

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.
- Pre-cook meats like chicken and steak 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.

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

Choose 1 of 2 versions below. Add liquid & your greens 1st and blend together. Then add the fruit and any remaining ingredients and blend well. The amount of water added will depend on whether you like it thick or not.

1 – 1 cup of water, 1 cup of orange juice, 1 cup of frozen strawberries, 1 frozen banana, 1 apple and 2 cups of spinach, 1 tbsp chia seeds.

400 calories, 53 g carbohydrates, 5 g protein, 6 g fiber

1 – 2 cup of water, 1 cup of orange juice, 1 cup of mango, 1 cup frozen pineapple, 1 frozen banana and 2 cups of spinach. 1 tbsp of chia

425 calories, 74 g carbohydrates, 5 g protein, 5 g fiber

Fruit Berry Smoothie

1 1/4 cups any berries (can be just Strawberries)

3/4 cup low-fat Greek yogurt

1/2 cup orange juice

1 cup almond or coconut milk

2 tablespoons chia seeds or flax meal

1 tablespoon honey

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

Berry Jam Smoothie

1 1/4 cups orange juice, preferably calcium-fortified

1 banana

1 1/4 cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries

1/2 cup or 8 oz. Greek Yogurt (plain or vanilla)

1 tablespoon honey (optional)

2 tablespoons of chia or flax meal (optional)

Combine all your ingredients in a blender; cover and blend until creamy. Serve immediately.

417 calories, 21 g Protein, 4 g fiber

SPECIAL NOTE: If you choose FRESH FRUIT (vs frozen) for your smoothies omit the orange juice. The fresh fruit will add a natural sweetness to your smoothies vs the frozen won't



Meal Plan Recipes

Romaine Salad with Orange, Feta & Beans

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

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

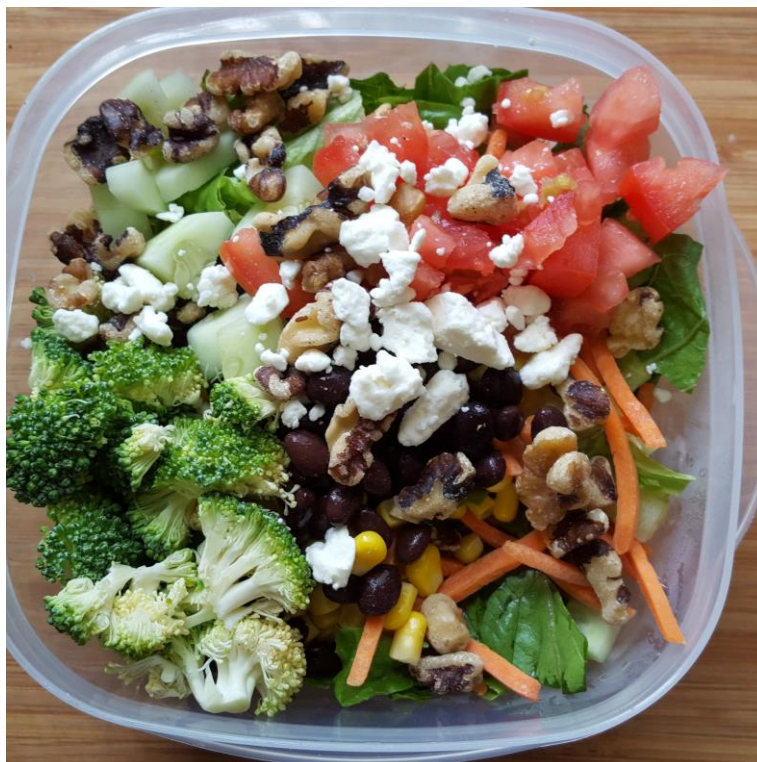
The Big Salad

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

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 inutes. 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 tsp. onion powder
1 can black beans, well drained	1/2 tsp. seasoned salt
1/2 cup flour	Salt and pepper to taste
2 slices bread, crumbled	Oil for cooking
1 tsp. garlic powder	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 6 servings.

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 teaspoon honey
1/8 head romaine lettuce, torn	1/8 teaspoon Dijon mustard
3 tablespoons fresh strawberries, sliced	1-1/4 teaspoons raspberry vinegar
1 tablespoon crumbled feta cheese	1/2 teaspoon balsamic vinegar
Dressing (Use your favorite Balsamic Vinaigrette or use this recipe!)	1/2 teaspoon brown sugar
1/4 clove garlic, minced	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	Sliced tomato to taste
1 whole grain tortilla	½ cup Melon, cubed
½ cup part-skim Mozzarella cheese	

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 grams protein, 34 grams 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 grams protein, 35 grams 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 grams protein, 6 gram carbs, 12 grams fat

Meal Plan Recipes



Lunch Choice Recipes

Fruit Berry Smoothie

(see recipe in detox recipe section)

Deli Sandwich w/ Melon and Cheese

3 oz of sliced turkey (Natural is you can find it)

2 slices of 100% Whole Wheat Bread

2 slices of Tomato

1 fold of Romaine lettuce

Mustard to taste

Combine to make sandwich. Eat with 1 cup of melon and 1 mozzarella cheese stick.

350 Calories

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

Meal Plan Recipes

Grilled Chicken Salad

2 (6 ounce) skinless, boneless chicken breast halves
3 cups chopped mixed salad greens
1 small tomato, chopped
1/4 cup dried cranberries

1/4 cup shredded reduced-fat Cheddar cheese
1/4 cup sliced ripe olives
2 green onions, chopped
2 tablespoons chopped walnuts
1/4 cup Lite Italian salad dressing

Grill chicken, covered, over medium heat for 8-10 minutes on each side or until no longer pink. Divide salad greens between two serving plates; top with tomato, cranberries, cheese, olives, onions and walnuts. Slice chicken; arrange over salads. Serve with Italian dressing. Makes 2 servings.
400 calories, 24 g carbohydrate, 5 g fiber, 42 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 1/2 cup brown rice and 1/2 cup of steamed/boiled broccoli w. 1 pat of butter
386 calories; 5.1g fat

Chicken Wrap

1 6-inch whole-grain tortilla
3 oz. grilled chicken breast
Sliced tomato

Lettuce
Red or Green bell pepper, sautéed
Celery or Carrot sticks

Fill tortilla with 3 oz. of grilled chicken breast, sliced tomato, lettuce leaves and sautéed peppers. Serve with celery or carrot sticks.

307 calories, 31 grams protein, 33 grams carbohydrate, 5 grams fiber

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

Meal Plan Recipes

Dinner Choice Recipes

Rotisserie Chicken and Salad

Rotisserie chicken from your local supermarket (Makes 6 servings, NO SKIN)

Your favorite side salad with 2 tablespoons Lite Italian or Balsamic Dressing. Be sure to portion the chicken into 6 equal servings before you eat any. Place leftovers into individual plastic bags for quick portion control.

Per serving: **400 Calories; 20 g protein**

Grilled Chicken, Sweet Potato & Salad

3 ounce (oz.) broiled or grilled boneless chicken breast

5" baked sweet potato, topped with 1 teaspoon (tsp.) cinnamon (optional)

2 C tossed field greens, drizzled with 2 Tbsp. Light vinaigrette dressing

Per serving: **350 calories; 29 g protein**

Pork Chop w/ Baked Potato

4 oz center-cut sirloin pork chop, broiled or grilled

½ small, baked potato, topped with 1 Tbsp. reduced-fat sour cream and 2 Tbsp. fresh, chopped chives, ½ C Steamed broccoli

Per serving: **380 Calories; 36 protein; 145 mg cholesterol**

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 ½ cup low sodium black beans and ½ cup brown rice.

Per serving: **410 calories; 22 g protein; 510 mg sodium; 305 mg potassium; 7 g fiber**

Steak with Broccoli

3 to 4 oz. flank steak, filet mignon, or sirloin

Olive oil

Sea salt and pepper to taste

1 small sweet potato

1 cup steamed broccoli

Lemon juice to taste

Brush steak with olive oil and sprinkle with sea salt and freshly ground pepper. Grill or broil steak on both sides for 5-7 minutes, or until degree of doneness is achieved.

Serve steak with a small baked sweet potato and steamed broccoli topped with fresh lemon juice.

304 calories, 30 grams protein, 33 grams carbohydrate, 7.5 grams 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. **Serves 2**

260 calories, 3 gm Fat, 14 gm carbohydrate, 3 gm fiber, 3 gm Protein

** if you wish to add 6 jumbo shrimp – **330 calories**, 4 gm fat, 16 gm Protein



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. It's ok to repeat meal as needed

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

- 3-4 Apples, oranges, &/or peaches
- 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
- 1 red onion
- 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

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

Dairy:

- 1 or 2 Dozen Eggs
- Milk – Almond, coconut, or rice 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:

- Deli Turkey Meat (Natural)
- Frozen or Fresh Boneless/Skinless Chicken Breast
- Tuna Steaks
- Center cut sirloin pork chop
- Catfish, tilapia, haddock or other white fish fillets
- Flank, Filet Mignon, or Sirloin Steak

Seasonings/Nuts/Oils:

- Almonds
- Walnuts
- Sea Salt
- Extra Virgin Olive Oil
- Vanilla Extract
- All-purpose flour
- Balsamic Vinegar
- Cinnamon
- Honey
- Garlic/ Onion powder

Other

- Almond Butter or Natural Peanut Butter
- Fruit Spread
- Light Popcorn
- Lemon Juice
- Orange Juice
- Hummus
- Vinaigrette or Light Italian Dressing
- Dijon mustard
- Brown Sugar
- Light soy sauce
- Chinese rice wine
- Dried Cranberries
- Fresh Ginger Root
- Chives

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.