

the
60daySM

MEAL PLAN



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HOW TO USE THE MEAL PLAN

We know metabolisms are all different, so we've built this meal plan with that in mind, hoping to provide enough structure that it makes your nutrition easier, but enough flexibility that it works for each individual.

Here's how it works. We've set up three primary meals per day, but you get to choose all of your snacks (and desserts). If you like to eat more often throughout the day, include smaller, less filling snacks more often. If you feel content with bigger meals, stick to the meal plan and only have 1-2 snacks per day. Do what works best for you, and what's easiest for you to stick to your program.

Remember – if it's too complicated or restrictive, you won't be able to keep it up. The goal here is to find a lifestyle that feels second nature to you.

Last thing. If there is a recipe in the meal plan you don't like, you are welcome to swap it out with another. Any recipe under the "Batch Cooking" or "Entrees" section of the site is approved. If you find a recipe online you want to use but aren't sure if it's approved, just reach out to 60day@lt.life.

You can find all 60day recipes at lifetime60day.com/recipes

THE BASE

Each day is programmed to have about 70% of your daily total calories needs (from breakfast, lunch and dinner). We've got recommendations below on your total calorie needs, but this is where that flexibility comes in if you already know your metabolism and your body – if you need more calories than what we recommend, choose your snacks accordingly (or double up on your servings). We also include a page on calorie add-ons – quick ingredients you can add to any meal to bump it up when needed (page 11).

WOMEN

We recommend shooting for about 1,800 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 135g
- Carbs: 35% or 170g
- Fat: 35% or 70g

MEN

We recommend shooting for about 2,500 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 185g
- Carbs: 35% or 220g
- Fat: 35% or 95g

HOW TO USE THE MEAL PLAN

COOKING FOR ONE

If you are cooking for one, halve each of the recipes in the meal plan. Most include four servings – halving the recipes (and ingredients) will give you two servings.

COOKING FOR TWO

Follow the meal plan and recipes as written. Males should include an extra 100-200 calories per meal and snack.

COOKING FOR FOUR

If you are cooking for four, double each of the recipes in the meal plan. Most include four servings – doubling the recipes (and ingredients) will give you eight servings.

NUTRITION

NON-NEGOTIABLES

- Focus on getting ample protein at every meal.
- Fill half of your plate with non-starchy vegetables at every meal.
- If you're not used to preparing food, use more prepackaged foods for convenience.
- Eat only when you are truly hungry, not based solely on the clock.
- Supplement the food you eat with a high-quality multivitamin and fish oil daily.
- Plan to eat at least 5 cups of colorful vegetables each day.
- Drink at least 64 oz. of water each day.
- Choose high-quality protein whenever possible.
- Add natural, unprocessed fats to flavor your meals.
- Document your success with these strategies.



TIPS TO 60DAY

THE RIGHT WAY

The 60day meal plan isn't just about losing weight. It's a lifestyle program that includes eating the right foods and in the right quantities to achieve your healthy way of life. Follow these guidelines to ensure your best results.

- ✓ **WASH YOUR PRODUCE**
Helps remove pesticides and bacteria.
- ✓ **CONSUME AT LEAST 6 TO 8 SERVINGS OF VEGETABLES PER DAY**
One serving is 1 cup raw or ½ cup cooked.
- ✓ **CONSUME 2 SERVINGS OF FRESH FRUIT PER DAY**
Organic berries and cherries are high in antioxidants and low in natural sugars. One serving is ½ cup fruit (1 cup berries), 1 small piece of fruit or ½ banana.
- ✓ **CONSUME HIGH-QUALITY PROTEIN WITH EACH MEAL**
This helps to stabilize blood sugars, energy level and cravings as well as provides amino acids needed for to build muscle. Try to include both animal and plant-based protein. Aim for 1 gram of protein per pound of goal weight.
- ✓ **CONSUME OMEGA-3 FATTY ACID SOURCES SEVERAL TIMES PER DAY**
These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, as plant-based sources are not converted well by humans.
- ✓ **INCREASE YOUR DAILY INTAKE OF WATER**
Water is the most important nutrient for your body. It cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.

ORGANIC VS. CONVENTIONAL

If you're on a budget and wondering what items you should buy organic and what items you can get that are conventional, here's a list of foods to buy organic when possible — as these foods are grown with the most pesticides. Those not as important to buy organic are grown using the least amount of pesticides.

FOODS TO BUY ORGANIC

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes
- Hot pepper
- Kale
- Collard greens
- Nectarines
- Peaches
- Potatoes
- Snap peas
- Spinach
- Strawberries
- Sweet bell peppers

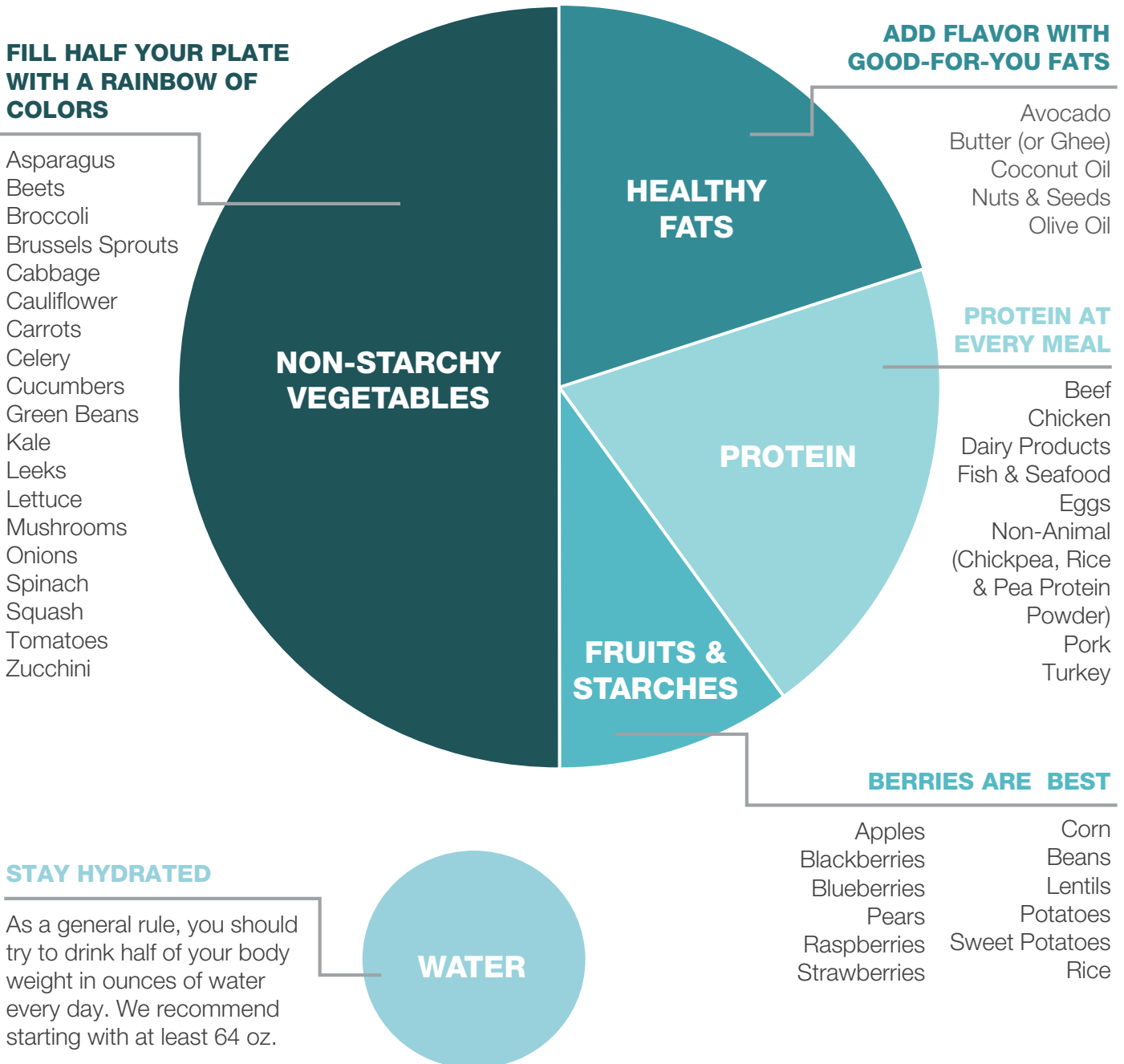
FOODS TO BUY CONVENTIONAL

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Kiwi
- Mangos
- Onions
- Papayas
- Pineapples
- Sweet peas (frozen)
- Sweet potatoes

YOUR HEALTHY PLATE

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Here's what a healthy plate could look like for you, with minor adjustments made based on your individual goals.



HOW TO BUILD A SUPER SMOOTHIE

MEAL REPLACEMENT SHAKE

Protein shakes are an easy, delicious way to get all your nutrients in the morning. To make sure you have a well-balanced shake, always include the ingredients below:

1. Liquid _____ water, nut milk
2. Protein _____ Protein powder
3. Veggies _____ spinach, kale, riced cauliflower, Life Greens
4. Fruit _____ berries, banana, lime, pineapple, mango
5. Healthy Fat _____ almond butter, avocado, chia seeds, flax seeds
6. Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon

For more shake recipes, visit lifetime60day.com/recipes

SNACK SHAKE

Another way to add in protein during the day is with a “snack shake”. These are normally a little lighter, and therefore have fewer ingredients.

1. Liquid _____ water, nut milk
2. Protein _____ Protein powder
3. Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon



HOW TO BUILD A SHEET PAN MEAL

Follow these steps for an easy, low-effort option for lunch or dinner any day of the week.

1. START WITH THE RIGHT SET UP

Choose a sheet pan that's around 18" x 26" and has a 1" tall rim around the edge. Line the bottom with either parchment paper or aluminum foil, and spray or rub with olive oil or coconut oil.

2. CHOOSE YOUR PROTEIN

Choose approximately 1 lb. of your protein (1 lb. will feed 2 people twice).

Meat	Temperature	Time
Chicken breast	400° F	25-35 minutes
Salmon	400° F	8-12 minutes
Tilapia/Halibut	400° F	8-12 minutes
Pork Chops	400° F	25-35 minutes
Shrimp	400° F	10 minutes

3. CHOOSE YOUR VEGETABLES

Ideally, choose 2-3 vegetables that cook at the same rate (add vegetables to the oven in intervals). You should include about 8 cups of vegetables total.

Vegetable	Temperature	Time
Pumpkins, Rutabagas, Spaghetti Squash (halved), Artichokes (whole), Acorn Squash (halved)	400° F	45-60 minutes
Beets, Cabbage (wedges), Carrots, Kohlrabi, Parsnips, Potatoes, Sweet Potatoes, Turnips, Butternut Squash	400° F	30-45 minutes
Artichoke Hearts, Broccoli, Brussels Sprouts, Cauliflower, Mushrooms, Eggplant, Cherry Tomatoes	400° F	15-30 minutes
Asparagus, Green Beans, Corn, Onions (chopped), Peas, Bell Peppers, Radishes, Yellow Squash, Zucchini, Garlic	400° F	10-15 minutes

4. ADD FLAVOR

Flavor with healthy fats (like olive oil and butter) and top with seasonings, like salt & pepper, lemon, rosemary, oregano, etc.

HOW TO BUILD A SHEET PAN MEAL

Our favorite combinations:

Protein	Veggie	Flavor	Temperature	Time
Shrimp, Andouille Sausage	Corn, Red Potatoes	Butter, Garlic, Old Bay, Lemon	425° F	15-20 minutes
Chicken	Broccoli, Carrots	Olive Oil, Lemon, Garlic, Italian Seasoning	375° F	30-35 minutes
Salmon	Asparagus,	Butter, Honey, Oregano	375° F	40-45 minutes
Bacon	Carrots, Cauliflower, Broccoli, Baby Bell Peppers, Brussels Sprouts	Salt, Pepper	450° F	30 minutes
Chicken Sausage	Yellow Zucchini, Bell Peppers, Sweet Potato	Olive Oil, Oregano, Salt, Pepper	375° F	35-40 minutes
Pork Chops	Potatoes, Yellow Zucchini, Asparagus	Olive Oil, Oregano, Salt, Pepper	375° F	35-40 minutes
Chicken	Zucchini, Eggplant, Bell Pepper	Olive Oil, Lemon	375° F	30 minutes
Steak	Potatoes, Broccoli	Olive Oil, Balsamic Vinegar, Garlic, Salt, Pepper	450° F	30 minutes



RECOMMENDED SNACKS

- 2 oz. nitrate-free beef jerky
- 1/2 cup cucumber slices + 2 Tbsp. guacamole
- 2 hard boiled eggs
- Small apple
- Whole red pepper + 2 Tbsp. hummus
- 1/4 cup olives (about 10)
- 10 celery strips with 2 Tbsp. almond butter
- [Veggie Roll Ups](#)
- 2 strips nitrate-free bacon
- 1 can BPA-free tuna
- 1 cup roasted veggies
- 1 scoop protein powder + 8 oz. water
- [Almond Butter Blender Muffins](#)
- 1 nitrate-free beef jerky stick

For more snack recipes, visit lifetime60day.com/recipes



THE KEY TO MEAL PREP

Setting aside time on the weekends to batch cook multiple servings in bulk ensures you have easy, delicious go-to's during the week. Batch prepping individual ingredients (like boiled eggs or roasted veggies) also allows you to easily throw together meals or grab healthy snacks.

For the recipes included in this program, set time aside a few days per week to batch cook most of your meals for the next few days all at the same time. We'll prompt you on the days we recommend doing meal prep, based on the meals you're assigned during the week.

Then, save them in individual glass containers once they're cooked so that you have easy grab-n-go lunches & dinners. Be sure to save the extras that you do not plan to eat this week in their own containers and freeze too - you'll have healthy dinners ready to defrost and reheat in no time.

In addition to the meals and recipes we'll provide, we also recommend batch prepping additional foods to have on hand – for snacks, emergency meals, or just back up if you're still hungry or need something post-workout.

These are our top individual foods we recommend batch prepping:

1. Rice or quinoa
2. Hard boiled eggs
3. Bacon
4. Roasted veggies
5. Chopped or sliced veggies – for snacking or quickly sautéing
6. [6 Ingredient Pulled Chicken](#)– for salads and lettuce wraps
7. Overnight oats
8. Baked sweet potatoes

CALORIE ADD ONS

Depending on your goals, your satiety, or your workouts, there may be times during the 60day where you need to bump up the calories in a meal or a snack. See below for a few options you can use to supplement your meals.

50-100 CALORIES

- 1 bell pepper
- 1 small banana
- 1 medium apple
- 2 Tbsp. hummus
- 1 scoop Life Time Collagen Protein
- 2 egg whites

100-200 CALORIES

- 1 Tbsp. olive oil
- 1 Tbsp. coconut oil
- 2 Tbsp. nut butter
- 2 eggs
- 1 cup low-sugar yogurt
- ½ cup blueberries
- ½ avocado
- ½ cup rice
- ½ cup quinoa
- 1 ½ scoops Life Time Collagen Protein
- 2 scoops Life Time Vegan or Whey
- 1 3 oz. can of tuna (in water)
- 4 oz. chicken breast
- ½ cup oats
- ¼ cup hummus

200-300 CALORIES

- 1 cup rice
- 1 cup quinoa
- 2 scoops Life Time Vegan All in One Protein or Whey All in One Protein
- ¼ cup almonds
- 1 cup black beans

300-350 CALORIES

- 1 whole avocado
- ½ cup pistachios



STUCK IN A PINCH?

Here are your go-to back-up plan options when you find yourself out and about, or without a pre-prepped lunch or dinner option:

1. Double-protein lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.
2. Burrito bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole – hold the cheese and sour cream.
3. Bun-less burger (optional add of avocado or bacon) topped with lettuce and tomato, with a side salad or a side of steamed veggies.
4. Pick up a rotisserie chicken and a bag of microwaveable vegetables. Make veggies, top with ghee or olive oil and Himalayan sea salt to taste, and serve alongside chicken.
 - Try adding a side of microwaved sweet potato (poke holes all over with a fork, wrap in wet paper towels, and microwave 5-8 minutes or until pierced easily with a fork – then top with coconut oil and cinnamon).
5. Grocery store salad bar with fresh veggies, roasted chicken, hard boiled egg, sunflower seeds, and oil and vinegar.



WEEK ONE

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Mini Frittatas To Go	Thai Chicken Salad	Honey Glazed Salmon & Veggies + ½ cup Rice	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Chicken Stir Fry + 1 Sweet Potato	Taco Bowl + ½ cup Rice	Optional (pg.12)
WED.	Mini Frittatas To Go	Thai Chicken Salad	Honey Glazed Salmon & Veggies + ½ cup Rice	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Chicken Stir Fry + 1 Sweet Potato	Taco Bowl + ½ cup Rice	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Out to Eat	Fish Tacos with Mango Salsa & Lime Sauce	Optional (pg.12)
SAT.	Breakfast Hash + 1 cup Berries	Fish Tacos with Mango Salsa & Lime Sauce	Out to Eat	Optional (pg.12)
SUN.	Breakfast Hash + 1 cup Berries	Bacon Wrapped Chicken Strips + 1 cups Roasted Veggies	Chunky Meat & Veggie Chili	Optional (pg.12)

WEEK ONE

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1 – 12oz. bag coleslaw mix <input type="checkbox"/> 1/4 – 12 oz. bag matchstick carrots <input type="checkbox"/> 2 serrano peppers <input type="checkbox"/> 2 green onions <input type="checkbox"/> 4 limes <input type="checkbox"/> 2 lemons <input type="checkbox"/> 2 red onion <input type="checkbox"/> 1 avocado <input type="checkbox"/> 1 bunch asparagus <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 5 bell peppers <input type="checkbox"/> 14-16 large carrots <input type="checkbox"/> 4 sweet potatoes <input type="checkbox"/> 1 jalapeno pepper <input type="checkbox"/> 2 mangos <input type="checkbox"/> 2 zucchinis <input type="checkbox"/> 6 cups vegetables of choice <input type="checkbox"/> 1 bag broccoli <input type="checkbox"/> 6 cups chopped lettuce <input type="checkbox"/> 2 cups berries	<input type="checkbox"/> 2 deli-sliced ham <input type="checkbox"/> 1 cup sweet Italian sausage <input type="checkbox"/> 4 cups cooked, shredded chicken <input type="checkbox"/> 1 lb. skin-on salmon filet <input type="checkbox"/> 2 lb. chicken <input type="checkbox"/> 1 lb. ground turkey <input type="checkbox"/> 1 lb. halibut or tilapia <input type="checkbox"/> 8 breakfast sausage links <input type="checkbox"/> 1 lb. ground beef <input type="checkbox"/> 1 lb. nitrate-free bacon	<input type="checkbox"/> 20 eggs <input type="checkbox"/> 1/2 cup unsweetened nut milk <input type="checkbox"/> ¼ cup unsweetened coconut milk <input type="checkbox"/> 1/4 cup shredded cheddar <input type="checkbox"/> 1/4 cup grated parmesan <input type="checkbox"/> 1/2 cup full-fat, unsweetened Greek yogurt <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
	SPICES	DRY
	<input type="checkbox"/> 2 Tbsp. dill <input type="checkbox"/> 2 cup cilantro <input type="checkbox"/> 6 cloves garlic <input type="checkbox"/> 1 Tbsp. garlic powder <input type="checkbox"/> 2 Tbsp. ginger powder <input type="checkbox"/> 2 tsp. red pepper flakes <input type="checkbox"/> 2 Tbsp. taco seasoning <input type="checkbox"/> 2 Tbsp. chili powder <input type="checkbox"/> 1/2 tsp. cumin <input type="checkbox"/> 2 Tbsp. oregano	<input type="checkbox"/> 4 cups rice <input type="checkbox"/> ¼ cup peanuts
		CONDIMENTS + OILS
		<input type="checkbox"/> 3 Tbsp. coconut oil <input type="checkbox"/> Olive oil cooking spray <input type="checkbox"/> 3 Tbsp. sesame oil <input type="checkbox"/> 6 Tbsp. olive oil <input type="checkbox"/> ¾ cup gluten-free soy sauce or coconut aminos <input type="checkbox"/> 3 Tbsp. unsalted butter or ghee <input type="checkbox"/> 2 Tbsp. honey
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Fruit (for protein shakes)	<input type="checkbox"/> 2 Tbsp. pesto <input type="checkbox"/> ¼ cup chunky peanut butter <input type="checkbox"/> 1 6oz. can water chestnuts <input type="checkbox"/> 1 cup salsa, no sugar added <input type="checkbox"/> 1 chipotle chili in adobo sauce <input type="checkbox"/> 1 15 oz. can tomato sauce <input type="checkbox"/> 1 15 oz. can diced tomatoes <input type="checkbox"/> 1 15 oz. can kidney beans	

Don't forget to include ingredients for snacks and protein shakes!

WEEK ONE

SUNDAY

Mini Frittatas-To-Go

Makes 4 Servings

Calories: 340 | Protein: 26 | Fat: 26 | Carbs: 1

INGREDIENTS

- Olive oil cooking spray
- 12 Eggland's Best eggs (Large)
- 1/4 cup unsweetened nut milk
- 2 slices deli-sliced ham, chopped
- 1/4 cup shredded cheddar
- 2 tsp. fresh dill, picked/chopped
- 1 cup sweet Italian sausage
- 2 Tbsp. pesto
- 1/4 cup grated Parmesan
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375 F.
2. Spray each cup of a 12-cup muffin tin with olive oil cooking spray.
3. In a large mixing bowl, whisk the Eggland's Best eggs with milk and season with salt and pepper.
4. Carefully pour the eggs into each cup of the muffin tin $\frac{3}{4}$ of the way to the top (a ladle makes this an easy job!).
5. Divide ham evenly and place it on top of 6 of the egg cups. Follow with cheddar and dill.
6. Divide browned sweet Italian sausage evenly and place on top of the remaining 6 egg cups. Follow with pesto and parmesan
7. Bake until puffed up and cooked through, about 12-15 minutes.
8. If taking to-go, let the mini frittatas cool and pack in plastic bags or glass containers, making sure to alternate flavors so you're not having the same breakfast every day

Chopped Thai Chicken Salad

Makes 4 Servings

Calories: 375 | Protein: 31 | Fat: 22 | Carbs: 16

INGREDIENTS

Chicken Salad

- 4 cups cooked shredded chicken
- 1 12 oz. bag coleslaw mix
- $\frac{1}{4}$ 12 oz. bag matchstick carrots
- 1 cup fresh cilantro, chopped
- 1/4 cup peanuts, chopped
- 1/4 cup green onions, minced
- 2 serrano peppers, sliced]
- Juice of 1 lime
- Salt to taste

Peanut Sauce:

- 1/4 cup unsweetened coconut milk
- 1/4 cup chunky peanut butter
- 1 Tbsp. garlic, minced
- 1 tsp. ginger powder
- 2 Tbsp. coconut aminos (or gluten-free soy sauce)
- 2 Tbsp. sesame oil
- 1/2 tsp. crushed red pepper flakes (more or less, to taste)
- Water, as needed

DIRECTIONS

1. In a large bowl, combine all chicken salad ingredients. Set aside.
2. In a medium bowl, combine all peanut sauce ingredients and whisk or blend until smooth and evenly combined.
3. Drizzle a small amount of peanut sauce over chicken salad and toss to combine until evenly coated.
4. Serve chilled and enjoy!
5. For best results, store leftover chicken salad and peanut sauce separately.



Chopped Thai Chicken Salad

WEEK ONE

MONDAY

Chicken Stir Fry

Makes 4 Servings

Calories: 255 | Protein: 28 | Fat: 8 | Carbs: 18

INGREDIENTS

- 1 lb. chicken breast
- 1 Tbsp. Coconut oil
- 1/2 Tbsp. sesame oil
- 1/2 cup gluten-free, reduced sodium soy sauce or coconut aminos
- 1 Tbsp. ginger powder
- 1/2 Tbsp. granulated garlic
- 1 tsp. dried red pepper flakes
- 1/2 medium onion, sliced
- 2 bell peppers, sliced into 1" strips
- 1/2 lb. bag of fresh broccoli florets
- 2 carrots, peeled and cut into bite-sized pieces 1/4" thick
- 1 – six oz. can sliced water chestnuts

DIRECTIONS

1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.

Sweet Potato

Makes 2 Servings

Calories: 110 | Protein: 2 | Fat: 0 | Carbs: 26

INGREDIENTS

- 2 medium sweet potatoes

DIRECTIONS

1. Pierce the skin of the sweet potato with a fork 5-6 times
2. Place in microwave and cook for about 5-8 minutes, rotating halfway through.

WEEK ONE

MONDAY

Honey Glazed Salmon & Veggies

Makes 4 Servings

Calories: 330 | Protein: 27 | Fat: 11 | Carbs: 33

INGREDIENTS

1 lb. skin-on salmon fillet
2 lemons
1 bunch of asparagus
8-12 large carrots
3 Tbsp. unsalted butter or ghee, melted
2 Tbsp. honey
1 Tbsp. oregano
2 Tbsp. olive oil
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 375°.

In a small bowl, add butter, honey, and the juice of 1 lemon and microwave for about 30 seconds, until melted. Mix thoroughly.

Grease sheet pan with 2 Tbsp. olive oil. Place carrots 1/3 of the pan and top lightly with 1 Tbsp. of honey butter mixture.

Place baking sheet in the oven for about 25 minutes, until softened.

Remove baking sheet from the oven and add salmon and asparagus, then top with the remainder of the honey butter mixture sliced lemon from your remaining lemon.

Return to oven and bake for another 15 minutes, until salmon flakes easily. Remove from oven and enjoy!

Rice

Makes 4 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 2 cups rice
- 4 cups water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!

WEEK ONE

TUESDAY

Taco Bowl

Makes 4 Servings

Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS

- 1 lb. ground turkey
- 2 Tbsp. taco seasoning
- 6 cups chopped lettuce
- 1 cup salsa (no added sugar)
- 1 avocado

DIRECTIONS

1. In a medium pan, saute ground turkey over medium heat until cooked through, about 7-8 minutes. Add taco seasoning and mix well.
2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!

Rice

Makes 4 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 2 cups rice
- 4 cups water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!

WEEK ONE

FRIDAY

Fish Tacos with Mango Salsa & Lime Sauce

Makes 4 Servings

Calories: 250 | Protein: 19 | Fat: 8 | Carbs: 25

INGREDIENTS

Grilled Fish

- 1 pounds halibut or tilapia
- 4 Tbsp. lime juice
- 2 Tbsp. olive oil
- 2 Tbsp. gluten-free soy sauce or coconut aminos

Manga Salsa

- 1 bell pepper, diced
- 1/2 small red onion, finely diced
- 1 jalapeno pepper, diced
- 2 mangos, chopped into 1/2-inch square chunks
- 1 handful cilantro, chopped
- 2 cloves garlic, minced
- Juice of 1 lime
- Salt to taste

Lime Sauce

- 1 Tbsp. unsweetened almond milk
- 1/2 cup Greek yogurt
- 2 tablespoons fresh lime juice
- 1 chipotle chile in adobo sauce, finely chopped
- 1 garlic clove, finely chopped or pressed
- Salt

DIRECTIONS

1. Combine the fresh lime juice with the olive oil and soy sauce in a rectangular baking dish (not metal). Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
2. For lime sauce, in a small bowl, combine the greek yogurt, milk, lime juice, chipotle, and garlic. Season to taste with salt.
3. For salsa, toss together peppers, onion, mango, cilantro, garlic, and lime juice in a bowl; season to taste with salt.
4. Remove fish from the marinade and grill or saute over medium-heat until cooked through and browned. Let cool slightly then flake into bite-size chunks.
5. To assemble, place a bit of fish on a warm gluten-free corn tortilla or lettuce wrap (depending on preferred carb count), drizzle with the chipotle-lime sauce, and top with mango salsa.

**Nutrition stats do not include lettuce wrap or gluten-free corn tortilla.*



Fish Tacos with Mango Salsa & Lime Sauce

WEEK ONE

SATURDAY

Breakfast Hash

Makes 2 Servings

Cals: 290 | P: 23 | C: 17 | F: 14

INGREDIENTS

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- 1/4 cup red onion, diced
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

WEEK ONE

SUNDAY

Breakfast Hash

Makes 2 Servings

Cals: 290 | P: 23 | C: 17 | F: 14

INGREDIENTS

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- 1/4 cup red onion, diced
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

Chunky Meat & Veggie Chili

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 lb. ground beef
- 1/2 yellow onion, chopped
- 2 medium zucchinis, chopped
- 1 cup carrots, chopped
- 2 cloves garlic, chopped
- 2 Tbsp. chili powder
- 1/2 tsp. cumin
- 1 Tbsp. oregano

DIRECTIONS

1. In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, carrots, and seasonings to skillet and cook over medium-high heat about 5-6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.

WEEK ONE

SUNDAY

Bacon Wrapped Chicken Strips

Makes 4 Servings

Calories 185 | Protein 30 | Carbs 1 | Fat 6

INGREDIENTS

- 1 lb. chicken breast (4 chicken breasts)
- 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.

Roasted Veggies

Makes 4 Servings

Calories: 130 | Protein: 4 | Fat: 7 | Carbs: 15

INGREDIENTS

- 6 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, bell pepper, etc.
- Coarse kosher salt and freshly ground black pepper
- 2 Tbsp. olive oil

DIRECTIONS

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper and drizzle with olive oil. Toss until all veggies are evenly covered.
2. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!

WEEK TWO

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Chunky Meat & Veggie Chili	Sheet Pan Meal	Optional (pg.12)
TUE.	Overnight Oats Four Ways	Bacon Wrapped Chicken Strips + 1 cups Roasted Veggies	One Pan Chicken Sausage and Veggie Bake	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Sheet Pan Meal	BLT Salad	Optional (pg.12)
THU.	Overnight Oats Four Ways	One Pan Chicken Sausage and Veggie Bake	Buffalo Chicken Meatballs + 1 cup Veggies	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	BLT Salad	Out to Eat	Optional (pg.12)
SAT.	Protein Pancakes + 1 cup Berries	Buffalo Chicken Meatballs + 1 cups Veggies	Brinner Bowl	Optional (pg.12)
SUN.	Avocado Boats + 1 cup Berries	Out to Eat	Pot Roast & Root Veggies	Optional (pg.12)

WEEK TWO

GROCERY LIST

PRODUCE	MEAT	DAIRY	
<input type="checkbox"/> 8 cups veggies of choice <input type="checkbox"/> 8-10 cups lettuce <input type="checkbox"/> 2 medium sweet potato <input type="checkbox"/> 1 cup brussels sprouts <input type="checkbox"/> 1 beet <input type="checkbox"/> 1 red onion <input type="checkbox"/> 3-4 roma tomatoes <input type="checkbox"/> 1/2 cup red potato <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> 2 bell peppers <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 2 avocados <input type="checkbox"/> 6 carrots <input type="checkbox"/> 2 cups parsnips <input type="checkbox"/> 2 stalks celery <input type="checkbox"/> 1 medium onion <input type="checkbox"/> 2 cups berries	<input type="checkbox"/> 2 lb. chicken <input type="checkbox"/> 1 package cooked chicken sausage links <input type="checkbox"/> 1 lb. protein of choice <input type="checkbox"/> 1.5 lb. of bacon <input type="checkbox"/> 1 lb. ground chicken or turkey <input type="checkbox"/> 2 1/2 lb. boneless beef chuck roast	<input type="checkbox"/> 1 cup unsweetened nut milk <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes) <input type="checkbox"/> 8 eggs	
		SPICES	DRY
		<input type="checkbox"/> 2 garlic cloves <input type="checkbox"/> 1 spring fresh rosemary <input type="checkbox"/> 2 Tbsp. dried parsley <input type="checkbox"/> 2 tsp. dried dill <input type="checkbox"/> 3 tsp. garlic powder <input type="checkbox"/> 1 tsp. onion powder <input type="checkbox"/> 1/2 tsp. dried chives <input type="checkbox"/> 1 tsp. rosemary <input type="checkbox"/> 1 tsp. dried basil	<input type="checkbox"/> 1 1/3 cup gluten-free oats <input type="checkbox"/> 1/2 cup almond flour <input type="checkbox"/> 2 Tbsp. organic coconut flour <input type="checkbox"/> 1 scoop Life Time Fitness vanilla whey protein powder <input type="checkbox"/> 1/4 tsp. baking powder <input type="checkbox"/> 1/4 tsp. baking soda
		CANNED + JARRED	CONDIMENTS + OILS
			<input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> 2 Tbsp. ranch dressing (gluten-free) <input type="checkbox"/> 1/4 cup hot sauce <input type="checkbox"/> 2 1/2 tbsp. coconut oil <input type="checkbox"/> 1 1/2 cups water or beef broth
	FROZEN		
	<input type="checkbox"/> Fruit (for protein shakes)		

Don't forget to include ingredients for snacks and protein shakes! Also be sure to include ingredients depending on which overnight oats recipe(s) you choose (pg. 22)

WEEK TWO

MONDAY

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lb. protein
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

Bacon Wrapped Chicken

Makes 4 servings

Calories 185 | Protein 30 | Carbs 1 | Fat 6

INGREDIENTS

- 1 lb. chicken breast (4 chicken breasts)
- 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.

Overnight Oats Four Ways

Makes 1 Serving

INGREDIENTS

- 1/3 cup gluten-free oats
- 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc)

1. PB & J

- 1 Tbsp. peanut butter
- 1/2 cup chopped strawberries
- 1 serving Life Time vanilla protein powder

2. MOCHA CHIP

- 1 square 90% dark chocolate, chopped
- 1 scoop Cafe Mocha Life Greens
- 1 serving Life Time chocolate protein powder

3. BLUEBERRY LEMON CHEESECAKE

- 1/3 cup blueberries
- 2 Tbsp. lemon zest
- 1 serving Life Time vanilla protein powder

4. CHUNKY MONKEY

- 1/2 banana, sliced
- 1 Tbsp. chopped walnuts
- 1 square 90% dark chocolate, chopped
- 1 serving Life Time chocolate protein powder

DIRECTIONS

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

** Don't forget to add ingredients to your grocery list depending on which overnight oats recipe you choose!*

*** Make 4 servings of Overnight Oats and keep in the fridge*

WEEK TWO

TUESDAY

One Pan Chicken Sausage and Veggie Bake

Makes 4 servings

Calories 290 | Protein 15 | Carbs 26 | Fat 15

INGREDIENTS

- 1 Tbsp. olive oil
- 1 package cooked chicken sausage links, sliced
- 2 cups sweet potato or butternut squash, chopped
- 1 cup brussels sprouts, chopped
- 1 large carrot
- 1 beet, chopped
- 1 bell pepper, chopped
- 1 small red onion
- 2 tsp. garlic powder
- 1 spring fresh rosemary
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 450 F.
2. Add sweet potato, brussels sprouts, carrot and beet to a large baking sheet and toss with olive oil, garlic, rosemary, salt and pepper. Bake in the oven for 15 minutes until veggies are tender.
3. Remove from oven and mix in chicken sausage, bell peppers and onion. Cook another 15 minutes. Remove from oven, serve and enjoy!

WEEK TWO

WEDNESDAY

BLT Salad

Makes 4 Servings

Calories: 355 | Protein: 33 | Fat: 23 | Carbs: 5

INGREDIENTS

- 1 lb. chicken, diced
- 8 strips of bacon
- 8-10 cups lettuce, chopped
- 3-4 roma tomatoes, diced
- 2 Tbsp. ranch dressing (gluten-free)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400.
2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
3. Cook for 12-18 minutes, until cooked to your desired level. Remove from oven and set aside.
4. In a medium pan, saute diced chicken over medium heat until cooked through.
5. When bacon is cool, crumble into small pieces.
6. Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.

WEEK TWO

THURSDAY

Buffalo Chicken Meatballs

Makes 4 Servings

Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

INGREDIENTS

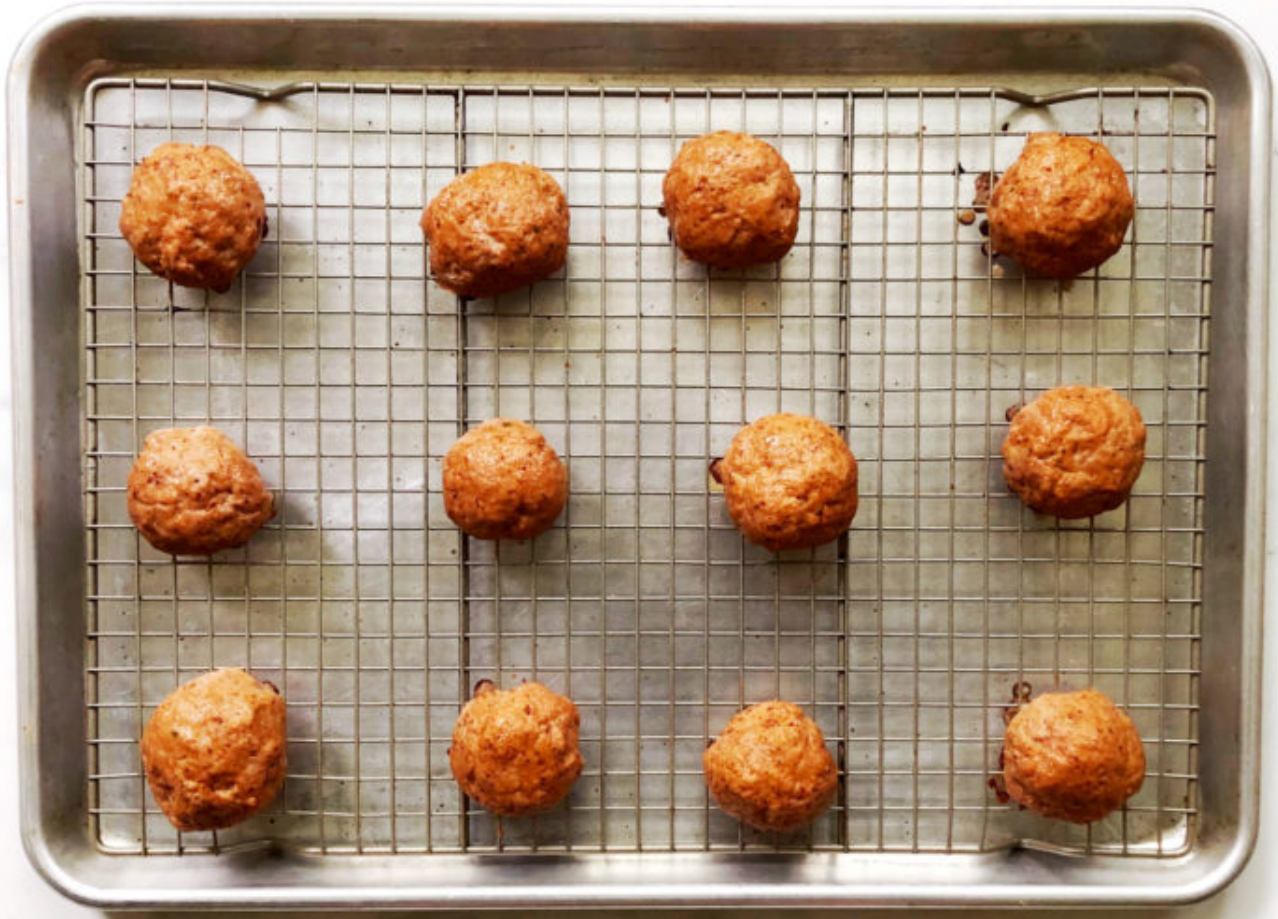
- 1 pound ground chicken or turkey
- 1/2 cup almond flour
- 1/4 cup hot sauce
- 1 egg
- 2 Tbsp. ranch seasoning
- Pinch of salt

Ranch Seasoning

- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- 1/2 tsp. dried chives

DIRECTIONS

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15-20 minutes, until cooked throughout.
5. Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.



Buffalo Chicken Meatballs

WEEK TWO

SATURDAY

Protein Pancakes

Makes 2 Servings

Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

INGREDIENTS

- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

DIRECTIONS

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- 1/2 cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 1 ½ tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes first). In a medium frying pan, melt ½ Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another ½ Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

WEEK TWO

SUNDAY PREP

Avocado Boats

Makes 2 Servings

Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS

- 2 avocados
- 4 medium eggs
- 2 strips of bacon, cooked and diced

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.
5. Garnish with cooked bacon pieces.

Pot Roast & Root Veggies

Makes 6 Servings

Calories: 425 | Protein: 48 | Fat: 19 | Carbs: 17

INGREDIENTS

- 2.5 lb. boneless beef chuck roast
- 2 cups peeled, sliced carrots
- 2 cups peeled, sliced parsnips
- 2 stalks celery, chopped
- 1 medium onion
- 1 Tbsp. coconut oil
- 2 cloves garlic, peeled, diced
- 1 ½ cups water or beef broth
- 1 tsp. rosemary
- 1 tsp. dried basil
- Salt & pepper to taste

DIRECTIONS

1. Melt coconut oil in the skillet. Pat dry the roast and then place on hot skillet. Brown all sides of roast over high heat for approximately 3-4 minutes per side.
2. Place the roast in the slow cooker and add the other ingredients.
3. Cover and cook on low setting for 6-8 hours, or until meat is tender (you could also cook on high for 4-5 hours, however, roast may not be quite as tender).
4. Use tongs or a slate spoon to remove roast and veggies.



Avocado Boats

WEEK THREE

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Pot Roast & Root Veggies	Spaghetti Squash Bolognese	Optional (pg.12)
TUE.	Sausage & Egg Bake	Spaghetti Squash Bolognese	Sheet Pan Meal	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Pot Roast & Root Veggies	Baked Artichoke Chicken + 1 cup Roasted Red Potatoes	Optional (pg.12)
THU.	Sausage & Egg Bake	Sheet Pan Meal	Shrimp & Corn Sheet Pan Boil	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Baked Artichoke Chicken + 1 cup Roasted Red Potatoes	Shrimp & Corn Sheet Pan Boil	Optional (pg.12)
SAT.	Breakfast Sweet Potato + 1 cup Berries	Shrimp & Corn Sheet Pan Boil	One Pan Lemon Chicken & Veggies	Optional (pg.12)
SUN.	Out to Eat	One Pan Lemon Chicken & Veggies	Orange Chicken Stir Fry + ½ cup Rice	Optional (pg.12)

WEEK THREE

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1 spaghetti squash <input type="checkbox"/> 1 onion <input type="checkbox"/> 2 cup mushrooms <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 3 red bell peppers <input type="checkbox"/> 5 cups broccoli <input type="checkbox"/> 8 cups veggies <input type="checkbox"/> 9 large carrots <input type="checkbox"/> 2 small red onion <input type="checkbox"/> 6 cups spinach <input type="checkbox"/> 3 cups red potatoes <input type="checkbox"/> 2 sweet potatoes <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> 2 ears of corn <input type="checkbox"/> 3 lemons <input type="checkbox"/> 1 banana <input type="checkbox"/> 1 cup berries <input type="checkbox"/> 1 orange <input type="checkbox"/> 4 cups riced cauliflower (or 1 bag) <input type="checkbox"/> 4 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas) <input type="checkbox"/> 1 cup baby tomatoes	<input type="checkbox"/> 1 lb. ground beef or turkey <input type="checkbox"/> 1/2 pound breakfast sausage <input type="checkbox"/> 1 lb. protein of choice <input type="checkbox"/> 4 lb. chicken breast <input type="checkbox"/> 1 lb. medium shrimp, peeled and deveined <input type="checkbox"/> 1 (12 oz.) package smoked andouille sausage	<input type="checkbox"/> 16 eggs <input type="checkbox"/> 1/4 cup cheese <input type="checkbox"/> Unsweetened nut milk (for protein shakes)
	SPICES	DRY
	<input type="checkbox"/> 1/4 cup chopped fresh basil <input type="checkbox"/> 1/4 cup chopped fresh oregano <input type="checkbox"/> 1/4 cup chopped fresh parsley <input type="checkbox"/> Red pepper flakes <input type="checkbox"/> 5 garlic cloves <input type="checkbox"/> 2 tsp. garlic powder <input type="checkbox"/> 1 Tbsp. Old Bay Seasoning <input type="checkbox"/> 1 Tbsp. cinnamon <input type="checkbox"/> 1 Tbsp. Italian seasoning	<input type="checkbox"/> 1 Tbsp. chia seeds <input type="checkbox"/> 2 cups rice
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Fruit for (protein shakes)	<input type="checkbox"/> 1 28 oz. can crushed tomatoes <input type="checkbox"/> 1 12 oz. jar artichoke hearts <input type="checkbox"/> 1 cup chicken stock <input type="checkbox"/> 1 Tbsp. tomato paste <input type="checkbox"/> 2 Tbsp. creamy peanut butter, unsweetened	<input type="checkbox"/> 1/4 cup coconut oil <input type="checkbox"/> 3 Tbsp. honey <input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> 3 Tbsp. gluten-free soy sauce or coconut aminos

Don't forget to include ingredients for snacks and protein shakes!

WEEK THREE

MONDAY PREP

Spaghetti Squash Bolognese

Makes 4 Servings

Calories: 305 | Protein: 28 | Fat: 12 | Carbs: 24

INGREDIENTS

- 1 spaghetti squash
- 1 lb. ground beef or turkey
- ½ onion, diced
- 1 tbsp. coconut oil
- 1 cup mushrooms, sliced
- 1 zucchini, diced
- 1 red bell pepper, chopped
- 1 (28 oz.) can crushed tomatoes
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh oregano
- ¼ cup chopped fresh parsley

DIRECTIONS

1. Preheat oven to 400° F and pour water into a baking dish (or 2).
2. Cut spaghetti squash in half lengthwise and scoop out seeds. Place squash halves with cut sides down in baking dish and roast for 40 minutes.
3. While squash is in the oven, sauté ground beef and onions in a skillet over medium-high heat until the beef is cooked. Set aside.
4. Heat oil in a skillet over medium heat. Add the mushrooms, zucchini, bell pepper, crushed tomatoes, basil, oregano and parsley. Simmer over medium heat for about 10 minutes, or until vegetables are cooked.
5. Add the ground beef and onions and simmer on low heat, stirring occasionally.
6. When the spaghetti squash is finished, scrape the inside halves with a fork – it should fall apart into spaghetti like strands. Top with meat sauce and enjoy!

Sausage and Egg Bake

Makes 4 Servings

Calories: 350 | Protein: 24 | Fat: 25 | Carbs: 7

INGREDIENTS

- 8 eggs
- ½ onion, diced
- ½ pound breakfast sausage, cubed
- 1 bell pepper, diced
- 1 cup broccoli, chopped
- 1 cup mushrooms, diced
- Salt and pepper, to taste
- Optional: ¼ cup cheese

DIRECTIONS

1. Heat oven to 350° Grease 8" round baking dish
2. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
3. Bake uncovered for 30-35 minutes or until golden brown and fully cooked (pierce with fork to check doneness—if fork comes out clean, it's done!)

WEEK THREE

TUESDAY

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lb. protein
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

WEEK THREE

WEDNESDAY

Baked Artichoke Chicken

Makes 4 Servings

Calories: 215 | Protein: 30 | Fat: 9 | Carbs: 4

INGREDIENTS

- 1 lb. chicken breasts
- 1 can or jar (approx. 12 oz.) artichoke hearts
- 1 cup carrots, peeled and sliced
- 1 small red onion, diced
- 1 heaping handful spinach
- Red pepper flakes, to taste
- 2 cloves garlic, minced
- 1 cup chicken stock
- 1 Tbsp. coconut oil
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 425°
2. Melt coconut oil in a pan over medium-high heat.
3. Add chicken and brown on each side, about 5 minutes per side, then remove from pan.
4. Add onion, carrots, and artichokes to the pan and cover, cooking until tender. Add garlic, chicken stock and spinach and cook for another 1-2 minutes.
5. Grease baking sheet with coconut oil. Add onion, carrots, artichokes, garlic, chicken and spinach and bake for 20 minutes or until chicken is cooked through.

WEEK THREE

THURSDAY

Shrimp and Corn Sheet Pan Boil

Makes 6 Servings

Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

INGREDIENTS

- 3 cups red potatoes, diced
- 2 ears corn, cut into ½” slices crosswise
- 1 pound medium shrimp, peeled and deveined
- 1 (12 oz.) package smoked andouille sausage, sliced thinly
- 2 Tbsp. unsalted butter, melted
- 2 cloves garlic, minced
- 1 Tbsp. Old Bay Seasoning
- 1 lemon
- 1 tsp. garlic powder
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 425°. In a large pot of salted boiling water, cook potatoes until just tender, about 10-15 minutes. Remove from pot and drain.
2. In a small glass bowl, place butter in the microwave and slowly melt in 10-15 second increments.
3. Place potatoes, corn, shrimp, sausage, melted butter, lemon and seasoning and toss to combine.
4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through – about 15 minutes. If you like it a little toasted, broil the sheet pan for the last 3-5 minutes.

WEEK THREE

SATURDAY

Breakfast Sweet Potato

Makes 2 Servings

Calories: 300 | Protein: 9 | Fat: 13 | Carbs: 42

INGREDIENTS

- 2 small sweet potatoes
- 1 medium banana, sliced
- 2 Tbsp. creamy peanut butter
- 1 Tbsp. chia seeds
- 1/2 tsp. ground cinnamon
- Other potential toppings: coconut flakes, flax seeds, avocado, eggs, red pepper flakes, etc

DIRECTIONS

1. Take your sweet potato and poke holes over its entirety. Then wrap in a moist paper towel and microwave for about 8-10 minutes, until fully cooked.
2. Allow the sweet potato to cool a bit before handling. Once cooled, carefully cut it in half and top with your chosen toppings. Enjoy!

One Pan Lemon Chicken & Veggies

Makes 4 Servings

Calories: 255 | Protein: 30 | Fat: 6 | Carbs: 23

INGREDIENTS

- 1 lbs. chicken
- 2 Tbsp. olive oil
- 2 lemons
- 4 cups broccoli
- 8 large carrots, halved
- 1 Tbsp. minced garlic
- 1 Tbsp. Italian seasoning
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Grease sheet pan with 2 Tbsp. olive oil. Place chicken breasts next to each other on 1/3 of the pan. On the other 2/3's, add chopped broccoli and carrots halved length-wise.
3. Using one lemon, cut in half and squeeze over chicken breasts. Cut the other lemon in thin slices (about 1/2 cm) and distribute evenly over the chicken and veggies
4. Top chicken and veggies with minced garlic, and sprinkle Italian seasoning, salt and pepper over the entire sheet pan.
5. Bake until thoroughly cooked, or about 30-35 minutes. Remove from oven and enjoy!



One Pan Lemon Chicken & Veggies

WEEK THREE

SUNDAY PREP

Orange Chicken with Cauliflower Rice Stir Fry

Makes 4 Servings

Calories: 215 | Protein: 28 | Fat: 15 | Carbs: 3

INGREDIENTS

Chicken:

- 1 lbs. chicken breast
- 1 Tbsp. tomato paste
- 1 Tbsp. coconut oil
- 1 orange, medium
- 3 Tbsp. cup gluten-free soy sauce or coconut aminos
- 1 Tbsp. honey
- ¼ tsp. red pepper flakes
- 1 tsp. garlic powder
- Salt and pepper, to taste

Cauliflower Stir Fry Rice:

- 4 cups riced cauliflower (or 1 bag)
- 4 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

DIRECTIONS

1. Cut the chicken into bite size pieces (about 1 inch). Season with desired salt and pepper.
2. In a large skillet, add chicken with 1 tbsp. of coconut oil and cook on medium heat. Cook for 5-7 minutes until mostly cooked through.
3. In a small bowl, combine orange juice, soy sauce, tomato paste, honey, red pepper and garlic. Stir until evenly mixed.
4. Pour sauce over chicken and stir to evenly coat. Cook chicken for additional 5-10 minutes or until chicken is fully cooked through (165 temperature).
5. In another pan, melt 1 Tbsp. and add stir fry vegetables. Sauté until mostly cooked through, about 7 minutes. Then add cauliflower and sauté until fully cooked, about 5 mins.
6. Serve the orange chicken over 1-2 cups cauliflower stir fry and enjoy!

Rice

Makes 4 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 2 cups rice
- 4 cups water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!

WEEK THREE

SUNDAY PREP

Loaded Scrambled Eggs

Makes 4 Servings

Calories: 330 | Protein: 40 | Fat: 14 | Carbs: 9

INGREDIENTS

- 8 eggs
- 1 cup chopped bell peppers
- 1 cup baby tomatoes, halved
- 2 cups spinach, diced
- ½ cup red onion, diced
- 1 lb. chicken breast, chopped
- ½ Tbsp. coconut oil

DIRECTIONS

1. Heat a large skillet over medium heat and melt coconut oil. Add red onion, spinach and bell peppers and sauté for about 5 minutes.
2. Add chicken and sauté until cooked through and slightly crispy, about 8-10 minutes.
3. Add cherry tomatoes and eggs and cook, stirring frequently, until eggs are fully cooked through and tomatoes are slightly tender.
4. Remove from heat and enjoy!

WEEK FOUR

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Loaded Scrambled Eggs + 1 cup sliced fruit	Orange Chicken Stir Fry + ½ cup Rice	Taco Bowl	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Taco Bowl	Chicken Sausage Bowl	Optional (pg.12)
WED.	Loaded Scrambled Eggs + 1 cup sliced fruit	Roasted Pork Chops & Veggies	Tzatziki Chicken Bowl	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Chicken Sausage Bowl	Tzatziki Chicken Bowl	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Roasted Pork Chops & Veggies	Out to Eat	Optional (pg.12)
SAT.	Brinner Bowl	Harvest Hash	Mediterranean Cauliflower Crust Pizza	Optional (pg.12)
SUN.	Out to Eat	Harvest Hash	Homestyle Meatloaf Muffins + 1 cups Veggies	Optional (pg.12)

WEEK FOUR

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 6 cups chopped lettuce <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 1 bunch arugula <input type="checkbox"/> 1 avocado <input type="checkbox"/> 2.5 large yellow zucchini <input type="checkbox"/> 4 medium-large bell peppers <input type="checkbox"/> 3 medium sweet potato <input type="checkbox"/> 1 lb. brussels sprouts <input type="checkbox"/> 1 large apple (honeycrisp or pink lady recommended) <input type="checkbox"/> 3 cups diced potatoes <input type="checkbox"/> 1 small bunch asparagus <input type="checkbox"/> 1 medium cucumber <input type="checkbox"/> 2 cups cherry tomatoes <input type="checkbox"/> 1 red onion <input type="checkbox"/> 2 lemon <input type="checkbox"/> 2 yellow onion <input type="checkbox"/> 1 large carrot <input type="checkbox"/> 1 16 oz. bag coleslaw mix <input type="checkbox"/> 1/4 16 oz. bag matchstick carrots <input type="checkbox"/> 1 10.5oz. container of cherry tomatoes	<input type="checkbox"/> 2.5 lb. ground turkey <input type="checkbox"/> 6 chicken sausages <input type="checkbox"/> 4 boneless center pork chops <input type="checkbox"/> 1 lb. chicken <input type="checkbox"/> 1 lb. ground beef <input type="checkbox"/> 8 slices nitrate-free bacon <input type="checkbox"/> 1 lb. cooked ham <input type="checkbox"/> 1/2 lb. cooked chicken breast	<input type="checkbox"/> 1/2 cup plain Greek yogurt <input type="checkbox"/> 10 oz. feta cheese <input type="checkbox"/> Unsweetened nut milk (for protein shakes) <input type="checkbox"/> 2 eggs
		DRY
		<input type="checkbox"/> 1/4 cup pecans <input type="checkbox"/> 1/3 cup dried, unsweetened cranberries
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 2 Tbsp. taco seasoning <input type="checkbox"/> 2 Tbsp. oregano <input type="checkbox"/> 7 cloves garlic <input type="checkbox"/> 2 Tbsp. fresh dill <input type="checkbox"/> 2 Tbsp. parsley <input type="checkbox"/> 2 Tbsp. Italian seasoning <input type="checkbox"/> 1 tsp. ground ginger <input type="checkbox"/> 1 tsp. cinnamon	<input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> 3 Tbsp. coconut oil <input type="checkbox"/> 1/4 cup barbecue sauce <input type="checkbox"/> 1/2 cup ketchup <input type="checkbox"/> 2 Tbsp. mustard <input type="checkbox"/> 1 Tbsp. toasted sesame oil <input type="checkbox"/> 1 Tbsp. rice vinegar <input type="checkbox"/> 1/4 cup gluten-free soy sauce or coconut aminos
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Fruit for (protein shakes) <input type="checkbox"/> Caulipower Pizza Crust	<input type="checkbox"/> 1 cup salsa (no added sugar) <input type="checkbox"/> 1/2 cup kalamata olives <input type="checkbox"/> 4 Tbsp. pesto <input type="checkbox"/> 2 Tbsp. roasted red peppers	

Don't forget to include ingredients for snacks and protein shakes!

WEEK FOUR

MONDAY

Taco Bowl

Makes 4 Servings

Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS

- 1 lb. ground turkey
- 2 Tbsp. taco seasoning
- 6 cups chopped lettuce
- 1 cup salsa (no added sugar)
- 1 avocado

DIRECTIONS

1. In a medium pan, saute ground turkey over medium heat until cooked through, about 7-8 minutes. Add taco seasoning and mix well.
2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!



Taco Bowl

WEEK FOUR

TUESDAY

Chicken Sausage Bowl

Makes 4 Servings

Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS

- 6 chicken sausages (12 oz.)
- 1 large yellow zucchini
- 2 medium-large bell peppers, chopped
- 1 medium sweet potato, cubed
- 1 Tbsp. oregano
- 1 Tbsp. olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Chop the bell peppers, zucchini, potatoes and sausage. Add to a mixing bowl and toss in olive oil, oregano and salt & pepper until evenly covered.
3. Cover a baking sheet with parchment paper, and add sausage mixture. Distribute evenly across the baking sheet.
4. Bake for 35-40 min, or until thoroughly cooked. Remove from oven and enjoy!

Oven Roasted Pork Chops and Veggies

Makes 4 Servings

Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS

- 4 boneless center pork chops
- 2 cups diced potatoes
- 1 large yellow zucchini
- 1 small bunch asparagus
- 1 Tbsp. olive oil
- 1 Tbsp. oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2" strips, and add to pan as well, along with diced potatoes.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn't burn.
5. Remove from oven and enjoy!

WEEK FOUR

WEDNESDAY

Tzatziki Chicken Salad

Makes 4 Servings

Calories: 300 | Protein: 35 | Fat: 13 | Carbs: 8

INGREDIENTS

- 1 lb. chicken
- 1/2 cup plain Greek yogurt
- 1 medium cucumber, chopped
- 2 cups cherry tomatoes, halved
- 1/2 red onion, finely chopped
- Juice of 1 lemon
- 6 oz. feta cheese, crumbled
- 1/2 cup Kalamata olives, chopped
- 3 cloves garlic, minced
- 2 Tbsp. fresh dill, chopped
- 2 Tbsp. parsley, chopped
- Salt and pepper, to taste

DIRECTIONS

1. Add all ingredients to a bowl and stir until thoroughly mixed. Serve on its own, or over mixed greens, rice or in a gluten-free pita.

WEEK FOUR

SATURDAY

Harvest Hash

Makes 6 Servings

Calories: 425 | Protein: 19 | Fat: 24 | Carbs: 37

INGREDIENTS

- 2 large sweet potatoes, cubed
- 1 lb. brussels sprouts, quartered
- 1/2 Tbsp. coconut oil
- 8 slices of nitrate-free bacon
- 1 lb. cooked ham, diced
- 1/4 yellow onion, chopped
- 1 large apple, diced (honeycrisp or pink lady recommended)
- 1/4 cup pecans, chopped
- 1/3 cup dried, unsweetened cranberries
- 1 tsp. cinnamon
- Sea salt and black pepper to taste

Vinaigrette

- 1 Tbsp. Dijon mustard
- 3 Tbsp. apple cider vinegar
- 2 Tbsp. lemon juice
- 1 Tbsp. honey
- 1 tsp. onion powder
- 1/4 cup extra-virgin olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425 degrees and line a large baking sheet with parchment paper. In a large bowl, melt coconut oil and toss the sweet potatoes and brussels sprouts until evenly coated. Spread mixture in a single layer on baking sheet and lightly sprinkle with salt. Roast for 25 minutes or until soft.
2. Meanwhile, heat a large skillet over medium high heat and cook bacon until crisp. Drain the fat while reserving 1-2 Tbsp in the skillet.
3. Lower heat to medium, add onions and cook 45 seconds or until tender. Add the apples and pecans and continue to cook, stirring occasionally until lightly browned. Add cinnamon, salt & pepper to taste. Finally, add in the cranberries, crumble in the bacon and cook another 30 seconds.
4. In a small bowl, prepare the vinaigrette by combining all ingredients. Whisk until evenly distributed.
5. Add roasted brussels sprouts, sweet potatoes and vinaigrette to large skillet and stir to combine. Serve and enjoy!

WEEK FOUR

SATURDAY

Mediterranean Cauliflower Crust Pizza

Makes 2 Servings

Calories: 650 | Protein: 38 | Fat: 36 | Carbs: 51

INGREDIENTS

- 1/2 lb. cooked chicken breast
- 4 Tbsp. pesto
- 1/2 zucchini, chopped
- 1-2 bunches arugula
- 2 Tbsp. chopped roasted red peppers
- 6-8 cherry tomatoes, halved
- 2 Tbsp. sliced red onion
- 1/2 cup feta cheese
- [Caulipower Pizza Crust](#)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 425° F.
2. Put pizza crust on a flat surface and evenly spread pesto over the entire pizza. Top with arugula, zucchini, peppers, tomatoes, onion, chicken and feta.
3. Bake for 13-15 minutes or until crust is crispy and golden-brown. Slice into pieces and enjoy!

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- 1/2 cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 1 1/2 tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes first). In a medium frying pan, melt 1/2 Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another 1/2 Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!



Mediterranean Cauliflower Crust Pizza

WEEK FOUR

SUNDAY

Homestyle Meatloaf Muffins

Makes 4 Servings

Calories: 300 | Protein: 25 | Fat: 12 | Carbs: 25

INGREDIENTS

For the loaf:

- 1 lb. ground beef
- 1 tsp. coconut oil
- 1/2 small onion, minced
- 1 green bell pepper, diced
- 1 cup carrot, shredded
- 2 garlic cloves, minced
- 1/4 cup barbecue sauce
- 2 Tbsp. Italian seasoning

For the sauce:

- 1/2 cup ketchup
- 2 Tbsp. mustard

DIRECTIONS

1. Preheat oven to 350°F. and spray a muffin tin.
2. Place ground beef in a medium bowl and set aside.
3. Melt 1 tsp. coconut oil in a small skillet over medium heat. Add onions, bell pepper, carrots and garlic and sauté, stirring occasionally, until the onion starts to soften and the garlic is fragrant.
4. Add mixture to ground beef. Add barbecue sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20-25 minutes or until meat is no longer pink in the center.
7. Drizzle with ketchup and mustard sauce, and enjoy!

Egg Roll Bowl

Makes 4 Servings

Calories: 390 | Protein: 35 | Fat: 16 | Carbs: 26

INGREDIENTS

- 1.5 lb. ground turkey
- 1/2 sweet onion diced
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 2 garlic cloves, minced
- 1 tsp. ground ginger
- 1/4 cup gluten-free soy sauce or coconut aminos
- 1 16 oz. bag coleslaw mix
- 1/4 16 oz. bag matchstick carrots
- Salt and pepper to taste

DIRECTIONS

1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger, and garlic cloves and cook until fragrant.
3. Rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!

WEEK FIVE

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Egg Roll Bowl	Spaghetti Squash Pizza Bake	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Homestyle Meatloaf Muffins + 1 cups Veggies	Egg Roll Bowl	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Spaghetti Squash Pizza Bake	Sausage, Sweet Potato and Grapes	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Spaghetti Squash Pizza Bake	Sausage, Sweet Potato and Grapes	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Out to Eat	Loaded Sweet Potato Nachos	Optional (pg.12)
SAT.	Protein Pancakes + 1 cup Berries	Out to Eat	Quinoa & Kale Power Salad + Chicken	Optional (pg.12)
SUN.	Banana Protein Muffins (x3)	Loaded Sweet Potato Nachos	Quinoa & Kale Power Salad + Chicken	Optional (pg.12)

WEEK FIVE

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1 large spaghetti squash <input type="checkbox"/> 1 8-oz. package of sliced mushrooms <input type="checkbox"/> 1 green pepper <input type="checkbox"/> 1 red pepper <input type="checkbox"/> 4 sweet potatoes <input type="checkbox"/> 1/2 bag (8 oz.) red seedless grapes <input type="checkbox"/> 1/2 cup red onion <input type="checkbox"/> 1 poblano pepper <input type="checkbox"/> 1 avocado <input type="checkbox"/> 1 bunch green onions <input type="checkbox"/> 4 cups chopped kale <input type="checkbox"/> 4 clementine oranges <input type="checkbox"/> 1 orange <input type="checkbox"/> 3 medium-large bananas <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 4 cups veggies <input type="checkbox"/> 2 cups berries	<input type="checkbox"/> 1 lb. pounds ground turkey <input type="checkbox"/> 1/2 lb. ground Italian sausage <input type="checkbox"/> 1 pound spicy Italian sausage <input type="checkbox"/> 3 lb. chicken breasts <input type="checkbox"/> 1 lb. bacon	<input type="checkbox"/> 1 egg <input type="checkbox"/> 1 1/2 cup cheddar cheese <input type="checkbox"/> 1 1/4 cup unsweetened vanilla almond milk <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
	SPICES	DRY
	<input type="checkbox"/> 2 tsp. Italian seasoning <input type="checkbox"/> 1 tsp. dried oregano <input type="checkbox"/> 2 Tbsp. garlic powder <input type="checkbox"/> 1 Tbsp. onion powder <input type="checkbox"/> 1 tsp. paprika <input type="checkbox"/> 1 Tbsp. vanilla extract <input type="checkbox"/> 1 Tbsp. cinnamon	<input type="checkbox"/> 5 scoop Life Time Fitness vanilla whey protein powder <input type="checkbox"/> 2 Tbsp. organic coconut flour <input type="checkbox"/> 1/4 teaspoon baking powder <input type="checkbox"/> 1/4 teaspoon baking soda <input type="checkbox"/> 1 cup quinoa, cooked <input type="checkbox"/> 1/4 cup dried cranberries <input type="checkbox"/> 1/4 cup slivered almonds <input type="checkbox"/> 2 Tbsp. chia seeds <input type="checkbox"/> 1 cup gluten-free oats <input type="checkbox"/> 1/2 cup chopped pecans
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Fruit (for protein shakes)	<input type="checkbox"/> 2 cups organic marinara sauce <input type="checkbox"/> 1 cup salsa <input type="checkbox"/> 1/2 cup black beans <input type="checkbox"/> 1/2 cup corn <input type="checkbox"/> 1 15 ounce can chickpeas (garbanzo beans)	<input type="checkbox"/> 6 Tbsp. olive oil <input type="checkbox"/> 5 Tablespoons balsamic vinegar <input type="checkbox"/> 1 Tbsp. white wine vinegar

Don't forget to include ingredients for snacks and protein shakes!

WEEK FIVE

MONDAY

Spaghetti Squash Pizza Bake

Makes 6 Servings

Calories: 345 | Protein: 26 | Fat: 22 | Carbs: 12

INGREDIENTS

- 1 large spaghetti squash, or two small
- 2 Tbsp. olive oil
- 2 tsp. Celtic or Himalayan salt
- 1 lb pounds ground turkey
- .5 lb ground Italian sausage
- 1 8-oz. package of sliced mushrooms
- 2 eggs
- 1 green pepper, chopped
- 1 red pepper, chopped
- 2 tsp. Italian seasoning
- 1 tsp. dried oregano
- 2 cups organic marinara sauce

DIRECTIONS

1. Poke holes in the spaghetti squash and microwave for 5 minutes. Remove from microwave and carefully cut in half lengthwise. Remove seeds and rub olive oil and salt into the flesh.
2. Place flesh side down in microwave safe dish with ½ inch to 1 inch of water. Microwave in 3 minute increments until fork-tender, but not over-cooked.
3. When done, remove from water and pat dry. Allow 10 minutes to cool, and run a fork along the fleshy side to remove the strands from the skin and place in a 9 x 13 casserole dish.
4. While squash is cooking, cook sausage, mushrooms, and peppers in a skillet until cooked through.
5. Add eggs, marinara sauce, Italian seasoning, and oregano to a bowl and mix well. Stir into baking dish with spaghetti squash.
6. Bake uncovered at 375 degrees for 75 minutes, or until a knife inserted in the center comes out clean.

WEEK FIVE

WEDNESDAY

Oven Roasted Sausage with Sweet Potatoes and Grapes

Makes 4 Servings

Calories: 315 | Protein: 25 | Fat: 12 | Carbs: 31

INGREDIENTS

- 1 pound spicy Italian sausage, cut into 1" cubes
- 3 sweet potatoes, peeled, cut into 1" cubes
- ½ bag (8 oz.) red seedless grapes
- 5 Tablespoons balsamic vinegar
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 400° Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
2. In a large bowl, combine Italian sausage, sweet potatoes, and grapes and mix in about 2.5-3 Tablespoons of the balsamic vinaigrette. Stir ingredients and gradually add more balsamic vinaigrette as needed until mixture is well coated (avoid over-coating with excess vinaigrette).
3. Pour half of the ingredients on to the pan—enough so that it is an even layer, and the remainder on the 2nd pan (or make as a second batch). Bake for 15 minutes, stir mixture, and bake for another 15-20 minutes or until sweet potatoes can be easily pierced with a fork.

WEEK FIVE

FRIDAY

Loaded Sweet Potato Nachos

Makes 4 Servings

Calories: 475 | Protein: 36 | Fat: 26 | Carbs: 25

INGREDIENTS

- 1 lbs. chicken breasts
- 1 cup salsa
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 tsp. salt and pepper
- ½ cup red onion, diced
- 1 medium sweet potato
- 1 Tbsp. olive oil
- 1 tsp. paprika
- 1 ½ cup cheddar cheese
- ½ cup black beans
- ½ cup corn
- 1 poblano pepper, diced
- 1 avocado
- 1 bunch green onions, diced

DIRECTIONS

1. Place chicken breast in a slow cooker along with salsa, garlic powder, onion powder and salt and pepper. Cook on high for 3-4 hours, or on low for 6-8 hours.
2. Once chicken is cooked, remove from slow cooker and use two forks to shred.
3. Preheat oven to 375°
4. Using a mandolin slicer (or by hand, with increased attention) slice sweet potatoes into thin slices. The thinner, the crispier they will come out.
5. Toss sweet potato slices in a bowl with olive oil and paprika.
6. Line a baking sheet (or two) with aluminum foil and set a baking rack on top, if you have one. Layer sweet potato slices onto the rack, making sure not to overlap them.
7. Bake for 25-30 minutes, or until crispy.
8. Increase oven temperature to 400°
9. If you used two baking sheets, condense all sweet potato slices onto one sheet. Top with chicken, black beans, corn, pepper, red onion, and green onions. Sprinkle everything evenly with cheese.
10. Bake for 5-6 minutes, until cheese is melted. Top with diced avocado and enjoy!

WEEK FIVE

SATURDAY

Protein Pancakes

Makes 2 Servings

Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

INGREDIENTS

- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

DIRECTIONS

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

Quinoa & Kale Power Salad + Chicken

Makes 4 Servings

Calories 565 | Protein 47 | Carbs 47 | Fat 20

INGREDIENTS

Salad

- 1 lb. cooked chicken breast
- 1 cup quinoa, cooked
- 4 cups chopped kale, ribs removed
- 1 15 ounce can chickpeas (garbanzo beans), drained
- 4 clementine oranges, peeled and sliced halve wise
- ¼ cup dried cranberries
- ¼ cup slivered almonds

Dressing

- 3 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Juice of 1 orange
- 1 tsp. garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, mix in all of the salad ingredients.
2. In a small bowl, gently mix the dressing ingredients until fully combined. Drizzle over the salad mixture and enjoy!



Quinoa & Kale Power Salad

WEEK FIVE

SUNDAY

Banana Protein Muffins

Makes 15 Servings

Calories: 105 | Protein: 8 | Fat: 3 | Carbs: 11

INGREDIENTS

- 3 medium-large bananas
- 1 zucchini, chopped
- 4 scoops Life Time Vanilla Grass Fed Whey
- 2 Tbsp. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup gluten-free oats
- ½ cup chopped pecans
- 1 Tbsp. vanilla extract
- 1 Tbsp. cinnamon
- Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.

DIRECTIONS

1. Preheat oven to 375°
2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
3. Hand-mix the pecans and oats into the batter (do not blend).
4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
6. Bake for 12-15 minutes, until golden brown and enjoy!

* Store in a zip-lock bag in the refrigerator for up to 5 days

Bacon Wrapped Chicken

Makes 4 Servings

Calories 185 | Protein 30 | Carbs 1 | Fat 6

INGREDIENTS

- 1 lb. chicken breast (4 chicken breasts)
- 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.

WEEK SIX

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Banana Protein Muffins (x3)	Bacon Wrapped Chicken + 2 cups Veggies	Sheet Pan Meal	Optional (pg.12)
TUE.	Banana Protein Muffins (x3)	Bacon Wrapped Chicken + 2 cups Veggies	Sheet Pan Meal	Optional (pg.12)
WED.	Banana Protein Muffins (x3)	Cilantro Lime Chicken Bowl	Lemon Basil Shrimp + 1 cups Veggies	Optional (pg.12)
THU.	Banana Protein Muffins (x3)	Cilantro Lime Chicken Bowl	Lemon Basil Shrimp + 1 cups Veggies	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Out to Eat	Orange Chicken with Cauliflower Stir Fry Rice	Optional (pg.12)
SAT.	Meal Replacement Protein Shake	Orange Chicken with Cauliflower Stir Fry Rice	Burger with Caramelized Onions	Optional (pg.12)
SUN.	Brinner Bowl	Burger with Caramelized Onions	Out to Eat	Optional (pg.12)

WEEK SIX

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 18 cups veggies <input type="checkbox"/> 5 cups riced cauliflower <input type="checkbox"/> 2 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas) <input type="checkbox"/> ¼ cup red onion <input type="checkbox"/> 3 cups cherry tomatoes <input type="checkbox"/> 3 avocado <input type="checkbox"/> 3 limes <input type="checkbox"/> 2 lemons <input type="checkbox"/> 2 onions <input type="checkbox"/> 1 beef steak tomato <input type="checkbox"/> 1/2 cup red potato <input type="checkbox"/> 1 cup bell peppers <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 1-2 jalapenos <input type="checkbox"/> 1 orange	<input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 2 lb. chicken <input type="checkbox"/> 1 lbs. shrimp, peeled and deveined <input type="checkbox"/> 1 lb. lean ground beef <input type="checkbox"/> 1 lb. ground turkey	<input type="checkbox"/> 2 eggs <input type="checkbox"/> Unsweetened nut milk (for protein shakes)
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 1/4 cup cilantro <input type="checkbox"/> 3 Tbsp. garlic powder <input type="checkbox"/> 5 cloves of garlic <input type="checkbox"/> 1 Tbsp. fresh basil <input type="checkbox"/> 1 Tbsp. fresh parsley <input type="checkbox"/> 2 Tbsp. chili powder <input type="checkbox"/> ½ tsp. cumin <input type="checkbox"/> 1 Tbsp. oregano <input type="checkbox"/> Pinch of cayenne <input type="checkbox"/> ¼ tsp. red pepper flakes	<input type="checkbox"/> 2 Tbsp. coconut oil <input type="checkbox"/> 1/2 Tbsp. mustard <input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> 4 Tbsp. coconut oil <input type="checkbox"/> 2 Tbsp. balsamic vinegar <input type="checkbox"/> 8 tsp. gluten-free soy sauce or coconut aminos <input type="checkbox"/> 1 Tbsp. honey
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Fruit (for protein shakes)	<input type="checkbox"/> ½ cup black beans <input type="checkbox"/> 2 cans sweet corn <input type="checkbox"/> 1 15 oz. can tomato sauce <input type="checkbox"/> 1 15 oz. can diced tomatoes <input type="checkbox"/> 1/2 15 oz. can kidney beans <input type="checkbox"/> 1 Tbsp. tomato paste	

Don't forget to include ingredients for snacks and protein shakes!

WEEK SIX

MONDAY

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lb. protein
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

Cilantro Lime Chicken Bowl

Makes 4 Servings

Calories 305 | Protein: 27 | Carbs: 23 | Fat: 12

INGREDIENTS

- 1 lb. chicken, cubed
- 2 Tbsp. coconut oil
- ¼ cup cilantro, chopped
- 2 limes, juiced
- Salt and pepper, to taste
- 3 cups riced cauliflower
- 2 tsp. garlic powder
- ½ cup black beans
- ½ cup corn
- ¼ cup red onion, diced
- 1 Tbsp. garlic, minced
- 2 cups cherry tomatoes, halved
- 1 avocado, diced
- 1 lime, quartered

DIRECTIONS

1. Heat 1 Tbsp. coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8-10 minutes.
2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper and combine until well mixed. Set aside in the refrigerator.
3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy!



Cilantro Lime Chicken Bowl

WEEK SIX

WEDNESDAY

Lemon Basil Shrimp

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lbs. shrimp, peeled and deveined
- 2 cloves of garlic, minced
- 1 Tbsp. fresh basil, chopped
- 1 Tbsp. fresh parsley, chopped
- 1/2 Tbsp. mustard (Dijon or mustard)
- 2 Tbsp. olive oil
- 2 lemons, juiced
- Salt and pepper, to taste

DIRECTIONS

1. In a medium bowl, mix garlic, basil, parsley, lemon juice, mustard, olive oil and combine well. Add shrimp and toss. Let marinate for 30-90 min.
2. Preheat oven to 450°
3. Once shrimp is done marinating, spread evenly on a baking sheet. Roast for 5-7 minutes, until fully cooked.

WEEK SIX

FRIDAY

Orange Chicken with Cauliflower Stir Fry Rice

Makes 4 Servings

Calories: 215 | Protein: 28 | Fat: 15 | Carbs: 3

INGREDIENTS

Chicken:

- 1 lb chicken breast
- 1 Tbsp. tomato paste
- 1 Tbsp. coconut oil
- ½ orange, medium
- 8 tsp. gluten-free soy sauce or coconut aminos
- 1 Tbsp. honey
- ¼ tsp. red pepper flakes
- ½ tsp. garlic powder
- Salt and pepper, to taste

Cauliflower Stir Fry Rice:

- 2 cups riced cauliflower (or 1 bag)
- 2 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

DIRECTIONS

Cut the chicken into bite size pieces (about 1 inch). Season with desired salt and pepper.

In a large skillet, add chicken with 1 tbsp. of coconut oil and cook on medium heat. Cook for 5-7 minutes until mostly cooked through.

In a small bowl, combine orange juice, soy sauce, tomato paste, honey, red pepper and garlic. Stir until evenly mixed.

Pour sauce over chicken and stir to evenly coat. Cook chicken for additional 5-10 minutes or until chicken is fully cooked through (165 temperature).

In another pan, melt 1 Tbsp. of coconut oil and add stir fry vegetables. Sauté until mostly cooked through, about 7 minutes. Then add cauliflower and sauté until fully cooked, about 5 mins.

Serve the orange chicken over 1-2 cups cauliflower stir fry and enjoy!

WEEK SIX

SATURDAY

Burger with Caramelized Onions

Makes 4 Servings

Calories: 300 | Protein: 24 | Fat: 24 | Carbs: 14

INGREDIENTS

- 1 lb. lean ground beef (93% lean)
- 1 tsp of garlic powder
- 2 Tbsp. coconut oil
- 1 onion, thinly sliced
- 2 Tbsp. balsamic vinegar
- 1 beef steak tomato, sliced into 5 thick slices
- Salt and pepper, to taste
- 2 avocados, to taste

DIRECTIONS

1. Heat medium skillet to medium high heat and add 1 Tbsp. coconut oil. Add thinly sliced onions and sauté until lightly caramelized, stirring occasionally.
2. Add balsamic vinegar and sauté for another 5 minutes, stirring occasionally. Set aside.
3. Form 4 burgers with the lean ground beef, lightly seasoning both sides with salt, pepper, and garlic powder.
4. Heat a large skillet to medium-high heat. Add in 1 Tbsp. coconut oil. Place the burgers in the skillet and sauté each side for 3-5 minutes, until burgers have reached desired doneness. Remove from skillet and let sit for 1 minute.
5. Assemble burgers – Place 1 large slice of beef steak tomato on a plate, then the burger, then 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado.

WEEK SIX

SUNDAY

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- 1/2 cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 1 1/2 tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes first). In a medium frying pan, melt 1/2 Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another 1/2 Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

Southwest Chili

Makes 4 Servings

Calories: 400 | Protein: 29 | Fat: 11 | Carbs: 30

INGREDIENTS

- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 1/2 15 oz. can kidney beans
- 1 can sweet corn
- 1 lb. ground turkey
- 1/2 yellow onion, chopped
- 2 cloves garlic, chopped
- 1-2 jalapenos
- 2 Tbsp. chili powder
- 1/2 tsp. cumin
- 1 Tbsp. oregano
- Pinch of cayenne, optional

DIRECTIONS

1. In large pot, brown ground turkey and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, corn, jalapenos and seasonings to skillet and cook over medium-high heat about 5-6 minutes.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.



Brinner Bowl

WEEK SEVEN

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Southwest Chili	BLT Salad	Optional (pg.12)
TUE.	Mini Frittatas-To-Go	Southwest Chili	Buffalo Chicken Meatballs + 1 cup Veggies	Optional (pg.12)
WED.	Meal Replacement Protein Shake	BLT Salad	Sheet Pan Meal	Optional (pg.12)
THU.	Mini Frittatas-To-Go	Buffalo Chicken Meatballs + 1 cup Veggies	Brinner Bowl	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Sheet Pan Meal	Out to Eat	Optional (pg.12)
SAT.	Avocado Boats + 1 cup Berries	Out to Eat	Slow Cooker Chicken with Apple Slaw	Optional (pg.12)
SUN.	Protein Pancakes + 1 cup Berries	Slow Cooker Chicken with Apple Slaw	Shrimp and Corn Sheet Pan Boil	Optional (pg.12)

WEEK SEVEN

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 8-10 cups lettuce <input type="checkbox"/> 3-4 roma tomatoes <input type="checkbox"/> 14 cups veggies <input type="checkbox"/> 4 cups red potato <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> 1 bell peppers <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 2 avocados <input type="checkbox"/> 2 ears corn <input type="checkbox"/> 1 lemon <input type="checkbox"/> 1 large apple (honeycrisp or fuji recommended) <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 1 green onion <input type="checkbox"/> 1 12oz. Bag coleslaw mix <input type="checkbox"/> 2 cups berries	<input type="checkbox"/> 2 lb. chicken <input type="checkbox"/> 10 strips of bacon <input type="checkbox"/> 2 slices deli-sliced ham <input type="checkbox"/> 1 cup sweet Italian sausage <input type="checkbox"/> 1 lb. ground chicken or turkey <input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 1 lb. medium shrimp, peeled and deveined <input type="checkbox"/> 1 (12 oz.) package smoked andouille sausage	<input type="checkbox"/> 20 Eggland's Best eggs (Large) <input type="checkbox"/> ½ cup unsweetened nut milk <input type="checkbox"/> 1/4 cup shredded cheddar <input type="checkbox"/> 1/4 cup grated Parmesan <input type="checkbox"/> 2 Tbsp. unsalted butter <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
		DRY
	SPICES	<input type="checkbox"/> 1/2 cup almond flour <input type="checkbox"/> 1 scoop Life Time Fitness vanilla whey protein powder <input type="checkbox"/> 2 Tbsp. organic coconut flour <input type="checkbox"/> 1/4 tsp. teaspoon baking powder <input type="checkbox"/> 1/4 tsp. baking soda
	<input type="checkbox"/> 2 tsp. fresh dill, picked/chopped <input type="checkbox"/> 2 Tbsp. dried parsley <input type="checkbox"/> 2 tsp. dried dill <input type="checkbox"/> 2 tsp. garlic powder <input type="checkbox"/> 1 tsp. onion powder <input type="checkbox"/> 1/2 tsp. black pepper <input type="checkbox"/> 1/2 tsp. dried chives <input type="checkbox"/> 1 Tbsp. Old Bay Seasoning <input type="checkbox"/> 1 tsp. garlic powder	CONDIMENTS + OILS
		<input type="checkbox"/> 2 Tbsp. ranch dressing (gluten-free) <input type="checkbox"/> 1/4 cup hot sauce <input type="checkbox"/> 2 tbsp. coconut oil <input type="checkbox"/> ¼ cup unsweetened apple cider <input type="checkbox"/> 1 Tbsp. olive oil <input type="checkbox"/> 1Tbsp. white wine vinegar
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Fruit (for protein shakes)	<input type="checkbox"/> 2 Tbsp. pesto	

Don't forget to include ingredients for snacks and protein shakes!

WEEK SEVEN

MONDAY

BLT Salad

Makes 4 Servings

Calories: 355 | Protein: 33 | Fat: 23 | Carbs: 5

INGREDIENTS

- 1 lb. chicken, diced
- 8 strips of bacon
- 8-10 cups lettuce, chopped
- 3-4 roma tomatoes, diced
- 2 Tbsp. ranch dressing (gluten-free)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400.
2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
3. Cook for 12-18 minutes, until cooked to your desired level. Remove from oven and set aside.
4. In a medium pan, saute diced chicken over medium heat until cooked through.
5. When bacon is cool, crumble into small pieces.
6. Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.

Mini Frittatas-To-Go

Makes 4 Servings

Calories: 340 | Protein: 26 | Fat: 26 | Carbs: 1

INGREDIENTS

- Olive oil cooking spray
- 12 Eggland's Best eggs (Large)
- 1/4 cup unsweetened nut milk
- 2 slices deli-sliced ham, chopped
- 1/4 cup shredded cheddar
- 2 tsp. fresh dill, picked/chopped
- 1 cup sweet Italian sausage
- 2 Tbsp. pesto
- 1/4 cup grated Parmesan
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375 F.
2. Spray each cup of a 12-cup muffin tin with olive oil cooking spray.
3. In a large mixing bowl, whisk the Eggland's Best eggs with milk and season with salt and pepper.
4. Carefully pour the eggs into each cup of the muffin tin $\frac{3}{4}$ of the way to the top (a ladle makes this an easy job!).
5. Divide ham evenly and place it on top of 6 of the egg cups. Follow with cheddar and dill.
6. Divide browned sweet Italian sausage evenly and place on top of the remaining 6 egg cups. Follow with pesto and parmesan
7. Bake until puffed up and cooked through, about 12-15 minutes.
8. If taking to-go, let the mini frittatas cool and pack in plastic bags or glass containers, making sure to alternate flavors so you're not having the same breakfast every day



BLT Salad

WEEK SEVEN

TUESDAY

Buffalo Chicken Meatballs

Makes 4 Servings

Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

INGREDIENTS

- 1 pound ground chicken or turkey
- 1/2 cup almond flour
- 1/4 cup hot sauce
- 1 egg
- 2 Tbsp. ranch seasoning
- Pinch of salt

Ranch Seasoning

- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- 1/2 tsp. dried chives

DIRECTIONS

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15-20 minutes, until cooked throughout.
5. Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.

WEEK SEVEN

WEDNESDAY

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lb. protein
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

WEEK SEVEN

THURSDAY

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- 1/2 cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 1 1/2 tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes first). In a medium frying pan, melt 1/2 Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another 1/2 Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

WEEK SEVEN

SATURDAY

Avocado Boats

Makes 2 Servings

Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS

- 2 avocados
- 4 medium eggs
- 2 strips of bacon, cooked and diced

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.
5. Garnish with cooked bacon pieces.

Slow Cooker Chicken with Apple Slaw

Makes 6 Servings – CHANGE TO 4!

Calories: 220 | Protein: 37 | Fat: 5 | Carbs: 14

INGREDIENTS

Slow Cooker Chicken

- 1/2 medium apple (honeycrisp or fuji recommended), chopped
- 1/4 small yellow onion, chopped
- 1 tsp. salt
- 1 tsp. garlic powder
- 1/4 cup unsweetened apple cider
- 1 lb. chicken breasts

Apple Slaw

- 1/2 medium apple (honeycrisp or fuji recommended), thinly sliced or julienned
- 1 green onion, minced
- 1 12 oz. bag coleslaw mix
- 1 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Salt and pepper, to taste

DIRECTIONS

1. In base of slow cooker, add 1/2 apple and yellow onion. Sprinkle with 1/2 teaspoon salt and stir to combine.
2. Sprinkle both sides of the chicken with 1/2 tsp of salt and garlic powder.
3. Place the chicken on top of the onion and apple mixture. Pour over 1/2 cup apple cider. Cover and cook on high for 4 hours or low for 6.
4. While chicken is cooking, prepare apple slaw in medium size bowl. Combine apples, green onion, coleslaw mix, olive oil, apple cider vinegar and salt. Set aside or place in fridge.
5. When chicken is tender and cooked through, shred with two forks & place back into the slow cooker. Add the remaining 1/4 cup apple cider, stirring to combine. Add additional salt and apple cider to desired taste.
6. Top apple slaw mix with chicken, serve and enjoy!

WEEK SEVEN

SUNDAY

Protein Pancakes

Makes 2 Servings

Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

INGREDIENTS

- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

DIRECTIONS

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

Shrimp and Corn Sheet Pan Boil

Makes 6 Servings

Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

INGREDIENTS

- 3 cups red potatoes, diced
- 2 ears corn, cut into ½" slices crosswise
- 1 pound medium shrimp, peeled and deveined
- 1 (12 oz.) package smoked andouille sausage, sliced thinly
- 2 Tbsp. unsalted butter, melted
- 2 cloves garlic, minced
- 1 Tbsp. Old Bay Seasoning
- 1 lemon
- 1 tsp. garlic powder
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 425°. In a large pot of salted boiling water, cook potatoes until just tender, about 10-15 minutes. Remove from pot and drain.
2. In a small glass bowl, place butter in the microwave and slowly melt in 10-15 second increments.
3. Place potatoes, corn, shrimp, sausage, melted butter, lemon and seasoning and toss to combine.
4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through – about 15 minutes. If you like it a little toasted, broil the sheet pan for the last 3-5 minutes.



Protein Pancakes

WEEK EIGHT

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Shrimp and Corn Sheet Pan Boil	Sheet Pan Meal	Optional (pg.12)
TUE.	Strawberry Rhubarb Overnight Oats	Sheet Pan Meal	Chicken Stir Fry + ½ cup Rice	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Shrimp and Corn Sheet Pan Boil	Egg Roll Bowl	Optional (pg.12)
THU.	Strawberry Rhubarb Overnight Oats	Roasted Pork Chops & Veggies	Egg Roll Bowl	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Chicken Stir Fry + ½ cup Rice	Out to Eat	Optional (pg.12)
SAT.	Breakfast Hash	Roasted Pork Chops & Veggies	Out to Eat	Optional (pg.12)

WEEK EIGHT

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 8 cups veggies <input type="checkbox"/> 1 cup strawberries <input type="checkbox"/> 1 1/2 cup rhubarb <input type="checkbox"/> 1 medium sweet onion <input type="checkbox"/> 3 bell peppers <input type="checkbox"/> 1/2 lb. bag of broccoli florets <input type="checkbox"/> 2 carrots <input type="checkbox"/> 1 16 oz. bag coleslaw mix <input type="checkbox"/> 1/4 16 oz. bag matchstick carrots <input type="checkbox"/> 1 sweet potato <input type="checkbox"/> 2 potatoes <input type="checkbox"/> 1 large yellow zucchini <input type="checkbox"/> 1 small bunch asparagus <input type="checkbox"/> 1/4 red onion	<input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 1 lb. chicken breast <input type="checkbox"/> 1 1/2 lb. ground turkey <input type="checkbox"/> 4 breakfast sausage links <input type="checkbox"/> 4 boneless center pork chops	<input type="checkbox"/> 2 2/3 cup unsweetened nut milk <input type="checkbox"/> 4 eggs <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
	SPICES	DRY
	<input type="checkbox"/> 1 Tbsp. ginger powder <input type="checkbox"/> 1/2 Tbsp. granulated garlic <input type="checkbox"/> 1 tsp. dried red pepper flakes <input type="checkbox"/> 2 garlic cloves, minced <input type="checkbox"/> 1 tsp. ground ginger <input type="checkbox"/> 1 Tbsp. oregano	<input type="checkbox"/> 1 1/3 cup gluten-free oats <input type="checkbox"/> 4 servings Life Time vanilla protein powder <input type="checkbox"/> 2 cups rice
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Frozen fruit (for protein shakes)	<input type="checkbox"/> 1 six oz. can sliced water chestnuts	<input type="checkbox"/> 1 Tbsp. olive oil <input type="checkbox"/> 2 Tbsp. Coconut oil <input type="checkbox"/> 1/2 Tbsp. sesame oil <input type="checkbox"/> 1/2 cup gluten-free, reduced sodium soy sauce or coconut aminos <input type="checkbox"/> 1 Tbsp. toasted sesame oil <input type="checkbox"/> 1 Tbsp. rice vinegar <input type="checkbox"/> 1/4 cup gluten-free soy sauce or coconut aminos

Don't forget to include ingredients for snacks and protein shakes!

WEEK EIGHT

MONDAY

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lb. protein
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

Strawberry Rhubarb Overnight Oats

Makes 4 Servings

Calories: 300 | Protein: 28 | Fat: 5 | Carbs: 38

INGREDIENTS

- 1 cup strawberries
- 1 1/2 cup rhubarb
- 1 Tbsp. water
- 1 1/3 cup gluten-free oats (1/3 cup for each serving)
- 2 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc.) (2/3 cup for each serving)
- 4 servings Life Time vanilla protein powder

DIRECTIONS

1. In a small sauce pan, combine strawberries, rhubarb and water and simmer on medium heat for 5-7 minutes. Once softened, mash ingredients together and cook for another 10 minutes, stirring very frequently to prevent burning, until the mixture thickens.
2. Divide strawberry rhubarb mixture, oats, milk, and protein powder into four 16 oz. jars with lids.
3. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
4. Prior to serving, add remaining toppings and stir.



Strawberry Rhubarb Overnight Oats

WEEK EIGHT

TUESDAY

Chicken Stir Fry

Makes 4 Servings

Calories: 255 | Protein: 28 | Fat: 8 | Carbs: 18

INGREDIENTS

- 1 lb. chicken breast
- 1 Tbsp. Coconut oil
- 1/2 Tbsp. sesame oil
- 1/2 cup gluten-free, reduced sodium soy sauce or coconut aminos
- 1 Tbsp. ginger powder
- 1/2 Tbsp. granulated garlic
- 1 tsp. dried red pepper flakes
- 1/2 medium onion, sliced
- 2 bell peppers, sliced into 1" strips
- 1/2 lb. bag of fresh broccoli florets
- 2 carrots, peeled and cut into bite-sized pieces 1/4" thick
- 1 – six oz. can sliced water chestnuts

DIRECTIONS

1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.

Rice

Makes 4 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 2 cups rice
- 4 cups water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!

WEEK EIGHT

WEDNESDAY

Egg Roll Bowl

Makes 4 Servings

Calories: 390 | Protein: 35 | Fat: 16 | Carbs: 26

INGREDIENTS

- 1.5 lb. ground turkey
- 1/2 sweet onion diced
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 2 garlic cloves, minced
- 1 tsp. ground ginger
- 1/4 cup gluten-free soy sauce or coconut aminos
- 1 16 oz. bag coleslaw mix
- 1/4 16 oz. bag matchstick carrots
- Salt and pepper to taste

DIRECTIONS

1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger, and garlic cloves and cook until fragrant.
3. Rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!

Oven Roasted Pork Chops and Veggies

Makes 4 Servings

Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS

- 4 boneless center pork chops
- 2 cups diced potatoes
- 1 large yellow zucchini
- 1 small bunch asparagus
- 1 Tbsp. olive oil
- 1 Tbsp. oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2" strips, and add to pan as well, along with diced potatoes.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn't burn.
5. Remove from oven and enjoy!



Egg Roll Bowl

WEEK EIGHT

SATURDAY

Breakfast Hash

Makes 2 Servings

Cals: 290 | P: 23 | C: 17 | F: 14

INGREDIENTS

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- 1/4 cup red onion, diced
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

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