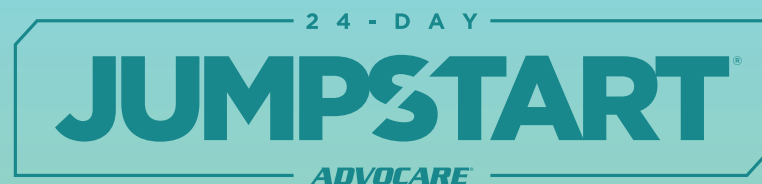


M E A L P L A N
1600-1800 calories



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 grams 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

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

*See Recipe

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WAKE UP	_____ 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>
BREAKFAST <i>400-475 calories</i>	2 Egg-Cellent Breakfast Muffins* 1 large sweet potato diced & cooked in pan w/ 1 Tbs. SB butter 10 oz 1% milk <i>Supplements</i> <i>AdvoCare Fiber</i>	Golden Sweet Potato Spinach Breakfast Omelet* 6 oz Greek yogurt w/ 1 c berries & 1 Tbs. chopped nuts <i>AdvoCare Fiber</i>	Overnight Oats* 6 oz Greek yogurt 1 egg <i>AdvoCare Fiber</i>	2 eggs & 2 egg whites 1 oz breakfast meat ½ c oats 2 Tbs. chopped nuts 1 c berries <i>AdvoCare Fiber</i>	2 eggs 1.5 serving oatmeal lentil blueberry bake* <i>AdvoCare Fiber</i>	½ c oats 1 ½ Tbs. peanut butter mixed in oats 6 oz Greek yogurt with ¼ cup berries <i>AdvoCare Fiber</i>	6 oz vanilla Greek yogurt 1 serving oatmeal lentil blueberry bake* Add 1.5 Tbs. peanut butter to oatmeal bake <i>AdvoCare Fiber</i>
SNACK <i>150-250 calories</i>	6 oz Greek yogurt 1 c berries 1 Tbs. shaved almonds	1 apple 1.5 oz 2% cheese 8 almonds	2 peanut butter balls* 6 oz Greek yogurt	1.5 oz 2% cheese 1 oz turkey 1 large apple or banana	½ banana 1 Tbs. peanut butter 6 oz Greek yogurt	6 oz Greek yogurt 1 c berries 2 Tbs. shaved almonds	2 peanut butter balls 6 oz Greek yogurt
LUNCH <i>400-475 calories</i>	Single Foods Salad* (Increase recipe size to a full apple in salad)	2 c spinach topped w/ 4 oz tuna, 2 Tbs. pecans, 3 Tbs. cranberries, ¼ avocado & drizzle w/ 2 Tbs. Light balsamic vinaigrette 1 cup berries on side	Chicken with Sweet and Savory Farro Salad* 1 fruit	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 w/ 2 Tbs. light balsamic vinaigrette, ½ c berries, ½ apple/pear sliced & ¼ c low-fat feta cheese
SNACK <i>150-250 calories</i>	1.5 oz 2% cheese 1 oz turkey 1 apple	2 peanut butter balls* 6 oz Greek yogurt	Raw veggies 3 Tbs. hummus 1 string cheese 1 cup berries	½ banana 1 Tbs. peanut butter 6 oz Greek yogurt	1 hard-boiled egg 1 oz turkey 1 fruit	1.5 oz 2% cheese 1 oz turkey 1 apple	Raw veggies 3 Tbs. hummus 1 string cheese 1 c berries
DINNER <i>400-475 calories</i>	5 oz salmon 1 large roasted sweet potato w/ 1 Tbs. Smart Balance butter and 1 Tbs. craisins 2 c vegetables <i>Supplements</i> <i>OmegaPlex®</i>	Single Foods Salad* (Increase recipe size to a full apple in salad) <i>OmegaPlex</i>	Salmon Spiral Spaghetti* (Mix 1/3 c whole grain pasta into spaghetti) <i>OmegaPlex</i>	3 oz turkey rolled up w/ 2 oz 2% cheese Salad w/ lettuce of choice, 2 Tbs. pecans, ¼ c craisins, ¼ avocado, ¼ c corn, 2 Tbs. light balsamic vinaigrette 1 fruit <i>OmegaPlex</i>	2 slices Cauliflower Crust Pizza* Salad w/ 2 Tbs. light balsamic vinaigrette, ½ c berries, ½ apple/pear sliced & ¼ c low-fat feta cheese <i>OmegaPlex</i>	Super Food Swap Salad* <i>OmegaPlex</i>	Spinach salad w/ 4 oz ground beef burger from yesterday, ¼ c 2% cheese, ¼ avocado, 2 Tbs. chopped scallions & 1 c quinoa <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>
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

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WAKE UP <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>
BREAK FAST <i>400-475 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>
SNACK <i>150-250 calories</i>							
LUNCH <i>400-475 calories</i>							
SNACK <i>150-250 calories</i>							
DINNER <i>400-475 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>
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 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 | |

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

*See Recipe

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WAKE UP <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>
BREAKFAST <i>400-475 calories</i> <i>Supplements</i>	2 Egg-o-licious Frittata Muffins* ½ c oats cooked w/ 6 oz low-fat milk & 1 tsp. peanut butter mixed in <i>AdvoCare Fiber</i>	2 eggs w/ ¼ avocado 1 chopped apple & ½ c berries of choice mixed together & drizzled w/ 6 oz Greek yogurt <i>AdvoCare Fiber</i>	2 Egg-o-licious Frittata Muffins* 1 oz 2% cheese 1½ oz breakfast meat 1 banana <i>AdvoCare Fiber</i>	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 c berries + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 large banana + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¾ c chopped fruit + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 c berries + 1¼ Tbs. nut butter
SNACK <i>150-250 calories</i> <i>Supplements</i>	3 Quinoa Bites* 6 oz Greek yogurt	2 – 2% string cheeses 1 banana	½ c berries mixed w/ 1 apple chopped 2 oz 2% cheese	2 hard-boiled eggs 1 banana or large apple <i>MNS White Pack (Pack #2)</i>	3 Quinoa Bites* 6 oz Greek yogurt <i>MNS White Pack (Pack #2)</i>	3 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>
LUNCH <i>400-475 calories</i> <i>Supplements</i>	Salad w/ mixed greens, 4 oz turkey, 1 oz goat cheese, veggies of choice, 1 Tbs. chopped walnuts, 2 Tbs. hummus as dressing 15 grapes 10 whole grain crackers	4 oz chicken (deli or cooked) on top of romaine lettuce, veggies of choice, 2 Tbs. dried fruit, ½ sliced apple & 1 Tbs. balsamic vinaigrette 1 serving Veggie Cheesy Couscous*	Salad w/ 4 oz turkey, veggies of choice, 2 Tbs. walnuts, 2 Tbs. craisins & 1 Tbs. balsamic vinaigrette 1 serving Lemon & Parmesan Grilled Okra* 1 c berries	4 oz pan-seared salmon 1 serving of The Pink Salad* 1 c berries <i>MNS White Packs (Pack #3 & 4)</i>	6 Thai Turkey Zucchini Meatballs* Salad w/ veggies, 1 Tbs. goat cheese, 1 Tbs. light balsamic vinaigrette 1 c fruit of choice <i>MNS White Packs (Pack #3 & 4)</i>	4 oz flank steak, fresh spinach, sliced roasted bell peppers, 1 oz 2% cheese of choice, ½ avocado wrapped up in 3 corn tortillas (can add other veggies as well) <i>MNS White Packs (Pack #3 & 4)</i>	Healthy Cheesy Chicken Taco Casserole* ¾ c rice mixed in 1 c roasted veggies of choice <i>MNS White Packs (Pack #3 & 4)</i>
SNACK <i>150-250 calories</i>	1 large apple 2 oz 2% cheese	2 hard-boiled eggs 1¼ c berries	3 Quinoa Bites* 6 oz Greek yogurt	3 Peanut Butter Protein Bites* 4 oz Greek yogurt	1 – 2% string cheese 1 hard-boiled egg 1¼ c berries of choice	1 c baby carrots ⅓ c hummus 1 oz 2% cheese	1 oz turkey rolled w/ 1 oz 2% cheese dipped in 3 Tbs. hummus Sliced bell peppers
DINNER <i>400-475 calories</i> <i>Supplements</i>	3 oz pan-seared salmon 1 c roasted non-starchy veggies 1 serving Veggie Cheesy Couscous* ½ c berries <i>OmegaPlex®</i>	4 oz rotisserie chicken 1 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>	6 Thai Turkey Zucchini Meatballs* ¾ c brown rice or quinoa 1 c roasted non-starchy veggies	4 oz pan seared flank steak 1 serving of The Pink Salad* Add ½ c chopped apple to salad	Healthy Cheesy Chicken Taco Casserole Spinach salad w/ veggies of choice, ¼ c corn, ¼ c black beans & salsa	Breakfast for Dinner! Omelet w/ 2 eggs, 2 oz turkey, 1 oz 2% cheese, veggies of choice, ¼ avocado 1 large sweet potato roasted & shredded 1 fruit
<i>Bedtime</i>	<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

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

	DAY 8					DAY 9					DAY 10					DAY 11					DAY 12					DAY 13					DAY 14				
WAKE UP Supplements	_____ 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>				
BREAKFAST 400-475 calories Supplements	<i>AdvoCare Fiber</i>					<i>AdvoCare Fiber</i>					<i>AdvoCare Fiber</i>																								
SNACK 150-250 calories Supplements																																			
LUNCH 400-475 calories Supplements																																			
SNACK 150-250 calories																																			
DINNER 400-475 calories Supplements	<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>																								
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) |

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

*See Recipe

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WAKE UP <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>
BREAKFAST <i>400-475 calories</i>	Meal Replacement or AdvoGreens Meal Replacement Shake* Blend w/ water + 3 Tbs. Chia Seeds + ½ banana	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 c berries + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¾ cup chopped fruit + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake* Blend w/ water + 3 Tbs. Chia Seeds + ½ banana	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 c berries + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¾ cup chopped fruit + 1¼ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 banana + 1¼ Tbs. nut butter
SNACK <i>150-250 calories</i> <i>Supplements</i>	3 “Pick-Me-Up” Energy Bites* 4 oz Greek yogurt or a 2% string cheese <i>MNS White Pack (Pack #2)</i>	Apple Dippers* Increase yogurt amount to 6 oz <i>MNS White Pack (Pack #2)</i>	6 oz Greek yogurt 1 c strawberries 1 Tbs. chia or flax seeds <i>MNS White Pack (Pack #2)</i>	1 oz 2% cheese 2 oz turkey 1 large apple <i>MNS White Pack (Pack #2)</i>	2 Vanilla Honey Nut Bars* 1 oz 2% string cheese <i>MNS White Pack (Pack #2)</i>	3 “Pick-Me-Up” Energy Bites* 4 oz Greek yogurt or a 2% string cheese <i>MNS White Pack (Pack #2)</i>	½ banana 1 Tbs. peanut butter 6 oz Greek yogurt <i>MNS White Pack (Pack #2)</i>
LUNCH <i>400-475 calories</i> <i>Supplements</i>	Kale Waldorf Salad* Add 4½ oz sliced turkey on top Add extra ½ apple in recipe <i>MNS White Packs (Pack #3 & 4)</i>	Roll up 3 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 & 4)</i>	1- 4 oz Chicken Caprese Burger Patty* Lay on top of 2 c spinach/romaine w/ ¼ c 2% cheese & 2 Tbs. light Balsamic Vinaigrette 1¼ c chopped fruit <i>MNS White Packs (Pack #3 & 4)</i>	Single Foods Salad* Increase recipe size to a full apple in salad <i>MNS White Packs (Pack #3 & 4)</i>	2 Flank Steak Wrapped Veggie Rolls* Leftovers ½ c brown rice or quinoa <i>MNS White Packs (Pack #3 & 4)</i>	Single Foods Salad* Increase recipe size to a full apple in salad <i>MNS White Packs (Pack #3 & 4)</i>	Sweet & Spicy Chicken Leftovers* Mixed greens salad w/ 2 Tbs. light Balsamic Vinaigrette & ¼ c berries <i>MNS White Packs (Pack #3 & 4)</i>
SNACK <i>150-250 calories</i>	1 oz 2% cheese 1 oz turkey 1 apple	2 Vanilla Honey Nut Bars* 1 oz 2% cheese	3 “Pick-Me-Up” Energy Bites* 4 oz Greek yogurt or a 2% string cheese	1 hard-boiled egg 1 oz 2% cheese 1 banana	Apple Dippers* Increase yogurt amount to 6 oz	6 oz Greek yogurt 1 c strawberries 1 Tbs. chia or flax seeds	1 oz 2% cheese slice 1.5 oz turkey Roll up w/ 1 green apple sliced in middle
DINNER <i>400-475 calories</i>	1 – 4oz Chicken Caprese Burger Patty* 1 c quinoa Mixed greens salad w/ 1 Tbs. light Balsamic Vinaigrette	2 Flank Steak Wrapped Veggie Rolls* ½ c brown rice or quinoa	Kale Waldorf Salad* (from Monday) Add 4 oz pan seared salmon on top (Cook extra salmon for tomorrow night’s salmon tacos)	Lettuce wraps with 4 oz pan seared salmon (from yesterday), 1 c brown rice, ¼ avocado, Sautéed left over veggies	Sweet & Spicy Chicken* Mixed greens salad w/ 2 Tbs. light Balsamic Vinaigrette & ¼ c berries	2 servings Buffalo Chicken Meatballs* Put over 1 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 1¼ c fruit for dessert
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

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WAKE UP	_____ a.m. <i>Spark</i>	_____ a.m. <i>Spark</i>	_____ a.m. <i>Spark</i>	_____ a.m. <i>Spark</i>	_____ a.m. <i>Spark</i>	_____ a.m. <i>Spark</i>	_____ a.m. <i>Spark</i>
Supplements	MNS Color Pack (Pack #1)	MNS Color Pack (Pack #1)	MNS Color Pack (Pack #1)	MNS Color Pack (Pack #1)	MNS Color Pack (Pack #1)	MNS Color Pack (Pack #1)	MNS Color Pack (Pack #1)
BREAKFAST							
400-475 calories							
SNACK							
150-250 calories							
Supplements	MNS White Pack (Pack #2)	MNS White Pack (Pack #2)	MNS White Pack (Pack #2)	MNS White Pack (Pack #2)	MNS White Pack (Pack #2)	MNS White Pack (Pack #2)	MNS White Pack (Pack #2)
LUNCH							
400-475 calories							
Supplements	MNS White Packs (Pack #3 & 4)	MNS White Packs (Pack #3 & 4)	MNS White Packs (Pack #3 & 4)	MNS White Packs (Pack #3 & 4)	MNS White Packs (Pack #3 & 4)	MNS White Packs (Pack #3 & 4)	MNS White Packs (Pack #3 & 4)
SNACK							
150-250 calories							
DINNER							
400-475 calories							
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) | |

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

*See Recipe

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WAKE UP <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.
BREAKFAST <i>400-475 calories</i>	Meal Replacement or AdvoGreens Meal Replacement Shake* Blend w/ water + 3 Tbs. Chia Seeds + ½ banana	Meal Replacement or AdvoGreens Meal Replacement Shake + 1 c berries + 1 ½ Tbs. nut butter	Meal Replacement or AdvoGreens Meal Replacement Shake + ¼ c chopped fruit + 1 ½ Tbs. nut butter	2 eggs w/ 1 c grated 2% cheese 1 ¼ c berries Grilled Sweet Potato Slices*	Diet-Ditching Breakfast Wrap* 1 fruit	2 eggs & 1 egg white w/ ¼ avocado 1 chopped apple & 1 c berries drizzled w/ 6 oz Greek yogurt & 2 Tbs. chopped nuts	Diet-Ditching Breakfast Wrap* 1 fruit
SNACK <i>150-250 calories</i> <i>Supplements</i>	1 Apple Almond Energy Bite/Square 6 oz Greek yogurt w/ ½ c berries <i>MNS White Pack (Pack #2)</i>	Snack Attack Dippers* 10 almonds <i>MNS White Pack (Pack #2)</i>	1 small-medium 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 w/ ½ c berries	1 small-medium banana 2 oz 2% cheese	Chickpea Chocolate Chip Bars* 6 oz Greek yogurt
LUNCH <i>400-475 calories</i> <i>Supplements</i>	Chilled Cucumber & Avocado Soup w/ Tomatoes* 4 oz pan seared salmon <i>MNS White Packs (Pack #3 & 4)</i>	Mix-n-Match Lunch! 3 oz turkey 1 string cheese ½ c hummus Baby carrots 2 servings Simple Kale Chips <i>MNS White Packs (Pack #3 & 4)</i>	Leftovers: Shrimp & Asparagus Stir Fry* Instead of putting on rice – wrap up in 2 corn tortillas Mixed greens salad w/ ½ c 2% cheese of choice, 1 Tbs. light balsamic vinaigrette <i>MNS White Packs (Pack #3 & 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 4 oz turkey, ⅓ c 2% cheese, ½ avocado, veggies of choice & wrap in 2 corn tortillas 1 small apple OR ½ banana	Leftovers! 1 ½ serving Simple Sirloin Kabobs* Spinach salad w/ 2 Tbs. chopped walnuts, 2 Tbs. dried cranberries, 1 Tbs. light balsamic vinaigrette dressing
SNACK <i>150-250 calories</i>	2 servings Simple Kale Chips* 1 ½ oz 2% cheese 1 apple	Blueberry Yogurt Parfait* Add 2 Tbs. chopped nuts	1 Apple Almond Energy Bite/Square* 6 oz Greek yogurt w/ ½ c berries	1 large apple 2 oz 2% cheese	Snack Attack Dippers* 10 almonds	1 Chickpea Chocolate Chip Bar* 6 oz Greek yogurt	Blueberry Yogurt Parfait* Add 2 Tbs. chopped nuts
DINNER <i>400-475 calories</i>	Shrimp & Asparagus Stir Fry* Mixed greens salad w/ ½ cup 2% cheese of choice, 1 Tbs. light balsamic vinaigrette	Chilled Cucumber & Avocado Soup w/ Tomatoes* Salad w/ 3 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) 1 ½ servings of Grilled Sweet Potato Slices* (leftovers!) Spinach salad w/ all the veggies you want & 2 Tbs. balsamic vinaigrette	Friday night BBQ! 5 oz chicken on grill 1-2 c grilled veggies of choice Drizzle w/ 1 Tbs. pesto 1 large sweet potato sliced & grilled	1 ½ serving Simple Sirloin Kabobs* Spinach salad w/ 2 Tbs. chopped walnuts, 2 Tbs. dried cranberries, 1 Tbs. light balsamic vinaigrette dressing	Leftovers! 5 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
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

1600-1800 CAL

40% CARBOHYDRATE (160-180 GRAMS)
30% FAT (50-60 GRAMS)
30% PROTEIN (120-135 GRAMS)

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WAKE UP Supplements	_____ 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.
BREAKFAST 400-475 calories							
SNACK 150-250 calories Supplements	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>	<i>MNS White Pack (Pack #2)</i>				
LUNCH 400-475 calories Supplements	<i>MNS White Packs (Pack #3 & 4)</i>	<i>MNS White Packs (Pack #3 & 4)</i>	<i>MNS White Packs (Pack #3 & 4)</i>				
SNACK 150-250 calories							
DINNER 400-475 calories							
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, 2%, grated
1 ea.	Egg		
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 & 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.	Greek yogurt, plain
		2-1/2 t.	Honey
		1 t.	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.