

Nutrition Plan



SLIM SMART *Transform*

WEEK FOUR 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

Blueberry Coconut
Overnight Oats
w/Eggs on the Side

Pineapple Lime
Coconut
Smoothie

Open-Face
Ham & Avocado
Sammie

Enchilada
Bean Dip with
Veggies Dippers

Chicken
Teriyaki

T

Breakfast
Bibimbap
(Egg & Rice Bowl)

Peanut Butter
& Banana
Protein Mug Cake

Chicken
Teriyaki
Bowl

Enchilada
Bean Dip with
Veggies Dippers

Turkey Patties
w/Yam 'Buns'

W

Turkey Patties
with Yam Hash
& Greens

Fruit
& Nuts

Chicken
Teriyaki
Bowl

Ants
on a
Log

Slow Cooker
Pork Posole

Th

Breakfast
Bibimbap
(Egg & Rice Bowl)

Peanut Butter
& Banana
Protein Mug Cake

Turkey Patty
Salad with
Croutons

Pina Colada
Parfait

Enchilada
Pork

F

Turkey Patties
with Yam Hash
& Greens

Fruit
& Nuts

Fiesta
Salad

Pina Colada
Parfait

Thanksgiving Bake
w/Quinoa Stuffing
& Green Beans

Sa

Blueberry Coconut
Overnight Oats
w/Eggs on the Side

Pineapple Lime
Coconut
Smoothie

Fiesta
Salad

Ants
on a
Log

Thanksgiving Bake
w/Quinoa Stuffing
& Green Beans

Sun

Blueberry Coconut
Overnight Oats
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Peanut Butter
& Banana
Protein Mug Cake

Thanksgiving Bake
w/Quinoa Stuffing
& Green Beans

B.T.C.
Be The Chef
Parfait

B.T.C. Leftovers Bowl
Be The Chef

Week 4 Grocery List

FRUIT

- _ 2 bananas, one ripe on Tues, one not overripe on Thurs
- _ 1 large apple
- _ 2 pieces of fruit of choice
- _ 2 limes for juice, or use bottled juice
- _ 2/3 cup blueberries, fresh or frozen, or substitute berries
- _ 2 avocados, one ripe on Mon, one ripe Thurs
- _ 1 small box raisins or at least 2 Tbsp (for Ants on a Log)

VEGETABLES

- _ 2 pounds carrots, enough for snacks
- _ 4 roma tomatoes
- _ 1 big bag baby spinach (usually cheaper) or mixed greens, May need 2 bags.
- _ celery, at least 4 stalks, plus more for snacks if desired
- _ 3-6 cups green beans, 6 cups if you like a big serving of veg
- _ 1 large zucchini, or 2 small
- _ 1 pound yams
- _ additional vegetables for snacks if desired
- _ 3 medium yellow onions
- _ 1 head garlic
- _ 1 small knob ginger
- _ cilantro (optional)

PROTEIN

- _ 1 pound 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

GRAINS/LEGUMES

- _ bread (you'll only need 1-2 slices). Try to use gluten free or sprouted grain, but 100% whole wheat is fine in moderation
- _ 1 cup brown rice
- _ 1 cup old-fashioned oatmeal
- _ 1 cup quinoa

HERBS & SPICES - have on hand

- _ sage
- _ cumin
- _ chili powder
- _ cinnamon

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, 1/2 cup

REFRIGERATED & FROZEN

- _ 5 ounces or more cotija cheese or queso fresco
- _ 1 mozzarella string cheese or swap 1 oz cotija or queso fresco
- _ 3 6-ounce plain Greek yogurt cups, non-fat or low-fat
- _ 1 carton **unsweetened coconut milk** or almond/coconut blend. Use almond if coconut is not available. Do not substitute with canned coconut milk.
- _ 1 bag frozen blueberries, if not using fresh, only need 2/3 cup, can swap berries
- _ 1 small bag corn, can use canned if you already have on hand

CANS

- _ 1 can tuna packed in water
- _ 1 15 oz can pineapple chunks
- _ 1 15 oz can tomato sauce
- _ 1 can chicken broth or 1 carton. Can sub for healthy bouillon
- _ 1 can fat-free refried beans
- _ 1 16 oz jar salsa verde, can swap for red salsa if desired
- _ 1 can chipotle chilis in adobo sauce. In Hispanic section. Check leftovers from last week. Only need 1 Tbsp.

HAVE ON HAND - Flavorings & Cooking/Baking Staples

- _ honey
- _ stevia
- _ EVOO - extra virgin olive oil
- _ cooking spray
- _ dijon mustard
- _ soy sauce/tamara/liquid aminos
- _ vinegars - red or white wine, or balsamic

SUPPLEMENTS

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

Food Prep

MUST PREP

1. Enchilada Sauce
2. Cook 1/2 cup brown rice
3. 2 single-servings 6-Layer Dip Cups

OPTIONAL PREP

1. Overnight oats for Monday's breakfast
2. Prep Monday's lunch
3. Prep snacking vegetables - carrots and celery for raw snacks. Peel, chop etc into your fave size and shape.
5. Portion any of the upcoming snacks



ENCHILADA SAUCE - I loove this stuff

If desired, double recipe. Can freeze in a ziplock. :)
 3 cloves garlic, minced
 1 cup chicken broth or sub healthy bouillon
 1 15 oz can tomato sauce
 1/2 Tbsp chipotle peppers in adobo sauce, minced
 1/2 tsp chili powder + 1 tsp cumin

In a large sauce pan, on medium-low heat, spray with oil and add garlic. Sauté for 1 minute just to soften (not brown). Add remaining ingredients to pan and whisk together. Bring to a boil, reduce heat and simmer until thickened, 7-10 minutes, whisking occasionally. Store in an airtight container in the fridge. I always use a mason jar. Labels are recommended. Mystery sauce can freak peeps out. Haha

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

6-LAYER DIP CUPS

1/2 cup refried beans
 1/4 cup Enchilada Sauce
 1/8 - 1/4 cup tomatoes, chopped
 1/4 oz cotija cheese, or queso fresco
 1-2 Tbsp corn
 cilantro (optional)

In a small jar or bowl (one with a lid is recommended), add all ingredients layer by layer, starting with the beans.

BLUEBERRY COCONUT OVERNIGHT OATS

1/3 cup old-fashioned oats
 1/2 cup coconut/almond milk + stevia (optional)
 1/3 cup blueberries, fresh or frozen
 1 tsp almond butter

Overnight oats - Combine oats, coconut or almond milk, and chia seeds in a bowl or jar. Sweeten to taste with stevia if desired. Add blueberries now (on top or mix in), or just before serving. Cover and refrigerate for at least 30 minutes or overnight. Top with almond butter.

Regular oats - If you don't like overnight oats or you don't have 30 minutes to let the chia seeds set - Combine oats, coconut/almond milk and stevia (optional). Microwave for about 1 1/2 minutes. Top with chia seeds, blueberries and nut butter. The chia seeds will create a yummy, fused layer on top.



Monday

PLAN AHEAD TIP - Tonight's dinner requires a 30-minute minimum marinade time for the chicken. If desired, prep this early and let the chicken marinade in the fridge all day.

BLUEBERRY COCONUT OVERNIGHT OATS w/EGGS on the SIDE

1/3 cup old fashioned oats
1/2 cup coconut or almond milk + stevia, optional
2 Tbsp chia seeds
1/3 cup blueberries, fresh or frozen
1 tsp almond butter
On the side - 2 egg whites + leafy greens

Overnight oats - combine oats, coconut milk & chia seeds in a bowl or jar. Sweeten w/stevia if desired. Add blueberries now, or just before serving. Cover & refrigerate for at least 30 minutes, or overnight. Top with almond butter. **Regular oats**- Combine oats, coconut milk & stevia (optional) in a bowl. Microwave for 1-1 1/2 minutes. Top w/chia seeds, blueberries & nut butter.

Eggs - Scramble in fry pan and serve over raw or wilted greens

PINEAPPLE LIME & COCONUT SMOOTHIE

1/2 cup coconut milk + stevia (optional)
1/2 cup ice
1 scoop vanilla protein powder
1/3 cup pineapple chunks (reserve juice and pineapple)
1 Tbsp lime juice
1 handful leafy greens

Combine all in a blender and process until smooth. Add stevia to taste. Top with coconut. Don't forget to save the pineapple juice!

Topping - 1 Tbsp unsweetened coconut flakes

OPEN-FACE HAM & AVOCADO SAMMIE

1 slice bread, 100% whole grain
100 calories ham, nitrate-free
2 ounces avocado + sliced tomatoes
1 cup carrots, on the side, munch munch

Toast bread and layer ingredients how you like 'em. If it's ham overload, eat a few pieces on the side as lil roll-ups.

LAYERED BEAN DIP with VEGGIE DUNKERS

1 serving Enchilada Bean Dip, from Food Prep
1-2 cups veggies, celery unlimited

CHICKEN TERIYAKI

Marinade

1/2 cup pineapple juice + 4 Tbsp soy sauce
1/2 Tbsp grated ginger + 2 garlic cloves, minced

Add to sauce only

1/2 Tbsp brown sugar + 1 tsp cornstarch (optional)
2 drops stevia

Remaining ingredients for meal

1 pound chicken breast, cut into thin strips
1 bag coleslaw mix
stir fry vegetables (cook a big batch now for future meals)

Portions for 1 serving

4 ounces chicken
1/4 cup cooked rice, from Food Prep
1/3 portion of coleslaw and stir-fry veg
up to 1/3 portion sauce

Marinade - combine pineapple juice, soy sauce, ginger & garlic. Divide this mixture in half. 1/2 - for marinade, 1/2 for sauce.

Marinate chicken for at least 30 minutes, and up to overnight.

Sauce - Use remaining 1/2 marinade and add brown sugar, cornstarch (if using), and stevia. Pour into a large sauce pan, bring to a boil and reduce to a simmer. Cook until thickened. Once desired consistency is reached, remove from the pan and pour into a jar.

Remaining directions - In the same pan, season chicken with s&p and sauté until cooked through. Remove from pan. In the same pan (do a quick wash in between), add stir fry veg and saute until softened. Add coleslaw mixture last (cook the whole bag for future meals) and cook until slightly wilted.

To serve - On a large plate, lay down vegetables. Top with rice, chicken, and up to 1/3 portion of sauce

Tuesday Meal Prep

Pack Tuesday's & Wednesday's lunch with the ingredients from dinner. Use these portions - 3 oz chicken, 1/2 cup cooked rice, 1/3 portion sauce or less, 1/4 portion vegetables, 1 oz avocado



Tuesday

BREAKFAST BIBIMBAP (Egg & Rice Bowl)

1/2 cup cooked rice, from Food Prep
2 ounces chicken, cooked with Monday's dinner
1 whole egg
handful of stir-fry, cooked with Monday's dinner
1/2 ounces cotija or queso fresco, crumbled (feta works too)

Add rice to a fry pan to warm through, crisping a little if you have time. Add veg until heated through. Remove mixture, and place in the bowl you'll be eating from. Spray same pan w/oil & add chicken to reheat. Add egg & cook sunny side up or over easy (yolk will be a sauce for rice bowl). Add chicken to bowl. Top w/egg & cheese.

PEANUT BUTTER & BANANA PROTEIN MUG CAKE

4 ounces ripe banana, mashed
1 scoop protein powder, vanilla preferred
1/4 tsp baking soda + 1/4 tsp cinnamon
1 Tbsp unsweetened almond or coconut milk
1 egg white + a few drops of stevia
Toppings - 1/2 Tbsp peanut butter + 1 tsp honey

In a medium bowl, add banana & mash with a fork. Add remaining ingredients (minus peanut butter) & stir 'til combined. Spray a large mug with oil, spoon mixture into the mug and microwave for 1 minute. Check to see if cake is cooked through. Microwave additional 15 seconds at a time until cooked through. Top w/peanut butter & eat a.s.a.p.

CHICKEN TERIYAKI BOWL

Ingredients prepped with Monday's dinner
3 ounces chicken
1/2 cup cooked brown rice, from Food Prep
1-2 cups or 1/4 portion stir fry veg and slaw
1/3 or less portion of teriyaki sauce

Combine as desired and reheat.

6-LAYER BEAN DIP with VEGGIE DUNKERS

1 serving bean dip, from Food Prep
1-2 cups mixed veggies, celery unlimited

TURKEY PATTIES with YAM 'BUNS'

Ingredients for turkey patties
16 ounces ground turkey
1 Tbsp soy sauce
s&p, once meat in bowl, sprinkle a little on top
2 whole eggs
1/3 cup dry oatmeal
2 cups shredded/grated zucchini (blot a few times w/a towel)
Cook separately
10 ounces yams

Turkey patties - In a large bowl combine all ingredients for patties. Separate into 8 equal portions and form into thin patties. In a large fry pan on medium heat, spray with oil and place patties into pan (you'll likely need to cook them in 2-3 batches). Cook until edges begin to brown (2-3 minutes), flip & brown the other side 'til cooked through.

Yams - scrub yams, prick several times with a fork, and microwave on high for 4 minutes. Continue to cook for 1-2 minutes at a time until softened.

To serve - Slice yams into medallions about 1/2 inch thick. Top with greens and turkey patties. Depending on size of the yam, it may be an open-face 'bun.' Hey, nice buns. ;)

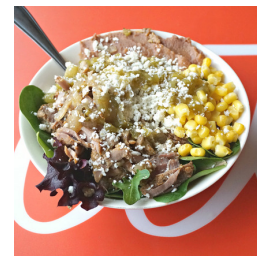
Portions for 1 serving

2 turkey patties
3 ounces yams
leafy greens (unlimited)

THINKING AHEAD
Decide now when you'll set the
slow cooker for tomorrow's din din.

Wednesday Meal Prep

Breakfast - Before putting tonight's dinner away, portion and pack tomorrow's breakfast using the same ingredients. It's one less time to get all the ingredients out.



Wednesday

DON'T FORGET
Prep & set your
slow cooker meal for dinner

TURKEY PATTIES with YAM HASH & GREENS

2 turkey patties, from Tuesday's dinner
3 ounces cooked yams, from Tuesday's dinner
1 ounce avocado, season w/salt & lemon juice (recommended)
leafy greens, unlimited

Warm patties and yams in a pan or microwave. Top with avocado and greens.

FRUIT & NUTS

1 piece fruit of choice
2 Tbsp nuts or 1 Tbsp nut butter

Eat it your way. Uh Jess, it's just fruit and nuts. Hey, there are plenty-o-ways you can spin it. I will often finish off my kids' apples then eat a blissful tablespoon of nut butter. Mmmm, nut butter.

CHICKEN TERIYAKI BOWL

Ingredients prepped with Monday's dinner

3 ounces chicken
1/2 cup cooked rice, from Food Prep
1-2 cup or 1/4 portion of stir fry veg and slaw
1/3 portion or less of teriyaki sauce

Combine and reheat (or not) as you like.

REMINDER

If you're using a frozen turkey for Friday's dinner, place in the fridge now to defrost.

ANTS ON A LOG

celery + 1 Tbsp peanut butter + 1 Tbsp raisins
Add carrots to the side if desired

Cut celery into sticks. Spread with peanut butter & top w/raisins

SLOW COOKER PORK POSOLE

Slow cooker ingredients

1 pound pork sirloin roast
1/2 jar salsa verde, apx. 16 oz. (other 1/2 used before serving)
1 onion, diced
4 garlic cloves, chopped
1 Tbsp cumin + 1 tsp oregano

Toppings before serving

1/2 cup refried beans
1 mozzarella string cheese, or 1 oz cotija or quest fresco
1/4 cup corn
cilantro (optional)

Slow cooker directions - Cut pork into large chunks and season lightly with s&p. Add to slow cooker along with remaining slow cooker ingredients. Stir to combine. Cook on low for 7 hours or high for 3 1/2.

To serve - Warm beans in a bowl. Once hot, add measured pork and top with desired amount of sauce and jarred salsa verde. Top with corn & cheese. (If using mozzarella, place corn and cheese on a plate and heat in microwave 'til it melts, Add to pork bowl). Top with cilantro if desired.

Hey Gorgeous!

Give yourself a boatload of credit for all your work this week. Find healthy ways to reward yourself so your brain starts linking up healthy living with BIG REWARDS - that's when new habits stick. #braintrain #yougotthis

Portions for 1 serving

4 ounces pork
1/2 cup refried beans
additional salsa verde from jar + drippings from slow cooker
1 mozzarella string cheese, or 1 oz cotija or quest fresco
1/4 cup corn
cilantro (optional)

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

BREAKFAST BIBIMBAP (Egg & Rice Bowl)

1/2 cup cooked rice, from Food Prep
2 ounces chicken, cooked with Monday's dinner
1 whole egg
handful of stir-fry, cooked with Monday's dinner
1/2 ounces cotija or queso fresco, crumbled (feta works too)

Add rice to a fry pan to warm through, crisping a little if you have time. Add veg until heated through. Remove mixture, and place in the bowl you'll be eating from. Spray same pan w/oil & add chicken to reheat. Add egg & cook sunny side up or over easy (yolk will be a sauce for rice bowl). Add chicken to bowl. Top w/egg & cheese.

PEANUT BUTTER & BANANA PROTEIN MUG CAKE

4 ounces ripe banana, mashed
1 scoop protein powder, vanilla preferred
1/4 tsp baking soda + 1/4 tsp cinnamon
1 Tbsp unsweetened almond or coconut milk
1 egg white + a few drops of stevia
Toppings - 1/2 Tbsp peanut butter + 1 tsp honey

In a medium bowl, add banana & mash with a fork. Add remaining ingredients (minus peanut butter) & stir 'til combined. Spray a large mug with oil, spoon mixture into the mug and microwave for 1 minute. Check to see if cake is cooked through. Microwave additional 15 seconds at a time until cooked through. Top w/ peanut butter & eat a.s.a.p.

TURKEY PATTY SALAD with CROUTONS

2 turkey patties, crumbled, prepped with Tues's dinner
1 slice bread - it's gonna turn into croutons. Whuh? Yeeeah
leafy greens + tomato slices (unlimited)

Creamy dressing

1/2 Tbsp EVOO + 1 oz avocado + 1/2 tsp lemon juice + s&p

Fast & Healthy Croutons - toast bread (enough to imitate croutons, but def not the nasty rock-hard ones). Spray with oil and season with s&p. Chop to desired size.

Creamy dressing - combine all ingredients in a small bowl

To serve - Heat crumbled patties (optional) and serve over greens. Top with tomatoes, croutons and dressing. YUM

PINA COLADA YOGURT PARFAIT

6 oz plain Greek yogurt
1/3 cup pineapple chunks
1/2 Tbsp unsweetened coconut flakes + 1 tsp honey

ENCHILADA PORK - no cooking!

4 ounces pork sirloin roast, cooked with Wed's dinner
1/2 cup Enchilada Sauce, defrosted, from Food Prep
1 ounce cotija or queso fresco
leafy greens, unlimited
extra vegetables, you pick
1/4 cup - 1/2 cup refried beans if really hangry

Combine ingredients as desired, heat and serve. Easy peasy. Enjoy your evening. :)

THINKING AHEAD

When are you grocery shopping for next week? Put it on your radar.

Also, what upcoming reward meals or treats do you want to incorporate this weekend? Planning early helps you decide what you really want, and ups the enjoyment and satisfaction when it does come. It's when we get the mindless munchies that treats aren't very satisfying.

Friday Meal Prep

Portion and pack any of Friday's meals for your convenience. There will be some cooking for tomorrow's dinner.

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



Friday

TURKEY PATTIES with YAM HASH & GREENS

2 turkey patties, from Tuesday's dinner
3 ounces cooked yams, from Tuesday's dinner
1 ounce avocado, season w/a sprinkle of salt & lemon juice
leafy greens, unlimited

Warm patties and yams in a pan or microwave. Top with avocado and greens.

FRUIT & NUTS

1 piece fruit of choice
2 Tbsp nuts or 1 Tbsp nut butter

FIESTA SALAD

4 ounces pork, cooked with Wed's dinner
1/2 cup corn + leafy greens + tomatoes (unlimited)
1/2 ounce cojita cheese or queso fresco

Creamy dressing

1/2 Tbsp EVOO + 1 oz avocado + 1/2 tsp lemon juice + s&p
Any leftover Enchilada Sauce or Salsa Verda, if desired

Layer and concoct this salad how you like. Personally, I would warm up the pork, corn, tomatoes, Enchilada Sauce & salsa verde, and top it with cojita cheese and Creamy Dressing. Somehow I'd finagle mixing in the greens. Def need a big bowl.

PINA COLADA YOGURT PARFAIT

6 oz plain Greek yogurt
1/3 cup pineapple chunks
1/2 Tbsp unsweetened coconut flake + 1 tsp honey

THANKSGIVING BAKE w/QUINOA STUFFING & GREEN BEANS

**This meal will be tripled to create 3 equal portions.
Cook all 3 tonight for a quick dinner on Sat. & lunch on Sun.**

1 pound turkey breast or turkey tenderloins
3 cups or more, green beans

Quinoa Stuffing

1/2 cup quinoa
1/2 cup broth (chicken or vegetable) + 1/2 cup water
3 stalks celery, minced
1/2 onion, minced
1 tsp sage + 1/4 tsp salt + 1/4 tsp pepper
1 apple, minced

Portions for 1 serving

4 ounces roasted turkey
1 cup or more roasted green beans
1/3 portion Quinoa Stuffing

Roasting turkey - Preheat oven to 400'. Line baking tray with foil for easy clean-up, and spray with oil. Season turkey with s&p. Roast turkey until meat thermometer reads 165'. Time will vary. Start with 15 minutes.

Roasting green beans - Keep oven at 400'. Line another baking tray with foil for easy clean-up, and spray with oil. Trim beans, cutting off stems. Spread out onto tray, spray with oil, and season with s&p. Toss to coat. Roast for 10 minutes. Turn with spatula and continue to roast. Remove once soft.

Quinoa Stuffing - Cook quinoa with broth & water using a rice cooker, or for the stovetop, use a medium sauce pan, bring broth and water to a boil. Add quinoa, return to boiling, reduce to a simmer, cover and cook for about 10 minutes or until quinoa has absorbed all liquid. While quinoa is cooking, sauté onion & celery in medium pan, cooking until softened and slightly translucent. (3-5 minutes). Combine all stuffing ingredients in a medium oven-safe dish and bake for 15 minutes.

Saturday Meal Prep

Breakfast - Prep 2 servings Blueberry Coconut Overnight Oats for Saturday & Sunday's breakfasts.
If overnight oats don't float your boat, just cook them regular in the morning



Saturday

BLUEBERRY COCONUT OVERNIGHT OATS w/EGGS ON THE SIDE

1/3 cup old-fashioned oats
1/2 cup coconut or almond + stevia (optional)
2 Tbsp chia seeds
1/2 cup blueberries, fresh or frozen
1 tsp almond butter

On the side - 3 eggs whites and leafy greens

Overnight oats - combine oats, coconut milk & chia seeds in a bowl or jar. Add stevia if desired. Add blueberries now, or just before serving. Cover & refrigerate for at least 30 minutes, or overnight. Top with almond butter. **Regular oats**- Combine oats, coconut milk & stevia (optional) in a bowl. Microwave for 1-1 1/2 minutes. Top w/chia seeds, blueberries & nut butter.

Eggs - Scramble in fry pan and serve over raw or wilted greens

PINEAPPLE, LIME & COCONUT SMOOTHIE

1 scoop protein powder, vanilla preferred
1/3 cup pineapple chunks (reserve remaining juice & fruit)
1 Tbsp lime juice + handful of leafy greens
1/2 cup coconut milk + stevia (optional) + 1/2 cup ice

Topping - 1 Tbsp unsweetened coconut flakes

FIESTA SALAD

4 ounces pork, cooked with Wed's dinner
1/2 cup corn + leafy greens + tomatoes (unlimited)
1/2 ounce cojita cheese or quest fresco

Creamy dressing

1/2 Tbsp EVOO + 1 oz avocado + 1/2 tsp lemon juice + s&p
Any leftover Enchilada Sauce or Salsa Verda, if desired

Layer and concoct this salad how you like. Personally, I would warm up the pork, corn, tomatoes and Enchilada Sauce & salsa verde, and top it with cojita cheese and Creamy Dressing. Somehow I'd finagle mixing in the greens. Def need a big bowl.

ANTS ON A LOG

celery + 1 Tbsp peanut butter + 1 Tbsp raisins
Add carrots to the side if desired

Cut celery into sticks. Spread with peanut butter & top w/raisins

THANKSGIVING BAKE w/QUINOA STUFFING & GREEN BEANS

see Friday for recipe and instructions

Reheat and serve. Happy Thanksgiving-ish meal. :))

Portions for 1 serving

4 ounces turkey breast
1-2 cup green beans
1/3 portion Quinoa Stuffing

HAVE A LIL' FUN
Try eating one of your healthy meals in bed on the weekend - it makes them taste even better, and it feels ultimately relaxing. The more you love the journey, the easier and more enjoyable it becomes.

Sunday Meal Prep

Sunday's are an opportunity to use up leftovers, but don't let that lead you to randomly snack 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!

Breakfast - prepare overnight oats if you like



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.

BLUEBERRY COCONUT OVERNIGHT OATS w/EGGS ON THE SIDE

1/3 cup old-fashioned oats

1/2 cup coconut or almond + stevia (optional)

2 Tbsp chia seeds

1/2 cup blueberries, fresh or frozen

1 tsp almond butter

On the side - 3 eggs whites and leafy greens

See Saturday's instructions

B.T.C. Be The Chef SMOOTHIE or MUG CAKE

Use these portions for a smoothie that's about 250 calories

1 scoop protein powder

1/2 cup almond milk + 1/2-3/4 cup fruit

1/2 Tbsp nut butter or 1 Tbsp nuts (can be a topping)

THANKSGIVING BAKE w/QUINOA STUFFING & GREEN BEANS

See Friday's plan for recipe & instructions

4 ounces turkey breast

1-2 cups green beans

1/3 portion Quinoa Stuffing

B.T.C. Be The Chef Parfait

Follow these portions for a parfait that's about 200 calories

6 oz plain Greek yogurt

1/2 cup fruit + 1 Tbsp nuts/seeds + 1-2 tsp honey

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

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

Use these portions for an approximately 350 calorie dinner

Protein - 4 ounces

Carbs - 1/4 cup cooked grain or 2 ounces yam

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

1-2 cups vegetables

Monday Meal Prep = Food prep #likeaboss. See Week 5