

# CALIFORNIA NUTRITION GROUP

## Meal Plan

### MONDAY

Energy Oatmeal

Rosemary Chicken  
Salad

Slow-cooker tacos

### TUESDAY

Simple Egg  
Burrito with Fruit

Turkey Taco Salad

Greek Chicken &  
Veggie Bowl

### WEDNESDAY

Fruit Parfait

Smashed Avocado  
Hummus  
Sandwich

Pico de Gallo  
Salmon

### THURSDAY

Boiled Egg, Fruit &  
Avocado Toast

Rainbow Chard  
Chicken Wraps

Hearty Vegetarian  
Salad

### FRIDAY

Flourless Banana  
Pancakes

Citrus Tuna Salad

Bunless Turkey &  
Bean Burgers

### SATURDAY

Zucchini Bread  
Overnight Oats

Greek Chickpea  
Salad Jar

Zoodles Marinara  
with Turkey  
Meatballs

### SUNDAY

Fruit Yogurt Bowl

Avocado Chickpea  
Collard Wraps

Greek Lentil Soup

BREAKFAST

LUNCN

DINNER

# Grocery List

## MEATS / SEAFOOD

- ¼ pounds of Salmon
- 1 pound of Boneless Skinless Chicken Breast
- 3 pounds of Ground Turkey Breast
- 3 pounds chuck roast

## PRODUCE

- 7 Avocados
- 2 Green Bell Peppers
- 2 Yellow, orange or red Bell Peppers
- 2 pints of Blueberries
- 11 Carrots
- 1 bunch of Celery
- 1 bunch of Collard Greens
- 1 package (1.2 oz) of Freeze Dried Strawberries
- 1 bulb of Garlic
- ¾ pounds of Red Grapes
- 1 container (12 oz) of Guacamole
- 2 Lemons
- 3 heads of Romaine Lettuce
- 1 Lime
- 1 Red Onions
- 5 Yellow Onions
- 1 Peach
- 1 bunch of Radishes
- 1 bag (6oz) of Raw Spinach
- 1 container (16 oz) of Salsa Pico de Gallo
- ¾ pounds of Sugarsnap Peas
- 1 bunch of Swiss Chard
- 6 Tomatoes
- 4 Zucchini

## DELI

- 1 Cooked Rotisserie Chicken
- 1 container (10 oz) Hummus

## OTHER

- 1 package (16-18 oz) of vanilla, Plant-Based Protein Powder

## PRODUCE

- 1 Apple
- 3 Bananas
- 1 pint of Blackberries
- 1 Cantaloupe
- 1 bag (16 oz) of Baby Carrots
- 1 bunch of Fresh Cilantro
- 2 Cucumbers
- 2 bunches (2 oz) of Fresh Parsley
- 1 Grapefruit
- ¾ pounds of Green Beans
- 1 Jalapeño Pepper
- 1 head of Green Leaf Lettuce
- 1 package (5 oz) of Spring Mix Lettuce
- ¼ pounds of Baby Portabella Mushrooms
- 3 Oranges
- 1 Sweet Potatoe
- 2 pints of Raspberries
- 1 package (0.5-1 oz) of Fresh Rosemary
- 1 pint of Strawberries
- ¾ pounds of SweetMiniPeppers
- 3 Tangerine
- 1 quart of Cherry Tomatoes
- 1 bag (8 oz) of Hemp Seeds
- ⅛ pounds of Chia Seeds
- ⅛ pounds of Pecans
- 1 bag (12oz) of Raisins
- ⅛ pounds of Sunflower Seeds
- ⅛ pounds of Walnuts
- 1 bag (8 oz) of Pistachios
- ⅛ pounds of Whole Almonds
- ⅛ pounds of Dried Cranberries

## PASTA/RICE/BEANS

- ⅝ pounds of Brown Basmati Rice
- ¾ pounds of Green Lentils
- 1 box (12 oz) of Elbow Pasta
- ½ pounds of Quinoa



# Grocery List

## CANNED/JARRED GOODS

- 1 jar (23-24 oz) of Applesauce
- 2 cans (15-16 oz) of Canned Cannellini Beans
- 1 can (15 oz) of Canned Corn
- 1 can (14 fl oz) of Canned Full-Fat Coconut Milk
- 2 cans (15 oz) of Canned Pinto Beans
- 1 container (32 oz) of Low Sodium Vegetable Broth
- 1 jar (18 oz) of Peanut Butter or any nut or seed butter
- 1 can (5 oz) of Tuna Canned in Water
- 2 jars (16 oz) of Salsa Verde
- 1 can (15 oz) of Canned Black Beans
- 2 cans (5 oz) of Canned Chicken
- 2 cans (14-15 oz) of Canned Diced Tomatoes
- 2 cans (15 oz) of Canned Garbanzo Beans (Chickpeas)
- 1 jar (6 oz) of Kalamata Olives
- 1 jar (18 oz) of Marinara Sauce
- 1 can (15 oz) of Tomato Sauce

## BREADS/CEREALS

- ½ pounds of Rolled Oats
- 1 loaf (24 oz) of Whole Wheat Bread
- 1 bag (11 oz) of Corn or grain-free Tortilla Chips
- 1 package (8 ct) of Whole Wheat Tortillas
- 1 bag (12 ct) of Corn Tortillas
- 1 package (4-5oz) of Rice Cakes

## BAKING GOODS

- 2 packets (individual) of Stevia or Monk Fruit
- 1 can (5-7 fl oz) of Nonstick Cooking Spray
- 1 Tablespoon baking powder

## DAIRY

- 1 quart of Almond Milk (Unsweetened)
- 1 dozen Eggs
- 7 containers (6 oz) of Plain Greek Yogurt
- 1 container (15 oz) of Ricotta Cheese
- 1 container (16 oz) of Cottage Cheese
- 1 container (6 fl oz) of Low-Fat Vanilla Yogurt
- 1 package (8 oz) of Shredded Cheddar Cheese

## SPICES/CONDIMENETS

- 1 jar(2-3oz)of Chili Powder
- 1 jar (8 oz) of Dijon Mustard
- 1 jar (0.75 oz) of Dried Oregano
- 1 jar (0.5 oz) of Dried Sage
- 1 jar (1 oz) of Ground Cinnamon
- 1 bottle (12 oz) of Honey
- 1 bottle (16 fl oz) of Italian Dressing
- 1 bottle (16 fl oz) of Extra Virgin Olive Oil
- 1 jar (1 oz) of Paprika
- 1 jar (1 oz) of Sesame Seeds
- 1 bottle (8-9 fl oz) of Balsamic Vinegar
- 1 jar (2oz) of Cumin
- 1 package (0.1-1 oz) of Dried Dill
- 1 jar (0.25-1 oz) of Dried Parsley
- 1 jar (3 oz) of Garlic Powder
- 1 bottle (1-2 oz) of Ground Coriander
- 1 bottle (2 oz) of Hot Sauce
- 1 bottle (12 oz) of Maple Syrup
- 1 bottle (12 fl oz) of Ranch Dressing
- 1 jar (0.35 oz) Tarragon Dried



# Monday

## **BREAKFAST: ENERGY OATMEAL**

Servings: 1

### INGREDIENTS:

1/2 cup oats  
1 cup water  
1 tablespoon protein powder  
1 tablespoon nut or seed butter  
2 tablespoons unsweetened almond milk  
1 banana sliced

NUTRITION INFORMATION PER SERVING: Protein: 17g, Total Fat: 14g, Carbs: 67g, Calories: 442kcal, Fiber: 11g, Sodium: 139mg, Saturated Fat: 2.04g, Fruits: 1.97 servings, Vegetables: 0 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Boil water on the pan in the stove, add oats and lower heat. Stir consistently for 1-1 1/2 minutes.
2. Add the nut or seed butter and continue to stir. Remove from heat. Add protein powder just before eating.
3. Top with almond milk and banana or fruit of choice.

## **LUNCH: ROSEMARY CHICKEN SALAD**

Servings: 2

### INGREDIENTS:

16 ozs canned chicken  
1/2 apple cored, chopped  
3 tablespoons dried cranberries  
1/4 cup plain Greek yogurt  
3 tablespoons walnuts chopped (or other nuts)  
1 tablespoon dijon mustard  
1/2 tablespoon fresh rosemary chopped 1 dash salt  
1 dash pepper  
1 head Romaine Lettuce

NUTRITION INFORMATION PER SERVING: Protein: 28g, Total Fat: 9.6g, Carbs: 26g, Calories: 284kcal, Fiber: 9g, Sodium: 417mg, Saturated Fat: 1.11g, Fruits: 0.25 servings, Vegetables: 3.33 servings, Added Sugar: 0.07g,

### DIRECTIONS:

1. Combine chicken, apples, cranberries, Greek yogurt, walnuts, dijon and rosemary in a large mixing bowl.
2. Mix until combined. Add salt & pepper to taste. Serve in washed lettuce leaves.



# Monday

## DINNER: SLOW COOKER TACOS

Servings: 6

### INGREDIENTS:

For the meat:

- 1 jar (16 oz) green salsa
- 3 pounds boneless chuck roast

Compliments:

- 12 corn tortillas (or grain-free tortillas or lettuce wraps)
- 1 tomato diced
- 1 avocado diced
- 1 white onion sliced
- 1 green bell pepper sliced 1 tablespoon olive oil

NUTRITION INFORMATION PER SERVING: Protein: 9g, Total Fat: 11g, Carbs: 32g, Calories: 251kcal, Fiber: 7.1g, Sodium: 480mg, Saturated Fat: 2.03g, Fruits: 0 servings, Vegetables: 1.07 servings, Added Sugar: 0g

### DIRECTIONS:

1. Pre-heat slow cooker.
2. Place chuck roast in the slow cooker, fat side down. Pour green salsa over it.
3. Cook on high for 6-8hours, until meat is cooked through and you can shred it with a fork.
4. Separately, sautee onions and bell peppers with avocado oil in a skillet over medium heat. Cook for 5-10 minutes or until the onions and peppers are soft and starting to brown.
5. Taco assembly: shred the beef and fill the corn tortillas (or lettuce wraps) and top with cooked onion and bell peppers, fresh tomato and avocado and additional salsa.



# Monday

## SNACK: FLOURLESS NUT BUTTER PROTEIN COOKIES

Servings: 18 (suggest to eat 2 per snack)

### INGREDIENTS:

1 cup old fashioned oats  
2 scoops organic vanilla protein powder  
1/2 cup heaping creamy peanut butter (or any other nut or seed butter)  
3/8 cup unsweetened apple sauce  
1/2 cup organic freeze dried strawberries  
2 tablespoons honey or maple syrup

NUTRITION INFORMATION PER SERVING: 5.1g, Total Fat: 4.32g, Carbs: 8.8g, Calories: 90kcal, Fiber: 1.33g, Sodium: 36mg, Saturated Fat: 1.06g, Fruits: 0.04 servings, Vegetables: 0 servings, Added Sugar: 0.96g

### DIRECTIONS:

1. Pre-heat oven to 350°F.
2. In a small bowl, combine oats, protein powder and freeze dried strawberries.
3. In a separate bowl mix together the nut butter, applesauce and honey.
4. Combine both mixtures and mix well, add extra tablespoon of applesauce to moisten batter.
5. Once well incorporated, form the dough one inch balls and place over a baking sheet covered in parchment paper. Press the ball down into a cookie shape with a fork and bake for 12 to 15 minutes.
6. Remove from oven, let cool and enjoy.



# Tuesday

## **BREAKFAST: EGG BURRITO WITH SIDE OF FRUIT**

Servings: 1

1 spray spray oil  
2 eggs  
1/2 whole wheat tortilla (or grain-free tortilla)  
2 tablespoons salsa  
Leftover veggies (optional)  
1 tangerine

NUTRITION INFORMATION PER SERVING: Protein: 16g, Total Fat: 12g, Carbs: 24g, Calories: 266kcal, Fiber: 4.24g, Sodium: 485mg, Saturated Fat: 4.19g, Fruits: 0.58 servings, Vegetables: 0.28 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Heat pan at medium heat and spray it with oil.
2. Crack eggs in bowl, mix and scramble by themselves or with veggies.
3. Add eggs to heated pan, stir to scramble and cook until eggs set.
4. Heat tortilla over open flame or in a skillet until warm, lay tortilla flat and fill with eggs and salsa. Roll the tortilla up into a burrito shape, folding in the sides as you roll.
5. Serve with side of tangerine or fruit of choice.

### NOTES:

- For a quicker breakfast, you can cook eggs in the microwave. Just place scrambled eggs with veggies on a microwave-safe bowl, cover and cook for about 1-2 minutes.
- Tortilla brands: look for whichever is closest to 12 grams of carbs per serving and at least 3 grams of fiber.
- Eggs: you can replace 2 eggs with 4 egg whites or 1 whole egg and 3 egg whites.



# Tuesday

## LUNCH: TURKEY TACO SALAD

Servings: 6

### INGREDIENTS:

1 pound ground turkey  
1 1/2 cups brown rice  
2 cups beans drained & rinsed  
2 cups water  
1 onion chopped  
1 tablespoon chili powder  
3 tomatoes chopped  
1 jalapeno seeded and diced  
3 quarts romaine lettuce chopped  
1 cup shredded cheddar (or dairy-free cheese alternative)  
2 avocados diced

NUTRITION INFORMATION PER SERVING: Protein: 30g, Total Fat: 22g, Carbs: 60g, Calories: 543kcal, Fiber: 12g, Sodium: 370mg, Saturated Fat: 6.6g, Fruits: 0 servings, Vegetables: 1.53 servings, Added Sugar: 0g

### DIRECTIONS:

1. Cook ground turkey and onions in a large skillet at medium heat for about 10 minutes or until brown. Drain off remaining liquids.
2. Add rice, water, beans, and chili powder to meat in skillet.
3. Reduce to low heat, cover and cook for about 30-40 minutes or until rice is fully cooked. Add more water if needed.
4. Add tomatoes and jalapeño and cook for additional 2-3 minutes.
5. Assemble tacos with romaine lettuce, rice mixture, cheese, and top with avocado.





# Tuesday

## DINNER: GREEK CHICKEN AND VEGGIE BOWL

Servings: 4

### INGREDIENTS:

For the chicken

1 pound boneless, skinless chicken breasts  
1 tablespoon olive oil  
1 tablespoon lemon juiced  
salt and pepper to taste

For the veggies

20 mini bell peppers (or 3 regular bell peppers)  
1 pint cherry tomatoes  
1 tablespoon olive oil  
salt and pepper to taste

For the tzatziki

1 cup plain Greek yogurt  
1/4 lemon juiced  
1 clove garlic minced  
1/4 cucumber peeled and diced  
1/2 tablespoon dried dill (optional)  
salt and pepper to taste

Other ingredients

1 cup quinoa  
2 cups water

NUTRITION INFORMATION PER SERVING: Protein: 39g, Total Fat: 14g, Carbs: 42g, Calories: 455kcal, Fiber: 6.7g, Sodium: 252mg, Saturated Fat: 2.69g, Fruits: 0.09 servings, Vegetables: 1.49 servings, Added Sugar: 0g

### DIRECTIONS:

1. Pre-heat oven to 400°F and line a baking sheet with aluminum foil.
2. Place chicken breasts in the lined baking pan. Mix together olive oil, lemon juice, salt, and pepper, and brush over chicken. Toss bell peppers and tomatoes in olive oil, salt, and pepper. Transfer to the lined baking sheet and bake for 20-25 minutes or until internal temperature of chicken is 165°F.
3. Meanwhile, cook the quinoa. Place quinoa and water into a pot over high heat. Once boiling reduce to a simmer, cover and cook for 20 minutes.
4. For the tzatziki. Mix the yogurt, lemon juice, garlic, cucumber, dill, salt, and pepper in a medium bowl until well combined.
5. Mix all ingredients to assemble bowl.



# Tuesday

## **SNACK: SLICED CUCUMBERS**

Servings: 1

### INGREDIENTS:

1 cucumber, washed and sliced

NUTRITION INFORMATION PER SERVING: Protein: 0.68g, Total Fat: 0.11g, Carbs: 3.78g, Calories: 16kcal, Fiber: 0.52g, Sodium: 2.08mg, Saturated Fat: 0.04g, Fruits: 0 servings, Vegetables: 1 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Free to season with salt and lime juice or spicy sauce or leftover tzatziki.



# Wednesday

## **BREAKFAST: FRUIT PARFAIT**

Servings: 1

### INGREDIENTS:

1 cup plain Greek yogurt (or dairy-free alternative)  
3/4 cup blueberries (or any combination of fruit)  
2 tablespoons raisins (or other dried fruit)  
2 tablespoons almonds (or other type of nut or seed)  
2 teaspoons honey (or pure maple syrup)

NUTRITION INFORMATION PER SERVING: Protein: 27g, Total Fat: 14g, Carbs: 56g, Calories: 437kcal, Fiber: 5.5g, Sodium: 145mg, Saturated Fat: 3.73g, Fruits: 1.56 servings, Vegetables: 0 servings, Added Sugar: 5.7g,

### DIRECTIONS:

1. Spoon yogurt into a bowl. Top with blueberries, raisins, almonds, and drizzle with honey.

### NOTE:

- You can replace 2 Tbsp of almonds with 1 Tbsp of granola, click [HERE](#) for one of my favorite granola recipes.

## **LUNCH: MASHED AVO AND HUMMUS SANDWICH**

Servings: 1

### INGREDIENTS:

2 slices whole wheat bread  
1/2 avocado  
3 tablespoons hummus  
4 slices tomato  
1 handful cilantro chopped  
2+ leaves lettuce (or fresh spinach leaves)  
1 dash hot sauce or mustard (optional)

NUTRITION INFORMATION PER SERVING: Protein: 17g, Total Fat: 19g, Carbs: 52g, Calories: 426kcal, Fiber: 15g, Sodium: 523mg, Saturated Fat: 2.84g, Fruits: 0 servings, Vegetables: 1.04 servings, Added Sugar: 5.2g,

### DIRECTIONS:

1. Assemble your sandwich and enjoy!

### NOTE:

- To keep it low carb, you can make it wrap and use collard greens instead of bread. For bread brands, opt for sprouted wheat with at least 3 grams of fiber and no added high-fructose corn syrup.



# Wednesday

## DINNER: PICO DE GALLO SALMON

Servings: 1

### INGREDIENTS:

1 4-oz fillet salmon  
1 dash ground coriander  
1 dash ground cumin  
1 dash paprika  
salt and pepper to taste  
1/3 cup pico de gallo  
1/8 avocado sliced  
2 cups raw spinach (washed)

NUTRITION INFORMATION PER SERVING: Protein: 26g, Total Fat: 9.3g, Carbs: 12g, Calories: 232kcal, Fiber: 2.73g, Sodium: 390mg, Saturated Fat: 1.75g, Fruits: 0 servings, Vegetables: 1.67 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Set oven to broil and place aluminum foil or parchment paper on baking sheet.
2. Place salmon on baking sheet, rub filets with spices and broil for 10-12 min or until salmon flakes easily.
3. Remove from oven and place over spinach. Top with pico de gallo and avocado.

### NOTE:

- The USDA recommends a minimum internal temperature of 145°F, which should be measured at the thickest part of the fillet.
- You can replace raw spinach for any other raw leafy greens. Or you can replace with 1 cup of cooked vegetables.
- Quick tip: buy plain frozen vegetables and thaw in the microwave according to directions. Season with lime juice, salt and pepper.



# Wednesday

## SNACK: GUACAMOLE AND CHIPS

Servings: 4

### INGREDIENTS:

1 avocado peeled  
Juice of 1 lime  
salt and pepper to taste  
1/2 cup canned corn drained and rinsed  
1/4 cup red onion diced  
1/2 cup whole milk Greek yogurt  
1 tablespoon cilantro thoroughly rinsed and chopped  
4 ounces tortilla chips

NUTRITION INFORMATION PER SERVING: Protein: 5.7g, Total Fat: 13g, Carbs: 28g, Calories: 245kcal, Fiber: 4.38g, Sodium: 236mg, Saturated Fat: 2.54g, Fruits: 0.04 servings, Vegetables: 0.09 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Chop avocado into small chunks and toss into a bowl with lime juice, garlic, salt, and pepper. Mash using a fork or a masher, mash avocado until desired consistency.
2. Add remaining ingredients and serve as a dip for chips.

### NOTE:

- Traditional guacamole does not contain yogurt, however by adding it, you increase your protein content in addition to providing a better yield. You can replace it with 1/2 cup of mashed peas for a vegan alternative or just skip it all together.
- For better taste and yield, I highly recommend adding 1/2 chopped fresh tomato.
- For a low-carb option, use fresh cucumber slices, jicama or carrots instead of chips.



# Thursday

## BREAKFAST: BOILED EGG, FRUIT AND AVO TOAST

Servings: 1

### INGREDIENTS:

1 egg hard boiled  
1/4 cup fresh strawberries  
1/2 cup fresh blueberries  
1/4 cup fresh raspberries  
2 slices whole wheat bread  
1/4 avocado

NUTRITION INFORMATION PER SERVING: Protein: 17g, Total Fat: 13g, Carbs: 47g, Calories: 361kcal, Fiber: 12g, Sodium: 338mg, Saturated Fat: 2.8g, Fruits: 1.03 servings, Vegetables: 0 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Peel the hard boiled egg and cut in half.
2. Spread the avocado over the bread (optional to toast).
4. Serve with fruit.

### NOTE:

- You can replace berries for any other fruit, 1 cup. Other fruit with different serving sizes are bananas (1/2 banana) and mango (1/2 serving).

### HOW TO MAKE HARD-BOILED EGGS

1. Cover the eggs in a saucepan with water: Fill a saucepan about a quarter of the way with cold water. Place the eggs in a single layer at the bottom of the saucepan. Add more water so that the eggs are covered by at least an inch or two of water.

2. Heat the pot on high heat and bring the water to a full rolling boil. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.

*Adding a teaspoon of vinegar to the water may help keep egg whites from running out if an egg does crack while cooking. Also some people find adding 1/2 teaspoon of salt to the water helps prevent cracking as well as making the eggs easier to peel.*

3. Depending on how cooked you like your hard boiled eggs, the eggs should be done perfectly in 10-12 minutes.

4. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.

They should be eaten within 5 days.



# Thursday

## LUNCH: RAINBOW CHARD CHICKEN WRAPS

Servings: 1

### INGREDIENTS:

2 leaves swiss chard

3/4 cup cooked chicken shredded

1/2 sweet potato peeled, chopped

1/4 cucumber, sliced

1/4 bell pepper, sliced

1/4 avocado sliced

salt and pepper to taste

NUTRITION INFORMATION PER SERVING: Protein: 33g, Total Fat: 14g, Carbs: 21g, Calories: 328kcal, Fiber: 5.9g, Sodium: 345mg, Saturated Fat: 3.02g, Fruits: 0 servings, Vegetables: 2.26 servings, Added Sugar: 0g,

### DIRECTIONS:

#### COOKING THE SWEET POTATO:

1. Fill a pot about half full with water (just enough water to cover the sweet potatoes) and bring water to a boil. When boiling, toss in the sweet potato pieces.
2. Cover the pot and cook for 10-12 minutes or until tender.
3. Remove from heat and drain in a colander. Run cold water over the potatoes to quick-cool and then mix with remaining ingredients.

#### WRAPS

1. Lay out the swiss chard and cut off the end of the stems (you can save them to roast with other vegetables).
2. Place the filling on the leaves. Fold the top and bottom of leaves, inwards. Roll the chard from right to left and tuck tightly.



# Thursday

## **DINNER: HEARTY VEGETABLE SALAD**

Servings: 1

### INGREDIENTS:

2 cups spring mix  
1/4 cup cucumber chopped  
1/4 cup red bell pepper chopped  
1/4 cup carrots shredded  
1/4 cup corn kernels  
1 cup black beans drained & rinsed  
1 tablespoon shredded cheddar or dairy-alternative  
1 tablespoon pecans (or other nuts) chopped  
1 tablespoon ranch dressing  
1 egg cooked and sliced  
1 cucumber, sliced

NUTRITION INFORMATION PER SERVING: Protein: 27g, Total Fat: 21g, Carbs: 57g, Calories: 511kcal, Fiber: 19g, Sodium: 773mg, Saturated Fat: 5.3g, Fruits: 0 servings, Vegetables: 1.75 servings, Added Sugar: 0.7g,

### DIRECTIONS:

1. Combine all ingredients except egg in a large bowl and mix until well combined. Top with egg slices.  
2. Add side of sliced cucumbers.

### NOTE:

- You can replace egg with any other lean protein such as 1 oz of grilled chicken breast or turkey breast or additional 1/2 cup of cooked lentils, chickpeas or beans.  
- Can add salad over a lettuce wraps.

## **SNACK: FROZEN GRAPES**

Servings: 1

### INGREDIENTS:

1/2 cup red grapes  
1 teaspoon sugar (or 1 individual packet of Stevia or Monk fruit)

NUTRITION INFORMATION PER SERVING: Protein: 0.54g, Total Fat: 0.12g, Carbs: 18g, Calories: 68kcal, Fiber: 0.68g, Sodium: 1.55mg, Saturated Fat: 0.04g, Fruits: 0.91 servings, Vegetables: 0 servings, Added Sugar: 4.19g

### DIRECTIONS:

1. Place grapes in a plastic bag and sprinkle sugar.  
2. Freeze grapes are frozen through, at least 2 hours.





# Friday

## **BREAKFAST: FLOURLESS BANANA PANCAKES**

Servings: 3 pancakes

### INGREDIENTS:

1 ripe banana  
1/4 cup rolled oats  
1 egg  
1/2 teaspoon baking powder  
1 tablespoon ground flaxseeds or chia seeds  
1 teaspoon ground cinnamon

NUTRITION INFORMATION PER SERVING: Protein: 9.4g, Total Fat: 5.8g, Carbs: 36g, Calories: 226 kcal, Fiber: 5.4g, Sodium: 44mg, Saturated Fat: 1.4g, Fruits: 3 servings, Vegetables: 0 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Mash the bananas and mix the remaining ingredients.
2. Let the batter stand for 10 minutes until slightly thickened.
3. Heat a non-stick pan over medium-low heat. If your food regularly sticks a bit to your non-stick pan, spread 1 tsp of coconut oil in the pan.
4. Pour the batter into the pan, will make about 3 pancakes about 3-4 inches across.
5. Turn until golden brown once for each side.
6. Top with fresh fruit.

### NOTES:

- You can replace 1 banana with 1/4 cup of unsweetened applesauce.



# Friday

## LUNCH: CITRUS TUNA SALAD

Servings: 1

### INGREDIENTS:

1 can (5 oz) water-packed tuna  
1 tangerine or mandarine cut into bite-size pieces  
1/4 cup radish diced  
1 tablespoon parsley minced  
1 tablespoon Dijon mustard  
1 tablespoon extra virgin olive oil  
2 rice cakes  
1 cup cherry tomatoes  
2 leaves lettuce

NUTRITION INFORMATION PER SERVING: Protein: 33g, Total Fat: 17g, Carbs: 35g, Calories: 407kcal, Fiber: 5.7g, Sodium: 597mg, Saturated Fat: 2.4g, Fruits: 0.58 servings, Vegetables: 1.95 servings, Added Sugar: 0.14g,

### DIRECTIONS:

1. Rinse and drain tuna in a colander then place in a mixing bowl. Toss with tangerine, radish, parsley, Dijon, and olive oil.
2. Season to taste.
3. Serve over lettuce and rice cakes and side of tomatoes.

### NOTE:

- Two rice cakes can be replaced with 1 regular corn tortilla or 2 low-carb tortillas.
- Recommend to have an additional piece of fruit on the side.



# Friday

## DINNER: BUNLESS TURKEY & BEAN BURGERS

Servings: 5

### INGREDIENTS:

2 3/4 cups cannellini beans rinsed and drained

3/4 pound ground turkey breast

1 egg

3/4 cup parsley rinsed & finely chopped

1 1/4 cups tomato sauce

4 teaspoons dried oregano

salt and pepper to taste

3 1/4 quarts romaine lettuce rinsed and chopped

1/4 cup Italian dressing or balsamic vinaigrette

### SIDE:

1 cup snap peas

2 tablespoons hummus

NUTRITION INFORMATION PER SERVING: Protein: 27g, Total Fat: 10g, Carbs: 37g, Calories: 336kcal, Fiber: 10g, Sodium: 715mg, Saturated Fat: 2.17g, Fruits: 0 servings, Vegetables: 1.87 servings, Added Sugar: 2.17g,

HUMMUS AND SUGAR SNAP PEAS NUTRITION INFORMATION PER SERVING: Protein: 10g, Total Fat: 3.46g, Carbs: 25g, Calories: 167kcal, Fiber: 9.2g, Sodium: 121mg, Saturated Fat: 0.53g, Fruits: 0 servings, Vegetables: 2 servings, Added Sugar: 0g

### DIRECTIONS:

1. Pre-heat the broiler and spray a baking sheet with nonstick spray.
2. Place the beans in a large bowl and mash them with a fork or a masher. Add the turkey, egg, parsley, tomato sauce, and oregano and mix until well combined.
3. Shape the mixture into five, same-sized patties and place them on the baking sheet for 8-10 minutes, turning once, until fully cooked.
4. Serve patties over dressing tossed lettuce and side of 1 cup of sugar snap peas and 2 tablespoons of hummus.

### NOTE:

- Internal temperature of the patty should register at 165°F.
- You can replace lettuce with any spring mix, kale or raw spinach.
- You can replace sugar snap peas with 2 cups of sliced cucumbers or 1 cup of raw carrots.



# Friday

## SNACK: BLUEBERRY RICE CAKES

Servings: 1

### INGREDIENTS:

2 rice cakes  
2 tablespoons ricotta  
1 peach sliced  
2 tablespoons blueberries (or strawberries)  
1 pinch ground cinnamon  
1/4 cup pistachios (or other nut or seed)

NUTRITION INFORMATION PER SERVING: Protein: 13g, Total Fat: 17g, Carbs: 41g, Calories: 352kcal, Fiber: 6.5g, Sodium: 76mg, Saturated Fat: 3.36g, Fruits: 1.08 servings, Vegetables: 0 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Spread ricotta over rice cakes and top with fruit. Sprinkle with cinnamon and serve with nuts or seeds.



# Saturday

## BREAKFAST: ZUCCHINI BREAD OVERNIGHT OATS

Servings: 1

### INGREDIENTS:

1/3 cup oats  
1/2 cup unsweetened almond milk  
1/2 tablespoon chia seeds  
1 tablespoon hemp seeds  
1/2 tablespoon maple syrup or honey  
1/4 teaspoon cinnamon  
1/2 cup zucchini grated

### Toppings:

1/2 banana sliced  
1 tablespoon chopped nuts or whole seeds

NUTRITION INFORMATION PER SERVING: Protein: 12g, Total Fat: 14g, Carbs: 51g, Calories: 359kcal, Fiber: 9.4g, Sodium: 97mg, Saturated Fat: 1.53g, Fruits: 0.98 servings, Vegetables: 0.66 servings, Added Sugar: 6g,

### DIRECTIONS:

1. Combine all ingredients in a small bowl or mason jar. Cover and store in refrigerator for at least 4 hours or overnight.
2. Once done, top with banana and nuts or seeds.

### NOTES:

- Rolled oats are also named old-fashioned oats, not the same as instant oats.
- You can replace almond milk with any other dairy-free alternative.



# Saturday

## LUNCH: GREEK CHICKPEA SALAD JAR

Servings: 1

### INGREDIENTS:

Salad

1/2 cup cucumbers chopped  
1/4 cup red onion diced  
1/2 cup tomatoes chopped  
1/2 cup chickpeas drained & rinsed  
1/4 cup kalamata olives chopped  
2 tablespoons parsley chopped  
2 cups spinach

Dressing

2 tablespoons hummus  
2 tablespoons balsamic vinegar

NUTRITION INFORMATION PER SERVING: Protein: 12g, Total Fat: 9.4g, Carbs: 43g, Calories: 290kcal, Fiber: 12g, Sodium: 634mg, Saturated Fat: 1.2g, Fruits: 0 servings, Vegetables: 2.43 servings, Added Sugar: 0g,

### DIRECTIONS:

Assemble Salad Jar (32 oz)

1. First bottom layer: Pour dressing into bottom layer of the jar.
2. Second layer: hearty veggies such as cucumbers and onions.
3. Third layer: tomatoes then top with chickpeas, and olives.
4. Fourth layer: parsley and spinach.

**SIDE: Blueberries, Sunflower Seeds & Greek Yogurt**, combine:

1 cup blueberries  
1/2 cup plain Greek yogurt  
1 sprinkle cinnamon  
2 tablespoons sunflower seeds or any other seed

NUTRITION INFORMATION PER SERVING (SIDE): Protein: 17g, Total Fat: 12g, Carbs: 23g, Calories: 255kcal, Fiber: 9.1g, Sodium: 73mg, Saturated Fat: 2.31g, Fruits: 1 servings, Vegetables: 0 servings, Added Sugar: 0g,

### NOTES:

- Salad jars can be prepared overnight.



# Saturday

## DINNER: ZOODLES MARINARA WITH TURKEY

Servings: 4

### INGREDIENTS:

1 tablespoon extra virgin olive oil  
1 onion diced  
6 cremini mushrooms finely chopped  
salt and pepper to taste  
1 clove garlic minced  
1 pound ground turkey breast  
1 carrot shredded  
2 tablespoons dried parsley  
2 teaspoons dried tarragon  
1 teaspoon dried sage  
3 medium zucchinis  
3 medium carrots, peeled  
1 jar (18 oz) marinara sauce (no sugar added)

NUTRITION INFORMATION PER SERVING: Protein: 30g, Total Fat: 19g, Carbs: 25g, Calories: 392kcal, Fiber: 6.6g, Sodium: 674mg, Saturated Fat: 3.74g, Fruits: 0 servings, Vegetables: 2.95 servings, Added Sugar: 7g,

### DIRECTIONS:

1. Heat the olive oil in a skillet over medium heat and add the onion. Sauté for about 5 minutes, or until the onion starts to soften. Add mushrooms and sauté for additional 3 minutes.
2. Stir in the garlic then the turkey and carrots. Season with salt, parsley, tarragon, and sage then set a side.
3. Cut the ends off the zucchini and 3 carrots and use a peeler to shave them into noodle-like strips (or use a spiral vegetable slicer). Heat another skillet at medium heat, add olive oil and zucchini and carrot noodles (zoodles). Sauté for about 3 minutes.
4. Pour turkey mix and the marinara over the zoodles.

### NOTES:

- Save time, and buy pre-cooked or pre-made zoodles in the freezer or fridge section.



# Saturday

## SNACK: ORANGE SPRINKLED WITH CINNAMON

Servings: 1

### INGREDIENTS:

1 orange sliced

1/4 teaspoon cinnamon

NUTRITION INFORMATION PER SERVING: Protein: 2.09g, Total Fat: 0.49g, Carbs: 25g, Calories: 102kcal, Fiber: 7.5g, Sodium: 3.25mg, Saturated Fat: 0.06g, Fruits: 1 servings, Vegetables: 0 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Slice orange and sprinkle with cinnamon.

### NOTES:

- Optional, add monk fruit or stevia.
- You can replace 1 orange with any other fruit such as 1 cup of chopped fruit or 1/2 banana or 1/2 a mango.





# Sunday

## **BREAKFAST: FRUIT YOGURT BOWL**

Servings: 1

### INGREDIENTS:

1/2 cup vanilla yogurt  
1/2 cup strawberries  
1 sprinkle cinnamon  
2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING: Protein: 10g, Total Fat: 11g, Carbs: 26g, Calories: 231kcal, Fiber: 3.03g, Sodium: 83mg, Saturated Fat: 1.78g, Fruits: 0.5 servings, Vegetables: 0 servings, Added Sugar: 8.3g,

### DIRECTIONS:

1. Add fruit, sunflower seeds, and cinnamon to yogurt and serve.

### NOTES:

- Sunflower seeds are replaceable with any other nut or seed.
- You can with any other fruit such as 1/2 cup of chopped fruit or 1 small piece of your choice.
- Yogurt can be replaced with any non-dairy version, look for unsweetened or no sugar added.



# Sunday

## LUNCH: AVOCADO CHICKPEA COLLARD WRAPS

Servings: 3

### INGREDIENTS:

1 avocado, mashed  
1 1/2 cups chickpeas drained & rinsed  
1 celery stalk, diced  
1/2 bell pepper diced  
1 carrot diced  
1 lemon juiced  
1/4 cup cilantro chopped  
salt and pepper to taste

6 leafs collard greens

NUTRITION INFORMATION PER SERVING: Protein: 10g, Total Fat: 10g, Carbs: 33g, Calories: 244kcal, Fiber: 14g, Sodium: 632mg, Saturated Fat: 1.22g, Fruits: 0.33 servings, Vegetables: 1.66 servings, Added Sugar: 0g

### DIRECTIONS:

1. In a large bowl, add chickpeas and mash with potato masher or fork.
2. Add remaining ingredients stir until well combined.
3. Lay a collard leaf flat on a cutting board. Scoop about 1/3-1/2 cup chickpea salad onto the center of the leaf. Fold the edges in, and roll the leaf like a burrito.
4. Repeat until all of the chickpea salad is used.

SIDES, chose one of these options:

- 1/2 cup of fruit of choice + 2 tablespoon of nuts and seeds + 1/2 cup Greek yogurt
- 2 cups of leafy salad + 1 tablespoon salad dressing + 1 tablespoon nuts or seeds.



# Sunday

## DINNER: GREEK LENTIL SOUP

Servings: 4

### INGREDIENTS:

4 cups low sodium vegetable broth  
5 cups water  
1 1/2 cups green lentils  
2 tablespoons olive oil  
2 carrots chopped  
2 stalks celery chopped  
1 onion chopped  
1 3/4 pounds canned diced tomatoes  
1 tablespoon garlic powder  
1 tablespoon dried oregano  
salt and pepper to taste  
1 handful fresh parsley chopped

NUTRITION INFORMATION PER SERVING: Protein: 21g, Total Fat: 8.2g, Carbs: 64g, Calories: 398kcal, Fiber: 15g, Sodium: 462mg, Saturated Fat: 1.16g, Fruits: 0 servings, Vegetables: 2.36 servings, Added Sugar: 0g,

### DIRECTIONS:

1. In a large pot, heat 2 tablespoons of olive oil over medium heat. Add the carrots, celery and onions. Stir occasionally and cook for about 6 to 8 minutes or until the vegetables start to soften.
2. Add the tomatoes, vegetables, garlic powder and dried oregano, season with salt and pepper.
3. Add the vegetable stock, water to the pot and bring to a boil. Reduce to low heat, cover and cook for about 25-30 minutes.
4. Remove from heat and serve with fresh parsley.



# Sunday

## SNACK: TOMATOES & COTTAGE CHEESE

Servings: 1

### INGREDIENTS:

1/4 cup low-fat cottage cheese  
1 cup cherry tomatoes

NUTRITION INFORMATION PER SERVING: Protein: 8.3g, Total Fat: 0.87g, Carbs: 7.3g, Calories: 68kcal, Fiber: 1.79g, Sodium: 237mg, Saturated Fat: 0.41g, Fruits: 0 servings, Vegetables: 1 servings, Added Sugar: 0g,

### DIRECTIONS:

1. Wash tomatoes and serve with cottage cheese.

### NOTES:

- Tomatoes can be replaced with 1/2 cup of carrots or 1 cup of sliced cucumbers or 4-5 celery stalks.
- Opt for lactose-free cottage cheese if lactose intolerant or almond mascarome for dairy-free alternative.

