

Nutrition Plan



SLIM SMART *Transform*

WEEK THREE MEAL PLAN



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. For instructions regarding adding calories, see your Nutrition Plan Guidebook. In general, start by adding more protein and vegetables portions based on hunger.
- 3) During the first few weeks the grocery budget may be higher because many items will be pantry staples used throughout the entire program.
- 4) If you've decided to create your own a la carte menu (Meal Plan Option 3), bulk prep a few meal days from the program and repeat them (Meal Plan Option 4), or design your own menu within the Nutrition Plan framework (Meal Plan Option 5) then you will need to create a personalized grocery list.



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

Buenas Dias
Breakfast
Burrito

PB&J
Smoothie

Chicken
Pesto
Salad

Chipotle
Cucumber Crostini
Bites

Slow Cooker
Caribbean
Pork

T

Blackberry
Oatmeal
Parfait

Veggies &
Chipotle
Hummus

Caribbean
Pork Bowl

Strawberry
Chia Pudding

Slow Cooker
Curried Red Lentil
Soup with Chicken

W

Avocado Toast
with Green Eggs
& Ham

Lemon & Coconut
Protein Bites

Chicken
Pesto
Salad

Curried Red Lentil
Soup with Yogurt

Pork with
Chipotle Beans
& Guacamole

Th

Buenas Dias
Breakfast
Burrito

PB&J
Smoothie

Curried
Red Lentil Soup
with Crisped Ham

Apple
Nachos

Island Pork
with Guacamole

F

Avocado Toast
with Green Eggs
& Ham

Lemon & Coconut
Protein Bites

Asian Salad with
Edamame &
Sesame Seeds

Curried Red Lentil
Soup with Yogurt

Slow Cooker
Tortilla Soup

Sa

Blackberry
Oatmeal
Parfait

Pesto
Egg Salad

Slow Cooker
Tortilla Soup

Fruity
Chia Pudding

Asian
Lettuce
Cups

Sun

Remake
1 breakfast
from the week

Pesto
Egg Salad

B.T.C. Wrap, Salad
or leftover Soup

B.T.C.
Be The Chef
Snack or Smoothie

B.T.C. Leftovers Bowl
Be The Chef

Week 3 Grocery List

FRUIT

- _ 1 large apple
- _ 2 pieces of fruit of choice
- _ 1 carton strawberries or 2 1/2 cups. Can use frozen too
- _ 1 lemon, for zest and juice
- _ 2 avocados, one ripe on Wednesday, one ripe Friday

VEGETABLES

- _ 2 pounds carrots, enough for snacks
- _ 5 roma tomatoes
- _ 1 bell pepper, choose color. Wish reds were cheaper. Doh!
- _ 1 big bag baby spinach (usually cheaper) or mixed greens, May need 2 bags.
- _ 1 head lettuce for Asian Lettuce Cups, can sub mixed greens
- _ 1 cucumber
- _ green onions/scallions, 1 bunch
- _ 12 ounces yams
- _ additional vegetables for snacks if desired
- _ 2 medium yellow onions
- _ 1 head garlic
- _ 1 small knob ginger
- _ cilantro

PROTEIN

- _ 2 pounds lean ground turkey, or lean ground chicken
- _ 1 1/4 pounds or more chicken breasts
- _ 1 lb or more pork sirloin roast or pork tenderloin
- _ 18-count carton of eggs
- _ 1 pack nitrate-free deli turkey or ham. 200 calories worth.

GRAINS/LEGUMES

- 1 cup red lentils
- _ bread (you'll only need 2-3 slices). Try to use gluten free or sprouted grain, but 100% whole wheat is fine in moderation
- _ tortillas (you will need 2-4). 100-150 calories each. Same guidelines as bread.
- _ 1 cup brown rice
- _ 1 cup old-fashioned oatmeal

HEALTHY FATS

- _ raw nuts for snacks and toppings, about 1/2 cup
- _ all-natural peanut butter
- _ almond butter, if needed, try to find a little sample pack
- _ unsweetened coconut flakes, 1/4 cup
- _ chia seeds, 1/4 cup
- _ sesame seeds, 2 Tbsp

REFRIGERATED & FROZEN

- _ 1 container refrigerated pesto
- _ 4 6-ounce plain Greek yogurt cups, non-fat or low-fat. 36 ounces total.
- _ 1 carton unsweetened almond milk
- _ 1 bag frozen blackberries
- _ strawberries, if using frozen
- _ 1 bag edamame. Only need 1 cup. Check your freezer first

CANS

- _ 2 15.5 ounce cans diced tomatoes, low-sodium
- _ 1 can tomato paste, only need 3 ounces, check your leftovers
- _ 2 cans chicken broth or 1 carton. Can sub for healthy bouillon
- _ 1 jar hoisin sauce, in Asian section
- _ 8 oz can water chestnuts, optional for Asian Lettuce Cups
- _ 1 can fat-free refried beans
- _ 1 can chipotle chilis in adobo sauce. In Hispanic section

HAVE ON HAND - Flavorings & Cooking/Baking Staples

- _ honey
- _ stevia
- _ cooking spray
- _ dijon mustard
- _ 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 & onion powder

SUPPLEMENTS

- _ Protein powder - vanilla works best for the recipes this week

Food Prep

Rock this out before Monday. Set aside 30 minutes to focus
- turn on your favorite jams, and smash it out like a pro!

MUST PREP

1. Roast or pan-fry chicken breast, 1 1/4 pounds
2. Cook 1/2 cup brown rice
3. Chipotle Hummus

OPTIONAL PREP

1. Prep 1 or 2 chia puddings
2. Lemon & Coconut Protein Bites, 2 servings
3. Portion Chicken Pesto Salads for Mon. & Wed.
4. Prep snacking vegetables - carrots and celery for raw snacks. Peel, chop etc into your fave size and shape.
5. Hard-boil 4 eggs, to be used starting Friday
6. Portion any of the upcoming snacks



HOW TO ROAST CHICKEN

Preheat oven to 425'. Line a baking sheet with foil and coat with cooking spray. If chicken is really thick, slice in half for faster cooking if desired. Season both sides of chicken with s&p. Roast until meat thermometer reads 165'. All pinkness will be done in the middle when cut open. Cooking time will vary depending on thickness. The chicken will feel a little squishy, but not too hard if you push/poke it with your finger. The more often you roast chicken, the more familiar you will become with the perfect doneness. :)

HOW TO PAN-FRY CHICKEN

Cut chicken into fairly thin and even pieces, slices or cubes, but don't be too anal about it. 'Simple is sexy,' remember? Season lightly with s&p. Add to large fry pan coated with cooking spray. Cook until *just* no longer pink. If you continue cooking it, the chicken will get more tough. Erm.....no bueno.

HOW TO COOK BROWN RICE

Rice on the stove - Rinse rice. In a medium pot, add 2 parts water to 1 part rice. Bring to a boil. Reduce heat to a slow simmer and cover. Cook for 20-25 minutes. Once done, allow to rest for 10 minutes covered.

Rice-cooker option - If you have a rice cooker, add same portions to it, put lid on, and press cook. Yep, like dat. Done. **Rice flavor-boost option** - Cook rice in chicken broth or stock instead of water

CHIPOTLE HUMMUS

- 1 can refried beans, fat free
- 1 chipotle in adobo sauce, finely chopping
- 1 Tbsp lime or lemon juice, lime preferred
- 1 large garlic clove, or 2 small
- 1/2 tsp salt + 1/4 tsp pepper
- 2 Tbsp cilantro, optional

MONEY-SAVER →

Combine all ingredients in a food processor or blender. Process until smooth. Add additional adobo sauce if desired, but be careful - it's spicy!

Freezing Chipotles - On a cutting board, lay down a layer of saran wrap. Lay individual chilies on top, leaving an inch between each one. Cover with an additional layer of saran wrap, and push down to remove excess air. Lay flat in the freezer, Once frozen, cut out individual chipotles, keeping the 'wrappers' on, and store in a labeled bag.

Food Prep

HOW TO MAKE CHIA PUDDING

In a small bowl, combine chia seeds, almond milk and stevia (optional). Stir every few minutes for the first 10 minutes, then allow to rest in the fridge for another 20 minutes. Once set, top with strawberries and honey. If desired, wait to add toppings just prior to serving - you choose.

Tip - Instead of stirring, use a lidded jar and shake & flip it every few minutes for the first 10 minutes.

LEMON & COCONUT PROTEIN BITES

See Wednesday's Plan for recipe and instructions

PORTION CHICKEN PESTO SALADS

See Monday's Plan for recipe and instructions. It's supah simple.

HOW TO COOK PERFECT HARD-BOILED EGGS - make 4

Place eggs in a small pot and cover with water. Bring water to a boil. Once it's boil, 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.

Create a 'Conquer Cravings' stash

DID YOU START YOURS YET? WHAT'S ON IT? Share your wins and ideas on social media!

Cravings happen. It's all good - no need to stress. The best way to handle a craving is to freaking listen to it, but in a *smart* way. You can be 100% satisfied with healthy options, you just need to know how, and what works for you

Here are MY FAVE GO-TOs. Test out whatever you want. After time, you'll develop your own killer list, and cravings will just be an opportunity to eat something healthy and yummy. The more you practice, the better you'll get.

Sweet Fixes - 15-calorie fudgesicles, frozen banana bites (only 25 calories per ounce), tea with almond milk and stevia, BCAAs (I love BSN Amino X Green Apple), freeze 1/4 of any smoothie into a popsicle for later, plain Greek yogurt with honey drizzle

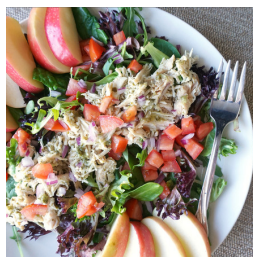
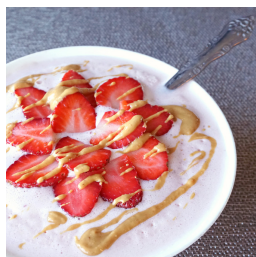
Crunchy fixes - lightly salted rice cakes (add nut butter if desired), long celery sticks dipped in salsa, baked tortillas, carrots, 3 cups air-popped popcorn (100 calories), big leaves of romaine hearts to be used as chips for dipping

Carbonation - I LOVE La Croix in any flavor and I LOVE adding ice to my fave wine glasses, pouring in La Croix and watching a movie.

TIP OF THE WEEK - Many ingredients can be frozen to preserve freshness

1. Fresh ginger - peel ginger and wrap. Can be grated directly from the freezer
2. Tomato Paste - freeze leftovers in 1 Tbsp portions using an ice cube tray. Once frozen, pop out, seal in an airtight bag and label.
3. Chipotle Peppers in Adobo - See bottom of previous page. This is my favorite freezing trick.

*Bring it, Week! You scared, Week?! We're coming' for ya. Rawrrrrr
#unstoppable*



Monday

DON'T FORGET
Set your slow cooker this morning or
this afternoon for dinner.

BUENAS DIAS BREAKFAST BURRITO

2 eggs + 1 egg white
1/4 cup tomato, chopped + handful of leafy greens
cilantro + spices, optional
1 tortilla
1 1/2 Tbsp Chipotle Hummus, from Food Prep

Chop tomatoes. Cook eggs to your liking. Towards the end of cooking, add tomatoes and greens to pan and gently heat through. Remove from heat. Spread chipotle hummus on tortilla and heat in microwave for 10-15 seconds. Add eggs tomatoes, greens and any optional spices. Wrap up. If traveling, wrap bottom half in foil for a stain-free experience. Cheers to dat. Buenos Dias!

PB&J (PEANUT BUTTER & JELLY) SMOOTHIE

1/2 cup unsweetened almond milk + 1/2 cup ice
1 big handful leafy greens
1 scoop protein powder, vanilla recommended
1/2 cup strawberries, fresh or frozen
1 Tbsp. natural peanut butter, unsweetened

Smoothie bowl option - Reserve some or all strawberries & peanut butter from smoothie to use as toppings.

CHICKEN PESTO SALAD

1-2 cup leafy greens
3 ounces cooked chicken, chop or shred, from Food Prep
3/4 Tbsp pesto
1/3 -1/2 cup tomato, chopped
1/4 cup red onion, minced
1 piece of fruit on the side, or chop and add to salad

Freestyle assembling - Have some fun with it! - Place greens on a plate and add toppings as you go. Plop and drizzle pesto over the top. Add fruit into the salad or eat it on the side.

CHIPOTLE CUCUMBER CROSTINI BITES

1/2 cucumber, sliced
1/2 cup Chipotle Hummus, from Food Prep

Slice cucumbers and spread on hummus, or just dip 'em. Cucumbers are the new sliced baguette. So sophisticated ;)

SLOW COOKER CARIBBEAN PORK

1 pound pork sirloin roast
1 green pepper, chopped or sliced
4 green onions, white part only, save greens for after cooking
2 Tbsp hoisin sauce + 1 Tbsp soy sauce + 1 Tbsp lime juice
1 tsp cumin
2 garlic cloves, chopped
Quick Peanut Sauce
1 Tbsp peanut butter + 1/4 - 1/2 cup slow cooker sauce
Portions for 1 serving
4 ounces pork
1 Tbsp peanut butter + sauce
1/4 cup cooked rice, from Food Prep (1/2 cup rice for lunch)
1 cup vegetables + green onions

Slow Cooker Directions - Before adding pork roast, add hoisin, soy sauce, lime juice, cumin and garlic to slow cooker, stirring until combined. Add pork, green pepper and green onions. Pour spoonfuls of sauce over the top until coated. Cook on low for 7 hours, or high for 3 1/2.

Quick Peanut Sauce- In a small bowl, add 1/4 cup liquid from slow cooker. Add 1 Tbsp peanut butter and stir with a fork until smooth. Continue to add more liquid as needed to create desired sauce consistency.

To serve - In a bowl, combine measured pork and rice. Add any optional vegetables. Pour sauce over top and sprinkle with 1/2 green onions.

SAVE THE SLOW COOKER SAUCE - store remaining sauce/liquid in an airtight container & label. It will be used later in the week for flavor boosts!

Tuesday Meal Prep

Pack Tuesday's lunch - It's the same as dinner, but with 1/2 cup rice



Tuesday

DON'T FORGET
Set your slow cooker this morning or
this afternoon for dinner.

BLACKBERRY OATMEAL PARFAIT

1/3 cup old-fashioned oats
1/2 cup unsweetened almond milk
1/3 cup blackberries, thawed or fresh
6 ounces plain Greek yogurt, non-fat or low-fat
1 Tbsp nuts + 2 tsp honey

Combine oats and almond milk in a bowl. Microwave for 1 1/2 minutes until oatmeal starts to rise for 10-15 seconds. Add yogurt to one side of the bowl. Top with blackberries, nuts and honey. Lightly swirl together.

Option - eat yogurt on the side, dispersing toppings as desired.

VEGGIES & CHIPOTLE HUMMUS

1-2 cup veggies
1/2 cup Chipotle Hummus, from Food Prep

CARIBBEAN PORK BOWL

4 ounces pork sirloin roast, from Monday's dinner
1/2 cup cooked rice, from Food Prep
1-2 cups mixed greens
vegetables from slow cooker

Quick Peanut Sauce

1 Tbsp peanut butter + 1/4-1/2 cup slow cooker sauce

In a bowl, add the peanut butter and sauce. Stir together until smooth. Add remaining ingredients and stir until combined. Reheat and enjoy.

FOOD PREP SUGGESTION

Prep 2 chia puddings now so one is already done and ready for Saturday's snack time. Chia pudding stores really well!

STRAWBERRY CHIA PUDDING

1/3 cup unsweetened almond milk + stevia (optional)
2 Tbsp chia seeds
Toppings
1/2 cup strawberries, chopped
1 tsp honey

In a small bowl, combine chia seeds, almond milk and stevia (optional). Stir every few minutes for the first 10 minutes, then allow to rest in the fridge for another 20 minutes. Once set, top with strawberries and honey. **Tip** - Instead of stirring, use a lidded jar and shake & flip it every few minutes for the first 10 minutes.

SLOW COOKER CURRIED RED LENTIL SOUP with CHICKEN

Makes 4 servings, reserve all

Soup ingredients for slow cooker

1 cup red lentils, dry
1 onion, chopped + 1 large carrot, chopped
1 15.5 oz can diced tomatoes
1 15.5 oz can chicken broth or substitute healthy bouillon
3 garlic cloves, chopped
1 inch piece fresh ginger, minced or grated
2 tsp curry, can add more to taste when done cooking

Portions for 1 serving

1/4 portion soup
2 ounces cooked chicken, from Food Prep

Toppings

25 calories ham, apx. 2 slices, pan-fried
2 ounces plain Greek yogurt
cilantro + red pepper flake (optional)

Add all soup ingredients to slow cooker. Cook on low for 7 hours or high for 3 1/2. Once done, allow to cool slightly. Blend until smooth, adding extra broth for a thinner soup if desired. Add more curry powder and salt to taste.

Blending option 1 - Place an immersion blender in the slow cooker and blend until smooth.

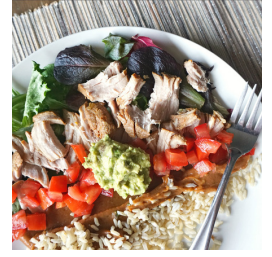
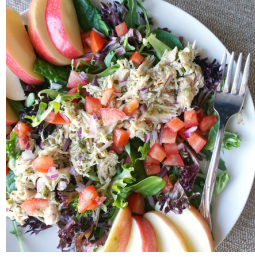
Blending option 2 - Transfer soup in batches to the blender and process until smooth.

Pan-fry ham - In a medium fry pan sprayed with oil, cook both sides of ham until lightly browned. Remove and allow to cool slightly before slicing into thin strips.

To serve - Pour 1/4 portion soup into a bowl, and stir in chicken. Top with ham and yogurt. Garnish with cilantro & red pepper flake, optional.

Wednesday Meal Prep

Lunch - Portion and pack exact same portions as tonight's dinner, but keep toppings separate until serving.



Wednesday

AVOCADO TOAST with GREEN EGGS & HAM

1 slice bread
1 1/2 ounces avocado, sprinkle with salt & lemon juice, optional
1 egg + 1 egg white
50 calories of ham or turkey
1-2 cups leafy greens

Toast bread and top with avocado. Cook eggs how you like 'em. Once almost done, add greens until slightly wilted. Remove. In the same pan, brown both sides of ham. Dish up.

LEMON & COCONUT PROTEIN BITES

1 scoop vanilla protein powder
1/2 Tbsp almond butter + 1 Tbsp honey
1 1/2 - 2 tsp lemon juice
Outer coating - 1/2 Tbsp unsweetened coconut flakes
a little lemon zest (use grater), optional

In a medium bowl, add protein powder, almond butter, honey and 1 1/2 tsp lemon juice. Mash with a fork until the bites can barely stick together. If needed, add additional 1/2 tsp lemon juice first, then add additional water, just a few drops at time - no sloppiness here. Form into 3 balls. In a separate small bowl, combine coconut flakes and lemon zest. Roll balls in mixture until fully coated.

Food Prep Option - Make 1 more batch for Friday's snack. Just double the recipe. BOOM.

CHICKEN PESTO SALAD

1-2 cup leafy greens
3 ounces cooked chicken, chop or shred, from Food Prep
3/4 Tbsp pesto
1/3 - 1/2 cup tomato, chopped
1/4 cup red onion, minced
1 piece of fruit on the side, or chop and add to salad

Freestyle assembling - Have some fun with it! - Place greens on a plate and add toppings as you go. Plop and drizzle pesto over the top. Add fruit into the salad or eat it on the side.

CURRIED RED LENTIL SOUP with YOGURT

1/4 portion soup, prepped with Tuesday's dinner
Topping - 1 ounce plain Greek yogurt
cilantro + red pepper flake (optional)

PORK WITH CHIPOTLE BEANS & GUACAMOLE

3 ounces pork, prepped with Monday's dinner
1/2 cup Chipotle Humms, from Food Prep
1/4 cup cooked rice, from Food Prep
1-2 tomatoes, chopped
Topping - 1 ounce avocado, sprinkled with salt and lemon juice

Combine ingredients in a bowl and heat through. Top with avocado.

Thursday Meal Prep

Portion & pack Thursday's dinner using ingredients from tonight's dinner.

4 ounces pork, 1/4 cup cooked rice, 2 ounces avocado. Add some additional liquid from slow cooker for more flavor if desired



Thursday

BUENAS DIAS BREAKFAST BURRITO

2 eggs + 1 egg white
 1/4 cup tomato, chopped + handful of leafy greens
 cilantro + spices, optional
 1 tortilla
 1 1/2 Tbsp Chipotle Hummus, from Food Prep

Chop tomatoes. Cook eggs to your liking. Add tomatoes and greens to pan and gently heat through. Remove from heat. Spread chipotle hummus on tortilla and heat in microwave for 10-15 seconds. Add eggs tomatoes, greens and any optional spices. Wrap up. Buenos Dias!

PB&J (PEANUT BUTTER & JELLY) SMOOTHIE

1/2 cup unsweetened almond milk + 1/2 cup ice
 1 big handful leafy greens
 1 scoop protein powder, vanilla recommended
 1/2 cup strawberries, fresh or frozen
 1 Tbsp. natural peanut butter, unsweetened

Smoothie bowl option - Reserve some or all strawberries & peanut butter from smoothie to use as toppings.

CURRIED RED LENTIL SOUP with CRISPED HAM

1/4 portion lentil soup, prepped with Tuesday's dinner
 2 ounces cooked chicken, from Food Prep
Toppings - 25 calories ham, about 2 slices, pan-fried
 2 ounces plain Greek yogurt
 cilantro + red pepper flake, optional

Pour soup and chicken in a bowl, and heat through. Add toppings.

To pan-fry ham - In a medium fry pan sprayed with oil, cook both sides of ham until lightly browned. Remove and allow to cool slightly before slicing into thin strips.

APPLE NACHOS

Option 1 - 1 apple, sliced + 1 Tbsp nut butter
Option 2 - 1 apple, sliced + 1/2 Tbsp nut butter + 1 Tbsp nuts/seeds

Plate as preferred. Ooooooh.

ISLAND PORK WITH GUACAMOLE

4 ounces pork, prepped from Monday's dinner
 1/4 cup cooked rice, from Food Prep
 liquid from Monday's slow cooker meal, optional
 1-2 tomatoes, chopped
Topping - 2 ounces avocado sprinkled w/salt and lemon juice

Combine pork, rice, tomatoes & optional liquid in a bowl. Warm and top with guacamole.

MANDATORY FOOD PREP - Must be cooked today in order to be ready for Friday's lunch.

1. Brown 2 pounds ground turkey or chicken in large skillet
2. **Prep Asian Sauce** - combine in an airtight container & store in fridge
 4 tsp soy sauce + 1 Tbsp dijon + 1 tsp rice or white vinegar
 1/2 tsp black pepper + 2 Tbsp hoisin + 1/4 cup water
 3 green onions (white tips in sauce, greens for garnish)
 1 8 oz. can water chestnuts, rinsed and drained, chopped

Brown ground turkey - may need to do two batches, or use 2 pans. Heat 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.

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

DON'T FORGET
Set your slow cooker this morning or
this afternoon for dinner.

AVOCADO TOAST with GREEN EGGS & HAM

1 slice bread
1 1/2 ounces avocado, sprinkle with salt & lemon juice, optional
1 egg + 1 egg white
50 calories of ham or turkey
1-2 cups leafy greens

Toast bread and top with avocado. Cook eggs how you like 'em. Once almost done, add greens until slightly wilted. Remove. In the same pan, brown both sides of ham. Dish up.

LEMON & COCONUT PROTEIN BITES

1 scoop vanilla protein powder
1/2 Tbsp almond butter + 1 Tbsp honey
1 1/2 - 2 tsp lemon juice
Outer coating - 1/2 Tbsp unsweetened coconut flakes
a little lemon zest (use grater), optional

See directions, see Wednesday's plan.

ASIAN SALAD with EDAMAME & SESAME SEEDS

1-2 cups leafy greens
3 ounces cooked ground turkey or chicken, prepped Thursday
1/2 cup edamame, thawed
1/4 cup (add more or use less) Asian Sauce, prepped Thursday
1 Tbsp sesame seeds

Lay leafy greens on a plate. Top with ground turkey and edamame. Drizzle desired amount of Asian Sauce over salad, and sprinkle with sesame seeds.

CURRIED RED LENTIL SOUP WITH YOGURT

1/4 portion soup, prepped with Tuesday's dinner
Topping - 1 ounce plain Greek yogurt
cilantro + red pepper flake (optional)

A LIL WHISPER REMINDER

When ya grocery shopping for next week?
Think about it. ;)

SLOW COOKER TORTILLA SOUP

Slow cooker ingredients

1 onion, chopped
1/2 cup chicken broth
1 15.5 oz can diced tomatoes
3 Tbsp tomato paste
2 tsp cumin + 2 tsp chili powder + 1/2 tsp pepper

Portions for 1 serving

4 ounces ground turkey, prepped Thursday
1/2 soup mixture
Toppings - 2 ounces plain Greek yogurt
diced tomatoes + cilantro + hot sauce (all optional)
1/2 tortilla, baked & sliced or crushed

Slow cooker directions - Add all slow cooker ingredients to slow cooker. Cook on low for 6 hours or high for 3.

To crisp tortillas - preheat oven to 400'. Spray 1 1/2 tortillas with cooking spray and season lightly with salt (1/2 for dinner tonight, 1 for lunch tomorrow). Lay directly on cooking rack in the oven. Allow to bake until golden, flipping once. Once golden, remove from oven and allow to cool for a few minutes. They must cool on a surface that allows air to come underneath so the tortillas stay crisp. Slice or break tortilla over soup. Texture will vary depending on brand.

To serve - Ladle 1/2 soup mixture into a bowl, add poultry and top with yogurt, optional toppings, and tortilla

Saturday Meal Prep - Hard-boil four eggs

Perfect hard-boiled eggs - Add eggs to pot & cover with water. Bring to a boil. Put lid on, turn off heat and set a timer for 12 minutes. Once it dings, drain and run eggs under cold water to stop cooking. Store in the fridge.

Tip - mark cooked eggs with a pencil or marker to easily identify which have been cooked and which haven't.



Saturday

BLACKBERRY OATMEAL PARFAIT

1/3 cup old-fashioned oats
1/2 cup unsweetened almond milk
1/3 cup blackberries, thawed or fresh
6 ounces plain Greek yogurt, non-fat or low-fat
1 Tbsp nuts + 2 tsp honey

Combine oats and almond milk in a bowl. Microwave for 1 1/2 minutes until oatmeal starts to rise for 10-15 seconds. Add yogurt to one side of the bowl. Top with blackberries, nuts and honey. Lightly swirl together.

Option - eat yogurt on the side, dispersing toppings as desired.

PESTO EGG SALAD

1 whole egg + 1 egg white, chopped, hard-boiled Friday
1/2 Tbsp pesto
leafy greens

Remove cooked yolks from eggs. Place one yolk in a bowl and add pesto. Mash together until smooth. Discard 2nd yolk. Add chopped egg whites to bowl and stir until coated. Place on top of greens, stir together if desired.

TORTILLA SOUP

4 ounces cooked ground turkey, prepped Thursday
1/2 portion or remaining tortilla soup, prepped Friday
Toppings - 2 ounces plain Greek yogurt
1 crisped tortilla, prepped Friday
cilantro + red pepper flake (optional)

In a big soup bowl, add turkey and soup. Heat through in microwave, gently cover to prevent a rill messy microwave. Top with yogurt, and crisped tortilla.

FRUITY CHIA PUDDING

2 Tbsp chia seeds + 1/3 cup almond milk + stevia (optional)
Topping - 1/2 cup berries or fruit of choice + 1 tsp honey

See Tuesday's plan for directions.

ASIAN LETTUCE CUPS

4 ounces cooked ground turkey, prepped Thursday
1/2 cup edamame, thawed
1/4 cup (use more or less) Asian Sauce, prepped Thursday
1 Tbsp sesame seeds

Combine cooked poultry, edamame & sauce in a small bowl. Heat through. Spoon mixture into lettuce leaves/lettuce cups or on top of leafy greens. Sprinkle with sesame seeds.

BALANCING THE WEEKEND

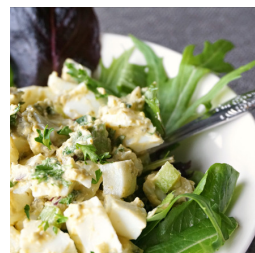
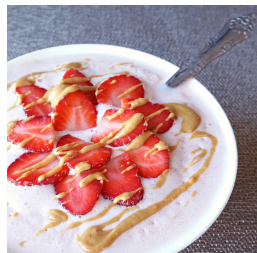
Take some time early in the day to plan what and when you'll eat. If you need to work around eating out, do it. Once you decide, visualize & mentally rehearse what you'll do. Reward meals are important for you mentally and physically.

Your body needs to eat at least maintenance-level calories once a week.

Enjoy 2 rewards (a treat or meal) per week, and stick with the plan the rest of the time.

Sunday Meal Prep

Sunday's are an opportunity to use up leftovers, but don't let that lead you to snack randomly throughout the day. Plan your meals now, so you know what you're eating tomorrow. A little planning goes a long way. Get 'er done!



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 correct portions
5. enjoy getting creative in the kitchen with what you already have
6. become more familiar with the 'Calorie Swap Cheat Sheet'

The Sunday meal plan structure is like a practice round for life after the program - you're using what you've learned from the meal plan, and creating your own version within the flexible framework. I use this knowledge every day to concoct and balance my meals. You're practicing proper portioning, meal-concocting, and working-the-leftovers tricks that will help you get and keep the healthy bod you want for life.

Remake one of this week's breakfasts

Buenas Dias Breakfast Burrito

Blackberry Oatmeal Parfait

Avocado Toast w/Green Eggs & Ham

You're an ol' pro, now. ;)

B.T.C. Be The Chef SNACK or SMOOTHIE 150-200 calories

Option - PB&J Smoothie

B.T.C. Wrap, Salad, or Leftover Tortilla Soup

For the wrap

4 ounces cooked ground turkey, from Thursday

1 tortilla + plenty of leafy greens

Flavor options - a little Asian Sauce or salsa and/or hot sauce

2 ounces avocado or 100 calories of healthy fat

Make it awesome, then brag. Haha. Flaunt it, baby!

PESTO EGG SALAD

1 whole egg + 1 egg white, chopped, hard-boiled Friday

1/2 Tbsp pesto

leafy greens

Try a different way of assembling the ingredients this time. Maybe slice the eggs and drizzle the pesto? Have fun.

B.T.C. Be The Chef DINNER, 350 calories

Use these portions for an approximately 350 calorie dinner

Protein - 4 ounces

Carbs - 1/2 cup cooked grain or 3 ounces yam

Healthy Fats - 1 ounce cheese, 2 ounces avocado, 2 Tbsp nuts

1-2 cups vegetables

BIGGER DINNER OPTION - opt-out of one of the snacks to make room for a bigger dinner.

For dinner think, 'Simple Is Sexy.' You're already meal prepping for next week, Be The SAVVY Chef. Xx

Monday Meal Prep

See 'Food Prep' list for next week. Knock it out early, and have fun by adding some music. Maybe pick a station you wouldn't normally listen to, like oldies, crooners, Rocky, or hip hop. If it ain't vibin', just switch it.