

## Phase 4 Week 4 Meal Plan & Grocery List

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

**\* 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: Thai Turkey Skillet. 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.**

Thai Turkey Skillet

Servings: 6

**Ingredients:**

- 2 pound lean ground turkey
- 4 red bell peppers, thinly sliced
- 4 tablespoons minced or grated fresh ginger (I've left this out before if you can't find it at the store and it's still yummy)
- 6 cloves garlic, chopped
- 1-2 teaspoon red pepper flakes (1 teaspoon if you don't want it too spicy. We love spicy so we use 2)
- 6 tablespoons peanut butter (preferably natural pb)
- 4 tablespoons lime juice
- 4 tablespoons soy sauce (If you're gluten free use a GF Soy sauce alternative)
- 2 tablespoon sesame oil
- 1 cup cilantro, chopped
- 14-16 romaine lettuce leaves or Butter Lettuce

**Directions:**

Brown the ground turkey in a large nonstick skillet or wok (you'll either need a large one or do two batches); drain the grease. Add the peppers, ginger, garlic, and red pepper flakes. Cook over medium-high heat about 4 minutes, or until the peppers have softened slightly. Meanwhile, whisk together the peanut butter, lime juice, soy sauce, sesame oil, and cilantro. **Remove the skillet from the heat** and add the peanut butter mixture to the skillet; mix well. Serve the meat mixture rolled up in the lettuce leaves (or, if you prefer, over chopped lettuce).

Tip: This tastes even better as leftovers in my opinion because all the flavors and sauces marinate overnight. I prefer to just chop up romaine lettuce and pour meat mixture on top to eat it as a salad (less messy, but you can use as wraps if you prefer). Make sure when storing the leftovers to store the meat separate from the lettuce.

**Main Vegetable Recipe you'll be eating with this recipe is Baked Cauliflower.**

Baked Cauliflower, Servings: 6

**Ingredients:**

2 heads cauliflower (about 8-10 cups worth once chopped)  
 5 tablespoons olive oil (or you can use sesame oil since you have some from the Thai turkey skillet recipe if you prefer)  
 2 teaspoons salt (I like to use sea salt)  
 ½-1 teaspoon coarsely-ground black pepper

**Directions:**

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

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

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

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

We seal/store our meat and vegetables in Tupperware containers so it stays fresh the rest of the week.

### **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 4 sweet potatoes to have for this coming week).**

Baked Sweet Potatoes, Servings: 4

Ingredients:

- 4 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 –Banana Cream Pie Protein Shake (approx. 300 calories) \*Extra protein put in shake to boost calories slightly so be aware.**

Serving Size: 1

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about 1/2-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1.5 scoops Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

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

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

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

**Meal 3 - (Approx. 3 hours later, Approx. 400 calories)** – Turkey & Berry Salad- Two cups worth of spinach or mixed greens, 3 pieces of turkey lunch meat (cut or torn into small pieces), handful of raspberries (if you have some leftover from last week use some blueberries too), 1/2 handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of an oil-based dressing. \*We love to use a raspberry vinaigrette for this salad.

**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 Thai Turkey Skillet (approx. 1 ½-2 cups worth) either over romaine lettuce or using the romaine lettuce as “wraps”. 1 ½ cups of Baked Cauliflower on the side (or non-starchy vegetable of your choice if you want to substitute).

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

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving of Thai Turkey Skillet (approx. 1 1/2-2 cups worth) either over romaine lettuce or using the romaine lettuce as “wraps”. 1 1/2 cups of Baked Cauliflower on the side (or non-starchy vegetable of your choice if you want to substitute).

**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. 500 calories)** – 1 serving of Thai Turkey Skillet (approx. 1 1/2-2 cups worth) either over romaine lettuce or using the romaine lettuce as “wraps”. 1 1/2 cups of Baked Cauliflower on the side (or non-starchy vegetable of your choice if you want to substitute).

**Meal 6 (Your Pre and Post Workout Meal, Approx. 430 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 blueberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 4-5 slices of Turkey Lunch meat dipped in mustard for more flavor if you'd like (approx. 150 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. 450 calories)

##### Meal 1 –Banana Cream Pie Protein Shake (Approximately 225-250)

Serving Size: 1

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about ½-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey 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 cashews (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of raspberries (approx. 30 calories).

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving of Thai Turkey Skillet (approx. 1 ½-2 cups worth) either over romaine lettuce or using the romaine lettuce as “wraps”. 1 ½ cups of Baked Cauliflower on the side (or non-starchy vegetable of your choice if you want to substitute).

**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. 500 calories)** – 1 serving of Thai Turkey Skillet (approx. 1 ½-2 cups worth) either over romaine lettuce or using the romaine lettuce as

“wraps”. 1 ½ cups of Baked Cauliflower on the side (or non-starchy vegetable of your choice if you want to substitute).

**Meal 6 (Your Pre and Post Workout Meal, Approx. 430 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 blueberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 4-5 slices of Turkey Lunch meat dipped in mustard for more flavor if you’d like (approx. 150 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 cashews (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of raspberries (approx. 30 calories).

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving of Thai Turkey Skillet (approx. 1 ½-2 cups worth) either over romaine lettuce or using the romaine lettuce as “wraps”. 1 ½ cups of Baked Cauliflower on the side (or non-starchy vegetable of your choice if you want to substitute).

**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
- ½ 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!

\*\*\*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.

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

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

**You can either have this cook in the crockpot/slow cooker tonight or you can bake it. Both directions are below.**

BBQ Chicken Lettuce Wraps, Servings: 6

**Ingredients:**

- 6 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.

**Vegetable 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.

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. 450 calories)

#### Meal 1 –Banana Cream Pie Protein Shake (Approximately 225-250)

Serving Size: 1

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about ½-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey 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 cashews (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of raspberries (approx. 30 calories).

**Meal 3 - (Approx. 3 hours later, Approx. 400-500 calories)** – 1 serving of BBQ Chicken (If you shredded the chicken (after cooking it) this is approx. 1 1/2 -2 cups worth. If you left the breast intact it would be 1 chicken breast). Use either iceberg or butter lettuce and toppings (they are optional toppings: red onion and carrots) as listed in the recipe to make as many lettuce wraps as you'd like with the serving of meat. Eat it with 2 cups of Baked Broccoli & Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

**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. 400-500 calories)** – 1 serving of BBQ Chicken (If you shredded the chicken (after cooking it) this is approx. 1 1/2 -2 cups worth. If you left the breast intact it would be 1 chicken breast). Use either iceberg or butter lettuce and toppings (they are optional toppings: red onion and carrots) as listed in the recipe to make as many lettuce wraps as you'd like with the serving of meat. Eat it with 2 cups of Baked Broccoli & Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

**Meal 6 (Your Pre and Post Workout Meal, Approx. 430 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 blueberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 4-5 slices of Turkey Lunch meat dipped in mustard for more flavor if you'd like (approx. 150 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 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. 450 calories)**

#### **Meal 1 –Banana Cream Pie Protein Shake (Approximately 225-250)**

Serving Size: 1

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about 1/2-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)

- 1 scoop Vanilla Whey 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 cashews (approx. 160 calories), 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of raspberries (approx. 30 calories).

**Meal 3- (Approx. 3 hours later, Approx. 400-500 calories)** – 1 serving of BBQ Chicken (If you shredded the chicken (after cooking it) this is approx. 1 1/2 -2 cups worth. If you left the breast intact it would be 1 chicken breast). Use either iceberg or butter lettuce and toppings (they are optional toppings: red onion and carrots) as listed in the recipe to make as many lettuce wraps as you'd like with the serving of meat. Eat it with 2 cups of Baked Broccoli & Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

**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. 400-500 calories)** – 1 serving of BBQ Chicken (If you shredded the chicken (after cooking it) this is approx. 1 1/2 -2 cups worth. If you left the breast intact it would be 1 chicken breast). Use either iceberg or butter lettuce and toppings (they are optional toppings: red onion and carrots) as listed in the recipe to make as many lettuce wraps as you'd like with the serving of meat. Eat it with 2 cups of Baked Broccoli & Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

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**Post Workout** – 1/2 scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, 1 handful of blueberries (approx. 30 calories) immediately afterwards. Then 20-30 minutes later have 4-5 slices of Turkey Lunch meat dipped in mustard for more flavor if you'd like (approx. 150 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. 450 calories)

#### Meal 1 –Banana Cream Pie Protein Shake (Approximately 225-250)

Serving Size: 1

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about 1/2-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey 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. 130 calories)-** 1 handful of sugar snap peas (approx. 30 calories), 1 hardboiled egg (approx. 70 calories) and a handful of raspberries (approx. 30 calories).

**Meal 3 - (Approx. 3 hours later, Approx. 400-500 calories) –** 1 serving of BBQ Chicken (If you shredded the chicken (after cooking it) this is approx. 1 1/2 -2 cups worth. If you left the breast intact it would be 1 chicken breast). Use either iceberg or butter lettuce and toppings (they are optional toppings: red onion and carrots) as listed in the recipe to make as many lettuce wraps as you'd like with the serving of meat. Eat it with 2 cups of Baked Broccoli & Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

**Meal 4 - (Approx. 3 hours later, Approx. 100 calories) –OPTIONAL-** Snack on celery, cucumbers and/or carrots.

**Meal 5- (Approx. 3 hours later, Approx. 400-500 calories)** – 1 serving of BBQ Chicken (If you shredded the chicken (after cooking it) this is approx. 1 1/2 -2 cups worth. If you left the breast intact it would be 1 chicken breast). Use either iceberg or butter lettuce and toppings (they are optional toppings: red onion and carrots) as listed in the recipe to make as many lettuce wraps as you'd like with the serving of meat. Eat it with 2 cups of Baked Broccoli & Bacon on the side (or non-starchy vegetable of your choice if you want to substitute).

**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:**

6 boneless, skinless chicken breasts

2 lbs. of Lean Ground Turkey Meat

1 small package of bacon (uncured, reduced-sodium center cut bacon would be the best kind for you, but I'm okay with any brand/kind of bacon you choose since we won't be using it weekly).

2 packages of turkey lunch meat- You'll be using this for salad on Sunday but also as a post workout meal. If you'd prefer to do Tuna like previous weeks then purchase 4 cans. You'll be using 4-5 slices of lunch meat as your post workout so depending on how large the packages are you may only need one.

#### **Vegetables:**

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

4 sweet potatoes

1 large head of iceberg or butter lettuce (for wraps)  
1 red onion (optional for BBQ lettuce wraps)  
2 large carrots (optional for BBQ lettuce wraps)  
4 large heads of broccoli (about 12 cups worth once you chop it)  
2 bags of mini bell peppers (You have about 5-6 a day)  
2 large heads of Romaine Lettuce (you'll use approx. 14 leaves over several days) or you can use butter lettuce (for salad or wraps for the Thai turkey skillet recipe)  
1 small bag of mixed green salad (or you can use fresh spinach)  
1 large bag of sugar snap peas  
4 red bell peppers  
1 small bunch of cilantro (you'll only need a cup's worth)  
2 heads of cauliflower  
1 onion and 1 box of mushrooms (optional for scrambled eggs)  
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 bag of carrots (optional snacks)  
\*\*As a note I will be getting a large bag of butter lettuce (for both meals instead of the iceberg and romaine), spinach, broccoli, mini bell peppers, sugar snap peas and cauliflower from Costco. They sell it all there and it saves me money to buy in bulk.

**Fruit:**

1 large container of blueberries  
2 containers of raspberries  
3 bananas

\*\*As a note I get my blueberries and raspberries at Costco so I can save money.

**Milk and Eggs:**

1-2 containers 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)

**Nuts & Oats:**

1 bag of cashews  
1 package of steel cut oats

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

1 bottle of your favorite BBQ Sauce (try to pick one lower in sugar- compare a couple bottles so you can choose a better option. 18 oz. size is fine or you can get the size above that)  
1 container of Olive Oil (You should have this from last week)  
1 container of sea salt (you should have this from last week)  
1 container of minced garlic (you should have some from last week)  
6 cloves of garlic (for Thai turkey skillet- you can use a conversion chart and use minced garlic if you prefer)  
1 container Natural Peanut Butter (you should have some from last week. Chunky or Creamy it doesn't matter technically **but for the Thai turkey skillet CREAMY is easier to work with**)  
1 oil-based dressing (for salad- I recommend since it's a berry salad to use a raspberry vinaigrette)



1 small container of salsa (optional for eggs)  
1 small container red pepper flakes  
1 small container of soy sauce (or alternative if you are gluten free)  
1 small container of sesame oil (I find this in Wal-Mart where they have a small Asian cooking section so any grocery store should have this)  
1 small container of black pepper (preferably coarsely-ground)  
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 small container of mustard (optional- to dip your turkey lunch meat in for your post workout meal 6)

**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 banana cream pudding mix (Jell-O or generic brand fine, larger size box approximately 3.4 oz. size best)  
1 box of sugar-free, fat free French Vanilla pudding mix (3.4 oz. size box (approx.) best. If you can't find French vanilla then regular vanilla will be fine)

**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.