

Nutrition Plan



SLIM SMART *Transform*

WEEK FIVE 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) 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

Egg, Tomato &
Cashew Cheese
ToastsRaspberry Almond
Muffin with
Nut ButterPesto
Tuna
WrapRaspberry &
Coconut ParfaitCreamy Chicken
& Cauliflower
Chowder

T

Eggs & Bacon
w/Fruit-Topped
OatmealApple Pie
SmoothieCreamy Corn,
Chicken & Cauliflower
ChowderCashew Cheese
& Veggie DippersHawaiian
Stacks

W

Egg, Tomato &
Cashew Cheese
ToastsRaspberry Almond
Muffin with
Nut ButterHawaiian
StacksRaspberry &
Coconut ParfaitTex Mex
Stuffed Peppers

Th

Raspberry
Smoothie
BowlFruit
& NutsTex Mex
Stuffed PeppersCashew Cheese
& Veggie DippersSpaghetti Squash
Marinara

F

Egg, Tomato &
Cashew Cheese
ToastsRaspberry Almond
Muffin with
Nut ButterSpaghetti Squash
MarinaraB.T.C. Be The Chef
Bento BoxSlow Cooker
Pork Tostadas

Sa

Raspberry
Smoothie
BowlFruit
& NutsWarm
Pork Tostada
SaladB.T.C. Be The Chef
Leftovers SnackPork
Stir Fry

Sun

Eggs & Bacon
w/Fruit-Topped
OatmealApple Pie
SmoothiePork
Stir FryB.T.C. Be The Chef
Leftovers SnackB.T.C.
Leftovers Bowl

Week 5 Grocery List

FRUIT

- _ 1 ripe banana, ripe for Food Prep day
- _ 3 medium apples
- _ 2 pieces of fruit of choice
- _ 1 cup fruit of choice, fresh or frozen, for oatmeal topping
- _ 1 avocado, ripe on Wednesday

VEGETABLES

- _ carrots, enough for snacks
- _ 2-3 roma tomatoes
- _ 2 bell peppers for stuffed peppers, choose color
- _ cabbage - 1 bag slaw or 1 large head cabbage to be shredded
- _ 1 big bag baby spinach (usually cheaper) or mixed greens,
 - May need 2 bags.
- _ 1 small or medium spaghetti squash
- _ celery, at least 3 stalks
- _ additional vegetables for snacks if desired
- _ 1 medium onion
- _ 1 head garlic
- _ 1 small knob ginger

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
- _ 1 dozen eggs
- _ 1 package turkey bacon, nitrate-free if possible,
 - if this is unavailable, swap for nitrate-free ham

GRAINS/LEGUMES

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

SUPPLEMENTS

- _ protein powder, vanilla works best for recipes this week

HEALTHY FATS

- _ 1/2 cup almond meal (ground almonds). Can try to make your own by blending almonds in a blender. Need 1 cup almonds.
- _ 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
- _ pesto - just need 1 Tbsp, should have leftovers

REFRIGERATED & FROZEN

- _ 1 small pack shredded cheese, mixed blend of choice
- _ 3 6-ounce plain Greek yogurt cups, non-fat or low-fat. 18 ounces total.
- _ 1 carton unsweetened almond milk NOT VANILLA THIS WEEK
- _ 1 bag frozen raspberries
- _ 1 bag frozen cauliflower, 12-16 oz
- _ corn, only need 1/2 cup, should have leftovers

CANS

- _ 1 can tuna, packed in water (if you hate tuna, can swap with chicken breast that will be roasted with Food Prep. Buy extra 3 ounces)
- _ 1 can chicken broth or 1 carton. Can sub for healthy bouillon
- _ 1 jar hoisin sauce, should have leftovers, need 2 Tbsp
- _ 1 6 oz. can tomato sauce

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

Food Prep

MUST PREP

1. Cashew Cheese Spread
2. Roast or pan-fry chicken breast, 12 oz once cooked
3. Raspberry Protein Muffins

OPTIONAL PREP

1. Prep Monday's lunch, Pesto Tuna Sandwich. See Monday's plan.
2. Prep 2 Raspberry & Coconut Parfaits for Mon.'s & Wed.'s snack.
3. Prep snacking vegetables - carrots and celery for raw snacks. Peel, chop etc. into your fave size and shape.
4. Portion any of the upcoming snacks

TIP - Get your food prep done early in the day!



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 gone 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 (not overcooked). :)

HOW TO PAN-FRY CHICKEN

Cut chicken into thin & even pieces, slices or cubes. Season lightly with s&p. Add to large fry pan coated with cooking spray. Cook until *just* no longer pink. If you continue cooking after that it'll get tough. Um...pass.

CASHEW CHEESE SPREAD

~makes 6 servings

- 1 cup raw cashews, soak in water for 1 hour or more
- 1/4 cup water
- 1/4 nutritional yeast
- 1 tsp paprika or smoked paprika
- 2 garlic cloves, minced
- 1/2 Tbsp lemon juice + 1 tsp apple cider vinegar
- 1/2 Tbsp dijon mustard + s&p to taste

Soak cashews in lukewarm water for at least 1 hour. In a blender or food processor, combine soaked and drained cashews, 1/4 cup water and remaining ingredients. Process until smooth. Add s&p to taste. Store in fridge in an airtight container. Will keep for 5-7 days.

RASPBERRY PROTEIN MUFFINS

~makes 6 muffins

dry ingredients

- 1/4 cup almond meal
- 1/4 cup + 1/8 cup vanilla protein powder
- 1 tsp cinnamon + 1 tsp baking soda + 1/4 tsp salt

wet ingredients

- 1 ripe banana (apx 4 oz), mashed
- 2 egg whites + a few drop stevia (optional)
- 2/3 cup raspberries, fresh or frozen (defrosted)
- If using frozen, drain juice (it's a must!)

Preheat oven to 350'. Spray muffin tin with cooking spray or line with muffin liners (foil liners recommended). Spray muffin liners with cooking spray if using. In a small bowl, mix together dry ingredients. In a separate bowl, mash banana with a fork and add in egg whites. Combine wet & dry ingredients, omitting raspberries. Fill 6 muffin cups with equal amounts batter. Drop a few raspberries in each cup, and swirl around with a knife. Bake for 15-20 minutes, or until a toothpick comes out clean.

Once muffins have cooled, wrap individually and store in fridge. Once chilled, put 3 muffins in the freezer for next week. Chilling before freezing minimizes ice crystals.



Monday

EGG, TOMATO & CASHEW CHEESE TOASTS

1 slice bread, toasted
1 egg + 2 egg whites
1/6 portion Cashew Cheese, from Food Prep
tomato slices + leafy greens (unlimited)

Toast bread. In a medium fry pan, cook eggs how you like 'em. Slice toast in half and spread on cashew cheese. Top with tomato slices & greens. Add eggs on top, or eat on the side. If desired, make a sandwich.

RASPBERRY ALMOND MUFFIN WITH NUT BUTTER

1 muffin, from Food Prep + 1/2 Tbsp almond butter

PESTO TUNA WRAP

1 tortilla, whole wheat, gluten free, or sprouted grain
1 can tuna packed in water, drained
1 Tbsp pesto
1/2 cup leafy greens
extra veggies - tomato, onion, celery - unlimited
1 cup carrots on the side

Options - Mix together ingredients and add into the tortilla. Or, just layer the ingredients right on top of one another. If you're not a big tuna fan, swap it for 3 ounces of chicken breast.

RASPBERRY COCONUT PARFAIT

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

CREAMY CHICKEN & CAULIFLOWER CHOWDER

Chowder ingredients

3 cloves garlic, minced
1 onion + 2 carrots + 2 celery stalks - all diced
1 12-16 oz bag frozen cauliflower
2 cups unsweetened almond milk
2 cups chicken broth, can use healthy bouillon

Portions for 1 serving

3 ounces chicken breast, from Food Prep
1 slice turkey bacon (cook additional 2 slices for the week)
1/2 oz grated cheese
1/3 portion chowder

Turkey bacon - In a large pot or pan on medium heat, spray with oil and brown both sides of bacon. Remove to a paper towel.

Chowder instructions - In a large pot sprayed with oil, on medium heat, saute garlic, onions, carrot and celery until softened (3-5 minutes). To the pot, add almond milk and chicken broth. Bring to a boil, reduce heat to a simmer and cook for 15 minutes, stirring occasionally. While that's cooking, start cooking cauliflower in the microwave, following directions on bag. Once cooked, blend cauliflower into a puree with either an immersion blender or adding to a blender and processing until very smooth. Stir into soup before the soup is finished cooking. Cook cauliflower for 5 minutes with the soup to meld the flavors. (The cauliflower becomes a fat free thickener for the chowder in place of the typical butter and cream. #sneaky) Add s&p to taste.

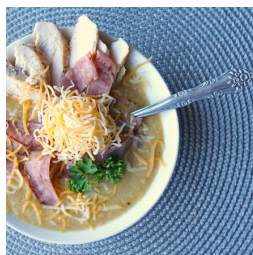
To serve - In a large bowl, add 1/3 portion of chowder. Stir in 3 ounces shredded chicken breast. Chop or crumble bacon. Add cheese and bacon to the top of the chowder.

TIME-SAVING TIP

For less clean-up, cook the turkey bacon in the same pot you'll cook the chowder in. Simply cook the bacon first, remove it & go about cooking your chowder. Why use extra pans if you don't have to?!

Tuesday Meal Prep

Pack Tuesday's lunch - Same portions as dinner, add 1/2 cup corn to chowder, and 1 cup carrots on the side



Tuesday

EGGS & BACON with FRUIT-TOPPED OATMEAL

1 egg + 2 egg whites
1 slice turkey bacon + leafy greens, unlimited
1/3 cup oatmeal, measured dry
1/2 cup unsweetened almond milk + stevia (optional)
1/2 cup fruit of choice

Cook eggs and turkey bacon in a fry pan to your liking. Cook oats and almond milk in the microwave for 1 1/2 minutes. Sweeten with stevia to taste (optional). Top with fruit.

APPLE PIE SMOOTHIE

1/2 cup unsweetened almond milk + 1/2 cup ice
1 big handful leafy greens
1 scoop vanilla protein powder
1 medium apple, roughly chopped
1 big sprinkle of cinnamon, or more stevia to taste (optional)
1/2 Tbsp almond butter (can use as a topping)

Blend all ingredients, reserving almond butter for topping if desired. Add stevia to taste if desired.

CREAMY CORN, CHICKEN & CAULIFLOWER CHOWDER

1/3 portion chowder, from Monday's dinner
3 ounces chicken breast, shredded, from Food Prep
1/2 cup corn
1 slice turkey bacon, from Monday's dinner
1/2 oz grated cheese
1 cup carrots, on the side

Cook 1 cup rice according to package directions.

CASHEW CHEESE & VEGGIES DIPPERS

1/6 portions cashew cheese + 1-2 cups vegetables

HAWAIIAN STACKS

Cook 1 cup brown rice, once cooled freeze 1 cup (measured cooked) for Saturday & Sunday's meals

To serve - In a large bowl warm chicken and chowder. Stir in rice and add toppings. Add hot sauce if desired.

Portions for 1 serving

1/4 cup rice, measured cooked
3 ounces chicken, from Food Prep
1/6 portion chowder, from Monday's dinner

Toppings

1 Tbsp unsweetened coconut flakes
1/3 apple, chopped + 1/2 -1 celery stalk, chopped
1 Tbsp nuts

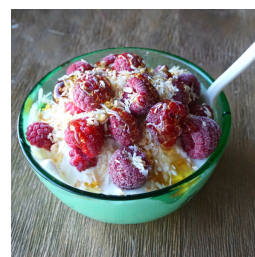
Freeze 1 cup rice - place rice in a plastic baggie and label. Store in the fridge. Once cold, put in freezer to keep rice as fresh as possible for the weekend.

FREEZING TIP

For optimal freezing, always chill food in the fridge first. This prevents large ice crystals from forming.

Wednesday Meal Prep

Pack Lunch - Same portions as tonight's dinner, but 1/2 cup cooked rice & replace nuts with 1 slice turkey bacon (prepped Mon.)



Wednesday

EGG, TOMATO & CASHEW CHEESE TOASTS

1 slice bread, toasted
1 egg + 2 egg whites
1/6 portion Cashew Cheese, from Food Prep
tomato slices + leafy greens (unlimited)

Toast bread. In a medium fry pan, cook eggs how you like 'em. Slice bread in half and spread cashew cheese on toast, top with tomato slices & greens and top with eggs. If desired, make a sandwich.

RASPBERRY ALMOND MUFFIN WITH NUT BUTTER

1 muffin, from Food Prep + 1/2 Tbsp almond butter

HAWAIIAN STACKS

3 ounces chicken breast, from Food Prep
1/2 cup cooked rice, prepped w/Tuesday's dinner
1/6 portion chowder, prepped w/Monday's dinner

Toppings

1 Tbsp unsweetened coconut flakes
1/3 apple, chopped + 1/2 stalk celery, chopped
1 slice turkey bacon, prepped with Monday's dinner

RASPBERRY COCONUT PARFAIT

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

TEX MEX STUFFED PEPPERS

Cook 1 batch Ground Turkey Mix for 4 separate meals

Ground Turkey Mix

1 lb. lean ground turkey
1 onion, minced + s&p

Portions for 1 serving

~prep 2 identical servings, 1 for dinner, 1 for tomorrow's lunch

1 bell pepper
1/4 portion Ground Turkey Mix
1/4 tsp chili powder + 1/2 tsp cumin
1/4 cup cooked rice, prepped with Tuesday's dinner

Toppings 2 Tbsp almond meal

1 ounce avocado, seasoned with salt and lemon juice

OPTIONAL FOOD PREP

Thursday's dinner includes a baked spaghetti squash. For an easy head start, bake it in the oven tonight while the peppers are cooking. See Thursday for instructions.

Thursday Meal Prep

Pack 1 serving of Tex Mex Stuffed Peppers for tomorrow, and show-off your gorgeous lunch if you can. ;)



Thursday

RASPBERRY SMOOTHIE BOWL

1/2 cup raspberries
1 scoop vanilla protein powder
1/3 cup almond milk + more for desired consistency
1 handful leafy greens + 1/2 cup ice

Toppings

2 ounces banana, sliced
1 Tbsp chia seeds + 1/2 Tbsp nut butter
1 Tbsp unsweetened coconut flakes

Combine all smoothie ingredients in the blender, starting with 1/3 cup almond milk. It's best to keep the smoothie thicker than normal so the toppings don't fall to the bottom. It can help to place the smoothie in the freezer for awhile to create a quick frozen layer. Add toppings and eat with a spoon.

Option - reserve some raspberries from smoothie for toppings

FRUIT & NUTS

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

TEX MEX STUFFED PEPPERS - prepped with Wed.'s dinner

See Wednesday for portions & instructions

Reheat and enjoy. **Salad-it-up option** - If you want, chop up the warmed peppers, and serve over a bed of leafy greens for a salad. You pick.

CASHEW CHEESE & VEGGIE DIPPERS

1/6 portion cashew cheese + 1-2 cup veggies for dipping

SPAGHETTI SQUASH MARINARA

double recipe for Friday's lunch

Portions for 1 serving

1/4 portion Ground Turkey Mix
1/2 6 oz can tomato sauce
2 cups spaghetti squash, cooked and shredded
1 ounce grated cheese

Bake/Roast Spaghetti Squash - Preheat oven to 400'. Cut squash in half lengthwise and spoon-out seeds. On a pan lined with foil (for easy clean-up), and sprayed with oil, place squash cut-side down and bake for 20 minutes. Cooking time will vary depending on size of squash. It is done when skin and flesh can easily be pierced with a fork. Take a test bite to see if the 'noodles' are too crunchy. If yes, roast an additional 5 minutes at a time.

Squash slow-cooker option - Wash squash and place whole, inside the slow cooker. Add 1/2 cup water. Cook on low for 5 hours or high for 3. Times may vary, adjust as needed. These hours work well for a medium-sized squash. Once cooked, cut in half and remove seeds.

Putting it all together - Preheat oven to 400', if not already there. Make 2 equal portions. Line a baking sheet with foil and spray with oil. If the squash is really wet, try to drain excess water. Scoop out 2 cups worth of flesh per portion, and form a bowl-like shape on the pan. Season with s&p. Top with a little tomato sauce. Add 1/4 portion Ground Turkey Mix. Top with more tomato sauce. Bake in oven until heated through. Remove, top with cheese and bake one last time until cheese is melted.

PLAN AHEAD

Tomorrow's dinner is a slow cooker meal.
Decide now when you'll prep and start that handy dandy machine in order for dinner to be ready when you need it.

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.

EGG, TOMATO & CASHEW CHEESE TOASTS

1 slice bread, toasted
1 egg + 2 egg whites
1/6 portion Cashew Cheese, from Food Prep
tomato slices + leafy greens (unlimited)

Toast bread. In a medium fry pan, cook eggs how you like 'em. Slice toast in half and spread on cashew cheese. Top with tomato slices & greens. Add eggs on top, or eat on the side. If desired, make a sandwich.

RASPBERRY ALMOND MUFFIN WITH NUT BUTTER

1 muffin, from Food Prep + 1/2 Tbsp almond butter

SPAGHETTI SQUASH MARINARA

~Prepped with Thursday's dinner

See Thursday's plan for portions & instructions

B.T.C. (Be The Chef) BENTO BOX

1 Tbsp nut butter or 2 Tbsp nuts
1-2 cup vegetables
1/2 cup fruit

SLOW COOKER PORK TOSTADAS

Slow cooker ingredients

1 In pork sirloin roast
s&p + 1/2 Tbsp cumin + 1/2 Tbsp chili powder

Portions for 1 serving

4 oz pork sirloin roast
1 tortilla, baked (prep 1 extra for Saturday's lunch)
1 oz avocado, seasoned with salt and lime
1-2 cups shredded cabbage

Slaw dressing - double recipe for Saturday's lunch)

1/2 Tbsp EVOO + 1 tsp lime juice + s&p
salsa and/or hot sauce, optional

Slow cooker directions - Add pork roast to slow cooker and season all sides with s&p and spices. Add 1/4 cup water and cook on high for 7 hours or low for 3 1/2. Once done, shred and coat in liquid.

For baked tortillas - preheat oven to 400'. Lay tortillas (one for tonight, one for tomorrow) directly on cooking rack in the oven. Allow to bake until golden, flipping once. Once golden brown, remove from oven and allow to cool for a few minutes in a place that allows air-flow underneath the tortilla. Texture will vary depending on brand of tortilla, but it should be perty darn crunchy. Yum.

To serve - Mix slaw and dressing together (feel free to make 1 big batch of slaw and leave half for tomorrow's lunch with the dressing on - cabbage can handle it). Place tortilla on a plate and add portion of slaw. Top with pork and avocado. Eat like a giant pizza or break into pieces and eat like messy nachos - either one is a #bigwin. Add hot sauce and/or salsa if desired.

PLAN AHEAD

Start planning when you'll do your grocery shopping and Food Prep this weekend. This should become a valued routine for your healthy life. Enjoy taking care of yourself, Beautiful! If you're quick, you can smash it out in an hour, leaving plenty of time for relaxing too.

Saturday Meal Prep

Lunch option - assemble Saturday's lunch, Warm Pork Tostada Salad, keeping wet ingredients separate

Easy Dinner Prep - remove frozen rice from freezer (cooked earlier in the week) to the fridge to defrost for tomorrow's dinner



Saturday

RASPBERRY SMOOTHIE BOWL

1/2 cup raspberries
1 scoop vanilla protein powder
1/3 cup almond milk + more for desired consistency
1 handful leafy greens + 1/2 cup ice

Toppings

2 ounces banana, sliced
1 Tbsp chia seeds + 1/2 Tbsp nut butter
1 Tbsp unsweetened coconut flakes

Combine all smoothie ingredients in the blender, starting with 1/3 cup almond milk. It's best to keep the smoothie thicker than normal so the toppings don't fall to the bottom. It can help to place the smoothie in the freezer for awhile to create a quick frozen layer. Add toppings and eat with a spoon.

Option - reserve some raspberries from smoothie for toppings

FRUIT & NUTS

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

WARM PORK TOSTADA SALAD

4 oz pork, shredded, prepped with Friday's dinner
1/2 oz grated cheese
tomatoes, chopped, unlimited
leafy greens, unlimited
1-2 cups dressed slaw mixture, prepped with Fri.'s dinner
1 baked tortilla, prepped with Friday's dinner
1 oz avocado, seasoned with salt and lime/lemon juice
salsa and/or hot sauce, optional

On a large plate, add pork, tomatoes and cheese. Microwave until heated through and cheese is melted. Remove from plate. Add greens, top with warmed pork mixture. Top with slaw, avocado, and broken-up tortilla. Or, use as tortilla chips.

B.T.C. (Be The Chef) LEFTOVERS

Option - remake any snack from the week

Aim for a 200 calorie snack that has some protein

PORK STIR FRY

Prep 2 equal portions, one for Sun.'s lunch but 1/2 cup rice

Portions for 2 servings - make this 1 batch, split in half and add 1/4 cup cooked rice for a dinner portion, and 1/2 cup cooked rice for a lunch portion. Use frozen rice from earlier in the week. So easy.

8 ounces pork roast, shredded, prepped w/Fri.'s dinner
several cups cabbage, shredded or chopped
Topping - 2 Tbsp nuts (1 Tbsp per portion)

Sauce ingredients

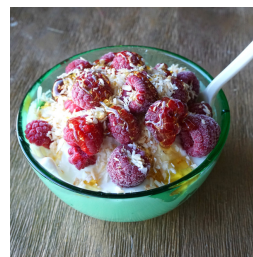
2 cloves garlic, minced + 1 Tbsp grated, fresh ginger
2 Tbsp hoisin sauce

In a sauce pan (big enough for all the cabbage) sprayed with oil, add pork, breaking apart with a spatula. While cooking, add garlic, ginger and hoisin. Stir together until heated through. Remove from pan. In the same pan, add cabbage. Sauce until cabbage is slightly wilted, using the little bit of leftover sauce in the pan for flavor. Remove cabbage. Add rice portion and sauté until heated through.

To serve - Place cabbage in a bowl or on a plate. Top with rice and pork mixture. Top with nuts for crunch.

Sunday Meal Prep

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

EGGS & BACON with FRUIT-TOPPED OATMEAL

- 1 egg + 2 egg whites
- 1 slice turkey bacon + leafy greens, unlimited
- 1/3 cup oatmeal, measured dry
- 1/2 cup unsweetened almond milk + stevia (optional)
- 1/2 cup fruit of choice

Cook eggs and turkey bacon in a fry pan to your liking. Cook oats and almond milk in the microwave for 1 1/2 minutes. Sweeten with stevia to taste (optional). Top with fruit.

APPLE PIE SMOOTHIE

- 1/2 cup unsweetened almond milk + 1/2 cup ice
- 1 big handful leafy greens
- 1 scoop vanilla protein powder + 1 medium apple, chopped
- 1 big sprinkle of cinnamon, or more + stevia to taste (optional)
- 1/2 Tbsp almond butter (can use as a topping)

PORK STIR FRY

- 4 ounces pork
- 1/2 stir-fry cabbage mixture from Saturday's dinner
- 1/2 cup cooked rice
- 1 Tbsp nuts

Reheat and serve

B.T.C. (Be The Chef) LEFTOVERS

Option - remake any snack from the week

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

See 'Food Prep' list for next week. Turn on your favorite music and focus on enjoying the process of preparing healthy, fresh food for your beautiful life. Turn on all your senses and be present.