

DONE FOR YOU MEAL PLANS

VOLUME 1



*This is EXACTLY what I eat during a busy week.
This is exactly what I eat, so feel free to make adjustments
It makes eating healthy tasty while being fast & EASY!*



Daily Meal Plan 1 - 1542 cal

LUNCH - Asian Slaw Salad w/Banana & Peanut Butter after the meal

SNACK - Oatmeal - PB & Coconut style

SNACK - Small taco

DINNER - Creamy Chicken & Steamer Veg

SNACK - Carrots & string cheese

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Banana - - Per Ounce, 3 oz	75	18g	0g	--g	0mg	0mg	9g	3g
Ginger - Japanese Pickled, 2 Tb	10	1g	0g	0g	0mg	0mg	0g	0g
Kikkoman Teriyaki - Teriyaki Sauce, 1 Tbsp (15ml)	15	2g	0g	1g	0mg	190mg	2g	0g
Sesame Oil - Sesame Oil, 8 g	71	0g	8g	0g	0mg	0mg	0g	0g
Coleslaw Mix Dry - Coleslaw, 9 cups	90	23g	0g	5g	0mg	90mg	14g	13g
Generic - Chicken Breast by Ounce, 4 oz	188	0g	4g	36g	96mg	84mg	0g	0g
Snack 1								
Almond Milk - Almond Milk - Vanilla - Unsweetened, 4 oz	20	1g	2g	1g	0mg	120mg	0g	1g
Brown sugar, 3 g	11	3g	0g	0g	0mg	1mg	3g	0g
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Bob's Red Mill (Carly) - Coconut Flakes, Unsweetened, 10 g (0.25 cup)	67	3g	5g	1g	0mg	0mg	1g	2g
Quaker Oatmeal - Old Fashioned Oatmeal, 30 grams	113	20g	2g	4g	0mg	0mg	1g	3g
Snack 2								
Corn tortillas - Tortillas, 1 tortillas	50	10g	1g	1g	0mg	5mg	1g	2g
Safeway (Lucerne) - Light Sour Cream, 2 tablespoons (30g)	35	2g	2g	2g	10mg	45mg	2g	--g
Pico De Gallo - Fresh, 1 cup	40	8g	0g	--g	0mg	1,120mg	8g	--g
Generic - Chicken Breast by Ounce, 2 oz	94	0g	2g	18g	48mg	42mg	0g	0g
Dinner								
Safeway (Lucerne) - Light Sour Cream, 2 tablespoons (30g)	35	2g	2g	2g	10mg	45mg	2g	--g
Generic - Chicken Breast by Ounce, 4 oz	188	0g	4g	36g	96mg	84mg	0g	0g
winco - steamable asian blend frozen vegetables, 1 container (340.00 gram)	100	20g	0g	8g	0mg	40mg	8g	8g
Snack 3								
Roseli String Cheese - String Cheese, 1 piece	80	1g	5g	7g	15mg	190mg	1g	0g
Generic - Carrots, 6 ounces	70	16g	0g	2g	0mg	130mg	10g	4g
TOTAL:	1,542	138g	53g	132g	275mg	2,326mg	66g	38g

Daily Meal Plan 1 - 1542 cal

COOKING INSTRUCTIONS

LUNCH - Asian Slaw Salad (see recipe below). Basically, just mix the ingredients above in a bowl & eat it.

Banana & Peanut Butter after the meal (I freeze ripe bananas whenever they are starting to get a few spots on the peel. I peel them, then store them whole in a ziploc bag in the freezer. 1 oz of banana is about the size of a golf ball. Then I'll measure 1 Tbsp or 16 grams of PB and dip the banana. OBSESSED.

SNACK - Oatmeal - PB & Coconut style

Put oatmeal, almond milk (or swap for different milk) in a bowl and heat in microwave for 1-2 minutes. Top with PB & coconut.

SNACK - Small taco

SOUR CREAM gone NEXT LEVEL - We LOVE the FIESTA ranch dip packets. Combine this with 1 container of sour cream for an amazing dip for veggies or for toppings on pretty much anything! If you can't find the fiesta flavor, you can add 1/4 of a taco seasoning packet & a 1/4 of a ranch seasoning packet... continue adding until a good flavor is reached. OR... you can add many things into sour cream to make it more flavorful, w/o having the dirty any dishes or make anything from scratch.



OR



+



OR ADD

salsa
enchilada sauce
spices of choice
etc. Have fun! You could
even try swapping sour
cream for Greek Yogurt

TACO SHELL - We eat tacos OFTEN for dinner, so I just pan-fry the corn tortillas with a little bit of oil and sprinkle with salt.

DINNER

Creamy Chicken & Steamer Veg

SNACK

Carrots & string cheese

Daily Meal Plan 2 - 1514 cal

LUNCH - Chicken & Broccoli Teriyaki Bowl

SNACK - Oatmeal - PB & Coconut style

SNACK - Carrots, chicken, a piece of candy

DINNER - Tacos

SNACK - A lil frozen banana as dessert

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Sesame Oil - Sesame Oil, 7 g	62	0g	7g	0g	0mg	0mg	0g	0g
Kikkoman Teriyaki - Teriyaki Sauce, 1.5 Tbsp (15ml)	23	3g	0g	2g	0mg	285mg	3g	0g
Generic - Chicken Breast by Ounce, 6 oz	282	0g	6g	54g	144mg	126mg	0g	0g
Homemade - Broccoli - Steamed - Per Ounce, 10 oz	98	20g	1g	7g	0mg	90mg	5g	10g
Snack 1								
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Brown sugar, 2 g	8	2g	0g	0g	0mg	1mg	2g	0g
Bob's Red Mill (Carly) - Coconut Flakes, Unsweetened, 9 g (0.25 cup)	60	3g	5g	1g	0mg	0mg	1g	2g
Almond Milk - Almond Milk - Vanilla - Unsweetened, 5 oz	25	1g	2g	1g	0mg	150mg	0g	1g
Quaker Oatmeal - Old Fashioned Oatmeal, 30 grams	113	20g	2g	4g	0mg	0mg	1g	3g
Snack 2								
Generic - Carrots, 6 ounces	70	16g	0g	2g	0mg	130mg	10g	4g
Generic - Chicken Breast by Ounce, 2 oz	94	0g	2g	18g	48mg	42mg	0g	0g
Sathers - Bit-O-Honey, 1 PIECE	24	5g	0g	1g	0mg	19mg	3g	0g
Dinner								
Birds Eye - Shredded Cabbage and Carrots (Corrected), 1.5 cup	60	8g	2g	2g	--mg	495mg	8g	3g
Isnerio's - Ground Chicken, 6 oz Raw	210	0g	8g	33g	143mg	150mg	--g	--g
Corn tortillas - Tortillas, 3 tortillas	150	30g	2g	3g	0mg	15mg	3g	5g
Avocado Fresh - 1 Ounce, 2 ounce	90	5g	8g	1g	--mg	--mg	--g	4g
Snack 3								
Banana - - Per Ounce, 2 oz	50	12g	0g	--g	0mg	0mg	6g	2g
TOTAL:	1,514	129g	53g	133g	335mg	1,573mg	44g	35g

Daily Meal Plan 2 - 1514 cal

COOKING INSTRUCTIONS

LUNCH - Chicken and Broccoli Teriyaki Bowl. Steam a bag of broccoli in the microwave. While that's cooking, weigh your chicken (food prepped). Drain excess water from broccoli, heat chicken (optional...be careful not to overheat and dry it out), top with sesame oil and teriyaki sauce. Can add other spices if desired (pickled ginger, wasabi, other spices or light sauces) recipe below).

SNACK - Oatmeal - PB & Coconut style

Put oatmeal, almond milk (or swap for different milk) in a bowl and heat in microwave for 1-2 minutes. Top with PB, sugar & coconut.

SNACK - Carrots, Chicken strips & a piece of candy

Keeping it SIMPLE. 6 oz of carrot sticks. 2 oz of chicken (food prepped) cut into strips (can dip in a low-cal sauce). With a piece of candy on the side.

DINNER - Tacos

Ground turkey or chicken - brown in a skillet, season with salt & pepper while cooking. Weigh 4-6 oz COOKED. (I know it says raw on the page, ignore that)

Avocado (turn into a quick guac) - Smoosh avocado up with a lil lemon juice & salt

Corn tortillas - I like to do a quick pan fry. Medium high heat, spray pan lightly with oil, place tortillas in, spray with oil, sprinkle a little salt, flip and cook until soft

Shredded cabbage (coleslaw mix)

OPTIONAL - Add sauces like Cholula and/or a lil sour cream so everything isn't so dry,

SNACK/DESSERT - 2 oz of frozen banana. Maybe have some tea on the side (can sweeten with stevia and maybe add a 1-2 Tbsp of almond milk)

Daily Meal Plan 3 - 1540 cal

LUNCH - Creamy Chicken & Veg Bowl + Banana & PB after

SNACK - Oatmeal - Sweet coconut style

SNACK - Carrots & sugar snap peas

DINNER - Stuffed peppers

SNACK - Apple cinnamon rice cake + a lil frozen banana as dessert

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Banana - - Per Ounce, 2 oz	50	12g	0g	--g	0mg	0mg	6g	2g
Safeway (Lucerne) - Light Sour Cream, 3 tablespoons (30g)	53	3g	3g	3g	15mg	68mg	3g	--g
Generic - Chicken Breast by Ounce, 6 oz	282	0g	6g	54g	144mg	126mg	0g	0g
winco - steamable asian blend frozen vegetables, 1 container (340.00 gram)	100	20g	0g	8g	0mg	40mg	8g	8g
Snack 1								
Brown sugar, 2 g	8	2g	0g	0g	0mg	1mg	2g	0g
Bob's Red Mill (Carly) - Coconut Flakes, Unsweetened, 9 g (0.25 cup)	60	3g	5g	1g	0mg	0mg	1g	2g
Almond Milk - Almond Milk - Vanilla - Unsweetened, 4 oz	20	1g	2g	1g	0mg	120mg	0g	1g
Quaker Oatmeal - Old Fashioned Oatmeal, 30 grams	113	20g	2g	4g	0mg	0mg	1g	3g
Snack 2								
Generic - Carrots, 6 ounces	70	16g	0g	2g	0mg	130mg	10g	4g
Indiana sugar snap peas - Snap peas, 68 g	35	6g	0g	3g	0mg	3mg	3g	2g
Dinner								
Rosarita Refried Beans - No-fat Traditional, 0.5 cup (128g)	100	18g	0g	6g	0mg	540mg	1g	6g
Avocado Fresh - 1 Ounce, 2 ounce	90	5g	8g	1g	--mg	--mg	--g	4g
Red bell pepper, 6 oz	53	10g	1g	2g	0mg	7mg	7g	4g
Generic - Chicken Breast by Ounce, 4 oz	188	0g	4g	36g	96mg	84mg	0g	0g
Snack 3								
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Quaker - Rice Cakes - Apple Cinnamon, 26 g (1 Cake)	100	22g	0g	2g	0mg	0mg	6g	0g
Banana - - Per Ounce, 1.13 oz	28	7g	0g	--g	0mg	0mg	3g	1g
TOTAL:	1,540	153g	47g	131g	255mg	1,259mg	55g	39g

Daily Meal Plan 3 - 1540 cal

COOKING INSTRUCTIONS

LUNCH - Creamy Chicken & Veg Bowl + Banana & PB after.

Cook a steam-in-a-bag veggie pack of your choice or any other 100 calorie portion of veggies. While that's cooking, assemble the rest of the bowl. Weigh out chicken. Then add sour cream (like shown on Daily Meal Plan 1). Have a frozen banana and PB on the side afterwards.

Chicken and Broccoli Teriyaki Bowl. Steam a bag of broccoli in the microwave. While that's cooking, weigh your chicken (food prepped). Drain excess water from broccoli, heat chicken (optional...be careful not to overheat and dry it out), top with sesame oil and teriyaki sauce. Can add other spices if desired (pickled ginger, wasabi, other spices or light sauces) recipe below).

SNACK - Oatmeal - Sweet coconut style

Put oatmeal, almond milk (or swap for different milk) in a bowl and heat in microwave for 1-2 minutes. Top with sugar & coconut.

SNACK - Carrots and sugar snap peas

Keeping it SIMPLE. 6 oz of carrot sticks & sugar snap peas. Feel free to swap with other veg.

DINNER - Stuffed Peppers

See recipe below and follow the portions sizes from Daily Meal Plan 3

OPTIONAL - Add sauces like Cholula and/or a lil sour cream so everything isn't so dry,

SNACK/DESSERT - Apple cinnamon rice cake + a lil frozen banana as dessert

Feel free to swap with any type of rice cake. You could even play around with a plain rice cake and add toppings of choice.

3 MEALS - Daily Menu Structure

Day 1

Breakfast	Lunch	Dinner
Protein: <u>2 eggs</u> Fruit: ½ c blueberries Fat: cooking oil Starch: Coffee (sugar/dairy)	Protein: 3-4oz <u>Chicken</u> Breast Veg: 8oz salad/tomato/cucumber Fat: dressing Starch: ¼ c Beans	Protein: 3-4oz baked fish Veg: 4oz cooked asparagus Fat: Cooking oil Starch: 2oz Potato
Snack Protein: 3-4oz Turkey Starch: 1c Popcorn Free Foods as you like		

Day 2

Breakfast	Lunch	Dinner
Protein: egg whites Fruit: ½ c Raspberries Fat: 10 Almonds Starch: ¼ c Oatmeal	Protein: 40z Deli meat Veg: 8oz salad/onion/tomato Fat: Sour cream Starch: 50 cal. tortilla wrap	Protein: 4oz shredded pork Veg: 4oz cabbage Fat: 1/4c olives Starch: 1/4c rice
Snack Protein: Ricotta Cheese w/ cinnamon and Splenda Starch: Crackers 50cal. Free Food as you like		

Design your own

Breakfast	Lunch	Dinner
Protein: Fruit: Fat: Starch:	Protein: Veg: Fat: Starch:	Protein: Veg: Fat: Starch:
Snack Protein: Starch: Free Food as you like		

Pre-cooked Protein

These are the types of protein I cook on the regular. I ALWAYS have cooked chicken breast in the fridge. The rest, I go with the flow of what I feel like.

COOKED CHICKEN BREASTS

- I prep these (about 4 lbs at a time) in the Instant Pot by seasoning with salt & pepper and whatever other seasonings I want. Then in the Instant Pot on 'poultry' for 20 minutes. DONE. I allow to cool a bit, then store in a giant ziploc in the fridge.

- I used to roast chicken breasts in the oven. Preheat oven to 425', line baking sheet with foil (optional for easy clean-up) and spray with cooking spray. I season the chicken with s&p, and whatever other spices I'm vibing with. Cook for about 15-22 minutes, depending on the thickness of the breast. I'll often slice the breasts in half to speed up the cooking. Chicken is done when there is no pink the middle or temperature is above 165'.

COOKED TURKEY or CHICKEN PATTIES or MEATBALLS

- I BAKE these!!!! With ground poultry, it works. Not ground beef, ew. On a baking sheet coated in cooking spray, I shape the meat into quarter pound patties, season with s&p, and bake at 425' until cooked through. About 15 minutes. Allow to cool a bit, then store in fridge in a ziploc bag for burgers or to crumble into another recipe.

COOKED PORK ROAST

- Season with s&p and other spices, then roast in crock pot or instant pot according to instructions.

COOKED FLANK STEAK or CARNE ASADA

- Season with s&p, and pan fry in a HOT pan, searing the edges. Take out of pan, allow to rest for 10 min, then slice in strips or chunks.

Asian Slaw



SLAW

- 1 bag plain coleslaw mix
- 4-6 oz chicken breast, cooked
- cooked rice (optional)

DRESSING

- 1/2 - 1 Tbsp sesame oil (8g - 16g)
- 1 - 1 1/2 Tbsp Kikkoman Teriyaki sauce
- 1 Tbsp pickled ginger w/liquid (can chop ginger pieces w/scissors)
- A dash of wasabi paste (optional)

Combine ingredients into a giant bowl and serve. This has been my lunch for weeks. OBSESSED.

FOOD PREP OPTION - I make a batch of individual dressing cups with the portions above, so when I want a quick asian slaw, I dump in the coleslaw, chicken and dressing. DONE & YUM!

Bell Pep Cups w/Eggs & Guac



1 SERVING

1 bell pepper, cut in half, seeds removed

2 eggs, 2 egg whites (cooked to preferences, scrambled or over medium/easy)

2 oz (1/2 cup) guacamole (avocado smoothed w/lime juice & salt)

OPTIONAL - add a grain on the side, like a slice of toast or add some rice or beans

NOTE - can swap out guacamole with cheese or other sauce

INSTRUCTIONS

Prep bell pepper

Cook eggs

Prep guacamole

ASSEMBLE - fill egg mixture (and maybe rice or beans) into bell pepper cups, then top with guacamole.



MORE BELL PEP CUP IDEAS (longer than 5 min)

- Fill with your fave chicken or tuna salad

Filled w/cooked ground meat, add cheese and bake (

Creamy Chicken & Veg



4-6 oz cooked chicken breast or protein of choice

Steam in a bag vegetables - broccoli, green beans

OPTIONAL - carb on the side: noodles, rice, potatoes etc (I often food prep these) For a yam, you can nuke it in the microwave for 5 min and there you go!

CREAMY SAUCE

- Country gravy packet (water+ packet) Bring to simmer, stir 30 secs. Done.

- Sour cream + sauce (cholula, green enchilada sauce, salsa, your fave)

BLANCHING STEAM-IN-A-BAG VEG w/o GETTING 1 DISH DIRTY

Cook veg according to package instructions. Cut open, allow steam to release. Fill bag with cold water, keeping the veg in it. Close off the top of the bag with your fingers, while keeping one little corner hole open to strain out the liquid. Refill the bag with another fill of cold water. Repeat. Now, your veggies are blanched and will remain bright green!

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Loaded Cauliflower Pizza Fix



1 bag frozen cauliflower (ideally steam-in-a-bag for NO dishes)

Pizza sauce - 1/2 cup per serving

Protein of choice - ground chicken or turkey is the most delish here

Cheese of choice - I often go with Vegan cheese, but you do you

OPTIONAL - add ANY of your fave pizza toppings :)

INSTRUCTIONS

Cook cauliflower according to package instructions. Drain REALLY well. You can chop it up if desired (I enjoy the texture more when it's chopped fine, but often don't take the time.

Pour pizza sauce on top of it.

Add protein of choice, like a food-prepped turkey burger crumbled up

Add cheese

Microwave or bake until heated through.



Get fancier idea

- Roasted cauliflower pizzas. WOW! They literally took a whole head of cauliflower, sliced it, and used THAT as the pizza crust. Pretty cool, and pretty simple

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Tacos or Taco Salad w/lotsa veg!



Protein of choice (I'll do prepped chicken breast or patty. If we have a lil carne asada. YES!)

Greens of choice (romaine lettuce etc)

A big batch of pico de gallo (see below)

Sour cream mixed with taco seasoning & maybe a lil ranch seasoning to taste (amazing veggie dip for later. We'll mix a whole container at once)

OPTIONAL: beans, rice, cheese, avocado

INSTRUCTIONS

For tacos, add the ingredients to either 1 flour tortilla or 2-3 corn tortillas. I like to pan-fry corn tortillas in just a tiny bit of oil and season with salt. Add protein, greens, pico and seasoned sour cream

For salad, mix it all together, sister.



FAST PICO DE GALLO (great to have on a hand)

4-6 roma tomatoes

1 red onion

A bunch of cilantro (you decide how much)

Squeeze some lime juice on top

Season with salt

Fast & Light Post-Meal Sweet Fix

Frozen Banana w/ Peanut Butter



ADDICTED TO THESE FOR 8 YEARS RUNNING

Whenever my bananas are starting to get spots, I peel them and put them in a ziploc bag in the freezer.

After a meal, I'll break off a 2 inch chunk of banana, get about a Tbsp of peanut butter (or other nut butter), put it on a plate and snack on it. Tastes like ice cream. Sometimes I'll switch up toppings and add some chocolate or coconut flakes. But I'm literally addicted to this. I experience deprivation when I'm out of bananas. I eat about 1 banana every day. LOVE THEM! Plus, I find this super satisfying, unlike a sugary treat that makes me just want more.