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LIVING

# RESOLUTION

CHALLENGE



# JUST EAT WHOLE FOODS!

An Easy 30 Day Meal Plan For Eating Well



# WHY **WHOLE FOODS?**

Whether you are a seasoned athlete or couch potato, eating whole foods – i.e. “real food” – has helped millions of people change their lives. For those who are just starting to eliminate processed “junk,” congratulations! We are confident this challenge will provide you with the tools (education and knowledge) to help in your journey to improve your health. For those who have dabbled in eliminated processed foods, we hope this challenge can kick start a lifelong change.

## **EATING REAL FOOD!**

Eating “real food” is all about nourishing our bodies with the food that fuels it best and reducing inflammation and disease in our bodies.

- **Whole foods include items such as meat, eggs, vegetables, healthy fats, some fruits and “nuts and seeds.**
- **Whole foods are not processed foods that are hard on our bodies such as grains, “legumes (beans, peas, peanuts), low-fat processed dairy and added sugar.**

For our PRO participants, certain safer grains like rice, quinoa, and gluten free oats are an exception to the rule, as they do not promote inflammation like many other grains. Also, full fat grass fed dairy can be beneficial if tolerated by the individual.

## **BENEFITS OF FUELING UP ON WHOLE FOODS**

Decrease body fat, reverse hyperinsulinemia, lower blood pressure, improve lipid profile panel, have more energy, decrease inflammation, better mental clarity, lower blood glucose levels, have better digestion, gain muscle, increase bone density, reverse/decrease the risk of diabetes, increase quality of life, and of course get stronger.

## **WEIGHT LOSS:**

Two very important aspect of weight loss are blood sugar control and calorie intake. You must understand that the quantity/quality of food and the carbohydrate/fat/protein composition of your diet will impact your results. If losing weight is high on your list of desired results, you must find a carbohydrate load that works for YOU – not your neighbor, your coach or your friend.

# 30 DAY MEAL PLAN

## HOW IT WORKS FOR YOU:

This meal plan includes simple meals made from real food. There is nothing fancy about it; instead, the meal plan is intended to make things easier on you by presenting realistic, tasty and healthy options. The calories range from 1600-1800 calories/day, around 100 carbohydrates/ day, 80-110 grams of fat/day and 80-130 grams of protein/day. If you are trying to lose weight, scale back a bit and limit the higher calorie “optional ingredients,” such as grass-fed butter and honey. If you are trying to gain weight, eat more, include the “optional ingredients” and consider adding in an extra healthy snack. If you are super active, increase the amount of carbohydrates from produce a bit (i.e. an extra sweet potato or serving of fruit). Also, be sure to treat the analysis as an estimate, not an exact number, as it is difficult to be completely precise.

All days have a post workout recovery meal (i.e. protein/carbohydrates sources or a shake) added into the total nutrient analysis. Your post workout recovery should include 30 grams protein and 30 grams carbohydrate (an additional 240 kcal/day). If you don't exercise one day, no worries. Just continue the meal plan as normal and eat to satisfy your body as it recovers. If you are unable to exercise, follow the meal plan and add in an additional snack if necessary.

## GROCERY LIST AND MEAL PREP:

Each week starts with a Sunday grocery shopping list and meal prep: (e.g.) big batch chicken, boiled eggs/egg muffins, baked sweet potatoes, cut up produce and homemade dressing. This will leave you with little (and many times no) cooking for breakfast or lunch and some simple batch cooking at dinner time to have leftovers for the next day. Most of the recipes are included within the meal plan, while others are “staple recipes” that can be found just about anywhere. Each week builds upon previous recipes and techniques learned, so you may have to look back at prior weeks. It is also very important to familiarize yourself with the weekly meal plan and prep instructions in advance so that you know what to expect . . . and what to save! While we provide a grocery list, it does not contain the specific amounts needed. That ultimately will depend on the amount of people you are trying to feed. But remember, the key is to make extra so you have meals for the following days. Meals can be seasoned with your favorite spices, sea salt, lemon/lime juice, etc.

# POST WORKOUT RECOVERY OPTIONS

Each day meal plan automatically assumes that you will be consuming a post workout recovery option. Post workout meals should contain at least 30 g protein and 30 g carbs and should be consumed after your workout once you have cooled down.

## REAL FOOD RECOVERY OPTIONS:

- Protein: any lean meat (chicken, turkey, fish, beef, etc.) (1 oz. of meat = 7 grams protein)
- Carbs: Starchy veggies (sweet potatoes/yams, squash, pumpkin, etc.), fresh fruit or coconut water (no sugar added) (1 medium sweet potato = 30 grams carbs)

## SHAKES:

- Protein base: whey protein isolate (grass-fed if possible!) or egg white protein
  - Add-ins: coconut milk, almond milk, coconut water (no sugar added), fresh fruit
  - The Super Smoothie (Week One, Day Four) would be a great post workout recovery option!
- If you are unable to exercise, follow the meal plan and add in an additional healthy snack (ex: handful of Trail Mix) if necessary.



# SHOPPING HEALTHY

There is no easy way to go about shopping for whole foods. Take some time to research your local stores. You can search the web all you want to and get idea after idea on where and what to purchase. But stop for a second and think about how different areas have different stores, different seasons. I mean, heaven forbid you don't have a Whole Foods in your town (we don't). What we recommend is that you take some time and actually research your local stores (such as The Wild Ramp in Huntington, WV). Once you find out what foods are available and what foods are not, shopping becomes easier. It is always better to go into the store with a plan, and this will help avoid becoming overwhelmed somewhere in the fresh produce aisle. Having a plan before you go will also help you save money and waste less food.

## HERE ARE SOME SUGGESTED ITEMS:

**Meats** - We always recommend grass-fed and pasture raised. In terms of purity and nutritional value, go as natural as you can. All game meat, organ meat, Chicken, Beef, Pork, Buffalo, Bison, Poultry, Turkey, Venison, Goat, Lamb.

**Eggs** - from chickens, quail, duck, etc. Look for pastured farm-fresh eggs if available.

**Fish/Shell fish** - We recommend it to be wild and not farmed raised. Salmon, Shrimp, Scallops, Sardines, Trout, Clams, Crab, Tuna, Lobster, Mussels, Oysters

**Nuts/Seeds** - Almonds, Brazil, Cashews, Macadamia, Pecans, Pine-nuts, Pistachio Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts and any butter from these nuts. Please note that peanuts are not a nut. They are a legume.

**Oils** - Almond Oil, Avocado Oil, Coconut Oil, Cod Liver Oil, Fish Oil, Flax seed oil, Macadamia Oil, Pecan Oil, Pistachio Oil, Poppyseed Oil, Pumpkin Seed Oil, Hazelnut Oil, Sesame Seed Oil, Walnut Oil. Recommendation: Cook with Coconut Oil and Flavor with Olive Oil and eliminate vegetable oils.

**Fruits/Vegetables** - Asparagus, Artichokes, Alfalfa Sprouts, Avocado, Apple, Apricot, Broccoli, Brussels Sprouts, Banana, Blackberries, Blueberries, Bell Peppers, Cabbage, Cauliflower, Carrots, Celery, Collard Greens, Cherries, Cucumber, Cranberries, Dates, Eggplant, Fig, Garlic Grapefruit, Grapes, Guava, Honeydew, Kale, Kiwi Fruit, Lettuce, Lemon, Lime, Mushrooms, Mango, Melons, Nectarine, Onions, Olives, Okra, Orange, Pumpkin, Papaya, Peach, Pineapple, Plum, Pomegranate, Passion Fruit, Radish, Red Cabbage, Raspberries, Spinach, Sauerkraut, Sprouts, Strawberries, Tomato, Tangerine, Watermelon, Yellow Squash, Zucchini. Starchy Vegetables Cassava, Yams, Sweet Potatoes, Pumpkin, Squash and Taro

**Fluids** - Water, coffee, Coconut milk, coconut water, almond milk

# THE DEAL WITH **GRAINS & DAIRY**

Lets face it, our grains are not your grandmother's grains. Our grains are highly processed, nutritionally void, and chock full of gluten (one reason why you see so many gluten intolerances). Grains have always been hard on our gastrointestinal system, causing bloating, diarrhea, constipation, weight gain, skin issues, etc., depending upon the person.

This is why ancient groups used to soak and sprout their grains in order to be able to digest them better. This doesn't mean sprouted bread that you find at the stores these days is a "health food," because many are still highly processed, usually contain a lot of gluten and lack nutrition. This also doesn't exactly mean "gluten free" breads are a necessarily a health food either. Although they are gluten free and may contain some whole food ingredients, they can still be highly processed and you can end up consuming way too many calories from the almond and coconut flours based on the amounts ultimately used. So how can you replace grain products? Lettuce wraps for sandwiches and burgers, spaghetti squash or zucchini noodles for pasta and "riced" cauliflower for rice dishes. Although these methods may be new to you, experiment and have fun with them... you will eventually stop craving grains and will feel much better.

## **WHERE DO I GET CALCIUM FROM WITHOUT DAIRY?**

Dairy, in its original form (from cows that are organically raised and allowed to eat their natural diet on the pasture, i.e. grass) contains many health benefits, such as conjugated linoleic acids or CLAs. These are a great source of healthy fat and antioxidants. CLAs are found in grass-fed beef and dairy. This is why you will see grass-fed butter as an option in the meal plan.

However, the dairy we just described is sadly not found in most grocery stores. Conventional dairy has been highly processed, especially in a reduced fat form, and is stripped of many of its nutritional benefits. While it may seem like you are getting tons of calcium and vitamin D from skim milk, it is much more complicated than that. You see, calcium and vitamin D require co-factors to be able to be absorbed in the body. For example, vitamin D is a fat soluble vitamin, so it requires fat to be able to be absorbed. But if there is no fat or reduced fat in the dairy you are consuming, it will be harder to absorb that calcium and vitamin D. In addition, many people are lactose intolerant and may want to avoid dairy all together.

## **SO WHERE CAN YOU GET YOUR CALCIUM FROM IF YOU DON'T CONSUME DAIRY?**

Other foods high in calcium include leafy green vegetables (like spinach and kale), fish (like salmon and sardines) and homemade bone broth (chicken stock). We have included some of these foods in the super foods list below. We have also included grass-fed yogurt because it has probiotics that are great for your gut.

## **ARE YOU INTOLERANT TO DAIRY?**

Find out by trial and error. Cut it out for 2-3 weeks, add it back and see how you feel.

# **SUPER FOODS FOR **ADDED BENEFIT****

## **BELOW ARE A FEW SUPER FOODS YOU MAY CONSIDER ADDING TO YOUR DIET ALONG WITH THEIR BENEFITS:**

- **Fermented foods for gut health:** grass-fed yogurt (if tolerated), kombucha (fermented tea), fermented vegetables (ex. Kim chi, sauerkraut)
- **Fish for omega-3 fatty acids** and calcium: sardines, salmon and other fatty fish
- Bone broth for gut health and calcium
- **Grass-fed meat and dairy** (butter, milk and yogurt) for CLAs
- **Eggs for omega-3's** (pasture raised and organic if possible)
- **Liver** for lots of vitamins and minerals
- **Velvet Deer Antler - Lurong Living Essential** provides nutrients not found together in in any other food source on the planet- support joint and bone health, decrease pain and inflammation, accelerate recovery time, and boost energy

Some of these foods may seem unorthodox, but they have been healing people for centuries! Experiment with different ways to prepare them and see how you feel!



# WEEK 1: SUNDAY SHOPPING LIST

<p><b>KITCHEN TOOLS</b> (for entire plan)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Aluminum Foil</li><li><input type="checkbox"/> Baking Sheets</li><li><input type="checkbox"/> Blender/Food Processor</li><li><input type="checkbox"/> Can Opener</li><li><input type="checkbox"/> Crock Pot</li><li><input type="checkbox"/> Cutting Board</li><li><input type="checkbox"/> Hand-held</li><li><input type="checkbox"/> Immersion Blender</li><li><input type="checkbox"/> Knives</li><li><input type="checkbox"/> Mason Jars</li><li><input type="checkbox"/> Measuring Tools</li><li><input type="checkbox"/> Meat Thermometer</li><li><input type="checkbox"/> Muffin Pan</li><li><input type="checkbox"/> Silicon Baking Cups (opt.)</li></ul>	<p><b>PANTRY STAPLES</b> (keep stocked for entire plan)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Almond Flour</li><li><input type="checkbox"/> Balsamic Vinegar</li><li><input type="checkbox"/> Black Pepper</li><li><input type="checkbox"/> Cinnamon</li><li><input type="checkbox"/> Coconut Oil</li><li><input type="checkbox"/> Dijon Mustard</li><li><input type="checkbox"/> Honey (optional)</li><li><input type="checkbox"/> Nut/Seed Butter (Almond&amp; sunflower; not peanut butter)</li><li><input type="checkbox"/> Olive Oil</li><li><input type="checkbox"/> Protein Powder (opt.)</li><li><input type="checkbox"/> Sea Salt</li></ul>	<p><b>PROTEIN</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Bacon</li><li><input type="checkbox"/> Chicken breast</li><li><input type="checkbox"/> Chicken thighs</li><li><input type="checkbox"/> Eggs</li><li><input type="checkbox"/> Ground Beef</li><li><input type="checkbox"/> Ground Turkey</li><li><input type="checkbox"/> Salmon Fillets</li><li><input type="checkbox"/> Whole Chicken</li><li><input type="checkbox"/> Cottage Cheese (opt)</li><li><input type="checkbox"/> Greek Yogurt Plain Full Fat (opt)</li></ul>														
<p><b>MISCELLANEOUS</b></p> <table border="0"><tbody><tr><td><input type="checkbox"/> Canned coconut milk</td><td><input type="checkbox"/> Slivered almonds</td></tr><tr><td><input type="checkbox"/> Dried cranberries</td><td><input type="checkbox"/> Spices</td></tr><tr><td><input type="checkbox"/> Dried oregano (optional for dressing)</td><td>*Spice blend for Chicken: paprika, onion powder, garlic power, thyme, cayenne</td></tr><tr><td><input type="checkbox"/> Grass-fed butter (i.e. Kerry Gold, opt.)</td><td>*Pick your favorite taco spices</td></tr><tr><td><input type="checkbox"/> Olive oil or avocado oil (opt.)</td><td><input type="checkbox"/> Walnuts (optional for chicken salad)</td></tr><tr><td><input type="checkbox"/> Yellow mustard</td><td><input type="checkbox"/> Quinoa (optional)</td></tr><tr><td><input type="checkbox"/> Salsa</td><td></td></tr></tbody></table>			<input type="checkbox"/> Canned coconut milk	<input type="checkbox"/> Slivered almonds	<input type="checkbox"/> Dried cranberries	<input type="checkbox"/> Spices	<input type="checkbox"/> Dried oregano (optional for dressing)	*Spice blend for Chicken: paprika, onion powder, garlic power, thyme, cayenne	<input type="checkbox"/> Grass-fed butter (i.e. Kerry Gold, opt.)	*Pick your favorite taco spices	<input type="checkbox"/> Olive oil or avocado oil (opt.)	<input type="checkbox"/> Walnuts (optional for chicken salad)	<input type="checkbox"/> Yellow mustard	<input type="checkbox"/> Quinoa (optional)	<input type="checkbox"/> Salsa	
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# WEEK 1 MEAL PLAN INSTRUCTIONS

## SUNDAY FOOD PREP

For a productive and successful week, we recommend preparing the following on Sunday:

- Cook a big batch of chicken breasts (baked, grilled, or however you like it)
- Boil eggs
- Bake sweet potatoes
- Prepare some homemade dressing
- \*If you really want to go all out, chop up some produce for salads and such

## WEEK 1 RECIPES AND METHODS

**How to boil an egg:** Place eggs in a pot, add water until eggs are covered well, sprinkle in some sea salt. Boil for 15 minutes over med/high heat. Discard hot water into sink and add cold water to allow eggs to cool.

**How to bake sweet potatoes:** Scrub and rinse sweet potatoes, dry them off and wrap them in foil. Bake for 45 minutes to 1 hour in a 400 degree oven.

**Easy bacon method:** Put foil on baking sheet and lay desired amount of bacon slices on foil. Bake in a 375 degree oven for 10-15 minutes, or until crispy brown. Remove bacon from pan onto a plate lined with paper towels to let bacon cool. Let bacon grease harden on foil and then discard.

**Kitchen sink salad:** 1 cup romaine lettuce; 1 cup spinach; ¼ cup cherry tomatoes; ¼ cup diced cucumbers; ¼ cup chopped carrots; ½ avocado; ½ apple chopped (green apples are good in this); 1 medium chicken breast; 1 hardboiled egg (optional). Chop up ingredients and mix in a large bowl.

**Basic Balsamic Dressing:** ¾ cup extra-virgin olive oil; ½ to ¾ cup balsamic vinegar; 1 minced clove of garlic or garlic powder; 2 tsp. Dijon mustard; Sea salt and black pepper (to taste); 1 tsp. dried oregano (optional). Put all ingredient in container/jar and shake to mix.

**Homemade Mayo:** 1 cup avocado oil or light olive oil; 1 egg; juice of ½ lemon; sea salt (a generous pinch); 1 tsp. Dijon mustard (optional). Put all ingredients in a wide mouth mason jar and use a hand-held immersion blender until thick and creamy.

**Spice blend:** 2 tsp. paprika; 1 tsp. sea salt; 1 tsp. onion powder; 1 tsp. thyme; ½ teaspoon garlic powder; ¼ tsp. cayenne pepper; ¼ tsp. black pepper

**Note:** Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers : )

# WEEK 1 MEAL PLAN

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
MON	<p>2 hard boiled eggs 1 cup berries</p>	<p>*Kitchen sink salad with homemade dressing</p>	<p><b>Beef And Veggie Stir Fry:</b> 1 lb. ground beef sautéed in 2 tbsp. coconut oil w/ 1 chopped onion, 1 chopped bell pepper, 1 pkg mushrooms chopped, 2 handfuls spinach  Baked sweet potato w/ cinnamon</p>	<p>KCAL 1690 Carbs 95 g Protein 129 g Fat 94 g</p>
TUES	<p>2 hard boiled egg ½ an avocado plus 2 tbsp. salsa  *or... Add cooked quinoa to 2 scrambled eggs and top w/ avocado and salsa (extra protein and carbs to keep you fueled!)</p>	<p>Leftover beef &amp; veggie stir fry 1 apple</p>	<p><b>Bacon Wrapped Chicken Thighs:</b> Wrap 1 slice bacon around 1 chicken thigh, sprinkle w/ paprika (optional) and bake at 375 for 30 minutes or until done.  Steamed broccoli w/ 1 tbsp. olive oil or grass-fed butter  Baked sweet potato w/ cinnamon (can sub white potato)</p>	<p>KCAL 1688 Carbs 83 g Protein 147 g Fat 87 g</p>
WED	<p>1 hard boiled egg 2 slices bacon 1 cup berries</p>	<p>Leftover bacon wrapped chicken thighs  Veggie salad w/ homemade dressing (small version of kitchen sink salad)  1 green apple</p>	<p><b>Salmon and Asparagus Bake:</b> Put salmon and asparagus in a baking dish or pan and drizzle w/ 2 tbsp. melted coconut oil, season with your favorite spices and the juice of one half of a lemon, bake at 375 for 15-20 minutes or until fish flakes with a fork.  <b>Caulimash:</b> Steam cauliflower until soft, then mash or puree it with 1 tbsp. olive oil or grass-fed butter, and season with sea salt and pepper. (*can Substitute with half cauliflower/half white potato mash or all white potato mash (healthy comfort food!))</p>	<p>KCAL 1819 Carbs 85 g Protein 140 g Fat 103 g</p>
THUR	<p><b>Super Smoothie</b> ½ cup berries, ½ banana (frozen), ½ an avocado, handful spinach, protein powder of choice (opt.), water to desired thickness, blend until smooth *If you don't like the avocado add 1-2 tbsp. nut/seed butter or probiotic-rich plain yogurt! *Want it sweeter? Add 1 tsp. honey or use the whole banana. *For a calorie/fat boost add a splash of canned coconut milk</p>	<p>Salad w/ leftover salmon, ½ avocado, slivered almonds, chopped apple &amp; homemade dressing</p>	<p><b>Crock Pot Chicken:</b> Cut up 1 onion and put in bottom of crock pot, add whole chicken with *spice blend and slow cook on low for 8-10 hours.  Serve with leftover caulimash (can Substitute with half cauliflower/half white potato mash or all white potato mash (healthy comfort food!))</p>	<p>KCAL 1747 Carbs 115 g Protein 105 g Fat 95 g</p>

# WEEK 1 MEAL PLAN contd...

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
FRI	<p>2 boiled eggs 1 cup berries</p> <p>*To change it up from the eggs, try high protein Greek yogurt with honey and berries or cottage cheese and a fruit of choice.</p>	<p><b>Chicken Salad:</b> Made from leftover crock pot chicken shredded or meal prep chicken, *mayo and/or mashed avocado, lemon juice and/or Dijon mustard, sea salt and pepper, chopped celery and apples (amounts depend on personal taste) Optional ingredients: slivered almonds, walnuts, grapes, cranberries Served on romaine lettuce wraps with 1 cup baby carrots</p>	<p><b>Turkey Tacos:</b> Ground turkey cooked in 1-2 tbsp. coconut oil with your favorite taco spices  Served on romaine lettuce wraps w/ salsa and ½ avocado (or make a salad)</p>	<p>KCAL 1611 Carbs 120 g Protein 104 g Fat 81 g</p>
SAT	<p><b>Banana Pancakes:</b> 1 smashed banana, 2 tbsp. nut/seed butte, two eggs, and a sprinkle of cinnamon. Mix together and fry “silver dollar” size pancakes in 1-2 tbsp. coconut oil. 2 slices bacon (*easy bacon method) Drizzle with 1-2 tsp. local honey (optional)</p>	<p>Chicken salad over spinach salad 1 cup baby carrots  *Add a serving of fruit for more carbs!</p>	<p><b>Burgers (Grill w/fav. seasoning):</b> Topping options: tomatoes, onion, avocado, mustard Serve on romaine lettuce wraps. *Make it a cheese burger and add some natural cheese!  <b>Homemade Sweet Potato Fries:</b> Cut up sweet potato and place on a foil lined baking sheet, drizzle with 2 tbsp. melted coconut oil, season with sea salt and pepper. Bake at 400 for 25-30 minutes or until desired crispness, flipping mid way</p>	<p>KCAL1732 Carbs 120 g Protein 125 g Fat 106 g</p>
SUN Remind- er, shop & meal prep for week 2	<p><b>Sweet Potato Skillet:</b> Cook 2 eggs and 2 slices bacon and throw in leftover sweet potato and a big handful spinach</p>	<p><b>Leftover Burger Chili</b> Heat up leftover burger ground up with salsa  Apple w/ 1-2 tbsp. nut/seed butter</p>	<p><b>Make a meal with prep items</b> <b>Food prep:</b> •Cook big batch of chicken •*BLT egg muffins •Bake potatoes •Homemade dressing •Chop produce (optional) •Note: These are discussed in the Week Two Meal Plan Instructions</p>	<p>KCAL 1511 Carbs 95 g Protein 126 g Fat 72 g</p>

**\*Reminder:** Each day in the Meal Plan contemplates that you will be consuming a post workout recovery option. Post work out meals should at least contain 30 g protein and 30 g carbs. If you don't exercise one day, no worries. Just continue the meal plan as normal and eat to satisfy your body as it recovers.

\*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**\*Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.

# WEEK 2: SUNDAY SHOPPING LIST

<b>PRODUCE</b>	<b>PROTEIN</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Apples</li><li><input type="checkbox"/> Avocados</li><li><input type="checkbox"/> Broccoli</li><li><input type="checkbox"/> Carrots</li><li><input type="checkbox"/> Cherry tomatoes</li><li><input type="checkbox"/> Cucumbers</li><li><input type="checkbox"/> Garlic</li><li><input type="checkbox"/> Kale</li><li><input type="checkbox"/> Lemons</li><li><input type="checkbox"/> Limes, onions or shallots and cilantro for guacamole (opt.)</li><li><input type="checkbox"/> Onions</li><li><input type="checkbox"/> Pineapple</li><li><input type="checkbox"/> Romaine lettuce</li><li><input type="checkbox"/> Slicing tomato</li><li><input type="checkbox"/> Spaghetti squash</li><li><input type="checkbox"/> Spinach</li><li><input type="checkbox"/> Strawberries &amp; other berries</li><li><input type="checkbox"/> Sweet and/or white potatoes</li><li><input type="checkbox"/> Zucchini</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Bacon</li><li><input type="checkbox"/> Canned Salmon</li><li><input type="checkbox"/> Chicken breast</li><li><input type="checkbox"/> Chicken thighs</li><li><input type="checkbox"/> Eggs</li><li><input type="checkbox"/> Ground Beef</li><li><input type="checkbox"/> Ground Turkey</li><li><input type="checkbox"/> Salmon Fillets</li></ul>
<b>MISCELLANEOUS</b>	
<ul style="list-style-type: none"><li><input type="checkbox"/> Almonds</li><li><input type="checkbox"/> Canned Coconut milk &amp;/or whole milk plain yogurt</li><li><input type="checkbox"/> Chicken broth (optional)</li><li><input type="checkbox"/> Dried cherries or cranberries (no sugar added if possible)</li><li><input type="checkbox"/> Garlic powder</li><li><input type="checkbox"/> Grass-fed butter (optional)</li><li><input type="checkbox"/> Italian seasoning</li><li><input type="checkbox"/> Large can crushed Tomatoes</li><li><input type="checkbox"/> No sugar added jar of spaghetti sauce</li><li><input type="checkbox"/> Other no sugar added dried fruits (optional)</li><li><input type="checkbox"/> Pecans (optional)</li><li><input type="checkbox"/> Roasted, unsalted sunflower seed</li><li><input type="checkbox"/> kernels</li><li><input type="checkbox"/> Salsa</li><li><input type="checkbox"/> Shelled pistachios (optional)</li><li><input type="checkbox"/> Shelled pumpkin seeds (optional)</li><li><input type="checkbox"/> Spices</li><li><input type="checkbox"/> Unsweetened coconut flakes</li><li><input type="checkbox"/> Walnuts (optional)</li><li><input type="checkbox"/> Shirataki Noodles, Miracle Noodles or Brown Rice Noodles (optional)</li></ul>	

# WEEK 2 MEAL PLAN INSTRUCTIONS

## SUNDAY FOOD PREP

For a productive and successful week, we recommend preparing the following on Sunday:

- Cook a big batch of chicken breasts (baked, grilled, or however you like it)
- Make egg muffins
- Boil eggs (optional for kitchen sink salad or snacks)
- Bake sweet potatoes
- Prepare some homemade dressing

\*If you really want to go all out, chop up some produce

## WEEK 1 RECIPES AND METHODS

**BLT Egg Muffins:** 10 eggs whisked; 3 big handfuls of spinach chopped or torn; ½ cup cherry tomatoes sliced in half; 6 slices of COOKED bacon chopped; splash of coconut milk from a can (optional); sea salt and black pepper to taste; coconut oil for pans. Preheat oven to 350 and grease two muffin pans with coconut oil or use silicone cupcake liners. Whisk the eggs in a big bowl. Throw in the rest of the ingredients and mix. Fill each cup with egg mixture. Bake for 20 minutes or until eggs are set in the middle. Makes around 18 egg muffins.

**Spaghetti Squash Noodles:** Preheat oven to 400 degrees. Carefully cut spaghetti squash in half (cut the ends off first) and place squash cut side down on a baking sheet lined with foil. Bake squash for 20-25 minutes or until you can press on the outside of the squash and it gives a bit. (You can also bake squash whole by poking holes around the outside and baking for 45 minutes or until done). Once spaghetti squash is done, let it cool and scoop out the seeds and then string out the “noodles” with a fork.

**Trail Mix:** Basic mix: 1 cups roasted, unsalted sunflower seed kernels; 1 cup almonds; ½ cup dried cherries or cranberries (no sugar added if possible); ½ cup unsweetened coconut flakes (to make it extra good toast the flakes by spreading them onto a baking sheet and baking them for 5 minutes at 375 until golden) . Other optional ingredients ideas to mix it up: shelled pumpkin seeds (pepitas), shelled pistachios, walnuts, pecans, other no-added sugar dried fruit. This makes around 15 servings (1/4 cup).

**Note:** Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers : )

# WEEK 2 MEAL PLAN

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
MON	<p>3 *BLT Egg Muffins</p> <p>1 cup strawberries with ¼ cup canned coconut milk (optional)</p> <p>or...</p> <p>2 egg muffins with 1 cup *yogurt topped with a ¼ cup of strawberries</p>	<p>Sliced chicken breast</p> <p>Avocado and salsa lettuce wraps w/ 1 cup baby carrots</p> <p>handful of *Trail Mix</p>	<p><b>“Fish and Chips”:</b></p> <p>Place salmon on foil-lined baking sheet, season with lemon juice, sea salt and pepper and sprinkle w/ almond flour and favorite spices. Bake at 375 for 12 to 15 minutes or until flakes easily with a fork.</p> <p>Serve with homemade sweet potato fries and steamed broccoli with 1-2 tsp. grass-fed butter or olive oil.</p>	<p>KCAL 1688</p> <p>Carbs 104 g</p> <p>Protein 119 g</p> <p>Fat 92 g</p>
TUES	<p>3 BLT Egg Muffins</p> <p>Leftover sweet potato fries or sweet potato</p>	<p>Kitchen sink salad w/ leftover fish or chicken &amp; homemade dressing</p>	<p><b>Chicken and Veggie Stir Fry:</b></p> <p>Chop: 1 onion, 1 clove garlic, 1 zucchini, 2 handfuls spinach and sauté in 2 tbsp. coconut oil. Add favorite seasonings and meal prep chicken</p> <p>Serve with baked sweet potato w/ cinnamon or with *rice or *quinoa</p>	<p>KCAL 1642</p> <p>Carbs 121 g</p> <p>Protein 104 g</p> <p>Fat 104 g</p>
WED	<p>3 BLT Egg Muffins</p> <p>1 Cup Berries</p>	<p>Leftover chicken and veggie stir fry</p> <p>Apple with 1-2 tbsp. nut/seed butter</p>	<p><b>Fresh Pineapple and Burgers on the Grill</b></p> <p>Add 1/2 an avocado (or mash avocado with chopped shallot/or onion, sea salt, pepper and lime juice for guacamole. Add bacon (optional) Serve on romaine lettuce wraps.</p> <p>Served with homemade sweet potato fries or *regular fries</p>	<p>KCAL 1642</p> <p>Carbs 121 g</p> <p>Protein 104 g</p> <p>Fat 104 g</p>
THUR	<p>3 BLT Egg Muffins</p> <p>1 cup strawberries with ¼ cup coconut milk (optional)</p> <p>or...</p> <p>2 egg muffins with 1 cup *yogurt topped with a ¼ cup of strawberries</p>	<p>Kitchen sink salad with homemade dressing</p>	<p><b>Baked Chicken Thighs:</b></p> <p>Bake at 375 with favorite spices or spice blend for 25-30 minutes or until done</p> <p><b>Savory Kale:</b></p> <p>Sauté 1 chopped onion with 2 strips sliced bacon, add chopped kale and sauté until soft)</p> <p>Baked sweet potato w/ 1 tbsp. grass-fed butter (butter optional) and cinnamon</p>	<p>KCAL 1665</p> <p>Carbs 105 g</p> <p>Protein 138 g</p> <p>Fat: 83 g</p>

# WEEK 2 MEAL PLAN contd...

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
<b>FRI</b>	Super Smoothie *Described in Week One Meal Plan	Leftover chicken thighs Leftover kale and sweet potatoes	Kitchen sink salad with homemade dressing	KCAL 1709 Carbs 126 g Protein 147 g Fat 76g
<b>SAT</b>	3 egg muffins 1 cup berries with a splash of coconut milk (milk is optional) or... *2 egg muffins with 1 cup yogurt topped with a ¼ cup of strawberries	<b>Salmon Salad</b> 1 can wild caught salmon, ¼ chopped onion or shallot, 1 avocado diced or mashed/or 2- 3 tbsp. homemade mayo, juice of 1 lime, 1 tbsp. cilantro – makes approx. 4 servings); salt and pepper to taste Served over spinach 1 cup carrots Handful of Trail Mix	<b>Spaghetti Squash Noodles* and Meat Sauce:</b> Brown 1lb. ground beef and 1lb. ground turkey, add 1 large can of crushed tomatoes, 1 jar of no sugar added spaghetti sauce, 1 tbsp. garlic powder, 2 tbsp. Italian seasoning. Let simmer or serve immediately over *spaghetti squash “noodles” (Makes approx. 6 servings.  *You can also sub for Shirataki Noodles, Miracle Noodles or brown rice noodles.)  Small veggie salad and homemade dressing	KCAL 1588 Carbs 91 g Protein 113 g Fat 80 g
<b>SUN</b> Remind- er, shop & meal prep for week 3	Banana pancakes w/ 1-2 tsp. local honey (honey is optional) *Described in Week One Meal Plan 2 slices bacon	Leftover spaghetti Apple	<b>Make a meal with prep items</b> <b>Food prep:</b> • Cook big batch of chicken • Bacon and Egg Cupcakes • Bake potatoes • Homemade dressing • Chop produce (optional) • Note: These are discussed in the Week Three Meal Plan Instructions	KCAL 1825 Carbs 92 g Protein 136 g Fat 126 g

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\*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**\*Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.

# WEEK 3: SUNDAY SHOPPING LIST

## PRODUCE

- Apples
- Avocado
- Baby carrots
- Bananas (for smoothie if you don't already have some frozen)
- Berries
- Broccoli
- Cilantro (opt.)
- Cauliflower
- Celery
- Cherry tomatoes
- Cucumbers
- Frozen veggies (for soup)
- Garlic
- Kale
- Lemons
- Limes (opt.)
- Onions
- Romaine lettuce
- Spinach
- Sweet and/or White Potatoes
- Tomatoes for slicing

## PROTEIN

- Bacon
- Chicken breast
- Eggs
- Ground Beef
- Pork tenderloin
- Salmon (or other fish)
- Whole Chicken

## MISCELLANEOUS

- Baking soda
- Canned coconut milk and/or whole milk plain yogurt
- Canned pumpkin
- Chicken broth
- Diced Tomatoes—28 oz. can
- Dill (optional)
- Grass-fed butter (optional)
- Pumpkin pie spice
- Pure vanilla extract
- Salsa
- Slivered almonds
- Taco spices
- Quinoa (optional)
- Brown or White Rice (optional)

# WEEK 3 MEAL PLAN INSTRUCTIONS

## SUNDAY FOOD PREP

For a productive and successful week, we recommend preparing the following on Sunday:

- Cook a batch of chicken breasts (baked, grilled, or however you like it)
- Make Bacon and Egg Cupcakes
- Boil eggs (optional for kitchen sink salad or snacks)
- Bake sweet potatoes
- Prepare some homemade dressing
- \*If you really want to go all out, chop up some produce

## WEEK 3 RECIPES AND METHODS

**Bacon and Egg Cupcakes:** 12 eggs; 12 slices of bacon. Cut bacon in half and partially cook (place bacon on a foiled baking sheet and bake at 375 for 5-10 minutes or cook in skillet). Grease muffin pan with lots of coconut oil or use silicone baking cups. Place two slices bacon in each muffin tin and crack an egg on top. Bake at 375 for 20-25 minutes or until the center is set. Makes 12.

**Stove Top or Crock Pot Super Easy Beef and Veggie Soup:** 1 lb. ground beef; 1 small chopped onion; 2 cups frozen veggies (green beans, carrots, cauliflower, broccoli, mixed veggies whatever you like!); 28 oz. can diced tomatoes; 2 to 2½ cups water (depending on how thick you want your soup); salt and pepper to taste. Crock pot method: Brown ground beef and onions in a skillet and then add to crock pot. Add the rest of the ingredients and cook on low for 4-8 hours. Stove top method: Brown ground beef and sauté onions together in a medium to large soup pot. Add the rest of the ingredients and let soup come to a boil, then reduce heat and allow to simmer until ready to serve.

**Lemon vinaigrette:** 3 tbsp. lemon juice; ½ tsp. Dijon mustard; ¾ cup olive oil; sea salt and pepper to taste. Put ingredients in jar/container and shake to blend.

**Trail Mix-Up:** 2 eggs, ¼ cup pumpkin, serving of protein powder of choice - vanilla flavored would work best, ½ tsp. pure vanilla extract, ½ tsp. baking soda, ½ tsp. pumpkin pie spice, ½ tsp. cinnamon, pinch of salt, honey to taste (honey is optional). You may replace protein powder with 2 tbsp. of nut/seed butter (such as almond butter or sunflower seed butter).up: shelled pumpkin seeds (pepitas), shelled pistachios, walnuts, pecans, other no-added sugar dried fruit. This makes around 15 servings (1/4 cup).

**Note:** Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers : )

# WEEK 3 MEAL PLAN

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
<b>MON</b>	2 Bacon and Egg Cupcakes 1 Apple	Kitchen sink salad with homemade dressing	<b>Super Easy Beef and Veggie Soup</b> A few stalks of celery with 1-2 tbsp. nut or seed butter.  *Add some potatoes to make it an extra hearty soup. (optional)	KCAL 1649 g Carbs 106 g Protein 130 g Fat 76 g
<b>TUES</b>	2 bacon and egg cupcakes 1 cup berries ¼ cup canned coconut milk or *yogurt (optional)	Leftover beef and veggie soup  Celery and/or *apple with 1-2 tbsp. nut or seed butter	<b>Chicken Taco Lettuce Wraps:</b> Sauté 1 small chopped onion in 1 tbsp. coconut oil. Add Sunday meal prep chicken and your favorite taco spices.  Serve on romaine lettuce with avocado (or guacamole) and salsa  *Serve with rice or quinoa (optional)	KCAL 1622 g Carbs 115 g Protein 137 g Fat 70 g
<b>WED</b>	2 bacon and egg cupcakes w/ avocado "icing" (½ an avocado mashed or sliced or leftover guacamole)  *Add a serving of fruit for more carbs (optional)	Chicken taco salad (make a salad from dinner leftovers)	Leftover beef and veggie soup  Celery and /or apple with 1-2 tbsp. nut or seed butter  Note: Repeating beef and veggie soup here is intended to make things easier on you, the cook : ) Feel free to substitute it with another dinner in this meal plan if you would like.	KCAL 1604 g Carbs 90 g Protein 137 g Fat 80 g
<b>THUR</b>	Super Smoothie	1 chicken breast, 2 slices bacon, ½ avocado and tomato slices served on romaine lettuce wraps  1 cup baby carrots	<b>Crock Pot Salsa Chicken:</b> Slice 1-2 onions in the bottom of the crock pot. Add the whole chicken and top with 1/3 cup chicken broth, 1 cup salsa and sea salt and pepper to your preference.  Serve with a sweet potato with 1 tbsp. grass-fed butter (butter is optional)  *Instead of a sweet potato, Serve with rice or quinoa and top with sour cream (optional)	KCAL 1604 g Carbs 90 g Protein 137 g Fat 80 g

# WEEK 3 MEAL PLAN contd...

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
<b>FRI</b>	<p>2 bacon and egg cupcakes w/ avocado "icing"</p> <p>To change it up from the eggs, try ½-1 cup cooked old fashioned or steel cut oats topped with an apple, handful of walnuts and cinnamon to taste</p>	<p><b>Leftover crock pot salsa chicken soup</b></p> <p>Heat w/ ¼ cup canned coconut milk, ¼ cup chicken broth, juice from 1/2 lime, cilantro, and salt and pepper to taste</p> <p>•1 apple with 1-2 tbsp. nut/seed butter</p>	<p><b>Lemony fish</b></p> <p>Marinate salmon (or other fish if you are getting sick of salmon) with the juice of one lemon, 2 tbsp. olive oil, 2 cloves of minced garlic, sea salt and dill – (dill is optional) Put on pan and bake for 15-20 minutes in a 375 degree oven)</p> <p>Serve with steamed broccoli w/ 1 tbsp. grass-fed butter (butter is optional) or olive oil and a baked sweet potato or *regular baked potato.</p>	<p>KCAL 1671 g Carbs 97 g Protein 120 g Fat 94 g</p>
<b>SAT</b>	<p>Pumpkin Protein Pancakes</p> <p>*Add a serving of fruit for more carbs (optional)</p>	<p>Leftover fish on a veggie salad w/ slivered almonds, 1/2 avocado and homemade lemon vinaigrette</p>	<p><b>Crock pot apple pork tenderloin:</b></p> <p>Chop 1 large onion and place in crock pot. Place pork in crock pot, add 2 apples (sliced), sea salt and pepper to taste, cinnamon, a drizzle of honey (optional) and 1/2 cup chicken broth. Slow cook for 8-10 hrs.</p> <p>Serve with savory kale and a baked sweet potato</p>	<p>KCAL 1637 g Carbs 103 g Protein 118 g Fat 82 g</p>
<b>SUN</b> Reminder, shop & meal prep for week 4	<p>2 bacon and eggs cupcakes</p> <p>Fruit of choice</p>	<p>Leftover crock apple pork tenderloin</p> <p>Leftover savory kale and</p> <p>Leftover baked sweet pot</p>	<p><b>Make a meal with prep items</b></p> <p><b>Food prep:</b></p> <ul style="list-style-type: none"> <li>• Cook big batch of chicken</li> <li>• Egg Muffins with Sausage</li> <li>• Bake sweet potatoes or white potatoes</li> <li>• Homemade dressing</li> <li>• Chop produce (optional)</li> <li>• Note: These are discussed in the Week Four Meal Plan Instructions</li> </ul>	<p>KCAL 1600 g Carbs 100 g Protein 126 g Fat 80 g</p>

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\*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**\*Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.

# WEEK 4: SUNDAY SHOPPING LIST

## PRODUCE

- Apples
- Asparagus
- Avocados
- Bananas
- Bell Peppers
- Berries
- Carrots
- Cauliflower
- Celery
- Cherry Tomatoes
- Cilantro (optional)
- Cucumbers
- Fresh Spinach
- Garlic
- Lemons
- (optional for
- Mayo)
- Lime
- Onion
- Romaine Lettuce
- Spaghetti Squash
- Sweet and/or White Potatoes
- Veggie Meatza
- (Optional toppings):
- \*Mushrooms, \*Olives, \*Onions
- \*Peppers, \*Spinach

## PROTEIN

- Bacon
- Chicken breast
- Eggs
- Ground Beef
- Pork tenderloin
- Salmon (or other fish)
- Whole Chicken

## MISCELLANEOUS

- Chicken Stock—32-ounce container
- Canned Coconut Milk &/or Whole Milk Plain Yogurt
- Diced Tomatoes—28-ounce can
- Spices for Chicken No Noodle Soup
- \*Bay leaves; Dried Rosemary;
- Dried Thyme; Sea Salt; Ground
- Pepper
- Spices for Crockpot Chili
- \*Cumin, Chili Powder
- Spices for Meatza Pizza
- \*Dried Oregano; Paprika;
- Garlic powder
- Tomato Sauce for Meatza
- Brown Rice Noodles (optional)
- Trail Mix Items
  - \*Unsalted sunflower seed kernels
  - \*Almonds
  - \*Dried Cherries or Cranberries (no sugar added if possible)
  - \*Unsweetened Coconut flakes
  - \*Shelled pumpkin seeds—pepitas (optional)
  - \*Shelled pistachios (optional)
  - \*Walnuts (optional)
  - \*Pecans (optional)
  - \*Other no sugar added dried fruits to your preference (optional)

# WEEK 4 MEAL PLAN INSTRUCTIONS

## SUNDAY FOOD PREP

For a productive and successful week, we recommend preparing the following on Sunday:

- Cook a batch of chicken breasts (baked, grilled, or however you like it)
- Make Sausage Egg Muffins
- Boil eggs (optional for kitchen sink salad or snacks)
- Bake sweet potatoes
- Make Trail Mix
- Prepare some homemade dressing
- \*If you really want to go all out, chop up some produce

## WEEK 4 RECIPES AND METHODS

**Chicken Soup:** Sauté 1 chopped onion, 1 cup chopped celery, 1 cup chopped carrot in 2 tbsp. coconut oil until softened, add 4 chicken breasts chopped or shredded (from meal prep), 1 32 oz container chicken stock, 2 bay leaves, 1 tsp. dried rosemary, 1/2 tsp. dried thyme, and sea salt and pepper to taste, bring to a boil and then let simmer – the longer it simmers the better!), remove bay leaves and serve. Noodle option: add in cooked spaghetti squash (see Week Two Instructions) before serving (under-cook the squash slightly to prevent mushy “noodles”)

**Meatza pizza:** Preheat oven to 350, combine 1 lb. ground beef, 1 egg, 1 tbsp. dried oregano, 1 tsp. paprika, 1 tsp. garlic powder, spread mixture into baking dish or cookie sheet, bake for 25 minutes, take out of oven and drain off grease, top with sauce and veggies of your choice and place back in oven, crank up heat to 450 and cook for 5-10 minutes longer. (Makes approximately 4 servings). Topping ideas: peppers, onions, mushrooms (sautéed in coconut oil would be delish!), olives, spinach, bacon...the possibilities are endless!

**Protein Berry Nutmeal:** Heat 1 cup berries w/ 2 tbsp. nut/seed butter, splash of coconut milk, add protein powder (protein powder is optional)

**Sausage Egg Muffins:** 10 eggs whisked; 1 lb. sausage, browned. Preheat oven to 375 degrees. Grease muffin pan with coconut oil or use silicon muffin liners. Brown sausage and place equal amounts in the bottom of the muffin tins. Whisk eggs and add evenly on top of the sausage. Bake for 20 minutes or until eggs are set in the middle. Makes around 18 cupcakes. (feel free to add in veggies or sweet potatoes to kick these up a notch)

**Note:** Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers : )

# WEEK 4 MEAL PLAN

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
<b>MON</b>	2 Sausage Egg Muffins 1 sweet potato	Kitchen sink salad with homemade dressing	*Chicken Soup Add brown rice noodles (optional)	KCAL 1607 Carbs 90 g Protein 135 g Fat 80 g
<b>TUES</b>	2 Sausage Egg Muffins 1 apple	Leftover chicken soup Handful of *Trail Mix (See Week Two)	*Meatza pizza (Makes approximately 4 servings)  Serve with a spinach salad topped with cranberries, sprinkle of nuts and 2 tbsp. olive oil, 1 tbsp. balsamic dressing (or homemade basic balsamic dressing)	KCAL 1708 Carbs 90 g Protein 130 g Fat 90 g
<b>WED</b>	*Protein Berry Nutmeal  *Add ½-1 cup cooked old fashioned or steel cut oats (optional)	Leftover Meatza  *Add fruit more carbs (optional)	Leftover chicken soup and veggie salad w/ homemade dressing  *Add fruit more carbs (optional)	KCAL 1680 Carbs 95 g Protein 140g Fat 83 g
<b>THUR</b>	2 Sausage Egg Muffins 1 cup berries	Salmon salad over spinach 1 cup baby carrots Handful of Trail Mix  *Add fruit more carbs (optional)	<b>Crock Pot Chili</b> 2 lbs. lean ground beef, 1 bell pepper chopped, 1 onion chopped, 3 garlic cloves minced, 2-3 tbsp. cumin, ¼ tsp. ground pepper, 1 ½ tbsp. chili powder, sea salt to your preference, 1-28 oz. can diced tomatoes  Put all ingredients into crock pot and cook on low for 8-10 hours  *Serve chili over sweet potato or white potato (optional)	KCAL 1600 Carbs 90 g Protein 130 g Fat 70 g

# WEEK 4 MEAL PLAN contd...

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
<b>FRI</b>	2 Sausage Egg Muffins 1 cup berries	Leftover crock pot chili Handful of Trail Mix	<p><b>“Fried” Chicken Strips</b> Preheat oven to 375, dip chicken strips into an egg wash ( 2 eggs whisked), then dip the strips into the breading (1 cup almond flour, ¾ tsp. paprika, ½ tsp. cumin, ½ tsp. onion powder, ½ tsp. garlic powder and sea salt and pepper to taste), bake on lined cookie sheet for 20-25 minutes.</p> <p>Serve with caulimash (Week 1) and asparagus baked at 375 for 10-15 minutes w/ 1 tbsp. coconut oil , and sea salt, pepper and lemon juice to taste.</p> <p>*Sub caulimash with cauliflower/white potato mash or all white potato mash (optional)</p>	KCAL 1673 Carbs 90 g Protein 130 g Fat 80 g
<b>SAT</b>	Super Smoothie	Chicken strips on kitchen sink salad with homemade dressing	<p><b>Breakfast for Dinner</b> Bacon, Eggs (cooked however you like) Banana pancakes (See Week One, Day Six)</p>	KCAL 1655 Carbs 192 g Protein 130 g Fat 112 g
<b>SUN</b> Remind- er, shop & meal prep for next week	2 Sausage Egg Muffins 1 apple	Leftover crock pot chili Handful of Trail Mix	<p><b>Make a meal with prep items</b> <b>Food prep:</b> Repeat any of the weeks!</p>	Kcal: 1750 Carbs: 105 g Fat: 86 g Pro: 140 g

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\*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**\*Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.

# BONUS DAYS 29 & 30

Bonus days 29 and 30 are intended to serve as a substitute for any of the daily meals.

	BREAKFAST	LUNCH	DINNER	ANALYSIS (Approximate)
<b>29 Bonus Day</b>	<p><b>Big breakfast (when you're really hungry!):</b> 1-2 tsp. coconut oil (throw in spinach, tomatoes or other veggies if you'd like), 3 slices bacon, Serving of fruit or sweet potato This would also make a great dinner in a pinch.</p>	<p><b>Tuna Avocado Boat:</b> ½ -1 whole avocado topped with canned tuna, 1-2 tbsp. olive oil, juice from ½ a lemon, sea salt and pepper to taste  Serve with 1 small cucumber sliced and 1 apple</p>	<p><b>Quick Meatballs with Spaghetti Squash Noodles</b> 1 lb. ground beef (feel free to mix it up and use turkey, pork, bison, etc.) 1 egg, ½ small onion chopped finely or onion powder/dried onions, 1 tbsp. Italian seasoning, 1 tsp. garlic powder, sea salt and pepper to your preference. Roll into balls and bake at 375 for 20 -25 minutes, add a jar of no sugar added sauce and Serve over spaghetti squash "noodles"  Use brown rice noodles instead of spaghetti squash (optional)</p>	<p>KCAL 1726 Carbs 114 g Protein 140 g Fat 81 g</p>
<b>30 Bonus Day</b>	<p><b>Quickie breakfast (for when you are in a hurry</b> Take one small banana cut it in half (length wise) smear on 1-2 tbsp. nut/seed butter on one half and top with the other half.  Add shredded coconut (optional)</p>	<p><b>Egg Salad:</b> 4 hard boiled eggs, 1 avocado or 2-3 tbsp., 1 tbsp. Dijon mustard, sprinkle of paprika, salt and pepper to taste – makes 2 servings)  Served on romaine lettuce wraps with 1 cup of baby carrots</p>	<p><b>Quick Meatballs with Spaghetti Squash Noodles</b> Cut bacon strips in half, wrap bacon halves around scallops and secure with a tooth pick Bake at 425 for 25 to 30 minutes, flipping them at the half way mark. Serve with a baked sweet potato and zucchini sautéed in coconut oil.  This would also work well with shrimp . . . or any meat/fish!</p>	<p>KCAL 1600 Carbs 83 g Protein 100 g Fat 80 g</p>

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\*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**\*Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.

