oven to 400°F. Rinse cauliflower; cut into quarters. Cut off and discard leaves and cores; cut quarters into 1/4- to 1/2-inch-thick slices or wedges.

In a large bowl or resealable plastic bag, mix together cauliflower, olive oil, salt, and pepper. Spread in a single layer in a non-stick baking dish, or aluminum foil lined rimmed baking sheet.

Bake cauliflower approximately 20 to 25 minutes, turning every 10 minutes, or until cauliflower is browned or caramelized on edges and tender.

You may need to do two batches of the cauliflower if it's too much to fit on one cookie sheet. Also, if you'd prefer you can steam the cauliflower instead and just top with a bit of butter and salt and pepper instead. Feel free to also substitute for another vegetable of your choice.

Other sides to prep in advance:

Baked Sweet Potatoes, Servings: 3

Ingredients:

- 3 Sweet Potatoes

Optional Toppings (for when you serve it): Cinnamon and a bit of butter

Directions: Preheat oven to 450 degrees. Line cookie sheet with tin foil. Scrub sweet potato under running water and dry well with paper towel, this prevents it from steaming rather than properly baking. Then poke potatoes all over with fork. Place sweet potatoes on cookie sheet and put in oven for 30 minutes. Flip over and set timer for 30 more minutes, 20 minutes if they are smaller (shorter than your palm). Remove and let cool. After they are fully cooled you can put them in a container in the fridge to have for later this week.

I'll also be prepping breakfast for the week:

Egg Puffies, servings: 3

Ingredients:

- 9 whole eggs
- 1/2 cup chopped onions
- ½-1 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.

Banana Overnight Protein Oats, Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1 banana
- 1 cup old fashioned oats (or gluten-free rolled oats)
- 1/2 scoop vanilla whey protein (I use an all natural isolate)
- 1/4-1/2 teaspoon cinnamon (I used 1/2 it was perfect in my opinion)
- 1/4 teaspoon vanilla extract
- 1 teaspoon zero calorie sweetener (I used Xylitol)

Directions: Mash up 1/2 of your banana in a bowl. Then add in all other ingredients except the other half of the banana. Mix all ingredients together thoroughly. Cut the rest of the 1/2 banana into small pieces and then mix in. Place the oats in a container (I use mason jars) to sit overnight in fridge and soak up all the liquids. Microwave before serving for 20-30 seconds or eat it cold in the morning.

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 you can cook additional chicken to use on salads throughout week instead of turkey), 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. 500 calories) – 2 Lean Turkey Burger and approx. 1 1/2 cups of Baked Cauliflower.

***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. 350 calories) – 1 Lean Turkey Burger and approx. 1 1/2 cups of Baked Cauliflower.

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 calories) – 1 Lean Turkey Burger and approx. 1 1/2 cups of Baked Cauliflower.

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 275-300) 1 serving Banana Overnight 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.

OR Tuna Sandwich. As noted on the grocery list, if you'd rather have tuna instead of turkey sandwich that is okay too. You can add onions and lettuce (or anything else you like) to the sandwich and mix the tuna with a bit of mayo and/or mustard.

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. 450 calories) – 1 Lean Turkey Burger, 1 sweet potato (re-heated and you can add a bit of butter and sprinkle cinnamon on top if you'd like), and approx. 1 1/2 cups of Baked Cauliflower.

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. 500 calories) – 2 Lean Turkey Burgers and approx. 1 1/2 cups of Baked Cauliflower.

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 calories) – 1 Lean Turkey Burger and approx. 1 1/2 cups of Baked Cauliflower.

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 Cilantro Chicken & Baked Asparagus. Also, I'll get the rest of my snacks together and in bags or Tupperware.

Cilantro Chicken, Servings: 4

Ingredients:

- 1 TBSP olive oil
- 1/3 cup sliced white onion
- 1 cup fresh cilantro, chopped
- 7-9 oz. Salsa (green or red)
- 4 boneless, skinless chicken breasts (diced, cubed or shredded)
- 1/2 cup chicken broth
- Salt and pepper, to taste

Directions: Step 1: Cook the chicken breasts and set aside to use in step 4 (cook the chicken any way you prefer). Step 2. Heat oil in a medium saucepan over medium heat. Add onion and sauté until soft, and then stir in cilantro. Step 3. Add salsa (use fresh if desired) and season with salt and pepper to taste. Reduce heat to low and simmer for 3 to 5 minutes. Step 4. Add cooked chicken and broth, mix all together and heat through (do not over-stir the chicken). Feel free to top with more salsa.

Baked Asparagus, Servings: 4

Ingredients:

- 2 pounds of asparagus (I like to only use fresh asparagus (not canned) for this recipe. I realize asparagus can be expensive so feel free to substitute another vegetable in its place such as broccoli, cauliflower or zucchini)
- 2-3 Tablespoons olive oil
- Salt & Black Pepper (sprinkled to taste)

Directions: Pre-heat your oven to 400 degrees. You're going to want to cut (or break off) the woody ends of the asparagus spears. If you'd like you can chop the asparagus into smaller pieces or leave them as spears (doesn't really matter). Link the asparagus on a foil-lined baking sheet (you will most likely have to do two batches worth). Coat the vegetable with olive oil. Sprinkle with some sea salt and pepper. You'll bake it for approximately 8-10 minutes.

*Separate the asparagus into approximately 4 even servings to use for the remainder 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 - (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. 400-450 calories) - 1 serving of cilantro chicken and 1 serving of asparagus.

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. 400-450 calories) - 1 serving of cilantro chicken and 1 serving of asparagus.

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 275-300) 1 serving Banana Overnight 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.

OR Tuna Sandwich. As noted on the grocery list, if you'd rather have tuna instead of turkey sandwich that is okay too. You can add onions and lettuce (or anything else you like) to the sandwich and mix the tuna with a bit of mayo and/or mustard.

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 serving of cilantro chicken, 1 serving of asparagus. and 1 baked sweet potato (re-heated and you can add a bit of butter and sprinkle cinnamon on top if you'd like).

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 –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 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.

OR Tuna Sandwich. As noted on the grocery list, if you'd rather have tuna instead of turkey sandwich that is okay too. You can add onions and lettuce (or anything else you like) to the sandwich and mix the tuna with a bit of mayo and/or mustard.

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 serving of cilantro chicken, 1 serving of asparagus. and 1 baked sweet potato (re-heated and you can add a bit of butter and sprinkle cinnamon on top if you'd like).

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:

2 lbs. lean Ground Turkey

1 package Turkey Breast Lunch Meat (You will be using this on salads and ALSO for Turkey Sandwiches. IF YOU PREFER- you can have tuna sandwiches instead of turkey. Purchase 3 cans if you're going to do that)

4 boneless, skinless chicken breasts

Vegetables:

1 red onion

2 heads of cauliflower

2 lbs. of asparagus

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

3 sweet potatoes

2-3 medium sized onions (for eggs and cilantro chicken)

1 small bunch cilantro
3 red bell pepper (or you can use a variety of peppers. You'll be using these for egg puffies and salads)
1 small box of mushrooms (optional for egg puffies and scrambled eggs)
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:

2 bananas
1 large containers of blueberries (or you'll want two small containers)
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, Butter 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)
1 container of unsalted butter (optional- to have a bit of butter on your sweet potatoes)

Oats, Nuts & Bread:

1 bag of cashews (you can have salted or unsalted, I'm not a stickler about that)
1 bag of almonds (OPTIONAL for salads or topping on your overnight oats if you'd like)
1 small bag of old fashioned oats, or gluten-free rolled oats
1 loaf of whole wheat bread (if gluten-free you'll purchase a gluten-free loaf of bread)

Seasonings/Dressing/Sauces:

1 large container of Hummus (I purchased the 32 oz. size from Costco called "Organic Pita Pal Hummus, Spicy Roasted Red Pepper.)
1 jar of your favorite salsa (For the cilantro chicken you'll need at least 7 ounces and then also some optional for eggs)
1 container of olive oil
1 small container of minced garlic
1 small container sea salt
1 small can or container of chicken broth (I prefer the low sodium kind)
1 small container of black pepper
1 small container of Dijon mustard (for turkey burgers)
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 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.