



## 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.


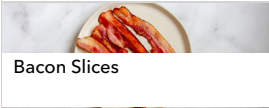




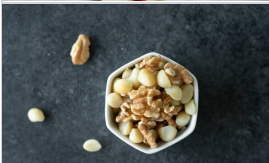




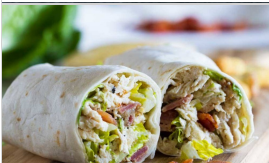


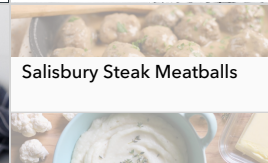












Be sure to check the **Notes** section in each recipe for simple upgrades, pairing suggestions, and time-saving tips.

**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	 Blueberry Waffles + Bacon  Bacon Slices	 Mint Chocolate Chip Protein Smoothie	 Mint Chocolate Chip Protein Smoothie	 Avocado and Egg Toast	 Avocado and Egg Toast
Snack 1	 Mixed Nuts	 Mixed Nuts	 Mixed Nuts	 Blueberries & Almonds	 Blueberries & Almonds
Lunch	 Chicken Caesar Wraps	 Turkey & Apple Butter Grilled Cheese	 Mason Jar Salmon Salad	 Salisbury Steak Meatballs	 One Pan Chicken and Veggies
Snack 2	 Strawberry Whip	 Strawberry Whip	 Strawberry Whip	 Cucumber Tuna Bites	 Cucumber Tuna Bites
Dinner	 Chicken with Spinach and Bacon	 Chicken with Spinach and Bacon	 Salisbury Steak Meatballs  Cauliflower Mash	 One Pan Chicken and Veggies	 Baked Chicken Parmesan

### Fruits

- 2 Avocado
- 2 cups Blueberries
- 1 tbsp Lemon Juice
- 1 1/2 cups Strawberries

### Breakfast

- 1/4 cup Maple Syrup

### Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/8 tsp Black Pepper
- 0 tsp Chili Flakes
- 1 tsp Cinnamon
- 1/2 tsp Dried Basil
- 1/4 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 3/4 cup Mixed Nuts
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 0 Salt
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sesame Seeds

### Vegetables

- 7 cups Baby Spinach
- 3 Carrot
- 1 head Cauliflower
- 1 1/2 Cucumber
- 9 Garlic
- 1/2 cup Mint Leaves
- 1/4 cup Mixed Greens
- 3/4 cup Mushrooms
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 4 leaves Romaine
- 1 cup Romaine Lettuce
- 1 tbsp Thyme
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 1 Zucchini

### Boxed & Canned

- 1 1/4 cups Beef Broth
- 1 1/16 cups Bread Crumbs
- 1 cup Marinara Sauce
- 1/3 cup Organic Chicken Broth
- 8 ozs Pasta
- 2 tbsps Tomato Paste
- 1 can Tuna

### Baking

- 2 cups Almond Flour
- 2 tsps Baking Powder
- 2 tbsps Cacao Nibs
- 1/3 cup Cornstarch
- 1 tbsp Flour
- 1 tbsp Honey
- 1 3/4 tsps Vanilla Extract

### Bread, Fish, Meat & Cheese

- 1 tbsp Apple Butter
- 12 slices Bacon
- 2 slices Bread
- 1/2 oz Cheddar Cheese
- 2 1/8 lbs Chicken Breast
- 2 lbs Chicken Thighs
- 1 lb Chicken Thighs With Skin
- 8 ozs Lean Ground Beef
- 8 ozs Lean Ground Turkey
- 3/4 cup Mozzarella Cheese
- 1/3 cup Parmesan Cheese
- 1/2 cup Parmigiano Reggiano
- 5 ozs Salmon Fillet
- 2 slices Sprouted Grain Bread
- 1 3/4 ozs Turkey Breast
- 1 Whole Wheat Tortilla

### Condiments & Oils

- 2 tbsps Caesar Salad Dressing
- 1/2 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2 1/3 tbsps Red Wine Vinegar

### Cold

- 1/2 cup Butter
- 1 1/2 cups Cottage Cheese
- 9 Egg
- 1 3/4 cups Half And Half Cream
- 1/3 cup Heavy Cream
- 3 cups Unsweetened Almond Milk

### Other

- 1/2 cup Chocolate Protein Powder
- 0 Cooking Spray
- 8 Ice Cubes
- 1/4 tsp Mustard Powder
- 1 cup Water
- 2 tsps Worcestershire Sauce



## Blueberry Waffles + Bacon

4 servings

25 minutes

### Ingredients

2 Egg  
1 cup Unsweetened Almond Milk  
1/4 cup Maple Syrup (plus more for topping, optional)  
1 tsp Vanilla Extract  
2 cups Almond Flour  
1/3 cup Cornstarch  
1 tsp Cinnamon  
2 tsps Baking Powder  
1 cup Blueberries (plus more for topping, optional)  
2 tbsps Butter (or oil, divided)

### Directions

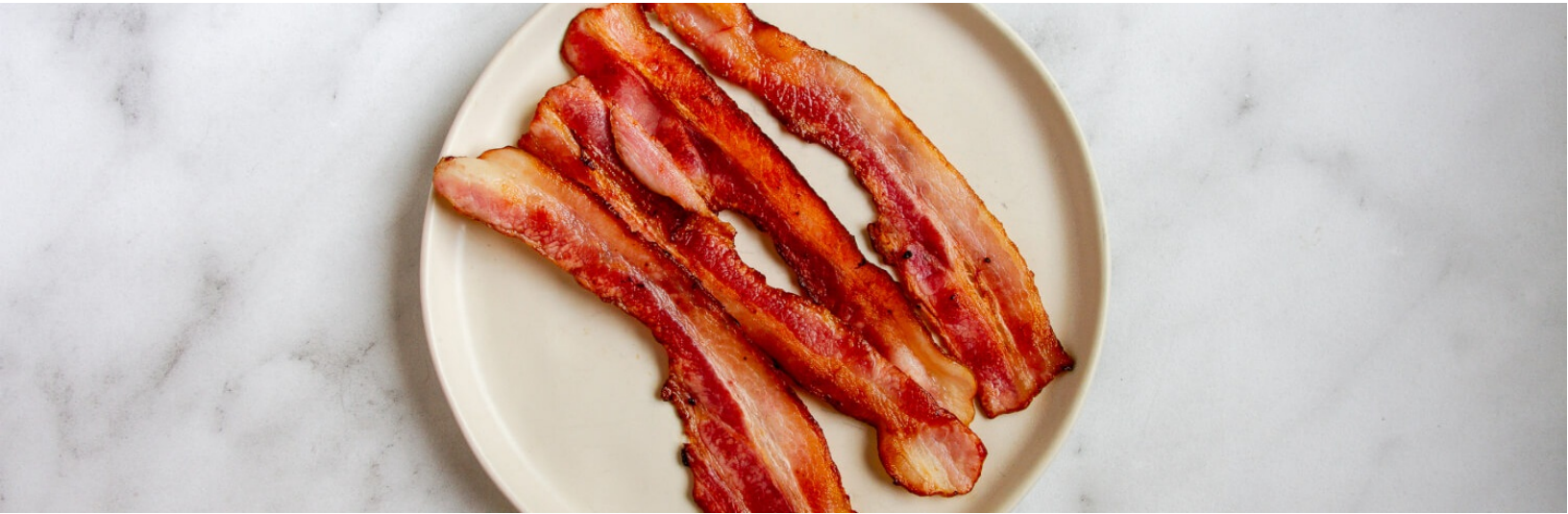
- 1 Cook bacon.
- 2 In a food processor, add the eggs, almond milk, maple syrup, and vanilla extract. Process until well-combined.
- 3 In a separate bowl, whisk together the almond flour, cornstarch, cinnamon and baking powder.
- 4 Slowly combine the dry ingredients into the wet ingredients and process until well combined. Remove the blade and gently fold in the blueberries.
- 5 Coat the waffle maker with some butter or oil and add enough batter to cover the bottom of your maker.
- 6 Cook the waffles for about 5 minutes or until golden brown. Repeat the process until all the batter is cooked. To serve, top with blueberries and maple syrup, if using. Serve with bacon. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months.

**Additional Toppings:** Add your favorite fruit, jam or nut butter.

**No Waffle Maker:** Make them into pancakes instead.



## Bacon Slices

4 servings

10 minutes

### Ingredients

8 slices Bacon

### Directions

1

In a skillet over medium heat, cook the bacon for three to four minutes or until your desired doneness. Remove the bacon from the skillet and set it on a paper towel to drain. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate the bacon in an airtight container for up to three days.

**Serving Size:** One serving is two slices of bacon.



## Mint Chocolate Chip Protein Smoothie

1 serving

5 minutes

### Ingredients

2 cups Baby Spinach  
1/4 cup Chocolate Protein Powder (or 1 scoop)  
1 cup Unsweetened Almond Milk  
1/2 cup Water  
1/4 cup Mint Leaves  
1/4 Avocado  
1 tbsp Cacao Nibs (or dark chocolate chips)  
4 Ice Cubes

### Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Notes

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



## 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.



## Mixed Nuts

1 serving

5 minutes

### Ingredients

1/4 cup Mixed Nuts

### Directions

1

In a small bowl or container, combine a variety of mixed nuts. Enjoy!



## Blueberries & Almonds

1 serving

5 minutes

### Ingredients

1/4 cup Almonds  
1/2 cup Blueberries

### Directions

- 1 Serve the almonds with the blueberries and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to four days.



## 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.



## Turkey & Apple Butter Grilled Cheese

1 serving

5 minutes

### Ingredients

2 slices Sprouted Grain Bread  
1 3/4 ozs Turkey Breast (cooked, 3 slices)  
1 tbsp Apple Butter  
1 tsp Butter (melted, for grilling)  
1/4 cup Mixed Greens  
1/2 oz Cheddar Cheese (or other cheese)

### Directions

1

Spread butter on outside of bread, spread apple butter on inside of bread, assemble sandwich and cook in pan for 2 minutes or until cheese is melted.

### Notes

No Turkey: Use chicken breast instead.



## Mason Jar Salmon Salad

1 serving  
20 minutes

### Ingredients

1/4 tsp Sea Salt (divided)  
5 ozs Salmon Fillet  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
1/2 tsp Dijon Mustard  
1/2 Cucumber (sliced)  
4 leaves Romaine (chopped)  
1/2 Avocado

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Serve with 1/2 avocado. Enjoy!

### Notes

**Save Time:** Use canned salmon and skip step 1.

**More Flavor:** Add additional herbs or spices to the salmon.

**Additional Toppings:** Add additional veggies to the salad such as carrots, peppers or cabbage.



## Strawberry Whip

1 serving

5 minutes

### Ingredients

1/2 cup Cottage Cheese  
1/2 cup Strawberries  
1 tsp Honey (or maple syrup to taste)  
1/4 tsp Vanilla Extract  
Salt (pinch)  
2 tbsps Heavy Cream

### Directions

1 Blend all ingredients well in a blender to make a smooth consistency.

### Notes

**No Strawberries:** Use any berry or peaches.

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



## Cucumber Tuna Bites

1 serving

5 minutes

### Ingredients

1/2 can Tuna (flaked and drained)  
1 tbsp Mayonnaise  
1/2 Cucumber (large, sliced into rounds)  
2 tbsps Sesame Seeds

### Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture, sprinkle sesame seeds on top. Enjoy!

### Notes

**No Tuna:** Use salmon, chicken or other meat instead.

**More Flavor:** Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.



## Chicken with Spinach and Bacon

6 servings

25 minutes

### Ingredients

2 lbs Chicken Thighs (boneless and skinless, or chicken breast )  
2 tsps Extra Virgin Olive Oil  
2 tbsps Butter  
6 Garlic (cloves, finely diced)  
1 Yellow Onion (diced )  
1/3 cup Organic Chicken Broth  
4 slices Bacon (cooked crispy and chopped)  
1 3/4 cups Half And Half Cream (or heavy cream)  
3 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)  
1 tsp Italian Seasoning  
1/2 cup Parmigiano Reggiano (grated)  
Chili Flakes (to taste, optional)  
1 tsp Cornstarch (mixed with 1 tablespoon water to thicken sauce)

### Directions

- 1 Heat the oil in a large skillet over medium heat. Season the chicken thighs on both sides with salt and pepper, and sear in the pan for 5-8 minutes on each side, or until cooked through. Once cooked, remove chicken from the pan and set aside.
- 2 Melt the butter in the remaining cooking juices leftover in the pan. Add in the onion and garlic and fry until fragrant (about one minute). Pour in the chicken broth, and allow to reduce down slightly. Add the crispy bacon and fry for 1-2 minutes to release the flavors.
- 3 Reduce heat to low heat, add the half and half (or heavy cream), and bring to a gentle simmer, while stirring occasionally. Make sure to lower the heat to avoid the sauce to separate. Add Italian seasoning and season with salt and pepper to your taste.
- 4 Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce. For a thicker sauce, add the cornstarch mixture (1 teaspoon cornstarch + 1 tablespoon water, see the ingredients list) to the skillet, and continue to simmer while quickly stirring the mixture through until the sauce thickens.
- 5 Add the cooked chicken back into the pan; sprinkle with chili pepper flakes (if using), and spoon the sauce over each chicken thigh.
- 6 Serve with pasta, rice, cauliflower rice, or steamed veggies. Enjoy!



## Salisbury Steak Meatballs

4 servings

25 minutes

### Ingredients

- 2 tps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (minced)
- 8 ozs Lean Ground Beef
- 8 ozs Lean Ground Turkey
- 1/3 cup Bread Crumbs
- 1 Egg (beaten)
- 2 tbsps Tomato Paste (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Flour (all purpose or gluten free)
- 1 tsp Red Wine Vinegar
- 2 tps Worcestershire Sauce (to taste)
- 1/4 tsp Mustard Powder
- 3/4 cup Mushrooms
- 1 1/4 cups Beef Broth

### Directions

- 1 Finely chop 1 oz of the mushrooms into small pieces and set aside. Heat a large nonstick pot on medium-high, add 1 tsp oil and onions and cook until golden brown, about 4 to 5 minutes. Divide onions in two.
- 2 In a large bowl, combine half of the sauteed onions with the ground beef, ground turkey, chopped mushroom, bread crumbs, egg, 1 tbsp tomato paste, 1/4 cup of the beef broth, 3/4 tsp salt and black pepper.
- 3 In a small bowl, blend flour and 1 cup broth until smooth. Mix in remaining onions, remaining 1 tbsp tomato paste, vinegar, Worcestershire sauce and mustard powder.
- 4 Gently shape into 20 small meatballs.
- 5 Heat a pot, add remaining teaspoon of oil and brown the meatballs (in batches so you don't overcrowd the pot) about 2 minutes until no longer sticks, turn and brown an additional 2 minutes. Add the mushrooms, 1/8 teaspoon salt and black pepper and pour the sauce over the meatballs, cover and cook 20 minutes.
- 6 Slow Cooker Directions: Saute meatballs in a skillet, transfer to slow cooker with mushrooms, salt and pepper and pour sauce over. Cover and cook low 6 to 8 hours, until tender.

### Notes

**Serve it With:** Serve with regular mashed potatoes or cauliflower mash.



## Cauliflower Mash

4 servings

30 minutes

### Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Butter
- 1 tbsp Thyme
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
- 2 Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 3 Divide between plates and top with extra butter if desired. Enjoy!

### Notes

**More Carbs:** Make with half cauliflower and half mashed potatoes.

**Make it Cheesy:** Add Parmesan cheese to the mash (about 1 tbsp per serving).



## One Pan Chicken and Veggies

4 servings

45 minutes

### Ingredients

- 1 tsp Sea Salt
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Dried Basil
- 1/4 tsp Dried Thyme
- 1/8 tsp Black Pepper
- 1 Garlic (clove, crushed)
- 3 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1 lb Chicken Thighs With Skin
- 1/2 tsp Sea Salt
- 1 Zucchini (trimmed, cut into 1 inch pieces )
- 3 Carrot (peeled, cut into 1 inch pieces)
- 1 Red Bell Pepper (cut into 1 inch pieces)
- 1 Yellow Bell Pepper (cut into 1 inch pieces)
- 1/2 cup Red Onion (cut into 1 inch pieces)

### Directions

- 1 Preheat the oven to 450°F. Line a baking sheet with parchment paper.
- 2 Combine all the seasoning ingredients in a large bowl. Season chicken with 1/2 teaspoon salt, then add the chicken, green beans, carrots, bell peppers and red onion to the bowl and toss well to coat. Marinate 30 minutes.
- 3 Arrange everything onto the prepared baking sheets spread out into a single layer. The vegetables and chicken should not touch. Bake about 20 minutes, turn chicken and vegetables and bake an additional 10 minutes, until roasted and tender.

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 days.



## Baked Chicken Parmesan

8 servings

40 minutes

### Ingredients

2 lbs Chicken Breast (sliced in half lengthwise to make 8)  
3/4 cup Bread Crumbs  
1/4 cup Parmesan Cheese (grated)  
2 tbsps Butter (melted or olive oil)  
3/4 cup Mozzarella Cheese  
1 cup Marinara Sauce  
Cooking Spray  
8 ozs Pasta (any kind)

### Directions

- 1 Cook pasta according to package directions.
- 2 Preheat oven to 450°F. Spray a large baking sheet lightly with spray.
- 3 Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.
- 4 Lightly spray a little more oil on top and bake in the oven for 25 minutes.
- 5 Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.
- 6 Bake 5 more minutes or until cheese is melted.