

## Phase 4 Week 2 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: BBQ Chicken Lettuce Wraps. 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.**

BBQ Chicken Lettuce Wraps, Servings: 7

Ingredients:

7 large boneless, skinless chicken breasts

1 Jar of BBQ Sauce (Average 18 oz. size is fine and try to pick one lower in sugar)

1 Large Head of Iceberg or Butter Lettuce

1 large Red Onion, chopped (optional for toppings)  
1-2 large carrots, grated (optional for toppings)

Directions if baking it: Preheat oven to 400 degree Fahrenheit. Line a 9 x 13 inch baking dish with aluminum foil. Spray foil with olive oil cooking spray or coat with coconut oil. Place chicken in baking dish (as many pieces as you can fit in, you may need to do more than one batch if you don't have a large enough pan for all of the chicken). Spoon your favorite BBQ sauce over the chicken until all the pieces are covered. Bake for 50 to 60 minutes, until chicken is no longer pink inside. Carefully shred the cooked meat. You'll be storing the leftovers and using the iceberg lettuce or butter lettuce as "wraps" to place the chicken in. Upon eating/serving: Tuck shredded carrots and red onion in with the chicken (if you'd like those toppings) and enjoy.

Direction if you're going to use the slow cooker for the BBQ chicken (highly recommend it tastes amazing this way): Place all the pieces of chicken (thawed, not frozen) in a slow cooker. Fill it up with water until all the pieces of chicken are covered or at least partially covered in the water (if you fill up the crockpot with chicken like me the top layer won't be completely covered with water, but partially covered). Cook on high for 4-5 hours or until chicken is no longer pink. DRAIN WATER (make sure to use hot pads don't burn yourself). Afterward, pour an entire 18 oz. container (or more) of your favorite BBQ sauce over the chicken and cook on LOW for 1 hour. Afterward, use a fork and knife to shred the chicken so it can soak in the flavor. Eat as directed in the meal plan and save in Tupperware to use throughout the week. It'll reheat very well this way for the rest of the week.

Approximate calories per serving: 400

\*SEPARATE INTO 7 EVEN SERVINGS!

### **Veggie Prep:**

Red Cabbage Salad, Servings: 6

Ingredients:

2 cups red wine vinegar

1-cup olive oil

2 Tbsp. minced garlic

3 Tbsp. Truvia (or other sweetener of your choosing such as Stevia, or even real sugar if you prefer)

1 Tbsp. salt

1 red cabbage, shredded

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

Approximate Calories Per Servings: 150-200

### **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. 400 calories)** – 1 serving of BBQ Chicken Lettuce Wraps.

\*I'm leaving out the serving of the cabbage tonight to reduce your calories since it's not a heavy lifting day I don't want you gaining excess fat.

\*\*\*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 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).

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. 130 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. 600 calories)** – 1 serving of BBQ Chicken Lettuce Wraps with 1 serving of red cabbage salad.

**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 BBQ Chicken Lettuce Wraps with 1 serving of red cabbage salad.

**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. 180 calories)** -1/2 handful of almonds (approx. 80 calories), 1 handful of sugar snap peas (approx. 30 calories), and 1 hardboiled egg (approx. 70 calories).

**Meal 3 - (Approx. 600 calories)** - 1 serving of BBQ Chicken Lettuce Wraps with 1 serving of red cabbage salad.

**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 BBQ Chicken Lettuce Wraps with 1 serving of red cabbage salad.

**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 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. 130 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. 600 calories)** - 1 serving of BBQ Chicken Lettuce Wraps with 1 serving of red cabbage salad.

**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 BBQ Chicken Lettuce Wraps with 1 serving of red cabbage salad.

**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.**

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

Ingredients:

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

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

\*Since you'll be eating this in your salad you don't HAVE to make into patties you can just combine ingredients and cook on stovetop. OR You can eat these plain with the mixed greens, avocado and salsa as a side salad, up to you!

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 Turkey Burgers over 3 cups of mixed greens, ½ avocado and salsa as your dressing. OR You can eat the burgers and have the mixed greens, avocado and salsa as a side salad.

**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 Turkey Burgers over 3 cups of mixed greens, ½ avocado and salsa as your dressing. OR You can eat the burgers and have the mixed greens, avocado and salsa as a side salad.

**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).

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### 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 Turkey Burgers over 3 cups of mixed greens, ½ avocado and salsa as your dressing. OR You can eat the burgers and have the mixed greens, avocado and salsa as a side salad.

**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 Turkey Burgers over 3 cups of mixed greens, ½ avocado and salsa as your dressing. OR You can eat the burgers and have the mixed greens, avocado and salsa as a side salad.

**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 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 –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 Turkey Burgers over 3 cups of mixed greens, ½ avocado and salsa as your dressing. OR You can eat the burgers and have the mixed greens, avocado and salsa as a side salad.

**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 Turkey Burgers over 3 cups of mixed greens, ½ avocado and salsa as your dressing. OR You can eat the burgers and have the mixed greens, avocado and salsa as a side salad.

**OR**

**“CHEAT CLEAN” MEAL-** I believe in having a small break each week to make sure a nutrition plan isn’t too restrictive as you are getting started. Plus, many people like to go out and be social with friends, family or your spouse. This does NOT look like a whole pizza you’re eating. Here are your options for a suggested “CHEAT CLEAN” meal (staying within 600-800 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:**

7 boneless, skinless chicken breast

3 lbs. of lean ground turkey meat

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)  
2 red onions  
5 sweet potatoes  
1 large head of iceberg or butter lettuce  
1 large red cabbage  
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)  
2 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 or snacks)  
3 avocado  
2 carrots  
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  
3 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)

**Nuts & Oats:**

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

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

18 oz. jar/bottle of your favorite BBQ sauce (try to find one lower in sugar)  
1 bottle/container of red wine vinegar  
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 small container of honey Dijon mustard  
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.