

## Phase 4 Week 1 Meal Plan & Grocery List

**READ FIRST:** This plan is different from the previous 3 stages. You will most likely NOT lose weight doing this plan (or minimal) because you'll be building muscle. So you'll be losing FAT but with gaining muscle you'll notice more progress in losing inches versus weight. If you'd prefer to still drop a lot of weight I'd recommend going back to Phase 1, 2 or 3 and re-doing one of those plans. OR... you can reduce your portion sizes so you have more of a calorie deficit and still do this plan (but you'll probably want to reduce by about 500 calories)

**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 or omitting cheese in a recipe if you're dairy-free, etc. These meals should still be low on the GI for Diabetics but you'll want to test your blood sugar levels and discontinue this plan and move to a previous one if the portion sizes prevent a problem with your levels.

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

### 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 week (or sometimes I prep today AND mid-week so check meal plan). 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 making tonight is: Mexican 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). 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. \*\*\***

**\*\*\*Make sure to start this in time because you'll be eating it for dinner tonight.**

Mexican Chicken, Servings: 7

Ingredients:

- 2 ½ pounds of boneless, skinless chicken breasts
- 3 teaspoons taco seasoning

- 1 ¼ cup enchilada sauce (whatever kind you like best)
- 8 oz. of cheddar cheese, shredded (this is optional if you'd prefer to not use cheese you can omit or use less)
- Sea salt, to taste
- 6 green onions, chopped

Directions: Preheat oven to 350 degrees.

Step 1- Sprinkle the chicken with the taco seasoning and grill on the stovetop for a few minutes until it's cooked through (not pink). You can chop it up into smaller pieces before you cook it if you'd like it to cook quicker.

Step 2- Chop the chicken into cubes (if you didn't pre cooking you'll need to do it afterward).

Step 3- Lightly spray a 9 x 13 baking pan and then place chicken into the pan (spreading evenly around the pan). Step 4: Sprinkle a touch of sea salt on the top of the chicken and then pour the enchilada sauce coating the chicken as evenly as possible. Step 5: Sprinkle all the cheese on top of the dish evenly. Place the chicken in the oven and bake at 350 degrees for about 15-20 minutes or until the cheese is bubbling on top. Remove from oven and sprinkle the green onions on top. Let cool a bit and serve with a side of the vegetables we're cooking tonight.

\*SEPARATE INTO 7 EVEN SERVINGS!

### **Veggie Prep:**

Baked Broccoli & Bacon, Servings: 6

Ingredients:

- 4 heads of broccoli (Approx. 12 cups worth of chopped up broccoli)
- 3-4 Tablespoons of olive oil
- 2-3 Tablespoons of minced garlic (We love garlic so we use 3)
- 4 pieces of uncooked bacon, chopped into pieces (optional- just omit if you'd rather not eat the bacon)
- Sea salt to taste

Directions: Preheat oven 350 degrees. Wash and chop up broccoli and place in a large mixing bowl. Add olive oil, chopped bacon slices and minced garlic and mix thoroughly in with the broccoli. Sprinkle sea salt (just a couple dashes-optional) on top of the broccoli and then mix again. Place the broccoli on a baking sheet. Bake in oven for approximately 15 minutes, or until the broccoli looks like it's getting bright green/crispy on top. Make sure the bacon looks cooked as well.

Tips: We've used this same recipe with other vegetables such as Brussels sprouts and asparagus. Substitute any vegetable you prefer in place of broccoli (but the greener the vegetable the more nutrients you'll be getting). You may need to do two cookie sheets worth this is a large batch so you can reheat for the meal plans throughout the week.

Approximate calories per serving: 115-150 \*Varies because some of the olive oil isn't actually consumed.

### **Other meal prep for the week I'm doing today:**

Steel Cut Oats, servings: 6

Ingredients:

- 1 cup steel cut oats (those that are gluten intolerant make sure to purchase a brand that says gluten free on it)
- ¼ teaspoon salt
- 3 cups water

Directions: Place the water and salt into a pot and bring it to a boil. Add oats and reduce the heat to let it cook/simmer uncovered for 10-20 minutes (how long you cook it will depend on the consistency you'd like, how chewy you'd like it). Stir it occasionally. Then cover and remove from heat and let it stand for a few minutes to thicken and soak up the remaining water. It'll make 3 cups of oat cereal and you'll be having ½ cup worth for meals.

We'll be reheating this for breakfast and I'll list the toppings in the daily plan.

**\*I'll be hard-boiling 4 eggs today to use as snacks for the week.**

**\*\*Sweet potatoes (this is eaten daily for pre and post workout. So you'll need to cook 5 sweet potatoes to have for this coming week).**

Baked Sweet Potatoes, Servings: 5

Ingredients:

- 5 Sweet Potatoes

Optional Toppings (for when you serve it): Cinnamon, zero calorie sweetener 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.

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 – 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. 2.5 hours later, Approx. 290 calories)** –1 handful of almonds (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of blueberries (approx. 30 calories).

**Meal 3 - (Approx. 2.5 hours later, Approx. 400 calories)** – Tuna & Veggie Salad- Two cups worth of mixed greens, 1 can of tuna (drained, rinsed and just placed on the salad to mix in. You can use turkey lunch meat or other meat if you prefer), 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 OR you can mix in some mayo into your tuna and put that on the salad and mix thoroughly with the veggies which is what I'm going to do (your choice).

**Meal 4 - (Approx. 3 hours later, Approx. 115 calories)** –1 Tablespoons of peanut butter (or other nut butter) on celery (as much celery as you'd like). \*If you don't like celery you can eat the PB or other nut butter without anything with it.

**Meal 5 (Approx. 3 hours later, Approx. 500 calories)** – 1 serving of Mexican Chicken with 1 serving of baked Broccoli with bacon.

\*\*\*If you are a **MAN or woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily. Men can add up to 500 calories more a day because this is a muscle-gaining plan.** 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 - Breakfast (approx. 515 calories)

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 running 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).

PLUS 1/2 cup steel cut oats reheated with 1/2 TBSP coconut oil and mix in cinnamon and a zero calorie sweetener (such as Truvia) to taste. (Approx. 215 calories)

I also recommend you take a fish oil supplement if you're willing.

**Meal 2 - (Approx. 2.5 hours later, Approx. 290 calories)** - 1 handful of almonds (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of blueberries (approx. 30 calories).

**Meal 3 - (Approx. 500 calories)** – 1 serving of Mexican Chicken with 1 serving of baked Broccoli with bacon.

**Meal 4 – Optional snack (because you have a larger pre and post workout meal listed as meal 6 you can spread out your food throughout the day that this snack will most likely be unnecessary. If you're hungry you can snack on cucumbers, sugar snap peas, celery and/or carrots).**

**Meal 5 - (Approx. 500 calories)** – 1 serving of Mexican Chicken with 1 serving of baked Broccoli with bacon.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 530 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.**

**Pre Workout** (30 min.-1 hour prior to workout)– 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1/2 baked sweet potato (no skin and you can sprinkle cinnamon and zero calorie sweetener if you'd like- approximately 50 calories).

**Post Workout** – 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1 handful of raspberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 1 can of tuna (approx. 150 calories) mixed with 1 TBSP mayo (I like the olive oil mayo- Approx. 100 calories). Other ½ of sweet potato and (approx. 50 calories) and 5-6 mini bell peppers (approx. 50 calories),

\*\*\*If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300-500 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 – Breakfast (approx. 515 calories)

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!

PLUS ½ cup steel cut oats reheated with ½ TBSP coconut oil and mix in cinnamon and a zero calorie sweetener (such as Truvia) to taste. (Approx. 215 calories)

I also recommend you take a fish oil supplement if you're willing.

**Meal 2 - (Approx. 2.5 hours later, Approx. 290 calories)** – 1 handful of almonds (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of blueberries (approx. 30 calories).

**Meal 3 - (Approx. 500 calories)** – 1 serving of Mexican Chicken with 1 serving of baked Broccoli with bacon.

**Meal 4 – Optional snack (because you have a larger pre and post workout meal listed as meal 6 you can spread out your food throughout the day that this snack will most likely be unnecessary. If you're hungry you can snack on cucumbers, sugar snap peas, celery and/or carrots).**

**Meal 5 - (Approx. 500 calories)** – 1 serving of Mexican Chicken with 1 serving of baked Broccoli with bacon.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 530 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.**

**Pre Workout** (30 min.-1 hour prior to workout)– 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1/2 baked sweet potato (no skin and you can sprinkle cinnamon and zero calorie sweetener if you'd like- approximately 50 calories).

**Post Workout** – 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1 handful of raspberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 1 can of tuna (approx. 150 calories) mixed with 1 TBSP mayo (I like the olive oil mayo- Approx. 100 calories). Other ½ of sweet potato and (approx. 50 calories) and 5-6 mini bell peppers (approx. 50 calories),

\*\*\*If you are a **MAN or woman that is pregnant or breastfeeding** you'll want to add in approximately 300-500 calories to your meal plan **daily**. See suggestions listed previously on Day 1.

#### **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 –Breakfast (approx. 515 calories)**

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 running 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).

PLUS ½ cup steel cut oats reheated with ½ TBSP coconut oil and mix in cinnamon and a zero calorie sweetener (such as Truvia) to taste. (Approx. 215 calories)

I also recommend you take a fish oil supplement if you're willing.

**Meal 2 - (Approx. 2.5 hours later, Approx. 290 calories)** – 1 handful of almonds (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of blueberries (approx. 30 calories).

**Meal 3 - (Approx. 500 calories)** – 1 serving of Mexican Chicken with 1 serving of baked Broccoli with bacon.

**Meal 4 - Optional snack (because you have a larger pre and post workout meal listed as meal 6 you can spread out your food throughout the day that this snack will most likely be unnecessary. If you're hungry you can snack on cucumbers, sugar snap peas, celery and/or carrots).**

**Meal 5 - (Approx. 500 calories)** – 1 serving of Mexican Chicken over a bed of mixed green lettuce with ½ avocado, veggies of your choice and salsa as the dressing or an oil-based dressing.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 530 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.**

**Pre Workout** (30 min.-1 hour prior to workout)– 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1/2 baked sweet potato (no skin and you can sprinkle cinnamon and zero calorie sweetener if you'd like- approximately 50 calories).



**Post Workout** – 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1 handful of raspberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 1 can of tuna (approx. 150 calories) mixed with 1 TBSP mayo (I like the olive oil mayo- Approx. 100 calories). Other ½ of sweet potato and (approx. 50 calories) and 5-6 mini bell peppers (approx. 50 calories),

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## **PREP NIGHT\*\*\*\*\***

**Tonight I will be preparing my food for the rest of the week.**

Ground Turkey:

Cook 3 lbs. of ground turkey on the stovetop. Wait until it's browned and then drain all the grease. Return to stovetop and use taco seasoning (1-2 packets) to sauté in the meat (as directed on the back of the taco seasoning packets).

You'll separate into 6 even servings, which is approximately 1 ¼ cup worth.

You'll be eating this with ½ avocado over 3 cups of mixed greens and using salsa as your dressing.

## **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 –Breakfast (approx. 515 calories)**

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!

PLUS ½ cup steel cut oats reheated with ½ TBSP coconut oil and mix in cinnamon and a zero calorie sweetener (such as Truvia) to taste. (Approx. 215 calories)

I also recommend you take a fish oil supplement if you're willing.

**Meal 2 - (Approx. 2.5 hours later, Approx. 140 calories)** - 1/2 handful of almonds (approx. 80 calories), 1 handful of sugar snap peas (approx. 30 calories), and a handful of blueberries (approx. 30 calories).

**Meal 3 - (Approx. 600 calories)** - 1 serving of Ground Turkey Tacos over 3 cups of mixed greens, ½ avocado and salsa as your dressing.

**Meal 4 - Optional snack (because you have a larger pre and post workout meal listed as meal 6 you can spread out your food throughout the day that this snack will most likely be unnecessary. If you're hungry you can snack on cucumbers, sugar snap peas, celery and/or carrots).**

**Meal 5- (Approx. 600 calories)** - 1 serving of Ground Turkey Tacos over 3 cups of mixed greens, ½ avocado and salsa as your dressing.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 530 calories) - You only consume this on the days that you workout. If you skip a workout you skip this meal.**

**Pre Workout** (30 min.-1 hour prior to workout)- 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1/2 baked sweet potato (no skin and you can sprinkle cinnamon and zero calorie sweetener if you'd like- approximately 50 calories).

**Post Workout** - 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1 handful of raspberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 1 can of tuna (approx. 150 calories) mixed with 1 TBSP mayo (I like the olive oil mayo- Approx. 100 calories). Other ½ of sweet potato and (approx. 50 calories) and 5-6 mini bell peppers (approx. 50 calories),

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## 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 -Breakfast (approx. 515 calories)

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!

PLUS 1/2 cup steel cut oats reheated with 1/2 TBSP coconut oil and mix in cinnamon and a zero calorie sweetener (such as Truvia) to taste. (Approx. 215 calories)

I also recommend you take a fish oil supplement if you're willing.

**Meal 2 - (Approx. 2.5 hours later, Approx. 140 calories)** - 1/2 handful of almonds (approx. 80 calories), 1 handful of sugar snap peas (approx. 30 calories), and a handful of blueberries (approx. 30 calories).

**Meal 3- (Approx. 600 calories)** - 1 serving of Ground Turkey Tacos over 3 cups of mixed greens, 1/2 avocado and salsa as your dressing.

**Meal 4 - Optional snack (because you have a larger pre and post workout meal listed as meal 6 you can spread out your food throughout the day that this snack will most likely be unnecessary. If you're hungry you can snack on cucumbers, sugar snap peas, celery and/or carrots).**

**Meal 5 - (Approx. 600 calories)** - 1 serving of Ground Turkey Tacos over 3 cups of mixed greens, 1/2 avocado and salsa as your dressing.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 530 calories) - You only consume this on the days that you workout. If you skip a workout you skip this meal.**

**Pre Workout** (30 min.-1 hour prior to workout)- 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1/2 baked sweet potato (no skin and you can sprinkle cinnamon and zero calorie sweetener if you'd like- approximately 50 calories).

**Post Workout** - 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1 handful of raspberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 1 can of tuna (approx. 150 calories) mixed with 1 TBSP mayo (I like the olive oil mayo- Approx. 100 calories). Other 1/2 of sweet potato and (approx. 50 calories) and 5-6 mini bell peppers (approx. 50 calories),

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## 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 - (Approx. 465 calories)**- 1 piece of whole wheat or gluten-free toast (Approx. 120 calories) with 1 Tablespoon of peanut butter (Approx. 100 calories). 1 handful of blueberries. PLUS ½ cup steel cut oats reheated with ½ TBSP coconut oil and mix in cinnamon and a zero calorie sweetener (such as Truvia) to taste. (Approx. 215 calories)

I also recommend you take a fish oil supplement if you're willing.

**Meal 2 - (Approx. 2.5 hours later, Approx. 140 calories)** -1/2 handful of almonds (approx. 80 calories), 1 handful of sugar snap peas (approx. 30 calories), and a handful of blueberries (approx. 30 calories).

**Meal 3 - (Approx. 600 calories)** - 1 serving of Ground Turkey Tacos over 3 cups of mixed greens, ½ avocado and salsa as your dressing.

**Meal 4 - (Approx. 3 hours later, Approx. 100-125 calories)** -1 scoop whey protein or other protein of your choice (mixed with water)

**Meal 5- (Approx. 600 calories)** - 1 serving of Ground Turkey Tacos over 3 cups of mixed greens, ½ avocado and salsa as your dressing.

## 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 ½ lbs. boneless, skinless chicken breast  
3 lbs. of lean ground turkey meat  
1 package of bacon (I like to get the nitrate free kind)  
6 cans of Tuna (in water) -If you don't like Tuna you could instead use Turkey lunch meat or even a grilled chicken breast in it's place

#### **Vegetables:**

1 large bag of spinach (fresh instead of frozen preferred)  
6 green onions  
4 heads of broccoli (about 12 cups worth chopped)  
5 sweet potatoes  
1-2 medium onion (white or yellow for eggs, optional)  
3 bags of mini bell peppers (for snacks, salads (chop up) and you can use a few for your scrambled eggs)  
1-2 large bags of sugar snap peas (for snacks daily)  
1-2 large bags/containers of mixed green salad (You'll be having many large salads)  
3 cucumbers (for salads and snacks)  
2 stalks of celery (or more if you'd like you can eat as much as you'd like for snacks on the meal plan)  
1 container of cherry tomatoes (optional for salads)  
3 avocado  
Optional- a small box of mushrooms (for scrambled eggs and you could also throw in your salads)  
\*\*As a note I get my spinach, sugar snap peas, mixed greens for salad, cucumbers, broccoli, and cherry tomatoes at Costco to save money.

#### **Fruit:**

1-2 large containers of blueberries  
1 container of raspberries  
2 bananas  
\*\*As a note I get my blueberries and raspberries at Costco so I can save money.

#### **Milk, Dairy and Eggs:**

1-2 containers 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 (4 for hardboiled & scrambled eggs)  
8 oz. cheddar cheese (optional for Mexican chicken)

#### **Nuts, Oats & Bread:**

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

- 1 package of steel cut oats
- 1 small loaf of whole wheat bread (if gluten-free you'll purchase a gluten-free loaf of bread)

**Seasonings/Dressing/Sauces/Canned Goods:**

- 2 packets of low sodium taco seasoning
- 1 can of your favorite enchilada sauce (red or green, you'll need 1 ¼ cup worth)
- 1 small container of sea salt
- 1 container of olive oil
- 1 jar of minced garlic
- 1 jar of Mayo with Olive Oil (or regular Mayo) \* **this is optional- but I'll be using it to mix with my tuna which you have as a post workout meal. If you hate tuna you could do turkey lunchmeat and mustard instead. ;)**
- 1 container of oil-based dressing like balsamic vinaigrette
- 1 container of coconut oil (small container is fine I have you mix this into your steel cut oats each day just 1 TBSP)
- 1 container Natural Peanut Butter (Doesn't matter if it's chunky or creamy)
- 1 small container of salsa

**Found in Baking Section:**

- 1 container of cinnamon (optional for sweet potato toppings)
- 1 container of sweetener (Truvia or Xylitol- optional topping for sweet potato)

**Misc.:**

- 1 large container of vanilla protein powder (I prefer a whey protein isolate)
- OPTIONAL- I recommend you purchase some fish oil to take with breakfast if you're willing you could purchase it at any store.

\*\* 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.