

Phase 4 Week 3 Meal Plan & Grocery List

READ PREVIOUS NOTES ON PHASE 4 TO MAKE SURE THIS PHASE IS RIGHT FOR YOU.

***Based on previous followers comments I'm reducing the calories slightly from week 1 and week 2. Remember that every body is different so feel free to adjust calories slightly to fit your needs/body.**

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 almonds) near me, and two: I can grab it on the go if needed.

The main meat recipe you'll be making tonight is: Pesto 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.**

Pesto Chicken, servings: 6

Ingredients:

- 3 boneless, skinless chicken breasts (I'm using larger 8 oz. breasts if your chicken breasts are small and thin then you'll need 6)

- 6-9 teaspoons of pesto sauce (you can look up how to make your own, I'm just purchasing mine in a jar at the store)
- 2 tomatoes, sliced
- Salt and pepper (to taste)
- 6 Tablespoons reduced fat mozzarella cheese, shredded (Omit if you are dairy-free)
- 3 teaspoons grated parmesan cheese (Omit if you are dairy-free)

Directions:

Take the chicken breasts and cut off the excess fat. Wash/rinse the chicken and pat dry with a paper towel (or let dry on it's own). Cut your thick chicken breast in half horizontally so that now you have two THIN pieces of chicken from one chicken breast (so you'll have 6 total after you do all 3 pieces of chicken). Preheat your oven to 400 degrees. Get a baking sheet and line it with parchment or foil (if using foil I like to lightly spray it with cooking spray).

Sprinkle a bit of salt and pepper on each of the 6 pieces. Place the pieces of chicken on the baking sheet. Use approx. 1 teaspoon of pesto on each piece of chicken, coating the top of each piece evenly (you can use a tad extra if needed which is why I said 6-9 teaspoons).

Place in oven and bake for approximately 13-16 minutes (or until chicken is cooked and not pink). Take it out of the oven and carefully (so you don't burn yourself) place with tomato slices, mozzarella cheese (approx. 1 Tablespoon on each piece) and Parmesan cheese on top. Then place back into the oven for another 4-5 minutes (until the cheese is melted).

Tip: You can instead purchase the already thin chicken breasts and just purchase 6 pieces instead of 3.

Main Vegetable Recipe you'll be eating with this recipe is Baked Red Potatoes with Veggies

Baked Red Potatoes with Veggies, Servings: 6

Ingredients:

- 2 ½ cups of red potatoes, cut into wedges (if possible refrigerate for about 1 hour prior to cooking)
- 1 zucchini, chopped into about ½ inch pieces
- 1 red bell pepper, chopped into about ½-1 inch pieces
- 4 oz. (1 cup) of chopped mushrooms
- ½ teaspoon dried Italian seasoning
- ¼ teaspoon garlic salt
- 2 teaspoons olive oil

Directions:

Preheat oven to 450 degrees. Spray a large 9 x 13 (or a bit larger) baking dish with cooking spray and set aside. In a large bowl after you've chopped all the vegetables mix them with the Italian seasoning, garlic and olive oil until well mixed. Place/spread it as evenly as you

can in the pan. Bake for 15-20 minutes until vegetables are lightly brown (and tender).
***MAKE SURE TO STIR THE VEGETABLES AT LEAST ONCE WHEN IT'S ABOUT ½ WAY THROUGH COOKING.**

***Some people like to separate their meal into the proper portion sizes and have it easier to grab on the go. For this week it would be 1 pesto chicken with about ¾ cup of baked red potatoes with veggies. Since the size may vary a tad based on the size of the veggies you'll want to just separate the dish evenly into 6 servings.**

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 7 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 out 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 – 1 Butterfinger Protein Shake (approx. 325 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1.5 scoops chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

***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 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 sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories), 1 handful of almonds (approx. 160 calories) and a handful of blueberries (approx. 30 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. 3/4 cup) of Baked Red Potatoes with Veggies.

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. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. 3/4 cup) of Baked Red Potatoes with Veggies.

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),

***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. 490 calories)

Meal 1 – 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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 sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories), 1 handful of almonds (approx. 160 calories) and a handful of blueberries (approx. 30 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

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. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

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 sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories), 1 handful of almonds (approx. 160 calories) and a handful of blueberries (approx. 30 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – 1 Pesto Chicken with 1 serving (approx. ¾ cup) of Baked Red Potatoes with Veggies.

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. 420 calories) – 1 Spinach Shake (READ INGREDIENTS CAREFULLY THEY ARE CHANGED FROM THE NORM)***

Spinach Shake Recipe, Servings: 1

Ingredients:

- 3 cups spinach
- ¾ cup unsweetened almond milk
- 1/2 banana
- 2 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 3 cups ice (varies based on the consistency you want)

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

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.

Quinoa Meatballs, servings: 6

Ingredients:

- 2 pounds (95-percent) lean ground beef
- 1 1/2 cups cooked quinoa (see directions below on how to cook quinoa, because 1/2 cup uncooked quinoa will make 1 1/2 cups)
- 1/2 cup finely chopped onion
- 1/2 cup grated carrot
- 1/2 cup grated zucchini
- 4 tablespoons ketchup
- 2 tablespoon chopped garlic
- 2 tablespoon (low sodium) soy sauce (Make sure the container says gluten-free if you are gluten intolerant or pick up an alternative)
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 2 eggs, lightly beaten

Directions:

You'll want to start the quinoa first since you'll be using it for the recipe. Most of the packages should have instructions on it. You'll bring 1 cup of water to a boil in a small pot. Then pour in 1/2 cup UNCOOKED quinoa, cover and simmer on low until the water is absorbed which will be about 9-12 minutes. Remove from the heat for 10 minutes and lightly "fluff" it with your fork.

Preheat your oven to 450 degrees. Get a cookie sheet/baking sheet and line it with parchment paper to use later (set aside baking sheet). In a large mixing bowl, mix together all of the ingredients until they are well combined. Shape into 30 balls. Place them on the parchment paper (baking sheet). Bake them for about 15-18 minutes or until they are cooked through and golden brown.

Main Vegetable Recipe you'll be eating with this recipe is Baked Zucchini with Parmesan

Baked Zucchini with Parmesan, Servings: 6

Ingredients:

- 6 + medium zucchini (you'll use about 1/2-2/3 of a zucchini for the meatballs). Use whatever is leftover plus the other 6 on the grocery list.
- 4 Tablespoons of olive oil (or butter)
- 3 Tablespoon fresh oregano or 3 teaspoon dried oregano
- 3/4-1 cup parmesan cheese, grated (optional- OMIT if you are dairy-free)
- Salt & pepper to taste

Directions:

Preheat oven 350 degrees. Wash zucchini and then slice them into 1/4 " slices (1/8th okay too). Toss with olive oil and oregano until well coated. Arrange on a greased baking/cookie sheet in a single layer (you will have to do two cookie sheets most likely) and then sprinkle with the Parmesan cheese. You'll bake this (uncovered) for 35-40 minutes or until cheese looks light brown (or until your desired preference). Then season with a bit of salt & pepper to taste.

Tips: For eating again throughout the week many people prefer to re-heat this in a toaster oven or oven instead of microwaving just for a "crispier" consistency. Depending on your time it's okay to microwave as well the zucchini is just a bit soggy.

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.

***Some people like to separate their meal into the proper portion sizes and have it easier to grab on the go. For this week it would be 5 meats balls plus approx. 1 cup of zucchini slices (amount of zucchini will vary based on the size you used so just split evenly into 6 servings).**

Make sure your snacks are ready for the next several days. We seal/store our meat and vegetables in Tupperware containers so it stays fresh the rest 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 – Breakfast (approx. 490 calories)

Meal 1 – 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water

- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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 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. 490 calories)

Meal 1 – 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach
- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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 – Breakfast (approx. 490 calories)

Meal 1 – 1 Butterfinger Protein Shake (approx. 275 calories)

Butterfinger Protein Shake Recipe, Servings 1

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 scoop chocolate or vanilla protein powder (if using chocolate you can omit the sugar-free, fat-free pudding mix)
- 1 Tablespoon Sugar Free/Fat Free Butterscotch Pudding Mix (found in the baking section)
- 1 Tablespoon Sugar Free/Fat Free Chocolate Pudding Mix (omit if you used a chocolate protein powder)
- 1 Tablespoon Natural Peanut Butter
- 1 Large Handful of Spinach

- 1/4 teaspoon Xanthum Gum (optional- this is used to thicken the shake, found in the baking section)
- 2 – 3 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. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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. 3 hours later, Approx. 400 calories) – 1 serving of Quinoa Meatballs (5 meatballs) with 1 serving (approx. 1 cup) of Baked Zucchini with Parmesan.

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:

3 large boneless, skinless chicken breasts (or 6 small/thin ones)
2 lbs. of lean ground beef (or you can use ground turkey but I've never tried that substitution for the quinoa meatballs)
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)
5 sweet potatoes
2 tomatoes
2 ½ cups worth of red potatoes (You'll be cutting them into wedges. For me I'll just be getting a 1 lb. bag)
1 bag of mixed green salad (or you can just use the spinach this is just for the salad you make on Sunday)
1 medium red bell pepper (or use the red peppers in your mini bell pepper bag)
2 four oz. containers of mushrooms (one is for a recipe and the other is optional for omelet if you want to just buy one container)
8-9 zucchini (used in a couple recipes in the week including a main veggie recipe)
1-2 medium onion (white or yellow and ½ is for a dinner recipe and rest for eggs, optional)
2 bags of mini bell peppers (for snacks and you can use a few for your scrambled eggs)
1-2 large bags of sugar snap peas (for snacks daily)
2 cucumbers (optional 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 snacks)
1-2 carrots (you'll need ½ cup grated)
**As a note I get my spinach, sugar snap peas, bell peppers and cherry tomatoes at Costco to save money.

Fruit:

1-2 large containers of blueberries (you have a handful daily)
1 container of raspberries
1 banana
**As a note I get my blueberries and raspberries at Costco so I can save money.

Dairy and Eggs *Please note the cheese is optional for recipes so if you're dairy-free just OMIT from grocery list:

1 container of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk for my shakes because it's low in calories and has no sugar)
1- 18 count egg carton (you'll need this for the scrambled eggs, 2 for a dinner recipe and for hard boiled eggs as a snack)
1 container egg-white substitute, optional (you can use just the egg whites of eggs instead)
1 small bag shredded mozzarella cheese (you'll need about 6 tablespoons worth)
1 small container of grated Parmesan cheese

Nuts & Oats:

- 1 bag of almonds
- 1 package of steel cut oats
- 1 bag/package of Quinoa

Seasonings/Dressing/Sauces/Canned Goods:

- 1 jar of pesto sauce (small jar should be fine you'll be using about 6-9 teaspoons worth)
- 1 small container dried Italian seasoning
- 1 container of ketchup
- 1 container of dried oregano
- 1 container of thyme
- 1 bulb of garlic (you'll need 2 TBSP worth of chopped garlic)
- 1 container of low sodium soy sauce (if you're gluten intolerant check the label as some soy sauces are not gluten free- you can use a soy sauce substitute if preferred)
- 1 small container garlic salt
- 1 small container of sea salt (you should have this already from previous weeks)
- 1 container of Olive Oil
- 1 container Natural Peanut Butter (**chunky or creamy**)
- 1 container of oil-based dressing like balsamic vinaigrette
- Cooking spray (I like the olive oil cooking spray)
- 1 container of salsa (optional for eggs)
- 1 small container of ground black pepper
- 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 coconut oil (small container is fine I have you mix this into your steel cut oats each day just 1 TBSP)

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)
- 1 box of sugar-free, fat free chocolate pudding mix (3.4 oz. size box (approx.) because you can use in future weeks any leftover. If you use chocolate protein powder you can omit this item)
- 1 box of sugar-free, fat free Butterscotch pudding mix (3.4 oz. size box (approx.))
- 1 small container of Xanthum Gum, optional (this just thickens the shakes and you only use a pinch so it lasts a LONG time)

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.