



F.E.M.M.E. MEAL PLAN



Tone & Shape Program

Jessica Joy Life

Grocery List Guidelines

- 1) This meal plan is for 1500 calories, with a 40% carbs, 30% protein, 30% fats macros split. Your nutrition goal may be above or below that. Simply adjust the portions slightly to hit your numbers.
- 2) This list is meant to feed one person for the specific meal plan. If you're feeding a family or another person OR your macros are higher than 1500, feel free to buy extra, double, triple, quadruple etc.
- 3) Perishable foods have precise amounts listed to ensure you only buy what you need. In order to avoid running out of specific ingredients, reserve portioned food for recipes. If you know you'll need more than 1500 calories per day, purchase extras and portion them into your macros.
- 4) THIS IS NOT A SET-IN-STONE MEAL PLAN. Feel free to swap out ingredients you don't like or don't have on hand, just try to find something close to equivalent in regard to calories & macros.
- 5) Feel free to repeat menus as often as you like. For example, if you want to have Monday's menu for 2 days in a row, cool.



Week at a Glance

1500 calories 40% carbs, 30% fats, 30% protein

LUNCH

~550 cal

SNACK

~250 cal

DINNER

~550 cal

TREAT

~150 cal

M

Huevos Rancheros
w/Veg 'Chips'
& Nacho Dip

Berry
Oatmeal

Turkey Burgers
w/Yam Buns &
Green beans

Skinny
Horchata
Smoothie

T

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w/Yam Buns &
Green beans

Berry
Oatmeal

Zucchini boats
w/Garbanzo Beans

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W

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Build-A
Bento Box

Asian Rice
Bowl w/Broccoli

Banana
Peanut Butter
Bites

Th

Asian Rice
Bowl w/Broccoli

Build-A
Bento Box

Macro-Friendly
Pizza

Strawberry
Smoothie

F

Macro-friendly
pizza

Berry Oatmeal

Pork roast, potatoes
butter & green beans

Sweet & Savory
Popcorn

Sa

Pork roast, potatoes
butter & green beans

Build-A
Bento Box

Dine out
of Leftovers

Sun

Remake any recipes or get creative to use up leftovers

Use a homemade Sunday meal as double as food prep

Grocery List

FRUIT

- _ 3 medium apples
- _ 1 carton strawberries or 2 cups. Can use frozen too
- _ 3 medium bananas, or 2 large
- _ 1 avocados, one ripe on Monday (enough for 3 oz)

VEGETABLES

- _ 1 pounds carrots
- _ 1 small bag of mini bell peppers or 1 bell pepper
- _ lettuce for burgers (optional)
- _ 20 ounces yams or potatoes
- _ additional vegetables for snacks if desired (cucumber, celery)
- _ 2 zucchini for zucchini boats
- _ 6 stalks of celery (or one bunch)

PROTEIN

- _ 2 pounds lean ground turkey, or lean ground chicken
- _ 2 pounds or more chicken breasts
- _ 1 lb or more pork sirloin roast
- _ 8 eggs

GRAINS/LEGUMES

- _ tortillas (you will need 2-4) ~120 calories each. If needed, purchase a gluten-free option
- _ 1 cup white or brown rice
- _ 2 cups old-fashioned oatmeal
- _ 1/2 cup popcorn

HEALTHY FATS

- _ peanut butter, 1/4 cup
- _ chia seeds, 1 cup
- _ sesame seeds, 2 Tbsp
- _ nutritional yeast, 1 Tbsp

REFRIGERATED

- _ 1 carton unsweetened almond milk
- _ 5 oz shredded cheese (get a dairy-free option if needed)
- _ 2 Tbsp butter

FROZEN

- _ strawberries, (only if using frozen)
- _ 2 packs steam-in-a-bag green beans
- _ 2 pack steam-in-a-bag broccoli

CANS/JARS

- _ 1 can fat-free refried beans
- _ small jar of salsa
- _ pizza sauce, 1 jar, enough for 2 cups
- _ garbanzo beans, 1 can
- _ teriyaki sauce (look for a low sugar option. I've seen some sweetened with pineapple juice instead of sugar)

HAVE ON HAND - Flavorings & Cooking/Baking Staples

- _ honey
- _ stevia
- _ powdered sugar
- _ cooking spray
- _ dijon mustard
- _ soy sauce or coconut aminos
- _ vinegars - rice or white wine

HERBS & SPICES - have on hand

- _cinnamon

SUPPLEMENTS

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



HUEVOS RACHEROS w/VEG 'CHIPS' & NACHO DIP

HUEVOS RANCHEROS

- 2 eggs, 3 egg whites (cook scrambled)
- 1 oz cheese (vegan or dairy-free if needed) ~ 110 cal
 - can use half of this cheese on the dip
- 2 Tbsp salsa

NACHO DIP (can put some of these ingredients in the burrito)

- 1/2 fat free refried beans
- 2 Tbsp salsa
- 1 oz avocado - smash with salt & a lil lime juice
 - to make a quick guacamole

VEG 'CHIPS'

- 5 mini bell peppers sliced in half, seed removed
- 4 oz carrot sticks

FRUITY OATMEAL - Warm or overnight oats

- 1/3 cup old fashioned oats
- 1/2 - 2/3 cup unsweetened almond milk (1/2 warm oats, 2/3 cup overnight)
- 1 Tbsp chia seeds. ~60 cal
- 1/3 - 1/2 cup fruit of choice, fresh or frozen, chopped ~25 cal
 - 1/2 cup strawberries recommended
- 1 tsp honey

Warm oats - Combine oats, almond milk & in a bowl. Microwave for 1-1 1/2 minutes. Top w/chia seeds, fruit & honey

Overnight oats - Combine oats, almond milk & chia seeds in a bowl or jar. Sweeten w/stevia if desired. Add fruit on top now, or just before serving. Cover & refrigerate for at least 30 minutes, or overnight. Top with honey.

TURKEY BURGERS w/YAM BUNS & GREEN BEANS (Make a HUGE BATCH of turkey burgers for Tues & Wed dinner's)

- 6 oz ground turkey (1 1/2 patties)
- 5 oz yams (or potatoes)
- 2 oz avocado
- Lettuce of choice (optional)
- 6 oz green beans

SUPER SIMPLE TURKEY BURGERS (Prep enough extra for Tuesday's lunch & dinner & Wednesday's lunch & dinner)

1. Preheat oven to 425'
2. Spray a baking sheet with oil
3. Open turkey and seasons with salt & pepper
4. Shape into 1/4 lb patties onto the tray
5. Cook for 15 minutes, or until cooked through
6. Allow to cool, and refrigerate in an airtight container for up to 4 days, I often use a big ziploc bag

BAKED YAMS OR POTATOES

1. Clean yams or potatoes & poke several times with a fork
2. Place on baking rack while the turkey burgers are cooking
3. Bake until soft
4. If it's taking too long, just nuke them in the microwave until they're soft

FROZEN STEAM-IN-A-BAG GREEN BEANS

1. 5 min in the microwave
2. Open bag carefully, and fill bag with cold water to stop cooking & drain using the same bag

SKINNY HORCHATA SMOOTHIE

- 3/4 scoop protein powder ~90 cal
- 2 oz banana (ideally frozen)
- 1/2 cup unsweetened almond milk
- Cinnamon, a sprinkle or two
- 1/2 cup ice (optional)
- Stevia (optional)

SMOOTHIE TIP

Make your smoothie just before preparing dinner and put it in the freezer. By the time it's post-dinner, it will be extra thick and more milkshake-like.

You could also freeze this into a popsicle mold or ice cubes to make it last longer. Choose what you would enjoy most.



TURKEY BURGERS w/YAM BUNS & GREEN BEANS

Leftovers from Monday's dinner. Use same portions

MyFitnessPal HACK - How to save a meal you've already tracked

- Go to this meal that you tracked yesterday and find the 3 dots on the bottom right of that meal ...
- Click it to open the dropdown menu and select, 'Save as Meal.'
- Name your meal & it will save all the ingredients & portions!
- To track that exact meal w/the same portions, click add food and choose MEALS (on the top menu bar), select your meal.

DONE

FRUITY OATMEAL - Warm or overnight oats

Same as Monday's snack (Use the hack above to save time with tracking)

ZUCCHINI BOATS

Portions for 1 serving

- 6 oz ground turkey (crumble up 1 1/2 patties from yesterday)
- 1 zucchini, (Yes, 1 whole zucchini per serving, they're low cal)
- 1/4 - 1/2 cup tomato sauce, pizza sauce or low-calorie pasta sauce
- 3/4 oz. cheese of choice (or 1 mozzarella stick as shown) ~80 cal
- 1/2 cup garbanzo beans (could swap with some bread on the side)

Preheat oven to 425'.

Line a baking sheet with foil (for easy clean- up) and spray with oil.

Cut zucchini in half, lengthwise, and scoop seeds out to create a well down the center of the zucchini. Place zucchs on baking sheet, cut side up, lightly seasoning with s&p. Roast for 15 minutes or until desired softness is reach.

While the zucchini is roasting, warm crumbled patties in microwave, being careful to just warm and not overcook. Remove cooked zucchini from oven, spoon tomato sauce into zucchini boat wells, top with meatballs, place cheese on top. Return boats to oven and roast until cheese is melted.

SKINNY HORCHATA SMOOTHIE

- 3/4 scoop protein powder ~90 cal
- 2 oz banana (ideally frozen)
- 1/2 cup unsweetened almond milk
- Cinnamon, a sprinkle or two
- 1/2 cup ice (optional)
- Stevia (optional)



WHILE COOKING DINNER TONIGHT, PREP A BATCH OF HARDBOILED EGGS FOR UPCOMING SNACKS

HARDBOILED EGGS - 70 per whole egg, 20 per egg white

Steaming eggs helps them peel easily! (steam them for 12 minutes)

1. Pour an inch of water into a large pot
2. Bring to a simmer
3. Place eggs in a steamer basket. Once the water is simmering, add the steamer basket of eggs, and put the lid on the pot 5. Keep the water simmering, and set a timer for 12 minutes
6. Once timer goes off, turn off the heat, drain the water, and refill the pot with cold sink water. Then, EASILY PEEL YOUR EGGS.



ZUCCHINI BOATS

Portions for 1 serving (same as Tuesday's dinner)
 6 oz ground turkey (crumble up 1 1/2 patties from yesterday)
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 1/4 - 1/2 cup tomato sauce, pizza sauce or low-calorie pasta sauce
 3/4 oz. cheese of choice (or 1 mozzarella stick as shown) ~80 cal
 1/2 cup garbanzo beans (could swap with some bread on the side)

BENTO BOX

1 medium apple ~70 cal
 1 Tbsp peanut butter
 4 oz celery (~2 stalks)
 1 egg (hardboiled)

ASIAN RICE BOWL

1/2 cup cooked rice (white or brown)
 6 oz chicken breast
 5 oz steamed broccoli
 3 oz carrot (grated or thinly sliced)
 1 Tbsp teriyaki sauce (or Asian sauce, see recipe below) ~25 cal (look for a low-sugar option)
 1 Tbsp sesame seeds

INSTRUCTIONS

- Cook a big batch of chicken breasts to use for the rest of the week
- Cook a batch of rice
- Steam broccoli in the microwave
- Shred carrots w/grater or slice them thin

ASSEMBLE BOWL - Combine all ingredients. You can reserve the sauce & sesame seeds to drizzle on top or mix right in. Go easy on the sauce, it can be strong. Start with a little, taste and add from there

HOW TO ROAST CHICKEN BREASTS

1. Preheat oven to 425'
2. Line baking sheet/s with foil for easy clean up & spray w/cooking oil
3. Place chicken breasts on the tray (I often slice mine in half if they're thick)
4. Season both sides with salt + pepper, plus any extra dry seasonings you like
5. Bake/roast until internal temperature is 165' using a meat thermometer. Cooking time varies depending on thickness of chicken. Start with 15 minutes for thin pieces. Allow to cool for 5-10 minutes before slicing, then refrigerate in an airtight container (I often use a gallon ziploc bag) and store in fridge for up to 5 days.

ASIAN SAUCE (A Quick, Homemade Teriyaki Sauce)

4 tsp soy sauce or coconut aminos
 1 Tbsp dijon
 1 tsp rice or white wine vinegar
 2 Tbsp water
 1 tsp honey

BANANA PEANUT BUTTER BITES

3 oz banana (fresh or frozen)
 3/4 Tbsp peanut butter



ASIAN RICE BOWL

- 1/2 cup cooked rice (white or brown)
- 6 oz chicken breast
- 5 oz steamed broccoli
- 1 Tbsp teriyaki sauce (or Asian sauce, see recipe below)
- 1 Tbsp sesame seeds
- 3 oz carrot (grated or thinly sliced)

BENTO BOX

- 1 medium apple ~70 cal
- 1 Tbsp peanut butter
- 4 oz celery (~2 stalks)
- 1 egg (hardboiled)

MACRO-FRIENDLY PIZZA

- 1 tortilla ~120 cal
- 4 oz chicken breast
- 1/2 cup pizza sauce
- 1 oz shredded cheese ~110 cal
- Additional light toppings (optional) - red onion, basil, spinach, red pepper flake
- 6 oz steamed green beans on the side

TO MAKE THE PIZZAS

- Preheat oven to 425'
- Place tortillas directly on the rack, and bake until crispy
- Remove and place crispy tortillas on a baking sheet
- Add toppings - pizza sauce, chicken & cheese. You will likely be unable to fit that much chicken on 1 tortilla, so just put that on the side & eat it separately
- Return to oven until cheese is melted

STEAM GREEN BEANS

- Ideally, it's just steam-in-a-bag green beans. Once done cooking, fill bag with cold water to stop green beans from cooking and keep them bright green. Drain by squeezing the water out of the bag. Serve on the side of the pizza

STRAWBERRY SMOOTHIE

- 2 oz banana (fresh or frozen)
- 1/2 scoop vanilla protein powder
- 1/2 cup unsweetned almond milk
- 1/2 cup strawberries
- ice (optional)
- stevia (optional)

For a smoothie bowl, leave out 1/4 cup strawberries for the topping



MACRO-FRIENDLY PIZZA

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- 4 oz chicken breast
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- 6 oz steamed green beans

FRUITY OATMEAL - Warm or overnight oats

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- 1 Tbsp chia seeds. ~60 cal
- 1/3 - 1/2 cup fruit of choice, fresh or frozen, chopped ~25 cal
- 1/2 cup strawberries recommended
- 1 tsp honey

PORK ROAST, POTATOES, BUTTER & GREEN BEANS

- 6 oz pork roast
- 5 oz yams or potatoes
- 6 oz steamed broccoli
- 1 Tbsp butter

FOR THE PORK ROAST & YAMS

Place pork roast in crockpot or insta-pot, season with salt & pepper and add 1/4 inch water
 To save time, you can wrap the yams tightly in foil and place them atop the roast to cook at the same time
 For crockpot, roast on high for 4 hours, or low for 8
 For insta-pot, follow manufacturer instructions

FOR THE STEAMED BROCCOLI

It's steam-in-a-bag y'all. Nuke it for 5 min. Fill bag with cool water to stop cooking. Drain the bag. Done .

ASSEMBLE - Combine as desired. You can use your butter on the yams and broccoli, or just the broccoli or over everything

SWEET & SAVORY POPCORN

- 4 cups air-popped popcorn
- cooking spray
- 2 tsp powdered sugar
- popcorn salt or regular salt
- 1 Tbsp nutritional yeast

Use an air popper to make air-popped popcorn (no extra oil added) or YouTube how to make it in a paper bag

(you'll make 2 flavors in separate bowls)

SWEET POPCORN

- in a bowl, spray 2 cups popcorn with cooking spray
- sprinkle with 2 tsp powdered sugar
- sprinkle with popcorn salt (optional, if you want sweet AND salty)
- toss to coat

SAVORY POPCORN

- in a bowl, spray 2 cups popcorn with cooking spray
- sprinkle with 1 Tbsp nutritional yeast (it has a cheesy flavor w/2g protein!)

START THE SLOW COOKER
IN THE MORNING!

Saturday



PORK ROAST, POTATOES, BUTTER & GREEN BEANS

6 oz pork roast
5 oz yams or potatoes
6 oz steamed broccoli
1 Tbsp butter

BENTO BOX

1 medium apple ~70 cal
1 Tbsp peanut butter
4 oz celery (~2 stalks)
1 egg (hardboiled)

LEFTOVERS OR DINE OUT

DESSERT (CHOOSE FROM ANY PREVIOUS DESSERT OR PUT IT TOWARD YOUR DINING OUT)

Sunday

REMAKE ANY OF THE MEALS FROM THE WEEK OR MAKE YOUR OWN. You likely have leftovers you need to use up.

SUCCESS RULES FOR THE WEEKEND

1. Plan your meals for the weekend on Saturday morning (or earlier). This will not only help you eat better, but look forward to what you're eating
2. Plan for obstacles. What could throw you off? Make a specific action plan and mentally rehearse it.
3. SET YOURSELF UP to ENJOY THE WEEKEND WHILE STAYING ON TRACK - you can have both, it just takes being intentional

Low-Carb Day 1

CALORIES: 1495 CARBS: 41g. FAT: 75g PROTEIN: 165g

CHEESY CHICKEN ZUCCHINI BAKE

6 oz chicken breast
6 oz zucchini
1 oz shredded cheese
1 egg
1 egg white

PEANUT BUTTER & CELERY

1 1/2 Tbsp peanut butter
4 oz celery

ICEBURGERS

6 oz ground turkey
2 slices thick cut bacon ~60 cal/slice
2 oz avocado
1 roma tomato
1 egg
4 oz steamed green beans

COCONUT CREAM SMOOTHIE

1 scoop vanilla protein powder ~130 cal
1/3 cup canned full-fat coconut milk ~120 cal
1/2 cup ice (optional)
Stevia (optional)

ICEBURGERS

6 oz ground turkey
1 slices thick cut bacon ~60 cal/slice
2 oz avocado
1 roma tomato
1 egg
4 oz steamed green beans

LOW-CARB HORCHATA SMOOTHIE

1 scoop vanilla protein powder ~130 cal
1/3 cup canned full-fat coconut milk ~120 cal
A dash or two of cinnamon
1/2 cup ice (optional)
Stevia (optional)

CORNED BEEF & CABBAGE

6 oz corned beef
3 cup cabbage
1 Tbsp butter
1 slice thick-cut bacon ~60 cal/slice

PEANUT BUTTER & CELERY

1 1/2 Tbsp peanut butter
4 oz celery

Desserts & Sweet Fixes

PARFAITS

CREATE A PARFAIT - yogurt, toppings, honey

6 oz yogurt (ideally plain Greek, a coconut yogurt or cottage cheese)
fruit
nuts, seeds or coconut flakes
honey

TOASTED COCONUT & MANGO PARFAIT

6 ounces plain Greek yogurt, non-fat or low-fat
1/2 cup mango
1-2 tsp honey
1 Tbsp toasted coconut flakes



PROTEIN BITES

CREATE PROTEIN BITES - Portions for 1 serving (creates 3 bites)

1 scoop protein powder (vanilla can be used)
1 Tbsp honey
1 Tbsp all-natural peanut butter
1/2 Tbsp unsweetened coconut flakes
Add water as needed, will vary depending on protein powder

INSTRUCTIONS

Combine all ingredients in a small bowl. Use a fork to smooch it together. Add just a little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes.

LEMON & COCONUT PROTEIN BITES

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

CHOCOLATE PEANUT BUTTER PROTEIN BITES

1 scoop chocolate protein powder (vanilla can be used)
1 Tbsp honey
1 Tbsp all-natural peanut butter
1/2 Tbsp unsweetened coconut flakes
add water as needed, will vary depending on protein powder

Desserts

RICE CAKES w/TOPPINGS

CREATE A RICE CAKE DELIGHT

2 plain rice cakes

TOPPING COMBO IDEAS

- cream cheese and jam (try sugar-free)
- cream cheese and cinnamon sugar
- guacamole
- nut butter
- nut butter + chocolate chips or a little chocolate syrup

PROTEIN WAFFLE OR PANCAKE

KODIAK PANCAKE MIX (pre-made protein pancake mix)

HOMEMADE PROTEIN PANCAKE IDEAS

Use regular pancake mix and choose from these add-ins to bump-up protein & healthy fats

- greek yogurt
- eggs and/or egg whites
- flaxseed meal
- almond flour
- protein powder (start with just a little bit)
- collagen powder

TOPPING IDEAS (the healthier the better, but sometimes you just want the less-than-ideal option, and that's ok)

- sugar-free or low-sugar syrup
- powdered sugar
- butter
- nut butter
- cream cheese
- jam
- maple syrup
- whipped cream

Desserts

HOMEMADE POPCORN

You can get an air popper or YouTube how to make it in a paper bag

TOPPINGS

- popcorn seasoning (Kernel Season's has a ton of yummy flavors. White cheddar is legit)

HACK - to get the seasoning to stick, spray the popcorn with cooking spray first

- cinnamon + sugar

- get creative, I'm not a master here yet so we'll learn together

FROZEN BANANA & PB BITES

2-4 oz frozen banana

1 Tbsp nut butter

Additional toppings bonus

BEST WAY TO FREE BANANAS

- Wait until the bananas are just starting to get brown spots on the peel. Peel banana, put in a bag and store in the freezer.

ADDITION BONUS TOPPING IDEAS (Think froyo toppings! Listed from healthiest to least healthy. Haha)

- chocolate chips or cacao nib + honey

- coconut flakes

- hemp seeds + honey

- whipped cream

- graham cracker bits

- marshmallows

- 1 fun size candy bar chopped up

APPLE NACHOS

Same as the frozen banana bites, simply swap frozen banana with apple slices

WINE

No instructions needed, aside from, keep it to 1 glass ... unless it's metabolism reset day

SKINNY SMOOTHIE or SMOOTHIE BOWL

CREATE A SMOOTHIE - Sky is the limit, but this recipe is a good base & you can get creative from there

SMOOTHIE BASE

- 1 scoop protein powder
- 2 oz frozen banana
- Almond milk (enough to cover the ingredients in the blender)
- 1/2 cup ice

SMOOTHIE ADDITIONS

- fruit
- nut or nut butters
- greens
- frozen cauliflower can bulk up a smoothie and sneak in/hide pretty well



SMOOTHIE BOWL OPTION - Reserve some or all of the add-ins to use as toppings. Make sure to create a fairly thick smoothie for this option

PB&J (PEANUT BUTTER & JELLY) SMOOTHIE

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

CHOCOLATE MINT SMOOTHIE with COCONUT FLAKES

- 1 scoop chocolate protein powder, swap vanilla if needed 1 Tbsp cocoa powder + 1 tsp almond butter
- 1 Tbsp fresh mint
- 1 cup spinach or other milk leafy greens 2 ounces banana (about 1/2 banana), fresh or frozen 1/2 - 3/4 cup unsweetened almond milk
- 1 Tbsp unsweetened coconut flakes (sprinkled on top)

SKINNY HORCHATA SMOOTHIE

- vanilla protein powder 120
- 1/3 - 1/2 cup unsweetened almond milk 25
- 1/2 Tbsp almond butter 50
- A few big sprinkles of cinnamon
- A handful of spinach or other leafy greens (recommended) Ice, optional (see instructions)

GREEN PINEAPPLE SMOOTHIE

- 1/2 cup unsweetened almond milk
- 3/4 cup pineapple chunks, reserve juice
- 2 oz. frozen banana, about 1/2 banana
- 3 oz. plain Greek yogurt and/or protein powder
- 1 handful spinach
- 1 Tbsp nuts or 1/2 Tbsp nut butter (no peanuts) optional
- 1/2 cup ice + a squeeze of citrus (optional)