



## Welcome!

Inside this guide, you'll find your full meal plan, an organized grocery list, and delicious, simple recipes.

## How to Use the Meal Plan

This plan is here to support you—not to box you in. Feel free to use it as inspiration and choose recipes you like cooking in whatever order you prefer. Or choose a few recipes and add them to your weekly routine.

If you want to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

However, if you *do* want to follow it exactly, I've included a complete itemized grocery list so you know exactly what to buy. Before you shop, take a moment to check off any items you already have at home. It's a small step that saves both time and money!

## Shopping Tips

Your grocery list is organized the same way most stores are laid out. You'll start in produce with fruits and vegetables and work your way through the remaining categories in a smooth, time-saving flow. This helps you shop quickly, efficiently, and without backtracking through aisles.

## Recipe Tips

Make this plan feel like *yours*. If there's a fruit you don't like, swap it. Prefer chicken over turkey? Go for it. Any meat, fruit, or vegetable can be exchanged for something you like better—while still keeping the balance and structure of the plan.


















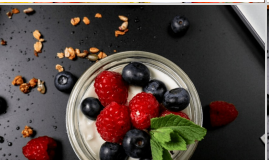



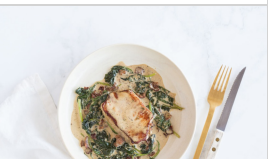



Be sure to check the **Notes** section in each recipe for simple upgrades, pairing suggestions, and time-saving tips.

**Also, it's very important that you eat until you are full and satisfied, not just what the serving size says.** Serving sizes are simply a guide, not a rule. Listening to *your* body helps prevent overeating later in the evening.

## Leftovers

You'll notice some meals and snacks are shaded in the plan—these are intentional leftovers. This means you've already cooked or prepared that recipe earlier in the week, so there's nothing new to prepare. Simply enjoy and move on with your day.

Enjoy!

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Avocado and Egg Toast	 Avocado and Egg Toast	 Oatmeal with Protein Boost & Blueberries	 Chocolate Cherry Protein Smoothie	 Chocolate Cherry Protein Smoothie
Snack 1	 Apple with Almond Butter & Cinnamon	 Apple with Almond Butter & Cinnamon	 Chocolate Peanut Butter No Bake Cookies	 Chocolate Peanut Butter No Bake Cookies	 Chocolate Peanut Butter No Bake Cookies
Lunch	 Asian Turkey Lettuce Wraps	 Chicken Caesar Wraps	 Classic Tacos	 Slow Cooker Chicken Soup	 Strawberry Balsamic Salad with Maple Walnuts
Snack 2	 Hummus Dippers	 Hummus Dippers	 Cottage Cheese Parfait with Berries	 Cottage Cheese Parfait with Berries	 Cottage Cheese Parfait with Berries
Dinner	 Ginger Salmon with Broccoli & Rice	 Pork Chops with Kale Cream Sauce	 Slow Cooker Chicken Soup	 Turkey Chili	 Turkey Chili

### Fruits

- 1 Apple
- 1 Avocado
- 1 1/2 cups Blackberries
- 1/2 cup Blueberries
- 1 cup Dark Cherries
- 1/2 Lime
- 1/2 cup Strawberries

### Breakfast

- 1/4 cup All Natural Peanut Butter
- 2/3 cup Almond Butter
- 1 1/2 tsps Maple Syrup

### Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 2 tbsps Chia Seeds
- 3 tbsps Chili Powder
- 3/4 tsp Cinnamon
- 1 1/2 tsps Cumin
- 1/2 tsp Garlic Powder
- 1 tsp Greek Seasoning
- 1 tsp Onion Powder
- 2 tbsps Raw Peanuts
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Slivered Almonds
- 1/3 cup Walnuts

### Frozen

- 4 cups Cauliflower Rice

### Vegetables

- 2 cups Baby Kale
- 2 cups Baby Spinach
- 1 head Boston Lettuce
- 8 cups Broccoli
- 5 1/2 Carrot
- 11 stalks Celery
- 1 Garlic
- 2 1/2 tbsps Ginger
- 1/2 head Green Lettuce
- 5 1/2 stalks Green Onion
- 1/2 cup Matchstick Carrots
- 1 Red Bell Pepper
- 1 cup Romaine Lettuce
- 1 tbsp Rosemary
- 2 Tomato
- 1/2 White Onion
- 1/2 Yellow Bell Pepper
- 2 Yellow Onion

### Boxed & Canned

- 2 cups Black Beans
- 1/4 cup Chicken Broth
- 2 cups Crushed Tomatoes
- 2 cups Diced Tomatoes
- 1 3/4 cups Red Kidney Beans

### Baking

- 2 tbsps Brown Sugar
- 2 tbsps Cocoa Powder
- 2 1/2 tsps Honey
- 2 tbsps Icing Sugar
- 1/4 cup Oats
- 3/4 cup Unsweetened Coconut Flakes
- 1 1/3 tsps Vanilla Extract

### Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 2 slices Bread
- 12 2/3 ozs Chicken Breast
- 1 1/16 lbs Chicken Thighs
- 8 Corn Tortilla
- 1 1/16 lbs Extra Lean Ground Beef
- 2 1/16 lbs Extra Lean Ground Turkey
- 2 tbsps Goat Cheese
- 1/2 cup Hummus
- 1 tbsp Parmesan Cheese
- 8 ozs Pork Chop
- 6 pieces Roll
- 1 1/4 lbs Salmon Fillet
- 1 Whole Wheat Tortilla

### Condiments & Oils

- 3/4 tsp Balsamic Vinegar
- 2 tbsps Caesar Salad Dressing
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Soy Sauce

### Cold

- 3 tbsps Butter
- 1 1/2 cups Cottage Cheese
- 3 tbsps Cream Cheese
- 6 Egg
- 3 1/3 cups Unsweetened Almond Milk
- 1/2 cup Whipping Cream

### Other

- 1/2 cup Chocolate Protein Powder
- 1/2 cup Ice Cubes
- 1/4 cup Protein Powder
- 7 3/4 cups Water



## Avocado and Egg Toast

1 serving  
15 minutes

### Ingredients

1 slice Bread (sprouted grain, whole grain)  
1/2 Avocado  
Sea Salt & Black Pepper (to taste)  
3 Egg

### Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Heat a small skillet over low heat and cook eggs to your liking. Place mashed avocado over toast, top with eggs, salt and pepper and hot sauce if desired.



## Oatmeal with Protein Boost & Blueberries

1 serving  
10 minutes

### Ingredients

3/4 cup Water  
1/4 cup Oats (quick cooking steel cut oats)  
1 tsp Honey  
1/8 tsp Cinnamon  
1/3 cup Unsweetened Almond Milk  
1/4 cup Protein Powder (or 1 scoop)  
1/2 cup Blueberries  
2 tbsps Slivered Almonds (or any chopped nuts)

### Directions

- 1 Bring water to a boil in a small saucepan over medium high heat. Stir in the oats and honey.
- 2 Cover and reduce heat to medium low and simmer, stirring often until the liquid has been absorbed, 5-7 minutes.
- 3 Combine the almond milk and protein powder in a small bowl and stir until powder has dissolved. Stir in almond milk mixture into the oats, add cinnamon, almonds and blueberries. Enjoy!

### Notes

Extra Toppings: Peanut butter, almond butter, or sunflower seed butter.  
Protein Powder: I used Genuine Health Proteins + in vanilla.



## Chocolate Cherry Protein Smoothie

1 serving

5 minutes

### Ingredients

1/4 cup Chocolate Protein Powder (or 1 scoop)  
1 1/2 cups Unsweetened Almond Milk  
1/2 cup Dark Cherries (frozen)  
1 tbsp Almond Butter  
1 tbsp Chia Seeds (optional)  
1/4 cup Ice Cubes

### Directions

1 Add all ingredients in a blender and blend very well until smooth.

### Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.



## Apple with Almond Butter & Cinnamon

1 serving

5 minutes

### Ingredients

1/2 Apple (sliced)  
2 tbsps Almond Butter  
1/4 tsp Cinnamon  
1 tbsp Walnuts (chopped)

### Directions

1

Spread apple slices with almond butter and sprinkle with cinnamon and the chopped walnuts.

### Notes

**No Almond Butter :** Use peanut butter instead.

**No Walnuts:** Use any chopped nuts



## Chocolate Peanut Butter No Bake Cookies

10 servings

10 minutes

### Ingredients

1/4 cup All Natural Peanut Butter  
1/4 cup Almond Butter  
3 tbsps Cream Cheese (softened)  
2 tbsps Butter (melted)  
1 tsp Vanilla Extract  
2 tbsps Cocoa Powder  
2 tbsps Icing Sugar  
3/4 cup Unsweetened Coconut Flakes

### Directions

- 1 Line a baking sheet with a silicone baking mat or parchment paper. In a mixing bowl, combine the peanut butter, almond butter, and cream cheese. Mix until smooth.
- 2 Add the butter, vanilla extract, cocoa powder and icing sugar. Mix until all ingredients are well combined. Using a rubber spatula, fold in the coconut. Mix until it is evenly distributed throughout the mixture.
- 3 Drop 1 1/2 to 2 inch spoonfuls (10 total) onto the prepared baking sheet. Freeze for 10 minutes before serving.

### Notes

**Storage:** Store extras in the freezer until ready to eat.



## Asian Turkey Lettuce Wraps

2 servings

25 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
1/2 White Onion (diced)  
1 1/2 tps Ginger (peeled and grated)  
1/8 tsp Sea Salt  
1/8 tsp Black Pepper  
1 Garlic (cloves, minced)  
1 1/16 lbs Extra Lean Ground Turkey  
1 tbsp Soy Sauce  
1 head Boston Lettuce (peeled apart into leaves and washed)  
1 1/2 stalks Green Onion (chopped)  
1/2 cup Matchstick Carrots  
2 tbsps Raw Peanuts (chopped)  
1/2 Lime (sliced into wedges)

### Directions

- 1 Heat oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the soy sauce. Continue to saute until it is absorbed. Remove from heat.
- 3 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge ovetop, wrap and enjoy!

### Notes

**No Ground Turkey:** Use any type of ground meat.

**Likes it Spicy:** Add hot sauce or chili flakes.



## Chicken Caesar Wraps

1 serving

10 minutes

### Ingredients

- 1 cup Romaine Lettuce (chopped)
- 2 1/3 ozs Chicken Breast (cooked, shredded )
- 2 tbsps Caesar Salad Dressing (store bought or homemade)
- 1 tbsp Parmesan Cheese
- 1 Whole Wheat Tortilla

### Directions

- 1 In a bowl, combine the romaine, chicken, dressing and Parmesan. Stir to combine.
- 2 Microwave the tortilla for 10-15 seconds so that it will be easy to roll. Spread the lettuce mixture down the middle of the tortilla. Fold in the two sides of the tortilla, then roll up like a burrito.
- 3 Cut wrap in half to serve.



## Classic Tacos

4 servings

25 minutes

### Ingredients

- 8 Corn Tortilla
- 1 tbsp Extra Virgin Olive Oil
- 1 1/16 lbs Extra Lean Ground Beef
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin
- 1/2 head Green Lettuce (small, finely chopped)
- 2 Tomato (medium, diced)

### Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the olive oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy!

### Notes

**More Toppings:** Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro.

**No Ground Beef:** Use ground turkey, chicken, pork or lamb instead.



## Strawberry Balsamic Salad with Maple Walnuts

1 serving  
15 minutes

### Ingredients

- 1/4 cup Walnuts
- 1 1/2 tsps Maple Syrup (or honey )
- 2 cups Baby Spinach
- 1/2 cup Strawberries (sliced)
- 2 tsps Goat Cheese (crumbled)
- 3/4 tsp Balsamic Vinegar
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 2 1/3 ozs Chicken Breast (cooked, sliced, shredded or cubed)

### Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup (or honey). Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with chicken, strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

### Notes

**Save Time:** Leave the walnuts raw and add maple syrup (or honey) to the dressing.  
**No Goat Cheese:** Use feta or other cheese instead.



## Hummus Dippers

1 serving  
15 minutes

### Ingredients

1/4 Yellow Bell Pepper  
1/4 Carrot  
1 stalk Celery  
1/4 cup Hummus (store bought or homemade)

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Use a small mason jar or tall container and fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.

**No Hummus:** Use guacamole, ranch or other dip.



## Cottage Cheese Parfait with Berries

1 serving

5 minutes

### Ingredients

1/2 cup Cottage Cheese  
1/8 tsp Vanilla Extract  
1/16 tsp Cinnamon (pinch)  
1/2 tsp Honey  
1/2 cup Blackberries

### Directions

- 1 Combine all ingredients, except berries in a food processor or blender.  
;
- 2 Pulse until smooth and put into a small bowl.  
;
- 3 Top with berries and enjoy!

### Notes

**Add Nuts:** Could add 1-2 tbsp of chopped nuts on top.

**No Cottage Cheese:** Use plain Greek yogurt instead.

**No Blackberries:** Use strawberries, raspberries or blueberries instead.



## Ginger Salmon with Broccoli & Rice

4 servings

20 minutes

### Ingredients

- 1 cup Water
- 1/2 cup Soy Sauce
- 2 tbsps Brown Sugar
- 2 tbsps Ginger (grated)
- 1 1/4 lbs Salmon Fillet
- 4 stalks Green Onion (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 4 cups Cauliflower Rice
- 2 tbsps Extra Virgin Olive Oil

### Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet. Bake the broccoli in the oven for about 30-40 minutes or until tender.
- 3 Pour the water, soy sauce, sugar, green onion (save a few pieces for garnish) and ginger together in the skillet. Bring to a vigorous simmer over high heat, and then lower to a slow, steady simmer.
- 4 Lay the salmon fillets in the mixture and cover the pan. Let simmer for 5 minutes then gently flip the salmon fillets. Cover and simmer until cooked through, about 4-5 more minutes.
- 5 Serve with cauliflower rice. Divide the rice and broccoli onto 4 plates. Position the salmon on each pile of rice and spoon the sauce over evenly. Sprinkle with green onion to garnish. Enjoy!

### Notes

**No Cauliflower Rice:** Use white or brown rice instead.



## Pork Chops with Kale Cream Sauce

2 servings

25 minutes

### Ingredients

- 1 tbsp Butter
- 8 ozs Pork Chop (boneless)
- Sea Salt & Black Pepper (to taste)
- 2 slices Bacon (chopped)
- 1/4 cup Chicken Broth
- 1 tsp Greek Seasoning
- 1/2 cup Whipping Cream
- 1 tbsp Dijon Mustard
- 2 cups Baby Kale

### Directions

- 1 Melt the butter in a pan over medium heat. Add the pork chop and season with salt and pepper. Cook for four to six minutes per side, or until cooked through. Remove from the pan and set it aside.
- 2 Add the bacon to the pan. Cook for three to four minutes until cooked through. Remove the bacon with a slotted spoon and set it aside, leaving the rendered fat in the pan.
- 3 Add the broth and scrape up any browned bits from the bottom of the pan. Add the Greek seasoning, cream, and mustard. Mix until smooth and well combined. Season with salt and pepper.
- 4 Add the kale and cook for one minute or until wilted, stirring throughout.
- 5 Return the pork chops and bacon to the pan. Spoon the sauce over the pork chops and cook for one to two minutes until warmed. Divide evenly between plates and enjoy!

### Notes

Serve it With: Rice, potatoes, roasted cauliflower or sautéed green beans.



## Slow Cooker Chicken Soup

6 servings

6 hours

### Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 1/16 ozs Chicken Breast (boneless, skinless or 1 cup)
- 1 1/16 lbs Chicken Thighs (boneless, skinless or 2 cups)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)
- 6 pieces Roll (whole wheat)

### Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

### Notes

**Different Carbs:** Skip the roll and add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

**Leftovers:** Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



## Turkey Chili

8 servings

40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (chopped)
- 2 cups Diced Tomatoes
- 2 cups Crushed Tomatoes
- 2 cups Black Beans (cooked, rinsed)
- 1 3/4 cups Red Kidney Beans (cooked, rinsed)
- 2 Carrot (chopped)
- 5 stalks Celery (chopped)
- 1 Red Bell Pepper (chopped)
- 3 tbsps Chili Powder
- 1 tsp Cumin
- 1 tsp Sea Salt

### Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

### Notes

**More Flavor:** Add a pinch of cayenne.

**Additional Toppings:** Top with shredded cheese, cilantro, sour cream, or avocado.

**More Veggies:** Add sliced mushrooms, sliced kale, or baby spinach.