

Phase 4 Week 7 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 eating for the week is Taco Chicken (in the crockpot/slow cooker). 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 the crockpot in the morning since you'll be eating this for dinner and it takes 6-10 hours to cook.**

Taco Chicken Crock Pot, Servings: 5

Approximately 2 1/2 cups worth is 1 serving and 400 calories

Ingredients:

- 4 Boneless skinless chicken breasts (if they are really large just use 3)
- 1 onion, chopped
- 1 16-oz can black beans
- 1 16-oz can kidney beans
- 1 8-oz can tomato sauce
- 10 oz. package frozen corn kernels
- 2 14.5-oz cans diced tomatoes w/chilies
- 1 packet taco seasoning
- 1 tbsp. cumin
- 1 tbsp. chili powder
- Optional: 1/4 cup chopped fresh cilantro (set aside this is for topping/garnishing afterward)

Directions:

Place ALL ingredients except cilantro and chicken into the crockpot. Briefly mix/stir it all together. Then place the chicken on top of the mixture. Cover and cook on low for about 8-10 hours or on high for 5-6 hours. Approximately 30 minutes before serving take out the chicken and shred it. Then place it back into the slow cooker and stir all together. Top with fresh cilantro upon serving.

LUNCH PREP- You'll also be grilling/cooking 3 chicken breasts to have on your salad on days 2, 4 and 5. You can bake or grill them (outdoors or on an indoor skillet). It's completely up to you. I'm going to take my chicken breasts, cut off excess fat, sprinkle with a bit of Mrs. Dash and then cook on the skillet or grill until cooked all the way through (no pink in the middle). Then store it in Tupperware containers to use on your salad as directed.

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: 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. **When I seal my food properly the chicken will stay good through the full 5 days so I don't have to cook twice during the week. If you'd rather you can always freeze a portion and thaw later if you'd rather.**

***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.

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

***I always recommend eating breakfast (meal 1) within 30 minutes of waking up.**

Meal 1 – Scrambled Eggs (approx. 300 calories)

Scrambled Eggs, Servings 1

Ingredients:

- 3 eggs

Toppings of your choice:

- 1/4 cup chopped onions
- 1/4 cup chopped mushrooms
- 1/4 cup chopped red bell pepper

- 2 tablespoons salsa

Directions: Mix eggs in bowl and place them on a greased skillet or non-stick skillet. Let them start to cook for a bit and when they are forming but still a bit runny throw in the toppings of your choice (some suggestions are listed above). Continue cooking until eggs are NOT runny and veggies are cooked to your liking. Remove and serve with a couple tablespoons of salsa (optional).

Meal 2 - (Approx. 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 calories) – Turkey & Veggie Salad- Two cups worth of mixed greens, 3-4 pieces of turkey lunch meat (cut or torn into small pieces or use leftover meat from previous week), ½ bell pepper (sliced), ¼ cucumber sliced, small handful of cherry tomatoes, ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 - (Approx. 3 hours later, Approx. Calories 160) – 1 handful of almonds (approx. 160 calories)

Meal 5 (Approx. 3 hours later, Approx. 400 calories) – 1 serving of Taco Chicken Crock Pot.

***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)

Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

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

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

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

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

Meal 2 - (Approx. 2.5 hours later, Approx. 290 calories) –1 handful of 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) – Chicken & Veggie Salad- Two cups worth of mixed greens, 1 chicken breast, sliced (you can cut the chicken breast into whatever size pieces you'd like for your salad), ½ bell pepper (sliced), ¼ cucumber sliced, small handful of cherry tomatoes, ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 – 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 Taco Chicken Crock Pot.

Meal 6 (Your Pre and Post Workout Meal, Approx. 380 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)

***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 – (Approx. Calories 435) 1 piece of whole wheat or gluten-free toast (Approx. 120 calories) with 1 Tablespoon of peanut butter (Approx. 100 calories).

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 calories) – Turkey Sandwich- 2 pieces of whole wheat (or gluten-free) bread. 3 Slices of Turkey Lunch Meat. Optional toppings: tomato, lettuce and mustard. *Feel free to add whatever veggies or toppings you like on your sandwiches. I'm also okay with mayo instead of mustard just don't use more than about 1 tablespoon.

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 Taco Chicken Crock Pot.

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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)

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)

Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

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

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

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

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

Meal 2 - (Approx. 2.5 hours later, Approx. 290 calories) –1 handful of 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) – Chicken & Veggie Salad- Two cups worth of mixed greens, 1 chicken breast, sliced (you can cut the chicken breast into whatever size pieces you'd like for your salad), ½ bell pepper (sliced), ¼ cucumber sliced, small handful of cherry tomatoes, ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 – 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 Taco Chicken Crock Pot.

Meal 6 (Your Pre and Post Workout Meal, Approx. 380 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)

***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 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. 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) – Chicken & Veggie Salad- Two cups worth of mixed greens, 1 chicken breast, sliced (you can cut the chicken breast into whatever size pieces you'd like for your salad), ½ bell pepper (sliced), ¼ cucumber sliced, small handful of cherry tomatoes, ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of balsamic vinaigrette dressing.

Meal 4 – 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 Taco Chicken Crock Pot.

Meal 6 (Your Pre and Post Workout Meal, Approx. 380 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)

***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 – (Approx. Calories 435) 1 piece of whole wheat or gluten-free toast (Approx. 120 calories) with 1 Tablespoon of peanut butter (Approx. 100 calories).

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 calories) – Turkey Sandwich- 2 pieces of whole wheat (or gluten-free) bread. 3 Slices of Turkey Lunch Meat. Optional toppings: tomato, lettuce and mustard. *Feel free to add whatever veggies or toppings you like on your sandwiches. I'm also okay with mayo instead of mustard just don't use more than about 1 tablespoon.

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- Spinach Protein Shake (approx. 400 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 3 cups spinach
- ¾ cup unsweetened almond milk
- ½ banana
- 2 tablespoons natural peanut butter
- 1.5 scoop vanilla or chocolate protein powder
- 2-4 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. 380 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)– ½ scoop vanilla whey protein (approx. 50 calories) mixed with water or unsweetened almond milk, ½ baked sweet potato (no skin and you can sprinkle cinnamon and zero calorie sweetener if you'd like- approximately 50 calories).

Post Workout – ½ 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)

***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 7

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

Meal 1 – (Approx. Calories 435) 1 piece of whole wheat or gluten-free toast (Approx. 120 calories) with 1 Tablespoon of peanut butter (Approx. 100 calories).

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 raspberries (approx. 30 calories).

Meal 3 - (Approx. 3 hours later, Approx. 400 calories) – Turkey Sandwich- 2 pieces of whole wheat (or gluten-free) bread. 3 Slices of Turkey Lunch Meat. Optional toppings: tomato, lettuce and mustard. *Feel free to add whatever veggies or toppings you like on your sandwiches. I'm also okay with mayo instead of mustard just don't use more than about 1 tablespoon.

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

Meal 5- ANY CHEAT MEAL (try to keep calories below 800 but pick anything you want)

OR

“CHEAT CLEAN” MEAL- I believe in having a small break each week to make sure a nutrition plan isn't too restrictive as you are getting started. Plus, many people like to go out and be social with friends, family or your spouse. This does NOT look like a whole pizza you're eating. Here are your options for a suggested “CHEAT CLEAN” meal (staying within 600-800 calories) or you can do a bit of research and find a healthier option where you're eating out on your own.

Options for a “cheat clean” meal:

- 1) Pick a salad at any restaurant- No cheese or croutons, dressing on the side (choose an oil-based one and try to only use 1-2 tablespoons).
- 2) Hamburger - ORDER IT “PROTEIN STYLE” (meaning no bun, even fast food restaurants like Carl's Jr. will do this for you), NO CHEESE. Any toppings you want. NO FRIES, NO SODA peeps (I'm nice, but I want you to still see results!)

- 3) Fish and Veggies- Most restaurants have the option to get fish and you can ask for only vegetables on the side. Almost any food chain I've been to have this option.
- 4) Chicken and Veggies - Just like above, most have a grilled chicken with vegetables as an option.
- 5) Or refer to the "fast food guide" listed under the recipe tab for more suggestions

Grocery List for this Meal Plan

*** Always check your cupboards to see if you still have some of these ingredients from last week!!!**

Meat:

7 boneless, skinless chicken breast

2-3 packages of turkey lunch meat- You'll be using this for salad, possibly your omelet, turkey sandwiches but also as a post workout meal. If you'd prefer to do Tuna 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 two packages.

Vegetables:

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

2 medium onions

4 sweet potatoes

10 oz. package of FROZEN corn kernels (better frozen for the crockpot meal)

1 bag of mini bell peppers (for salads (chop up) and you can use a few for your scrambled eggs)

1-2 bags of sugar snap peas

1 large bag/container of mixed green salad (you'll have several days of salads)

3 cucumbers (for salads and snacks)

1 stalk of celery (or more if you'd like you can eat as much as you'd like for snack 2 on the meal plan)

1 container of cherry tomatoes (optional for salads)

2-3 tomatoes (optional for turkey sandwiches)

1 head of iceberg lettuce (optional for your turkey sandwiches)

Optional- small bunch of fresh cilantro (to garnish your main dish)

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, and cherry tomatoes at Costco to save money.

Fruit:

1 large container of blueberries

2 containers of raspberries

2 bananas

Milk and Eggs:

1 container of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk because it's low in calories and has no sugar)

1 dozen eggs

Nuts, Oats & Bread:

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

Seasonings/Dressing/Sauces/Canned Goods:

- 1 16 oz. can of black beans
- 1 16 oz. can of kidney beans
- 1 8 oz. can tomato sauce
- 2 14.5 oz. cans diced tomatoes with chilies
- 1 packet of taco seasoning (I try to find one with lower sodium)
- 1 small container cumin
- 1 small container chili powder
- 1 small container sea salt
- 1 small container of olive oil (you won't need much this week just for coating the pan when you grill your chicken and make scrambled eggs)
- 1 small container of Mrs. Dash, optional- this is to season chicken breast for your salad. You can omit or use other seasonings in its place.
- 1 container of balsamic vinaigrette dressing
- 1 container Natural Peanut Butter (Doesn't matter if it's chunky or creamy)
- 1 container of mustard (optional- for turkey sandwich you can also use a bit of mayo instead or in addition but I'm not adding it to the list)
- 1 small container of salsa (optional for eggs)
- 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)

Misc.:

- 1 large container of vanilla protein powder (I prefer a whey protein isolate)
- Optional- Fish oil

** 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.