

Nutrition Plan



SLIM SMART *Transform*

WEEK SIX 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

Protein Waffles
with Peaches
& Nut Butter

Maple Pecan
Smoothie

Open-Face
Meatball Sub

Kale Chips
& Carrots
with Guacamole

Slow Cooker
Chinese Pork
Tenderloin

T

Sausage
English Muffins
with Avocado

Raspberry
Protein Muffin
with Nut Butter

Asian
Twist
Salad

Peach Parfait
w/Maple Pecans

Meatballs & Zoodles
w/Mushroom
Cream Sauce

W

Protein Waffles
with Peaches
& Nut Butter

Grapefruit
& Nuts with
Honey Drizzle

Open-Face
Meatballs Subs w/
Creamy Mushroom Sauce

Kale Chips
& Carrots
with Guacamole

Slow Cooker
Chinese Pork
Tenderloin

Th

Somoa Cookie
Smoothie

Peach Parfait
w/Maple Pecans

Asian
Twist
Salad

Meatballs &
Marinara Bites

BBQ Spiced Chicken
with Yams &
Green Beans

F

Protein Waffles
with Peaches
& Nut Butter

Maple Pecan
Smoothie

BBQ Chicken
& Yam Salad

Kale Chips
& Carrots
with Guacamole

Easy
Chicken
Parmesan

Sa

Egg McMuffin
with Guacamole

Raspberry
Protein Muffin
with Nut Butter

Chicken
Parmesan
Salad

Peach Parfait
w/Maple Pecans

BBQ Spiced Chicken
with Yams &
Green Beans

Sun

Somoa Cookie
Smoothie

Grapefruit
& Nuts with
Honey Drizzle

BBQ Chicken
& Yam Salad

B.T.C.
Be The Chef
Leftovers

B.T.C. Leftovers Bowl
or Easy Chicken
Parmesan

Week 6 Grocery List

FRUIT

- _ 2 grapefruits or 2 pieces fruit of choice
- _ 1 orange or 2 cuties or tangerines
- _ 3 peaches or 1 bag frozen, not canned
- _ 2 avocados, one ripe on Monday, one ripe Thursday (can store in the fridge a few days to preserve freshness)

VEGETABLES

- _ 8 oz mushrooms, whole or sliced (will be sliced for recipe)
- _ 1 bunch kale, for kale chips. Have an open mind, but if you hate kale, swap for romaine hearts to be used like chips
- _ 3 medium zucchini
- _ 2-3 roma tomatoes, mostly for toppings
- _ 2 pounds carrots, enough for snacks
- _ 1 big bag baby spinach (usually cheaper) or mixed greens, May need 2 bags.
- _ 1 bunch green onions/scallions or 1 bunch cilantro (flavoring for 2 Asian meals, you choose or pick both)
- _ 10 ounces yams
- _ additional vegetables for snacks if desired
- _ 1 pound green beans, fresh or frozen
- _ 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
- _ 18-count carton of eggs

GRAINS/LEGUMES

- _ 6-count pack whole wheat English muffins or use bread
- _ bread (only to replace English muffins). Try to use gluten free or sprouted grain, but 100% whole wheat is fine in moderation
- _ 1 1/2 cups old-fashioned oatmeal

SUPPLEMENTS

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

HEALTHY FATS

- _ 1/4 cup raw cashews
- _ 1/2 cup pecans, chopped or whole
- _ 3 Tbsp peanuts, roasted and salted
- _ 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

REFRIGERATED & FROZEN

- _ parmesan cheese, enough for 3 oz
- _ 2 mozzarella string cheeses
- _ 3 6-ounce plain Greek yogurt cups, non-fat/low-fat. Or get 1 tub.
- _ 1 carton unsweetened almond milk
- _ 1 bag frozen peaches, if not using fresh
- _ 1 bag edamame. Only need 1 cup. Check freezer first.
- _ 1 lb. bag frozen green beans if not using fresh.

CANS

- _ 1 jar tomato sauce (marinara, pasta or pizza sauce).

Look for very low sugar. Pizza sauce typically has minimal added sugar, but it's obviously very pizza-y. The sauce will be for some meatball subs and chicken parmesan. Choose which sounds tastiest to you. Aim for under 40 calories per serving, but ideally closer to 25. This research will serve you well in the future, so it's ok to take the time to find a good one.

HAVE ON HAND - Flavorings & Cooking/Baking Staples

- _ maple syrup, natural. Only need 1 Tbsp. Swap w/honey if needed.
- _ honey
- _ stevia
- _ cooking spray
- _ EVOO, extra virgin olive oil
- _ cocoa powder
- _ dijon mustard
- _ soy sauce/tamara/liquid aminos
- _ vinegars _ red or white wine, or balsamic
- _ baking powder

HERBS & SPICES - have on hand

- _ cumin
- _ chili powder
- _ smoked paprika, regular paprika will work too
- _ cinnamon
- _ garlic powder + onion powder

Food Prep

What does your food prep look like?
Share it on social - your peeps will be amazed!

MUST PREP

1. Low-Carb Meatballs
2. Spice Rub
3. Kale Chips
4. Maple Pecans

OPTIONAL PREP

1. Protein waffles, protein powder free, RECOMMENDED TO FOOD PREP
2. 3 Peaches & Maple Pecan Parfaits
3. Prep snacking vegetables - carrots and celery for raw snacks. Peel and chop into your fave size and shape.
4. Portion any of the upcoming snacks



LOW-CARB MEATBALLS

Makes 25 meatballs, 5 meatballs per serving
~125 calories & 26 grams protein
To be used for 6 separate meals

- 1 pound lean ground turkey or chicken
- 1 zucchini, grated
- 1 tsp each - salt, pepper, oregano & cumin

SPICE RUB

This spice rub will be used to make Thursday's dinner and can also be used to season kale chips

- 2 tsp each - chili powder, garlic powder, paprika
- 1 tsp each - onion powder & salt
- 1/2 tsp - pepper

KALE CHIPS ~makes 3 servings

- 1 bunch kale, stems removed, chopped or torn into bite-sized pieces
- 1/2 - 1 1/2 tsp spice rub or just s&p

MAPLE PECANS

- 1/2 cup pecans, chopped
- 1 Tbsp maple syrup (option - swap with honey)
- pinch of salt

Preheat oven to 425'. Line a baking tray with foil, and spray with oil. In a large bowl, add grated zucchini, and blot with paper towels to remove some of the excess moisture. Add in remaining ingredients and stir to combine. Divide mixture into 5 equal portions, then divide each 1/5 portion into 5 balls. Place on baking sheet and cook 15 minutes or until cooked through. Allow to cool, then store in an airtight container in the fridge.

Combine in a small bowl, jar or bag. Reserve for recipes this week.

Preheat oven to 300'. Line a baking sheet with foil and spray lightly with oil. In a large bowl, add kale and spray with oil. Massage kale for 30 seconds. Haha, just enjoy it, mokay? Add seasoning (spice rub or s&p), tossing kale to coat. Bake 10 minutes. Turn pan, and bake additional 12-15 minutes or until crispy but not burnt. Allow to cool 100% and store in a bag or airtight container.

Add pecans to a small fry pan, and turn to medium heat. Stir until they become slightly golden and fragrant. Keep your eye on them, once they start to get golden they burn fast! Turn off heat and move pan to a cool burner. Allow pan to cool for about 30 seconds. Return pan to burner and turn to medium heat. Add maple syrup and stir until liquid is dissolved. Sprinkle very lightly with salt. Remove pecans to wax paper or cutting board. Allow to cool and break into pieces.



Monday

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

PROTEIN WAFFLES with PEACHES & NUT BUTTER

1.3 cup old-fashioned oats, ground in blender
1 whole egg + 1 egg white
1/2 tsp cinnamon + 1/4 tsp baking powder + 1 pinch salt, 1/16
stevia (5-10 drops)

Toppings 1/3 cup peaches

1 Tbsp nut butter (can thin w/a little almond milk if desired)

Grind oats in a blender. In a separate bowl, whisk eggs and add in oats, cinnamon and baking powder. Stir until combined. Cook in waffle maker. Add toppings and serve.

MAPLE PECAN SMOOTHIE

1 scoop protein powder, vanilla recommended
1/2 cup unsweetened almond milk + stevia (optional)
1/2 cup ice + 1 handful leafy greens
2 Tbsp maple pecans, from Food Prep,
1 Tbsp pecans in smoothie, 1 Tbsp for topping

OPEN-FACE MEATBALL SUB

1 slice bread or 1 English muffin
4 meatballs, from Food Prep
1/4 - 1/2 cup tomato-based sauce of choice
1/2 cup leafy greens + tomato slices, optional
1/2 mozzarella stick

Toast bread or muffin and top with greens & tomatoes. In a medium bowl, add meatballs and desired amount of sauce. Heat in microwave until just warm. Remove and add cheese on top. Return to microwave and heat until cheese is melted. Scoop meatball mixture onto toast. Enjoy.

KALE CHIPS & CARROTS with GUACAMOLE

1/3 portion kale chips, from Food Prep + 1 cup carrots
guacamole - 2 ounces avocado mashed with a lil salt &
lime/lemon juice

SLOW COOKER CHINESE PORK TENDERLOIN

Tenderloin roast ingredients

1 lb. or more pork tenderloin (reserve cooking liquid)
1 Tbsp each soy sauce, hoisin, and tomato-based soup
2 tsp fresh grated ginger + 2 garlic cloves, chopped

Portions for dinner

4 ounces pork tenderloin
1-2 cups zucchini noodles (use a spiralizer or veggie peeler to
make ribbons)
1 carrot, peeled into strips or finely chopped to matchsticks
(make additional servings zucchini and carrot noodles for
Tues.'s and Wed.'s dinners.)

Quick Peanut Sauce - mix these 2 together

1 Tbsp peanut butter + 1-2 Tbsp liquid from slow cooker

Toppings - 1/4 cup cilantro and/or green onions

1 Tbsp peanuts, chopped + lime juice (optional)

Slow-cooker - Combine roast ingredients in the slow cooker. Cook on high for 4 hours or low for 6.

After roast is cooked - Prepare zucchini and carrots into ribbons, noodles etc. (Prep enough for Tues.'s and Wed.'s dinners for optional food prep). Saute tonight's portion of zucchini and carrots in a medium fry pan with a few tablespoons of liquid from the slow cooker. Once slightly softened (2-3 minutes), remove to a bowl. Add pork, quick peanut sauce, cilantro and/or green onions. Stir to combine. Top with peanuts and sprinkle with lime juice if desired.

SAVE THE SLOW COOKER LIQUID - Keep this in an airtight container in the fridge to add flavor and moisture to upcoming meals.

Tuesday Meal Prep

Optional - Combine same portions for Wednesday's dinner. Prep Asian Vibes Salads for Tuesday and Thursday



Tuesday

SAUSAGE ENGLISH MUFFINS with AVOCADO

2 meatballs, from Food Prep
2 egg whites
1 English muffins, toasted
leafy greens and tomato slices
1 ounce avocado

Toast English muffin. In a medium fry pan sprayed with oil, on medium heat, cook egg whites, and add meatballs to heat through. Layer ingredients as desired. Eat open-face or as a sammie.

RASPBERRY PROTEIN MUFFIN with NUT BUTTER

1 raspberry protein muffin (frozen Week 5)
1/2 Tbsp nut butter

ASIAN TWIST SALAD

4 ounces pork tenderloin, cooked with Monday's dinner
1/2 cup edamame, thawed
1/2 orange or 1 cutie/tangerine, peeled & chopped
1 Tbsp peanuts, chopped
cilantro and/or green onions, chopped
Dressing - 1/2 Tbsp EVOO or sesame oil
1 tsp vinegar of choice + 1/2 Tbsp liquid from slow cooker

I love this salad. Just sayin'. I think I'll make it today.

PEACH PARFAIT with MAPLE PECANS

6 ounces plain Greek yogurt
1/3 cup peaches + 1 Tbsp maple pecans + 1 tsp honey

MEATBALLS & ZOODLES with MUSHROOM CREAM SAUCE

4 meatballs, from Food Prep
1-2 cups zucchini and carrot noodles, prepped Monday

Mushroom Cream Sauce ~makes 2 servings. Save 1/2 for Wed.

8 ounces mushrooms, sliced
1/4 cup raw cashews
1/2 cup unsweetened almond milk
1/4 tsp garlic powder
s&p to taste after blending

Mushroom Cream Sauce - sauté all mushrooms in a medium fry pan over medium heat, seasoning lightly with salt. Once mushrooms are softened and golden brown (apx. 3 minutes), remove from pan. In a blender, add 1/2 cooked mushrooms, cashews, almond milk and garlic powder. A lil weird, but trust. Process until smooth. Add s&p to taste - this will make a big difference. Add more almond milk for a thinner sauce if desired. 1/2 sauce for tonight, 1/2 for tomorrow.

To serve - Warm meatballs and noodle mixture in a pan or in microwave. Top with 1/2 cooked mushrooms and 1/2 portion of sauce.

Wednesday Meal Prep

Lunch - Portion and pack using ingredients from tonight's dinner. It's a salad, so keep wet and dry ingredients separate 'til serving



Wednesday

PROTEIN WAFFLES with PEACHES & NUT BUTTER

1/3 cup old-fashioned oats, ground in blender
 1 whole egg + 1 egg white
 1/2 tsp cinnamon + 1/4 tsp baking powder + 1 pinch salt, 1/16 tsp stevia (5-10 drops)

Toppings - 1/3 cup peaches
 1 Tbsp nut butter (can thin w/a little almond milk if desired)

Grind oats in a blender. In a separate bowl, whisk eggs and add in oats, cinnamon and baking powder. Stir until combined. Cook in waffle maker. Add toppings and serve.

GRAPEFRUIT & NUTS with HONEY DRIZZLE

1 grapefruit or fruit of choice
 1 1/2 Tbsp maple pecans or other nuts
 1 tsp honey or maple syrup

OPEN-FACE MEATBALL SUBS with CREAMY MUSHROOM SAUCE

4 meatballs, from Food Prep
 1 slice bread or 1 English muffin
 1/2 portion Creamy Mushroom Sauce, from Tues.'s dinner
 leafy greens + tomato slices, unlimited

Toast bread. Warm sauce and meatballs together in microwave or in a pan. Top toast with leafy greens and tomatoes. Spoon meatballs and sauce over top.

KALE CHIPS & CARROTS with GUACAMOLE

1/3 portion kale chips, from Food Prep + 1 cup carrots
 guacamole - 2 ounces avocado mashed with a lil salt & lime/lemon juice

SLOW COOKER CHINESE PORK TENDERLOIN ~ cooked Monday

4 ounces pork tenderloin
 1-2 cups zucchini noodles (use a spiralizer or veggie peeler to make ribbons)
 1 carrot, peeled into strips or finely chopped to matchsticks (make additional servings zucchini and carrot noodles for Tues's and Wed's dinners.)

Quick Peanut Sauce - mix these 2 together
 1 Tbsp peanut butter + 1-2 Tbsp liquid from slow cooker

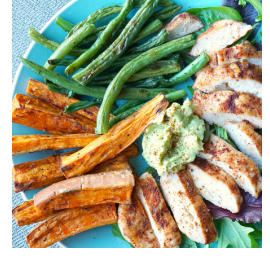
Toppings - 1/4 cup cilantro and/or green onions
 1 Tbsp peanuts, chopped + lime juice (optional)

Prepare zucchini and carrots into ribbons, noodles etc. Sauté in a medium fry pan with a few tablespoons liquid from slow cooker. Once slightly softened (2-3 minutes), remove to a bowl. Add pork to pan and heat through. Add pork, Quick Peanut Sauce, cilantro and/or green onions to noodle bowl. Stir to combine. Top with peanuts and sprinkle with lime juice if desired.

Thursday Meal Prep

Lunch - Portion & pack Thursday's Asian Vibes Salad

Dinner - Decide cooking method - slow cooker or roast in the oven



Thursday

DON'T FORGET
Set your slow cooker this morning or
this afternoon for dinner if you opted to use it.

SOMOA COOKIE SMOOTHIE

1/2 cup unsweetened almond milk + 1/2 cup ice
2 oz frozen banana, cut into chunks
1 scoop protein powder, chocolate or vanilla works
2 tsp cocoa powder
Toppings - 1 Tbsp unsweetened coconut flakes
1 tsp honey drizzle for 'caramel'

Combine all ingredients in a blender and process until smooth. Add toppings, and be on your way with your healthy treat. Nice way to start a Thursday. ;)

Optional garnish - dust with cocoa, it's perty bitter, but pretty

PEACH PARFAIT with MAPLE PECANS

6 ounces plain Greek yogurt
1/3 cup peaches + 1 Tbsp maple pecans + 1 tsp honey

ASIAN TWIST SALAD

4 ounces pork tenderloin, cooked with Monday's dinner
1/2 cup edamame, thawed
1/2 orange or 1 cutie/tangerine, peeled & chopped
1 Tbsp peanuts, chopped
cilantro and/or green onions, chopped
Dressing - 1/2 Tbsp EVOO or sesame oil
1 tsp vinegar of choice + 1/2 Tbsp liquid from slow cooker

MEATBALLS & MARINARA BITES

2 meatballs, from Food Prep
1/4 cup tomato-based sauce

Eat off toothpicks if you want.

BBQ SPICED CHICKEN with YAMS & GREENS BEANS

~ This meal can be slow cooked or roasted, you choose.

Slow cooker/roasting portions

1 1/4 lbs chicken breast, seasoned w/Spice Rub from Food Prep
9 ounces yams
4-8 cups greens beans, enough for 4 separate meals

Portions for 1 serving

4 oz chicken
3 oz yams
1 oz avocado, make a quick guacamole if desired by mashing with a little salt and lemon or lime juice
1-2 cups green beans

Slow-Cooker Option - Place meat in slow cooker. Using the spice rub from Food Prep, rub mixture all over meat. Sprinkle a little more s&p. Add 1/4 cup water. Scrub yams, wrap tightly in foil, and place atop chicken in the slow cooker. They will cook perfectly this way, no worries. Put lid on and cook on high for 3 1/2 hours or low for 6 1/2 hours.

Green bean options - 1. Steam (stovetop or microwave)
2. Roast in oven, see instructions below

Roasting Option - Chicken - Preheat oven to 425'. Line 2 baking sheets with foil and spray with oil. Rub Spice Rub from Food Prep all over meat. Add a little more s&p. Place meat on one pan. Roast until meat thermometer reads 165'.

Yams & Green Beans - Scrub yams and pat dry. Chop into french fry shapes or large cubes. Place on pan, spray with oil, season with s&p and toss to coat. Leave 1/2 sheet pan open for green beans but keep both ingredients separate to accommodate different cooking times. **Green beans** - chop tips & stems, place on sheet pan, spray w/oil and season with s&p. Toss to coat. Roast both for 10 minutes, then flip over over using a spatula. Continue to check until desired doneness is reached.



Friday

PROTEIN WAFFLES with PEACHES & NUT BUTTER

1.3 cup old-fashioned oats, ground in blender
 1 whole egg + 1 egg white
 1/2 tsp cinnamon + 1/4 tsp baking powder + 1 pinch salt, 1/16 stevia (5-10 drops)

Toppings - 1/3 cup peaches
 1 Tbsp nut butter (can thin w/a little almond milk if desired)

Grind oats in a blender. In a separate bowl, whisk eggs and add in oats, cinnamon and baking powder. Stir until combined. Cook in waffle maker. Add toppings and serve.

MAPLE PECAN SMOOTHIE

1 scoop protein powder, vanilla recommended
 1/2 cup unsweetened almond milk + stevia (optional)
 1/2 cup ice + 1 handful leafy greens
 2 Tbsp maple pecans, from Food Prep,
 1 Tbsp pecans in smoothie, 1 Tbsp for topping

MAD PROPS, GORGEOUS!
You're almost done, amazing Lady! I'm so grateful to have been a part of your journey. Keep it up! Xx

BBQ CHICKEN & YAM SALAD

3 oz BBQ Chicken, prepped with Thursday's dinner
 3 oz yams, prepped from with Thursday's dinner
 1/2 oz parmesan cheese
 leafy greens + additional veg (tomatoes, onions, etc.)
Dressing - 1/2 Tbsp EVOO + 1 tsp dijon
 1-2 tsp balsamic or red/white wine vinegar + s&p

Suggested option - warm chicken and yams before adding to the salad. Having different flavors *and* temperatures can add more dimension and deliciousness. But hey, it's your salad, and I ain't messin' wid it.

KALE CHIPS & CARROTS with GUACAMOLE

1/3 portion kale chips, from Food Prep + 1 cup carrots
 guacamole - 2 ounces avocado mashed with a lil salt & lime/lemon juice

EASY CHICKEN PARMESAN

~Prepare 2 or 3 portions. 1 serving is planned for Saturday's lunch, and 1 more serving is optional for Sunday's dinner

Portions for 1 serving

4 oz chicken breast
 1/4-1/2 cup tomato-based sauce
 1/2 oz parmesan cheese
 1 mozzarella stick, thinly sliced or peeled into thin pieces
 1 cup or portion green beans, prepped with Thurs.'s dinner

Slice chicken into thin strips and season with s&p. Heat a large fry pan to medium high, spray with oil and add chicken. Once the top edges lose their pink color, turn chicken and cook an additional 2-5 minutes. Once chicken is almost cooked through, turn heat to low and add tomato sauce, turning and stirring to coat chicken. Using a spatula, divide chicken portions into sections on the pan - if making 2 servings, divide in 2 - if making 3 servings, make 3 equal servings. Top each serving with 1/2 oz parmesan and 1 mozzarella stick. Cover pan with lid and cook until cheese is melted. Warm green beans and add to the side or mix together.

Saturday Meal Prep

Lunch - Portion Chicken Parmesan Salad using ingredients from dinner



Saturday

EGG MCMUFFIN with GUACAMOLE

1 English muffin, toasted
 1 whole egg + 2 egg whites
 1 1/2 oz avocado, mashed w/a lil salt and lime/lemon juice
 a few thin slices of apple, optional
 leafy greens

Toast English muffin. In a medium fry pan sprayed with oil, on medium heat, cook eggs your fave way. Layer ingredients as desired. Eat open-face or as a sammie. Apples are highly suggested - roll with me. ;)

RASPBERRY PROTEIN MUFFIN with NUT BUTTER

1 raspberry protein muffin (frozen Week 5)
 1/2 Tbsp nut butter

CHICKEN PARMESAN SALAD

4 ounces chicken, prepped from Friday's dinner
 1/2 oz parmesan cheese
 leafy greens + additional veg (tomatoes, onions etc.)
Dressing - 1/2 Tbsp EVOO
 1/8 cup tomato-based sauce

Suggested option - warm chicken and tomato sauce before adding to the salad. Having different flavors and temperatures can add more dimension and deliciousness. Sprinkle parmesan and drizzle EVOO over the top, with a lil flair.

PEACH PARFAIT with MAPLE PECANS

6 ounces plain Greek yogurt
 1/3 cup peaches + 1 Tbsp maple pecans + 1 tsp honey

BBQ SPICED CHICKEN with YAMS & GREENS BEANS

~ prepped with Thursday's dinner

Portions for 1 serving

4 oz chicken
 3 oz yams
 2 oz avocado, make a quick guacamole if desired by mashing with a little salt and lemon or lime juice
 1-2 cups green beans

Reheat chicken, yams and greens beans in a pan or in the microwave. Top with avocado.

FOOD PREP - if you haven't already, portion and pack the same exact meal for tomorrow's lunch.

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.

SOMOA COOKIE SMOOTHIE

1/2 cup unsweetened almond milk + 1/2 cup ice
 2 oz frozen banana, cut into chunks
 1 scoop protein powder, chocolate or vanilla works
 2 tsp cocoa powder
 Toppings - 1 Tbsp unsweetened coconut flakes
 1 tsp honey drizzle for 'caramel'

Combine all ingredients in a blender and process until smooth. Add toppings, and be on your way with your healthy treat. And that's how to weekend. Yum-zizzle.

GRAPEFRUIT & NUTS with HONEY DRIZZLE

1 grapefruit or fruit of choice
 1 1/2 Tbsp maple pecans or other nuts
 1 tsp honey or maple syrup

BBQ CHICKEN & YAM SALAD

Same portions as Friday's lunch.

Suggested option - warm chicken and yams before adding to the salad. I find salads more satisfying this way, personally.

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

Aim for a 150-200 calorie snack that has some protein

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 - 3-4 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

You did it! Congratulations!

After a solid 6-10 weeks of leaning down, I suggest taking a two-week break from being in a calorie deficit. Listen to your body. Does it need a break? If the answer is yes, then take one - it's the best decision to set you up for longterm success. It doesn't mean you need to go overboard, just bring up your calorie intake to a 1600-2200 calorie range based off hunger. Eat when you're hungry and stop when you're full. Try to create balanced meals just like these, or follow the same meal plan but increase the size of your portions during meals, while keeping snack portions the same. Botta boom, botta bing, hot bod cha-ching! ;) Much love, Jessica Joy