

DAIRY, GLUTEN & SUGAR-FREE

1-WEEK Meal Plan Guide

GROCERY LIST GUIDELINES

- This list is meant to feed one person for the specific Meal Plan. If you're feeding a family, or another person, feel free to double, triple, quadruple etc.
- Perishable foods have precise amounts listed to ensure you only buy what you need. In order to avoid running out of specific ingredients, buy plenty of extra vegetables for snacks, and reserve portioned food for recipes. If you know you'll need more than 1300-1400 calories per day, purchase some extras. See 'Approved Foods & Substitutions List' for portion/add-on guidelines.
- This is for baseline calories (1300-1400 per day). If you're in a higher calorie tier, buy more for add-ons if necessary. See DIET instructions.
- For the first week the grocery budget may be higher because many items will be pantry staples used throughout the entire program
- Always check your pantry before shopping.
- If you've decided to choose just a few meal days from the program and repeat them, then you will need to create a personalized grocery list. Look over the days you've chosen, and create a list from those.

FRUIT

- _ 1 large banana, ripe by Monday night
- _ 2 apples for snacks
- _ 1 package strawberries, can use frozen instead
- _ 1 package blueberries, can use frozen instead
- _ 3 avocados, 1 ripe on Monday, 1 ripe in middle of week, 1 ripe for later in week (can refrigerate to preserve freshness)
- _ 3 lemons or lemon juice
- _ 1 lime or lime juice

VEGETABLES

- _ 2 roma tomatoes for toppings
- _ 2 bell peppers, color of choice
- _ carrots, at least 2 pounds, plus more for snacks if desired
- _ 1 bag baby spinach or mixed greens. Spinach is typically cheaper and comes with more within 1 bag
- _ additional vegetables for snacks - will be used to dip in hummus
- _ 1 pound mushrooms, whole or sliced (recipe will be sliced, but can slice yourself if it's cheaper)
- _ 3 zucchinis, medium
- _ 2 onions, white or yellow
- _ 1 yam, 6 ounces
- _ 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, both are lean cuts of pork
- _ 18-count carton eggs

REFRIGERATED/FROZEN

- 1 small container hummus of choice, to be used for 2 weeks
- 1 package dairy-free cheese of choice, 6-8 ounces. To be used for 2 weeks. Daiya mozzarella recommended, but may be hard to find
- 1 carton unsweetened almond milk, not vanilla flavored
- 1 package frozen blueberries, if not using fresh. Can swap other berries if needed
- 1 package frozen strawberries, if not using fresh
- 1 package frozen cauliflower, 12-16 ounces

CANS

- 1 can tuna, packed in water
- 1 15 ounce can white beans of choice
- 1 6 ounce can tomato paste
- 1 15.5 ounce can crushed tomatoes. If unavailable, use tomato sauce
- 1 can full-fat coconut milk, not light, canned not refrigerated (will be used for 2 weeks)
- 1 cup chicken broth (apx. 1/2 can). Can substitute with a healthy bouillon

Grains/Legumes

- gluten-free or Ezekiel bread, 80-110 calories per slice. 1 loaf to be used for 2 weeks. May be found in freezer section.
- brown rice, 1 cup
- old-fashioned oatmeal, 2 cups

Healthy Fats

- 1/2 cup raw cashews, can use roasted if raw is unavailable
- all-natural peanut butter
- chia seeds, 1 cup

HAVE ON HAND

Flavorings & Cooking/Baking Staples

- honey
- stevia
- apple cider vinegar
- dijon mustard
- soy sauce/tamara/liquid aminos
- baking powder

Herbs & Spices - needed for this week

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

Supplements

- protein powder, vanilla works best for these recipes
- Supplies, suggested

_small tupperware containers or mason jars (½ cup – 1 cup size is ideal) to portion various sauces.

WEEK 1 - FOOD PREP

Complete before Monday

MUST PREP

1. One batch of Low-Carb Meatballs
2. Semi-homemade Tomato Sauce
3. 2 chia puddings
4. 2 portions strawberry chia jam, for French toast topping

OPTIONAL

1. prep Monday's lunch, Guacamole Tuna Sandwich – see Monday's instructions
2. prep snacking vegetables – See Tuesday and Thursday's snacks. Ex: chop celery sticks, peel and chop carrots, portion grab bags etc.

WEEK 1 - FOOD PREP INSTRUCTIONS

**MEATBALLS – makes 25 meatballs, 1 serving = 5 meatballs, ~125 calories and 26 grams protein
To be used for 6 separate meals**

1 pound lean ground turkey or chicken

1 zucchini, grated, and blotted with a few paper towels to remove excess juice

1 ½ tsp salt + 1 tsp pepper + 1 tsp oregano + 1 tsp cumin

Directions – 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.

TOMATO SAUCE – makes 4 portions of sauce, to be used for 4 separate meals

1 can crushed tomatoes

3 garlic cloves, minced

1 tsp oregano, dry

2-3 drops stevia

salt and pepper to taste

Directions – in a medium fry pan on medium-low heat, spray with oil and add garlic. Saute 1 minute, stirring often to avoid any burning. Pour in crushed tomatoes and add oregano. Bring mixture to a boil,

then reduce to a simmer. Continue to stir mixture. Add 2 drops stevia and a little pepper. Taste mixture. Continue to simmer a few more minutes or until desired thickness is reached. Adjust salt and sweetness to taste.

CHIA PUDDING (make 2 individual servings)

ingredients for 1 portion

½ cup unsweetened almond milk

2 Tbsp chia seeds

stevia to taste, 1-3 drops or so

Directions – in small jar or bowl, combine almond milk, chia seeds and stevia. Stir for 30 seconds.

Over the next 10 minutes, stir occasionally. Cover tightly and store in fridge until ready to eat.

Just before serving - (Wednesday and Friday) top with 1/3 cup strawberries and 1 tsp honey

STRAWBERRY CHIA SEED JAM (make 2 individual servings)

ingredients for 1 portion

½ cup strawberries, finely chopped. If using fresh, microwave for 20 seconds to soften and release juices.

1 Tbsp chia seeds

stevia to taste

Directions – in small jar or bowl, combine almond milk, chia seeds and stevia. Stir for 30 seconds.

Over the next 10 minutes, stir occasionally. Cover tightly and store in fridge until ready to eat.

MEAL TIMING

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

ONE RULE: Try to have your last meal 2-3 hours before bed, so your body has time to digest it before then. When it's time to sleep, your body needs rest. It doesn't want to expend its energy digesting food - eat dinner, and close that kitchen. Try having some tea afterwards – it's calming, filling and satisfying. Also, try creating a healthy routine before bed so you can eventually end late-night snacking. The idea is to replace late-night nibbles with something that gives you the same soothing effect, without the extra calories.

MAKING THIS WORK FOR INTERMITTENT FASTING

- The meal structure in this plan is Breakfast, Snack, Lunch, Snack, Dinner. With intermittent fasting, you don't have breakfast, so how do you make this menu work? Here are some ideas.
- You could eat the breakfast & snack your first meal of the day. Then the meal designed for lunch can be a big snack/light meal. Then the snack and dinner can be dinner. Or save one of the snacks as a dessert. If you're too full, opt out of one snack.
- You could increase the size of 2 of the meals, and leave one meal out altogether. Example: Make a bigger portion of the lunch for breakfast and a bigger portion of the dinner for dinner, and opt-out of the breakfast recipe altogether.

MONDAY

BEFORE BREAKFAST: Digestion jump-start

16 ounces water (warm or cold) with 2 tsp. lemon juice or 1 tsp. ACV (apple cider vinegar)

BREAKFAST: Creamy Blueberry Oats with Eggs and Greens

1/3 cup old-fashioned oatmeal

1/3 – 1/2 cup unsweetened almond milk + stevia to taste (optional)

1/4 cup blueberries, fresh or frozen

1 Tbsp full-fat canned coconut milk, drizzled on top after cooking

2 eggs + 1-2 handfuls leafy greens (raw or sauteed in pan)

DIRECTIONS: Add oatmeal, almond milk and stevia (optional) into a bowl. Microwave on high for 1 1/2 minutes. Top with blueberries and coconut milk. For the eggs, cook in a fry pan according to your preference (scrambled, over-easy etc). Use cooking spray to keep the eggs from sticking. Add greens to pan until slightly wilted, or leave uncooked. Season with salt and pepper.

SMOOTHIE: PBJ Smoothie

Base: 1/2 cup unsweetened almond milk, 1 big handful leafy greens, 1/2 cup ice, 1 scoop protein powder
1/2 cup strawberries, fresh or frozen

1 Tbsp. natural peanut butter, unsweetened

Smoothie bowl option: Leave out some strawberries & peanut butter from smoothie to use as toppings.

LUNCH: Open-Face Avocado Tuna Salad Sandwich

1 whole wheat, gluten free, or sprouted grain tortilla

1 can tuna packed in water, drained

2 ounces avocado + a sprinkle of salt and lemon or lime juice. Mash together for a quick guacamole
small handful leafy greens

extra vegetables – tomato, onion, celery – unlimited

Directions – Toast bread if desired. Prepare the guacamole, and add tuna into bowl. Stir gently to combine. Add leafy greens and desired vegetables to bread, and top with avocado tuna salad.

SNACK: Apple Nachos – slice apples for chips, and dip in nut butter. Or, just eat the apple whole and have a an awesome spoonful of nut butter

1 apple + 1 Tbsp nut butter

DINNER: Zucchini boats

Prepare two servings using the following portions – 1 for dinner, one for Tuesday's lunch

5 meatballs, from Meal Prep

1 zucchini

1/4 portion (or less if desired) tomato sauce, from Food Prep

1 ounce dairy free cheese of choice

Zucchini boats: Preheat oven to 425 degrees. Cut zucchini in half, lengthwise, and scoop seeds out to create a well down the center of the zucchini. Place zucchini on a oil-sprayed baking sheet, cut side up, lightly seasoning with s&p (Time-saving tip: line baking sheet with foil for easy clean-up). Bake/roast for 15 minutes or until desired softness is reached. Reheat meatballs in the microwave, being careful to just warm, and not overcook. Remove cooked zucchini from oven, and assemble the boats by spooning tomato sauce into zucchini boat wells, top with meatballs, top with more sauce if desired, and place cheese on top. Return boats into the oven, and roast until the cheese is melted. Remove and serve.

Tuesday Food Prep –Smoothie: freeze banana if not frozen yet

Lunch: Allow extra serving of zucchini boats to cool, and store in the fridge.

TUESDAY

BEFORE BREAKFAST: Digestion jump-start -16 ounces water w/ 2 tsp. lemon juice or 1 tsp. ACV

BREAKFAST: French Toast with Strawberry Chia Jam and Cream with Eggs on the Side

1 slice gluten-free bread

1 whole egg + 2 egg whites

1 serving chia jam (½ cup strawberries + 1 Tbsp chia seeds + stevia to taste), from Food Prep

1 Tbsp coconut milk, full-fat, canned

1 handful leafy greens, can omit here and add to smoothie if desired

French toast: In a bowl big enough to fit the bread, whisk the eggs together. Warm a fry pan to medium heat. Lay bread in egg mixture for 10 seconds per side. Spray pan with cooking spray, and add bread. Once bottom side is browned, flip the bread over and brown the other side. Remove from pan. Cook any additional eggs in the pan, and eat on the side. Top French toast with chia jam, and drizzle with coconut milk.

SMOOTHIE: Coconut Lime

Base: 1/2 cup almond milk, 1 handful leafy greens, ½ cup ice, 1 scoop vanilla protein powder

2 Tbsp coconut milk, full-fat, canned

1 Tbsp lime juice

2 ounces frozen banana

LUNCH: Zucchini Boats

Same portions as Monday's dinner

Option – chop of zucchini boats and reheat. Add to a bed of leafy greens to create a salad.

SNACK: Veggie Dippers and Hummus

1-2 cups vegetables of choice (cucumber slices make good 'chips') + ¼ hummus

DINNER: Santa Fe Chicken Enchilada Plate

Extra chicken and vegetables will be cooked tonight for future meals. The vegetables cooked now will also be used for Wednesday's salad, and can be used for Thursday's dinner and Friday's lunch (chicken curry). The program portions 2 onions and 1 pepper for all 4 meals. If you want to add more vegetables, feel free.

4 ounces chicken breast, cooked (cook all chicken breast now for future meals, at least 16 ounces altogether)

2 ounces avocado – make into quick guacamole if desired by mashing with a little lemon juice and salt
¼ portion 2 onions (reserve ¼ onion for Thursday's dinner. Wrap and store in fridge), sliced and 1-2 bell pepper/s, sliced (cook more vegetables if desired)

¼ portion tomato sauce, from Food Prep, add ½ tsp cumin + ½ tsp chili powder if desired

Directions – For the chicken - to roast: Preheat oven to 425', line a baking tray with foil, and spray with oil. Season chicken lightly with salt and pepper. Roast until meat thermometer reads 165'. Allow to cool slightly (3-5 minutes) and portion. **For the chicken - to saute:** Cut chicken into thin strips. Season lightly with salt and pepper. Heat a large pan to medium high, spray with oil, and add chicken. Cook, turning occasionally, until chicken is no longer pink. **For the vegetables** - in a large pan, saute vegetables with a little salt until softened. Remove from heat.

To serve – Portion vegetables and chicken on a plate or in a bowl. Top with sauce and guacamole

Wednesday Food Prep: Lunch: Portion lunch using ingredients from tonight's dinner

Snack: prep fruit topping for chia pudding

WEDNESDAY

-BEFORE BREAKFAST: Digestion jump-start -16 ounces water w/ 2 tsp. lemon juice or 1 tsp. ACV

BREAKFAST: Open-Face 'Sausage,' Egg and Avocado Toast

1 slice gluten-free bread

2 ½ meatballs, from Food Prep, slice in half to prevent sliding

1 whole egg + 1 egg white

2 ounces avocado, approximately ½ half avocado. Season lightly with salt for max flavor

leafy greens and tomato slices

Directions: Toast bread and stack toppings according to preference. Make a sandwich if desired, especially if traveling. And, if you're traveling, wrap the bottom half in some parchment paper or foil.

It's your own 'fast food.' Great job!

SMOOTHIE: Blueberry Cream

Base: 1/2 cup almond milk, 1 handful leafy greens, ½ cup ice, 1 scoop vanilla protein powder

2 Tbsp coconut milk, full-fat, canned

½ cup blueberries

Smoothie bowl option – reserve some coconut milk and blueberries from the smoothie for toppings

LUNCH: Taco Salad

3 ounces chicken breast, cooked, prepped with Tuesday's dinner

¼ cup beans of choice, rinsed and drained

remaining portion of Tomato Sauce, from Food Prep. Add ½ tsp cumin + ½ tsp chili powder if desired

½ ounce dairy-free cheese

1 ounce avocado

1-2 handfuls leafy greens

Suggested serving option – warm chicken, beans, sauce and melt cheese on top. Add this to a bed of greens, and top it off with the avocado.

SNACK: Strawberry Chia Pudding – from Food Prep

½ cup almond milk + 2 Tbsp chia seeds + stevia, optional. Set in fridge for at least 2 hours.

Top with 1/3 cup strawberries + 1 tsp honey

DINNER: Meatballs with Creamy Mushroom Sauce and Mashed Yams

5 meatballs, from Food Prep

2 ounces cooked yams, prep additional 3 ounces for Thursday's lunch

¼ portion Mushroom Sauce, see instructions below

1-2 handfuls leafy greens, sauteed or raw

Dairy Free Mushroom sauce (4 servings)

16 ounces mushrooms, sliced

½ cashews, raw if available

1 cup unsweetened almond milk

½ tsp garlic powder + salt & pepper to taste

Sauce directions – In a large fry pan sprayed with oil on medium heat, add mushrooms, seasons lightly with salt, and saute mushrooms until golden. Remove from heat, and allow to cool a few minutes. In a blender, combine ½ portion of cooled mushrooms (reserve other ½ for toppings), cashews, almond milk and garlic powder. Blend until smooth. Taste and add salt and pepper as needed. Divide into 4

equal portions for future meals. Each portion is approximately 110 calories, with a serving of healthy fats and vegetables.

Yam – poke several times with a fork, and cook in microwave until softened. Time will vary depending on size. Cook at least 6 ounces. Start with 4 minutes, check yam, and continue in 1-2 minute increments from there. Once cooled, remove peel and mash with a fork, or chop.

To serve – Reheat meatballs. Add yams and leafy greens to the plate. Top with mushroom sauce (¼ portion), and ¼ portion mushrooms that weren't blended.

Thursday Food Prep: Lunch: Use the same portions for tonight's dinner, for Thursday's lunch

THURSDAY

-BEFORE BREAKFAST: Digestion jump-start -16 ounces water w/ 2 tsp. lemon juice or 1 tsp. ACV

BREAKFAST: French Toast with Strawberry Chia Jam and Cream with Eggs on the Side

1 slice gluten-free bread

1 whole egg + 2 egg whites

1 serving chia jam (½ cup strawberries + 1 Tbsp chia seeds + stevia to taste), from Food Prep

1 Tbsp coconut milk, full-fat, canned

1 handful leafy greens, can omit here and add to smoothie if desired

French toast: In a bowl big enough to fit the bread, whisk the eggs together. Warm a fry pan to medium heat. Lay bread in egg mixture for 10 seconds per side. Spray pan with cooking spray, and add bread. Once bottom side is browned, flip the bread over and brown the other side. Remove from pan. Cook any additional eggs in the pan, and eat on the side. Top French toast with chia jam, and drizzle with coconut milk.

SMOOTHIE: Coconut Lime

Base: 1/2 cup almond milk, 1 handful leafy greens, ½ cup ice, 1 scoop vanilla protein powder

2 Tbsp coconut milk, full-fat, canned

1 Tbsp lime juice

2 ounces frozen banana

LUNCH: Meatballs with Creamy Mushroom Sauce and Mashed Yams

Same portions as Wednesday's dinner. Add additional leafy greens to make a salad if desired

SNACK: Veggie Dippers and Hummus

1-2 cups vegetables of choice (cucumber slices make good 'chips') + ¼ hummus

DINNER: Coconut Curry Chicken

3 ounces chicken, prepped with Tuesday's dinner

¼ portion onions and peppers, prepped with Tuesday's dinner

1 cup carrots, sliced or chopped and steamed (steam additional 1 cup for Friday's lunch)

½ portion coconut curry sauce

Coconut Curry Sauce (2 portions, approximately 100 calories each for 1 portion healthy fats)

½ cup full fat coconut milk, canned

3 cloves garlic, (2 big cloves, or 3 medium), minced

1 Tbsp freshly grated ginger, apx. ½ inch piece (keep peeled and stored in freezer for fast grating)

¼ yellow or white onion, minced, reserved from Tuesday's dinner

½ Tbsp curry powder, plus more to taste
salt and pepper to taste

Curry Sauce directions – In a medium fry pan sprayed with oil on medium-low heat, add onion, garlic and ginger. Season lightly with salt and saute for 1 minute. Add curry powder and stir until everything is coated in curry powder. Slowly pour in coconut milk and start to whisk. Bring to a boil, then reduce to a simmer. Continue to stir and simmer until desired consistency is reached (should coat a spoon nicely, but you don't want it too thick). To bring out the curry flavor, salt is very important. Add sprinkles of salt incrementally while cooking, taking small tastes as you go along. Once done, allow to cool slightly and divide into two equal portions. One for tonight, one for Friday's lunch.

To steam carrots – place carrots in a microwaveable bowl, adding 1 Tbsp water. Cover tightly with a lid or plastic wrap. Microwave on high for 3-6 minutes, or until desired softness is reached. If you like to keep them a little crunchy, it's cool. Once done, remove lid so the carrots don't continue to steam. Reserve half for Friday's lunch.

To serve – Portion and reheat chicken. Add vegetables to plate and top with coconut curry sauce.

Friday Food Prep:

COOK BROWN RICE TONIGHT FOR FRIDAY'S LUNCH – 1 cup brown rice, cook according to package directions.

Lunch – same portions as tonight's dinner with ½ cup cooked brown rice

Dinner – decide when you will start the slow-cooker roast for dinner

FRIDAY

-BEFORE BREAKFAST: Digestion jump-start -16 ounces water w/ 2 tsp. lemon juice or 1 tsp. ACV

BREAKFAST: Open-Face 'Sausage,' Egg and Avocado Toast

1 slice gluten-free bread

2 ½ meatballs, from Food Prep, slice in half to prevent sliding

1 whole egg + 1 egg white

2 ounces avocado, approximately ½ half avocado. Season lightly with salt for max flavor

leafy greens and tomato slices

Directions: Toast bread and stack toppings according to preference. Make a sandwich is desired, especially if traveling. And, if you're traveling, wrap the bottom half in some parchment paper or foil. It's your own 'fast food.' Great job!

SMOOTHIE: Blueberry Cream

Base: 1/2 cup almond milk, 1 handful leafy greens, ½ cup ice, 1 scoop vanilla protein powder

2 Tbsp coconut milk, full-fat, canned

½ cup blueberries

Smoothie bowl option – reserve some coconut milk and blueberries from the smoothie for toppings

LUNCH: Coconut Curry Chicken

Same portions as Thursday's dinner, with ½ cup cooked brown rice

SNACK: Strawberry Chia Pudding – from Food Prep

½ cup almond milk + 2 Tbsp chia seeds + stevia, optional. Set in fridge for at least 2 hours.

Top with 1/3 cup strawberries + 1 tsp honey

DINNER: Pork Roast with Mushroom Cream Sauce and Cauliflower Mash

portions for dinner

4 ounces pork sirloin roast

1/3 bag frozen cauliflower, cook full bag tonight for future meals

1 portion creamy mushroom sauce, prepped with Wednesday's dinner

fresh herbs or leafy greens for garnish, optional

Slow-cooker Pork Sirloin Roast – Place roast in slow cooker, and trim excess fat. Season all sides with salt and pepper. Add ¼ water, and cook on high for 4 hours, or low for 7 hours. Extra pork will be used for future meals and/or can be frozen.

Cauliflower Mash -Cook frozen cauliflower according to package directions, typically there is a microwaveable option for convenience. Once done, blend into a mashed potato-like consistency, seasoning with salt and pepper to taste and possibly adding some of the liquid from the slow-cooker roast. For additional creaminess, add a little almond milk, just a bit at a time until desired consistency is reached. Reserve 2/3 mixture for future meals.

SATURDAY

-BEFORE BREAKFAST: Digestion jump-start -16 ounces water w/ 2 tsp. lemon juice or 1 tsp. ACV

BREAKFAST: Creamy Blueberry Oats with Eggs and Greens

1/3 cup old-fashioned oatmeal

1/3 – ½ cup unsweetened almond milk + stevia to taste (optional)

¼ cup blueberries, fresh or frozen

1 Tbsp full-fat canned coconut milk, drizzled on top after cooking

2 eggs + 1-2 handfuls leafy greens (raw or sauteed in pan)

DIRECTIONS: Add oatmeal, almond milk and stevia (optional) into a bowl. Microwave on high for 1 ½ minutes. Top with blueberries and coconut milk. For the eggs, cook in a fry pan according to your preference (scrambled, over-easy etc). Use cooking spray to keep the eggs from sticking. Add greens to pan until slightly wilted, or leave uncooked. Season with salt and pepper.

SMOOTHIE: PBJ Smoothie

Base: 1/2 cup unsweetened almond milk, 1 big handful leafy greens, ½ cup ice, 1 scoop protein powder
½ cup strawberries, fresh or frozen

1 Tbsp. natural peanut butter, unsweetened

Smoothie bowl option: Leave out some strawberries & peanut butter from smoothie to use as toppings.

LUNCH: Pork Roast and Mushroom Sauce Rice Bowl

4 ounces pork sirloin roast, prepped with Friday's dinner

1 portion mushroom sauce, prepped with Wednesday's dinner

½ cup cooked brown rice, prepped with Thursday's dinner

1-2 handfuls leafy greens

SNACK: Apple Nachos – slice apples for chips, and dip in nut butter. Or, just eat the apple whole and have a an awesome spoonful of nut butter

1 apple + 1 Tbsp nut butter

Top with 1/3 cup strawberries + 1 tsp honey

DINNER: BBQ Pulled Chicken with Guacamole and Cauliflower Mash

3 ounces chicken, shredded, prepped with Tuesday's dinner

1/3 portion cauliflower mash, prepped with Friday's dinner

1 ounce avocado, seasoned with salt and a little lime or lemon juice

1 portion BBQ sauce (4 portions will be prepared for future meals)

No-cook, sugar-free BBQ Sauce, 20 calories per Tbsp. Makes 4 portions, 2 Tbsp per portion

3 ounces tomato paste

1/4 cup apple cider vinegar

1/8 tsp salt

1/2 tsp garlic powder

1/2 tsp smoked paprika, use regular paprika if needed

1/4 tsp pepper

1 Tbsp honey

Directions – combine all ingredients in a small bowl or jar, and store in refrigerator. Tastes best when slightly cooked, so prior to eating, shred meat, coat in sauce, and heat through on stove or in microwave

To serve – shred chicken and coat in 2 Tbsp sauce. Heat through. Warm cauliflower mash. Place mash on a plate, add BBQ pulled chicken, and serve with avocado.

SUNDAY

-BEFORE BREAKFAST: Digestion jump-start -16 ounces water w/ 2 tsp. lemon juice or 1 tsp. ACV

BREAKFAST: Creamy Blueberry Oats with Eggs and Greens

1/3 cup old-fashioned oatmeal

1/3 – 1/2 cup unsweetened almond milk + stevia to taste (optional)

1/4 cup blueberries, fresh or frozen

1 Tbsp full-fat canned coconut milk, drizzled on top after cooking

2 eggs + 1-2 handfuls leafy greens (raw or sauteed in pan)

DIRECTIONS: Add oatmeal, almond milk and stevia (optional) into a bowl. Microwave on high for 1 1/2 minutes. Top with blueberries and coconut milk. For the eggs, cook in a fry pan according to your preference (scrambled, over-easy etc). Use cooking spray to keep the eggs from sticking. Add greens to pan until slightly wilted, or leave uncooked. Season with salt and pepper.

SMOOTHIE: B.Y.O.C. Be Your Own Chef Smoothie, or choose any smoothie from the week

Base: 1/2 cup unsweetened almond milk, 1 big handful leafy greens, 1/2 cup ice, 1 scoop protein powder
1/2 cup fruit of choice

1 serving healthy fat of choice, approximately 100 calories (options - 1 Tbsp nut butter, 2 Tbsp nuts, 2 Tbsp coconut milk)

LUNCH: BBQ Pork Roast Rice Bowl

4 ounces pork sirloin roast, prepped with Friday's dinner

1 portion BBQ sauce, prepped with Saturday's dinner

1/2 cup cooked brown rice, prepped with Thursday's dinner

1-2 handfuls leafy greens

SNACK: B.Y.O.C. 200 calories or less, with some protein. Or, forego the snack for a bigger dinner.

DINNER: B.Y.O.C. 300-400 calories

1 serving protein 100-200 calories

1 serving healthy fats 100-150 calories

1 -2 servings vegetables, should be 1 portion left of cauliflower mash.