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Meal 1

Smoothie: scoop of protein powder, frozen blueberries, unsweetened almond milk

Smoothie: scoop of protein powder, frozen strawberries, unsweetened almond milk

Smoothie: scoop of protein powder, banana, dash of cinnamon, unsweetened almond milk

Smoothie: scoop of protein powder, frozen blueberries/strawberries /peaches, unsweetened almond milk

Smoothie: scoop of protein powder, frozen blueberries/strawberries /peaches, unsweetened almond milk

Smoothie: scoop of protein powder, banana, cinnamon, unsweetened almond milk

Smoothie: scoop of protein powder, frozen blueberries, unsweetened almond milk

Meal 2

Egg whites scrambled with olive oil and spinach
Rolled oats oatmeal with cinnamon (no sugar)

Egg whites scrambled with olive oil and asparagus
Rolled oats oatmeal with cinnamon (no sugar)

Egg whites scrambled with olive oil and asparagus
Rolled oats oatmeal with cinnamon (no sugar)

Whole eggs
3 whole peppers (either green, red or yellow)
Coconut oil

Egg whites scrambled with olive oil, spinach, white rice

egg whites scrambled with olive oil, spinach, white rice

Egg whites scrambled with olive oil and spinach
Rolled oats oatmeal with cinnamon (no sugar)

Meal 3

Grilled, marinated chicken breast
Sweet potato – roasted plain
Asparagus
MCT oil to cook the chicken

Grilled, marinated chicken breast
Sweet potato – roasted plain
Steamed broccoli
MCT oil to cook the chicken

Lean steak, grilled
Red potatoes, seasoned and baked
Brussels sprouts, roasted
1 TBSP olive oil (for veggies)

Lean steak, grilled
Red potatoes, seasoned and baked
Lettuce, tomato, cucumber, kale (make a salad)
Olive oil and vinegar (for salad dressing)

Baked turkey meat balls (gluten free bread crumbs and egg whites with ground turkey)
White rice
Zucchini: grilled or roasted
Spring mix salad w 1 tbsp EVOO or MCT oil

Ground Turkey
White rice
Zucchini: grilled or roasted
Spring mix salad w 1 tbsp EVOO or MCT oil

White fish
Asparagus
White potato (baked, use grass-fed butter as topping)

Meal 4

Grilled, marinated chicken breast
Baked sweet potato fries
Steamed broccoli
EVOO drizzle on veggies

Grilled, marinated chicken breast
Baked sweet potato fries
Brussel sprouts
EVOO drizzle on veggies

Lean steak, grilled
Red potatoes, seasoned & baked
Lettuce, tomato, cucumber, kale (make a salad)
Olive oil and vinegar (for salad dressing)

Lean steak, grilled
White rice
Steamed green beans

Ground Turkey Burger
Lettuce (use as the bun)
Toppings for your burger: tomato, pickles, onions...

Ground turkey
Lettuce (use as the bowl)
Salsa, diced tomatoes, diced onions, taco seasoning, olive oil

Salmon or other white fish—steamed, baked, grilled or sautéed in a nonstick pan
White potato
Green beans - steamed
Cup avocado and salsa

Meal 5

Shake: scoop of protein powder in unsweetened almond milk (you can add some of the leftover spinach you used during breakfast)

Shake: scoop of protein powder in unsweetened almond milk

Shake: scoop of protein with unsweetened almond milk

Shake: scoop of protein with unsweetened almond milk

Shake: scoop of protein with unsweetened almond milk

Shake: scoop of protein with unsweetened almond milk

Shake: scoop of protein powder in unsweetened almond milk (you can add some of the leftover spinach you used during breakfast)

Notes