



SPRING SPARK

60 DAY CHALLENGE SERIES



MEAL PLAN

LIFETIME[®]
HEALTHY WAY OF LIFE

TABLE OF CONTENTS

3	How to Use the Meal Plan
5	Nutrition Non-Negotiables
6	Tips to 60day the Right Way
8	Your Healthy Plate
9	How to Build a Super Smoothie
10	How to Build a Sheet Pan Meal
12	Recommended Snacks
13	The Key to Meal Prep
14	Calorie Add-Ons
15	Stuck In A Pinch?
16	Week 1
25	Week 2
36	Week 3
46	Week 4
53	Week 5
63	Week 6
71	Week 7
82	Week 8

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.

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 DAILY**
One serving is 1 cup raw or ½ cup cooked.
- ✓ **CONSUME 2 SERVINGS OF FRESH FRUIT DAILY**
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

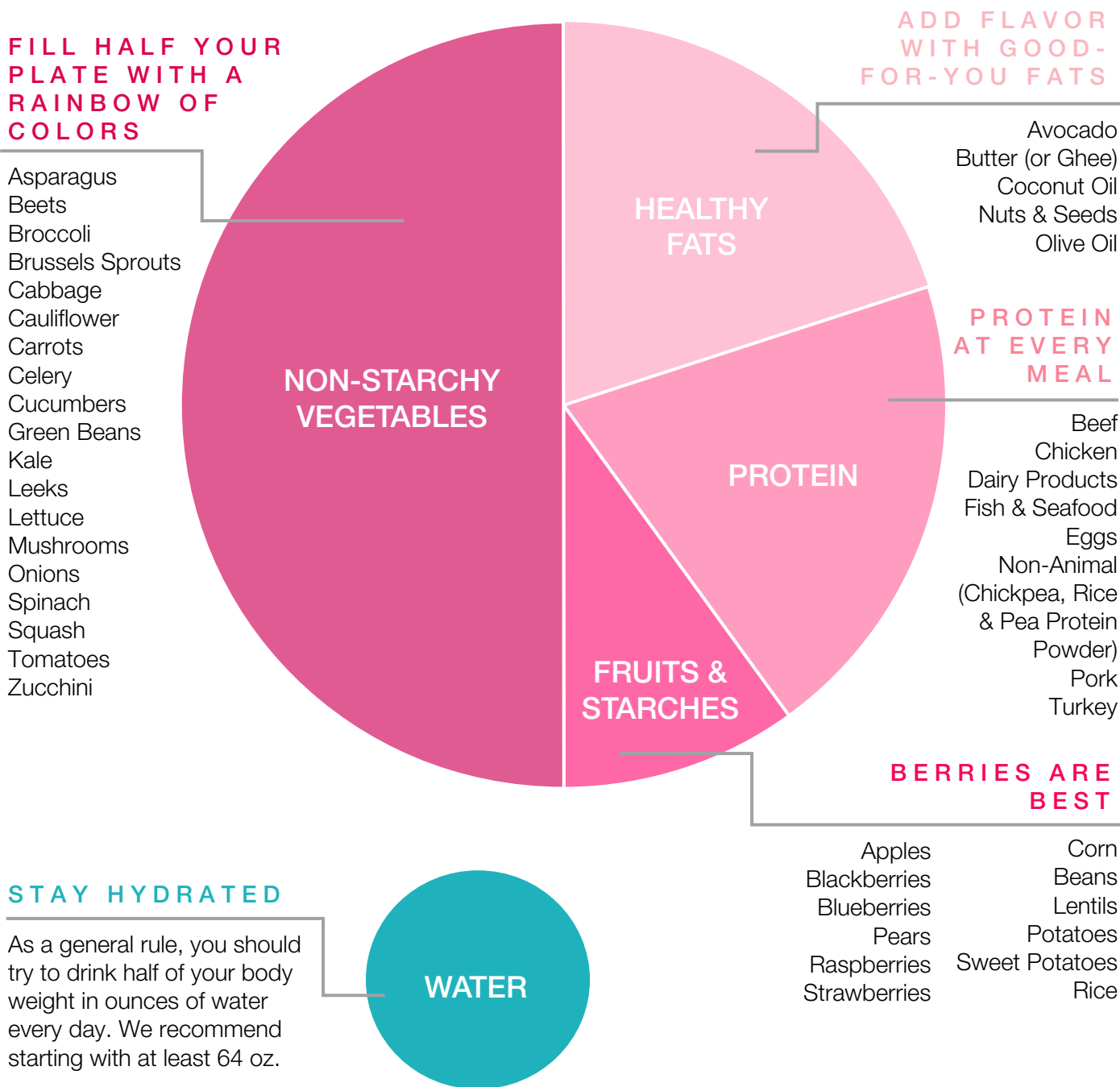
FOODS TO BUY CONVENTIONAL

- 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

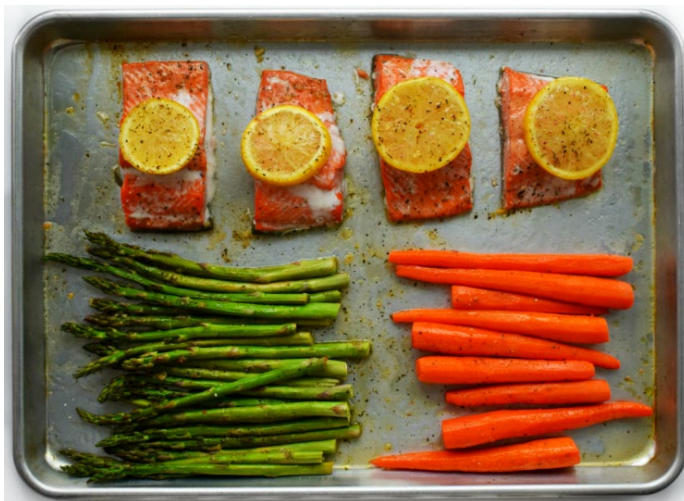
4. ADD FLAVOR

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 you 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.	Mediterranean Egg Bites	Southwest Fajita Bowl	Honey Glazed Salmon & Veggies + ½ cup Rice	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Steak Bites with Sweet Potatoes and Peppers + ½ cup Rice	White Chicken Chili	Optional (pg.12)
WED.	Mediterranean Egg Bites	BLT Salad	Honey Glazed Salmon & Veggies + ½ cup Rice	Optional (pg.12)
THU.	Meal Replacement Protein Shake	White Chicken Chili	Southwest Fajita Bowl	Optional (pg.12)
FRI.	Mediterranean Egg Bites	BLT Salad	Steak Bites with Sweet Potatoes and Peppers + ½ cup Rice	Optional (pg.12)
SAT.	Breakfast Hash + 1 cup Berries	Brinner Bowl	White Chicken Chili	Optional (pg.12)
SUN.	Breakfast Hash + 1 cup Berries	White Chicken Chili	Zucchini and Corn Chowder	Optional (pg.12)

WEEK ONE

GROCERY LIST

PRODUCE	MEAT	DAIRY	
<input type="checkbox"/> 2 yellow onion <input type="checkbox"/> ¼ red onion <input type="checkbox"/> 1 ½ red bell pepper <input type="checkbox"/> ½ cup mushrooms <input type="checkbox"/> 4 cups spinach <input type="checkbox"/> 1 yellow bell pepper <input type="checkbox"/> 1 ½ cup cherry tomatoes <input type="checkbox"/> 2 lemons <input type="checkbox"/> 1 bunch of asparagus <input type="checkbox"/> 18 large carrots <input type="checkbox"/> 6 sweet potatoes <input type="checkbox"/> 8-10 cups lettuce <input type="checkbox"/> 3-4 roma tomatoes <input type="checkbox"/> ½ cup red potatoes <input type="checkbox"/> 4 bell peppers <input type="checkbox"/> 1 medium potato <input type="checkbox"/> 2 medium zucchini	<input type="checkbox"/> ½ lb. ground turkey <input type="checkbox"/> 1 lb. cooked, shredded chicken <input type="checkbox"/> 1 lb. skin on salmon filet <input type="checkbox"/> 1 lb. skirt steak <input type="checkbox"/> 4.5 lbs. chicken breast <input type="checkbox"/> 8 strips nitrate-free bacon <input type="checkbox"/> 4 breakfast sausage links	<input type="checkbox"/> ½ cup feta cheese <input type="checkbox"/> 14 eggs <input type="checkbox"/> 3 Tbsp. butter or ghee	
		DRY	<input type="checkbox"/> 2 cups rice
		SPICES	CONDIMENTS + OILS
		<input type="checkbox"/> 7 Tbsp. garlic <input type="checkbox"/> 1 Tbsp. Italian seasoning <input type="checkbox"/> 1 Tbsp. chili powder <input type="checkbox"/> ¾ Tbsp. cumin <input type="checkbox"/> ½ tsp. onion powder <input type="checkbox"/> 1 Tbsp. garlic powder <input type="checkbox"/> ¼ tsp. red pepper flakes <input type="checkbox"/> 1 ½ Tbsp. oregano <input type="checkbox"/> 1 tsp. cayenne pepper <input type="checkbox"/> 1 spring fresh rosemary <input type="checkbox"/> 2 Tbsp. ranch seasoning <input type="checkbox"/> ½ tsp. dried thyme <input type="checkbox"/> 1 bay leaf <input type="checkbox"/> salt and pepper	<input type="checkbox"/> 8 Tbsp. coconut oil <input type="checkbox"/> Coconut oil cooking spray <input type="checkbox"/> 2 Tbsp. honey <input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> 1 Tbsp. coconut aminos <input type="checkbox"/> 2 Tbsp. balsamic vinegar
		FROZEN	CANNED + JARRED
		<input type="checkbox"/> ½ cup frozen corn kernels	<input type="checkbox"/> 3 oz. sun dried tomatoes <input type="checkbox"/> ½ cup black beans, drained <input type="checkbox"/> ½ cup low sodium chicken broth <input type="checkbox"/> 4 cups chicken stock (no salt) <input type="checkbox"/> 2 15oz. cans great northern beans <input type="checkbox"/> 16 oz. salsa verde <input type="checkbox"/> 1 12oz. can full-fat coconut milk <input type="checkbox"/> 1 can sweet corn

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

WEEK ONE

RECOMMENDED MEAL PREP DAYS

SUNDAY

- Mediterranean Egg Bites
- Southwest Fajita Bowl

MONDAY

- Honey Glazed Salmon and Veggies
- Steak Bites with Sweet Potatoes and Peppers
- Rice

TUESDAY

- White Chicken Chili
- BLT Salad

WEDNESDAY

- *No Preparation Needed*

THURSDAY

- *No Preparation Needed*

FRIDAY

- *No Preparation Needed*

SATURDAY

- Breakfast Hash
- Brinner Bowl

SUNDAY

- Zucchini and Corn Chowder

WEEK ONE

RECIPES

Mediterranean Egg Cups

Makes 6 Servings

Calories: 305 | Protein: 26 | Fat: 19 | Carbs: 7

INGREDIENTS

- 1 Tbsp. coconut oil
- 1/4 medium yellow onion, chopped
- 1/2 red bell pepper, diced
- 2 Tbsp. garlic
- 1/2 cup mushrooms, diced
- 1/2 pound ground turkey
- 3 ounces sun-dried tomatoes, chopped
- 2 cups chopped spinach
- 1/2 cup feta cheese, crumbled
- 1 Tbsp. Italian seasoning
- Coconut oil cooking spray
- 8 eggs

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray 12-muffin tin with non-stick cooking oil spray.
3. Heat coconut oil over medium heat. Add onions and red pepper, stir to cook for 3-4 minutes. Add garlic and mushrooms, cook for 4 minutes.
4. Add ground turkey and sauté until fully cooked.
5. Add sun-dried tomatoes and spinach cooking until spinach is fully incorporated and wilted into mixture. Stir in feta and remove from heat.
6. Evenly divide turkey mixture into muffin tin.
7. In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
8. Bake 25 minutes. Serve and enjoy!

*Store in a zip-lock bag in the refrigerator for 3-4 days

Southwest Fajita Bowl

Makes 4 Servings

Calories: 310 | Protein: 30 | Fat: 7 | Carbs: 37

INGREDIENTS

- 1 Tbsp. coconut oil
- 1 clove garlic, minced
- 1/2 yellow onion, finely sliced
- 1 red bell pepper, finely sliced
- 1 yellow bell pepper, finely sliced
- 1 lb. cooked, shredded chicken
- 1/2 cup black beans (drained and rinsed)
- 1/2 cup frozen corn kernels
- 1/2 cup low sodium chicken broth
- 1/2 cup cherry tomatoes, diced
- Optional Toppings: fresh cilantro, avocado, lime

Fajita Seasoning:

- 1 Tbsp. chili powder
- 3/4 tsp. cumin
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. red pepper flakes
- 1/2 tsp. oregano
- 1/2 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. cayenne pepper (optional)

DIRECTIONS

1. In a large pot, add coconut oil. When melted, add garlic and sauté 1 minute. Add onion and peppers, cook 3-4 minutes. Add corn kernels and cook for an additional minute.
2. Add chicken broth and fajita seasoning and stir well to combine.
3. Bring the mixture to a boil on high heat and then reduce the heat to medium low (a little bit above low temperature) and cover with a lid.
4. Remove from heat and stir in shredded chicken cherry tomatoes and black beans.
5. Top with fresh cilantro and avocado. Enjoy!

WEEK ONE

RECIPES

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 8 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

RECIPES

Steak Bites with Sweet Potatoes and Peppers

Makes 4 Servings

Calories: 330 | Protein: 24 | Fat: 21 | Carbs: 13

INGREDIENTS

- 1 lb. skirt steak, diced into 1" pieces
- 1 large sweet potato, diced
- 1/8 onion, finely diced
- 2 cloves garlic, minced
- 2 Tbsp. coconut oil
- 2 bell peppers, diced
- 1 Tbsp. coconut aminos
- 2 Tbsp. balsamic vinegar
- 1 sprig fresh rosemary
- Salt and pepper to taste

DIRECTIONS

1. Add diced sweet potatoes to microwavable bowl. Cover and microwave on high for 4-6 minutes, until tender. Remove from microwave and uncover to avoid overcooking. Set aside.
2. Heat large skillet over medium-high heat. Add coconut oil. When melted, add garlic and onion. Sauté 1-2 minutes. Add cubed steak bites and cook 9-10 minutes until browned. Remove from pan and set aside.
3. Add the sweet potatoes, and cook until browned. About 2-4 minutes.
4. Add the bell peppers and sauté an additionally 3-4 minutes until tender.
5. Add the steak back to the skillet. Add balsamic vinegar, rosemary and coconut aminos and sauté until juices are dissolved.
6. Salt and pepper to taste. Serve and enjoy!

WEEK ONE

RECIPES

White Chicken Chili

Makes 8 Servings

Calories: 305 | Protein: 35 | Fat: 4 | Carbs: 30

INGREDIENTS

- 4 cups chicken stock (no added salt)
- 3 cups carrots, chopped
- 2 lbs. chicken breast
- 2 15 oz. cans Great Northern beans, drained
- 16 oz. salsa verde
- ½ onion, diced
- ½ Tbsp. garlic powder

DIRECTIONS

1. Place chicken stock, chicken, carrots, salsa, onion, and garlic powder in a large slow cooker and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours.
2. About 30 minutes before removing from the slow cooker, add both cans of beans. Remove chicken from mixture, shred with two forks, and then return to slow cooker.
3. Allow to cook for 30 minutes, then season with additional salt and pepper as needed.

BLT Salad

Makes 4 Servings

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

INGREDIENTS

- 1 lb. chicken, diced
- 8 strips of nitrate-free 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 ONE

RECIPES

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 ONE

RECIPES

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!

Zucchini and Corn Chowder

Makes 6 servings

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

INGREDIENTS

- 1 1/2 lb. chicken breasts
- 1 medium potato
- 1 can sweet corn
- 2 medium zucchini, diced
- 1/2 yellow onion, diced
- 2 medium carrots, diced
- 2 garlic cloves, minced
- 1/2 tsp. dried thyme
- 3 cups water
- 1 bay leaf
- 1 can (12 oz.) full-fat coconut milk
- 1 Tbsp. coconut oil
- Salt and pepper to taste
- Pinch of cayenne, optional

DIRECTIONS

1. In a medium sauce pan, saute chicken breasts until cooked through. Set aside to cool.
2. In a large pot, add onion, corn, carrots, garlic, and 1/2 Tbsp. of coconut oil and salt, pepper and thyme. Cook until vegetables soften, about 5 minutes.
3. Add potatoes, zucchini, water, coconut milk and bay leaf. Raise the heat until the mixture begins to simmer, lower heat and simmer for 20 minutes.
4. Remove the bay leaf from the mixture. Then separate about 2 cups of the mixture and place in a food processor. Puree until smooth, then return to the pot.
5. Grab the chicken breasts and shred, either by hand or two forks. Add chicken to the pot and stir, so the chowder is will mixed.
6. Let cool, and enjoy!



Zucchini and Corn Chowder

WEEK TWO

RECIPES

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Zucchini and Corn Chowder	Sheet Pan Meal	Optional (pg.12)
TUE.	Overnight Oats Four Ways	Southwest Chili	Bacon Wrapped Chicken + 2 cups Roast Veggies	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Zucchini and Corn Chowder	Southwest Chili	Optional (pg.12)
THU.	Overnight Oats Four Ways	Sheet Pan Meal	Beef Stir Fry + ½ cup Rice	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Southwest Chili	Bacon Wrapped Chicken + 2 cups Roast Veggies	Optional (pg.12)
SAT.	Protein Pancakes + 1 cup Berries	Beef Stir Fry + ½ cup Rice	Southwest Chili	Optional (pg.12)
SUN.	Breakfast Sweet Potato	Out to Eat	Pot Roast & Root Veggies	Optional (pg.12)

WEEK TWO

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 14 cups veggies <input type="checkbox"/> ½ cup strawberries <input type="checkbox"/> 1/3 cup blueberries <input type="checkbox"/> 2 Tbsp. lemon zest <input type="checkbox"/> 4 ½ bananas <input type="checkbox"/> 1 ½ yellow onion <input type="checkbox"/> 2 jalapenos <input type="checkbox"/> 2 limes <input type="checkbox"/> ¼ lb. snow peas or green beans <input type="checkbox"/> 2 cups broccoli florets <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 5-6 carrots <input type="checkbox"/> ½ cup mushrooms <input type="checkbox"/> 2 small sweet potatoes <input type="checkbox"/> 2 cups parsnips <input type="checkbox"/> 2 stalks celery <input type="checkbox"/> 1 zucchini	<input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 2 lb. ground turkey <input type="checkbox"/> 1 lb. chicken breast <input type="checkbox"/> 6 strips nitrate-free bacon <input type="checkbox"/> 1 lb. skirt steak <input type="checkbox"/> 2 lbs. boneless beef chuck roast	<input type="checkbox"/> 2 cups unsweetened nut milk (almond, coconut, cashew, ect.) <input type="checkbox"/> 1 egg
		DRY
	SPICES	<input type="checkbox"/> 1 1/3 cup gluten-free oats <input type="checkbox"/> 7 servings Life Time vanilla protein powder <input type="checkbox"/> 2 squares 90% dark chocolate <input type="checkbox"/> 1 scoop café mocha Life Greens <input type="checkbox"/> 2 servings Life Time chocolate protein powder <input type="checkbox"/> 1 Tbsp. chopped walnuts <input type="checkbox"/> 1 cup rice <input type="checkbox"/> 2 Tbsp. coconut flour <input type="checkbox"/> ¼ tsp. baking powder <input type="checkbox"/> ¼ tsp. baking soda <input type="checkbox"/> 3 Tbsp. chia seeds <input type="checkbox"/> ½ cup pecans, chopped
		CONDIMENTS + OILS
	CANNED + JARRED	<input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> ¼ cup coconut aminos <input type="checkbox"/> 1 tsp. honey <input type="checkbox"/> 3 Tbsp. coconut oil <input type="checkbox"/> 1 ½ cups beef broth <input type="checkbox"/> 1 Tbsp. vanilla extract
	<input type="checkbox"/> 10 cloves garlic <input type="checkbox"/> 4 Tbsp. chili powder <input type="checkbox"/> 1 tsp. cumin <input type="checkbox"/> 2 Tbsp. oregano <input type="checkbox"/> pinch of cayenne <input type="checkbox"/> 2 tsp. ground cinnamon <input type="checkbox"/> 1 tsp. rosemary <input type="checkbox"/> 1 tsp. dried basil <input type="checkbox"/> salt and pepper	
	<input type="checkbox"/> 3 Tbsp. peanut butter <input type="checkbox"/> 2 15oz. can tomato sauce <input type="checkbox"/> 2 15 oz. can diced tomatoes <input type="checkbox"/> 1 15oz. can kidney beans <input type="checkbox"/> 2 cans sweet corn	

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

RECOMMENDED MEAL PREP DAYS

MONDAY

- Sheet Pan Meal
- Overnight Oats Four Ways
- Southwest Chili

TUESDAY

- Bacon Wrapped Chicken
- Roasted Veggies

WEDNESDAY

- *No Preparation Needed*

THURSDAY

- **Beef Stir Fry**

FRIDAY

- *No Preparation Needed*

SATURDAY

- Protein Pancakes

SUNDAY

- Breakfast Sweet Potatoes
- Pot Roast and Root Veggies
- Banana Protein Muffins

WEEK TWO

RECIPES

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.

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

RECIPES

Southwest Chili

Makes 8 Servings

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

INGREDIENTS

- 2 15 oz. can tomato sauce
- 2 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 2 cans sweet corn
- 2 lb. ground turkey
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 2 jalapenos
- 4 Tbsp. chili powder
- 1 tsp. cumin
- 2 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.

WEEK TWO

RECIPES

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.

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

RECIPES

Beef Stir Fry

Makes 4 servings

Calories 290 | Protein 23 | Fat: 14 | Carbs: 17

INGREDIENTS

- 1 lb. skirt steak, cut into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices
- 1/4 cup coconut aminos
- 1 teaspoons honey
- 2 tablespoons freshly squeezed lime juice (1 to 2 limes)
- 2 tablespoons coconut oil
- 2 cloves garlic, grated
- 1/4 pound snow peas or green beans
- 2 cups broccoli florets
- 1 red bell pepper, thinly sliced
- 1-2 large carrots, sliced
- 1/2 cup mushrooms, sliced
- 1/4 yellow onion
- Salt and freshly ground pepper to taste

DIRECTIONS

1. Cut skirt steak into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices. Season with salt and pepper.
2. In a medium bowl, whisk together the coconut aminos, honey and lime juice. Add the steak, toss to coat and set aside.
3. In a large skillet over medium-high heat, heat the oil until shimmering, about 1 minute. Add the steak (and marinade) and cook, stirring, until cooked through, 3 to 5 minutes.
4. Remove the steak from the skillet and set aside. Allow the liquid in the pan to reduce until thickened, about 4 minutes.
5. Add the garlic and onions, cook 1 minute more. Add the snow peas, broccoli, carrots, mushrooms and bell pepper and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the steak to the skillet and toss to combine.

Rice

Makes 4 servings

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

INGREDIENTS

- 1 cups rice
- 2 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 TWO

RECIPES

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.



Protein Pancakes

WEEK TWO

RECIPES

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!

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 1/2 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.

WEEK TWO

RECIPES

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

WEEK THREE

RECIPES

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Banana Protein Muffins (x3)	Pot Roast & Root Veggies	Harvest Hash	Optional (pg.12)
TUE.	Banana Protein Muffins (x3)	Harvest Hash	Sheet Pan Meal	Optional (pg.12)
WED.	Banana Protein Muffins (x3)	Pot Roast & Root Veggies	Healthy Fried Rice	Optional (pg.12)
THU.	Banana Protein Muffins (x3)	Sheet Pan Meal	Slow Cooker Chicken with Apple Slaw + Sweet Potato	Optional (pg.12)
FRI.	Banana Protein Muffins (x3)	Harvest Hash	Slow Cooker Chicken with Apple Slaw + Sweet Potato	Optional (pg.12)
SAT.	Breakfast Sweet Potato + 1 cup Berries	Out to Eat	Healthy Fried Rice	Optional (pg.12)
SUN.	Out to Eat	Taco Bowl + ½ cup Rice	Orange Chicken Stir Fry + ½ cup Rice	Optional (pg.12)

WEEK THREE

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 6 sweet potatoes <input type="checkbox"/> 1 lb. brussels sprouts <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 2 large honeycrisp apples <input type="checkbox"/> 1 lemon <input type="checkbox"/> 8 cups veggies <input type="checkbox"/> 1 cup carrots <input type="checkbox"/> 1 green onion <input type="checkbox"/> 1 12oz. bag coleslaw mix <input type="checkbox"/> 1 banana <input type="checkbox"/> 6 cups chopped lettuce <input type="checkbox"/> 1 avocado <input type="checkbox"/> 1 orange <input type="checkbox"/> 4 cups stir-fry vegetables <input type="checkbox"/> 1 bell pepper <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> 2 cup spinach <input type="checkbox"/> ½ cup red onion	<input type="checkbox"/> 8 slices nitrate-free bacon <input type="checkbox"/> 1 lb. cooked ham <input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 3 ¾ lb. chicken breast <input type="checkbox"/> 1 lb. ground turkey	<input type="checkbox"/> 11 eggs
	SPICES	DRY
	<input type="checkbox"/> 1 ½ tsp. cinnamon <input type="checkbox"/> 1 tsp. onion powder <input type="checkbox"/> 2 cloves garlics <input type="checkbox"/> 2 Tbsp. garlic powder <input type="checkbox"/> 2 Tbsp. taco seasoning <input type="checkbox"/> ¼ tsp. red pepper flakes <input type="checkbox"/> salt and pepper	<input type="checkbox"/> ¼ cup pecans <input type="checkbox"/> 1/3 cup dried cranberries, unsweetened <input type="checkbox"/> 1 cup cooked quinoa <input type="checkbox"/> 1 cup cooked basmati rice <input type="checkbox"/> 1 Tbsp. chia seeds <input type="checkbox"/> 2 cup rice
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> 1 cup frozen peas <input type="checkbox"/> 4 cups riced cauliflower	<input type="checkbox"/> 2 Tbsp. creamy peanut butter <input type="checkbox"/> 1 cup salsa (no sugar added) <input type="checkbox"/> 1 Tbsp. tomato paste	<input type="checkbox"/> 3 Tbsp. coconut oil <input type="checkbox"/> 1 Tbsp. Dijon mustard <input type="checkbox"/> 3 Tbsp. apple cider vinegar <input type="checkbox"/> 2 Tbsp. honey <input type="checkbox"/> ¼ cup olive oil <input type="checkbox"/> 1 Tbsp. sesame oil <input type="checkbox"/> 6 Tbsp. coconut aminos <input type="checkbox"/> ¼ cup unsweetened apple cider <input type="checkbox"/> 1 Tbsp. white wine vinegar

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

WEEK THREE

RECOMMENDED MEAL PREP DAYS

MONDAY

- Harvest Hash

TUESDAY

- Sheet Pan Meal

WEDNESDAY

- Healthy Fried Rice

THURSDAY

- Slow Cooker Chicken with Apple Slaw
- Sweet Potato

FRIDAY

- *No Preparation Needed*

SATURDAY

- Breakfast Sweet Potato

SUNDAY

- Taco Bowl
- Orange Chicken with Cauliflower Rice Stir Fry
- Rice
- Loaded Scrambled Eggs

WEEK THREE

RECIPES

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 THREE

RECIPES

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.

Healthy Fried Rice

Makes 4 Servings

Calories: 320 | Protein: 24 | Fat: 7 | Carbs: 38

INGREDIENTS

- 1 cup cooked quinoa (about 1/3 cup dry)
- 1 cup cooked basmati rice (about 1/3 cup dry)
- 3/4 lb. boneless skinless chicken breasts , diced into 3/4-inch pieces
- 1 Tbsp. sesame oil , divided
- 1 Tbsp. coconut oil
- 1 cups frozen peas
- 1 cup carrots, finely chopped
- 1/4 cup yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 large eggs
- 3 Tbsp. coconut aminos
- Salt and freshly ground black pepper

DIRECTIONS

1. In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the coconut oil over medium-high heat. Once hot, add chicken pieces, season lightly with salt and pepper and sauté until cooked through, about 5 - 6 minutes. Transfer chicken to a plate and set aside.
2. In separate, small skillet, add 1/2 tsp. coconut oil and scramble eggs. Remove from heat and set aside.
3. Return large skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 tsp coconut oil. Add peas, carrots and onions and sauté 1 minute. Add garlic and sauté 1 minute longer. Return chicken and eggs to skillet along with rice and quinoa mix. Add in coconut aminos and season with salt and pepper to taste.

WEEK THREE

RECIPES

Slow Cooker Chicken with Apple Slaw

Makes 4 servings

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!

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.



Slow Cooker Chicken with Apple Slaw

WEEK THREE

RECIPES

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!

Taco Bowl

Makes 4 Servings

Calories: 290 | Protein: 24 | Fat: 14 | Carbs: 18

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, sauté 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!

WEEK THREE

RECIPES

Rice

Makes 8 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!

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!

WEEK THREE

RECIPES

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	Fajita Tray Bake	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Taco Bowl	Chicken Sausage Bowl	Optional (pg.12)
WED.	Loaded Scrambled Eggs + 1 cup sliced fruit	Egg Roll Bowl	Pesto Salmon with Potatoes and Green Beans	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Fajita Tray Bake	Chicken Sausage Bowl	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Pesto Salmon with Potatoes and Green Beans	Out to Eat	Optional (pg.12)
SAT.	Brinner Bowl	One Pan Lemon Chicken and Veggies	Egg Roll Bowl	Optional (pg.12)
SUN.	Out to Eat	One Pan Lemon Chicken and Veggies	Homestyle Meatloaf Muffins + 1 cup Veggies	Optional (pg.12)

WEEK FOUR

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 1 yellow bell pepper <input type="checkbox"/> 1 orange bell pepper <input type="checkbox"/> 1 ¼ red onion <input type="checkbox"/> 4 limes <input type="checkbox"/> 1 yellow zucchini <input type="checkbox"/> 2 bell peppers <input type="checkbox"/> 1 sweet potato <input type="checkbox"/> 1 sweet onion <input type="checkbox"/> 1 16oz. bag coleslaw mix <input type="checkbox"/> ½ 16oz. bag shredded carrots <input type="checkbox"/> 1 ½ lbs. baby potatoes <input type="checkbox"/> 1 lb. green beans <input type="checkbox"/> 3 lemons <input type="checkbox"/> 4 cups broccoli <input type="checkbox"/> 8 carrots <input type="checkbox"/> 1 green pepper <input type="checkbox"/> 6 cups veggies <input type="checkbox"/> 3 cups riced cauliflower <input type="checkbox"/> 2 cups cherry tomatoes <input type="checkbox"/> 1 avocado	<input type="checkbox"/> 3 lb. chicken breast, boneless, skinless <input type="checkbox"/> 6 chicken sausages (12 oz.) <input type="checkbox"/> 1 ½ lbs. ground turkey <input type="checkbox"/> 2 salmon filets, skin on <input type="checkbox"/> 1 lb. ground beef	<p style="text-align: center;">DAIRY</p> <hr/> <p style="text-align: center;">DRY</p> <input type="checkbox"/> ¾ cups rice
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 2 Tbsp. taco seasoning <input type="checkbox"/> 1 tsp. cumin <input type="checkbox"/> 3 tsp. garlic powder <input type="checkbox"/> 2 tsp. paprika <input type="checkbox"/> 2 tsp. chili powder <input type="checkbox"/> ¼ tsp. cayenne <input type="checkbox"/> 1 Tbsp. oregano <input type="checkbox"/> 6 cloves garlic <input type="checkbox"/> 1 tsp. ground ginger <input type="checkbox"/> 3 Tbsp. Italian seasoning <input type="checkbox"/> ½ cup cilantro <input type="checkbox"/> salt and pepper	<input type="checkbox"/> 5 Tbsp. coconut oil <input type="checkbox"/> 7 Tbsp. olive oil <input type="checkbox"/> 1 Tbsp. sesame oil <input type="checkbox"/> 1 Tbsp. rice vinegar <input type="checkbox"/> ¼ cup coconut aminos
FROZEN	CANNED + JARRED	
	<input type="checkbox"/> 4 Tbsp. pesto <input type="checkbox"/> ¼ cup barbeque sauce <input type="checkbox"/> ½ cup ketchup <input type="checkbox"/> 2 Tbsp. mustard <input type="checkbox"/> ½ cup black beans <input type="checkbox"/> ½ cup corn	

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

WEEK FOUR

RECOMMENDED MEAL PREP DAYS

MONDAY

- Fajita Tray Bake

TUESDAY

- Chicken Sausage Bowl
- Egg Roll Bowl

WEDNESDAY

Pesto Salmon with Potatoes and Green Beans

THURSDAY

- *No Preparation Needed*

FRIDAY

- *No Preparation Needed*

SATURDAY

- Brinner Bowl
- One Pan Lemon Chicken and Veggies

SUNDAY

- Homestyle Meatloaf Muffins
- Roasted Veggies
- Banana Protein Muffins
- Cilantro Lime Chicken Bowl

WEEK FOUR

RECIPES

Fajita Tray Bake

Makes 4 Servings

Calories: 320 | Protein: 32 | Fat: 7 | Carbs: 37

INGREDIENTS

- 1 lb boneless, skinless chicken breast, cut in strips
- 1 red bell pepper, sliced
- 1 yellow pepper, sliced
- 1 orange pepper, sliced
- 1 red onion, sliced
- 2 Tbsp. coconut or olive oil
- Juice of 1 lime
- ¾ cup rice, uncooked
- 2 Tbsp. taco seasoning OR fajita seasoning below

Fajita Seasoning:

- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cumin
- 1 tsp. garlic powder
- 2 tsp. paprika
- 2 tsp. chili powder
- ¼ tsp. cayenne (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Bring water to a boil. Stir in rice and salt.
3. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
4. In a small bowl, mix together the salt, pepper, cumin, garlic powder, paprika, chili powder, and cayenne.
5. In a separate, large bowl, toss olive oil, lime juice, chicken, peppers and onion until evenly coated. Add seasoning mixture and toss until fully combined.
6. Transfer to large baking tray and evenly spread.
7. Sprinkle seasoning on chicken, bell peppers, and onions.
8. Bake for 17-22 minutes or until internal temperature reaches 165°F.

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!

WEEK FOUR

RECIPES

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 saute 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!

Pesto Salmon with Potatoes and Green Beans

Makes 4 Servings

Calories: 425 | Protein: 22 | Fat: 21 | Carbs: 41

INGREDIENTS

- 2 salmon filets, skin on
- 1 1/2 lbs. baby potatoes
- 1 lb. green beans
- 2 Tbsp. olive oil
- 4 Tbsp. pesto
- Juice of one lemon

DIRECTIONS

1. Preheat oven to 400 degrees.
2. While oven is preheating, add potatoes to pot and fill with water until covered. Place on stove and bring to boil. Cook for 11-13 minutes. Drain and set aside.
3. Place the potatoes, green beans and salmon on a baking sheet. Drizzle the potatoes and green beans with 1-2 Tbsp. olive oil and evenly divide pesto between salmon filets.
4. Squeeze lemon over all ingredients and sprinkle with salt and pepper.
5. Bake for 17-19 minutes, until salmon flakes easily.
6. Enjoy!

WEEK FOUR

RECIPES

One Pan Lemon Chicken and Vegetables

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!

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!

WEEK FOUR

RECIPES

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!

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!

WEEK FIVE

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Cilantro Lime Chicken Bowl	Spaghetti Squash Pizza Bake	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Homestyle Meatloaf Muffins + 1 cups Veggies	Cilantro Lime Chicken 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	Beef and Broccoli	Optional (pg.12)
SAT.	Protein Pancakes + 1 cup Berries	Out to Eat	Quinoa & Kale Power Salad + 4 oz. Chicken	Optional (pg.12)
SUN.	Banana Protein Muffins (x3)	Beef and Broccoli	Quinoa & Kale Power Salad + 4 oz. Chicken	Optional (pg.12)

WEEK FIVE

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1 large spaghetti squash <input type="checkbox"/> 8oz. sliced mushrooms <input type="checkbox"/> 1 green bell pepper <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 3 sweet potatoes <input type="checkbox"/> 8oz. red seedless grapes <input type="checkbox"/> 6 cups broccoli florets <input type="checkbox"/> 4 cups kale <input type="checkbox"/> 4 clementines <input type="checkbox"/> 1 orange <input type="checkbox"/> 3 bananas <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 6 cups veggies	<input type="checkbox"/> 1 lb. ground turkey <input type="checkbox"/> ½ lb. ground Italian sausage <input type="checkbox"/> 1 lb. spicy Italian sausage links <input type="checkbox"/> 1 lb. flank steak <input type="checkbox"/> 1 lb. cooked chicken breast <input type="checkbox"/> 1 lb. chicken breast <input type="checkbox"/> 6 strips nitrate-free bacon	<input type="checkbox"/> 3 eggs <input type="checkbox"/> 1 ¼ cup unsweetened nut milk (almond, coconut, cashew, ect.)
	SPICES	DRY
	<input type="checkbox"/> 2 tsp. Italian seasoning <input type="checkbox"/> 1 tsp. dried oregano <input type="checkbox"/> 3 cloves garlic <input type="checkbox"/> 1 tsp. fresh ginger <input type="checkbox"/> 1 tsp. garlic powder <input type="checkbox"/> 1 Tbsp. cinnamon <input type="checkbox"/> salt and pepper	<input type="checkbox"/> 1 scoop Life Time vanilla protein powder <input type="checkbox"/> 2 Tbsp. coconut flour <input type="checkbox"/> ¼ tsp. baking powder <input type="checkbox"/> ¼ tsp. baking soda <input type="checkbox"/> 1 cup quinoa, cooked <input type="checkbox"/> ¼ cup dried cranberries, unsweetened <input type="checkbox"/> ¼ cup slivered almonds <input type="checkbox"/> 4 scoops Life Time whey protein <input type="checkbox"/> 2 Tbsp. chia seeds <input type="checkbox"/> 1 cup gluten free oats <input type="checkbox"/> ½ cup chopped pecans
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> f	<input type="checkbox"/> 2 cups organic marinara sauce <input type="checkbox"/> 1 15oz can chickpeas (garbanzo beans)	<input type="checkbox"/> 7 Tbsp. olive oil <input type="checkbox"/> 5 Tbsp. balsamic vinegar <input type="checkbox"/> ¼ cup coconut aminos <input type="checkbox"/> 3 Tbsp. sesame oil <input type="checkbox"/> 1 Tbsp. honey <input type="checkbox"/> 1 Tbsp. white wine vinegar <input type="checkbox"/> 1 Tbsp. vanilla extract

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

WEEK FIVE

RECOMMENDED MEAL PREP DAYS

MONDAY

- Spaghetti Squash Pizza Bake

TUESDAY

- *No Preparation Needed*

WEDNESDAY

- Oven Roasted Sausage with Sweet Potatoes and Grapes

THURSDAY

- *No Preparation Needed*

FRIDAY

- Beef and Broccoli

SATURDAY

- Protein Pancakes
- Quinoa & Kale Power Salad + Chicken

SUNDAY

- Banana Protein Muffins
- Bacon Wrapped Chicken
- Roasted Veggies

WEEK FIVE

RECIPES

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

RECIPES

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.

Beef and Broccoli

Makes 4 Servings

Calories: 330 | Protein: 27 | Fat: 17 | Carbs: 16

INGREDIENTS

- 1 lb. flank steak, finely sliced into bite-size strips
- 6 cups broccoli florets (about 1 lb.)
- ¼ cup coconut aminos
- 3 Tbsp. sesame oil
- 1 tbsp. honey
- 3 cloves garlic, minced
- 1 tsp. fresh ginger, grated
- ¼ tsp. black pepper

DIRECTIONS

1. Cover and freeze steak 20 minutes for easier slicing.
2. Combine coconut aminos, 2 Tbsp. sesame oil, honey, garlic, ginger and black pepper in a bowl, stir well. Add flank steak and let marinate for 15 minutes.
3. Place a large skillet over medium heat and add 1 Tbsp. sesame oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan. Tip: If you prefer softer broccoli, add 2 Tbsp. water before covering with the lid and it will steam cook the broccoli.
4. Increase heat to high heat. Add steak in a single layer and sauté 2 minutes per side or just until cooked through. Quickly pull out a piece to test if fully cooked.
5. Add the remaining marinade, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 Tbsp. water to thin the sauce if desired. Add flank steak and enjoy!



Beef and Broccoli

WEEK FIVE

RECIPES

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!

WEEK FIVE

RECIPES

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.



Banana Protein Muffins

WEEK FIVE

RECIPES

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 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)	Chopped Thai Chicken Salad	Sheet Pan Meal	Optional (pg.12)
WED.	Banana Protein Muffins (x3)	Bacon Wrapped Chicken + 2 cups Veggies	Shrimp Stir Fry	Optional (pg.12)
THU.	Banana Protein Muffins (x3)	Chopped Thai Chicken Salad	Buffalo Chicken Bowl	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Out to Eat	Shrimp Stir Fry	Optional (pg.12)
SAT.	Meal Replacement Protein Shake	Buffalo Chicken Bowl	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"/> 8 cups veggies <input type="checkbox"/> 1 12oz. bag coleslaw mix <input type="checkbox"/> ¼ 12oz. bag shredded carrots <input type="checkbox"/> 1 cup fresh cilantro, chopped <input type="checkbox"/> ¼ cup green onion <input type="checkbox"/> 2 serrano peppers <input type="checkbox"/> 2 limes <input type="checkbox"/> 2 red bell peppers <input type="checkbox"/> ½ cup carrots <input type="checkbox"/> 2 cups broccoli florets <input type="checkbox"/> 1 cup sugar snap peas <input type="checkbox"/> ½ red onion <input type="checkbox"/> ½ cup mushrooms <input type="checkbox"/> 1 lemon <input type="checkbox"/> 2 cups cherry tomatoes <input type="checkbox"/> 3 avocados <input type="checkbox"/> 1 onion <input type="checkbox"/> 1 beefstock tomato <input type="checkbox"/> ½ cup red potatoes <input type="checkbox"/> 1 cup bell peppers <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 2 cups diced potatoes <input type="checkbox"/> 1 large yellow zucchini <input type="checkbox"/> 1 small bunch asparagus	<input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 4 cups cooked, shredded chicken <input type="checkbox"/> 1 lb. large shrimp, peeled and deveined <input type="checkbox"/> 1 lb. boneless, skinless chicken breast <input type="checkbox"/> 1 lb. lean ground beef (93% lean) <input type="checkbox"/> 4 boneless center pork chops	<input type="checkbox"/> ¼ cup unsweetened nut milk (almond, coconut, cashew, ect.) <input type="checkbox"/> 4 eggs
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 4 Tbsp. garlic <input type="checkbox"/> 3 tsp. ginger powder <input type="checkbox"/> ½ tsp. crushed red pepper flakes <input type="checkbox"/> 2 Tbsp. ranch seasoning <input type="checkbox"/> 2 Tbsp. dried parsley <input type="checkbox"/> 2 tsp. dried dill <input type="checkbox"/> 1 tsp. onion powder <input type="checkbox"/> ½ tsp. dried chives <input type="checkbox"/> 1 Tbsp. oregano <input type="checkbox"/> salt and pepper	<input type="checkbox"/> 6 Tbsp. coconut aminos <input type="checkbox"/> 3 Tbsp. sesame oil <input type="checkbox"/> 1 Tbsp. honey <input type="checkbox"/> 1 cup buffalo sauce <input type="checkbox"/> 4 ½ Tbsp. coconut oil <input type="checkbox"/> 2 Tbsp. balsamic vinegar <input type="checkbox"/> 1 Tbsp. olive oil
FROZEN	CANNED + JARRED	
<input type="checkbox"/> 1 cup frozen corn kernels	<input type="checkbox"/> ¼ cup chunky peanut butter <input type="checkbox"/> ½ 12oz. can baby corn <input type="checkbox"/> ½ 8oz. can water chestnuts <input type="checkbox"/> ½ 12oz. can black beans	

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

WEEK SIX

RECOMMENDED MEAL PREP DAYS

MONDAY

- Sheet Pan Meal
- Chopped Thai Chicken Salad

TUESDAY

- *No Preparation Needed*

WEDNESDAY

- Shrimp Stir Fry

THURSDAY

- *No Preparation Needed*

FRIDAY

- Buffalo Chicken Bowl

SATURDAY

- Burger with Caramelized Onions

SUNDAY

- Brinner Bowl
- Oven Roasted Pork Chops and Veggies

WEEK SIX

RECIPES

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.

Chopped Thai Chicken Salad

Makes 4 Servings

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

INGREDIENTS

Chicken Salad

- 4 cups cooked shredded chicken
- 1 12 oz. bag coleslaw mix
- ¼ 12 oz. bag matchstick carrots
- 1 cup fresh cilantro, chopped
- ¼ cup peanuts, chopped
- ¼ cup green onions, minced
- 2 serrano peppers, sliced]
- Juice of 1 lime
- Salt to taste

Peanut Sauce:

- ¼ cup unsweetened coconut milk
- ¼ 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
- ½ 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.

WEEK SIX

RECIPES

Shrimp Stir Fry

Makes 4 Servings

Calories 320 | Protein: 24 | Carbs: 38 | Fat: 7

INGREDIENTS

- ½ cup uncooked rice
- ¼ cup coconut aminos
- 3 garlic cloves minced
- 1 Tbsp. honey
- 2 tsp. sesame oil
- Juice of 1 lime
- 1 pound large shrimp peeled and deveined
- 1 red bell pepper sliced
- 1/2 cup carrots, sliced
- 1 cup fresh broccoli florets
- 1 cup sugar snap peas
- ½ 12-ounce can baby corn, drained
- ¼ red onion
- ½ 8-ounce can water chestnuts
- ½ cup mushrooms

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. While rice is cooking, in a small bowl whisk together the coconut aminos, garlic, honey, sesame oil and lime juice. Add shrimp and marinate for 10-15 minutes.
4. In a medium-sized skillet over medium-high heat add the peppers, carrots, broccoli, sugar snap peas, baby corn, water chestnuts and mushrooms. Pour the sauce on top. Cook for about 2-3 minutes or until shrimp is pink.
5. Add broccoli and sugar snap peas. Stir until incorporated and then cover and cook 3-5 minutes or until broccoli is tender.
6. Serve over rice.

Buffalo Chicken Bowl

Makes 4 Servings

Calories: 380 | Protein: 33 | Fat: 12 | Carbs: 32

INGREDIENTS

- 1 lb. boneless, skinless chicken breast
- 1 cup buffalo sauce
- ½ lemon, juiced
- 2 Tbsp. ranch seasoning OR ranch seasoning below
- 1 Tbsp. coconut oil
- 1 cup frozen corn kernels
- ½ 12oz. can black beans
- 1 cup cherry tomatoes, halved
- 1 cup broccoli florets, steamed
- 1 red bell pepper, diced
- 1 avocado, diced

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 400F.
2. Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning, and garlic powder. Transfer all to large baking pan and bake for 18-25 minutes.
3. While chicken is baking, heat skillet over medium heat. Add coconut oil. When fully melted, add broccoli and bell peppers. Sauté about 5 minutes until slightly browned.
4. Add ¼ cup water to pan, cover and steam until tender, 3-4 minutes.
5. Transfer steamed broccoli and peppers to large mixing bowl. Add black beans, corn and cherry tomatoes. Mix to combine. Set aside.
6. When chicken is fully cooked, shred n baking pan and stir to fully incorporate remaining sauce in pan. Let sit for 10 minutes.
7. Add shredded chicken to veggie bowl mixture and stir until fully incorporated.
8. Top with avocado and enjoy!



Shrimp Stir Fry

WEEK SIX

RECIPES

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.

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 SIX

RECIPES

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!

Rice

Makes 4 servings

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

INGREDIENTS

- 1 cups rice
- 2 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 SEVEN

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Oven Roasted Pork Chops and Veggies	Chicken Taco Lettuce Wraps	Optional (pg.12)
TUE.	Mini Frittatas-To-Go	Oven Roasted Pork Chops and Veggies	Buffalo Chicken Meatballs + 1 cup Veggies	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Chicken Taco Lettuce Wraps	Sheet Pan Meal	Optional (pg.12)
THU.	Mini Frittatas-To-Go	Buffalo Chicken Meatballs + 1 cup Veggies	Chicken Stir Fry + ½ cup Rice	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	Buffalo Chicken Salad	Optional (pg.12)
SUN.	Protein Pancakes + 1 cup Berries	Buffalo Chicken Salad	Chicken Stir Fry + ½ cup Rice	Optional (pg.12)

WEEK SEVEN

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1 head butter lettuce <input type="checkbox"/> 1 medium tomato <input type="checkbox"/> ¼ cup corn <input type="checkbox"/> 1 ½ onion <input type="checkbox"/> 5 avocados <input type="checkbox"/> 1 lime <input type="checkbox"/> 14 cups veggies <input type="checkbox"/> 2 ½ bell peppers <input type="checkbox"/> ½ lb. broccoli florets <input type="checkbox"/> 5 carrots <input type="checkbox"/> 1 lemon <input type="checkbox"/> ¼ red onion <input type="checkbox"/> ½ cup cherry tomatoes <input type="checkbox"/> ½ cup mushrooms <input type="checkbox"/> 2 cups chopped spinach	<input type="checkbox"/> 2 slices nitrate-free deli ham <input type="checkbox"/> 1 cup sweet Italian sausage <input type="checkbox"/> 3 lbs. chicken breast, boneless, skinless <input type="checkbox"/> 1 ½ lb. ground chicken or turkey <input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 2 strips nitrate-free bacon	<input type="checkbox"/> 26 eggs <input type="checkbox"/> ¼ cup unsweetened nut milk (almond, coconut, cashew, ect.) <input type="checkbox"/> ¼ cup shredded cheddar <input type="checkbox"/> ¼ cup grated parmesan <input type="checkbox"/> ½ cup almond flour <input type="checkbox"/> optional: blue cheese crumbles <input type="checkbox"/> ½ cup feta cheese
	SPICES	
	<input type="checkbox"/> 2 Tbsp. fresh dill <input type="checkbox"/> 3 Tbsp. taco seasoning (reduced sodium) <input type="checkbox"/> ¼ cup fresh cilantro <input type="checkbox"/> 2 Tbsp. ranch seasoning <input type="checkbox"/> 4 Tbsp. dried parsley <input type="checkbox"/> 4 tsp. dried dill <input type="checkbox"/> 3 Tbsp. garlic powder <input type="checkbox"/> 2 tsp. onion powder <input type="checkbox"/> ½ tsp. dried chives <input type="checkbox"/> 1 Tbsp. ginger powder <input type="checkbox"/> ½ Tbsp. granulated garlic <input type="checkbox"/> 1 tsp. dried red pepper flakes <input type="checkbox"/> 2 Tbsp. ranch seasoning <input type="checkbox"/> 2 Tbsp. garlic <input type="checkbox"/> 1 Tbsp. Italian season <input type="checkbox"/> salt and pepper	DRY
		<input type="checkbox"/> 2 cups rice <input type="checkbox"/> 1 scoop Life Time vanilla whey protein powder <input type="checkbox"/> 2 Tbsp. coconut flour <input type="checkbox"/> ¼ tsp. baking powder <input type="checkbox"/> ¼ tsp. baking soda
CANNED + JARRED		CONDIMENTS + OILS
<input type="checkbox"/> 2 Tbsp. pesto <input type="checkbox"/> ½ cup black beans <input type="checkbox"/> ½ cup salsa (no sugar added) <input type="checkbox"/> ¼ cup hot sauce <input type="checkbox"/> 1 6oz. can water chestnuts <input type="checkbox"/> 1 cup buffalo sauce <input type="checkbox"/> 3 oz. sun-dried tomatoes		<input type="checkbox"/> olive oil cooking spray <input type="checkbox"/> 4 Tbsp. coconut oil <input type="checkbox"/> 3 Tbsp. olive oil <input type="checkbox"/> ½ Tbsp. sesame oil <input type="checkbox"/> ½ cup coconut aminos or gluten free soy sauce <input type="checkbox"/> Coconut oil cooking spray

WEEK SEVEN

RECOMMENDED MEAL PREP DAYS

MONDAY

- Mini Frittatas-To-Go
- Chicken Taco Lettuce Wraps

TUESDAY

- Buffalo Chicken Meatballs
- Roasted Veggies

WEDNESDAY

- Sheet Pan Meal

THURSDAY

- Chicken Stir Fry
- Rice

FRIDAY

- *No Preparation Needed*

SATURDAY

- Avocado Boats
- Buffalo Chicken Salad

SUNDAY

- Protein Pancakes
- Mediterranean Egg Cups

WEEK SEVEN

RECIPES

Mini Frittatas-To-Go

Makes 4 Servings

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

INGREDIENTS

- Olive oil cooking spray
- 12 eggs
- 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

Chicken Taco Lettuce Wraps

Makes 4 Servings

Calories: 430 | Protein: 35 | Fat: 24 | Carbs: 28

INGREDIENTS

- 2 Tbsp. coconut oil
- 1 lb. chicken breast, cut into 1" cubes
- 3 Tbsp. reduced sodium taco seasoning
- 1 head butter lettuce
- 1 medium tomato, diced
- $\frac{1}{2}$ onion
- $\frac{1}{4}$ cup corn
- $\frac{1}{4}$ cup cilantro, finely minced
- $\frac{1}{2}$ cup black beans
- 1-2 avocados
- $\frac{1}{2}$ cup salsa (No added sugar)
- 1 lime

DIRECTIONS

1. Heat oil over a medium skillet. Place cubed chicken into a bowl and add taco seasoning, mixing so chicken is evenly coated. Add chicken to the skillet and cook until thoroughly cooked, about 7-8 minutes, flipping throughout to ensure even heat. Put chicken aside.
2. Peel the leaves of the butter lettuce from the core and stack them on a plate.
3. In a bowl, mix tomato, onion, corn, cilantro, black beans, salsa and lime. Based on your preference, you can mix in the avocado here, or keep it as a separate topping.
4. Select 2 leaves of lettuce (for stability) and place chicken topped with salsa mix and avocado on top. Enjoy!

WEEK SEVEN

RECIPES

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!

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 SEVEN

RECIPES

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 SEVEN

RECIPES

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.

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.



Avocado Boats

WEEK SEVEN

RECIPES

Buffalo Chicken Salad

Makes 2 Servings

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

INGREDIENTS

- 1 lb. boneless, skinless chicken breast
- 1 cup buffalo sauce
- ½ lemon, juiced
- 2 Tbsp. ranch seasoning OR ranch seasoning below
- ½ Tbsp. garlic powder
- 3 large carrots, sliced
- ¼ red onion, diced
- ½ cup cherry tomatoes, halved
- Optional: blue cheese crumbles

Avocado Dressing

- 1/2 large avocado
- 3 Tbsp. olive oil
- 1/4 cup water, or more for thinner consistency
- ½ lemon, juiced
- 1 Tbsp. garlic powder
- salt and pepper, to taste

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 400F.
2. Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning, and garlic powder. Transfer all to large baking pan and bake for 18-25 minutes.
3. While chicken is baking, combine avocado dressing ingredients in a blender and blend until smooth. Set aside.
4. When chicken is fully cooked, shred n baking pan and stir to fully incorporate remaining sauce in pan.
5. In a large bowl, add spring mix, carrots, red onion and cherry tomatoes.
6. When ready to eat, add shredded chicken, avocado dressing and optional blue cheese crumbles. Enjoy!

WEEK SEVEN

RECIPES

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.

Mediterranean Egg Cups

Makes 6 Servings

Calories: 305 | Protein: 26 | Fat: 19 | Carbs: 7

INGREDIENTS

- 1 Tbsp. coconut oil
- 1/4 medium yellow onion, chopped
- ½ red bell pepper, diced
- 2 Tbsp. garlic
- ½ cup mushrooms, diced
- ½ pound ground turkey
- 3 ounces sun-dried tomatoes, chopped
- 2 cups chopped spinach
- ½ cup feta cheese, crumbled
- 1 Tbsp. Italian seasoning
- Coconut oil cooking spray
- 8 eggs

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray 12-muffin tin with non-stick cooking oil spray.
3. Heat coconut oil over medium heat. Add onions and red pepper, stir to cook for 3-4 minutes. Add garlic and mushrooms, cook for 4 minutes.
4. Add ground turkey and sauté until fully cooked.
5. Add sun-dried tomatoes and spinach cooking until spinach is fully incorporated and wilted into mixture. Stir in feta and remove from heat.
6. Evenly divide turkey mixture into muffin tin.
7. In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
8. Bake 25 minutes. Serve and enjoy!

*Store in a zip-lock bag in the refrigerator for 3-4 days

WEEK EIGHT

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Mediterranean Egg Cups	Chicken Stir Fry + ½ cup Rice	Blackened Salmon Caesar Salad	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Sheet Pan Meal	Chicken Stir Fry + ½ cup Rice	Optional (pg.12)
WED.	Mediterranean Egg Cups	Blackened Salmon Caesar Salad	Sheet Pan Meal	Optional (pg.12)
THU.	Meal Replacement Protein Shake	One Pan Sausage and Veggie Bake	Healthy Fried Rice	Optional (pg.12)
FRI.	Mediterranean Egg Cups	Healthy Fried Rice	Out to Eat	Optional (pg.12)
SAT.	Breakfast Hash	Brinner Bowl	One Pan Sausage and Veggie Bake	Optional (pg.12)

WEEK EIGHT

GROCERY LIST

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 12 oz. shaved brussels sprouts <input type="checkbox"/> 8 cups veggies <input type="checkbox"/> 2 cups sweet potatoes or butternut squash <input type="checkbox"/> 1 cup brussels sprouts <input type="checkbox"/> 3 large carrots <input type="checkbox"/> 1 beet <input type="checkbox"/> 4 bell peppers <input type="checkbox"/> 1 ¼ red onion <input type="checkbox"/> 1 cup frozen peas <input type="checkbox"/> ¼ yellow onion <input type="checkbox"/> ½ cup red potato diced <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 1 medium sweet potato	<input type="checkbox"/> 4 strips nitrate free bacon <input type="checkbox"/> 2 salmon filets, skin on <input type="checkbox"/> 1 lb. protein <input type="checkbox"/> 1 package cooked chicken sausage links <input type="checkbox"/> ¾ lb. boneless, skinless chicken breast <input type="checkbox"/> 4 breakfast sausage links	<input type="checkbox"/> ½ cup full-fat greek yogurt <input type="checkbox"/> 4 Tbsp. parmesan cheese <input type="checkbox"/> 9 large eggs
	SPICES	DRY
	<input type="checkbox"/> 1 tsp. cumin <input type="checkbox"/> 1 ½ tsp. chili powder <input type="checkbox"/> 2 tsp. garlic powder <input type="checkbox"/> ½ tsp. onion powder <input type="checkbox"/> 1 tsp. paprika <input type="checkbox"/> 1 sprig fresh rosemary <input type="checkbox"/> 2 cloves garlic <input type="checkbox"/> salt and pepper	<input type="checkbox"/> 1 cup cooked quinoa <input type="checkbox"/> 1 cup cooked basmati rice
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
	<input type="checkbox"/> 1-2 Tbsp. Dijon mustard	<input type="checkbox"/> ½ tsp. Worcestershire sauce <input type="checkbox"/> 1 Tbsp. olive oil <input type="checkbox"/> 1 Tbsp. sesame oil <input type="checkbox"/> 3.5 Tbsp. coconut oil <input type="checkbox"/> 3 Tbsp. coconut aminos
<p>Don't forget to include ingredients for snacks and protein shakes!</p>		

WEEK EIGHT

RECOMMENDED MEAL PREP DAYS

MONDAY

- Blackened Salmon Caesar Salad
- Sheet Pan Meal

TUESDAY

- *No Preparation Needed*

WEDNESDAY

- One Pan Sausage and Veggie Bake

THURSDAY

- Healthy Fried Rice

FRIDAY

- *No Preparation Needed*

SATURDAY

- Breakfast Hash
- Brinner Bowl

WEEK EIGHT

RECIPES

Blackened Salmon Caesar Salad

Makes 4 Servings

Calories: 270 | Protein: 25 | Fat: 13 | Carbs: 13

INGREDIENTS

- 4 strips nitrate-free bacon, chopped
- 2 salmon filets, skin on
- 1 tsp. cumin
- 1 ½ tsp. chili powder
- 1 tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. paprika
- Juice of ½ lemon
- 12 oz. shaved brussels sprouts
- Salt and pepper to taste

Caesar Dressing

- ½ cup full-fat greek yogurt
- ½ lemon juice and zest
- 1-2 Tbsp. Dijon mustard
- ½ tsp. Worcestershire sauce
- 1 Tbsp. garlic powder
- 4 Tbsp. parmesan cheese

DIRECTIONS

Blackened Salmon

1. Cut salmon to desired size, season with dry seasonings (Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning, and garlic powder. Transfer all to large baking pan and bake for 18-25 minutes.
2. Heat oil in skillet until hot. Place salmon, skin side up and cook 2-3 minutes. Flip and cook an additional 4-5 minutes.

Salad

1. Heat skillet over medium heat, add chopped bacon and cook through. Set aside.
2. Whisk together caesar dressing ingredients, set aside.
3. In a large bowl, combine shaved brussels sprouts, bacon, parmesan and caesar dressing. Toss to combine.
4. Serve and top with blackened salmon filets.
5. Salt and pepper to taste.

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 EIGHT

RECIPES

One Pan Chicken Sausage and Veggie Bake

Makes 4 Servings

Calories: 290 | Protein: 15 | Fat: 15 | Carbs: 26

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!

Healthy Fried Rice

Makes 4 Servings

Calories: 320 | Protein: 24 | Fat: 7 | Carbs: 38

INGREDIENTS

- 1 cup cooked quinoa (about 1/3 cup dry)
- 1 cup cooked basmati rice (about 1/3 cup dry)
- 3/4 lb. boneless skinless chicken breasts, diced into 3/4-inch pieces
- 1 Tbsp. sesame oil, divided
- 1 Tbsp. coconut oil
- 1 cups frozen peas
- 1 cup carrots, finely chopped
- 1/4 cup yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 large eggs
- 3 Tbsp. coconut aminos
- Salt and freshly ground black pepper

DIRECTIONS

1. In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the coconut oil over medium-high heat. Once hot, add chicken pieces, season lightly with salt and pepper and sauté until cooked through, about 5 - 6 minutes. Transfer chicken to a plate and set aside.
2. In separate, small skillet, add 1/2 tsp. coconut oil and scramble eggs. Remove from heat and set aside.
3. Return large skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 tsp coconut oil. Add peas, carrots and onions and sauté 1 minute. Add garlic and sauté 1 minute longer. Return chicken and eggs to skillet along with rice and quinoa mix. Add in coconut aminos and season with salt and pepper to taste.

WEEK EIGHT

RECIPES

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!

Breakfast Hash

Makes 2 Servings

Calories: 290 | Protein: 23 | Carbs: 17 | Fat: 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!

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Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.