

TABLE OF

CONTENTS

3	How to Use the Meal Plan						
5	Tips to 60day the Right Way						
7	Your Healthy Plate						
8	How to Build a Super Smoothie						
9	How to Build a Sheet Pan Meal						
11	Recommended Snacks						
12	The Key to Meal Prep						
13	Calorie Add-Ons						
14	Stuck In a Pinch?						
15	Week 1						
25	Week 2						
37	Week 3						
47	Week 4						
55	Week 5						
65	Week 6						
75	Week 7						
84	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 to make your nutrition easier but enough flexibility to work for each individual.

Here's how it works. We've set up three primary meals daily, but you can 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 to 2 snacks daily. Do what works best for you and what's easiest for you to adhere to your program.

Remember — if it's too complicated or restrictive, you won't be able to keep it up. The goal 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 "Entrées" section of the site is approved. If you find a recipe online you want to use but aren't sure if it's approved, reach out to 60day@lt.life.

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

THE BASE

Each day is programmed to have about 70 percent of your total daily calories needed (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 13).

WOMEN

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

Protein: 30% or 135gCarbs: 35% or 170gFat: 35% or 70g

MEN

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

Protein: 30% or 185gCarbs: 35% or 220gFat: 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 to 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 is a lifestyle program that includes eating the right foods, 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 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, because 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 — since 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
- Sweat Peas (frozen)
- Sweet Potatoes

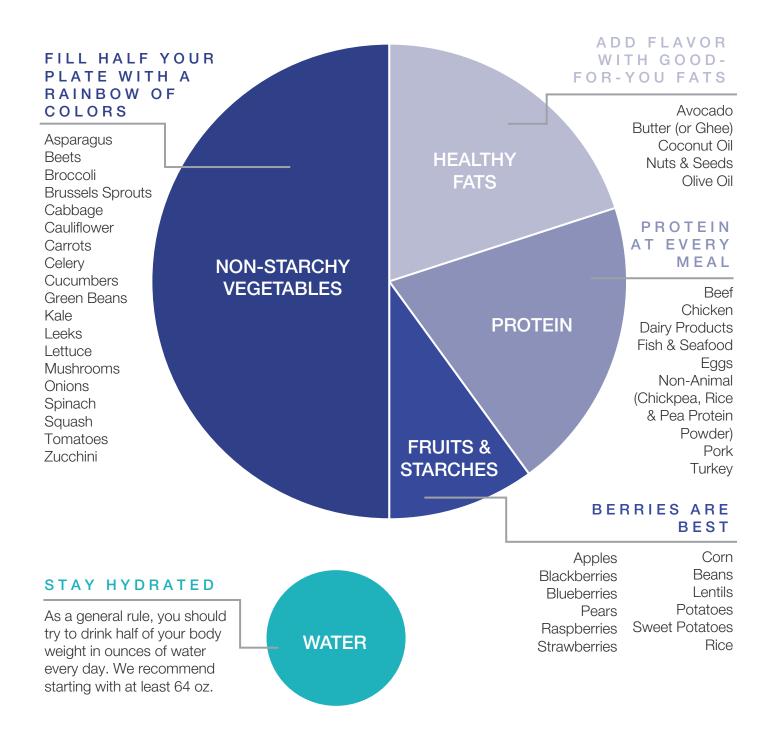


YOUR

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.

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





BUILD A 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, flaxseeds
6	Ronus	vanilla extract mint extract oats coconut cinnamor

For more shake recipes, visit <u>lifetime60day.com/recipes</u>

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.

Liquid ______ water, nut milk
 Protein _____ protein powder
 Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon





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 SETUP

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 to 35 minutes
Salmon	400° F	8 to 12 minutes
Tilapia/Halibut	400° F	8 to12 minutes
Pork Chops	400° F	25 to 35 minutes
Shrimp	400° F	10 minutes

3. CHOOSE YOUR VEGETABLES

Ideally, choose 2 to 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 to 60 minutes
Beets, Cabbage (wedges), Carrots, Kohlrabi, Parsnips, Potatoes, Sweet Potatoes, Turnips, Butternut Squash	400° F	30 to 45 minutes
Artichoke Hearts, Broccoli, Brussels Sprouts, Cauliflower, Mushrooms, Eggplant, Cherry Tomatoes	400° F	15 to 30 minutes
Asparagus, Green Beans, Corn, Onions (chopped), Peas, Bell Peppers, Radishes, Yellow Squash, Zucchini, Garlic	400° F	10 to 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.

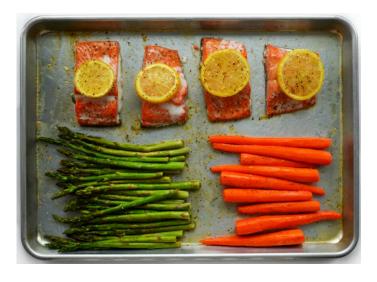


HOW TO

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 to 20 minutes
Chicken	Broccoli, Carrots	Olive Oil, Lemon, Garlic, Italian Seasoning	375° F	30 to 35 minutes
Salmon	Asparagus	Butter, Honey, Oregano	375° F	40 to 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 to 40 minutes
Pork Chops	Potatoes, Yellow Zucchini, Asparagus	Olive Oil, Oregano, Salt, Pepper	375° F	35 to 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
- ½ cup cucumber slices + 2 tbs. guacamole
- 2 hard-boiled eggs
- Small apple
- Whole red pepper + 2 tbs. hummus
- ¼ cup olives (about 10)
- 10 celery strips with 2 tbs. 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
- <u>Almond Butter Blender Muffins</u>
- 1 nitrate-free beef jerky stick

For more snack recipes, visit <u>lifetime60day.com/recipes</u>





THE KEY

TO MEAL PREP

Setting aside time on the weekends to batch cook multiple servings in bulk ensures you have easy, delicious gotos 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 and 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. <u>6 Ingredient Pulled Chicken</u> for salads and lettuce wraps
- 7. Overnight oats
- 8. Baked sweet potatoes



CALORIE

ADD-INS

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 to 100 CALORIES

- 1 bell pepper
- 1 small banana
- 1 medium apple
- 2 tbs. hummus
- 1 serving Life Time Collagen Protein
- · 2 egg whites

100 to 200 CALORIES

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

200 to 300 CALORIES

- 1 cup rice
- 1 cup quinoa
- 1 serving Life Time Vegan All in One Protein or Whey All in One Protein
- 1/4 cup almonds
- 1 cup black beans

300 to 350 CALORIES

- 1 whole avocado
- ½ cup pistachios







STUCK

IN A PINCH?

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

- 1. Double-protein lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.
- 2. Burrito bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole hold the cheese and sour cream.
- 3. Bun-less burger (optional add of avocado or bacon) topped with lettuce and tomato, with a side salad or a side of streamed veggies.
- 4. Pick up a rotisserie chicken and a bag of microwavable 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 to 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.





MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Mediterranean Egg Bites	Fall Harvest Salad	Honey-Glazed Salmon and Veggies + ½ cup Rice	Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Steak Bites with Sweet Potatoes and Peppers + ½ cup Rice	Chicken Bacon Ranch Bowl + ½ cup Rice	Optional (pg.11)
WED.	Mediterranean Egg Bites	Cuban Bowl	Honey-Glazed Salmon and Veggies + ½ cup Rice	Optional (pg.11)
THU.	Meal Replacement Protein Shake	Chicken Bacon Ranch Bowl + ½ cup Rice	Fall Harvest Salad	Optional (pg.11)
FRI.	Mediterranean Egg Bites	Cuban Bowl	Steak Bites with Sweet Potatoes and Peppers + ½ cup Rice	Optional (pg.11)
SAT.	Breakfast Hash + 1 cup Berries	Brinner Bowl	Chicken Bacon Ranch Bowl + ½ cup Rice	Optional (pg.11)
SUN.	Breakfast Hash + 1 cup Berries	Chicken Bacon Ranch Bowl + ½ cup Rice	Taco Soup	Optional (pg.11)



GROCERY LIST

PRODUCE		MEAT		DAIRY	
	1 yellow onion 1 red bell pepper 1/2 cup mushrooms 4 cups spinach 4 cups kale 2 cups shredded brussels sprouts 4 sweet potatoes 1/2 honey crisp apple 2 lemons 1 bunch asparagus 8 to 12 large carrots 1/2 onion 4 bell peppers 1 sprig of fresh rosemary 2 cups broccoli florets 1 cup shredded lettuce 1/2 cup red onion 1/2 cup red potatoes 1 cup cherry tomatoes 4 cups berries (strawberries,		2½ lbs. ground turkey 1 lb. cooked, shredded chicken 1 lb. skin-on salmon filet 1 lb. skirt steak 2 lbs. boneless, skinless chicken breast 14 slices of bacon 1½ lb. pork shoulder roast 4 breakfast sausage links SPICES 7 tbs. minced garlic 1 tbs. Italian seasoning 1 tbs. oregano 1 tbs. dried parsley 1 tbs. dried dill ½ tbs. dried chives 1 tsp. garlic powder ½ tsp onion powder Himalayan salt		½ cup feta cheese 14 eggs 4 slices Swiss cheese (optional) DRY 4 cups rice CONDIMENTS + OILS 6 tbs. coconut oil Coconut oil cooking spray 8 tbs. olive oil 4 tbs. balsamic vinegar 1 tbs. maple syrup 1 tsp. Dijon mustard 3 tbs. butter or ghee 2 tbs. honey 1 tbs. coconut aminos
	blueberries, raspberries, etc.)		1 tbs. taco seasoning		4 tbs. mustard
			Salt and pepper DRY		4 tsp. hot sauce
			DR1		CANNED + JARRED
			1/4 cup pecans 1/2 cup dried cranberries		3 oz. sundried tomatoes ½ cup pickles 2 tbs. tomato paste 1 can Rotel 1 can black beans 1 can tomatoes, diced 2 cups chicken stock

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



RECOMMENDED MEAL PREP DAYS

SUNDAY

- Mediterranean Egg Bites
- Fall Harvest Salad

MONDAY

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

TUESDAY

- · Chicken Bacon Ranch Bowl
- Cuban Bowl

WEDNESDAY

No Preparation Needed

THURSDAY

· No Preparation Needed

FRIDAY

No Preparation Needed

SATURDAY

- · Breakfast Hash
- Brinner Bowl

SUNDAY

Taco Soup



RECIPES

Mediterranean Egg Cups

Makes 6 Servings

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

INGREDIENTS

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

DIRECTIONS

- Preheat oven to 350° F. 1.
- 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 to 4 minutes. Add garlic and mushrooms. Cook for 4 minutes.
- Add ground turkey and sauté until fully cooked. 4.
- Add Italian seasoning, sun-dried tomatoes and spinach, cooking until spinach is fully incorporated and wilted into mixture. Stir in feta and remove from heat.
- Evenly divide turkey mixture into muffin tin. 6.
- 7. In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
- Bake 25 minutes. Serve and enjoy!

Note: Store in a Ziploc bag in the refrigerator for 3 to 4 days



RECIPES

Fall Harvest Salad

Makes 4 Servings

Calories: 390 | Protein: 25 | Fat: 22 | Carbs: 28

INGREDIENTS

- Salad
- 1 lb. shredded chicken, cooked
- 4 cups chopped kale
- · 2 cups brussels sprouts, shredded
- 1 medium sweet potato, diced 1"
- ½ honey crisp apple, diced
- 1/4 cup pecans, chopped
- 1/4 cup dried cranberries, no sugar added
- · Balsamic Vinaigrette
- ¼ cup olive oil
- 2 tbs. balsamic vinegar
- 1 tbs. maple syrup
- 1 tsp. Dijon mustard
- 1 clove garlic, minced
- · Salt and pepper to taste

- 1. Start by preheating your oven to 425 degrees F.
- In a medium bowl, toss diced sweet potato with olive oil, salt, and pepper. Bake for 15 to 25 minutes until golden brown, turning halfway.
- 3. While baking, prepare vinaigrette by mixing all ingredients together.
- Add vinaigrette to kale and brussels sprouts and 4. toss until fully coated. Let sit at least 15 minutes.
- Add remaining ingredients and toss together. 5.
- 6. Enjoy!



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 to 12 large carrots

3 tbs. unsalted butter or ghee, melted

2 tbs. honey

1 tbs. oregano

2 tbs. olive oil

Salt and pepper, to taste

DIRECTIONS

Preheat oven to 375° F.

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 tablespoons of olive oil. Place carrots 1/3 of the pan and top lightly with 1 tablespoon of honey butter mixture.

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

Remove baking sheet from the oven and add salmon and asparagus, then top with the remainder of the honey butter mixture and 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 16 servings

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

INGREDIENTS

- 4 cups rice
- 8 cups water
- Pinch salt

- 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 to 20 minutes.
- 3. Remove from stove and enjoy!



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 tbs. coconut oil
- 2 bell peppers, diced
- 1 tbs. coconut aminos
- · 2 tbs. 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 to 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 for 1 to 2 minutes. Add cubed steak bites and cook 9 to 10 minutes until browned. Remove from pan and set aside.
- 3. Add the sweet potatoes, and cook until browned. About 2 to 4 minutes.
- 4. Add the bell peppers and sauté an additional 3 to 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!

Chicken Bacon Ranch Bowl

Makes 8 Servings

Calories: 240 | Protein: 37 | Fat: 7 | Carbs: 5

INGREDIENTS

- 2 lb. boneless, skinless chicken breast, cut into 1" pieces
- · 6 slices bacon, nitrate-free
- 1 sweet potato, cubed
- · 2 cups broccoli florets, cut as needed into bitesized pieces

Ranch Seasoning

- 1 tbs. dried parsley
- 1 tbs. dried dill
- ½ tbs. dried chives
- 1 tsp. garlic powder
- ½ tsp. onion powder
- 1/4 tsp. black pepper
- ½ tsp. salt

- 1. Preheat oven to 425° F and line sheet pan with parchment paper. Set aside.
- 2. In a small bowl, combine ranch seasoning ingredients.
- 3. Add the chicken, bacon, broccoli and sweet potatoes to a large bowl. Toss with olive oil and ranch seasoning until fully coated. Transfer to sheet pan and spread evenly.
- 4. Roast in the oven for 28 to 30 minutes or until chicken reads 165° F and the broccoli and sweet potatoes are soft.



RECIPES

Cuban Bowl

Makes 4 Servings

Calories: 350 | Protein: 31 | Fat: 13 | Carbs: 1

INGREDIENTS

- 1½ lb. pork shoulder roast (cooked or follow instructions below)
- 8 bacon slices (only if making pork)
- 1½ tbs. pink Himalayan sea salt
- 1 cup shredded lettuce
- 4 tbs. mustard
- ½ cup pickles
- Optional: 4 slices of Swiss cheese

DIRECTIONS

Pulled Pork

- 1. Line bottom of slow cooker with 4 slices of bacon.
- 2. Rub pork roast all over with 1½ tablespoons of salt and place in slow cooker.
- 3. Pour liquid smoke over roast, and top with 4 more bacon slices.
- 4. Cook 4 to 6 hours in slow cooker on high.
- 5. When done, remove roast from slow cooker and let rest before shredding.
- 6. Remove and drain liquid from slow cooker.

Cooked Pork

- 1. Divide pork evenly between 4 bowls.
- 2. Top with lettuce, mustard, pickles and optional Swiss cheese.
- 3. Enjoy!

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 tbs. coconut oil
- Salt and pepper to taste

- 1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in the pan.
- 2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5 to 8 minutes until browned.
- 3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8 to 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 to 3 minutes, until eggs are cooked to your desired consistency.
- 6. Remove from oven, top with salt and pepper, and enjoy!



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
- 1½ tbs. coconut oil
- 2 eggs

DIRECTIONS

- 1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoon and sauté potato until crispy. Remove and set aside.
- 2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low heat, 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 ega. Enjoy!

Taco Soup

Makes 6 servings

Calories: 305 | Protein: 17 | Fat: 15 | Carbs: 22

INGREDIENTS

- 2 lb. ground turkey
- 1½ tsp. garlic, minced
- 2 tbs. olive oil
- 2 tbs. tomato paste
- 1 tbs. taco seasoning
- 1 can Rotel
- 1 can black beans
- 1 can tomatoes, diced
- 2 cups chicken stock
- 4 tsp. hot sauce

- 1. In a large pot, cook turkey over medium heat until no longer pink, breaking it into crumbles. Drain grease.
- 2. Add taco seasoning and mix well.
- 3. Stir in the remaining ingredients.
- 4. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.





Taco Soup

RECIPES

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Taco Soup	Creamy Chicken Tortilla Soup	Optional (pg.11)
TUE.	Make-Ahead Breakfast Bowls	Sweet Potato, Apple and Maple Turkey Skillet	One-Pot Creamy Mushroom and Chicken Rice	Optional (pg.11)
WED.	Meal Replacement Protein Shake	Taco Soup	Sweet Potato, Apple and Maple Turkey Skillet	Optional (pg.11)
THU.	Make-Ahead Breakfast Bowls	Creamy Chicken Tortilla Soup	Beef Stir Fry + ½ cup Rice	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	One-Pot Creamy Mushroom and Chicken Rice	Optional (pg.11)
SAT.	Protein Pancakes + 1 cup Berries	Beef Stir-Fry + ½ cup Rice	Creamy Chicken Tortilla Soup	Optional (pg.11)
SUN.	Breakfast Sweet Potato	One-Pot Creamy Mushroom and Chicken Rice	Honey Mustard Chicken	Optional (pg.11)



GROCERY LIST

PRODUCE		MEAT		DAIRY	
	1/2 onion 1/2 cup cilantro 1 cup frozen corn kernels 5 sweet potatoes 13 cups spinach 1 cup cherry tomatoes		3 ½ lb. boneless, skinless chicken breast 3 lb. ground turkey 1 lb. skirt steak 2 lb. boneless, skinless chicken thighs		5 eggs
	Optional: avocado		SPICES		DRY
	4 cups brussels sprouts 1 apple 11/4 yellow onion 31/2 cup baby bella mushrooms 1 to 2 limes 1/4 lb. snow peas or green beans 1/2 lb. green beans 2 cups broccoli florets 1 red bell pepper 1 to 2 large carrots 4 bananas 1 zucchini		17 garlic cloves, minced 1 tsp. cumin ½ tsp. dried oregano 2 tbs everything bagel seasoning 3 tbs. cinnamon 2 tsp. thyme 2 tsp. paprika		1 cup cashews, raw and unsalted 2 cups rice 5 servings vanilla Life Time Whey Protein Powder 2 tbs. coconut flour 1/4 tsp. baking powder 1/4 tsp baking soda 3 tbs. chia seeds 1 cup gluten-free oats 1/2 cup chopped pecans
	2 cups berries (strawberries,			COI	NDIMENTS + OILS
	blueberries, raspberries, etc.) Optional toppings: raisins, strawberries, blueberries, chocolate chips, etc.		CANNED + JARRED 5¼ cups chicken broth 8 oz. can tomato sauce 2 tsp. chipotle chili in adobe sauce 15 oz. can black beans 14 oz. can petite diced tomatoes 1 can full-fat coconut milk 1 ¼ cup unsweetened vanilla almond or coconut milk 2 tbs. creamy peanut butter		3 tsp. olive oil 4 tbs. coconut oil Optional: hot sauce or salsa Cooking spray 2 tsp. maple syrup ¼ cup coconut aminos 5 tbs. honey 5 tbs. avocado oil ½ cup Dijon mustard 2 tbs. apple cider vinegar 1 tbs. vanilla extract

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. 30)



RECOMMENDED MEAL PREP DAYS

MONDAY

- · Make-Ahead Breakfast Bowls
- · Creamy Chicken Tortilla Soup
- · Sweet Potato, Apple and Maple Turkey Skillet

TUESDAY

· One-Pot Creamy Mushroom and Chicken Rice

WEDNESDAY

No Preparation Needed

THURSDAY

- Beef Stir-Fry
- Rice

FRIDAY

No Preparation Needed

SATURDAY

Protein Pancakes

SUNDAY

- · Breakfast Sweet Potatoes
- · Honey Mustard Chicken
- Banana Protein Muffins



RECIPES

Creamy Chicken Tortilla Soup

Makes 6 Servings

Calories: 425 | Protein: 44 | Fat: 11 | Carbs: 30

INGREDIENTS

- 2 tsp. olive oil
- ½ cup onion, chopped
- · 3 cloves garlic, minced
- 3 cups chicken broth, unsalted
- 8 oz. can tomato sauce
- 2 tsp. chipotle chili in adobo sauce, or more to taste
- 1/4 cup chopped cilantro, plus more for garnish
- 15 oz. can black beans, rinsed and drained
- 14½ oz. can petite diced tomatoes
- 1 cup corn, frozen
- 1 tsp. cumin
- ½ tsp. dried oregano
- 1½ lbs. chicken breast, boneless, skinless (or precooked and shredded)
- Cashew Cream
- 1 cup raw, unsalted cashews
- ½ cup water

- 1. Add cashews to a bowl and cover with boiling water. Let them soak while you chop your veggies and prep the soup.
- 2. Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft, 3 to 4 minutes. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil. Add chopped cilantro and remove from heat. Pour into crock pot.
- 3. Add remaining ingredients (aside from cashew cream) and stir. Cover and cook on low heat for 4 to 6 hours.
- 4. Just before soup is done, make the cashew cream. Drain the cashews and add them to a blender along with ½ cup of water. Blend on high for 1 minute or until VERY thick and creamy.
- 5. Remove chicken and shred. Add back to soup.
- 6. Add cashew cream to soup and stir until well mixed.
- 7. Add salt and pepper to taste. Serve with fresh chopped cilantro and tortilla chips, if desired. Enjoy!



RECIPES

Make-Ahead Breakfast Bowls

Makes 4 Servings

INGREDIENTS

- 1 tbs. olive oil
- 1 large sweet potato
- · 2 tbs. everything bagel seasoning
- 1 tbs. coconut oil
- 1 tbs. minced garlic
- 1 lb. ground turkey
- 8 cups spinach
- 1 cup halved cherry or grape tomatoes
- 4 eggs (fried, scrambled, soft boiled, whatever your preference)
- · Sea salt and freshly ground black pepper, to taste
- · Hot sauce or salsa, optional
- · Avocado, optional

- 1. Preheat oven to 425 degrees F and line baking sheet with parchment paper.
- 2. Toss cubed sweet potatoes with olive oil and evenly distribute on baking sheet and sprinkle everything bagel
- 3. Bake 15 to 25 minutes, stirring halfway through until golden brown.
- 4. While sweet potatoes are baking, heat skillet over medium heat.
- 5. Add coconut oil and garlic, stir, and cook for 1 minute.
- 6. Add ground turkey and sauté 5 to 7 minutes until almost cooked through.
- 7. Add spinach and cherry tomatoes and sauté until turkey is fully cooked. Salt and pepper to taste and set aside.
- 8. Prep your eggs hard boiled, scrambled, fried, etc.
- 9. Evenly distribute all ingredients between 4 bowls, top with additional everything bagel seasoning and enjoy!



RECIPES

Sweet Potato, Apple & Maple Turkey Skillet

Makes 6 Servings

Calories: 360 | Protein: 33 | Fat: 16 | Carbs: 22

INGREDIENTS

- 4 cups Brussels sprouts
- · 2 medium sweet potatoes, cubed
- · Cooking spray, avocado or coconut oil
- 1 tbs. coconut oil
- 2 lb. ground turkey
- 4 cloves minced garlic
- 1 apple, cored and chopped
- 4 to 5 cups raw spinach
- 2 tsp. maple syrup
- 1 tbs. cinnamon
- · Salt to taste

DIRECTIONS

- 1. Preheat oven to 400° F.
- 2. Wash, trim, and halve the Brussels sprouts and wash and chop the sweet potatoes.
- 3. Grease sheet pan with coconut oil or bacon oil. Add halved Brussels sprouts to sheet pan. Gently salt and mix, spraying any dry areas with cooking spray. Spread into an even layer and bake in oven for 20 to 25 minutes or until outer leaves turn bronze.
- 4. While Brussels sprouts and sweet potatoes are roasting, heat coconut oil in a large stockpot over medium heat. Add turkey, garlic and salt to taste and cook until browned. Add apples about halfway through cooking.
- 5. Once turkey is cooked through, mix in spinach, maple extract, cinnamon and salt to taste.

Serve turkey mixture on top of roasted Brussels sprouts. Enjoy!



RECIPES

One-Pot Creamy Chicken and Mushroom Rice

Makes 6 Servings Calories 340 | Protein 32 | Carbs 12 | Fat 19

INGREDIENTS

- 1 tbs. olive oil
- 1 small yellow onion, diced
- 2 cloves minced garlic
- 2 lb. chicken breast
- 2 1/4 cups chicken broth
- 3 cups baby portabella mushrooms
- 1 cup rice
- 1 tsp. salt
- 1/4 tsp. pepper
- · 2 tsp. thyme
- 1 can full-fat coconut milk

- 1. Press the sauté button on your pressure cooker. Add the olive oil, garlic and onion, sauté for 2 to 3 minutes.
- 2. Add the chicken broth, mushrooms, rice, salt, pepper, and thyme.
- 3. Stir the ingredients in the pressure cooker add the chicken pieces on top. Close the lid, set the valve to "sealing", and cook on high pressure for 12 to 15 minutes.
- 4. Once the countdown has completed, let the pressure release naturally for 5 minutes, then quick release the rest of the pressure.
- 5. Pull the chicken and re-add to the pot with full-fat coconut milk.
- 6. Stir until combined and serve.



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 tsp. honey
- 2 tbs. freshly squeezed lime juice (1 to 2 limes)
- 2 tbs. coconut oil
- · 2 cloves garlic, grated
- 1/4 lb. snow peas or green beans
- · 2 cups broccoli florets
- 1 red bell pepper, thinly sliced
- 1 to 2 large carrots, sliced
- ½ 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

- 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 to 20 minutes.
- 3. Remove from stove and enjoy!



RECIPES

Protein Pancakes

Makes 2 Servings

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

INGREDIENTS

- 1 large (organic) egg
- 1 scoop vanilla Life Time Whey Protein Powder
- 2 tbs. organic coconut flour
- 1/4 cup unsweetened vanilla almond milk
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda

- 1. Beat all ingredients together on low until protein powder is dissolved.
- 2. Spray skillet with nonstick 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.





Creamy Chicken Tortilla Soup



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 tbs. creamy peanut butter
- 1 tbs. chia seeds
- ½ tsp. ground cinnamon
- Other potential toppings: coconut flakes, flaxseeds, 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 to 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!

Honey Mustard Chicken

Makes 8 Servings

Calories: 335 | Protein: 24 | Fat: 19 | Carbs: 15

INGREDIENTS

- 2 lb. boneless, skinless chicken thighs
- 2 tsp. paprika
- 5 tbs. avocado oil
- 5 garlic cloves, minced
- 4 tbs. honey
- ½ cup Dijon mustard
- 2 tsp. apple cider vinegar
- ½ lb. green beans
- · Salt and pepper to taste

- 1. Preheat the oven to 425° F. Grease a large baking sheet with nonstick cooking spray or parchment paper and set aside.
- 2. Season chicken thighs with salt, pepper and paprika. Set aside.
- 3. In a medium bowl, whisk together 4 tbs. avocado oil, garlic cloves, honey, Dijon mustard and apple cider vinegar.
- 4. Halve the sauce, reserving half for coating at the end of baking (ensure you do not dip raw chicken in this portion).
- 5. Dip chicken thighs in the sauce, coating both sides. Place the thighs on the prepared baking sheet. Discard leftover sauce
- 6. In a medium bowl, toss the green beans with 1 tablespoon of avocado oil and season with salt and pepper. Arrange around chicken on the sheet pan.
- 7. Roast for 30 to 35 minutes, until the chicken is golden brown and has an internal temperature of 165° F and the green beans are crispy.
- 8. Serve with additional honey mustard sauce and enjoy!



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 vanilla Life Time Whey Protein Powder
- 2 tbs. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup gluten-free oats
- ½ cup chopped pecans
- 1 tbs. vanilla extract
- 1 tbs. cinnamon
- Toppings optional raisins, strawberries, blueberries, chocolate chips, etc.

DIRECTIONS

- 1. Preheat oven to 375° F.
- 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 percent full. Sprinkle optional toppings over the top.
- 6. Bake for 12 to 15 minutes, until golden brown and enjoy!

Note: Store in a Ziploc bag in the refrigerator for up to 5 days



RECIPES

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Banana Protein Muffins (x3)	Honey Mustard Chicken	Harvest Hash	Optional (pg.11)
TUE.	Banana Protein Muffins (x3)	Harvest Hash	Sheet Pan Meal	Optional (pg.11)
WED.	Banana Protein Muffins (x3)	Honey Mustard Chicken	Thai Basil Stir Fry	Optional (pg.11)
THU.	Banana Protein Muffins (x3)	Sheet Pan Meal	Honey Mustard Chicken	Optional (pg.11)
FRI.	Banana Protein Muffins (x3)	Harvest Hash	Brinner Bowl	Optional (pg.11)
SAT.	Breakfast Sweet Potato + 1 cup Berries	Out to Eat	Thai Basil Stir Fry	Optional (pg.11)
SUN.	Out to Eat	Taco Bowl + ½ cup Rice	Slow Cooker Thai Chicken + ½ cup Rice	Optional (pg.11)



GROCERY LIST

PRODUCE		MEAT		DAIRY	
	5 sweet potatoes		8 slices bacon, nitrate-free		6 eggs
	1 lb. brussels sprouts		1 lb. cooked ham		
	1/4 yellow onion		1 lb. protein of choice		
	1 apple (honeycrisp or pink lady)		1 lb. ground beef		
	2 tbs. lemon juice		2 lb. ground turkey		
	8 cups veggies of choice		2 boneless, skinless chicken		
	½ onion		breast		
	1 red bell pepper		SPICES		DRY
	1 Serrano pepper		2 tsp. cinnamon		1/4 cup pecans
	1 cup fresh basil leaves		1 tsp. onion powder		1/4 cup dried cranberries,
	½ cup red potatoes		4 tbs. minced garlic		unsweetened
	2 cups cherry tomatoes		2 tsp. red pepper flakes		3½ cups rice
	1 bell pepper		2 tbs. taco seasoning		1 tbs. chia seeds
	10 cups spinach		2 tbs. everything bagel seasoning		4 tbs. chopped peanuts
	1 banana				
	6 cups chopped lettuce				
	1 avocado (+1 optional)				
	2 tbs. lime juice				
	Fresh cilantro				
	2 cups berries (strawberries,				
	blueberries, raspberries, etc.)				
	FROZEN		CANNED + JARRED		CONDIMENTS + OILS
			2 tbs. creamy peanut butter		3 tbs. coconut oil
			3/4 cup canned full-fat coconut milk		1 tbs. Dijon mustard
			½ cup chunky peanut butter		3 tbs. apple cider vinegar
					4 tbs. honey
					5 tbs. olive oil
					5 tbs. coconut aminos
					2 tsp. fish sauce
					3 tbs. sesame oil
					1 cup water or chicken broth
					1 cup salsa
					Optional: hot sauce





RECOMMENDED MEAL PREP DAYS

MONDAY

Harvest Hash

TUESDAY

· Sheet Pan Meal

WEDNESDAY

• Thai Basil Stir Fry

THURSDAY

No Preparation Needed

FRIDAY

Brinner Bowl

SATURDAY

· Breakfast Sweet Potato

SUNDAY

- Taco Bowl
- Rice
- · Slow Cooker Thai Chicken
- · Make-Ahead Breakfast Bowls



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
- ½ tbs. 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 tbs. Dijon mustard
- · 3 tbs. apple cider vinegar
- 2 tbs. lemon juice
- 1 tbs. honey
- 1 tsp. onion powder
- 1/4 cup extra-virgin olive oil
- · Salt and pepper to taste

- 1. Preheat oven to 425° F 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 tablespoons 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 and 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!



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.

Thai Basil Stir Fry

Makes 4 Servings

Calories: 400 | Protein: 24 | Fat: 22 | Carbs: 28

INGREDIENTS

- 1 lb. ground beef
- 1 tbs. garlic, minced
- 3 tbs. coconut aminos
- 1 tsp. honey
- 2 tsp. fish sauce
- 1 tsp. sesame oil
- ½ onion, sliced
- 1 red pepper
- 1 Serrano pepper, minced, seeds removed
- 1 cup fresh basil leaves, sliced
- ½ tsp red pepper flakes (optional)
- · Salt and pepper to taste
- Rice
- ½ cup rice
- 1 cup water or chicken broth

- 1. Begin by prepping the rice. Bring water or chicken broth to boil and stir in rice.
- 2. Reduce heat to low and allow to simmer, cover and cook rice until the liquid is absorbed - about 15 to 20 minutes.
- 3. While rice is cooking, combine coconut aminos, honey, and fish sauce together in a small bowl until well blended.
- 4. Heat large skillet over medium heat. Add ground beef and garlic and cook until there is no pink. Remove from pan to a bowl and set aside.
- 5. Add onion, bell pepper, and minced serrano pepper to the skillet. Sauté 2 to 3 minutes until tender. Add ground beef back to pan.
- 6. Pour in the sauce mixture, stir, and simmer until sauce is full incorporated.
- 7. Stir in basil until wilted.
- 8. Serve with rice and enjoy!





Thai Basil Stir Fry

RECIPES

Brinner Bowl

Makes 2 Servings

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

INGREDIENTS

- ½ cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 11/2 tbs. coconut oil
- 2 eggs

- 1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoons of coconut oil and sauté potato until crispy. Remove and set aside.
- 2. Melt another ½ tablespoons of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low heat, 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!



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 tbs. creamy peanut butter
- 1 tbs. chia seeds
- ½ tsp. ground cinnamon
- · Other potential toppings: coconut flakes, flaxseeds, 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 to 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: 32 | Fat: 16 | Carbs: 9

INGREDIENTS

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

- 1. In a medium pan, sauté ground turkey over medium heat until cooked through, about 7 to 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!



RECIPES

Rice

Makes 12 servings

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

INGREDIENTS

- 3 cups rice
- · 6 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 to 20 minutes.
- 3. Remove from stove and enjoy!

Slow Cooker Thai Chicken

Makes 8 servings

Calories: 400 | Protein: 35 | Fat: 24 | Carbs: 12

INGREDIENTS

- 2 lb. chicken breasts
- ¾ cup canned full-fat coconut milk
- ½ cup chunky peanut butter
- · 2 tbs. garlic, minced
- 2 tbs. honey
- 2 tbs. coconut aminos (or gluten-free soy sauce)
- 2 tbs. lime juice
- 1½ tbs. sesame oil
- 1 tsp. crushed red pepper flakes (more or less, to taste)
- 4 tbs. chopped peanuts
- · Fresh cilantro, chopped

- 1. Place chicken breasts in the bottom of a slow cooker in an even layer.
- 2. In a small mixing bowl, add coconut milk, peanut butter, garlic, honey, coconut aminos, lime juice, sesame oil and red pepper flakes and mix until combined. (It may help to soften the peanut butter.)
- 3. Pour mixture over the chicken in the slow cooker. Cook on low for 6 to 8 hours, or on high for 3 to 4 hours.
- 4. Once cooked, remove chicken and shred, then return back to the crock pot and stir until chicken is evenly coated in the peanut sauce.
- 5. Top with peanuts and cilantro, and serve alone or with a side of rice or rice noodles.



RECIPES

Make-Ahead Breakfast Bowls

Makes 4 Servings

INGREDIENTS

- 1 tbs. olive oil
- 1 large sweet potato
- · 2 tbs. everything bagel seasoning
- 1 tbs. coconut oil
- 1 tbs. minced garlic
- 1 lb. ground turkey
- 8 cups spinach
- 1 cup halved cherry or grape tomatoes
- 4 eggs (fried, scrambled, soft boiled, whatever your preference)
- · Sea salt and freshly ground black pepper, to taste
- · Hot sauce or salsa, optional
- · Avocado, optional

- 1. Preheat oven to 425 degrees F and line baking sheet with parchment paper.
- 2. Toss cubed sweet potatoes with olive oil and evenly distribute on baking sheet and sprinkle everything bagel
- 3. Bake 15 to 25 minutes, stirring halfway through until golden brown.
- 4. While sweet potatoes are baking, heat skillet over medium heat.
- 5. Add coconut oil and garlic, stir, and cook for 1 minute.
- 6. Add ground turkey and sauté 5 to 7 minutes until almost cooked through.
- 7. Add spinach and cherry tomatoes and sauté until turkey is fully cooked. Salt and pepper to taste and set aside.
- 8. Prep your eggs hard boiled, scrambled, fried, etc.
- 9. Evenly distribute all ingredients between 4 bowls, top with additional everything bagel seasoning and enjoy!



MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Make-Ahead Breakfast Bowls	Slow Cooker Thai Chicken + ½ cup Rice	Fajita Tray Bake	Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Taco Bowl + ½ cup Rice	Slow Cooker Thai Chicken + ½ cup Rice	Optional (pg.11)
WED.	Make-Ahead Breakfast Bowls	Slow Cooker Thai Chicken + ½ cup Rice	Pesto Salmon with Potatoes and Green Beans	Optional (pg.11)
THU.	Meal Replacement Protein Shake	Fajita Tray Bake	Egg Roll Bowl	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Pesto Salmon with Potatoes and Green Beans	Out to Eat	Optional (pg.11)
SAT.	Brinner Bowl	Hawaiian Chicken Stir-Fry	Egg Roll Bowl	Optional (pg.11)
SUN.	Out to Eat	Hawaiian Chicken Stir-Fry	Homestyle Meatloaf Muffins + 1 cup Veggies	Optional (pg.11)



GROCERY LIST

PRODUCE		MEAT		DAIRY		
	2 red bell pepper		2 lb. boneless, skinless chicken		2 eggs	
	1 yellow bell pepper		breast			
	2 orange bell pepper		1½ lb. ground turkey			
	1¼ red onion		2 salmon filets, skin-on			
	1 lime		1 lb. ground beef			
	½ sweet onion		1 lb. Italian turkey sausage			
	1 16 oz. bag coleslaw mix	SPI	CES		DRY	
	1 16 oz. bag matchstick carrots		2 tbs. taco or fajita seasoning		1½ cups rice	
	11/4 lb. baby potatoes		1 tsp. cumin		2 tsp. arrowroot starch	
	1 lb. green beans		1 tsp. garlic powder		1 cup cashews, raw, unsalted	
	1 lemon		2 tsp. paprika			
	1 cup sugar snap peas		2 tsp. chili powder			
	Optional: green onion		½ tsp cayenne			
	2 tbs. fresh ginger		9 tbs. minced garlic			
	½ cup red potatoes		1 tsp. ground ginger			
	1 cup cherry tomatoes		Optional: sesame seeds			
	1 cup bell peppers		2 tbs. Italian seasoning			
	2 onions	2 tsp. dried oregano 1 to 2 tsp. red pepper flakes	COI	NDIMENTS + OILS		
			GONDINIENTO 4 GIEG			
	1 green bell pepper		CANNED + JARRED		3 tbs. coconut oil	
	6 cups vegetables of choice –				1 tbs. sesame oil	
	cabbage, brussels sprouts, green	go, braccoic oproato, groon		1 tbs. rice vinegar		
	beans, asparagus, bell pepper,		1 cup fresh or canned pineapple		3/4 cup gluten-free soy sauce or	
_	etc.		chunks		coconut aminos	
	1 sweet potato	Ш	3 cups chicken broth		5 tbs. olive oil	
Ш	2 cups torn kale leaves				1 tbs. ghee	
					3 tbs. apple cider vinegar	
					½ cup barbeque sauce	
					½ cup ketchup	
					2 tbs. mustard	

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



RECOMMENDED MEAL PREP DAYS

MONDAY

Fajita Tray Bake

TUESDAY

No Preparation Needed

WEDNESDAY

· Pesto Salmon with Potatoes and Green Beans

THURSDAY

Egg Roll Bowl

FRIDAY

• No Preparation Needed

SATURDAY

- Brinner Bowl
- · Hawaiian Chicken Stir-Fry

SUNDAY

- Homestyle Meatloaf Muffins
- · Roasted Veggies
- One-Pot Creamy Italian Sausage and Kale Soup



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 tbs. coconut or olive oil
- Juice of 1 lime
- ¾ cup rice, uncooked
- · 2 tbs. 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
- 1/4 tsp. cayenne (optional)

- 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 to 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 to 22 minutes or until internal temperature reaches 165° F.



RECIPES

Egg Roll Bowl

Makes 4 Servings

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

INGREDIENTS

- 1½ lb. ground turkey
- ½ sweet onion diced
- 1 tbs. toasted sesame oil
- 1 tbs. rice vinegar
- · 2 garlic cloves, minced
- 1 tsp. ground ginger
- 1/4 cup gluten-free soy sauce or coconut aminos
- 1 16 oz. bag coleslaw mix
- 1/4 16 oz. bag matchstick carrots
- Salt and pepper to taste

DIRECTIONS

- 1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
- 2. Add onion, sesame oil, ginger, and garlic cloves and cook until fragrant.
- 3. Add 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 fillets, skin on
- 1½ lb. baby potatoes
- 1 lb. green beans
- 2 tbs. olive oil
- 4 tbs. pesto
- Juice of one lemon

- 1. Preheat oven to 400° F.
- 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 to 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 to 2 tablespoons of olive oil and evenly divide pesto between salmon fillets.
- 4. Squeeze lemon over all ingredients and sprinkle with salt and pepper.
- 5. Bake for 17 to 19 minutes, until salmon flakes easily.
- 6. Enjoy!



RECIPES

Hawaiian Chicken Stir-Fry

Makes 4 Servings

Calories: 305 | Protein: 28 | Fat: 5 | Carbs: 28

INGREDIENTS

- 1 lb. boneless, skinless chicken breasts or thighs cut into bite-sized pieces
- 1 tbs. ghee or coconut oil
- · 3 garlic cloves minced
- 1 red pepper, chopped into 1" pieces
- 1 orange pepper, chopped into 1" pieces
- ¼ red onion, chopped into 1" pieces
- 1 cup sugar snap peas
- ½ cup rice
- 1 cups water
- Optional Toppings
- · Green onion and sesame seeds

Hawaiian Sauce

- 1 cup fresh or canned pineapple chunks
- ½ cup coconut aminos
- 2 tsp. fresh ginger, minced
- 3 tbs. apple cider vinegar
- 2 tsp. arrowroot starch

- 1. Add rice and water to small pot. Bring to boil, reduce to low heat and let simmer for 15 to 20 minutes.
- 2. While rice is cooking, place all ingredients for the Hawaiian sauce in a blender and blend until smooth. Set aside.
- 3. Toss the chopped chicken pieces with salt.
- 4. Heat ghee or coconut oil in a large skillet over medium-high heat.
- 5. Add the chicken to the pan and cook stirring until browned on all sides, about 5 minutes. Remove from the pan.
- 6. Add garlic to the pan and stir for 1 minute until fragrant. Add the red pepper, orange pepper and onion. Cook for 4 to 5 minutes.
- 7. Add chicken back to the pan and pour in the prepared Hawaiian sauce.
- 8. Simmer dish for 2 to 3 minutes until thickened. Taste and add more salt, as needed.
- 9. Serve over rice.
- 10. Optional: Sprinkle with sesame seeds and chopped green onions.



RECIPES

Brinner Bowl

Makes 2 Servings

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

INGREDIENTS

- ½ cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 11/2 tbs. coconut oil
- 2 eggs

DIRECTIONS

- 1. Microwave potato for 3 to 5 minutes first). In a medium frying pan, melt ½ tablespoon of coconut oil and sauté potato until crispy. Remove and set aside.
- 2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low heat, 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!

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
- ½ small onion, minced
- 1 green bell pepper, diced
- 1 cup carrot, shredded
- 2 garlic cloves, minced
- 1/4 cup barbecue sauce
- 2 tbs. Italian seasoning

For the sauce:

- ½ cup ketchup
- · 2 tbs. mustard

- 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 between 8 wells of a muffin pan.
- 6. Bake in preheated oven for 20 to 25 minutes or until meat is no longer pink in the center.
- 7. Drizzle with ketchup and mustard sauce and enjoy!



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!

One-Pot Creamy Italian Sausage and Kale Soup

Makes 6 Servings

Calories 315 | Protein: 24 | Carbs: 13 | Fat: 17

INGREDIENTS

- 1 tbs. olive oil
- 2 tsp garlic, minced
- 1 lb. Italian turkey sausage
- 1 sweet potato, cubed
- 3 cups chicken broth
- 1 onion, chopped
- 2 teaspoon dried oregano
- 1 to 2 teaspoons red pepper flakes, or more to taste
- ½ teaspoon ground black pepper
- 2 cups torn kale leaves (bite-size pieces)
- Salt to taste

Cashew Cream

- 1 cup raw, unsalted cashews
- ½ cup water

- 1. Add 1 tablespoon of olive oil to the pressure cooker. Sauté Italian turkey sausage 6 to 7 minutes until browned.
- 2. Add remaining ingredients.
- 3. Pressure cook on high for 5 minutes.
- 4. While cooking, combine cashews and water in blender and blend until smooth (about one minute). Mixture will be thick.
- 5. When pressure releases, stir in cashew cream.
- 6. Enjoy!



MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	One-Pot Creamy Italian Sausage and Kale Soup	Spaghetti Squash Pizza Bake	Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Homestyle Meatloaf Muffins + 1 cup Veggies	One-Pot Creamy Italian Sausage and Kale Soup	Optional (pg.11)
WED.	Meal Replacement Protein Shake	Spaghetti Squash Pizza Bake	Sausage, Sweet Potato and Grapes	Optional (pg.11)
THU.	Meal Replacement Protein Shake	Spaghetti Squash Pizza Bake	Sausage, Sweet Potato and Grapes	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	One-Pot Creamy Italian Sausage and Kale Soup	Beef and Broccoli	Optional (pg.11)
SAT.	Breakfast Rice Cake + 1 cup Berries	Out to Eat	Pesto Chicken Tenders + 1 cup Veggies	Optional (pg.11)
SUN.	Banana Protein Muffins (x3)	Beef and Broccoli	Pesto Chicken Tenders + 1 cup Veggies	Optional (pg.11)



GROCERY LIST

PRODUCE	MEAT	DAIRY	
 □ 1 large spaghetti squash □ 1 8-oz. package of sliced mushrooms □ 1 green bell pepper □ 1 red bell pepper □ 3 sweet potatoes □ ½ (8 oz.) bag red seedless grapes □ 6 cups broccoli florets □ 1 cup spinach □ 1 avocado □ 6 cups vegetables of choice – cabbage, brussels sprouts, green beans, asparagus, bell pepper, etc. □ 3 large bananas □ 1 zucchini □ 2 cups berries (strawberries, blueberries, raspberries, etc.) □ Optional: strawberries blueberries 	 □ 1 lb. ground turkey □ ½ lb. ground Italian sausage □ 1 lb. spicy Italian sausage □ 1 lb. flank steak □ 2 lb. boneless, skinless, chicken breast □ 6 strips bacon, nitrate-free SPICES □ 2 tsp. Italian seasoning □ 1 tsp. dried oregano □ 3 cloves garlic, minced □ 1 tsp. fresh ginger □ 1 tbs. everything bagel seasoning □ 1 tbs. cinnamon 	☐ 6 eggs ☐ ¼ cup parmesan ☐ 1 cup unsweetened nut milk (almond, coconut, cashew, etc.) DRY ☐ 4 rice cakes, plain ☐ ½ cup gluten-free panko ☐ 4 scoops vanilla Life Time Whey Protein Powder ☐ 2 tbs. chia seeds ☐ 1 cup gluten-free oats ☐ ½ cup pecans ☐ Optional: raisins, chocolate chips	
FROZEN	CANNED + JARRED	CONDIMENTS + OILS	
	☐ 2 cups organic marinara sauce ☐ 4 tbs. pesto	☐ 6 tbs. olive oil ☐ 5 tbs. balsamic vinegar ☐ 1/4 cup coconut aminos ☐ 3 tbs. sesame oil ☐ 1 tbs. honey ☐ 1 tsp. coconut oil ☐ 1/2 tbs. mayonnaise ☐ 1/4 tsp. hot sauce ☐ 1 tbs. vanilla extract	

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



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

- Breakfast Rice Cakes
- Pesto Chicken Tenders
- Roasted Veggies

SUNDAY

- Banana Protein Muffins
- Bacon-Wrapped Chicken



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 tbs. olive oil
- 2 tsp. Celtic or Himalayan salt
- 1 lb. ground turkey
- ½ 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

- 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. Run a fork along the fleshy side to remove the strands from the skin and place in a 9-x-13-inch 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° F for 75 minutes, or until a knife inserted in the center comes out clean.



RECIPES

Oven Roasted Sausage with Sweet **Potatoes and Grapes**

Makes 4 Servings

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

INGREDIENTS

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

DIRECTIONS

- 1. Preheat oven to 400°F
- 2. Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
- 3. In a large bowl, combine Italian sausage, sweet potatoes, and grapes and mix in about 21/2 to 3 Tablespoons of the balsamic vinegar. Stir ingredients and gradually add more balsamic vinegar as needed until mixture is well coated (avoid over-coating with excess vinegar).
- 4. Pour half of the ingredients on to the pan enough so that it is an even layer, and the remainder on the second pan (or make as a second batch). Bake for 15 minutes, stir mixture, and bake for another 15 to 20 minutes or until sweet potatoes can be easily pierced with a fork.

Beef and Broccoli

Makes 4 Servings

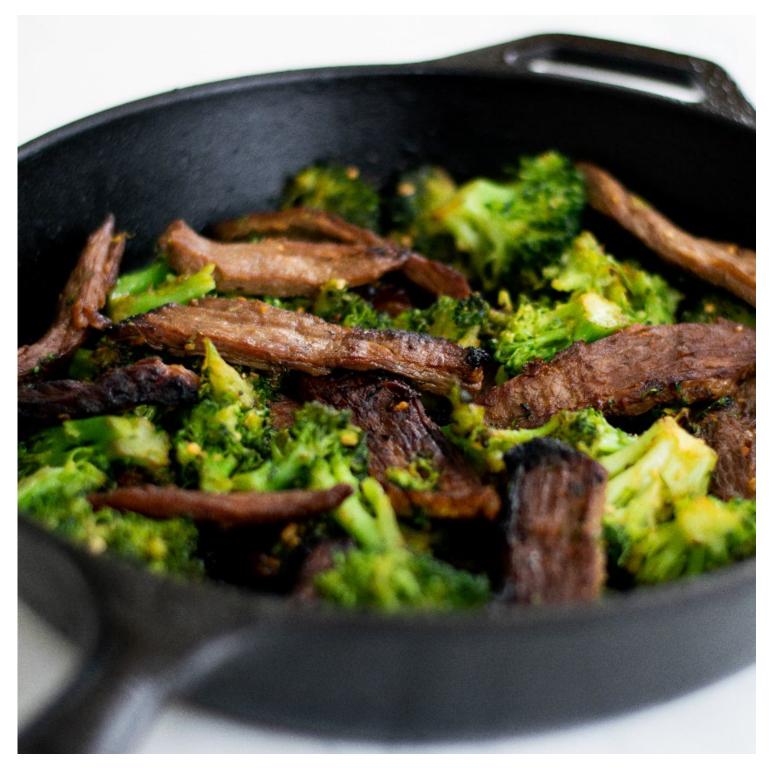
Calories: 330 | Protein: 27 | Fat: 17 | Carbs: 16

INGREDIENTS

- 1 lb. flank steak, finely sliced into bite-sized strips
- 6 cups broccoli florets (about 1 lb.)
- 1/4 cup coconut aminos
- 3 tbs. sesame oil
- 1 tbs. honey
- 3 cloves garlic, minced
- 1 tsp. fresh ginger, grated
- 1/4 tsp. black pepper

- Cover and freeze steak 20 minutes for easier slicing.
- 2. Combine coconut aminos, 2 tablespoons of 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 tablespoon of sesame oil. Add broccoli florets and sauté 4 to 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 tablespoons of 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 to 4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1 to 2 tablespoons of water to thin the sauce if desired. Add flank steak and enjoy!





Beef and Broccoli



RECIPES

Breakfast Rice Cakes

Makes 2 Servings

Calories: 280 | Protein: 25 | Fat: 8 | Carbs: 25

INGREDIENTS

- 1 tsp. coconut oil
- 4 eggs
- 1 cup spinach
- 1 avocado
- 4 rice cakes, plain
- 1 tbs. everything bagel seasoning
- ½ tbs. mayonnaise
- ¼ tsp. hot sauce

DIRECTIONS

- 1. In a small pan, heat 1 teaspoon of coconut oil over medium heat.
- 2. In a small bowl, scramble 4 eggs and add to heated pan.
- 3. After about 2 minutes, add spinach to egg mix and stir until eggs are fully cooked.
- 4. While eggs are cooking, cut your avocado, mash in a small bowl and spread evenly between 4 rice
- 5. Add scrambled eggs and spinach on top of avocado mash.
- 6. Combine mayo and hot sauce. Drizzle on top of eggs.
- 7. Sprinkle everything bagel to top everything off and enjoy!

Pesto Chicken Tenders

Makes 4 Servings Calories 295 | Protein 31 | Carbs 5 | Fat 17

INGREDIENTS

- 1 lb. chicken breasts, sliced and tenderized
- 2 tbs. olive oil
- ½ cup gluten-free panko
- ½ cup parmesan
- · 4 tbs. pesto

- 1. Preheat oven to 375° F.
- 2. Combine the gluten-free panko and parmesan into a bowl. Set bowl aside.
- 3. Toss chicken breasts in olive oil.
- 4. With a fork or tongs, dip each chicken piece, making sure to evenly coat, into panko mixture and place into baking dish. Repeat this process with each chicken breast.
- 5. Once all chicken has been coated, divide pesto between each tender. Sprinkle any remaining panko mixture on top.
- 6. Cook for 35 minutes (or when chicken reaches 165° F).
- 7. Cool before serving.



RECIPES

Roasted Veggies

Makes 8 Servings

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

INGREDIENTS

- 12 cups vegetables of choice cabbage, Brussels sprouts, green beans, asparagus, bell pepper, etc.
- Coarse kosher salt and freshly ground black pepper
- 2 tbs. olive oil

- 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!





Breakfast Rice Cakes



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 vanilla Life Time Whey Protein Powder
- 2 tbs. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup gluten-free oats
- ½ cup chopped pecans
- 1 tbs. vanilla extract
- 1 tbs. cinnamon
- Toppings optional raisins, strawberries, blueberries, chocolate chips, etc.

DIRECTIONS

- 1. Preheat oven to 375° F.
- 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 percent full. Sprinkle optional toppings over the top.
- 6. Bake for 12 to 15 minutes, until golden brown and enjoy!

Note: Store in a Ziploc 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

- 1. Preheat oven to 400° F.
- 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 to 22 minutes, or until chicken is cooked through.



MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Banana Protein Muffins (x3)	Bacon-Wrapped Chicken + 2 cups Veggies	Balsamic Chicken with Bacon and Apples	Optional (pg.11)
TUE.	Banana Protein Muffins (x3)	Chopped Thai Chicken Salad	Balsamic Chicken with Bacon and Apples	Optional (pg.11)
WED.	Banana Protein Muffins (x3)	Bacon-Wrapped Chicken + 2 cups Veggies	Fall Harvest Salad	Optional (pg.11)
THU.	Banana Protein Muffins (x3)	Chopped Thai Chicken Salad	Buffalo Chicken Bowl	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Out to Eat	Fall Harvest Salad	Optional (pg.11)
SAT.	Meal Replacement Protein Shake	Buffalo Chicken Bowl	Creamy Wild Rice Soup	Optional (pg.11)
SUN.	Brinner Bowl	Creamy Wild Rice Soup	Out to Eat	Optional (pg.11)



GROCERY LIST

PRODUCE		MEAT		DAIRY	
	2 lemons		3½ lb. boneless, skinless chicken		½ cup unsweetened nut milk
	1 12 oz. bag coleslaw mix		breast		(almond, coconut, cashew, etc.)
	1/4 12 oz. bag shredded carrots		2 slices bacon		10 eggs
	1 cup fresh cilantro, chopped		2 lb. cooked, shredded chicken		½ cup feta
	1/4 cup green onion		4 boneless center pork chops		DRY
	2 serrano peppers		½ lb. ground turkey		1/4 cup peanuts, chopped
	1 lime				1/4 cup pecans
	4 cups brussels sprouts				½ cup dried cranberries,
	1 honeycrisp apple				unsweetened
	3½ cups mushrooms				1 cup wild rice
	4 cups chopped kale				½ cup cashews, raw, unsalted
	2 cups cherry tomatoes		SPICES		CONDIMENTS + OILS
	1 cup broccoli florets 2 ½ cups bell pepper		10 cloves garlic, mined		4 tbs. balsamic vinegar
	1 avocado		1 tbs. rosemary		6½ tbs. olive oil
	1 onion		1 tsp. ginger powder		2 tbs. Dijon mustard
	3 medium carrots		½ tsp. crushed red pepper flakes		2 tbs. coconut aminos
	½ cup red potatoes		2 tbs. ranch seasoning		2 tbs. sesame oil
	4 cups spinach		2 tbs. dried parsley		1 tbs. maple syrup
	2 cups diced potatoes		2 tsp. dried dill		1 cup buffalo sauce
	1 yellow zucchini		1 tsp. garlic powder		3½ tbs. coconut oil
	1 bunch asparagus		1 tsp. onion powder		Coconut oil cooking spray
	1/4 yellow onion		½ tsp. dried chives		
			2 bay leaves		
			2 tbs. poultry seasoning		
			1 tbs. oregano		
			1 tbs. Italian seasoning		
	FROZEN		CANNED + JARRED		
	1 cup frozen corn kernels		¼ cup chunky peanut butter½ 12 oz. can black beans6 cups chicken stock		

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



RECOMMENDED MEAL PREP DAYS

MONDAY

- Balsamic Chicken with Bacon and Apples
- · Chopped Thai Chicken Salad

TUESDAY

No Preparation Needed

WEDNESDAY

· Fall Harvest Salad

THURSDAY

• Buffalo Chicken Bowl

FRIDAY

No Preparation Needed

SATURDAY

· Creamy Wild Rice Soup

SUNDAY

- Brinner Bowl
- · Oven-Roasted Pork Chops and Veggies
- Mediterranean Egg Cups





RECIPES

Balsamic Chicken with Bacon and Apples

Makes 4 Servings

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

INGREDIENTS

- 1 lb. boneless, skinless chicken breast, diced
- 2 tbs. balsamic vinegar
- 1½ tbs. olive oil
- 1 tbs. lemon juice
- · 2 cloves garlic, minced
- ½ tsp. Dijon mustard
- 1 tbs. rosemary, chopped
- 1/4 lb. brussels sprouts, halved
- ½ apple, peeled and chopped
- 1 cups mushroom, halved
- · 2 slices of bacon chopped
- Salt and pepper to taste

- 1. Preheat the oven to 375° F. Line a sheet pan with parchment paper.
- 2. Dice chicken in bite-sized pieces, set aside.
- 3. In a bowl, combine the balsamic vinegar, olive oil, lemon juice, garlic, Dijon mustard and rosemary. Whisk to make the sauce. Salt and pepper to taste.
- 4. Place chicken in Ziploc bag or glass container. Add ½ of your marinade mixture. Toss chicken to coat and marinate in the fridge while you prep the remaining ingredients. Note: Chicken can be marinated for up to 24 hours.
- 5. Next, chop the Brussels, mushrooms and apple. Additionally, chop the bacon into small pieces.
- 6. Place the chopped Brussels sprouts, mushrooms, apple and bacon on the prepared sheet pan. Pour the remaining marinade mixture and toss to incorporate, making sure all the pieces are coated.
- 7. Make space for the chicken (tongs are helpful to make room and place your chicken). Place the marinated chicken on pan. Discard any remaining marinade used for chicken.
- 8. Place the sheet pan in the oven and bake for 10 minutes. After 10 minutes, remove from oven and stir mixture. Return to the oven.
- 9. Bake for an additional 10-15 minutes or until chicken is cooked through. This will depend on the thickness of the chicken. Once thermometer reaches 165° F when inserted in the thickest part of the chicken, remove the sheet pan from the oven.
- 10. Enjoy!



RECIPES

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
- 1/4 12 oz. bag matchstick carrots
- 1 cup fresh cilantro, chopped
- 1/4 cup peanuts, chopped
- 1/4 cup green onions, minced
- · 2 serrano peppers, sliced
- Juice of 1 lime
- · Salt to taste

Peanut Sauce:

- 1/4 cup unsweetened coconut milk
- ¼ cup chunky peanut butter
- 1 tbs. garlic, minced
- 1 tsp. ginger powder
- 2 tbs. coconut aminos (or gluten-free soy sauce)
- 2 tbs. sesame oil
- ½ tsp. crushed red pepper flakes (more or less, to taste)
- · Water, as needed

- 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.



RECIPES

Fall Harvest Salad

Makes 4 Servings

Calories: 390 | Protein: 25 | Fat: 22 | Carbs: 28

INGREDIENTS

Salad

- 1 lb. shredded chicken, cooked
- 4 cups chopped kale
- 2 cups brussels sprouts, shredded
- 1 medium sweet potato, diced 1"
- ½ honey crisp apple, diced
- 1/4 cup pecans, chopped
- 1/4 cup dried cranberries, no sugar added

Balsamic Vinaigrette

- 1/4 cup olive oil
- · 2 tbs. balsamic vinegar
- 1 tbs. maple syrup
- 1 tsp. Dijon mustard
- 1 clove garlic, minced
- Salt and pepper to taste

DIRECTIONS

- 1. Start by preheating your oven to 425 degrees F.
- 2. In a medium bowl, toss diced sweet potato with olive oil, salt, and pepper. Bake for 15 to 25 minutes until golden brown, turning halfway.
- 3. While baking, prepare vinaigrette by mixing all ingredients together.
- 4. Add vinaigrette to kale and brussels sprouts and toss until fully coated. Let sit at least 15 minutes.
- 5. Add remaining ingredients and toss together.
- 6. Enjoy!

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 tbs. ranch seasoning OR ranch seasoning below
- 1 tbs.. coconut oil
- 1 cup frozen corn kernels
- ½ 12 oz. can black beans
- 1 cup cherry tomatoes, halved
- · 1 cup broccoli florets, steamed
- 1 red bell pepper, diced
- 1 avocado, diced

Ranch Seasoning

- 2 tbs. dried parsley
- · 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. black pepper
- ½ tsp. dried chives

- 1. Preheat oven to 400° F.
- 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 to 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 to 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 in 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!





Fall Harvest Salad

RECIPES

Creamy Wild Rice Soup

Makes 8 Servings

Calories: 260 | Protein: 24 | Fat: 7 | Carbs: 21

INGREDIENTS

- 1½ lb. boneless, skinless chicken breast
- 1 onion, chopped
- · 6 cups chicken stock, unsalted
- 4 cloves garlic
- 1 cup wild rice
- 3 medium carrots
- 1 sweet potato, peeled and chopped
- 2 bay leaves
- · 2 tbs. poultry seasoning
- 8 oz. mushrooms, sliced
- Salt and pepper to taste

Cashew Cream

- ½ cup raw, unsalted cashews
- ¾ cup water

DIRECTIONS

- 1. Place all ingredients (except for cashew cream) into the slow cooker. Stir. Cook on high for 4 to 5 hours or low for 8 to 10 hours. Remove the chicken and shred. Add it back into the slow cooker.
- 2. Make the cashew cream: Blend the cashews and water together on high speed until smooth and creamy. Pour the cream into the slow cooker and stir.
- 3. Enjoy!

Brinner Bowl

Makes 2 Servings

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

INGREDIENTS

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

- 1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoon of coconut oil and sauté potato until crispy. Remove and set aside.
- 2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low heat, 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 tbs. olive oil
- 1 tbs. oregano
- · Salt and pepper to taste

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



WEEK SIX

RECIPES

Mediterranean Egg Cups

Makes 6 Servings

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

INGREDIENTS

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

DIRECTIONS

- Preheat oven to 350° F. 1.
- 2. Spray 12-muffin tin with non-stick cooking oil spray.
- Heat coconut oil over medium heat. Add onions and red pepper. Stir to cook for 3 to 4 minutes. Add garlic and mushrooms; cook for 4 minutes.
- 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.
- Evenly divide turkey mixture into muffin tin. 6.
- 7. In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
- Bake 25 minutes. Serve and enjoy! 8.

Note: Store in a Ziploc bag in the refrigerator for 3 to 4 days.



MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Mediterranean Egg Cups	Oven-Roasted Pork Chops and Veggies	Creamy Wild Rice Soup	Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Oven-Roasted Pork Chops and Veggies	Buffalo Chicken Meatballs + 1 cup Veggies	Optional (pg.11)
WED.	Mediterranean Egg Cups	Creamy Wild Rice Soup	Sheet Pan Meal	Optional (pg.11)
THU.	Meal Replacement Protein Shake	Buffalo Chicken Meatballs + 1 cup Veggies	One-Pan Chicken Sausage and Veggie Bake	Optional (pg.11)
FRI.	Mediterranean Egg Cups	Sheet Pan Meal	Out to Eat	Optional (pg.11)
SAT.	Avocado Boats + 1 cup Berries	Out to Eat	White Chicken Chili	Optional (pg.11)
SUN.	Protein Pancakes + 1 cup Berries	White Chicken Chili	Out to Eat	Optional (pg.11)



WEEK SEVEN GROCERY LIST

PRODUCE		MEAT		DAIRY	
	14 cups vegetables of choice – cabbage, brussels sprouts, green beans, asparagus, bell pepper, etc. 2 cups sweet potatoes or butternut squash 1 cup brussels sprouts 4 large carrots 1 beet 1 bell pepper 1 red onion 1 spring fresh rosemary 2 avocados ½ onion 1 sweet potato 8 cups spinach 1 cup cherry tomatoes 2 cups berries (strawberries, blueberries, raspberries, etc.) Optional: avocado		1 lb. ground chicken or turkey 1 package cooked chicken sausage links 1 lb. protein of choice 2 strips bacon, nitrate-free 2 lb. boneless, skinless chicken breast 1 lb. ground turkey SPICES 2 tbs. fresh dill 5 tbs. dried parsley 5 tsp. dried dill 4 tbs. garlic powder 3 tsp. onion powder 1 tsp. dried chives 2 tbs. everything bagel seasoning 1 tbs. minced garlic		10 eggs 1/4 cup unsweetened nut milk (almond, coconut, cashew, etc.) DRY 1/2 cup almond flour 1 serving vanilla Life Time Whey Protein Powder 2 tbs. organic flour 1/2 tsp. baking soda 1/2 tsp. baking powder
	4 cups chicken stock 2-15 oz. cans great northern beans 16 oz. salsa verde				CONDIMENTS + OILS 4 tbs. olive oil 1/4 cup hot sauce 1 tbs. coconut oil Optional: salsa or hot sauce

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



RECOMMENDED MEAL PREP DAYS

MONDAY

No Preparation Needed

TUESDAY

- Buffalo Chicken Meatballs
- Roasted Veggies

WEDNESDAY

· Sheet Pan Meal

THURSDAY

· One-Pan Chicken Sausage and Veggie Bake

FRIDAY

No Preparation Needed

SATURDAY

- Avocado Boats
- · White Chicken Chili

SUNDAY

- Protein Pancakes
- · Make-Ahead Breakfast Bowls



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 tbs. 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 lb. ground chicken or turkey
- ½ cup almond flour
- ¼ cup hot sauce
- 1 egg
- · 2 tbs. ranch seasoning
- Pinch of salt

Ranch Seasoning

- · 2 tbs. dried parsley
- · 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. black pepper
- ½ tsp. dried chives

- 1. Preheat oven to 400° F. 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 to 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.



RECIPES

One-Pan Chicken Sausage and Veggie Bake

Makes 4 Servings

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

INGREDIENTS

- 1 tbs. 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

- 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!



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

- 1. Preheat oven to 425° 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 to 20 minutes, or until egg whites have set.
- 5. Garnish with cooked bacon pieces.





Avocado Boats

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 lb. chicken breast
- 2 15-oz. cans Great Northern beans, drained
- 16 oz. salsa verde
- ½ onion, diced
- ½ tbs. garlic powder

- 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 to 8 hours, or high for 3 to 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.



RECIPES

Protein Pancakes

Makes 2 Servings

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

INGREDIENTS

- 1 large egg
- 1 scoop vanilla Life Time Protein Powder
- · 2 tbs. organic coconut flour
- 1/4 cup unsweetened vanilla almond milk
- ¼ tsp. baking powder
- ¼ tsp. baking soda

DIRECTIONS

- 1. Beat all ingredients together on low until protein powder is dissolved.
- 2. Spray skillet with nonstick 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.

Make-Ahead Breakfast Bowls

Makes 4 Servings

INGREDIENTS

- 1 tbs. olive oil
- 1 large sweet potato
- 2 tbs. everything bagel seasoning
- 1 tbs. coconut oil
- 1 tbs. minced garlic
- 1 lb. ground turkey
- 8 cups spinach
- 1 cup halved cherry or grape tomatoes
- · 4 eggs (fried, scrambled, soft boiled, whatever your preference)
- Sea salt and freshly ground black pepper, to taste
- Hot sauce or salsa, optional
- Avocado, optional

- 1. Preheat oven to 425 degrees F and line baking sheet with parchment paper.
- 2. Toss cubed sweet potatoes with olive oil and evenly distribute on baking sheet and sprinkle everything bagel seasoning.
- 3. Bake 15 to 25 minutes, stirring halfway through until golden brown.
- 4. While sweet potatoes are baking, heat skillet over medium heat.
- 5. Add coconut oil and garlic, stir, and cook for 1
- 6. Add ground turkey and sauté 5 to 7 minutes until almost cooked through.
- 7. Add spinach and cherry tomatoes and sauté until turkey is fully cooked. Salt and pepper to taste and set aside.
- 8. Prep your eggs hard boiled, scrambled, fried, etc.
- 9. Evenly distribute all ingredients between 4 bowls, top with additional everything bagel seasoning and enjoy!



WEEK EIGHT **MEAL PLAN**

SNACKS/ **BREAKFAST** LUNCH **DINNER DESSERT** Blackened Salmon Caesar Meal Replacement Optional White Chicken Chili MON. Protein Shake Salad (pg.11) Make-Ahead Optional TUE. White Chicken Chili Sheet Pan Meal Breakfast Bowls (pg.11) Blackened Salmon Caesar Optional Meal Replacement WED. Sheet Pan Meal Protein Shake Salad (pg.11) Steak Bites with Make-Ahead Optional THU. Sweet Potatoes and Healthy Fried Rice Breakfast Bowls (pg.11) Peppers Meal Replacement Optional FRI. Healthy Fried Rice Out to Eat Protein Shake (pg.11) Steak Bites with Optional SAT. Breakfast Hash Brinner Bowl Sweet Potatoes and (pg.11) Peppers



GROCERY LIST

PRODUCE	MEAT	DAIRY	
 □ 1 lemon □ 12 oz. shaved brussels sprouts □ 8 cups vegetables of choice – cabbage, brussels sprouts, green beans, asparagus, bell pepper, etc. □ 2 sweet potatoes □ ¼ onion □ 4 bell peppers □ 1 sprig fresh rosemary □ 1 cup carrots □ ¼ cup yellow onion □ ½ cup red potatoes □ 1 cup cherry tomatoes □ 2 cups spinach □ ½ cup red onion 	 □ 4 strips nitrate free bacon □ 2 salmon fillets, skin on □ 1 lb. protein of choice □ 1 lb. skirt steak □ 3/4 lb. boneless, skinless chicken breast □ 4 breakfast sausage links SPICES □ 1 tsp. cumin □ 1½ tsp. chili powder □ 2 tbs. garlic powder □ ½ tsp. onion powder □ 1 tsp. paprika □ 4 cloves garlic □ 1 sprig fresh rosemary □ Salt □ Pepper 	□ ½ cup full-fat Greek yogurt □ 4 tbs. parmesan cheese □ 9 large eggs □ 1 cup cooked quinoa □ 1 cup cooked basmati rice	
FROZEN	CANNED + JARRED	CONDIMENTS + OILS	
☐ 1 cup frozen peas		 ☐ 1 to 2 tbs. Dijon mustard ☐ ½ tsp. Worcestershire sauce ☐ 4 tbs. coconut oil ☐ 4 tbs. coconut aminos ☐ 2 tbs. balsamic vinegar ☐ 1 tbs. sesame oil 	

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



RECOMMENDED MEAL PREP DAYS

MONDAY

- · Blackened Salmon Caesar Salad
- Sheet Pan Meal

TUESDAY

No Preparation Needed

WEDNESDAY

• Steak Bites with Sweet Potatoes and Peppers

THURSDAY

· Healthy Fried Rice

FRIDAY

• No Preparation Needed

SATURDAY

- Breakfast Hash
- Brinner Bowl



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 fillets, skin on
- 1 tsp. cumin
- 1½ 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 to 2 tbs. Dijon mustard
- ½ tsp. Worcestershire sauce
- 1 tbs. garlic powder
- 4 tbs. parmesan cheese

DIRECTIONS

Blackened Salmon

- 1. Cut salmon to desired size and season with dry seasonings.
- 2. Heat oil in skillet until hot. Place salmon, skin side up and cook 2 to 3 minutes. Flip and cook an additional 4 to 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 fillets.
- 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.



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
- 1/2 onion, finely diced
- 2 cloves garlic, minced
- 2 tbs. coconut oil
- 2 bell peppers, diced
- 1 tbs. coconut aminos
- 2 tbs. balsamic vinegar
- 1 sprig fresh rosemary
- Salt and pepper to taste

DIRECTIONS

- Add diced sweet potatoes to microwavable bowl. Cover and microwave on high for 4 to 6 minutes, until tender. Remove from microwave and uncover to avoid overcooking. Set aside.
- Heat large skillet over medium-high heat. Add coconut oil. When melted, add garlic and onion. Sauté 1 to 2 minutes. Add cubed steak bites and cook 9 to 10 minutes until browned. Remove from pan and set aside.
- Add the sweet potatoes and cook until browned. 3. About 2 to 4 minutes.
- Add the bell peppers and sauté an additional 3 to 4 minutes until tender.
- 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!

Healthy Fried Rice

Makes 4 Servings

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

INGREDIENTS

- 1 cup cooked quinoa (about 1/2 cup dry)
- 1 cup cooked basmati rice (about 1/2 cup dry)
- ¾ lb. boneless skinless chicken breasts, diced into 34-inch pieces
- · 1 tbs. sesame oil, divided
- 1 tbs. coconut oil
- 1 cup frozen peas
- 1 cup carrots, finely chopped
- 1/4 cup yellow onion, finely chopped
- · 2 cloves garlic, minced
- 3 large eggs
- 3 tbs. coconut aminos
- · Salt and freshly ground black pepper

- 1. In a large nonstick wok or skillet, heat 1½ teaspoon sesame oil and 11/2 teaspoon 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 to 6 minutes. Transfer chicken to a plate and set
- 2. In separate, small skillet, add ½ teaspoon of coconut oil and scramble eggs. Remove from heat and set aside.
- 3. Return large skillet to medium-high heat, add remaining 1 ½ teaspoon of sesame oil and 1 teaspoon of 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 guinoa mix. Add in coconut aminos and season with salt and pepper to taste.



RECIPES

Brinner Bowl

Makes 2 Servings

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

INGREDIENTS

- ½ cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 11/2 tbs. coconut oil
- 2 eggs

DIRECTIONS

- 1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoon of coconut oil and sauté potato until crispy. Remove and set aside.
- 2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 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 tbs. coconut oil
- Salt and pepper to taste

- 1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in the pan.
- 2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5 to 8 minutes until browned.
- 3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8 to 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 to 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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