

Meal Plan Success Guide

Congratulations on taking control of your health and caring for your temple from the inside out! There's an overwhelming amount of fad diets, do's & don'ts, quick fix tactics out there most people find themselves frustrated with their weight loss process and just give up. Our goal is to remove those frustrations, equip you with an effective meal plan, and empower you to choose, prepare, and enjoy healthier food options! This is all about a *LIFESTYLE CHANGE*, not a diet.

Meal Plan Benefits:

- Develop a healthy relationship with food
- Weight loss (typically 1-2 pounds per week)
- Intake of nutrient rich, whole, delicious foods
- Reduced cravings
- Increased energy

Perform the Following in Advance:

- Plan for your week. Rinse and chop your fruits and vegetables in advance.
- Pack your lunches at least 3 days in advance.
- Store your foods in easy to find Tupperware and sandwich bags

10 Success Tips

1. Mentally prepare yourself. Focus on why you chose this plan in the 1st place.
2. Drink half your body weight in water daily. Add cucumbers, fresh fruits for taste if needed.
3. No fried foods, alcohol, sodas, and added/artificial sugar
4. Avoid coffee unless drinking black.
5. Drink water. Hungry between meals? Drink more water.
6. Do. Not. Quit. "Progress over Perfection". Prove to yourself you're not a quitter.
7. Workout at least 3-4 days a week. Perform both toning & cardio.
8. No simple carbs or calorie rich snack food (cakes, pies, chips, cookies).
9. Continue using these principles and our plan once the # of days are over.
10. Avoid any "cheat meals". This is about breaking old habits & changing those taste buds.

Remember to weigh and measure yourself BEFORE and AFTER the 4 Week Meal Plan. Please email your success story to us at info@coreelevationfitness.com

Recommended Meal Times:

- Breakfast – No later than 9AM
- Morning Snack – 10:00AM
- Lunch – between 12:00pm – 1:00pm
- Afternoon Snack – 3:00pm
- Dinner – No later than 7:00pm

Please note: If you are allergic to any of the meals contained in the plan, **do not eat them**. Exchange the meal for another like meal on the plan.

Disclaimer: This guide and meal plan does not contain medical advice. Consult your physician for matters relating to your health. Consult your doctor before you start any exercise or diet plan.

Meal Plan Recipes

3 Day Detox Recipes

Green Smoothie Recipes

Tip: Choose only one! Add liquid first, then fruit and then the greens into blender. The amount of water added will depend on whether you like it thick or not.

- 1 – 2 cups of water, 1 cup of frozen strawberries, 1 frozen banana, 1 apple and 2 cups of spinach **260 calories**, 53 g carbohydrates, 6 g fiber
- 1 – 2 cups of water, 1 cup of mango, 1 cup frozen pineapple, 1 frozen banana, and 2 cups of spinach **286 calories**, 74 g carbohydrates, 5 g fiber
- 1 – 2 cups water, 1 orange, 1 Bartlett pear, 1 frozen banana, and 2 cup of kale **235 calories**, 65 g carbohydrates, 10 g fiber

Fruit Berry Smoothie

1 1/4 cups any berries (can be just Strawberries)	2 tablespoons nonfat dry milk
3/4 cup low-fat Greek yogurt	1 tablespoon honey
1/2 cup orange juice	1/2 teaspoon vanilla extract

Blend all ingredients in Blender. Makes 1 serving.

432 calories, 3 g fat, 77 g carbohydrates, 20 g protein, 7 g fiber

Romaine Salad with Orange, Feta & Beans

6 cups romaine lettuce, chopped	1 scallion, sliced (optional)
1 cup radishes, sliced	1/4 cup crumbled reduced-fat feta cheese
1 cup canned kidney beans, rinsed	1/4 cup Vinaigrette Dressing (vinaigrette of choice)
1 orange, segmented	

Combine in a large bowl and serve. Makes 2 servings

Per serving: **242 calories**, 5 g fat, 38 g carbohydrates, 13 g protein, 15 g fiber

The Big Salad

3 tablespoons coarsely chopped walnuts	1 cup shredded carrots
4 tablespoons Balsamic Vinaigrette	1 cup cauliflower florets, coarsely chopped
1 15-ounce can chickpeas, rinsed	12 Kalamata olives, pitted and finely chopped
1 small red onion, thinly sliced	12 cups mixed salad greens
1 red bell pepper, seeded and sliced	1/2 cup crumbled feta cheese

Combine chickpeas, onion, bell pepper, carrots, cauliflower and olives in a medium bowl. Add 2 tablespoons of the vinaigrette; toss to coat. Toss greens with the remaining 2 tablespoons vinaigrette in a large bowl. Divide among 6 plates and top with the vegetable mixture. Sprinkle with feta and the walnuts. Serve immediately.

(Optional): Toast walnuts in a small dry skillet over medium heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.

210 calories, 11 g fat, 22 g carbohydrates, 8 g protein, 7 g fiber

Meal Plan Recipes

Veggie Burger Wrap

1/2 onion, diced
1 can black beans, well drained
1/2 cup flour
2 slices bread, crumbled
1 tsp. garlic powder

1 tsp. onion powder
1/2 tsp. seasoned salt
Salt and pepper to taste
Oil for cooking
Lettuce wrap OR Wheat tortilla wrap

Sautee the onions till soft, about 3-5 minutes. In a large bowl, mash the beans until almost smooth. Add sautéed onions and the rest of the ingredients, except the oil, adding the flour a few tablespoons at a time to combine well. Mixture will be thick. Form bean mixture into patties, approximately ½ inch thick and cook patties in a small amount of oil until slightly firm. Place in a pita with lettuce, tomato and enjoy! Makes Servings: 6
Per serving: **294 Calories**, 1 Fat, 55 g Carbohydrates (35 g carbs if lettuce wrap)

Strawberry Walnut Salad with Feta Cheese and Balsamic Vinaigrette Salad

2 tablespoons walnuts
1/8 head romaine lettuce, torn
3 tablespoons and 1/2 teaspoon fresh strawberries, sliced
1 tablespoon and 1-3/4 teaspoons crumbled feta cheese

Dressing (Use your favorite Balsamic Vinaigrette or use this recipe!)

1/4 clove garlic, minced
1/8 teaspoon honey
1/8 teaspoon Dijon mustard
1-1/4 teaspoons raspberry vinegar
1/2 teaspoon balsamic vinegar
1/2 teaspoon brown sugar
1 tablespoon and 1-3/4 teaspoons vegetable oil

In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil.

In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.

Per serving: **378 calories**

Meal Plan Recipes

Breakfast Recipes

Egg White Breakfast Wrap

4 egg whites
1 whole grain tortilla
½ cup part-skim Mozzarella cheese
Sliced tomato to taste
½ cup Melon, cubed

In a non-stick skillet coated with cooking spray, scramble egg whites. Pile egg whites into tortilla and top with cheese and sliced tomato. Serve with melon.

296 calories, 32 g protein, 34 g carbs

Veggie Omelet

3 whole eggs
Mushrooms, Pepper or Spinach and Onions to taste
1 slice whole-grain wheat toast
1 tbsp. all-fruit spread

Spray a non-stick skillet with cooking spray. Beat eggs together and pour into skillet. Add vegetables. Serve with toast topped with fruit spread and one orange.

380 calories, 24 g protein, 35 g carbs

Veggie Egg Frittata Muffins

4 eggs
2 egg whites
1/2 cup mild cheddar cheese
1 cup chopped green and/or red pepper
¼ cup chopped mushrooms
¼ cup chopped tomato
¼ cup chopped onion
Sea salt, pepper for seasoning

1. Chop the peppers, mushroom, tomato, onion into tiny pieces. (Feel free to substitute peppers with spinach leaves if you desire a different veggie)
2. Place the eggs, egg whites, and cheese in a blender and blend until smooth OR hand mix well.
3. Combine the egg mix and chopped veggies in a mixing bowl. Add sea salt and pepper, and stir well.
4. Preheat oven to 350 and grease a muffin pan with non-stick oil.
5. Empty the egg mix into each cup. (Leave a little room at the top because the eggs will rise as they cook.)
6. Bake at 350 for 20 minutes until the top of eggs are firm.
7. Serve immediately or store in an airtight container in the fridge.

Makes 6 muffins. 2 muffins per serving.

200 calories, 16 g protein, 6 g carbs, 12 g fat

Meal Plan Recipes

Smoked Salmon Egg Muffins

1 oz. Olive Oil

½ white onion, finely chopped

½ cup mushrooms, finely chopped

1 garlic clove, minced

6 eggs

Handful spinach

2 oz smoked salmon

Salt and pepper to taste

1. Preheat the oven to 390 Fahrenheit.
2. Heat a frying pan on a medium heat and pour in an oz of vegetable oil.
3. Add in the chopped onion and mushrooms and let them sweat for around 3 minutes, stirring occasionally. Then add in the garlic and fry for another 2 minutes.
4. Turn off the heat and leave the frying pan and its contents to cool on the side.
5. In a large bowl, beat the 6 eggs, then add the smoked salmon in small chunks, the spinach, salt and pepper.
6. Next, add in all of the ingredient from your frying pan.
7. Finally pour the mixture evenly into muffin tray a place in the oven for around 15 minutes till done.

Makes 6 muffins. 2 muffins per serving.

160 calories, 15 g protein, 4 g carbs, 9 g fat

Meal Plan Recipes

Lunch Choice Recipes

Peanut Butter and Fruit sandwich

2 slices wheat bread
½ cup of sliced strawberries (can be substituted with banana)
1 Tbsp. all-fruit spread
1 medium apple
375 Calories

Hummus Pita w/ Peach & Greek Yogurt

1 small (4") wheat pita bread, served with ⅓ C hummus, favorite flavor
6 oz. low-fat Greek yogurt, (Vanilla or Plain) with 1 medium peach or any other fruit
374 Calories; 27 g protein

Tuna Salad

2 (5 ounce) cans water-packed tuna fish
2-4 tablespoons light mayonnaise
1 rib celery, diced small
1/4 red onion, diced small
1 tablespoon lemon juice
1 tablespoon pickle relish
Salt and Pepper

Open and drain water from cans of tuna. Combine mayo, celery, red onion, lemon juice and pickle relish in small mixing bowl. Add tuna. Mix well. Add salt and pepper to taste. Makes 4 servings.

400 calories, 24 g carbohydrate, 5 g fiber, 20 g protein.

Teriyaki Grilled Tuna w/ Rice

2 tablespoons light soy sauce
1 tablespoon Chinese rice wine
1 large clove garlic, minced
1 tablespoon minced fresh ginger root
4 (6 ounce) tuna steaks (about 3/4 inch thick)
1 tablespoon vegetable oil

In a shallow dish, stir together soy sauce, rice wine, garlic, and ginger. Place tuna in the marinade, and turn to coat. Cover, and refrigerate for at least 30 minutes. Preheat grill for medium-high heat. Remove tuna from marinade, and discard remaining liquid. Brush both sides of steaks with oil. Cook tuna for approximately for 3 to 6 minutes per side, or to desired doneness. Makes 4 servings

Serve with ½ cup brown rice and 1 cup of steamed/boiled broccoli w. 1 pat of butter

386 calories; 5.1g fat, 22 g carbohydrates, 40 g protein

Shrimp Avocado Lettuce Wraps

6 to 10 ounces of uncooked, peeled and de-veined shrimp
1 cup diced Roma tomatoes
1/2 cup chopped avocado
2 tbsp. chopped red onion
1 cup diced red/yellow/green peppers
1 to 2 cups bean sprouts
1 tbsp. olive oil or coconut oil (to sauté shrimp)
1 tsp. chopped garlic
2-4 large lettuce leaves or large

Chop vegetables and mix them together in medium mixing bowl. Add oil to pan and sauté shrimp until they turn pink. Add chopped veggies, chopped avocado, bean sprouts and salt/pepper to taste. Simmer on low heat. Fill lettuce leaf with 3 oz. of grilled chicken breast, sliced tomato, lettuce leaves and sautéed peppers. Serve with celery or carrot sticks.

300 calories, 32 protein, 11 g carbohydrate, 5 g fiber

You may use any meal from the Detox or Dinner Choice as well!

Meal Plan Recipes

Dinner Choice Recipes

Fish Fillets with Pineapple-Jalapeño Salsa

1 can diced pineapple
1/4 cup minced scallions
3 tablespoons chopped fresh cilantro
3 tablespoons lime juice
2 tablespoon minced fresh jalapeño pepper (about 1 large)
1/4 teaspoon salt

Freshly ground pepper to taste
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper to taste
1 pound tilapia, cod, haddock or other white fish fillets, cut into 4 portions
1 tablespoon extra-virgin olive oil

To prepare salsa: Cut the top and skin off pineapple, remove the eyes and core. Finely dice the pineapple (you will have about 4 cups diced pineapple) and place in a medium bowl. Add scallions, cilantro, lime juice, jalapeno and oil. Toss to mix. Season with 1/4 teaspoon salt and pepper. Serve immediately or cover and refrigerate for about 1 hour to allow flavors to blend.

To prepare fish: Combine flour, 1/2 teaspoon salt and 1/4 teaspoon pepper in a shallow dish; thoroughly dredge fillets (discard any leftover flour). Heat oil in a large nonstick skillet over medium-high heat. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Serve fish with about 1/4 cup salsa each. Serve with 1/2 cup low sodium black beans and 1/2 cup brown rice. Per serving: **410 calories**; 22 g protein; 510 mg sodium; 305 mg potassium; 7 g fiber

Veggie Spaghetti Squash Boat

1 spaghetti squash
6 mushrooms, sliced
1/2 cup yellow onion, chopped
1 cup spinach, raw
2 roma tomatoes
2 tbsp. olive oil

Salt, to taste
Cayenne pepper, to taste
1/2 tsp ground cumin
As needed, shredded quesadilla or pepper jack cheese

Cut spaghetti squash in half. Remove seeds using a spoon. Spread 1 tablespoon olive oil on both spaghetti squash slices. Bake squash in the oven open face down for 45 minutes. Once done remove and let cool. While the squash are cooking, in a large skillet on high heat, add 1 teaspoon olive oil and mushrooms. Cook mushrooms for 5-7 minutes until the moisture has sweated out and they have turned golden brown. Add spinach and sauté until wilted. Reduce heat to medium, add in 1 teaspoon olive oil, and add chopped onions. Cook for 3 minutes until onions are translucent. Add on chopped tomatoes and cook for 2 minutes. Once the squash has cooled, using a fork or spoon, separate the squash strands simply by scraping it with your utensil. Add shredded squash to the skillet with the vegetables and season it with salt and cumin. Be sure to gently mix it together. Once mixed and evenly combined, add squash and veggie mix back into the squash skin. Top the squash with desired shredded cheese and cayenne pepper. I used a sprinkle of shredded pepper jack cheese. Place squash boats back into the oven set at 375°F, and bake for 15 minutes. Once done, remove squash boats and set aside to cool for 5 minutes.

260 calories, 3 g fat, 14 g carbohydrate, 3 g fiber, 3 g protein
With 6 jumbo shrimp – **330 calories**, 4 gm fat, 16 g protein

Serves 2

Italian Style Baked Cod

2 pounds of cod fillets, thawed
1 small onion, diced
2 tbs. of olive oil
1 clove of minced garlic

2 cans of tomato sauce (15 ½ ounces)
1 bay leaf
½ tsp. basil
Sea salt and pepper, to taste

Heat the olive oil in a saucepan over medium heat. Once the oil is hot, place the onion in the pot and stir-fry until tender. Add everything except for the fish to the pot, stirring to combine. Reduce heat, cover, and simmer for 30 minutes. While sauce is simmering, preheat the oven to 350 degrees. Place the fish fillets in an 8 ½ X 11 baking dish in a single layer. Gently pour the sauce over the fish. Bake in the preheated oven for 35 – 40 minutes. When fish flakes easily, it is ready. Recipe provides 4 servings. Serve with ½ cup brown rice and 1 cup of steamed/boiled broccoli w. 1 pat of butter

253 Calories, 4 gm Fat, 24g protein, 26 g carbohydrates

Lemon Pepper Baked Cod

1 pound of cod fillets, thawed
2 tbs. of extra virgin olive oil
½ cup brown rice or quinoa, cooked

1 lemon
Sea salt and black pepper, to taste

Preheat the oven to 350 degrees. Lightly brush the bottom of an 8 ½ X 11 baking dish with olive oil. Place the cod fillets in a single layer in the baking dish. Cut the lemon into quarters and squeeze the fresh lemon juice over all of the fish fillets. Sprinkle with salt and black pepper. Bake for 35 – 40 minutes or until fish flakes easily with a fork.

Note: This recipe will work with any mild fish with a texture similar to cod. Consider trying these recipes with flounder, whitefish, catfish, snapper, or any other similar variety that you enjoy. Serve with ½ cup brown rice and 1 cup of steamed/boiled broccoli w. 1 pat of butter

Serves 4. **275 cals, 30 g protein, 4 g fat, 20 g carbohydrates**

Salmon Steaks with Grapefruit

1 tbs. olive oil
1 1/2 cup finely chopped onions
1-cup fresh grapefruit juice and segments
4- 6-ounce boneless, skinless salmon steaks
Fresh grapefruit segments for garnish
½ cup brown rice or quinoa, cooked

Heat olive oil in large nonstick skillet over medium heat. Add onions and cook until tender. Place salmon and grapefruit juice with segments in pan. Cover and simmer over low heat for 6-8 minutes or until fish is cooked to taste. Serve salmon with pan sauce, atop ½ cup of brown rice or quinoa garnished with grapefruit segments,

Serves 4. **260 cals, 28 g protein, 7 g fat, 20 g carbohydrates**

Chili Rubbed Tilapia

1 1/2 tbs. ancho chili powder or regular chili powder
1/2 tbs. cumin
1/2 tbs. kosher salt
Dash cayenne
1 tsp. paprika

6 tilapia fillets
1 tbs. organic butter
1 tbs. olive oil
Lemon wedges
1/2 cup brown rice or quinoa, cooked

Add all spices together in a small bowl and mix. Sprinkle spice mixture over tilapia fillets and rub into fish. Heat stove top grill or large non-stick pan; add butter and oil. When oil is hot add fish. Grill for about 3 minutes on each side or until just cooked through. Serve with lemon wedges and 1/2 cup brown rice.

Serves 6. **200 calories**, 21 g protein, 2.5 g fat, 21 g carbohydrates

Garlic Salmon with Sweet Onion Relish

5 tbs. extra virgin olive oil, divided
2 garlic cloves, crushed
1/4 tsp. freshly ground mixed peppercorns
1 1/2 cups chopped sweet onion
1/4 cup chopped oil packed sun-dried tomatoes

4 (6 ounces each) skinned salmon fillets
1 tbs. balsamic vinegar
1/4 cup toasted broken walnuts
2 tbs. thinly sliced fresh basil leaves
1/4 to 1/2 teaspoon sea salt (or regular salt)
1/2 cup brown rice or quinoa, cooked

In small bowl, whisk together 3 tbs. of olive oil, garlic and peppercorns and set aside. Heat remaining 2 tbs. Of olive oil in small skillet over medium heat. Add onions and sun-dried tomatoes and cook 10 to 15 minutes, stirring occasionally. Meanwhile, brush salmon with garlic olive oil and place on broiler pan about 4 inches from heat. Broil 5 to 8 minutes, turning after 3 minutes and brushing both sides of salmon again with garlic oil. Stir balsamic vinegar, walnuts and basil leaves into onions. Season with sea salt to taste. Serve onion relish alongside salmon atop 1/2 cup of quinoa or brown rice.

Serves 4. **272 calories**, 7 g fat, 30 g protein, 25 g carbohydrates

You may use any meal from the Detox or Lunch Choice as well!

Meal Plan



Grocery List

Consider using different color highlighters to mark the foods you need to purchase for the week
Be budget conscious when making food choices

Fruits & Veggies (fresh, frozen, OR canned in 100% juice)

- 3-4 Apples, oranges, &/or peaches
- 1 bag of green leafy vegetables (spinach, kale, etc)
- Berries (strawberries, blueberries, mixed, etc)
- 1 melon (honeydew, cantaloupe, etc)
- Bananas
- Grapes
- 1 can diced pineapple
- 2-3 Bags or Heads of mixed greens or Romaine lettuce
- 1 Radish
- 1 scallion
- Red onion
- White Onion
- Mushrooms
- 1 Jalapeno pepper
- Fresh or frozen Cilantro
- 2-3 Peppers (red, green, or colored pepper)
- 1 bag of shredded carrots & baby carrot sticks
- Celery sticks
- Fresh Broccoli & cauliflower florets
- Fresh or canned olives
- Roma Tomatoes
- 1 Bag or 2 Sweet Potatoes
- 1-2 baking potatoes
- 2-3 stalks of celery
- Grapefruit
- 1 lemon
- Avocado
- Mango
- Spaghetti Squash

Beans:

- 1 Can kidney beans
- 1 Can chickpeas
- 2 Can black beans

Grains:

- 100% whole wheat bread
- Wheat soft tortilla shells/wraps
- Box of Wheat crackers
- Boil in a bag brown rice
- Quinoa

Dairy:

- 1 or 2 Dozen Eggs
- Milk – skim, rice, soy, or almond milk

- Low Fat Greek Yogurt-- Plain or Vanilla
- Laughing Cow Cheese wedge or Reduced Fat String Cheese
- Reduced fat mozzarella AND Cheddar cheese
- Reduced fat Feta cheese
- Reduced fat sour cream

Meat:

- Tuna Steaks
- Canned Tuna
- Smoked Salmon
- Shrimp
- Catfish, tilapia, haddock or other white fish fillets
- Salmon

Seasonings/Nuts/Oils:

- Almonds
- Walnuts
- Sea Salt
- Extra Virgin Olive Oil
- Vanilla Extract
- All-purpose flour
- Dry Milk (found in baking section)
- Balsamic Vinegar
- Cinnamon
- Honey
- Garlic/ Onion powder
- Chili powder
- Cumin

Other

- Almond Butter or Natural Peanut Butter
- Fruit Spread
- Light Popcorn
- Lemon Juice
- Orange Juice
- Hummus
- Vinaigrette or Light Italian Dressing
- Dijon mustard
- Pickle relish
- Light Mayonnaise
- Brown Sugar
- Light soy sauce
- Chinese rice wine
- Dried Cranberries
- Fresh Ginger Root
- Chives
- Canned Tomato Sauce
- Cayenne Pepper
- Balsamic Vinegar

Food Swaps:

(If you don't like a food or have allergies, you may swap out foods)

Vegetables: choose non-starchy vegetables to swap with non-starchy vegetables.

Fruit: choose mainly apples, pears, bananas, berries and peaches

Breads: If you need gluten-free, choose Rice or light potato bread

Eggs: if egg allergy, choose rice protein powder, lean meat, or cottage cheese

Dairy: yogurt and cottage cheese can be swapped for each other (or limited amounts of string cheese)

Lean Proteins: can be exchanged for fish/seafood and vice-versa

Nuts/Nut Spreads: If allergic to nuts, substitute with yogurt or any lean protein.

***Vegetarian*:** Replace any meat with veggies but be sure to include your protein (beans, tofu, etc)

Exchange a Protein for a Protein, a Carbohydrate for a Carbohydrate, & a Fat for a Fat.