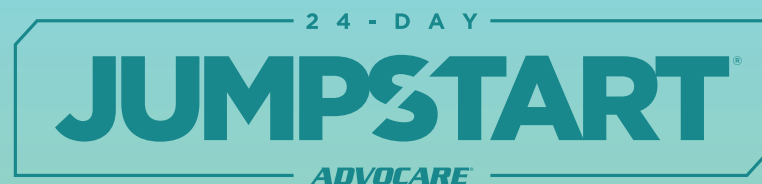


**M E A L P L A N**  
*1400-1600 calories*



CREATED BY REGISTERED DIETITIAN  
AMY GOODSON, MS, RD, CSSD, LD  
AMYGOODSONRD.COM | IG: @AMYG.RD

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## MEAL PLANS

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# Let's get started

As you launch into your JumpStart Program, it is important to remember that it is not about perfection, it is about the process of learning healthy habits to ultimately change your life and eating long term! There will be flaws, mishaps and questions along the way, but the key is staying committed to the process!

A balanced diet, and meal plan, is one that contains a variety of nutrient-rich foods including lean proteins, complex carbohydrates, healthy fats, fruits, vegetables and water. It's an eating plan that should be sustainable, one that

you enjoy and can consume with friends, family, at home, at work and when traveling. It supports healthy physical activity and provides you with the energy to manage the daily activities of everyday living. While it should be strategic, it should not be restrictive and should encompass a variety of foods.

While balance can mean a lot of things to many people, a good rule of thumb is to live by the 80/20 rule. 80 percent of the time focus on consuming nutrient-rich foods and beverages that provide your body the energy and nutrients it

needs to participate in exercise and maintain a strong, healthy life. 20 percent of the time there is room for some of the foods that you enjoy, but maybe should not be consumed every single day. Birthday parties, vacations and holidays will come, and you should enjoy them, but balance them with other healthy foods and activities.

The JumpStart Program dials in on the 80 percent. The goal is to commit to the 80 percent for four weeks to change your eating patterns and create long-lasting habits. Then eventually add the

20 percent in to create a balanced, sustainable eating plan.

Remember that balance isn't yes or no, always or never; instead, it consists of making healthy decisions on a regular basis to give your body the energy, nutrients and activity it needs.

This meal plan program was designed by a registered dietitian to provide you with a customized program to meet typical calorie needs and activity levels. Our goal is to make it easy for you to make healthy decisions, try new foods and enjoy what you are eating!



# CHECKLIST FOR SUCCESS



## FIND AN ACCOUNTABILITY PARTNER

An accountability partner is someone who checks in on you, encourages you and holds you accountable to what you have committed to do. This is not a person that nags you to do the right thing, but instead cheers you on to the win! On the reverse, you do the same for this person. While it may work for some people, typically we do not recommend you choose a spouse or family member as this person. This can often blur lines and make it harder. Choose a person you can communicate with regularly, but likely does not live in your house or affect your emotional well-being.



## JOIN THE JUMPSTART YOUR JOURNEY FACEBOOK GROUP

The JumpStart Your Journey Facebook Group is designed to give you a community to talk to, ask questions and share ideas with. Things are often easier when you do them with friends, so be sure to join the Facebook Group to help you along the way!



## SPRING CLEAN YOUR KITCHEN

Set yourself up for success by removing the tempting food items and junk food from your kitchen! It's springtime and everyone needs a fresh start, so take a day and clean out so that you are ready to stock your fridge and pantry with the nutrient-rich foods you need for success!



## STOCK UP ON THE RIGHT FOODS

While each week of the meal plan will contain all kinds of meals and snacks, be sure to stock up on kitchen staples. You will see some trends through each week, but examples include your favorite veggies (including steam-in-the-bag) and fruits, oats, proteins, nuts, nut butters, olive and canola oil, etc.



## GET THE RIGHT TOOLS

You can't have success without the right kitchen items available to use. Be sure to get a water bottle you love and can take with you wherever you go! Next, get a lunch box or bag so that you can take meals and snacks with you to work, running errands or when you are simply on the go. Finally, make sure you have resealable containers to store leftovers, prepared foods, and chopped fruits and veggies. Having the right kitchen tools will set you up for meal plan success!



**Q: CAN I MIX AND MATCH MEALS?**

**A:** Yes! The calorie guidelines are set so that all the breakfasts, lunches, dinners and snacks align. So, if you really love a certain meal, feel free to eat it again. If certain snacks are easier than others on busy days, stick with those to help fuel you!

**Q: CAN I EAT MEALS IN VARIOUS ORDER?**

**A:** While the meal plan is set up as breakfast, lunch, dinner and two to three snacks, depending on the calorie range, they do not have to be eaten in that order. Ideally you still consume all the meals and snacks over the course of the day, but let's say you want to move a snack from mid-morning to an early morning pre-workout snack,

totally okay! Or maybe you need two afternoon snacks because you have to eat a late dinner, that works as well! The goal is to consume all of the calories you need to help fuel your body and meet your goal, but that can be done in various order based on your schedule each day.

**Q: CAN I SUBSTITUTE INGREDIENTS?**

**A:** Yes, if there are things you don't like, there are options. There are swaps provided in the meal plan information. You can also use your Transformation Journal to cross reference foods and serving sizes.

**Q: WHAT IF I AM A VEGETARIAN?**

**A:** The "Swaps" section has some vegetarian and vegan substitutes for animal proteins. If you are a vegetarian, but still eat eggs and dairy, it should be fairly easy to swap out your protein with some simple tofu/tempeh swaps.

**Q: WHAT TIMES SHOULD I EAT?**

**A:** This is really dependent on your personal schedule! There is no specific time you have to eat in the morning or a time you should stop later in the day. Ideally you start eating within an hour or two of waking up, and then fuel your body every 3-4 hours with meals and snacks from the meal plan. In the evening, the goal would be to not eat the hour or so before you go to bed.

**Q: WHEN SHOULD I EXERCISE?**

**A:** When you feel the best and can commit to it! Everyone's schedule is different; some people are morning people, and some are not! Choose a time that works best for you and schedule it on your calendar. Treat exercise like an important work meeting and if you have to miss it, reschedule it!

**Q: ARE THERE CHEAT DAYS OR MEALS?**

**A:** The goal is to take the word "cheat" out of your head! The 20 percent of the 80/20 rule allows for desserts, higher calorie foods and cocktails. However, for this meal plan, the goal is to focus on the 80 percent as much as you can, but don't deprive yourself of cake at your child's birthday party or a drink once and a while. Remember the key word: balance!



**Q: SHOULD CERTAIN FOODS BE ELIMINATED DURING THE CLEANSE PHASE?**

**A:** While there are various opinions on what a “cleanse” is or should be, the AdvoCare Cleanse Phase (Days 1-10) does not cut out entire food groups. Anytime you cut out a whole food group, you set yourself up to possibly miss out on essential nutrients that your body needs. In addition, most of the thoughts and beliefs on eliminating food groups are based on myth and personal opinion versus science. If not eating a specific food or food group is a personal preference for you, you can use the “Swaps” section to identify what substitutes can be made to ensure you are getting adequate nutrition and calories for your meal plan range.

**Q: CAN I DRINK COFFEE DURING THE CLEANSE PHASE?**

**A:** Coffee is a zero-calorie beverage that can count toward total hydration goals. Note that if you put milk, cream and sugar or other sweeteners into your coffee, it needs to be accounted for. You can use calorie tracking websites or apps to see how many calories are in your coffee and adapt your meals accordingly.

If you prefer to eliminate coffee during the Cleanse Phase, that is fine as well. Sticking to water, Spark® and other low calorie beverages are adequate ways to hydrate.

**Q: SHOULD I TRACK MY FOOD?**

**A:** Tracking your food is often a great way to hold yourself accountable. If you are following the meal plan exactly, then you

know how many calories you are eating, but if it helps to fill in the blank meal plans or track with an app, then do it! Everyone is different and you should use the accountability tool that works best for you.

**Q: CAN MY FAMILY DO THE MEAL PLAN WITH ME?**

**A:** Yes! This meal plan is designed with nutrient-rich foods and meals that your whole family will love! Serving sizes may be different for them than they are for you, but they can definitely eat what you are eating! In fact, it is preferred as this program is about real life and helping you fit your eating needs in with your family and everyday life! While the 24 Day JumpStart products are for individuals 18 and up only, you can incorporate your meal plan for the whole family.

**Q: WHAT WILL MY RESULTS BE IF I FOLLOW THE PROGRAM?**

**A:** This is up to you! Everyone responds differently to the 24 Day JumpStart. AdvoCare cannot guarantee results from the meal plan so while you may experience some weight loss, you must remember weight loss is a marathon, not a sprint. Results after a lifestyle change take consistent work, usually over a period of 90 days. We encourage you not to eat as little as possible, but instead focus on fueling your body with the calories needed to help you meet your goal. Eating when you are hungry and stopping when you are satisfied is typically a good rule of thumb! The goal is that you have energy to live your life, chase kids, go to work, and exercise. Let the JumpStart Program help you fuel your best life!

# 10 STEPS TO SET YOURSELF UP FOR SUCCESS

## #1

### LIVE BY THE 80/20 RULE

Healthy eating has to fit into your lifestyle, or you will never be able to maintain it. While veggies should fill up a good portion of your plate, it is not realistic to say that you will never eat cake, ice cream or chips and queso again, so it is important to understand how to make all foods fit. Think of living by the 80/20 Rule. This means that 80 percent of the time you focus on eating nutrient-rich foods like whole grains, lean protein, healthy fat, fruits and veggies as well as exercising. Then, 20 percent of the time you can include foods that are higher in calories and lower in nutrients. You know, the ones that taste great, but that you shouldn't consume every day for your waistline and health's sake!

## #2

### WATCH THE NUTRIENT TIMING CLOCK

Nutrient timing is key to healthy eating. If you skip meals, you set yourself up to feel “starving” and likely to make less optimal food choices. The goal is to fuel your body with nutrient-rich foods every few hours throughout the day. Eating regularly helps stabilize your blood sugar and energy levels. It also helps you feel hungry and satisfied versus starving and stuffed! So, watch the clock and set the alarm for nutrient timing!

## #3

### PAY ATTENTION TO PORTIONS

Plates and portion sizes are bigger these days! Your goal is to think of eating until you are not hungry, instead of until you are full. While this is easier said than done, pre-



plating your food, portioning snacks into baggies and asking for a to-go container at the restaurant can help you have better portion control. A good rule of thumb is to fill half your plate with veggies, one-fourth lean protein and one-fourth whole grains. After you finish eating, if you are still hungry, go back for more vegetables

## #4

### GO WHOLE WITH GRAINS

Grains, or carbohydrates, are one of your body's main sources of energy. Your goal is to choose more whole grains like whole wheat, oats, quinoa, farro, couscous, etc. Whole grains have more fiber, which helps with heart and gastrointestinal health, while also helping you stay full a little longer. A small portion of grains at every meal can help stabilize your energy levels throughout the day.



# *“a goal without a plan is just a wish”*

## #5

### **POWER THE DAY WITH PROTEIN**

Protein plays a variety of roles in the body including building lean muscle mass and slowing down digestion. High-quality protein sources are animal foods (including dairy and eggs) along with soy and quinoa. You can also find protein in plant foods like beans, legumes, nuts and seeds. Pairing protein with a high-fiber carbohydrate at each meal and snack will help stabilize normal blood sugar and energy levels over the course of the day. Eggs and oatmeal, chicken and rice, salmon and sweet potato and cheese with whole grain crackers are all great examples.

## #6

### **GARNISH YOUR MEALS WITH HEALTHY FAT**

Unsaturated fats like fatty fish, nuts, nut butters, seeds, avocado and unsaturated oils are essential for heart health. Because fat yields more calories per gram than carbohydrates and protein (9 calories per gram as compared to 4), think of garnishing meals and snacks with fat like nuts in your oatmeal or avocado on your wrap. Fat can help with satiety and keeping you full longer after a meal.

## #7

### **FILL UP ON VEGGIES AND FRUIT**

Full of fiber and nutrients, eat as many vegetables and fruit as you can! It is important to note, however, that fruit is a sugar and technically falls in the carbohydrate category. So, work on eating more

veggies! Each color packs a different nutrient package so aim to get a variety of colors.

## #8

### **HYDRATE WITH THE RIGHT FLUIDS**

Hydration is a key component to healthy eating. Ideally your goal is to drink water, but other low-calorie beverages count as well. Be sure that you are not adding sugar calories with your fluids from things like soda, sweet tea, fancy coffee beverages, juices and other sugar-sweetened beverages, as those can have a negative effect on health and your waistline. Plus, they typically don't make you feel full.

## #9

### **READ FOOD LABELS OVER MARKETING ADS**

Examining the food label can help you make more educated

decisions at the grocery store. Do not let yourself be persuaded by the advertisement on the package because sometimes it doesn't tell the whole nutrient story. Take time to look at the ingredients, as well as the calories, carbohydrates, fiber, protein and fat grams to ensure you are making a nutrient-rich choice.

## #10

### **HAVE AN EATING GAME PLAN**

Just like in a sports game or preparing a business proposal, having a plan is essential to success. Thinking and planning in advance is key to healthy eating. If you are going out to eat, check out the nutrition facts before you go. Have a busy week at work? Be sure to pack healthy snacks to fuel your day. Planning sets you up to make better decisions and makes healthy eating easier! Remember, a goal without a plan is just a wish, so get a plan in place!

# MEAL PREP TIPS

*Meal prep may seem overwhelming when you first start, but it can help you in a variety of ways! Dedicate a few hours and save time throughout the week.*

## 1. GROCERY SHOP

- Make a grocery shopping list and stick to it! Go through each week's meals and snacks, compare it to what's already in your kitchen and make your list from there.
- If you're getting condiments, be mindful of the sugar and sodium content – Take a look at the food label and ingredient list to double check your choice.

## 2. PRODUCE PREP

- When you get home, take the time to peel, chop and cut all your produce.
- Put prepped veggies and fruit into containers in the fridge so that they are easy to grab for a snack or to toss into a dish for an easy dinner.

- Roasting is a delicious way to eat vegetables and often a great way to learn to like other veggies. Drizzle your veggies with olive oil, herbs and spices, and then cook on 400 degrees F for 45 minutes to an hour. Store in an air-tight container in the refrigerator. Veggies cooked like this can stay fresh in the fridge up to five days, making veggies an easy addition to weeknight meals.

## 3. SNACK-BAGGIE TEMPTING FOODS

- If foods that come in large packages like nuts and crackers tempt you to eat too many, try snack bagging them right after you grocery shop. Use the serving size on the box or bag to determine how many

servings are in the container. From there, get out that many snack bags and separate. This will make your life easier when it comes to snack time as well as help you watch your portion sizes.

## 4. PREP YOUR PROTEINS

- Having protein options already cooked can make it easier during the week!
- Flavoring your protein with basic seasonings can make it easier to add to various dishes.

## 5. MAKE BREAKFAST EASY

- Breakfast can be a struggle for many people due to morning time constraints so prep what you can beforehand.
- A great option to mix in advance or in the morning are the AdvoCare Meal Replacement Shakes. They can also be used to make overnight chia puddings.
- If oats or yogurt parfaits are on the weekly plan, consider prepping them the night before so you can grab and go.
- Have a back-up breakfast from the plan that's easy to grab in case time gets away from you!



# MUST-HAVE FOODS

## VEGETABLES

Pre-chopped fresh vegetables  
Bagged spinach and mixed greens  
Frozen steam-in-the-bag vegetables  
Low-sodium canned vegetables

## FRUITS

Fresh fruit (all kinds)  
Individual fruits for on the go  
Frozen fruit for smoothies  
Dried fruit

## WHOLE GRAINS

Oats  
Quinoa  
100% Whole grain  
bread/wraps  
Brown rice

## PROTEINS

Greek yogurt  
String/sliced cheese  
Cottage cheese  
Chicken  
Lean beef  
Fish  
Beans and lentils

## LOW-CALORIE

### CONDIMENTS

Balsamic vinegar  
Ketchup  
Dijon mustard  
Various herbs and spices  
Lemon/lime juice

## ADVOCARE PRODUCTS

Spark®  
Meal Replacement Shakes  
AdvoBars®

## HEALTHY FATS

Nuts  
Seeds  
Peanut/almond butter  
Avocado  
Olive oil  
Canola oil  
Hummus

*good food = good mood*

# MEAL PLAN SWAPS

*If there are certain foods that you don't like or care for in the meal plan, you can swap them out by matching the serving size to another food. The below options will allow you to swap in what you like or what your family prefers!*

## CARBOHYDRATES

### (20-30 GRAMS CARBOHYDRATE EACH)

- Beans, ½ cup dry, 1 cup cooked
- Lentils, ¼ cup uncooked/dry, ½ cup cooked
- Oatmeal, ½ cup uncooked/dry, 1 cup cooked
- Quinoa, ¼ cup uncooked, ½ cup cooked
- Potatoes (any variety), 1 cup or 1 medium potato
- Whole grains (brown rice, whole grain pasta, etc.), ½ cup cooked
- Whole grain bread, 1 slice, ½ English muffin or small bagel
- Whole grain crackers, 10-15 each or 1 serving as indicated on food label

## DAIRY

- 8 oz milk (skim or reduced fat, ultra-filtrated milk is higher in protein)
- 6 oz plain yogurt (nonfat or low fat)
- 1 ½ oz low-fat cheese
- ½ cup cottage cheese

## FAT (4-5 GRAMS FAT EACH)

- Avocado, ⅛ medium
- Nut butter, 1 tablespoon
- Nuts, 6 almonds, 2 whole pecans/walnuts, 10 large or 20 small peanuts, 1 tablespoon other nuts
- Olives, 5 large or 10 small
- Seeds, 1-2 tablespoons
- Unsaturated oils, 1 teaspoon

## VEGETABLES

- 1 cup green leafy vegetables
- 1 cup raw vegetables
- ½ cup cooked vegetables
- 6 oz 100% vegetable juice

## PROTEIN 1 OZ

### EQUIVALENTS (7-8 GRAMS PROTEIN)

- 1 oz meat (beef, pork, bison, venison, ground beef)
- 1 oz fish (cooked salmon, halibut, cod, tuna, etc.)
- 1 oz poultry (chicken or turkey)
- 1 large egg
- 1 oz firm tofu or 2 oz extra firm or regular tofu
- 1 oz cheese
- 3 oz Greek yogurt
- 7 oz plain yogurt
- 8 oz cow's milk (also contains 12 grams of carbohydrate)
- 2 tablespoons nut butter (also contains 8 grams of fat)
- 1-2 oz seeds (also contains 5-8 grams of fat)
- ½ cup beans or lentils (also contains various amounts of carbohydrate)

## FRUITS

- 1 medium-size fruit (apple, orange, peach, pear, plum, etc.)
- 1 cup berries
- ½ banana
- ½ cup chopped fruit (melon, mango, pineapple, etc.)
- ¼ cup dried fruit (raisins, dates, prunes, etc.)
- 15 individual bite-size fruit (grapes, cherries)

## VEGETARIAN SWAPS

- 2-3 oz regular tofu = 1 oz protein equivalent
- 1-1/2 oz firm tofu = 1 oz protein equivalent
- 1 oz tempeh = 1 oz protein equivalent
- 8 oz soymilk or protein-fortified nut milk = 8 oz milk
- ½ cup edamame = 6 oz Greek yogurt
- 1/3 cup edamame = 1 oz low-fat or 2% cheese

*A note on protein:* based on the one-ounce (or equivalent) serving sizes above, most individuals should consume 3–4 ounces at a meal, to meet the 20–30 gram recommendation, and 1–2 ounces at a snack. Individuals may require more or less protein depending on individual needs and should seek the counsel of a registered dietitian for individualized recommendations.



# ON THE GO + EATING OUT

*There might be times you have to eat out and can't eat off the plan. Work trips, family events, kid's sports games and other things happen, so here are some easy tips to help match your meal plan and make a good choice on the go!*

## FRIDGE-FREE SNACK IDEAS FOR WORK BAGS, TRIPS AND DESKS

- Nuts
- Oatmeal packets or cups
- Individual nut butter cups or squeeze packets
- Turkey Jerky (Watch out for sodium levels and added ingredients)
- Whole grain crackers + individual nut butter cups or squeeze packets
- Tuna (in water)
- Protein Shakes (like AdvoCare Bodylean25™)
- Protein bars (like AdvoBar®)



## TIPS FOR EATING AT RESTAURANTS

- Use the plate rule! A good rule of thumb is to make half of your plate veggies, one-fourth lean protein and one-fourth whole grains.
- If really hungry, start with a salad with dressing on the side.
- Consider ordering a lunch or kid's size portion.
- Share an entrée and get an extra side salad.
- Make your meal multiple colors (green, orange, red, yellow, etc.) as adding color typically means adding fiber, which can help you feel full faster.
- Ask your waiter for a to-go box and reserve half of your meal for later (portions served in American restaurants tend to be extremely large).
- Ask for your sauces, spreads and salad dressings on the side when possible.
- Substitute zucchini noodles or cauliflower rice instead of pasta.
- Look for words like baked, grilled, roasted, pan seared, sautéed and steamed.
- Avoid menu items with words like crispy, fried, battered, breaded, creamy, buttered, stuffed with, etc. in the description.
- Swap white buns or biscuits with a whole grain bun, English muffin or wrap.
- Substitute a side salad or fruit instead of fries or other fried side items.



# SMOOTHIE IDEAS

## + add-ins

### **ADVOCARE MEAL REPLACEMENT SHAKE (MRS) : CHOCOLATE**

- Chocolate MRS + banana + peanut butter
- Chocolate MRS + strawberries + almond butter
- Chocolate MRS + strawberries + cashew butter + cinnamon

### **ADVOCARE MEAL REPLACEMENT SHAKE (MRS): CHOCOLATE PEANUT BUTTER**

- Chocolate peanut butter MRS + banana + sunflower butter
- Chocolate peanut butter MRS + blueberries + peanut butter
- Chocolate peanut butter MRS + raspberries + almond butter

### **ADVOCARE MEAL REPLACEMENT SHAKE (MRS): VANILLA**

- Vanilla MRS + banana + peanut butter
- Vanilla MRS + strawberries + blueberries + almond butter
- Vanilla MRS + mango + almond butter

### **ADVOCARE MEAL REPLACEMENT SHAKE (MRS) : BERRY**

- Berry MRS + banana + peanut butter
- Berry MRS + raspberries + cashew butter
- Berry MRS + pineapple + cashew butter

### **ADVOGREENS MEAL REPLACEMENT SHAKE (MRS): SALTED CARAMEL**

- Salted caramel MRS + banana + cocoa powder + peanut butter
- Salted caramel MRS + banana + vanilla almond butter
- Salted caramel MRS+ blueberries + cinnamon + almond butter

### **ADVOGREENS MEAL REPLACEMENT SHAKE (MRS): CHOCOLATE CHIP COOKIE DOUGH**

- Chocolate chip cookie dough MRS + banana + peanut butter
- Chocolate chip cookie dough MRS + banana + unsweetened coconut + almond butter
- Chocolate chip cookie dough MRS + strawberries + cinnamon + cashew butter

### **OTHER NO/LOW-CALORIE SMOOTHIE ADD-INS**

- Nutmeg
- Ginger
- Cocoa
- Turmeric
- Vanilla extract

# 1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)  
30% FAT (47-53 GRAMS)  
30% PROTEIN (105-120 GRAMS)

\*See Recipe

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WAKE UP</b>	_____ a.m.	_____ a.m.	_____ a.m.	_____ a.m.	_____ a.m.	_____ a.m.	_____ a.m.
<i>Supplements</i>	<i>Spark®</i> <i>Probiotic Restore Ultra® Capsules</i>	<i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	<i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	<i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	<i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	<i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	<i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>
<b>BREAKFAST</b> <i>300-400 calories</i>	2 Egg-Cellent Breakfast Muffins* 1 medium sweet potato diced & cooked in pan w/ 1 Tbs. SB butter 8 oz 1% milk	Golden Sweet Potato Spinach Breakfast Omelet* 6 oz Greek yogurt w/ 1 c berries	Overnight Oats* 6 oz Greek yogurt	2 eggs & 3 egg whites ½ c oats ½ c berries	2 eggs 1 serving oatmeal lentil blueberry bake* 4 oz vanilla Greek yogurt	½ c oats 1 ½ Tbs. peanut butter mixed in oats 6 oz Greek yogurt	6 oz vanilla Greek yogurt 1 serving oatmeal lentil blueberry bake* Add 1 Tbs. peanut butter to oatmeal bake
<i>Supplements</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>
<b>SNACK</b> <i>150-200 calories</i>	6 oz Greek yogurt 1 c berries 1 Tbs. shaved almonds	1 apple 1.5 oz 2% cheese	2 peanut butter balls* 4 oz Greek yogurt	1 oz 2% cheese 1 oz turkey 1 apple	½ banana 1 Tbs. peanut butter 4 oz Greek yogurt	6 oz Greek yogurt 1 c berries 1 Tbs. shaved almonds	2 peanut butter balls 4 oz Greek yogurt
<b>LUNCH</b> <i>350-400 calories</i>	Single Foods Salad*	2 c spinach topped w/ 4 oz tuna, 2 Tbs. pecans, 2 Tbs. cranberries, 2 Tbs. avocado & drizzle w/ 2 Tbs. Light balsamic vinaigrette 1 c berries on side	Chicken with Sweet and Savory Farro Salad*	Super Food Swap Salad*	1 serving of remainder Sweet and Savory Farro Salad on top of 2 c spinach Instead of chicken, add 4 oz tuna	4 oz ground beef burger seasoned to your liking w/ 1 slice 2% cheese wrapped in lettuce 1.5 c golden sweet potatoes	2 slices Cauliflower Crust Pizza* Salad with 2 Tbs. light balsamic vinaigrette ½ c berries 1 c berries
<b>SNACK</b> <i>150-200 calories</i>	1 oz 2% cheese 1 oz turkey 1 apple	2 peanut butter balls* 4 oz Greek yogurt	Raw veggies 3 Tbs. hummus 1 c berries	½ banana 1 Tbs. peanut butter 4 oz Greek yogurt	1 hard-boiled egg 1 oz turkey 1 apple	1 apple 1.5 oz 2% cheese	Raw veggies 3 Tbs. hummus 1 c berries
<b>DINNER</b> <i>350-400 calories</i>	5 oz salmon 1 roasted sweet potato w/ 1 Tbs. Smart Balance butter 2 c vegetables	Single Foods Salad*	Salmon Spiral Spaghetti*	2 oz turkey rolled up w/ 2 oz 2% cheese Salad w/ lettuce of choice, 2 Tbs. pecans, ¼ c raisins, ¼ avocado, ¼ c corn, 2 Tbs. light balsamic vinaigrette	2 slices Cauliflower Crust Pizza* Salad w/ 2 Tbs. light balsamic vinaigrette & ½ c berries	Super Food Swap Salad*	Spinach salad w/ 4 oz ground beef burger from yesterday, ¼ c 2% cheese, ¼ avocado, 2 Tbs. chopped scallions & ⅓ c quinoa
<i>Supplements</i>	<i>OmegaPlex®</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>
<i>Bedtime</i>	<i>AdvoCare Cleanse® Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>
<b>HUNGER LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>ENERGY LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

# 1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)

30% FAT (47-53 GRAMS)

30% PROTEIN (105-120 GRAMS)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WAKE UP</b> <i>Supplements</i>	_____ a.m. <i>Spark® Probiotic Restore Ultra® Capsules</i>	_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>
<b>BREAK FAST</b> <i>300-400 calories</i>  <i>Supplements</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>	<i>AdvoCare Fiber</i>
<b>SNACK</b> <i>150-200 calories</i>							
<b>LUNCH</b> <i>350-400 calories</i>							
<b>SNACK</b> <i>150-200 calories</i>							
<b>DINNER</b> <i>350-400 calories</i>  <i>Supplements</i>	<i>OmegaPlex®</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>	<i>OmegaPlex</i>
<i>Bedtime</i>	<i>AdvoCare Cleanse® Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>
<b>HUNGER LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>ENERGY LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

# Grocery List

## W E E K O N E

### PROTEINS

90/10 ground beef  
Chicken breast  
Eggs  
Salmon  
Tuna fish in water  
Turkey  
Turkey sausage,  
pre-cooked, crumbled

### VEGETABLES

Broccoli  
Cauliflower, head  
Corn, fresh  
Kale  
Raw veggies of choice  
for dipping  
Romaine lettuce  
Scallions  
Spinach  
Spiralized zucchini/  
summer squash  
Sweet potatoes  
Tomatoes  
Tomato sauce  
Tomato paste

### FRUITS

Apples  
Bananas  
Berries of choice  
Blueberries, frozen  
Cranberries, dried  
Lemon  
Orange juice, 100%  
(Small container)  
Pineapple, chopped

### DAIRY

Cheddar cheese, 2% and shredded  
Feta cheese, low-fat  
Mozzarella cheese,  
2% and shredded  
String cheese, 2% or low-fat  
Greek yogurt  
Milk (1% or 2%)  
Ultra-filtrated Milk (2%)

### GRAINS

Farro  
Oats  
Quinoa  
Red lentils  
Whole grain spaghetti pasta

### FATS

Almonds, chopped/shaved  
Avocado  
Hummus  
Peanut/almond butter, natural  
Pecans  
Smart Balance® (SB) butter/  
olive oil blend

### CONDIMENTS

Baking powder  
Balsamic Vinegar  
Balsamic Vinaigrette, light  
Cooking spray  
Extra Virgin Olive Oil  
Honey  
Hot sauce  
Maple syrup  
Seasoned rice wine vinegar

### HERBS, SPICES, SEASONINGS

Basil  
Cinnamon  
Garlic, fresh  
Garlic herb seasoning  
of choice (for omelet)  
Onion salt  
Oregano, dried  
Parsley  
Pepper  
Rosemary  
Salt  
Vanilla

# MEAL PREP LIST

## (WEEK ONE)



- |   |   |
|---|---|
| <input type="checkbox"/> Read through recipes to decide what you want to prep in advance based on your schedule | <input type="checkbox"/> Make Sweet and Savory Farro Salad (can make in advance if desired)                     |
| <input type="checkbox"/> Wash and chop veggies  | <input type="checkbox"/> Make Egg-cellent Breakfast Muffins (see recipe)  |
| <input type="checkbox"/> Wash and cut fruit   | <input type="checkbox"/> Make Peanut Butter Protein Balls (see recipe – can make double & freeze for next week) |
| <input type="checkbox"/> Prep lean proteins for the week (can cook chicken and salmon in advance if desired)    | <input type="checkbox"/> Make Overnight Oats (see recipe) today or tomorrow                                     |
| <input type="checkbox"/> Make hard-boiled eggs  |   |



# 1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)  
30% FAT (47-53 GRAMS)  
30% PROTEIN (105-120 GRAMS)

\*See Recipe

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>WAKE UP</b> <i>Supplements</i>	_____ a.m. <i>Spark®</i> <i>Probiotic Restore Ultra® Capsules</i>	_____ a.m. <i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark</i> <i>Probiotic Restore Ultra Capsules</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>
<b>BREAKFAST</b> <i>300-400 calories</i>  <i>Supplements</i>	2 Egg-o-licious Frittata Muffins* 1/3 c oats cooked w/ 6 oz low-fat milk & 2 tsp. peanut butter mixed in <i>AdvoCare Fiber</i>	2 eggs w/ 1/4 avocado 1 chopped apple & 1/2 c berries of choice mixed together & drizzled w/ 4-6 oz Greek yogurt <i>AdvoCare Fiber</i>	2 Egg-o-licious Frittata Muffins* 1 1/2 oz 2% cheese 1 banana <i>AdvoCare Fiber</i>	Meal Replacement or AdvoGreens Meal Replacement Shake + 1/3 c berries + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + 1/3 banana + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + 1/4 c chopped fruit + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + 1/3 c berries + 1 Tbs. nut butter
<b>SNACK</b> <i>150-200 calories</i>  <i>Supplements</i>	2 Quinoa Bites* 6 oz Greek yogurt	2 – 2% string cheeses 1 banana	1/2 c berries mixed w/ 1/2 apple chopped 2 oz 2% cheese	2 hard-boiled eggs 1 apple <i>MNS White Pack (Pack #2)</i>	2 Quinoa Bites* 6 oz Greek yogurt <i>MNS White Pack (Pack #2)</i>	2 Peanut Butter Protein Bites* 4 oz Greek yogurt <i>MNS White Pack (Pack #2)</i>	2 Egg-o-licious Frittata Muffins* 1 small fruit <i>MNS White Pack (Pack #2)</i>
<b>LUNCH</b> <i>350-400 calories</i>  <i>Supplements</i>	Salad w/ mixed greens, 3 oz turkey, 1 oz goat cheese, veggies of choice, 1 Tbs. chopped walnuts, 2 Tbs. hummus as dressing 20 grapes	4 oz chicken (deli or cooked) on top of romaine lettuce & veggies of choice & 1 Tbs. balsamic vinaigrette 1 serving Veggie Cheesy Couscous*	Salad w/ 3 oz turkey, veggies of choice, 1 Tbs. walnuts, 1 Tbs. craisins & 1 Tbs. balsamic vinaigrette 1 serving Lemon & Parmesan Grilled Okra* 1 c berries	3 oz pan-seared salmon 1 serving of The Pink Salad* 1/2 c berries <i>MNS White Packs (Pack #3 &amp; 4)</i>	4 Thai Turkey Zucchini Meatballs* Salad w/ 1 Tbs. light balsamic vinaigrette 1 c fruit of choice <i>MNS White Packs (Pack #3 &amp; 4)</i>	3 oz flank steak, fresh spinach, sliced roasted bell peppers, 1 oz 2% cheese of choice, 1/3 avocado wrapped up in 2 corn tortillas (can add other veggies as well) <i>MNS White Packs (Pack #3 &amp; 4)</i>	Healthy Cheesy Chicken Taco Casserole* 1/3 c rice mixed in 1 c roasted veggies of choice <i>MNS White Packs (Pack #3 &amp; 4)</i>
<b>SNACK</b> <i>150-200 calories</i>	1 apple 2 oz 2% cheese	2 hard-boiled eggs 1 c berries	2 Quinoa Bites* 6 oz Greek yogurt	2 Peanut Butter Protein Bites* 4 oz Greek yogurt	1 – 2% string cheese 1 hard-boiled egg 1 c berries of choice	1 c baby carrots 1/4 c hummus 1 oz 2% cheese	1 oz turkey rolled w/ 1 oz 2% cheese dipped in 2 Tbs. hummus Sliced bell peppers
<b>DINNER</b> <i>350-400 calories</i>  <i>Supplements</i>	2 oz pan-seared salmon 1 c roasted non-starchy veggies 1 serving Veggie Cheesy Couscous* <i>OmegaPlex®</i>	3 oz rotisserie chicken 1/2 c quinoa or brown rice 1 serving Lemon & Parmesan Grilled Okra* <i>OmegaPlex</i>	Chicken Burrito Bowl Makeover (use leftover rotisserie chicken)* 1 c roasted non-starchy vegetables <i>OmegaPlex</i>	4 Thai Turkey Zucchini Meatballs* 2/3 c brown rice or quinoa 1 c roasted non-starchy veggies	4 oz pan seared flank steak 1 serving of The Pink Salad* Add 1/2 c chopped apple to salad	Healthy Cheesy Chicken Taco Casserole Spinach salad w/ veggies of choice, 1/4 c corn and salsa	Breakfast for Dinner! Omelet with 2 eggs, 1 oz turkey, 1 oz 2% cheese, veggies of choice, 1/4 avocado 1 large sweet potato roasted and shredded
<i>Bedtime</i>	<i>AdvoCare Cleanse® Caplets</i>	<i>AdvoCare Cleanse Caplets</i>	<i>AdvoCare Cleanse Caplets</i>				
<b>HUNGER LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>ENERGY LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

MAX PHASE STARTS NOW

1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)  
30% FAT (47-53 GRAMS)  
30% PROTEIN (105-120 GRAMS)

	DAY 8					DAY 9					DAY 10					DAY 11					DAY 12					DAY 13					DAY 14				
WAKE UP	_____ a.m. <i>Spark® Probiotic Restore Ultra® Capsules</i>					_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>					_____ a.m. <i>Spark Probiotic Restore Ultra Capsules</i>					_____ a.m. <i>Spark MNS Color Pack (Pack #1)</i>					_____ a.m. <i>Spark MNS Color Pack (Pack #1)</i>					_____ a.m. <i>Spark MNS Color Pack (Pack #1)</i>					_____ a.m. <i>Spark MNS Color Pack (Pack #1)</i>				
BREAKFAST <i>300-400 calories</i>																																			
Supplements	<i>AdvoCare Fiber</i>					<i>AdvoCare Fiber</i>					<i>AdvoCare Fiber</i>																								
SNACK <i>150-200 calories</i>																																			
Supplements																<i>MNS White Pack (Pack #2)</i>					<i>MNS White Pack (Pack #2)</i>					<i>MNS White Pack (Pack #2)</i>					<i>MNS White Pack (Pack #2)</i>				
LUNCH <i>350-400 calories</i>																																			
Supplements																<i>MNS White Packs (Pack #3 &amp; 4)</i>					<i>MNS White Packs (Pack #3 &amp; 4)</i>					<i>MNS White Packs (Pack #3 &amp; 4)</i>					<i>MNS White Packs (Pack #3 &amp; 4)</i>				
SNACK <i>150-200 calories</i>																																			
DINNER <i>350-400 calories</i>																																			
Supplements	<i>OmegaPlex®</i>					<i>OmegaPlex</i>					<i>OmegaPlex</i>																								
Bedtime	<i>AdvoCare Cleanse® Caplets</i>					<i>AdvoCare Cleanse Caplets</i>					<i>AdvoCare Cleanse Caplets</i>																								
HUNGER LEVEL	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
ENERGY LEVEL	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

MAX PHASE STARTS NOW



# Grocery List

## W E E K T W O

### PROTEINS

Eggs (2 dozen)  
Chicken, Rotisserie  
whole chicken  
Chicken breast  
(boneless, skinless)  
Flank steak, lean  
Salmon  
Turkey, deli or roasted  
Turkey, ground

### VEGETABLES

Beets  
Black beans, canned  
Carrots, baby  
Cherry tomatoes  
Cilantro  
Cremini mushrooms  
Corn (canned or fresh)  
Green onions (scallions)  
Kale  
Italian style diced  
tomatoes, canned  
Mixed spring greens

Okra pods (18 pods, 1 container  
or ~3 cups up to ~4 inches long)  
Red bell peppers  
Red onion  
Red tomatoes  
Spinach  
Sweet potato  
Tomato pasta sauce, canned  
Tomato paste  
Veggies of choice for roasting  
and grilling  
White/yellow onions  
Yellow bell peppers  
Zucchini, regular and spiralized

### FRUITS

Apples  
Bananas  
Berries of choice  
Cranberries, dried  
Grapes  
Lemons  
Pears

### DAIRY

Cheddar cheese, 2% grated  
Monterey Jack cheese, 2% grated  
Parmesan cheese, shredded  
Sliced cheese of choice, 2% cheese  
Soft goat cheese  
String cheese, 2% or low-fat  
Greek yogurt  
Milk, 1%  
Ultra-filtrated milk

### GRAINS

Brown rice  
Corn tortillas  
Couscous  
Oats  
Quinoa

### FATS

Walnuts  
Natural peanut butter  
(creamy or crunchy)  
Natural almond butter  
Avocados  
Hummus

### CONDIMENTS

Balsamic Vinaigrette, light  
Canola oil  
Coconut milk  
Cooking spray  
Dijon mustard  
Extra Virgin Olive Oil  
Fish sauce  
Honey  
Maple syrup  
Red curry paste  
Salsa  
White wine vinegar

### HERBS, SPICES, SEASONINGS

Basil  
Brown sugar  
Cinnamon  
Garlic cloves, fresh  
Granulated sugar  
Hot pepper chili flakes  
Ginger  
Nutmeg  
Pepper  
Sea Salt

# MEAL PREP LIST

## (WEEK TWO)



- |                          |  |                          |   |
|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Read through recipes to decide what you want to prep in advance based on your schedule | <input type="checkbox"/> | Roast vegetables and store in air-tight container                             |
| <input type="checkbox"/> | Wash and chop veggies  | <input type="checkbox"/> | Make hard-boiled eggs   |
| <input type="checkbox"/> | Wash and cut fruit   | <input type="checkbox"/> | Make Egg-o-licious Frittata Muffins (see recipe)                              |
| <input type="checkbox"/> | Freeze fruit if you prefer frozen fruit in your Meal Replacement Shakes                | <input type="checkbox"/> | Make Quinoa Bites (see recipe)  |
| <input type="checkbox"/> | Prep lean proteins for the week (can cook in advance if desired)                       | <input type="checkbox"/> | Make Peanut Butter Balls (see recipe – or thaw the extra made from last week) |

# 1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)

30% FAT (47-53 GRAMS)

30% PROTEIN (105-120 GRAMS)

\*See Recipe

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>WAKE UP</b> <i>Supplements</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>
<b>BREAKFAST</b> <i>300-400 calories</i>	Meal Replacement or AdvoGreens Meal Replacement Shake* Blend w/ water + 2 Tbs. Chia Seeds	Meal Replacement or AdvoGreens Meal Replacement Shake + ½ banana + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¼ cup chopped fruit + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake* Blend w/ water + 2 Tbs. Chia Seeds	Meal Replacement or AdvoGreens Meal Replacement Shake + ½ banana + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¼ cup chopped fruit + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ½ cup berries + 1 Tbs. nut butter
<b>SNACK</b> <i>150-200 calories</i>  <i>Supplements</i>	3 “Pick-Me-Up” Energy Bites*  <i>MNS White Pack (Pack #2)</i>	Apple Dippers*  <i>MNS White Pack (Pack #2)</i>	6 oz Greek yogurt 1 c strawberries  <i>MNS White Pack (Pack #2)</i>	1 oz 2% cheese 1 oz turkey 1 large apple <i>MNS White Pack (Pack #2)</i>	2 Vanilla Honey Nut Bars* 1 – 2% string cheese <i>MNS White Pack (Pack #2)</i>	3 “Pick-Me-Up” Energy Bites*  <i>MNS White Pack (Pack #2)</i>	½ banana 1 Tbs. peanut butter 4 oz Greek yogurt <i>MNS White Pack (Pack #2)</i>
<b>LUNCH</b> <i>350-400 calories</i>  <i>Supplements</i>	Kale Waldorf Salad* Add 4 oz sliced turkey on top  <i>MNS White Packs (Pack #3 &amp; 4)</i>	Roll up 2 oz turkey & 1 oz 2% cheese ½ cup hummus, Sliced red bell peppers & any other veggies 1 apple or banana <i>MNS White Packs (Pack #3 &amp; 4)</i>	1- 4 oz Chicken Caprese Burger Patty* Lay on top of 2 c spinach/romaine w/ 2 Tbs. cheese & 2 Tbs. light Balsamic Vinaigrette 1 c chopped fruit <i>MNS White Packs (Pack #3 &amp; 4)</i>	Single Foods Salad*  <i>MNS White Packs (Pack #3 &amp; 4)</i>	2 Flank Steak Wrapped Veggie Rolls* Leftovers  <i>MNS White Packs (Pack #3 &amp; 4)</i>	Single Foods Salad*  <i>MNS White Packs (Pack #3 &amp; 4)</i>	Sweet & Spicy Chicken Leftovers* Mixed greens salad w/ 1 Tbs. light Balsamic Vinaigrette <i>MNS White Packs (Pack #3 &amp; 4)</i>
<b>SNACK</b> <i>150-200 calories</i>	1 oz 2% cheese 1 oz turkey 1 apple	2 Vanilla Honey Nut Bars* 1 – 2% string cheese	3 “Pick-Me-Up” Energy Bites*	1 hard-boiled egg 1 string cheese 1 banana	Apple Dippers*	6 oz Greek yogurt 1 c strawberries	1 oz 2% cheese slice 1.5 oz turkey Roll up w/ 1 green apple sliced in middle
<b>DINNER</b> <i>350-400 calories</i>	1 – 4oz Chicken Caprese Burger Patty* ¾ c quinoa Mixed greens salad w/ 1 Tbs. light Balsamic Vinaigrette	2 Flank Steak Wrapped Veggie Rolls*	Kale Waldorf Salad* (from Monday) Add 3 oz pan seared salmon on top (Cook extra salmon for tomorrow night’s salmon tacos)	Lettuce wraps with 3 oz pan seared salmon (from yesterday), ¾ c brown rice, ¼ avocado, Sautéed left over veggies	Sweet & Spicy Chicken* Mixed greens salad w/ 1 Tbs. light Balsamic Vinaigrette	2 servings Buffalo Chicken Meatballs* Put over ½ cup brown rice or quinoa Roast 1 c of your remainder veggies	2 servings Buffalo Chicken Meatballs* Wrap them up in left over romaine lettuce wraps 1 c fruit for dessert
<b>HUNGER LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>ENERGY LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)  
30% FAT (47-53 GRAMS)  
30% PROTEIN (105-120 GRAMS)

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<div>WAKE UP</div> <div>Supplements</div>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>
<div>BREAKFAST</div> <div>300-400 calories</div>							
<div>SNACK</div> <div>150-200 calories</div> <div>Supplements</div>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>
<div>LUNCH</div> <div>350-400 calories</div> <div>Supplements</div>	<i>MNS White Packs (Pack #3 &amp; 4)</i>	<i>MNS White Packs (Pack #3 &amp; 4)</i>	<i>MNS White Packs (Pack #3 &amp; 4)</i>	<i>MNS White Packs (Pack #3 &amp; 4)</i>	<i>MNS White Packs (Pack #3 &amp; 4)</i>	<i>MNS White Packs (Pack #3 &amp; 4)</i>	<i>MNS White Packs (Pack #3 &amp; 4)</i>
<div>SNACK</div> <div>150-200 calories</div>							
<div>DINNER</div> <div>350-400 calories</div>							
HUNGER LEVEL	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
ENERGY LEVEL	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

# Grocery List

## W E E K T H R E E

### PROTEINS

Chicken breast  
Chicken breast, ground (2 lbs)  
Eggs  
Flank steak  
Salmon  
Turkey

### VEGETABLES

Asparagus  
Broccoli  
Carrots  
Celery  
Corn, fresh  
Green onions  
Kale  
Red bell peppers  
Romaine lettuce –  
    get whole head so the leaves  
    are large for lettuce tacos  
Spinach  
Sweet potatoes (lots of these!)  
Tomatoes  
Veggies of choice for omelet  
Zucchini

### FRUITS

Apple, Fuji  
Apples, Granny Smith  
Bananas  
Blueberries, fresh  
Chopped fruit of choice  
Cranberries, dried  
Lemons (about 6)  
Mandarin orange  
Strawberries, fresh

### DAIRY

Cottage cheese (if you like it)  
Cheddar cheese, 2% shredded  
Sliced 2% cheese  
String cheese, 2%  
Greek yogurt  
Greek Yogurt, vanilla  
Milk, 1%  
Ultra-filtrated milk

### GRAINS

Brown rice  
Oats  
Panko, Small container  
Quinoa

### FATS

Almonds  
Almond butter, natural  
Avocado  
Berry, Macaroon, Almond Mix  
Cashews  
Chia seeds  
Hummus  
Peanuts  
Peanut butter, natural  
Pecans  
Pesto  
Walnuts

### CONDIMENTS

Balsamic Vinaigrette, light  
Bragg's Liquid Aminos or  
    coconut aminos  
Buffalo sauce or  
    your favorite hot sauce  
Dijon Mustard  
Extra Virgin Olive Oil  
Honey  
Ranch or Bleu Cheese dressing  
    (light is a good option!)

Red wine vinegar  
Sesame oil  
Seasoned rice wine vinegar  
Smart Balance® (SB) butter/  
    olive oil blend

### HERBS, SPICES, SEASONINGS

Cilantro  
Cinnamon  
Cocoa  
Dark chocolate chips –  
    mildly sweet  
Garlic, fresh minced  
Garlic herb seasoning  
Garlic powder  
Garlic paste  
Ginger  
Onion powder  
Oregano  
Pepper  
Sea Salt  
Vanilla

# MEAL PREP LIST

## (WEEK THREE)



- |   |  |
|---|--|
| <input type="checkbox"/> Read through recipes to decide what you want to prep in advance based on your schedule | <input type="checkbox"/> Make hard-boiled eggs   |
| <input type="checkbox"/> Wash and chop veggies  | <input type="checkbox"/> Make AdvoCare Chia Seed Pudding (see recipe – can substitute shake instead) |
| <input type="checkbox"/> Wash and cut fruit   | <input type="checkbox"/> Make “Pick-Me-Up” Energy Bites (see recipe)                                 |
| <input type="checkbox"/> Freeze fruit if you prefer frozen fruit in your Meal Replacement Shakes                | <input type="checkbox"/> Make Vanilla Honey Nut Bars (see recipe)                                    |
| <input type="checkbox"/> Prep lean proteins for the week (can cook in advance if desired)                       |  |

# 1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)  
30% FAT (47-53 GRAMS)  
30% PROTEIN (105-120 GRAMS)

\*See Recipe

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>WAKE UP</b> <i>Supplements</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m. <i>Spark</i> <i>MNS Color Pack (Pack #1)</i>	_____ a.m.	_____ a.m.	_____ a.m.	_____ a.m.
<b>BREAKFAST</b> <i>300-400 calories</i>	Meal Replacement or AdvoGreens Meal Replacement Shake* Blend w/ water + 2 Tbs. Chia Seeds	Meal Replacement or AdvoGreens Meal Replacement Shake + ½ banana + 1 Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¼ c chopped fruit + 1 Tbs. nut butter	2 eggs w/ ¼ c grated 2% cheese 1 c berries Grilled Sweet Potato Slices*	Diet-Ditching Breakfast Wrap*	2 eggs w/ ¼ avocado 1 chopped apple & 1 c berries of choice drizzled w/ 6 oz Greek yogurt	Diet-Ditching Breakfast Wrap*
<b>SNACK</b> <i>150-200 calories</i>  <i>Supplements</i>	1 Apple Almond Energy Bite/Square 6 oz Greek yogurt  <i>MNS White Pack (Pack #2)</i>	Snack Attack Dippers*  <i>MNS White Pack (Pack #2)</i>	½ banana 2 oz 2% cheese  <i>MNS White Pack (Pack #2)</i>	Chickpea Chocolate Chip Bars* 6 oz Greek yogurt	1 Apple Almond Energy Bite/Square* 6 oz Greek yogurt	½ banana 2 oz 2% cheese	Chickpea Chocolate Chip Bars* 6 oz Greek yogurt
<b>LUNCH</b> <i>350-400 calories</i>  <i>Supplements</i>	Chilled Cucumber & Avocado Soup w/ Tomatoes* 3 oz pan seared salmon  <i>MNS White Packs (Pack #3 &amp; 4)</i>	Mix-n-Match Lunch! 2 oz turkey 1 string cheese ½ c hummus Baby carrots 2 servings Simple Kale Chips <i>MNS White Packs (Pack #3 &amp; 4)</i>	Leftovers: Shrimp & Asparagus Stir Fry* Instead of putting on rice – wrap up in 2 corn tortillas Mixed greens salad w/ ¼ c 2% cheese of choice, 1 Tbs. light balsamic vinaigrette <i>MNS White Packs (Pack #3 &amp; 4)</i>	Leftovers: 2 servings of Avocado Chicken Salad from last night* (no tortillas) Lay on top of 2 c fresh spinach/romaine 1 apple	Leftover Salmon! 2 large pieces romaine each w/ 2 oz of salmon, 1 slice avocado, tomatoes & any other veggies. Drizzle w/ balsamic vinaigrette 1 c fruit of choice	In a hurry? Take 3 oz turkey, ¼ c 2% cheese, ½ avocado, veggies of choice & wrap in 2 corn tortillas 1 small apple OR ½ banana	Leftovers! 1 serving Simple Sirloin Kabobs* Spinach salad w/ 2 Tbs. chopped walnuts, 2 Tbs. dried cranberries, 1 Tbs. light balsamic vinaigrette dressing
<b>SNACK</b> <i>150-200 calories</i>	2 servings Simple Kale Chips* 1 string cheese 1 apple	Blueberry Yogurt Parfait*	1 Apple Almond Energy Bite/Square*	1 apple 2 oz 2% cheese	Snack Attack Dippers*	1 Chickpea Chocolate Chip Bar* 6 oz Greek yogurt	Blueberry Yogurt Parfait*
<b>DINNER</b> <i>350-400 calories</i>	Shrimp & Asparagus Stir Fry* Mixed greens salad w/ ¼ cup 2% cheese of choice, 1 Tbs. light balsamic vinaigrette	Chilled Cucumber & Avocado Soup w/ Tomatoes* Salad w/ 2 oz turkey, 1 oz 2% cheese, 1 Tbs. walnuts & 1 Tbs. balsamic vinaigrette	2 Avocado Chicken Salad Tacos* 1 c roasted veggies of choice	4 oz pan seared salmon (Make extra salmon) Grilled Sweet Potato Slices* Spinach salad w/ all the veggies you want & 2 Tbs. balsamic vinaigrette	Friday night BBQ! 4 oz chicken on grill 1-2 c grilled veggies of choice Drizzle w/ 1 Tbs. pesto 1 large sweet potato sliced & grilled	1 serving Simple Sirloin Kabobs* Spinach salad w/ 2 Tbs. chopped walnuts, 2 Tbs. dried cranberries, 1 Tbs. light balsamic vinaigrette dressing	Leftovers! 4 oz grilled chicken from Friday BBQ 1-2 c remaining roasted or grilled veggies from week (or eat them fresh) 2/3 c cooked quinoa
<b>HUNGER LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>ENERGY LEVEL</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

1400-1600 CAL

40% CARBOHYDRATE (140-160 GRAMS)

30% FAT (47-53 GRAMS)

30% PROTEIN (105-120 GRAMS)

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<div>WAKE UP</div> <div>Supplements</div>	<div>_____ a.m.</div> <div>Spark</div> <div>MNS Color Pack (Pack #1)</div>	<div>_____ a.m.</div> <div>Spark</div> <div>MNS Color Pack (Pack #1)</div>	<div>_____ a.m.</div> <div>Spark</div> <div>MNS Color Pack (Pack #1)</div>	<div>_____ a.m.</div>	<div>_____ a.m.</div>	<div>_____ a.m.</div>	<div>_____ a.m.</div>
<div>BREAKFAST</div> <div>300-400 calories</div>							
<div>SNACK</div> <div>150-200 calories</div> <div>Supplements</div>	<div>MNS White Pack (Pack #2)</div>	<div>MNS White Pack (Pack #2)</div>	<div>MNS White Pack (Pack #2)</div>				
<div>LUNCH</div> <div>350-400 calories</div> <div>Supplements</div>	<div>MNS White Packs (Pack #3 &amp; 4)</div>	<div>MNS White Packs (Pack #3 &amp; 4)</div>	<div>MNS White Packs (Pack #3 &amp; 4)</div>				
<div>SNACK</div> <div>150-200 calories</div>							
<div>DINNER</div> <div>350-400 calories</div>							
HUNGER LEVEL	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
ENERGY LEVEL	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5



# Grocery List

## W E E K F O U R

### PROTEINS

Beef sirloin steak (2 pounds)  
Chicken breast  
Chicken, rotisserie  
whole chicken  
Eggs  
Salmon  
Shrimp, peeled & deveined  
(1.5 pounds raw large)  
Turkey

### VEGETABLES

Asparagus  
Carrots, baby  
Cherry tomatoes (2 pints)  
Chickpeas (canned, rinsed  
and drained)  
Cilantro  
Cucumbers  
Green bell peppers  
Kale  
Mushrooms  
Plum tomatoes  
Red bell peppers  
Red onion

Romaine lettuce –  
get whole head so the leaves  
are large for lettuce tacos  
Spinach  
Sweet potatoes  
Vegetables of choice for  
roasting and grilling  
Vegetable broth

### FRUITS

Apples  
Bananas  
Blueberries  
Cranberries, dried  
Lemons  
Limes  
Pineapple, fresh

### DAIRY

Feta cheese, low-fat  
Greek yogurt  
Milk, 1%  
Mozzarella or Cheddar cheese,  
2% grated  
Parmesan or Asiago cheese,  
2% grated  
Sliced 2% cheese  
String cheese, 2% or low-fat

### GRAINS

Corn tortillas  
Oats  
Quinoa  
Brown rice

### FATS

Walnuts  
Chia seeds  
Natural peanut butter  
(creamy or crunchy)  
Natural almond butter  
Pesto  
Avocados  
Hummus  
Light sour cream (or you can  
use Greek yogurt instead)  
Smart balance (SB) butter/  
olive oil blend

### CONDIMENTS

Brown sugar, light  
Canola oil  
Dark chocolate chips –  
mildly sweet

Dijon Mustard  
Extra Virgin Olive Oil  
Honey  
Maple syrup  
Skewers  
Soy sauce  
White balsamic vinegar

### HERBS, SPICES, SEASONINGS

Baking powder  
Baking soda  
Chili powder  
Cinnamon  
Cornstarch  
Cumin  
Garlic cloves, fresh  
Garlic powder  
Ginger  
Paprika  
Pepper  
Rosemary  
Sea Salt  
Vanilla

# MEAL PREP LIST

## (WEEK FOUR)



- |   |  |
|---|--|
| <input type="checkbox"/> Read through recipes to decide what you want to prep in advance based on your schedule | <input type="checkbox"/> Make hard-boiled eggs   |
| <input type="checkbox"/> Wash and chop veggies  | <input type="checkbox"/> Make AdvoCare Chia Seed Pudding (see recipe – can substitute shake instead) |
| <input type="checkbox"/> Wash and cut fruit   | <input type="checkbox"/> Make “Pick-Me-Up” Energy Bites (see recipe)                                 |
| <input type="checkbox"/> Freeze fruit if you prefer frozen fruit in your Meal Replacement Shakes                | <input type="checkbox"/> Make Vanilla Honey Nuts Bars (see recipe)                                   |
| <input type="checkbox"/> Prep lean proteins for the week (can cook in advance if desired)                       |  |

(WEEK ONE)

# EGG-CELLENT BREAKFAST MUFFINS

SERVINGS PER RECIPE: 12 MUFFINS

## INGREDIENTS

8 ea.	Large whole eggs	1/8 t.	Black pepper
8 oz.	Turkey sausage, crumbled	1 c.	2% cheddar cheese, grated
2 c.	Fresh spinach, chopped		
1/4 t.	Salt	To taste	Cooking spray

## INSTRUCTIONS

1. Preheat oven to 350°F degrees. Grease a regular size 12-count muffin tin with cooking spray.
2. Roughly chop spinach.
3. In a medium size bowl; whisk eggs. Add in crumbled turkey sausage and spinach and whisk again to evenly incorporate.
4. Evenly distribute egg mixture into muffin tin, filling each cup approximately half full.
5. Bake for 20 to 25 minutes until eggs are set in the middle.
6. Remove from heat and evenly distribute cheese on top of muffins.
7. Allow cheese to melt and use a spoon to gently dislodge muffins from the tin.
8. Allow to cool on a cooling rack for at least a minute before serving, with a little salt and pepper to taste!
9. Store egg muffins in an airtight container in the refrigerator for up to 5 days.







(WEEK ONE)

# GOLDEN SWEET POTATO SPINACH BREAKFAST OMELET

SERVINGS PER RECIPE: 1 OMELET

## INGREDIENTS

2 ea.	Eggs	To taste	Hot sauce of choice
1 ea.	Sweet potatoes, diced	To taste	Cooking spray
1 c.	Fresh spinach torn or shredded	To taste	Other veggies
To taste	Garlic herb seasoning (or any blend)		

## INSTRUCTIONS

1. In a small pan, spray nonstick cooking spray and sauté the sweet potatoes over medium-high heat until warm. Meanwhile, heat an omelet pan over medium, spray with nonstick spray, and add the eggs.
2. While potatoes are browning, add a handful of torn baby spinach, hot sauce, and seasoning. Continue to sauté until spinach wilts.
3. Once eggs are half-set. Spoon the potato and spinach mixture onto one-half of the eggs.
4. Continue to let eggs cook until mostly set and until bottom is firm.
5. Carefully fold the open half of the eggs over the potato and spinach mixture, then slide omelet onto serving plate. Top with salsa.



(WEEK ONE)

# OVERNIGHT OATS

SERVINGS PER RECIPE: 1 SERVING

## INGREDIENTS

- 3/4 c. Milk, 1%
- 1/3 c. Oats (quick cooking steel cut work great)
- 1 T. Pecans, chopped
- 1 t. Honey
- 1 t. Pure vanilla extract

## INSTRUCTIONS

1. In a medium size mason jar, fill with oats.
2. Pour milk on top of oats and stir.
3. Stir honey and vanilla into oat mixture.
4. Let sit in refrigerator overnight or at least 6 hours.
5. When ready to eat, stir and top with pecans.
6. Can add sweetener if desired.







(WEEK ONE)

# OATMEAL LENTIL BLUEBERRY BAKE

SERVINGS PER RECIPE: 8 SERVINGS

## INGREDIENTS

2 c.	Milk, whole	2 T.	Butter, melted and cooled slightly
1-1/2 c.	Old-fashioned rolled oats		
1 c.	Blueberries, frozen or fresh	2 t.	Vanilla extract
		1 t.	Baking powder
1/3 c.	Pure maple syrup	1 t.	Cinnamon
1/4 c.	Red lentils	1/4 t.	Sea salt
1 ea.	Large egg	To taste	Cream

## INSTRUCTIONS

1. Preheat the oven to 375°F degrees.
2. In an 8-inch square (or similar-sized) baking dish, mix together the oats, lentils, baking powder, cinnamon and salt. Evenly distribute berries and coconut on the top of mixture.
3. In a medium bowl, whisk together the milk, maple syrup, egg, butter and vanilla. Pour the mixture over the oats and give it a gentle stir to distribute everything evenly.
4. Bake for 40 minutes, or until the top is golden and the oats have set. Serve warm, topped with milk or a splash of cream.

**Leftovers reheat well.**





(WEEK TWO)

# EGG-O-LICIOUS FRITTATA MUFFINS

SERVINGS PER RECIPE: 12 MUFFINS

## INGREDIENTS

8 ea.	Large eggs	1/2 ea.	Medium onion, finely diced
1/2 lb.	Cremini mushrooms, thinly sliced	3 ea.	Cloves of garlic, minced
1/2 lb.	Frozen spinach, thawed and squeezed dry (or fresh)	1/4 c.	Milk, 1%
		2 T.	Olive oil
		To taste	Kosher salt
1 c.	Cherry tomatoes, halved	To taste	Freshly ground pepper

## INSTRUCTIONS

1. Preheat the oven to 375°F degrees and prep veggies.
2. In a large cast iron skillet, heat half the oil over medium heat and sauté the onions until soft and translucent.
3. Add the garlic and mushrooms and cook them until the mushroom moisture had evaporated. Then, season the filling with salt and pepper to taste and spoon it on a plate to cool to room temperature.
4. In a large bowl, beat eggs with milk, salt and pepper until well combined. Then, add the sautéed mushrooms and spinach and stir to combine.
5. Brush the remainder of the oil onto the muffin tin or spray with a nonstick spray
6. Evenly spoon in the frittata batter and top each muffin with some halved cherry tomatoes.
7. Cook the muffins in the oven for approximately 20 minutes
8. Let the muffins cool before storing. You can store in an airtight container for 4-5 days.



(WEEK THREE & FOUR)

# ADVO CARE CHIA SEED PUDDING

SERVINGS PER RECIPE: 1 SERVING

## INGREDIENTS

- |            |  |
|------------|--|
| 1 ea.      | AdvoCare Meal Replacement or AdvoGreens Meal Replacement Shake |
| 9 oz       | Water  |
| As needed. | Chia seeds (amount based on your meal plan)                    |

## INSTRUCTIONS

1. In a blender, place AdvoCare Meal Replacement or AdvoGreens Meal Replacement Shake powder and water. Blend until well combined.
2. In a container with a lid (like a mason jar), pour shake mixture.
3. Add chia seeds and put lid on. Secure tightly.
4. Shake jar/container to mix the shake and chia seeds.
5. Leave in refrigerator overnight.
6. If meal plan states it, top with fruit in the morning.
7. Enjoy as pudding in the morning.







(WEEK FOUR)

## DIET-DITCHING BREAKFAST WRAP

SERVINGS PER RECIPE: 1 SERVING

### INGREDIENTS

2 ea.	Corn tortillas	1/4 c.	Mozzarella cheese,
1 ea.	Egg		2%, grated
2 ea.	Egg whites	1/4 ea.	Avocado
1 oz.	Turkey	To taste	Cooking spray

### INSTRUCTIONS

1. In a medium skillet, scramble egg and egg whites.
2. Once eggs are cooked, remove and warm tortillas to liking.
3. Sprinkle graded cheese on tortilla.
4. Top with scrambles eggs, turkey and avocado.



(WEEK FOUR)

# GRILLED SWEET POTATO SLICES

SERVINGS PER RECIPE: 4 SERVINGS

## INGREDIENTS

4 ea.	Medium sweet potatoes	2 t.	Fresh rosemary, finely chopped
4 c.	Fresh spinach		
6 ea.	Cloves garlic, minced	To taste	Salt
1 T. + 1 t.	Olive oil, divided	To taste	Ground black pepper

## INSTRUCTIONS

1. Preheat grill.
2. In a small bowl, add garlic, rosemary and teaspoon of olive oil. Stir until well combined and set aside.
3. Cut off a thin slice of each potato lengthwise to create an even base for potato to rest on. Slice off ends of each potato. Rest potato between two chopsticks or wooden spoons to act as a stop for the knife and carefully cut vertical slits in each potato about every 1/8-inch.
4. Rinse potato under running water, fanning out to rinse inside of cut slits. Place potatoes on a plate and microwave at high for 4 minutes. Flip potatoes over and microwave again for an additional 4 minutes.
5. Brush potatoes with remaining olive oil and season with salt and pepper to taste. Once the grill is hot, lay the sweet potato pieces down onto the grill grates. Cover the grill and cook until each side gets some grill marks, between 3-6 minutes for each side, depending on how hot your grill is.
6. Spread garlic and rosemary mixture over top of potatoes, cover and let cook another minute or until the desired consistency.
7. Lay over fresh spinach.
8. If you prefer to roast the sweet potatoes, brush potatoes with olive oil and seasonings. Then roast in the oven for 30-35 minutes at 425°F degrees or until tender. Once roasted, remove from oven and lay over spinach.



(WEEK ONE)

# PEANUT BUTTER PROTEIN BALLS

SERVINGS PER RECIPE: 22 BALLS

## INGREDIENTS

- 1 c. Oats
- 1/2 c. Whey protein (chocolate or vanilla) or other protein powder
- 1/2 c. Natural peanut butter (can also use almond butter)
- 1/4 c. Honey

## INSTRUCTIONS

1. Line a cooking sheet with parchment paper or foil.
2. In a medium bowl, add the peanut butter and honey and stir together until well combined.
3. Stir in the whey protein powder.
4. Add oats and mix until a dough forms. Can add more honey if desired.
5. After everything is thoroughly combined, roll the dough into 20-22 small balls and place on the cookie sheet.
6. Refrigerate for approximately 15-20 minutes or until the bites harden.





(WEEK TWO)

## QUINOA BITES

SERVINGS PER RECIPE: 24 BITES

### INGREDIENTS

2 ea.	Eggs, lightly beaten	1 T.	Granulated sugar
1 c.	Quinoa, cooked	1 T.	Maple syrup
1 c.	Quick oats	1/2 t.	Cinnamon
1/2 c.	Apples, chopped	1/2 t.	Nutmeg
1/2 c.	Pears, chopped	To taste	Salt
3 T.	Brown sugar	To taste	Cooking spray

### INSTRUCTIONS

1. Preheat oven to 350°F degrees.
2. In a small mixing bowl, combine cinnamon, nutmeg and sugars.
3. In a large mixing bowl, add cooked quinoa, oats and spice mixture. Then add the maple syrup, apples, pears and eggs and mix until just combined. Salt to taste.
4. Spray mini muffin tin (24 count) with non-stick cooking spray. Be sure to spray the top of the pan as well because the quinoa bites will overflow out of the cup slightly.
5. Fill each muffin holder with 1 tablespoon of the mixture and bake for approximately 15-20 minutes.



(WEEK THREE)

# “PICK-ME-UP” ENERGY BITE

SERVINGS PER RECIPE: 22 BALLS

## INGREDIENTS

1 c.	Old fashioned oats	1/2 c.	Almond butter
1 c.	Berry Macaroon Mix (dried fruit and nut isle) or chopped almonds	1/4 c.	Honey
		3 T.	Cocoa (optional)
		1 t.	Vanilla extract

## INSTRUCTIONS

1. In a large bowl, add almond butter, honey, vanilla extract and cocoa (if using) and stir until well combined.
2. Add in oats and stir until well combined.
3. Roll in chopped berry macaroon almond mix or just chopped almonds.
4. Roll mixture into 20 ping-pong size balls and refrigerate.





(WEEK THREE)

# VANILLA HONEY NUTS BARS

SERVINGS PER RECIPE: 16 BARS

## INGREDIENTS

1 c.	Cashews	1 t.	Pure Vanilla Extract
1/2 c.	Almonds	1/2 t.	Sea Salt
1/2 c.	Peanuts	1/2 t.	Ground Cinnamon
1/2 c.	Honey		

## INSTRUCTIONS

1. Preheat oven to 350°F degrees.
2. Line an 8x8 baking pan with parchment paper, leaving flaps on all 4 sides.
3. Using a food processor, roughly chop the almonds and cashews. Pieces should be about quarter inch at the largest.
4. In a large bowl, combine all ingredients, except honey, and stir until well combined.
5. Pour in the honey and mix with a fork until everything is evenly coated.
6. Spread mixture into the prepared baking dish, pressing down to pack it in and reach all edges and corners of the pan.
7. Bake in the oven for 20 minutes.
8. Once cooked, use the parchment flaps to press the bars down and compact them before they cool all the way.
9. After the bars have cooled (approximately 30 minutes), lift the bars out of the pan by the parchment paper flaps and flip over onto a piece of parchment so the bottom is now the top. Peel off the parchment paper.
10. Allow to cool completely and cut into (16) 2" x 2" bars.



(WEEK THREE)

## APPLE DIPPERS

SERVINGS PER RECIPE: 1 SERVING

### INGREDIENTS

1 ea.	Medium Granny Smith apple with skin	As needed	Mildly sweet dark chocolate baking chips (1 t. for 1400-2000 calories; 2 t. for 2000-2400 calories)
4 oz.	Greek yogurt, plain, low-fat		
1 T.	Peanut butter		

### INSTRUCTIONS

1. Slice granny smith apple keeping the skin on.
2. In small bowl, add Greek yogurt and peanut butter and stir until smooth.
3. Stir in dark chocolate chips.
4. Dip apples and enjoy!





(WEEK THREE &amp; FOUR)

## WARM APPLE DELIGHT

SERVINGS PER RECIPE: 1 SERVING

### INGREDIENTS

- 4 oz. Greek yogurt, vanilla, low-fat
- 1 ea. Granny Smith apple
- 2 T. Oats, toasted (or granola)
- To taste Cinnamon

### INSTRUCTIONS

1. On a cutting board, chop apple into cubes or slice in thin slithers.
2. In a small microwave-safe bowl, add the apple and cover it with cinnamon to taste. Cook in the microwave approximately 2-3 minutes, or until apples are tender and sizzling.
3. Drizzle apples with vanilla Greek yogurt.
4. Sprinkle toasted oats on top
5. To make in bulk, try baking chopping apples on a cookie sheet and baking them until soft and use the recipe to match ingredients to the number of apples used.





(WEEK FOUR)

# CHICKPEA CHOCOLATE CHIP BARS

SERVINGS PER RECIPE: 16 BARS

## INGREDIENTS

1 ea.	Can chickpeas, rinsed & drained	1/2 c.	Peanut butter, natural chunky
3/4 c.	Dark chocolate chips, reserve 1/4 cup for the top	1/4 t.	Baking powder
3/4 c.	Maple syrup	1/4 t.	Baking soda
2 t.	Vanilla	Pinch	Sea salt

## INSTRUCTIONS

1. Preheat oven to 350°F degrees and line a loaf pan with parchment paper.
2. In a food processor (or high-speed blender), add all ingredients, except chocolate chips, and process until batter is smooth, similar consistency to hummus.
3. Stir in a one-half cup of the dark chocolate chips.
4. Scoop the batter into the lined pan and smooth it out evenly. Lightly press the remaining chocolate chips over top.
5. Bake for 60 minutes or until toothpick comes out clean. This will vary with ovens so be patient and wait until the edges are beginning to brown.
6. Cool for 10 minutes in the pan then transfer to a rack for another 30 minutes for them to set.
7. Cut into 16 squares.



(WEEK FOUR)

# APPLE ALMOND ENERGY BITES

SERVINGS PER RECIPE: 8 SERVINGS

## INGREDIENTS

- 2 c. Rolled oats
- 1 c. Almond butter
- 1 ea. Apple, sliced
- 2 T. Maple syrup
- 2 t. Cinnamon

## INSTRUCTIONS

1. In a food processor, add all ingredients. If the mixture looks a little wet, you can add in some more oats.
2. Roll into balls or use a cookie scoop to drop balls onto a lined baking sheet.
3. Set in the fridge to chill for 30 minutes



(WEEK FOUR)

# SNACK ATTACK DIPPERS

SERVINGS PER RECIPE: 3 SERVINGS

## INGREDIENTS

5 oz.	Deli ham or turkey, thinly sliced, cut into 12 strips	1 ea.	Large apple, cored and sliced into 12 equal slices
4 ea.	Thick slices 2% cheddar cheese, cut into 12 triangles	1/4 c. 2-1/2 t. 1 t.	Greek yogurt, plain Honey Dijon mustard

## INSTRUCTIONS

1. In a mixing bowl, add plain yogurt, Dijon mustard and honey and stir until well combined.
2. Wrap each apple slice with a triangle of turkey/ham and one triangle of cheese.
3. Dip and eat!



(WEEK FOUR)

# BLUEBERRY YOGURT PARFAIT

SERVINGS PER RECIPE: 1 SERVING

## INGREDIENTS

- 3/4 c. Greek yogurt, non-fat
- 1/4 c. Fresh blueberries
- 2 T. Oats (ideally toast them)
- To taste Sweetener
- To taste Cinnamon

## INSTRUCTIONS

1. In a mason jar or individual bowl, layer yogurt, cinnamon, blueberries and top with toasted oats.





(WEEK FOUR)

# SIMPLE KALE CHIPS

SERVINGS PER RECIPE: 1 SERVING

## INGREDIENTS

6 c.	Kale	2 t.	Olive oil
2 T.	Parmesan or Asiago cheese, shredded or grated	To taste	Lemon juice
		To taste	Kosher salt and pepper

## INSTRUCTIONS

1. Preheat oven to 375°F degrees.
2. Prepare kale by tearing the leaves off the thick stems into bite size pieces. Spread out onto baking sheet.
3. Drizzle with olive oil and/or lemon juice
4. Sprinkle with Parmesan, Asiago or your seasonings of choice and a sprinkle of kosher salt.
5. Bake for approximately 15 minutes, until edges are brown and kale is crispy when moved in pan.

It's best to eat kale chips immediately after baking, but if you do have leftovers or decide to save them, put them in a container covered with a paper towel. Storing them in a Ziploc bag or airtight container will cause them to wilt.





(WEEK ONE)

# SINGLE FOODS SALAD

SERVINGS PER RECIPE: 1 SERVING

## INGREDIENTS

4 c.	Romaine lettuce	1/2 ea.	Tomato, diced
3 oz.	Boneless, skinless chicken breast, grilled or baked	1/2 c.	Broccoli, chopped
		1/4 c.	Corn, canned and drained
1 ea.	Egg white, hard-boiled, diced	1/4 ea.	Medium avocado, seasoned and mashed
1/2 ea.	Green apple, sliced	2 T.	Pecans, chopped
		To taste	Salt and pepper

## INSTRUCTIONS

1. On a medium plate, place lettuce.
2. In a medium bowl, add tomato, broccoli, corn, mashed avocado and stir until well combined. Then, evenly distribute on salad.
3. Top salad with apple, egg white, pecans and chicken.







## RECIPES: LUNCH

(WEEK ONE)

# SUPER FOOD SWAP SALAD

SERVINGS PER RECIPE: 1 SERVING

### INGREDIENTS

3 oz.	Salmon, raw – serving may change based on meal plan calorie range	1 ea.	Scallions, minced
		1 ea.	Lemon, zested and juiced
1 c.	Water	1/3 ea.	Avocado
1/2 ea.	Bunch kale (any kind will work), washed and chopped into 1" pieces	1 T.	Olive oil
		1 T.	Pecans, chopped
		1/4 c.	Reduced-fat feta cheese, crumbled
1/2 c.	Quinoa	To taste	Salt and pepper

### INSTRUCTIONS

#### FOR THE SALMON:

1. In a medium non-stick pan, heat olive oil on medium-high heat.
2. Season salmon with salt and pepper to taste.
3. Place skin side of salmon down in pan and reduce heat to medium-low. Allow to cook approximately 5-6 minutes, or until well-browned and cooked about three-quarters way through.
4. Turn fillet over and cook about 2-3 minutes more or until just barely pink in the center.

#### FOR THE SALAD:

1. In a medium sauce pot, bring water to boil with a pinch of salt.
2. Add quinoa, lower heat to simmer and let cook 10 minutes.
3. After 8-10 minutes when there is still some water left, add in chopped kale.
4. Cover and let simmer for 5 minutes then remove from heat and let sit another 5 minutes still covered.
5. Combine half of lemon juice with zest, scallions, olive oil, nuts and cheese in bowl.
6. Add quinoa-kale mixture to bowl.
7. Add the remainder of the ingredients into the bowl.
8. Add in 1/3 avocado (sliced or cubed).
9. Top with salmon.



(WEEK ONE)

# CHICKEN WITH SWEET AND SAVORY FARRO SALAD

SERVINGS PER RECIPE: 8 SERVINGS

## INGREDIENTS

2 lbs.	Boneless, skinless chicken	1 c.	Whole kernel corn
2 c.	Farro	1/4 c.	Parsley, chopped
1 c.	Baby spinach	1/4 c.	Seasoned rice wine vinegar
1 c.	Dried cranberries	To taste	Salt and pepper
1 c.	Pecans, chopped		

## INSTRUCTIONS

1. Grill or bake chicken.
2. In a medium sauce pot, cook farro and corn according to package. Let cool.
3. In a large bowl, add farro, dried cranberries, parsley, pecans, spinach and corn together. Toss until well-combined.
4. Drizzle rice wine vinegar and stir until well combined.
5. Salt and pepper to taste.
6. Top with chicken breast.





(WEEK ONE)

# GOLDEN SWEET POTATOES (SIDE ITEM)

SERVINGS PER RECIPE: 5 SERVINGS

## INGREDIENTS

5 c.	Sweet potatoes, chopped	1 t.	Fresh rosemary, chopped
1 T.	Extra Virgin Olive Oil (EVOO)	Pinch	Salt
		Pinch	Pepper
1 T.	Balsamic vinegar	To taste	Cooking spray

## INSTRUCTIONS

1. Place chopped sweet potatoes in a Ziplock bag or large mixing bowl.
2. Add olive oil, balsamic vinegar, fresh rosemary (more if you like the flavor, less if you are using dried rosemary), pinch of salt and pepper. Toss to coat evenly.
3. On a foil lined baking sheet, sprayed with a non-stick spray, evenly arrange sweet potatoes. Try to create a single layer.
4. Bake for approximately 20 minutes at 400°F degrees. Remove from oven, stir and bake for another 20 minutes, or until tender.





(WEEK TWO)

**THE PINK SALAD**

SERVINGS PER RECIPE: 8 SERVINGS

**INGREDIENTS**

1 lb.	Yellow bell pepper, roasted and peeled (about 3 small)	1/2 t.	Salt
		1/4 t.	Sugar
		1/8 t.	Pepper
1/3 c.	White wine vinegar	10 ea.	Small red beets
2 T.	Extra virgin olive oil	8 c.	Mixed greens
1 ea.	Garlic clove, minced	4 oz.	Goat cheese, semi soft, crumbled
1 T.	Honey		
1-1/2 t.	Dijon mustard	1/2 c.	Walnuts, chopped

**INSTRUCTIONS****ROASTED YELLOW PEPPER VINAIGRETTE:**

1. Preheat oven to 375°F degrees.
2. Place yellow bell peppers on a sheet pan, roast in the oven for approximately 30 minutes.
3. Once cooked, place peppers in a Ziplock bag for 10-15 minutes until skin is easily removed.
4. Peel skin and remove seeds then combine all ingredients in a blender; process until smooth.

**FOR THE SALAD:**

1. Increase oven heat to 400°F degrees. Place beets on a foiled baking sheet and make a pouch out of the foil, sealing it tightly. Bake for approximately 40 minutes.
2. Remove from oven and let beets steam for 10 minutes. Open pouch and let beets cool slightly.
3. After beets have cooled enough to handle, remove and discard skins and cut into bite-size pieces.
4. On a plate, mix beets and mixed greens together, sprinkle in goat cheese, walnuts and toss in vinaigrette.





(WEEK THREE)

# KALE WALDORF SALAD

SERVINGS PER RECIPE: 4 SERVINGS

## INGREDIENTS

4 c.	Raw kale, chopped	1/4 c.	Raisins or cranberries
1 ea.	Fuji apple, diced	2 T.	Balsamic vinegar, light
1 ea.	Granny Smith apple, diced	2 T.	Dijon mustard
1 c.	Walnuts, chopped	1 T.	Red wine vinegar
1/2 c.	Celery, sliced	1 T.	Honey
		To taste	Salt and pepper

## INSTRUCTIONS

1. On a cutting board, chop kale, apples and walnuts. Then slice celery.
2. In a small bowl, add Dijon mustard, balsamic vinegar, red wine vinegar and honey and stir until well combined to make vinaigrette.
3. In a medium bowl, add all vegetables and fruit and toss. Drizzle vinaigrette and toss until well combined.
4. Salt and pepper to taste.





(WEEK FOUR)

# CHILLED CUCUMBER AND AVOCADO SOUP WITH TOMATOES

SERVINGS PER RECIPE: 4 SERVINGS

## INGREDIENTS

3 ea.	Large cucumbers - peeled, seeded, and coarsely chopped	1 ea.	Large avocado, peeled, pitted, and coarsely chopped
1 ea.	Large avocado, peeled and pitted	1 ea.	Clove garlic
1 pt.	Cherry tomatoes, halved	2 T.	Olive oil
2 ea.	Limes, juiced	To taste	Salt and pepper

## INSTRUCTIONS

1. In a food processor, add cucumbers, one avocado, olive oil, lime juice, garlic, and salt and black pepper to taste.
2. Puree until smooth.
3. Transfer to a serving bowl.
4. Stir chopped avocado and tomatoes into soup. Serve at room temperature or chilled.





(WEEK ONE)

# SALMON SPIRAL SPAGHETTI

SERVINGS PER RECIPE: 2 SERVINGS

## INGREDIENTS

8 oz.	Salmon	2 T.	Smart Balance butter & Canola Oil Blend
2 ea.	Yellow summer squash, cooked	To taste	Paprika
2 c.	Spinach	To taste	Salt and pepper
1 c.	Tomato sauce	Garnish	Fresh basil

## INSTRUCTIONS

### FOR THE SALMON:

1. Sprinkle the salmon fillets generously with salt and pepper, and dust with a little paprika.
2. In a medium skillet, heat butter on medium-high heat.
3. Once the butter is melted, add the salmon fillets, skin side down.
4. Cook, without moving, until the sides are cooked just past halfway up the fillets.
5. Flip and cook, without moving, until the sides are fully cooked, then remove from the heat for medium-rare.

### FOR THE SPAGHETTI:

1. Spiralize or julienne the summer squash to make spiral noodles (or buy already spiraled).
2. Salt to taste and drain squash in a colander for 20 minutes to remove excess liquid.
3. Toss squash noodles and tomatoes with tomato sauce and fresh spinach until well combined. Salt and pepper to taste.
4. Sprinkle fresh basil on noodles and top with salmon.







## RECIPES: DINNER

(WEEK ONE)

# SUMMER CAULIFLOWER CRUST PIZZA

SERVINGS PER RECIPE: 6 SERVINGS

### INGREDIENTS

#### FOR THE CRUST

- 1/2 ea. Large head cauliflower  
(or 2+ cups shredded  
cauliflower)
- 1 ea. Large egg
- 1 c. Mozzarella cheese,  
finely shredded
- 1 t. Oregano, dried
- 1/2 t. Minced garlic, dried  
(or fresh garlic)

1/2 t. Onion salt

To taste Cooking spray

#### FOR THE TOPPING

- 3 ea. Canadian bacon slices,  
cut into strips
- 1/2 c. Tomato-basil marinara  
sauce (or pizza sauce)
- 1/2 c. Mozzarella cheese,  
finely shredded
- 1/2 ea. Pineapple tidbits

### INSTRUCTIONS

1. In a food processor, shred the cauliflower into small crumbles (not a puree)
2. Place the cauliflower crumbles in a large bowl and microwave them (dry) for 8 minutes. Let cauliflower cool.
3. Prepare the crust: Preheat the oven to 450°F degrees. Spray a baking sheet or pizza pan with nonstick spray.
4. In a medium bowl, mix the cauliflower crumbles (about 1-1/2 cups since they shrink after cooking) with the remaining crust ingredients. Pat the “crust” into a 9 to 12-inch round on the prepared pan. Spray the crust lightly with nonstick spray and bake for 15 minutes (or until golden). Remove the crust from the oven and set oven to broil.
5. Prepare the pizza: Spread the sauce on top of the baked crust, leaving a 1/2-inch border around the edge. Sprinkle 1/4 cup cheese on top. Add the bacon, spreading it out around the pizza. Sprinkle the remaining cheese on top. Broil the pizza 3 to 4 minutes, or until the toppings are hot and the cheese is melted and bubbly. Cut into 6 slices and serve immediately.
6. Veggie it up: Add veggies like spinach, broccoli or asparagus for some green and added fiber!



(WEEK TWO)

# VEGGIE CHEESY COUSCOUS

SERVINGS PER RECIPE: 6 SERVINGS

**INGREDIENTS**

10 c.	Fresh spinach	1/4 c.	Red onion rings, sliced
8 oz.	Italian-style diced tomatoes, canned	3 T.	Parmesan cheese, grated
3-1/2 c.	Packaged couscous, any flavor	1 T.	Minced garlic
		1/2 t.	Olive oil
1-1/2 c.	Light Cheddar cheese, shredded	1 T.	Water
		Garnish	Fresh basil

**INSTRUCTIONS**

1. Prepare couscous according to package directions.
2. In small saucepan or microwave, heat tomatoes.
3. In large skillet on medium heat, combine onions, garlic and oil. Stir until onions are heated and fragrant.
4. Add spinach and water to skillet. Stir until spinach is wilted and tender, but still bright green, approximately 2 minutes.
5. On large platter, layer couscous, spinach and tomatoes.
6. Sprinkle with Cheddar and Parmesan cheese and garnish with basil.





(WEEK TWO)

# LEMON AND PARMESAN GRILLED OKRA

SERVINGS PER RECIPE: 3 - 4 SERVINGS

## INGREDIENTS

- 18 ea. Okra pods (3 cups; up to 4 inches long), washed & dried
- 1 ea. Large lemon, squeezed for juice (optional)
- 1/2 c. Parmesan cheese, shredded (optional)
- To taste Olive oil
- To taste Salt and pepper

## INSTRUCTIONS

1. Heat your grill to high. (You can do this on the stovetop with a grill pan, too.)
2. Using a paring knife, cut the okra pods in half, lengthwise, leaving the pods connected at the top near the stem.
3. Lightly spray or drizzle with olive oil and season with a generous pinch of salt and pepper.
4. Place over direct heat on the grill approximately 4 minutes, rotating and cooking for another 3-4 minutes until you see blackened spots.
5. Pull off the grill and serve hot with drizzled lemon juice and topped with shredded Parmesan if desired.





(WEEK TWO)

# CHICKEN BURRITO BOWL MAKEOVER

SERVINGS PER RECIPE: 1 SERVING

## INGREDIENTS

1 ea.	Rotisserie chicken, shredded without skin	1/2 c.	Red onion, cut into long pieces
2 ea.	Zucchini, spiralized	1 ea.	Red bell pepper, cut into long pieces
2 ea.	Handfuls kale, torn in small pieces	1 T.	Olive oil
2 ea.	Avocados	To taste	Favorite salsa
1-1/2 c.	Dry quinoa/rice blend	To taste	Cheese, shredded
1 ea.	Can black beans, rinsed	To taste	Salt and pepper
1 ea.	Can corn, rinsed		

## INSTRUCTIONS

1. In a large saucepan, add 3 cups water (or broth) and dry quinoa or quinoa blend. Bring to a boil and let simmer for 15 minutes or until the quinoa absorbs all the liquid.
2. Cut and prep the onion, pepper, zucchini and kale.
3. In a saucepan on medium heat, add olive oil. Add the onion and bell pepper and sauté for 4-5 minutes. Then add the kale and zucchini. Continue to sauté for 4-5 more minutes.
4. In another medium pan on medium heat, add the rinsed corn and black beans. Heat for 5-6 minutes then turn to low.
5. While everything is cooking on the stove, shred the chicken and put into a bowl.
6. Mash the avocado and add salsa to taste or diced tomatoes to create guacamole. Salt and pepper to taste.
7. When quinoa is finished cooking, fluff with a fork.
8. To assemble the bowl: Put quinoa on bottom and layer black beans and corn mixture, followed by the veggie mixture. Next add shredded chicken, guacamole and top with salsa to taste.



(WEEK TWO)

# HEALTHY CHEESY CHICKEN TACO CASSEROLE

SERVINGS PER RECIPE: 6 SERVINGS

## INGREDIENTS

1-1/2 lb.	Skinless, boneless chicken breasts	1 c.	Cilantro, chopped
		1 ea.	Small tomato, sliced
9 ea.	Corn tortillas, 5-inch	To taste	Salt and pepper
2 c.	Monterey Jack, shredded		
1 ea.	Pasta sauce, 24 oz. jar		

## INSTRUCTIONS

1. Preheat oven to 400°F degrees.
2. Season chicken with salt and pepper.
3. In a small skillet on medium heat, add chicken and cover with cold and bring to a simmer. Reduce heat to medium-low and cook, turning once or twice, until opaque and firm, approximately 10 minutes. Remove from heat, let cool and cut chicken into small pieces or shred. You should have about 3 cups chicken.
4. In a 7x11-inch baking dish, spread one-third of sauce.
5. Arrange 3 tortillas on top of sauce, slightly overlapping.
6. Sprinkle one-third of chicken and cilantro over tortillas.
7. Top with a third of cheese.
8. Make two more layers of sauce, tortillas, chicken, cilantro and cheese.
9. Distribute tomato on evenly on final layer of cheese.
10. Cover with foil and bake until bubbly, approximately 20 minutes. Remove foil and cook until top is lightly browned, 10 minutes more.



(WEEK TWO)

# THAI TURKEY ZUCCHINI MEATBALLS

SERVINGS PER RECIPE: 28 MEATBALLS

## INGREDIENTS

2 lbs.	Ground turkey, extra lean	1 t.	Red curry paste
1 c.	Zucchini, shredded & liquid squeezed out	1/8 t.	Hot pepper chill flakes
		To taste	Cooking spray
1/4 c.	Green onions, finely chopped	To taste	Cilantro
		1-1/2 c.	Coconut milk, light (canned)
2 ea.	Garlic cloves, grated	3 T.	Tomato paste
2 T.	Basil, finely chopped	1 t.	Red curry paste
2 T.	Coconut milk, light (canned)	1 t.	Fish sauce
1 T.	Fish sauce	1/8 t.	Hot pepper chili flakes, or to taste
2 t.	Ginger, grated		

## INSTRUCTIONS

1. In a medium bowl, combine ingredients for meatballs, mix with your hands thoroughly. Make 28 meatballs by spooning heaping 1 tablespoon of mixture and rolling between your hands. Lay on a cutting board or plate. Set aside.
2. In a small bowl, whisk together sauce ingredients and set aside.
3. Preheat large skillet (12" or larger) on high heat and spray with cooking spray. Add meatballs and cook until brown, approximately 2-3 minutes. No need to cook the meatballs through. Add the sauce, reduce heat to medium and simmer for 15 minutes, uncovered. Add garnish like fresh cilantro and green onions.
4. Storage Instructions: Refrigerate covered for up to 3 days. Freeze in an airtight container for up to 3 months.



(WEEK THREE)

# CHICKEN CAPRESE BURGERS

SERVINGS PER RECIPE: 4 SERVINGS

## INGREDIENTS

1 lb.	Ground chicken	1/2 c.	Roasted red bell pepper, chopped (or buy jarred)
4 ea.	Mozzarella cheese, slices		
2 ea.	Tomatoes, sliced	4 T.	Pesto
1 c.	Spinach, chopped	2 t.	Coriander (cilantro)
1/2 c.	Panko	1 t.	Sea salt
4 T.	Pesto	To taste	Pepper

## INSTRUCTIONS

### FOR THE BELL PEPPER:

1. Heat oven to 425°F degrees.
2. Wash and slice red bell pepper. Keep pieces of bell pepper large (cut into halves or fourths) so the skin can be peeled easily after roasting.
3. Place pieces of bell pepper on nonstick or foiled baking sheet. Roast in the oven for approximately 20-25 minutes, or until the peppers start turning black.
4. Remove from oven and let cool for 5-10 minutes.
5. Peel the skin off the peppers so just the flesh is left. Chop bell pepper into small pieces.

### FOR THE CAPRESE CHICKEN BURGERS:

1. Heat the grill (you can use the stovetop if the outside grill isn't an option).
2. In a large bowl, combine all ingredients, except ground chicken, and stir until well combined.
3. Add chicken to mixture and stir to distribute all seasonings.
4. Evenly divide into 4 small burger patties. Grill for 4-5 minutes per side.
5. Top with 1 slice cheese and sliced tomatoes.





(WEEK THREE)

# FLANK STEAK WRAPPED VEGGIE ROLLS

SERVINGS PER RECIPE: 6 ROLLS, 2 ROLLS PER SERVING

## INGREDIENTS

### FOR THE STEAK

- 1 lb. Lean flank steak
- 6 ea. Asparagus spears,  
medium thick
- 1 ea. Red bell pepper
- 1 c. Chopped kale
- 1/2 c. Carrots
- 1/2 c. Zucchini

### FOR THE MARINADE

- 1 ea. Mandarin orange, juiced
- 1/3 c. Cilantro, chopped
- 1/4 c. Bragg's Liquid Aminos or  
coconut aminos
- 1/8 c. Rice vinegar
- 2 T. Honey
- 1 T. Ginger
- 1 T. Garlic paste
- 1 T. Sesame oil

## INSTRUCTIONS

1. Preheat oven to 375°F degrees.
2. On a cutting board, cut vegetables into thin strips/pieces.
3. Slice flank steak in half to make it thinner, then cut into several strips.
4. In a medium bowl, add marinade ingredients and stir until well combined. Set aside about 1/4 cup marinade for brushing after baking.
5. Add steak strips to marinade and let sit for at least 20 minutes.
6. Once marinated, take a strip of steak and place it flat down on a plate or table. Add zucchini, 1 asparagus spear, carrots, bell pepper and kale. Roll it up and repeat until all steak has been used. If needed, you can use a toothpick to secure the rolls.
7. Sear the rolls in a nonstick skillet for about 1 minute in order to "cook close" the rolls.
8. Place the rolls on a baking rack and bake for 15 minutes.
9. Once cooked, set baked steak rolls on plate and brush them with extra marinade.



(WEEK THREE)

# SWEET & SPICY CHICKEN

SERVINGS PER RECIPE: 8 SERVINGS

## INGREDIENTS

### FOR THE CHICKEN:

- 8 ea. Chicken breasts with skin (4 oz each)
- 2 ea. Lemons, cut crosswise into 1/3-inch-thick slices
- 1/8 c. Fresh lemon juice
- 1/8 c. Fresh oregano, finely chopped

- 2-1/2 T. Olive oil
- 1 T. Minced garlic
- 1 T. Kosher salt
- 1 t. Black pepper

### FOR THE POTATO WEDGES:

- 8 ea. Medium sweet potatoes
- 2 T. Olive oil
- To taste Salt and pepper

## INSTRUCTIONS

### FOR THE CHICKEN:

1. Pre-heat oven to 500°F for conventional over and 475°F for convection.
2. In a large bowl, whisk together lemon juice, oregano, garlic, salt and pepper. Add oil in a slow stream, whisking.
3. Baste chicken with mixture and let marinate for 45 minutes before cooking.
4. In two shallow baking pans, roast chicken, skin sides up (on lower shelf of oven).
5. Switch position of pans halfway through baking, until skin is crisp and chicken is cooked through, approximately 40 minutes total.
6. Lemon slices can be grilled in a well-seasoned ridged grill pan.
7. Remove skin to serve.

### FOR THE ROASTED SWEET POTATO WEDGES:

1. Decrease oven heat to 400°F degrees and foil a large baking sheet.
2. On a cutting board, cut sweet potatoes into 2" wedges and spread evenly on cookie sheet.
3. Drizzle with olive oil and salt and pepper to taste.
4. Roast in oven for approximately 40-45 minutes.



(WEEK THREE)

# BUFFALO CHICKEN MEATBALLS

SERVINGS PER RECIPE: 6 SERVINGS, 4 MEATBALLS PER SERVING

## INGREDIENTS

1 lb.	Ground chicken breast	3/4 c.	Buffalo sauce (or your favorite hot sauce!)
1 ea.	Large egg		
2 ea.	Green onions, thinly sliced	1/2 t.	Onion powder
		To taste	Kosher salt and freshly ground black pepper
3/4 c.	Panko		
1/2 t.	Garlic powder	Drizzle	Blue cheese dressing

## INSTRUCTIONS

1. Preheat oven to 400°F degrees. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In a large bowl, combine panko, egg, garlic powder, onion powder and green onions; season with salt and pepper, to taste. Once completely mixed, add in ground chicken and mix well. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming approximately 24 meatballs.
3. Place meatballs onto prepared baking sheet and bake for 4-5 minutes, or until all sides are browned. Take baking sheet out and rotate meatballs.
4. Drizzle buffalo sauce and gently toss to combine. Place sheet bake into oven for 10-15 minutes.
5. Serve immediately, drizzled with blue cheese dressing, if desired. Or lightly dip them with your fork!



(WEEK FOUR)

# SHRIMP AND ASPARAGUS STIR FRY

SERVINGS PER RECIPE: 1.5 CUPS STIR FRY | 1/3 CUP BROWN RICE

## INGREDIENTS

1-1/2 lbs.	Raw large shrimp, peeled & deveined	2 T.	Soy sauce (or Tamari for GF)
1 ea.	Bunch asparagus, ends trimmed, cut into 2-inch pieces	1 T.	Fresh ginger
		1 T.	Canola oil, divided
1 ea.	Box brown rice	2 t.	Cornstarch (optional for thickening)
1/2 c.	Reduced-sodium vegetable broth	1 t.	Cumin
		1 t.	Paprika
6 ea.	Cloves garlic, minced	1 t.	Chili powder
3 T.	Fresh lemon juice	To taste	Salt and pepper
2 T.	Water		

## INSTRUCTIONS

1. In a small bowl, combine cumin, paprika and chili powder. Distribute evenly over shrimp and set aside.
2. In another small bowl, combine vegetable broth and soy sauce.
3. In another small bowl, combine the cornstarch and water and mix well to combine.
4. Heat a large non-stick wok over medium-high heat. When hot, add one teaspoon of the oil, then add the asparagus and cook until tender-crisp, approximately 3 to 4 minutes. Add the garlic and ginger and cook until golden, approximately 1 minute. Set aside.
5. Cook brown rice as directed on package.
6. Keep the heat at medium-high, then add 1 teaspoon of oil and the shrimp until cooked through, about 1-2 minutes on each side. Set aside.
7. Increase the heat to high. Add the soy sauce mixture; bring to a boil and cook about 1-2 minutes. Add lemon juice and cornstarch mixture and stir well, when it simmers, return the shrimp and asparagus to the wok and mix well. Once cooked, remove from heat and evenly distribute over rice.





(WEEK FOUR)

# AVOCADO CHICKEN SALAD TACOS

SERVINGS PER RECIPE: 8 TACOS

## INGREDIENTS

8 ea.	Corn tortillas	2 ea.	Cloves garlic, grated or paste
1 ea.	Rotisserie chicken – skin and bones removed, meat shredded	1 ea.	Lime
1 c.	2% Cheddar or Monterey Jack cheese, shredded	1/2 c.	Light sour cream (Or you can use Greek yogurt instead)
2 c.	Romaine lettuce, chopped	1/2 ea.	Red onion, finely chopped
2 ea.	Large avocados	1/2 c.	Cilantro, finely chopped
2 ea.	Plum tomatoes, seeded, finely chopped	To taste	Salt and pepper

## INSTRUCTIONS

1. Preheat the oven to 350°F degrees.
2. In a small bowl, mash the avocados (to your liking) with salt lime juice and garlic.
3. Stir the sour cream into the avocado mixture and stir well. Add the onions, tomatoes and cilantro, then stir until well combined.
4. Add the chicken and gently fold to coat, then adjust the seasoning as needed.
5. Arrange the taco shells on a baking sheet and add some cheese to each.
6. Bake for 3-5 minutes, or until the cheese is melted.
7. Remove from the oven and fill the tacos with the lettuce and chicken salad.





(WEEK FOUR)

# SIMPLE SIRLOIN KABOBS

SERVINGS PER RECIPE: 8 SERVINGS

## INGREDIENTS

8 ea.	Skewers (Soaked if not previously)	1 c.	Fresh pineapple, cubed
2 lbs.	Beef sirloin steak, cut into 1-1/2-inch cubes	1 ea.	Lemon, juiced
2 ea.	Green bell peppers, cut into 2-inch square pieces	1/4 c.	Soy sauce
1/2 lb.	Fresh mushrooms, stems removed	3 T.	Light brown sugar
1 pt.	Cherry tomatoes	3 T.	White balsamic vinegar
		1 t.	Garlic powder
		1/2 t.	Seasoned salt
		1/2 t.	Garlic pepper seasoning (or plain black pepper)

## INSTRUCTIONS

1. Preheat grill for high heat.
2. In a medium bowl, add soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning and fresh lemon/lime juice. Stir until well combined.
3. Place steak in a large resealable plastic bag. Cover with the marinade, and seal. Refrigerate for 8 hours, or overnight.
4. Thread steak, green peppers, mushrooms, tomatoes and pineapple onto skewers in an alternating fashion until all ingredients are gone. Reserve leftover marinade for basting while on the grill.
5. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Flip over halfway through, approximately 5 minutes. Baste frequently with reserved marinade during the last 5 minutes of cooking.