

# Nutrition Plan



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## MEAL PLAN INCLUDES

- 6 printable weekly meal plans featuring over 100 recipes
- Each week comes with at least 3 recipes for each meal category –  
3-4 breakfasts, 3 a.m. snacks, 3-5 lunches, 3 p.m. snacks, 3-5 dinners
- 6 Weekly Grocery Lists
- 6 Weekly Food Prep Guides
- 6 Weekly Menu-At-A-Glance pages

**NOTE - The Meal Plan for Week One is attached to this PDF.**

**The remaining Meal Plans will be accessed via your personal dashboard.**

# Choose your meal plan option

**MORE FLEXIBLE = MORE SUSTAINABLE**

The Nutrition Plan Flexible Framework keeps the results coming, while giving you the flexibility and tools to make it work for your lifestyle.

**PICK THE BEST OPTION FOR YOUR LIFESTYLE, PREFERENCES, TIME & BUDGET**

## MEAL PLAN OPTION 1

100% planned for you. Follow the daily Meal Plan exactly. The meals have been designed to minimize cooking by using several slow cooker recipes, bulk meal prep and reworking leftovers. There is no food tracking - it's already done for you.

## MEAL PLAN OPTION 2

95% planned for you. Follow the Meal Plan, making substitutions here or there to cater to different tastes, availability, convenience, and budget. Use the 'Calorie Swap Cheat Sheet' to make fast, equal swaps. Don't like oranges? Swap it. Cantaloupe is a rip-off right now? Swap it! Need to just pull something together for dinner? Swap it! The only food tracking needed is what you swap out. Easy!

## MEAL PLAN OPTION 3

80% planned for you. Design your own menu by choosing any recipes from the plan a la carte! All recipes within the same category are swappable. For example, swap any breakfast recipe for any other breakfast recipe, snack for snack etc. You can choose from the whole 6 weeks of recipes. Again, no food tracking required. You will need to make your own grocery list, food prep plan, and decide how to rework your leftovers.

## MEAL PLAN OPTION 4

90% planned for you. To minimize cooking and cost you can choose 2-3 days of meals from the Meal Plan, and repeat them (repeat meal days can be consecutive or alternated). Choose new meals each week to ensure variety. You will need to create a unique grocery list. By staying within the meal categories, no food tracking is required once again.

## MEAL PLAN OPTION 5

50% planned for you. **MAX FLEXIBILITY** – Whether you have food allergies, are trying to stick with another nutrition method, don't like sticking to specific meals, or if life just gets crazy, you can design your own meals within the nutrition plan framework. Just choose from the hundreds of foods listed on the 'Calorie Swap Cheat Sheet,' and track your calories and macros (carbs, proteins & healthy fats) using the 'Calorie Tracker Chart.' All foods on the cheat sheet are categorized by macros and alphabetized, so you can find items fast and easy. This fast tracking method takes minutes a day, and can save you hours of workout time 'burning off' the same calories you likely would have just eaten had you not been tracking.



# Nutrition Swap Guide

Having a flexible framework for your nutrition is a key to success because it gives you the best of both worlds.

**Flexibility** - eat more of what you prefer, what you have available, what you can afford, what you have time for etc.

**Framework** – by staying within a strategized set of rules, you'll continue seeing and feeling great results for your efforts. Once you learn to use it, you're set you up for a lifetime of balanced, healthy eating, so you can be done with diets forever. But, like anything new, there is a learning curve - it will take a little time to get familiar and fast with it.

## SWAPPING 1 or 2 INGREDIENTS FROM A MEAL PLAN RECIPE

1. Find the macronutrient category you need to swap from. You can swap carbs for carbs, protein for protein etc.
2. Find the food that is listed on the Meal Plan, and determine about how many calories is in that portion.
3. Select the food you want use.
4. Create a portion that is fairly close to the same amount of calories. DONE.

## SWAPPING MEAL PLAN RECIPES W/OTHER MEAL PLAN RECIPES

All meal categories can be swapped - swap any breakfast recipe for a different breakfast recipe, any snack for a different snack etc. This goes for the whole program, for example, you could have a Week 5 breakfast recipe during Week 3. But, all the planning is done if you stick within the week. Do what works best for you.

**NOTE** – Only 2 servings of dairy per day max. Dairy does cause some inflammation during digestion, which can slow your metabolism.

## SWAPPING YOUR OWN RECIPE FOR A MEAL PLAN RECIPE

The Daily Meal Plan works within a balance of calories and macronutrients for every meal. This is exactly how it was designed. If you want/need to create your own meal or recipe, follow the 'Daily Nutrition Plan Structure' and use your 'Calorie Swap Cheat Sheet' to hit your numbers. See directions below.



# Daily Meal Plan Structure

**DIRECTIONS** - If you need to swap a meal, try to stay close to the calories and macronutrients below. Don't worry about matching them up perfectly, just staying close will keep you in a caloric deficit while getting a balance of carbs, fats and protein.

This structure will keep you within a baseline of 1300-1450 calories - start there and add more food based on hunger. If you're still hungry, start with eating more vegetables and protein first, then go to carbs and fats. Try to only add 100-150 calories at once, unless you know you need more (examples – training for a long distance race, trying to maintain weight and not lose weight). Also, make sure you're drinking plenty of water throughout the day. More information will be given regarding adding calories.

## BREAKFAST 300-350 calories total

100 calories carbs

100 calories healthy fats

100 calories protein

Example - 125 calories carbs category, 90 calories from fats, 90 calories from protein.

Close but not perfect - this works just fine.

## SNACK 200 calories

200 calories, at least 50 calories from protein. Vegetables recommended with at least one of the snacks.

## LUNCH 300-350 calories

100 calories carbs, includes a big portion of vegetables

100 calories healthy fats

100 calories protein

## SNACK 200 calories

200 calories, at least 50 calories from protein. Vegetables recommended with at least one of the snacks.

## DINNER 300-350 calories

100 calories carbs – mostly or all from vegetables

100 calories protein

100 calories healthy fats

# Calorie Swap Cheat Sheet

## Quick reference guide for tracking calories and macros

One of the essential factors of the fat loss equation is eating in a calorie deficit. You must be eating fewer calories than your body is burning in order to make weight loss possible. I've created reference guides and systems like this 'Calorie Swap Cheat Sheet' to make food tracking fast and easy.

### WHY TRACK CALORIES & MACRONUTRIENTS?

**TRUTH 1** - Your body will always use food as fuel before using stored fat. By eating in a calorie deficit, you force your body to use fat for fuel because there isn't quite enough food for fuel anymore. Luckily, stored fat is how your body stores energy, and it will tap into it when needed. Thanks, Bod!

**TRUTH 2** - Even if you eat 100% of the purest, healthiest, super superfoods, but you eat in a caloric surplus (more than your body burns), you will gain weight. That's why people don't necessarily lose weight when they just start 'eating healthy.'

**TRUTH 3** - You must eat a balance of macronutrients - carbohydrates, proteins & healthy fats. Eating enough protein will help preserve muscle tissue while in a caloric deficit. Your body can use its muscle tissue for fuel too if you're not eating enough protein. Also, eating meals balanced among carbs, proteins & healthy fats will keep you energized, stabilize blood sugar levels, reduce cravings and help keep you full longer.

### HOW IT SAVES YOU TIME & SPEEDS-UP PROGRESS

Taking a little extra time to track your calories and macronutrients can save you hours in the gym, and catapult your physique progress. With tracking, YOU KNOW FOR CERTAIN you're in a caloric deficit and getting enough protein. If you don't track, you could easily eat back all the calories you burn. This is why some people can exercise a lot, and still not lose weight - they are guessing on their caloric intake and not eating in a deficit. It's pretty darn easy to eat an extra 300-500 calories without really knowing it unless you're calorie tracking. 300-500 calories is about 30-50 minutes of cardio. Tracking SAVES time. Feel me?

### HOW MANY CALORIES SHOULD I EAT FROM EACH MACRONUTRIENT?

As a bare minimum for losing weight, I recommend getting at least 400 calories from each macronutrient daily.

## Calorie Swap Cheat Sheet Design

Everything fits on just 2 pages - it's printer friendly and easily fits inside a cupboard to be taped-up for easy reference.

This list is not all-inclusive - there are many foods not listed. But, this cheat sheet provides the majority of options for non-processed foods. The Meal Plan works within the foods listed, minus a few extra condiments and flavorings.

Note on listed calories - Sources will vary on their number of calories for a certain food. I used several reputable sources for each food, and from those listed the average number found. Brands will slightly vary as well, so feel free to check the label if you want even more accuracy. But, you will find that all calories listed will be close to any label.

#### HOW TO READ THE CALORIES

If it says 50/oz - it's 50 calories per oz.

If it says 10/cup - it's 10 calories per cup.

**TIP** - If a favorite food isn't on the list, write it on there for quick reference. We typically buy the same foods over and over, so it shouldn't take too long to get your favorites listed.

## Vegetables

### DARK LEAFY GREENS

Most are 7 calories per cup, excluding cabbage & kale

arugula	7/cup	9/oz
butterhead	7/cup	4/oz
collard greens	10/cup	10/oz
kale	30/cup	14/oz
red leaf & green leaf	7/cup	5/oz
romaine	7/cup	5/oz
spinach	10/cup	7/oz
spring greens	7/cup	7/oz
swiss chard	7/cup	5/oz

### EXTREMELY LOW-CALORIE VEG, 15-35 calories per 1-cup

asparagus	30/cup	6/oz
broccoli	30/cup	10/oz
cabbage, red	22/cup	7/oz
cauliflower	25/cup	7/oz
celery	15/cup	4/oz
cucumbers	15/cup	4/oz
eggplant	20/cup	7/oz
green beans	30/cup	9/oz
green pepper	35/cup	6/oz
iceberg lettuce	4/cup	4/oz
mushrooms	20/cup	6/oz
okra	30/cup	9/oz
radishes	15/cup	5/oz
snow peas	30/cup	12/oz
tomatoes	30/cup	5/oz
yellow squash	20/cup	5/oz
zucchini	20/cup	5/oz

### MID-CALORIE VEG, 45-65 calories per 1-cup

brussel sprouts	60/cup	12/oz
carrots	50/cup	12/oz
jicama	45/cup	11/oz
onions	65/cup	12/oz
peppers, red, orange, yell.	45/cup	7/oz

### HIGHER CALORIE VEG, 55-70 calories per 1-cup

acorn squash	55/cup	12/oz
beets	60/cup	11/oz
butternut squash	70/cup	12/oz

### STARCHY VEGETABLES – calories per 1-cup

corn	135/cup	25/oz
peas	100/cup	22/oz
potatoes (in moderation)	120/cup	25/oz
yams, sweet potatoes	160/cup	33/oz

## Fruit

### FRUIT – calories per 1-cup portion, raw

apple	70/cup	15/oz
apricot	75/cup	14/oz
banana	125/cup	25/oz
blackberries	90/cup	12/oz
blueberries	100/cup	16/oz
cantaloupe	60/cup	10/oz
cherries	90/cup	18/oz
grapefruit	75/cup	9/oz
grapes	75/cup	20/oz
honeydew	65/cup	10/oz
kiwi	105/cup	17/oz
mango	105/cup	17/oz
nectarine	65/cup	12/oz
oranges	80/cup	13/oz
papaya	55/cup	11/oz
peach	65/cup	11/oz
pear	75/cup	16/oz
pineapple	85/cup	15/oz
plum	70/cup	13/oz
raspberries	70/cup	15/oz
strawberries	50/cup	9/oz
tangerine	90/cup	15/oz
watermelon	50/cup	9/oz

## Grains, Legumes, Starches

Packaged goods like bread, tortillas & pasta vary. Check label.

beans, cooked – black, kidney	90-110, 1/2cup	33/oz
bread	see label	see label
brown rice, cooked	100, 1/2 cup	31/oz
brown rice, raw	300, 1/2 cup	105/oz
edamame	115, 1/2 cup	38/oz
lentils, cooked	115, 1/2 cup	33/oz
oats, steel cut, raw	300, 1/2 cup	110/oz
oats, old-fashioned, raw	150, 1/2 cup	106/oz
quinoa, cooked	100, 1/2 cup	34/oz
quinoa, raw	300, 1/2 cup	104/oz
various grains, cooked	100, 1/2 cup	33/oz
- millet, amaranth, teff etc.		

**Recommended breads & tortillas** - sprouted grain or gluten free, often found in the freezer section.

Whole wheat is fine in moderation, unless you're allergic or it just never agrees with you. Listen to your body.

### Lean Protein

Cooked with minimal oil. Weighed after cooking.

#### POULTRY & EGGS

skinless chicken breast	45/oz
skinless turkey breast	40/oz
ground turkey, 93% lean	40-65/oz
1 whole egg	70 calories
1 egg white	20 calories

#### PORK, RED MEAT & GAME

game, lean	40-45/oz
pork sirloin roast	35/oz
pork tenderloin	40/oz
pork sirloin chops	45/oz
red meat, 95% lean	40-45/oz

#### FISH/SHELLFISH

tilapia	25/oz
cod	30/oz
salmon	35/oz
tuna, fresh	30/oz
tuna, canned, in water	30/oz
shrimp, peeled, deveined	30/oz
crab, not artificial	30/oz

#### DELI MEATS

nitrate-free deli meat	see label
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#### PROTEIN POWDER

1 scoop, see label	90-130/scoop
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#### MEAT-FREE PROTEIN

beans, cooked	90-110, 1/2 cup	33/oz
lentils, cooked	115, 1/2 cup	33/oz
quinoa, raw	300, 1/2 cup	34/oz
quinoa, cooked	100, 1/2 cup	104/oz
protein powder, vegan	see label	see label
tempeh 50	160, 1/2 cup	50/oz
tofu, firm 25	95, 1/2 cup	25/oz
Greek yogurt, plain, non-fat	65, 1/2 cup	100/6 oz
Greek yogurt, plain, 2% fat	85, 1/2 cup	130/6 oz

### Milks

dairy & soy free, refrigerated in a carton

unsweetened almond milk	30/cup
unsweetened coconut milk	45/cup
unsweetened cashew milk	25/cup

### Healthy Fats

**TIME-SAVER:**  
Whole nuts average  
50 calories per Tbsp.

#### RAW NUTS & SEEDS

(measured as chopped unless specified)

almonds	7/nut	50/Tbsp	80, 1/2 oz
cashews	10/nut	55/Tbsp	75, 1/2 oz
pecans	10/nut half	50/Tbsp	100, 1/2 oz
peanuts	6/nut	50/Tbsp	80, 1/2 oz
pistachios, shelled	3/nut	50/Tbsp	80, 1/2 oz
walnuts	13/nut half	50/Tbsp	90, 1/2 oz
flaxseed, ground		50/Tbsp	80, 1/2 oz
sunflower seeds, shelled		50/Tbsp	70, 1/2 oz
pine nuts		60/Tbsp	95, 1/2 oz
chia seeds		50/Tbsp	70, 1/2 oz
hemp seeds		60/Tbsp	80, 1/2 oz

#### NUT & SEEDS BUTTERS - all natural

peanut, almond, sunflower, tahini etc.	95-105/Tbsp
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#### OILS

EVOO (extra virgin olive oil)	120/Tbsp	120, 1/2 oz
coconut, canola, flaxseed, etc.	120/Tbsp	120, 1/2 oz

#### AVOCADO

avocado	50, 1/4 cup	50, 1 oz
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#### COCONUT - varies by brand, check label

unsweetened coco. flakes	60/Tbsp	100, 1/4 cup
full fat canned coco. milk	25/Tbsp	40, 1/4 cup
light canned coco. milk	10/Tbsp	

#### DAIRY/CHEESE (use sparingly)

feta	70/oz	
goat cheese	70/oz	
Greek yogurt, plain, non-fat	100/6 oz	65, 1/2 cup
Greek yogurt, plain, 2% fat	130/6 oz	85, 1/2 cup
part-skim mozzarella	80/oz	
part-skim ricotta	see label	
parmesan & hard cheeses	see label	
blue cheese & crumbly cheeses	see label	

### Condiments & Flavorings

#### 0-5 calories per teaspoon

herbs, spices, garlic, ginger  
mustard, vinegars  
clear broths and stocks  
fresh lemon & lime juice  
hot sauce, sugar free  
alcohol-free flavor extracts – vanilla, hazelnut etc.  
stevia



# Calorie & Macros Tracker Chart

## For MEAL PLAN OPTION 5

**THE GOAL** - Every day, stay within a few hundred calories of your calorie goal with a balance among macronutrients. Consume **AT LEAST** 400 calories from each macronutrient every day.

**CHART OPTIONS** - If you want to save paper and printer ink, you can draw a quick 'Calorie & Macros Tracker Chart.' Just make a quick grid like below, label the edges and you're good - you could even get a little notebook and draw a new one every day.

	100 calories	100	100	100	100	100
CARBS						
PROTEIN						
FATS						

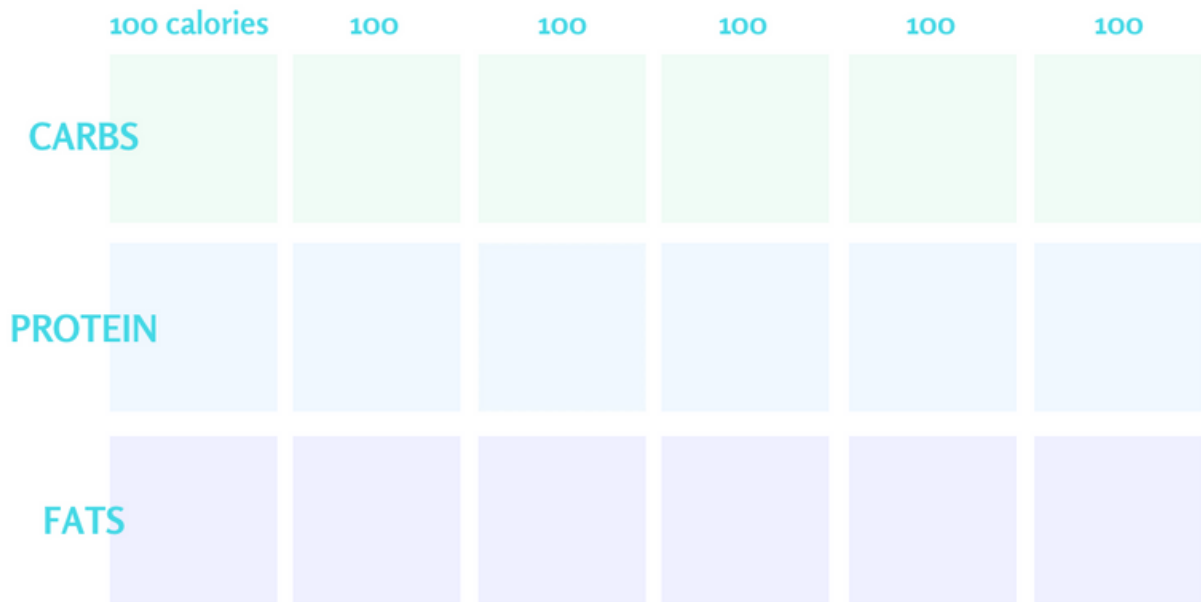
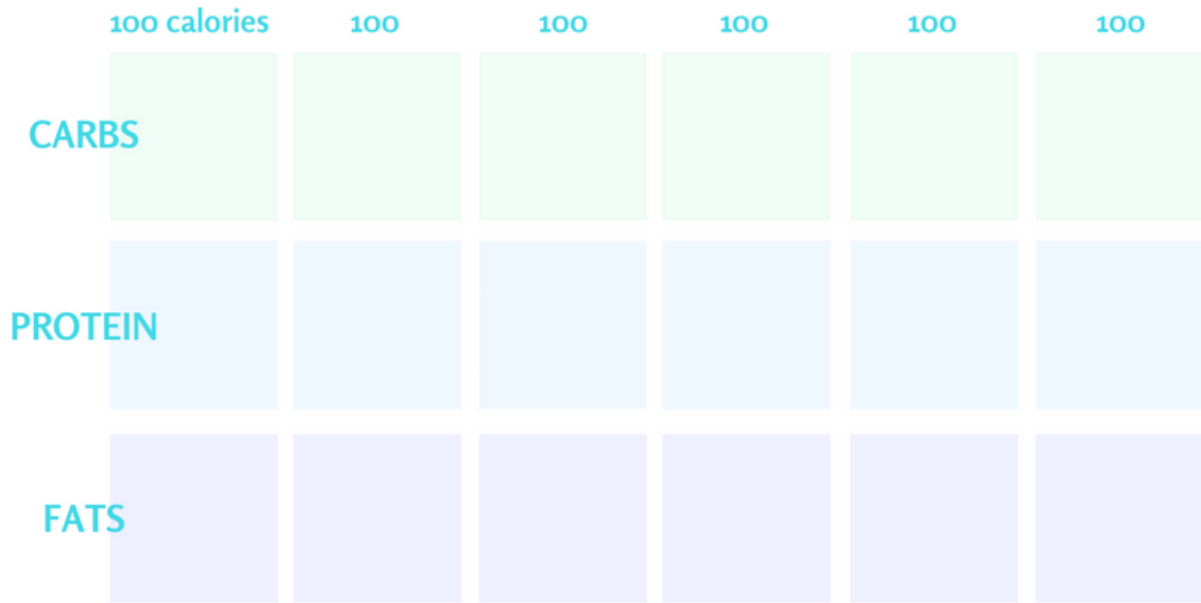
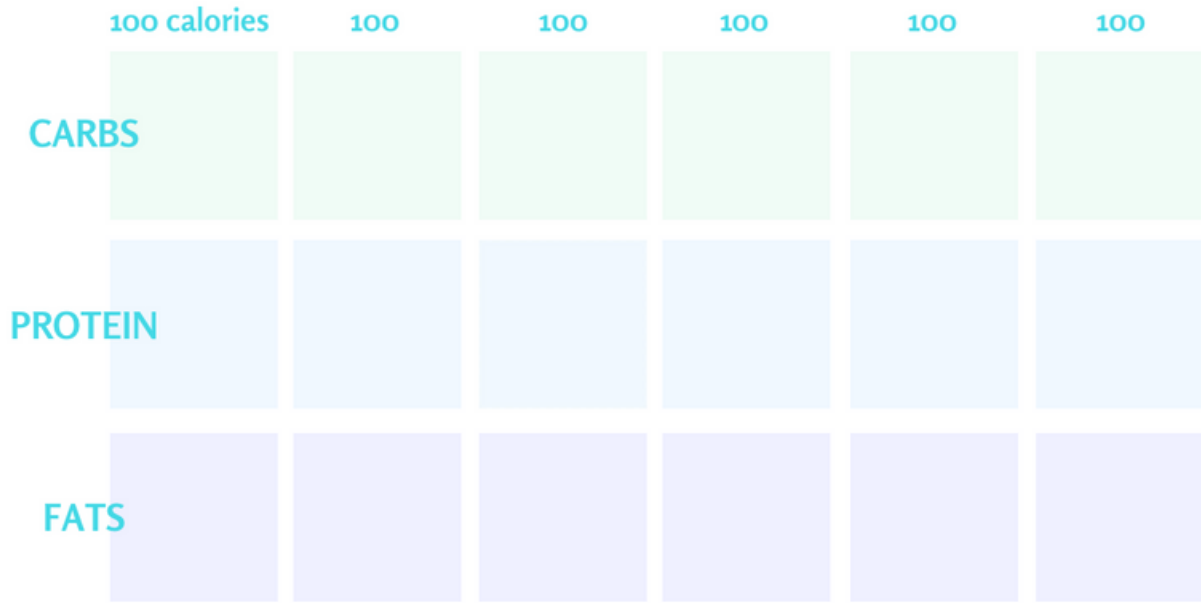
**DIRECTIONS** - As you eat throughout the day, fill in the amount of calories you've eaten from each macronutrient. Each box is 100 calories. If you have a 50-calorie portion of something, just fill in half the box. If something is technically 32 calories, just round it to 30 - it's okay. Color in about 30% of the box and write the number 30 inside to help you remember how much it was. Easy!

Most foods have a blend of macronutrients, but are primarily just one. For example, vegetables have a little bit of protein, but for the most part, they're carbohydrates. So, you would fill in your calories within the carbohydrates row. Use the 'Calorie Swap Cheat Sheet' to determine which macronutrient a specific food is if you're not sure. There are some foods that are fairly evenly divided among macros, like beans or yogurt. You can either choose which category you want to put them in, or split them up in a quick way. For example, if you have a 100-calorie portion of fat-free beans, put 50 calories in the carbs row, and 50 calories in the protein row. Or, just consider it a carb, and put it all in the carbs row. If you're vegetarian, put it all in the protein row. As long as you're hitting 400 calories from each macronutrient row, you'll get a great balance of what your body needs.

This isn't meant to be perfectly accurate. First off, counting calories is never 100% accurate anyway - labels are off, nutrition facts vary for the same foods, measuring and weighing can vary slightly depending on equipment and other factors. Second, in order to lose fat, you just need to be within a few hundred calories of your daily deficit goal with a balance of macronutrients. You don't need to hit a rigid, specific number for both. You *can* go that route, but often it's so time-consuming that being consistent is unrealistic. My tracking method helps you stay within the right perimeters to keep you making progress, but it's super fast and easy, so you actually do it consistently. BINGO!

How many calories should a woman eat to lose weight? It can range from 1200 - 1800 (see the Slim Smart Nutrition strategies for details). You need at least 400 calories from each macronutrient every day. From there, add as you please. I would encourage adding vegetables and protein first to increase satiety (fullness), and keep blood sugar levels steady.

# Calorie Tracker Charts



## Detox your kitchen & environment

Losing body fat is mostly about diet. PERIOD. In order to get set up for success, you need to remove foods that could potentially distract, tempt or thwart you from your goal. Get the family on board if needed – they love you, you love and help them. Right now, they need to help YOU.

Begin by going through your home, starting with the kitchen, and finish off with other environments under your control such as your vehicle/s and personal work space (if applicable). Remove whatever may tempt you to 'fall off the wagon.'

### SHOULD IT STAY OR GO

'If I had zero energy and/or I had had a rough day, would I potentially eat this instead of my planned food?'

If the answer is yes, it needs to go.

Your environment should work for you, not against you. You don't need the extra strain of trying to ignore addicting processed foods, especially if you're tired. Get rid of them - they aren't helping you. It's easy to avoid the 'bad stuff,' when you have energy and life is going smoothly. But, you're planning ahead for those times when your willpower has run out - you're are planning for 100% success.



## Catering to different caloric needs

Every day, the Nutrition Plan is in a range of 1300-1450 calories, with at least 400 calories from each macronutrient. All the planning and balancing is done for you. This is pretty low – I will be honest. If I personally ate this little, I would lose weight at first, be really hungry, and overeat/binge at some point. For me, I have much more success in a 1500-1700 calorie window. I lose weight consistently and I can stick with it! I can actually enjoy it, instead of having to fill-up on water and veggies all day just to make it through feeling mildly satisfied. I don't obsess about food, and I don't feel guilty when I eat. My body starts to fight against me when I go too low.

So Jess, why is your calorie bracket so low on your program? It's a baseline, and it's adjustable. Many women do need to be in a 1300-1400 calorie bracket to lose weight. But, everyone is different and even calorie calculators are limited with determining what's accurate for you.

Start with the baseline diet, but if you get really hungry, you can add-on 100-200 calories here and there. Listen to your body, and keep track on the scale. If you're hungry AND losing weight, then start adding some add-ons. Don't push through the hunger too long thinking it will get you there faster.

### GENERAL ADVICE FOR NURSING MOTHERS

Most OB-GYNs recommend eating an additional 500 calories while you are nursing. This would increase your calorie baseline to 1700 or 1800 as a bare minimum. Consult your OB-GYN before starting a weight loss program or structure. While I was nursing my daughter and trying to lose baby weight, I stuck to a daily 1800-calorie goal, with a few reward meals per week. I steadily dropped 1 pound a week, and never had an issues with my milk supply. But, all bodies are different. I would recommend starting at 1800 calories per day, and adjusting from there. You'll want to pay attention to your milk supply, hunger levels and rate of weight loss. Don't try to lose weight too fast - 1 pound a week or even 1/2 pound a week is great progress while nursing.



## CALORIE ADD-ON GUIDELINES

If you're a little hungry, and need a snack, use your 'Calorie Swap Cheat Sheet' to add 100-150 calories. Make sure it has some protein in it, whether that be meat, nuts/seeds, legumes or beans, plain yogurt etc. If you need a bigger meal, you can add 100-200 calories to it. Maybe, add a few ounces of meat, and an extra portion carbs. Keep carbs lower at night, but no need to eliminate them.

After time, you will learn how your body responds to various calorie windows and you can plan accordingly. If you are doing more exercise than the program lists – If you love working out, are training for a race or have a very active lifestyle, you will need to increase your caloric intake. Follow the guidelines above about listening to your body.

I don't like when other programs keep you in the dark about what their calorie window is. There will be books raving about how you 'won't be hungry,' on the plan, and 'no counting calories,' but it's because if you actually counted the calories they listed for you, you would be under 1200! (Never go under 1200) Then, to cover their tracks, they will say calories don't count. Calories aren't the whole picture, but they still count big time. You cannot be in a caloric surplus and lose weight. But, the types of foods are also a factor. Processed foods will throw off your hormones, and stunt your metabolism. Real, natural foods will keep your body and metabolism running strong.

### **IF YOU JUST FINISHED THE METABOLISM RESET PROGRAM -**

The Metabolism Reset program puts you at a slight caloric deficit or maintenance level calories in order for your body to destress. Depending on your results from that program, you may want to adjust your calories or not. If you lost several pounds, I would recommend staying within the same calorie range. If you didn't lose much weight, or even maintained your weight, then lower your calories by 300 or so, but never go below 1200.

## REWARD MEALS & TREATS

I want you to have treats on this program! Well, within reason.

When you're in a caloric deficit for several consecutive days, your leptin levels start to rise. Leptin is your body's hunger hormone – it signals hunger to your brain. If your leptin levels are consistently high, your body will start to store more fat as a survival mechanism. Also, you're much more likely to binge. In order to avoid that, this program allows 1 reward meal per week, and 1 additional treat or reward meal per week.

Ideally, they would be from non-processed foods, but if there is a birthday, and you want to have a slice of cake, that's okay. So, plan on having a treat/cheat meal one day a week, and a treat on another day per week.

But, be aware, that many processed foods will spark cravings, leading you to eat more than you anticipated. Be cautious of how you choose to treat yourself. If you know something is a trigger food for you (something that's hard to stop eating once you start) consider eating something that will feel satisfying, not spur more cravings.

Also, if you're eating out, try to check the calories before you go - it will often surprise you. Studies show we eat 3-4 times more calories when we eat out, than when we eat in. You want to eat above maintenance level calorie, but you don't want to eat 4,000 calories in a day.

## COFFEE, SODA AND ALCOHOL GUIDELINES

**COFFEE** - Yes, you can have coffee. I recommend limiting it to 2-3 cups per day, and having a caffeine curfew of 2-4pm so you don't interfere with your sleep.

**SODA** - I do not recommend diet soda, but if it helps you stick to the nutrition plan here and there, it's ok, just keep it occasional. Regular soda can be enjoyed as a treat and/or with one of your reward meals. Sparkling waters with no added sweeteners like La Croix, Dasani Sparkling, La Perrier, Pellegrino are excellent options for getting your fizzy fix, and curbing appetite. Feel free to have them whenever you like.

**ALCOHOL** - can be enjoyed as a treat and/or with one of your reward meals. Remember, you have 2 per week. : )

## MAKING IT WORK FOR FAMILIES

The various Meal Plan Options give you the flexibility to design a menu that works for your whole family! Many recipes are kid-friendly. But, I also know that children's preferences vary. You can decide whether the family will be eating everything with you, or just some meals & snacks, or if you'll cook your food separately or altogether (the cooking is strategized to minimize your kitchen time). Take a look at the recipes, consider your circumstances, and choose accordingly.

Recipes are intentionally not spicy to be more kid-friendly. If you want to add spice, feel free.

Most snacks are especially kid-friendly. During your meal prep, look at the snacks that week. If you think your family would or could enjoy them, try doubling or tripling up on some. It will save you time, and make a healthy snack convenient.



# Meal Plan - Week One

Welcome to your complete nutrition plan, designed to simplify the heck out of your journey! I created this to be the plan that I always wanted, that never existed. It's all been strategized to get you amazing results while maximizing your time, energy and money.

When it comes to the daily N.E.W.S (Nutrition, Exercise, Water, and Sleep), nutrition plays the biggest role in making physical changes. When you get your nutrition dialed in, you'll see and feel changes fast, like, ba-boom! Your cravings will diminish, energy levels will increase and stabilize, your skin will start to glow, and you'll steadily lose body fat. If there is one aspect to knock outta the park, it's your nutrition, and I'm here to make that easier than ever.

## MOST OTHER PLANS HAVE YOU...

- Cooking like crazy, which isn't sustainable unless you like being a kitchen slave
- Forking over tons of dinero to use certain ingredients once
- Wasting leftovers because you're supposed to cook something new the next day
- Concocting weird food the fam won't go near so you're cooking or ordering separate meals
- Confused about how you'll ever stick with it after the program
- Eating food that's the TRIPLE B - bland, blah and boring

Because of these nutrition plans, people assume eating healthy will mean too much sacrifice of time, money, energy and flavor.

## YOUR NUTRITION PLAN

**SIMPLE & DELICIOUS** - Extremely flavorful, quick & simple recipes. Learn to max-out the flavor with few ingredients.

**BUDGET-FRIENDLY** - Nutritious, budget-conscious ingredients. Learn to re-work leftovers like a pro.

**FAST w/TIME-SAVING STRATEGIES** - A step-by-step map to maximize your time in the kitchen. Learn strategies to cook less, while eating healthier, cheaper, and tastier than ever.

**METABOLISM BOOSTING & DETOXING** - Specific ingredients chosen to maximize metabolism and detoxing.

**FAMILY FRIENDLY** - Recipes the whole family will enjoy, just double, triple, quadruple etc as necessary.



I've got your back, Gorgeous! Your amazing journey awaits. Cheers to self-love and progress. Let's do this.

*Jessica Joy*

## ADDITIONAL GUIDELINES & TIPS

### METABOLISM BOOSTS

Add any of these to the recipes for a metabolic boost.

Spices: cayenne pepper, turmeric, red pepper flakes

Herbs and Aromatics: fresh garlic, fresh ginger, onions, any fresh herbs

### SMOOTHIES

2 Options - a typical smoothie, or a smoothie bowl. Are you in the mood for 'ice cream' or a shake?

**Smoothie Bowl Instructions & Tips** - specified ingredients will be omitted from the smoothie, and used as toppings instead. I recommend preparing the smoothie early, and popping it in the freezer for at least 15 minutes so the ingredients lay on top instead of falling in. I like to prepare mine just before my workout, and leave it in the freezer for post-workout.

**When To Eat Your Smoothie** - Smoothies are generally recommended to be eaten after your workout, because they are easy for your body to absorb quickly. After a workout, your body wants micro and macro nutrients in order to rebuild and restore. Because of this, feel free to have your smoothie at a different time of day besides just between breakfast and lunch. It could be a 'floater' meal. If you ate not too long before you workout however, don't rush to eat your smoothie – your body can still use the nutrition from the prior meal.

**Transporting Your Smoothie** - If you need to take your smoothie with you, try preparing it ahead of time, and freezing it a few hours before you need it. If you need to thaw it, just pop it in the microwave 15 seconds at a time. Another option is to use a shaker bottle for the protein powder, and eat the other ingredients separately. You can make up for missed leafy greens later if necessary.

**Smoothie tips** - I recommend starting with 1/2 cup of liquids, and adding from there to reach your desired consistency of thickness or thinness.

### EGGS

Eggs are an extremely versatile ingredient, and can be cooked in many ways. You are always welcome to change how the eggs are cooked. For example, if a recipe calls for an omelet, feel free to change the eggs to scrambled or over-easy.

### WEIGHING MEAT

Meat portions are done by ounce, and are to be measured once the meat is cooked. Meat will weigh less after cooking.

### LEFTOVERS

The plan is intended to have minimal or no leftovers. But, if you have extra, most meals are freezable. If you have leftovers, wrap them up tightly, labeling with the contents, date and portion amount, and freeze for a convenient meal another day.



## Feel-Good Food

Ha! More like feel amazing, energized, happy and ready to conquer life, food.

## MORE ON MEAL TIMING

Contrary to popular past trends, eating smaller meals more often will not stoke your metabolism. Also, waiting to have breakfast little bit will not slow your metabolism. The most important factor is not WHEN you consume food, but HOW MUCH within one day and WHAT it is. This allows you flexibility to do what feels best for your body, and what works best for your schedule.

## PLAY WITH YOUR EATING WINDOW

To maximize fullness on a daily basis, it can be helpful to narrow your window of eating by scooting your breakfast time back and bringing your dinner time forward. You will still eat the same amount of food during the day, but in a shorter window of time. Do what feels best for you, mentally and physically. If you do try something new, give it a solid 3 days to test out, and give an honest evaluation, see how it fits your schedule and makes you feel. From there, decide if you want to continue. It can take about 2 weeks for the body to adjust, but 3 days will help you get started and allow you to make the best decision for you individually.

For me, pushing my breakfast back little by little has made my eating life easier and more enjoyable - it's become a lifestyle. But, I know it isn't for everyone. Here are benefits from my experience and several of my associates.

1. **Saves time and stress** - The morning is my most productive and busy time of the day. I focus on getting things done, and getting my family ready. I save my own breakfast for when I am less rushed and have gotten several tasks out of the way.
2. **Maximizes fullness** – If I push my breakfast back an hour or even a few hours, I am less hungry throughout the remainder of the day, because I can enjoy my meals closer together. I never get that hangry feeling during the day.
3. **More morning hydration** – Instead of rushing to eat, I prime my body and digestion for the day with plenty of water. I will have some water with lemon and ginger. I will have a sparkling water like La Croix, or an herbal tea. Caffeine is known to blunt appetite, but I avoid it for personal reasons.
4. **Increases focus** – Without having to make any food decisions, cook or eat, I am able to focus on other things.

## CLOSE THAT KITCHEN - The Only Eating 'Rule' On The Program

Try to have your last meal 2-3 hours before bed. During sleep, your body is restoring, reordering, and rebuilding. In order to maximize these recovery processes, you don't want your body to be expending more energy than needed on digestion. So, eat your dinner, and tell yourself and your family the kitchen is officially closed for the day. I make a clarion call to my kids, 'Last chance for food!' This should become a healthy lifestyle habit with occasional exceptions for when life gets crazy, or it's time for extra fun.

If you're a late-night snacker, this will be a challenge, because your brain will beg to continue this habit. Instead of going from something to nothing, replace late-night nibbles with something that gives you the same soothing effect, without the food. This could be a calorie-free beverage like tea or sparkling water and/or some pampering



# Grocery List Guidelines

- 1) This list is meant to feed one person for the specific Nutrition Plan. If you're feeding a family or another person, feel free to double, triple, quadruple etc.
- 2) Perishable foods have precise amounts listed to ensure you only buy what you need. In order to avoid running out of specific ingredients, buy extra vegetables for snacks, and reserve portioned food for recipes. If you know you'll need more than 1300-1400 calories per day, purchase extras. See 'Approved Foods & Substitutions List' for portion/add-on guidelines.
- 3) This is for baseline calories (1300-1400 per day). Buy more for add-ons if necessary. See your Nutrition Guide instructions.
- 4) For the first week, the grocery budget may be higher because many items will be pantry staples used throughout the entire program.
- 5) If you've decided to choose just a few meal days from the program and repeat them, then you will need to create a personalized grocery list. Look over the days you've chosen, and create a list from those. You can use the same list, just adjust portions and cross out any ingredients you won't need.



Always check your pantry before shopping, and cross off what you already have. While shopping, cross off items as you go so you don't miss anything. Extra trips to the store are lil time-suckers. ; )

# Week at a Glance

BREAKFAST      SNACK      LUNCH      SNACK      DINNER

*M*

Egg, Yam & Turkey  
Bake or Scramble

Chocolate  
Peanut Butter  
Protein Bites

Avocado  
Tuna Salad  
Toasts

Veggies &  
Hummus

Greek Chicken

*T*

Chocolate Mint  
Smoothie with  
Coconut Flakes

Peach  
Parfait

'The Picnic  
Basket' Salad

Moroccan  
Oranges

Slow Cooker  
Turkey Ratatouille

*W*

Egg, Yam & Turkey  
Bake or Scramble

Chocolate  
Peanut Butter  
Protein Bites

Slow Cooker  
Turkey Ratatouille

Chicken & Avocado  
Lettuce Wraps

Slow Cooker  
Thai Pork with Slaw

*Th*

Egg, Yam & Turkey  
Bake or Scramble

Peach  
Parfait

'The Picnic  
Basket' Salad

Veggies &  
Hummus

Ratatouille  
Quinoa Bowl

*F*

Peachy  
Quinoa  
Bowl

Savory  
Bento Box

Slow Cooker  
Thai Pork with Slaw

Coconut  
Cantaloupe

Chicken  
Noodle Soup

*Sa*

Chocolate Mint  
Smoothie with  
Coconut Flakes

Savory  
Bento Box

Chicken  
Noodle Soup

Moroccan  
Oranges

Pork Carnitas  
Salad

*Sun*

Peachy  
Quinoa  
Bowl

Chocolate  
Peanut Butter  
Protein Bites

Pork Carnitas  
Salad & Fruit

B.T.C. Snack  
Be The Chef

B.T.C. Dinner  
Be The Chef

# Week 1 Grocery List

## FRUIT

- \_ 2 bananas, 1 ripe by Tues, 1 ripe Friday
- \_ 3 oranges
- \_ 1 small cantaloupe
- \_ 2 avocados, 1 ripe, 1 not even close

## VEGETABLES

- \_ 2 pounds carrots, enough for snacks
- \_ 1 pint cherry tomatoes
- \_ 1 bag baby spinach (usually cheaper) or mixed greens
- \_ cabbage - 1 bag slaw, or 1 pound head of cabbage to be sliced or shredded
- \_ 1 head romaine or red lettuce
- \_ 1 bunch/bag celery
- \_ green onions, 1 bunch
- \_ 12 ounces yams
- \_ 2 small zucchini
- \_ 1 medium eggplant
- \_ 2 small/medium yellow onions, or get a small bag
- \_ 1 head garlic
- \_ 1 small knob ginger
- \_ 1 bunch of fresh mint
- \_ lime juice or 1 fresh lime

## PROTEIN

- \_ 1 pound lean ground turkey, or lean ground chicken
- \_ 2 pounds or more skinless chicken breasts
- \_ 1 lb or more pork sirloin roast or pork tenderloin
- \_ 1 dozen eggs

## GRAINS/LEGUMES

- \_ bread (you'll only need 1 slice). Try to use gluten free or sprouted grain, but 100% whole wheat is fine in moderation
- \_ 1 cup quinoa
- \_ 1 cup barley, or swap for brown rice or quinoa
- \_ 2 ounces brown rice or quinoa pasta. Shape of choice for chicken noodle soup

## HEALTHY FATS

- \_ raw nuts for snacks and toppings, about 1 cup
- \_ all-natural peanut butter
- \_ EVOO (extra virgin olive oil), have on hand for program
- \_ at least 1/2 cup unsweetened coconut flakes

## REFRIGERATED & FROZEN

- \_ 1 package hummus
- \_ 1 small container of feta
- \_ 2 6-ounce plain Greek yogurt cups, non-fat or low-fat. You could also buy a small tub, it will be used next week too.
- \_ 1 carton unsweetened almond milk
- \_ 1 bag frozen peaches

## CANS - low-sodium options recommended

- \_ 1 can tuna packed in water, apx. 5 ounces
- \_ 1 8 ounce can tomato sauce
- \_ 1 15.5 ounce can diced tomatoes
- \_ 1 15.5 ounce can chicken broth, can swap for healthy bouillon

## HAVE ON HAND - Flavorings & Cooking/Baking Staples

- \_ honey
- \_ stevia
- \_ cocoa powder
- \_ cooking spray
- \_ soy sauce/tamara/liquid aminos
- \_ vinegars - red or white wine, or balsamic

## HERBS & SPICES - have on hand

- \_ cumin
- \_ chili powder
- \_ smoked paprika, regular paprika will work too
- \_ cinnamon
- \_ garlic powder
- \_ oregano

## SUPPLEMENTS

- \_ Protein powder - chocolate works best for the recipes this week, but vanilla can be swapped in with great results.

# Food Prep

Set aside 30 minutes to rock this out before Monday.  
Turn on your favorite jams, and smash it out like a pro!

## MUST PREP

1. cook 1 cup barley, brown rice or quinoa
2. brown 1 pound lean ground turkey in a large skillet
3. hard-boil 3 eggs
4. cook 9 ounces yams. If you don't want to eat the skins, cook a few more ounces. You'll need 9 ounces of cooked yams for 3 breakfasts

## OPTIONAL PREP

1. 2 servings 'Chocolate Peanut Butter & Coconut Protein Bites.' 3 balls per serving, 6 balls total.
2. Portion and pack Monday's lunch – see Monday's instructions. Pack wet ingredients separately.
3. Snacking vegetables - prep carrots and celery for raw snacks. Peel, chop etc into your fave size and shape.
4. **BREAKFAST MEAL PREP OPTION** 1 Egg Bake or 3 fresh Egg Scrambles?

This week, 'Egg, Yam & Turkey Bake or Scramble' are on the weekly breakfast menu. You can either prepare these all now by baking them in one pan, cutting into thirds, and storing in the fridge for ultimate speed. Or, you can prepare the recipe as a scramble every morning.



## HOW TO COOK BARLEY, RICE or QUINOA

**Barley** - Bring 1 cup barley and 2 1/2 cups water to a boil. Sprinkle in a little salt. Reduce heat to a simmer. Cover and cook until tender and most of the liquid has been absorbed (35-50 minutes). Check at 20 minutes to stir, otherwise the bottom layer can burn. Once done, turn off heat and let sit for 5 minutes.

**Rice** - Same idea but it's 1 cup rice and only 2 cups of water. Rice cooks much faster than barley. Cook for apx. 10-18 min. Or use a rice cooker.

**Quinoa** - Same as rice, or use a rice cooker.

## HOW TO BROWN GROUND TURKEY

Heat a large pan to medium high and add cooking spray. Dump in turkey and season top layer with s&p. Allow to cook for 30 seconds. Flip meat over and lightly season other side with s&p. Start to break up the turkey into smaller pieces with your spatula or spoon. Continue cooking until all pink is gone (about 5 minutes). Stir often, but no need to sit and watch.

## HOW TO COOK PERFECT HARD-BOILED EGGS

Place eggs in a small pot and cover with water. Bring water to a boil. Once it's boiling, turn off the heat, put the lid on, and let rest for 12 minutes (set a timer). Once done, drain the eggs and run under cold water to stop cooking. Perfect eggs every time!

## HOW TO COOK YAMS IN THE MICROWAVE

Pierce yams 4-5 times with a fork or knife. Cook on high in the microwave for 4 minutes. Carefully check how soft they are. If they aren't squishy, continue to cook 1-2 minutes at a time, checking after each cooking session until soft. You should be able to cut through the whole yam easily.

# Food Prep

## CHOCOLATE PEANUT BUTTER COCONUT PROTEIN BITES

Option - prepare 3 servings for Mon, Wed. & Sun.

Portions for 1 serving

- 1 scoop chocolate protein powder (vanilla can be used)
- 1 Tbsp honey
- 1 Tbsp all-natural peanut butter
- 1/2 Tbsp unsweetened coconut flakes
- add water as needed, will vary depending on protein powder

## EGG, YAM & TURKEY BAKE - makes 3 servings

- 3 whole eggs
- 6 egg whites
- 9 ounces baked yams, chopped or broken up
- 4 1/2 ounces cooked ground turkey, broken into small bits
- 2 cups mixed greens, chopped
- 1 1/2 ounces feta, crumbled

Combine all ingredients in a small bowl. Use a fork to smooch it together. Add just a very little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes. Who needs to buy protein bars now? Oh my heaven, these are good.

Cook yams. Preheat oven to 350'. Spray a 9 by 9 inch pan (or similar size) with cooking spray. In a large bowl, add eggs and whisk. Season with s&p. Add yams, turkey, greens and feta. Pour mixture into a baking dish. Try to make the ingredients fairly even. Bake for 20-25 minutes, or until eggs are done. Remove and allow to cool. Divide into 3 portions and wrap tightly with foil to prevent eggs drying out. Store in the fridge. Reheat in the microwave. Add hot sauce if desired.

*Satisfy cravings with healthy swaps.  
Smart move, Sista!*

## 15-CALORIE FUDGESICLES

Prep a batch of these any time. They are great to have on hand when you need a sweet fix, and even offer a dose of protein. Calories vary depending on size of pop, but will be between 10-35. That number is so low it's hilarious.

- 1 cup unsweetened almond milk
- 1 Tbsp cocoa powder
- 1/4 scoop chocolate protein powder,  
swap for vanilla if needed.
- Add stevia for desired sweetness

**Instructions** - Combine all ingredients in a blender and process a few seconds. Add stevia until desired sweetness is reached. Freeze into popsicles or ice cubes. I've found popsicle molds at IKEA, The Dollar Store, and even some grocery stores.



*Revved & Ready. Let's do this!*



## Monday

### YAM & TURKEY FRITTATA or SCRAMBLE

3 ounces yam, cooked and chopped  
1 egg + 2 whites  
1 1/2 ounces cooked ground turkey  
1/2 ounce feta (14 grams)  
mixed greens

**For the scramble** - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with feta.

### CHOCOLATE PEANUT BUTTER PROTEIN BITES

Option - prepare 2 additional servings now for Wed. & Sun.

#### Portions for 1 serving

1 scoop chocolate protein powder (vanilla can be used)  
1 Tbsp honey  
1 Tbsp all-natural peanut butter  
1/2 Tbsp unsweetened coconut flakes  
add water as needed, will vary depending on protein powder

Combine all ingredients in a small bowl. Use a fork to smoosh it together. Add just a little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes. Who needs to buy protein bars now? Oh my heaven, these are good.

### AVOCADO TUNA SALAD TOASTS

1 slice bread, sprouted grain or gluten-free recommended  
1 can tuna packed in water, drained  
2 ounces avocado  
1/2 cup celery + 1/4 cup apple + 2 Tbsp red onion  
- all 3 finely chopped  
1/2 tsp lime juice + s&p to taste  
mixed greens

Toast bread. Finely chop celery, apple and red onion. In a small bowl, mash avocado with a fork and season with a little lemon juice and s&p to taste. Add to tuna mixture and stir together. Place greens on toast and top with tuna salad.

### VEGGIES & HUMMUS

1-2 cups vegetables  
1/4 cup hummus

How do you dip? You pick. :)

### GREEK CHICKEN SALAD

3 ounces chicken, cook additional 10 oz. for upcoming meals

1/2 ounce feta  
1/2 Tbsp EVOO (extra virgin olive oil)  
1 tsp lemon juice  
s&p to taste + 1/2 tsp oregano  
mixed greens

### CHICKEN COOKING OPTIONS

**Roast**- Preheat oven to 425', line a baking tray with foil, and spray with oil. Season chicken lightly with s&p. Roast until meat thermometer reads 165'. Allow to cool slightly (3-5 minutes)

**Sauté**- Cut chicken into thin strips. Season lightly with s&p. Heat a large pan to medium high, spray with oil, and add chicken. Cook, turning occasionally, until chicken is no longer pink.

**To serve** - Place greens on a plate. Top with chicken and feta. Drizzle with EVOO and lemon juice. Lightly season with s&p and oregano.

*SAVVY CHEF PREP*  
Plan now when you'll prep and start tomorrow's  
Slow Cooker Turkey Ratatouille

## Tuesday Meal Prep

Freeze a banana for a thicker smoothie tomorrow morning

Optional - Pre-pack tomorrow's lunch & snacks



## Tuesday

**DINNER REMINDER**  
Don't forget to set the slow cooker  
in the morning or afternoon.

### CHOCOLATE MINT SMOOTHIE with COCONUT FLAKES

1 scoop chocolate protein powder, swap vanilla if needed  
1 Tbsp cocoa powder + 1 tsp almond butter  
1 Tbsp fresh mint  
1 cup spinach or other milk leafy greens  
2 ounces banana (about 1/2 banana), fresh or frozen  
1/2 - 3/4 cup unsweetened almond milk  
1 Tbsp unsweetened coconut flakes (sprinkled on top)

Combine all ingredients, except coconut flakes, in a blender, starting with just 1/2 cup almond milk. Once blended, add more to reach desired consistency. Taste and add a little stevia if desired. Top with coconut flakes.

### PEACH PARFAIT

6 ounces plain Greek yogurt  
1/2 cup peaches, fresh or frozen (thawed)  
2 tsp honey

### 'THE PICNIC BASKET' SALAD

**Food prep option - prepare an extra salad for Thursday's lunch now, leaving dressing and cantaloupe separate**

3 ounces chicken, prepped from Monday's dinner  
1.2 cup cooked barley or rice, from Food Prep  
1/2 cup cantaloupe, minced  
1 Tbsp mint, minced  
1-2 cups mixed greens  
**Dressing** - 1/2 Tbsp EVOO, 1 tsp balsamic or wine (red or white) wine vinegar, s&p to taste.

### FOOD LOVE MOMENT

This salad was inspired by a trip to Santa Cruz. It will forever be held in my memory as the perfect salad in the perfect place. 'The Picnic Basket,' is the name of the restaurant it came from. Feel free to take a mental break to Santa Cruz while you eat. :) )

Place greens on a plate and add toppings. For the dressing, you can drizzle ingredients separately on top, or whisk together in a small bowl first and drizzle. You pick depending on time and personal taste.

### MOROCCAN ORANGES

1 orange, peeled & chopped  
2 Tbsp almonds (sliced or chopped)  
1/2 tsp cinnamon, a sprinkle, a dash, a ...whatever you like.

Combine in a bowl and serve. If you're in a time crunch, swap any fruit and 2 tbsp nuts. Grab and go. Sometimes Morocco has to wait, and that's ok.

### SLOW COOKER TURKEY RATATOUILLE

1 can diced tomatoes, 15.5 ounces  
1 can tomato sauce, 8 ounces  
1 onion, diced  
2 garlic cloves, mined  
1 medium eggplant, diced  
2 small zucchini, diced

#### ADD TO INDIVIDUAL BOWL BEFORE SERVING

4 ounces ground turkey, from Food Prep  
1/4 cup cooked rice or barley, from Food Prep. Reserve last 1/2 cup for Thursday's lunch.

**Slow Cooker Instructions** - combine all ingredients in slow cooker, leaving out turkey and barley or rice. Cook on low for 6 hours, or high for 3.

**To serve** - Place 1/3 ratatouille into a bowl. Stir in turkey and rice or barley.

**Food prep** - pack same meal for Wednesday's lunch.

## Wednesday Meal Prep

**Lunch** - Portion and pack Wednesday's lunch before putting dinner away (one less time to get food out), optional

**Save it** - reserve 1/3 portion of ratatouille for Thursday's dinner



## Wednesday

### YAM & TURKEY FRITTATA or SCRAMBLE

3 ounces yam, cooked and chopped  
1 egg + 2 whites  
1 1/2 ounces cooked ground turkey  
1/2 ounce feta (14 grams)  
mixed greens

**For the scramble** - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with feta.

### CHOCOLATE PEANUT BUTTER PROTEIN BITES

Portions for 1 serving  
1 scoop chocolate protein powder (vanilla can be used)  
1 Tbsp honey  
1 Tbsp all-natural peanut butter  
1/2 Tbsp unsweetened coconut flakes  
add water as needed, will vary depending on protein powder

Combine all ingredients in a small bowl. Use a fork to smoosh it together. Add just a little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes.

### SLOW COOKER TURKEY RATATOUILLE

Prepared with Tuesday's dinner. Use same exact portions.  
Reserve 1/3 ratatouille for Thursday's dinner

### CHICKEN & AVOCADO LETTUCE WRAPS

large lettuce leaves  
2 ounces chicken, prepped from Monday's dinner  
2 ounces avocado  
salt and lemon/lime juice (optional)

Lay out lettuce leaves. Fill with chicken. Mash avocado and season with salt and a little bit of lime or lemon juice. Adjust to taste. Spread atop chicken. Roll up lettuce or eat like a boat. Who eats boats? We do! ; )

### SLOW COOKER THAI PORK with SLAW

5 ounces pork sirloin roast trimmed of fat  
(cook additional 3/4 pound minimum for upcoming meals)  
2 Tbsp soy sauce  
2 Tbsp white wine or rice vinegar  
2 garlic cloves, chopped  
1 Tbsp fresh ginger, grated or minced  
1/4 water  
1 packet stevia or 4 drops

**Slow cooker directions** - Add soy sauce, vinegar, garlic, ginger, water and stevia to slow cooker. Stir together. Cut pork into large chunks and add to slow cooker. Coat meat with sauce. Cook on high for 3-4 hours, or low for 6-7.

### 1-MINUTE PEANUT SAUCE - ADD BEFORE SERVING

Portions for 1 serving - prepare 2 (1 for tonight, 1 for Fri.)  
1 Tbsp all-natural peanut butter  
2-3 Tbsp sauce/liquid from slow cooker  
1/4 bag coleslaw mix, or 1-2 cups sliced/shredded cabbage

**1-Minute Peanut Sauce** - In a small bowl, add 1 Tbsp peanut butter and 2 Tbsp liquid from slow cooker. Mix together with a fork. Add additional liquid to reach desired consistency.

**To serve** - Heat pork and cabbage in a pan (a quick saute) or heat in the microwave. Top cabbage with rice and pork. Drizzle with 1 serving of 1-Minute Peanut Sauce and garnish with green onions.

## Thursday Meal Prep

**Lunch:** Portion and pack Friday's lunch (repeat of tonight's dinner) before putting dinner away, optional





## Thursday

### YAM & TURKEY FRITTATA or SCRAMBLE

3 ounces yam, cooked and chopped  
1 egg + 2 whites  
1 1/2 ounces cooked ground turkey  
1/2 ounce feta (14 grams)  
mixed greens

**For the scramble** - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with feta.

### PEACH PARFAIT

6 ounces plain Greek yogurt  
1/2 chopped cup peaches, fresh or frozen (thawed)  
2 tsp honey

### 'THE PICNIC BASKET' SALAD

3 ounces chicken, prepped from Monday's dinner  
1/2 cup barley or rice from Food Prep  
1/2 cup cantaloupe, minced  
1 Tbsp mint, minced  
1-2 cups mixed greens  
Dressing - 1/2 Tbsp EVOO, 1 tsp balsamic or wine (red or white) wine vinegar, s&p to taste.

Place greens on a plate and add toppings. For the dressing, you can drizzle ingredients separately on top, or whisk together in a small bowl first and drizzle. You pick depending on time and personal taste.

### VEGGIES & HUMMUS

1-2 cups vegetables, celery unlimited  
1/4 cup hummus

### RATATOUILLE QUINOA BOWL, meatless

1 cup quinoa, (measured once cooked)  
Remaining portion of Ratatouille, from Tuesday night  
2 ounces avocado

Combine quinoa and ratatouille in a bowl and warm in the microwave. Top with avocado and sprinkle with a little salt.

### SAVVY CHEF PREP

Plan now when you'll prep and start tomorrow's  
Slow Cooker Chicken Noodle Soup

Cook 1 cup (measured dry) quinoa according to package directions. It will be used for tonight's dinner, Friday's breakfast & upcoming meals.

### PRE-WEEKEND TIP

You get two reward meals or treats per week. Before you head into the weekend, plan exactly when and where those meals will be. Make them special and awesome - you deserve them. What have you been really wanting? HAVE IT & FULLY ENJOY IT GUILT FREE. Your body and mind will appreciate it, and you'll be refreshed for your journey. But, keep it to two. You got this!

## Friday Meal Prep

Portion and pack any or none of Friday's meals.

TIP - The more you plan & prep what you'll eat on Friday, the better you're set up for easy, breezy success.



## Friday

**A LIL WHISPER REMINDER**  
When ya grocery shopping for next week?  
Think about it. ; )

### PEACHY QUINOA BOWL

2 ounces banana, or 1/2 banana  
1/3 cup peaches, thawed and chopped  
1/2 cup cooked quinoa, prepped Wednesday night  
1/2 cup unsweetened almond milk  
1/2 Tbsp nut butter or 1 Tbsp nuts  
3 ounces plain Greek yogurt  
stevia to taste

Add banana to a bowl and mash with a fork. Add quinoa, peaches and almond milk. Stir and heat in the microwave. Add stevia if desired. Top with almond butter or nuts. Eat yogurt separately or add on top of quinoa bowl.

### SAVORY BENTO BOX

1/2 cup cherry tomatoes  
1 hard-boiled egg  
2 Tbsp hummus

**Serving options** - slice and layer, or slice and dip. Whatever you do, enjoy your cute lil box. ; )

### SLOW COOKER THAI PORK

3 ounces pork, prepped from Wednesday's dinner  
1 portion 1-Minute Peanut Sauce, from Wed.'s dinner  
1/2 cup cooked quinoa, prepped Thursday night  
1/4 bag coleslaw mix, or 1 -2 cups sliced/shredded cabbage

Combine everything in a bowl. Serve hot or cold.

### COCONUT CANTALOUPE

2 Tbsp unsweetened coconut flakes  
1 cup cantaloupe

**Serving options** - chop cantaloupe and sprinkle coconut flakes on top, or make giant cantaloupe spears and dip in coconut flakes.

### SLOW COOKER CHICKEN NOODLE SOUP

**Portions for 1 serving (Recipe makes 2 equal servings)**

4 ounces chicken breast  
1 ounce (measured dry) pasta  
1/2 soup mixture

#### Slow cooker ingredients

8 - 10 ounces chicken (extra cooked for Saturday's lunch)  
1 cup carrots, chopped  
1 cup celery, chopped  
1 small onion or 1/2 medium, chopped  
1 garlic clove, chopped + 1 tsp thyme (optional)  
1 can chicken broth, about 15.5 ounces

#### Add after cooking

1 ounce pasta per serving

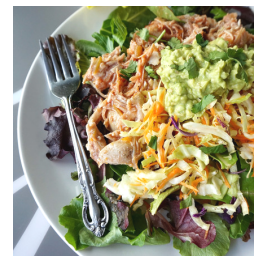
**Slow Cooker Directions** - Combine all ingredients in the slow cooker except pasta. Cook on high for 3 hours or low for 5 hours. 30 minutes prior to serving, add in the pasta and cook until tender (20-30 minutes). Remove and measure the portions of chicken and pasta.

**Pasta cooking option** - feel free to cook pasta separately on the stove if needed.

**To serve** - Shred or chop portioned chicken. In a large bowl, combine chicken, cooked pasta and 1/2 soup mixture. Enjoy.

## Saturday Meal Prep

Lunch - make an identical Chicken Noodle Soup serving for tomorrow.



## Saturday

Weekends can be all over the place with food. Take some time Saturday to plan what and when you'll eat. If you need to work around eating out, do it.

Once you decide, visualize & mentally rehearse what you'll do - really see it in your mind. Don't focus on what you want to avoid, focus on what you want to do or eat that will keep you on track, and see yourself enjoying it.

**PLAN IT. SEE IT. DO IT.**

### CHOCOLATE MINT SMOOTHIE with COCONUT FLAKES

1 scoop chocolate protein powder, swap vanilla if needed  
 1 Tbsp cocoa powder + 1 tsp almond butter  
 1 Tbsp fresh mint  
 1 cup spinach or other milk leafy greens  
 2 ounces banana (about 1/2 banana), fresh or frozen  
 1/2 - 3/4 cup unsweetened almond milk  
 1 Tbsp unsweetened coconut flakes (sprinkled on top)

Combine all ingredients, except coconut flakes, in a blender, starting with just 1/2 cup almond milk. Once blended, add more to reach desired consistency. Taste and add a little stevia if desired. Top with coconut flakes.

### SAVORY BENTO BOX

2 hard-boiled eggs (1 more than Friday's)  
 1/2 cup cherry tomatoes  
 1 Tbsp hummus

Serving options - slice and layer, or slice and dip. Whatever you do, enjoy your cute lil box. Feel free to swap vegetables if desired.

### SLOW COOKER CHICKEN NOODLE SOUP

Same portions as Friday's dinner

### MOROCCAN ORANGES

1 orange, peeled and chopped  
 2 Tbsp almonds, sliced or chopped  
 cinnamon sprinkled on top

It's the weekend! If you want a treat, swap your snack portion for one.

### PORK CARNITAS SALAD - no cooking!

5 ounces pork, prepped with Wednesday's dinner  
 2 ounces avocado, mashed w/a lil salt & lemon juice to taste  
 1-2 cup mixed greens  
 1/4 bag coleslaw mixture (reserve remaining for Sun.'s lunch)

Dressing  
 3/4 Tbsp EVOO  
 1 tsp lemon or lime juice  
 s&p to taste

If desired, reheat pork in microwave or in a skillet. Lay greens on a plate and top with pork. In a medium bowl, mash avocado with salt and lemon or lime to make a quick guacamole. Add to plate. In the same bowl, combine EVOO, lime juice and s&p to taste. Add coleslaw to bowl and stir to coat. Add slaw to salad and enjoy.

## Sunday Meal Prep

**Lunch** - Prep Sunday's Pork Carnitas Salad with different portions (see Sunday's plan)



# Sunday

Sunday's meals have been designed to be flexible for many reasons -

1. save money
2. limit cooking time, since you'll hopefully be food prepping for next week
3. avoid waste
4. learn how to better create your own clean meals with balanced portions
5. enjoy getting creative in the kitchen by using what you already have
6. become more familiar with the options on the Calorie Swap Cheat Sheet

All these things are perfect practice rounds for life after the program - they're valuable tools that will help you from this time forward. I use this knowledge every day to concoct and balance my meals. You're learning proper portioning, meal-concocting, working'-the-leftovers #smartchef strategies, leading you to enjoyable and longterm success.

### PEACHY QUINOA BOWL

- 2 ounces banana, or 1/2 banana
- 1/3 cup peaches, thawed and chopped
- 1/2 cup cooked quinoa, prepped Wednesday night
- 1/2 cup unsweetened almond milk
- 1/2 Tbsp nut butter or 1 Tbsp nuts
- 3 ounces plain Greek yogurt
- stevia to taste

Add banana to a bowl and mash with a fork. Add quinoa, peaches and almond milk. Stir and heat in the microwave. Add stevia if desired. Top with almond butter or nuts. Eat yogurt separately or add on top of quinoa bowl.

### B.T.C. SNACK, 150-200 calories

Option - remake any snack from the week

### PORK CARNITAS SALAD with an ORANGE

- 4 ounces pork, prepped from Wednesday's dinner
- 1 ounce avocado, seasoned with salt and lemon juice
- 1-2 cups leafy greens
- 1/4 bag coleslaw
- Dressing - 1/2 Tbsp EVOO
- 1 tsp lime or lemon juice
- s&p to taste
- 1 orange on the side

Directions - see Saturday's plan

### B.T.C. SNACK, 200 calories

Include at least 1/2 portion of protein and some fruit or veg.

Use up leftovers and remake a snack from the week, or get creative You're a #smartchef now.

### B.T.C. DINNER, 350 calories

- 3-4 ounces lean protein
- 1-2 cups vegetables
- 1-2 servings healthy fats
- Add 1/2 cup carbs if really hangry...er, hungry

**BIG DINNER OPTION** - opt-out of the snack to make room for a bigger dinner.

## Monday Meal Prep

See WEEK 2 Food Prep page