



# VEGETARIAN MEAL PLAN

**60**day™ Challenge

**LIFETIME**

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# HOW TO USE THE MEAL PLAN

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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](mailto:60day@lt.life).

You can find all 60day recipes at [lifetime60day.com/recipes](https://lifetime60day.com/recipes).

## THE BASE

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

## MEN

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

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

# HOW TO USE THE MEAL PLAN

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## 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.

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## SNACK SHAKES

Because protein is so critical to seeing success, we highly recommend incorporating an afternoon protein “snack” shake daily, using our Life Time Vegan Protein Powder or the Life Time Collagen Protein Powder. This will make it easy and convenient for you to hit those protein goals, and provide ensure you are getting in all of your daily essential amino acids.

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## WHAT TO DO WEEKS 5-8

To keep it as simple as possible for you, and provide a solid base of meal prep experience, you’ll be repeating the meal plans for weeks 1 to 4 in the back half of the program as well. Feel free to incorporate new recipes as needed, or if simplicity is your game, just follow the meal plan as is.

# NUTRITION

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## NON-NEGOTIABLES

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



# TIPS TO 60DAY

## THE RIGHT WAY

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

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

# ORGANIC VS. CONVENTIONAL

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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

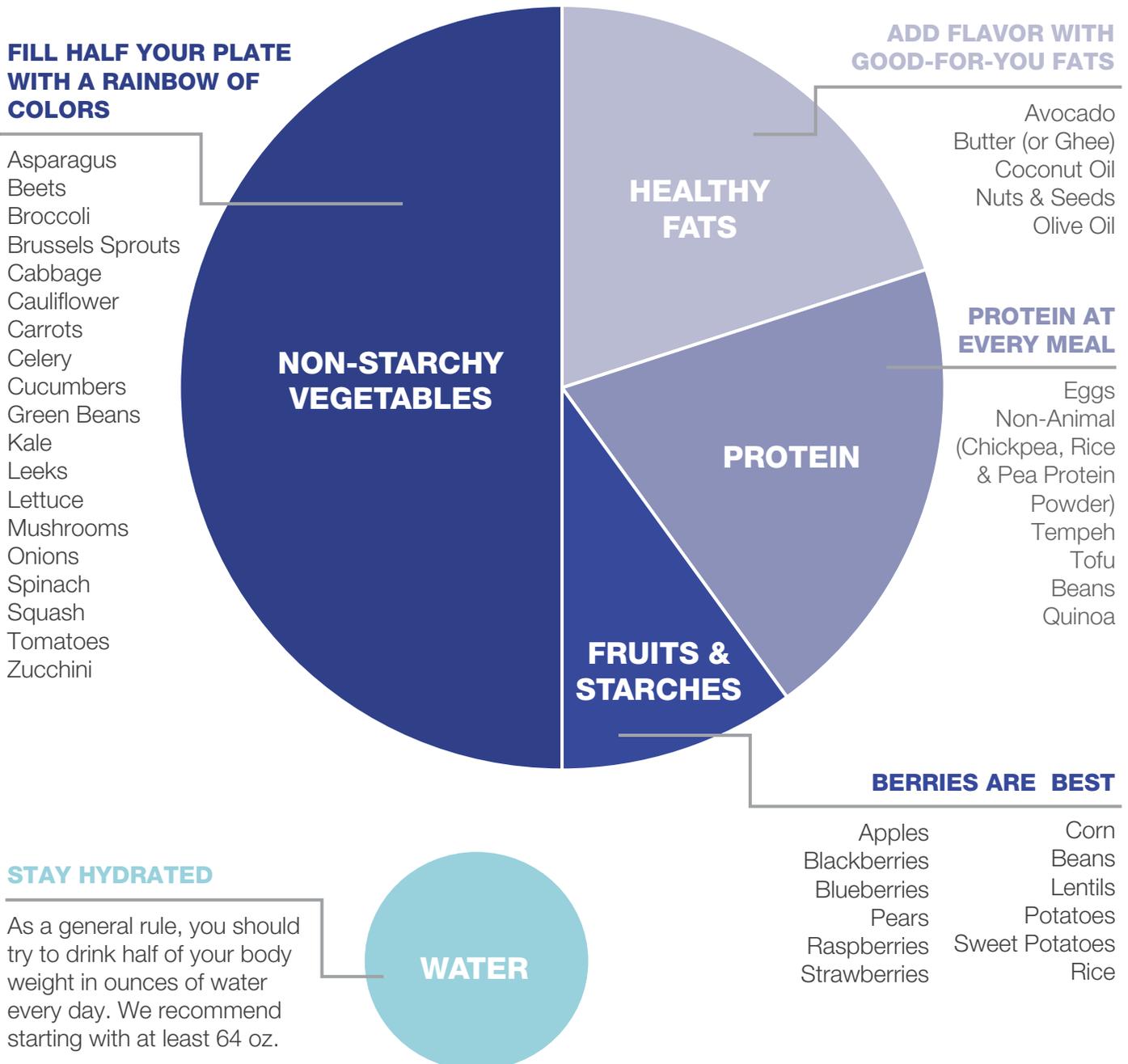
## FOODS TO BUY CONVENTIONAL

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

# YOUR HEALTHY PLATE

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan.

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



# HOW TO BUILD A SUPER SMOOTHIE

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## 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. Bonus \_\_\_\_\_ vanilla extract, mint extract, oats, coconut, cinnamon

For more shake recipes, visit [lifetime60day.com/recipes](https://lifetime60day.com/recipes)

## SNACK SHAKE

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

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



# HOW TO BUILD A SHEET PAN MEAL

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

## 1. START WITH THE RIGHT SET UP

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

## 2. CHOOSE YOUR PROTEIN

Choose approximately 4 servings of your protein.

Meat	Temperature	Time
Tempeh	400° F	20 to 30 minutes
Tofu	400° F	25 to 30 minutes
Chickpeas	400° F	20 to 30 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.

# RECOMMENDED SNACKS

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- 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
- 1 cup roasted veggies
- 1 scoop protein powder + 8 oz. water
- [Almond Butter Blender Muffins](#)
- [Oatmeal Superfood Breakfast Bars](#)

For more snack recipes, visit [lifetime60day.com/recipes](https://lifetime60day.com/recipes)



# THE KEY TO MEAL PREP

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

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

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

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

These are our top individual foods we recommend batch prepping:

1. Rice or quinoa
2. Hard-boiled eggs
3. Roasted veggies
4. Chopped or sliced veggies — for snacking or quickly sautéing
5. Overnight oats
6. Baked sweet potatoes

## 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. Veggie 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 veggie burger (optional add of avocado) topped with lettuce and tomato, with a side salad or a side of steamed veggies.
4. Grocery store salad bar with fresh veggies, hard boiled egg, sunflower seeds, and oil and vinegar.

# CALORIE ADD ONS

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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
- 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
- 2 scoops Life Time Vegan Protein Powder
- ½ cup oats
- ¼ cup hummus

## 200 to 300 CALORIES

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

## 300 to 350 CALORIES

- 1 whole avocado
- ½ cup pistachios



# WEEK ONE

## MEAL PLAN

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS/ DESSERT</b>
<b>MON.</b>	Banana Protein Muffins (x3)	Greek Quinoa Salad	Cauliflower and Vegetable Soup	Snack Protein Shake + Optional (pg.11)
<b>TUE.</b>	Meal Replacement Protein Shake	Greek Quinoa Salad	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
<b>WED.</b>	Banana Protein Muffins (x3)	Cauliflower and Vegetable Soup	Lentil Curry & Cauliflower	Snack Protein Shake + Optional (pg.11)
<b>THU.</b>	Meal Replacement Protein Shake	Sheet Pan Meal	Vegetarian Rainbow Chili	Snack Protein Shake + Optional (pg.11)
<b>FRI.</b>	Banana Protein Muffins (x3)	Lentil Curry & Cauliflower	Cauliflower and Vegetable Soup	Snack Protein Shake + Optional (pg.11)
<b>SAT.</b>	Breakfast Hash + 1 cup Berries	Vegetarian Rainbow Chili	Sweet Potato Black Bean Burger + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
<b>SUN.</b>	Out to Eat	Sweet Potato Black Bean Burger + 1 cup Veggies	Veggie Detox Bowl	Snack Protein Shake + Optional (pg.11)

# WEEK ONE

# GROCERY LIST

PRODUCE	PROTEIN	DAIRY
<input type="checkbox"/> 3 medium to large bananas <input type="checkbox"/> 3 zucchini <input type="checkbox"/> ½ cup cherry tomatoes <input type="checkbox"/> 4 cups mixed greens <input type="checkbox"/> 1 cucumber <input type="checkbox"/> 12 cups veggies <input type="checkbox"/> 2 yellow onions <input type="checkbox"/> 2 large heads of cauliflower <input type="checkbox"/> 1½ red onion <input type="checkbox"/> 3 medium sweet potatoes <input type="checkbox"/> 1 cup red potatoes <input type="checkbox"/> 3½ bell pepper <input type="checkbox"/> 10 cups spinach <input type="checkbox"/> 2 cups berries <input type="checkbox"/> Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc. <input type="checkbox"/> 1 cup peas <input type="checkbox"/> 3 large carrot, diced <input type="checkbox"/> 1 tbs. lemon juice	<input type="checkbox"/> 4 servings protein of choice	<input type="checkbox"/> 1 cup unsweetened nut milk <input type="checkbox"/> 5 eggs <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes) <input type="checkbox"/> 1 cup coconut milk
	SPICES	DRY
	<input type="checkbox"/> 1 tbs. vanilla extract <input type="checkbox"/> 1 tbs. cinnamon <input type="checkbox"/> 6 tbs. garlic powder <input type="checkbox"/> 2 tbs. chili powder <input type="checkbox"/> ⅛ cup sea salt <input type="checkbox"/> 4 tbs. cumin <input type="checkbox"/> ½ tsp. ground ginger <input type="checkbox"/> 1 tbs.. minced garlic <input type="checkbox"/> 2 tsp. garam masala <input type="checkbox"/> 1 tsp. smoked paprika <input type="checkbox"/> 2 tbs. curry powder <input type="checkbox"/> 1 tbs. cilantro <input type="checkbox"/> 1 tbs. paprika	<input type="checkbox"/> 1 cup quinoa, cooked <input type="checkbox"/> 4 scoops Life Time Vanilla Grass Fed Whey <input type="checkbox"/> 2 tbs. chia seeds <input type="checkbox"/> 2 cups gluten-free oats <input type="checkbox"/> ½ cup chopped pecans <input type="checkbox"/> 2½ cups lentils, uncooked <input type="checkbox"/> ⅔ cup cooked brown rice <input type="checkbox"/> ½ cup walnuts, chopped <input type="checkbox"/> 2 cups cooked quinoa <input type="checkbox"/> 3 scoops Life Time unflavored collagen peptides
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Fruit (for protein shakes)	<input type="checkbox"/> ⅛ cup black olives <input type="checkbox"/> 1 8-oz. can tomato paste <input type="checkbox"/> 2 14-oz. can full-fat coconut milk <input type="checkbox"/> 3 15-oz. can black beans <input type="checkbox"/> 2 15-oz. can kidney beans <input type="checkbox"/> 2 tbs. red curry paste <input type="checkbox"/> 2 15-oz. can diced tomatoes <input type="checkbox"/> 2 cups low sodium vegetable broth	<input type="checkbox"/> 4 tbs. olive oil <input type="checkbox"/> ½ cup hummus <input type="checkbox"/> 2½ tbs. coconut oil <input type="checkbox"/> ½ cup hummus

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

# WEEK ONE

## RECOMMENDED MEAL PREP DAYS

### SUNDAY

- Banana Protein Muffins
- Greek Quinoa Salad

### MONDAY

- Cauliflower and Vegetable Soup

### TUESDAY

- Sheet Pan Meal

### WEDNESDAY

- Lentil + Curry Cauliflower

### THURSDAY

- Vegetarian Rainbow Chili

### FRIDAY

- *No Preparation Needed*

### SATURDAY

- Breakfast Hash
- Sweet Potato Black Bean Burger

### SUNDAY

- Veggie Detox Bowl

# WEEK ONE

## RECIPES

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### Banana Protein Muffins

Makes 15 Servings

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

#### INGREDIENTS

- 3 medium-large bananas
- 1 zucchini, chopped
- 4 scoops Life Time Vanilla Grass Fed Whey
- 2 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% 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 3 to 4 days

### Greek Quinoa Salad

Makes 4 Servings

Calories: 315 | Protein: 7 | Fat: 23 | Carbs: 21

#### INGREDIENTS

- 1 cup quinoa, cooked
- ⅓ cup black olives
- ½ cup cherry tomatoes, halved
- 4 cups mixed greens
- ½ cup hummus
- 1 cucumber, diced
- ¼ red onion, sliced

#### Dressing

- 4 tbs. olive oil
- 2 tbs. lemon juice
- Salt
- Pepper

#### DIRECTIONS

1. Combine all dressing ingredients in small bowl and set aside.
2. In large bowl combine quinoa, black olives, cherry tomatoes, mixed greens, cucumber and red onion. Toss with dressing.
3. Divide between 4 bowls and top with 2 tablespoons of hummus each.
4. Enjoy!

# WEEK ONE

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## RECIPES

### Cauliflower and Vegetable Soup

Makes 6 Servings

Calories 375 | Protein 18 | Carbs 29 | Fat 23

#### INGREDIENTS

- 1 tbs. coconut oil
- ½ yellow onion, diced
- ½ red bell pepper, thinly sliced
- 1 cup red potatoes, diced
- 2 tbs. red curry paste
- 1 tbs. ginger powder
- 2 tbs. curry powder
- 3 tbs. garlic powder
- 1 tsp. cumin
- 1 (14 oz.) can diced tomatoes
- 1 (14 oz.) full fat coconut milk
- 1 cup coconut milk
- 1 large head of cauliflower cut into florets
- 3 scoops unflavored Life Time Collagen Peptides
- 1 cup peas
- 1 large carrot, diced
- Salt to taste

#### DIRECTIONS

1. In a medium pot, add coconut oil over medium heat until melted. Add onions and pepper and sauté until softened, about 5 minutes.
2. Add ½ cup potatoes, red curry paste, ginger powder, curry powder, garlic powder, cumin, diced tomatoes coconut milk, and full-fat coconut milk and simmer until potatoes are softened, about 20 minutes.
3. Remove the mixture from the pot and let cool, then add to a blender and blend until smooth.
4. Return to the pot and add the remaining potatoes, cauliflower, peas, diced carrot, and collagen. Simmer for another 20 minutes, until carrots and cauliflower are softened.



Greek Quinoa Salad

# WEEK ONE

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## RECIPES

### Sheet Pan Meal

Makes 4 Servings

Calories 360 | Protein 15 | Carbs 48 | Fat 14

#### INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

#### DIRECTIONS

1. Follow cooking times found on page 10.

# WEEK ONE

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## RECIPES

### Lentil + Curry Cauliflower

Makes 4 Servings

Calories: 380 | Protein: 16 | Fat: 19 | Carbs: 39

#### INGREDIENTS

- 2 tbs. olive oil
- 1 onion, diced
- 1 tbs. minced garlic
- 2½ cups lentils, uncooked
- 8 oz. can tomato paste
- 1 16.7-oz. can full-fat coconut milk, divided
- 2½ cups water
- 2 tsp. garam masala
- 1 tsp. garlic powder
- 1 tsp. cumin
- ½ tsp. ground ginger
- 4 cups cauliflower
- Sea salt and pepper, to taste

#### DIRECTIONS

1. In a medium skillet, heat olive oil over medium heat. Add in onion and garlic and sauté until fragrant. Put in slow cooker.
2. Add lentils, tomato paste, 1½ cups of the coconut milk, water and seasoning to slow cooker on low for 3 to 4 hours, or until tender.
3. When ready to serve, steam cauliflower until tender. Add to medium bowl and mash with fork until well blended. Add reserved coconut milk and sea salt to taste and serve with lentils.

# WEEK ONE

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## RECIPES

### Vegetarian Rainbow Chili

Makes 4 Servings

Calories: 390 | Protein: 22 | Fat: 4 | Carbs: 68

#### INGREDIENTS

- 2 15-oz. can diced tomatoes
- 1 15-oz. can kidney beans
- 1 15-oz. can black beans
- 2 cups low sodium vegetable broth
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups spinach, finely chopped
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 2 medium carrots, chopped
- 1 tbs. garlic powder
- 2 tbs. chili powder
- ½ tsp. cumin
- 1 tbs. cilantro
- 1 tbs. paprika
- ½ tbs. coconut oil

#### DIRECTIONS

1. In a large pot, melt coconut oil. Then add the onion, peppers, and carrots and cook until vegetables are tender, about 10 minutes.
2. Add your seasonings (garlic, chili powder, cumin, and smoked paprika) and spinach. Continue to cook, stirring frequently, about 1 minutes.
3. Next, add the tomatoes, beans, and broth. Stir to combine and reduce heat to a simmer. Allow mixture to simmer, stirring occasionally, for 30 minutes. Remove from heat and allow to cool slightly
4. For a thicker, less chunky texture, remove about half of the chili and pulse in a blender for a short amount of time — about 5 to 10 seconds. Then pour the blended mixture back into the pot and mix in evenly. Add in cilantro and mix in.
5. Enjoy immediately, or freeze for future use.

# WEEK ONE

## RECIPES

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### Breakfast Hash

Makes 4 Servings

Calories: 380 | Protein: 19 | Fat: 23 | Carbs: 26

#### INGREDIENTS

- 1 medium sweet potato
- 5 eggs
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 tbs. coconut oil
- Salt and pepper, to taste

#### DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5 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!

### Sweet Potato Black Bean Burger

Makes 4 Servings

Calories: 340 | Protein: 16 | Fat: 11 | Carbs: 47

#### INGREDIENTS

- 1 15-oz. can black beans, drained and rinsed
- ⅔ cup mashed sweet potato
- ⅔ cup cooked brown rice
- ½ cup walnuts, chopped
- ½ cup finely diced onion
- 2½ tsp. ground cumin
- 1 tsp. smoked paprika
- Salt and pepper, to taste
- ¾ cup raw gluten-free oats

#### DIRECTIONS

1. Preheat oven to 375° F.
2. Combine all ingredients (except oatmeal) in the base of a food processor or blender. Process until smooth.
3. Add in oats and shape into 8 patties.
4. Place on a 9-x-13-inch sheet pan spritzed with nonstick spray and bake at 375° F for 25 to 30 minutes, or until browned.

# WEEK ONE

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## RECIPES

### Veggie Detox Bowl

Makes 4 Servings

Calories: 280 | Protein: 12 | Fat: 8 | Carbs: 42

#### INGREDIENTS

- 8 cups spinach
- 2 cups cooked quinoa
- 1 cup black beans
- 1 cup mashed sweet potato
- ½ cup hummus

#### DIRECTIONS

1. Add all ingredients to a bowl and enjoy.

# WEEK TWO

## MEAL PLAN

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS/ DESSERT</b>
<b>MON.</b>	Meal Replacement Protein Shake	Veggie Detox Bowl	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
<b>TUE.</b>	Meal Replacement Protein Shake	Lemon Garlic Farro with Roasted Vegetables	BBQ Black Bean Meatballs + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
<b>WED.</b>	Overnight Oats Four Ways	Sheet Pan Meal	Roasted Vegetable & Quinoa Bake	Snack Protein Shake + Optional (pg.11)
<b>THU.</b>	Overnight Oats Four Ways	Lemon Garlic Farro with Roasted Vegetables	BBQ Black Bean Meatballs + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
<b>FRI.</b>	Meal Replacement Protein Shake	Roasted Vegetable & Quinoa Bake	Mediterranean Cauliflower Crust Pizza	Snack Protein Shake + Optional (pg.11)
<b>SAT.</b>	Protein Pancakes + 1 cup Berries	Out to Eat	Quinoa & Kale Power Salad	Snack Protein Shake + Optional (pg.11)
<b>SUN.</b>	Avocado Boats + 1 cup Berries	Out to Eat	Quinoa & Kale Power Salad	Snack Protein Shake + Optional (pg.11)

# WEEK TWO

## GROCERY LIST

PRODUCE	PROTEIN	DAIRY
<input type="checkbox"/> 2 cups mushrooms <input type="checkbox"/> 2 bell peppers <input type="checkbox"/> 1 bunch asparagus <input type="checkbox"/> 2 12-oz. cherry tomatoes <input type="checkbox"/> 4 tbs. lemon juice <input type="checkbox"/> 1 red onion <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> ½ zucchini <input type="checkbox"/> 1 to 2 bunches arugula <input type="checkbox"/> 4 cups kale <input type="checkbox"/> 4 clementine oranges <input type="checkbox"/> 1 orange <input type="checkbox"/> 2 avocados <input type="checkbox"/> 2 cups berries <input type="checkbox"/> 12 cups veggies	<input type="checkbox"/> 4 servings protein of choice	<input type="checkbox"/> 3 cups feta cheese <input type="checkbox"/> 5 large eggs <input type="checkbox"/> 1 cup unsweetened nut milk <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
	SPICES	DRY
	<input type="checkbox"/> ¼ cup garlic powder <input type="checkbox"/> 1 bunch of basil <input type="checkbox"/> 1 tbs. onion powder <input type="checkbox"/> ¼ cup cilantro, minced <input type="checkbox"/> 2 tsp. paprika <input type="checkbox"/> Red chili flakes, to taste <input type="checkbox"/> 1 garlic clove <input type="checkbox"/> 1½ tbs. Italian seasoning	<input type="checkbox"/> 3½ cup gluten-free oats <input type="checkbox"/> ⅓ cup pine nuts <input type="checkbox"/> 1½ cup farro <input type="checkbox"/> ½ cup oat flour <input type="checkbox"/> 2 cups quinoa <input type="checkbox"/> 1 scoop vanilla Life Time Life Time Protein Powder <input type="checkbox"/> 3 tbs. coconut flour <input type="checkbox"/> ¼ tsp. baking powder <input type="checkbox"/> ¼ tsp. baking soda <input type="checkbox"/> ¼ cup slivered almonds <input type="checkbox"/> 2 tbs. ground flaxseed <input type="checkbox"/> 2 cups cooked lentils <input type="checkbox"/> ¼ cup dried cranberries
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Fruit (for protein shakes) <input type="checkbox"/> Caulipower Pizza Crust	<input type="checkbox"/> 1 15-oz. can of black beans <input type="checkbox"/> 3 tbs. tomato paste <input type="checkbox"/> 1 15-oz. can white beans <input type="checkbox"/> 1 cup of green olives <input type="checkbox"/> 2 tbs. roasted red peppers <input type="checkbox"/> 1 15-oz. can chickpeas	<input type="checkbox"/> ⅔ cup olive oil <input type="checkbox"/> ½ tbs. coconut oil <input type="checkbox"/> ½ cup low-sugar BBQ sauce <input type="checkbox"/> 4 tbs. pesto <input type="checkbox"/> 1 tbs. white wine vinegar <input type="checkbox"/> 2½ cups vegetable stock

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

# WEEK TWO

## RECOMMENDED MEAL PREP DAYS

### MONDAY

- Sheet Pan Meal
- Lemon Garlic Farro with Roasted Vegetables

### TUESDAY

- Black Bean BBQ Meatballs
- Overnight Oats Four Ways

### WEDNESDAY

- Roasted Vegetable & Quinoa Bake

### THURSDAY

- *No Preparation Needed*

### FRIDAY

- Mediterranean Cauliflower Crust Pizza

### SATURDAY

- Protein Pancakes
- Quinoa & Kale Power Salad

### SUNDAY

- Avocado Boats
- Lentil Meatballs + Quinoa

# WEEK TWO

## RECIPES

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### Sheet Pan Meal

Makes 4 Servings

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

#### INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

#### DIRECTIONS

1. Follow cooking times found on page 10.

### Lemon Garlic Farro with Roasted Vegetables

Makes 4 servings

Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

#### INGREDIENTS

- 1/3 cup pine nuts
- 1 cup mushrooms, chopped
- 1 bell pepper, chopped
- 1 bunch asparagus, chopped
- 12 oz. cherry tomatoes, halved
- 2 tsp. garlic powder
- 2 tbs. olive oil
- 1 1/2 cup farro
- 1/2 cup feta cheese
- Salt and pepper, to taste

#### Dressing

- 2 tbs. olive oil
- 2 tbs. lemon juice
- Salt and pepper, to taste
- 2 tbs. minced basil

#### DIRECTIONS

1. Preheat oven to 425° F. In a large sheet pan, add mushrooms, bell pepper, asparagus, tomatoes and pine nuts. Add in olive oil and mix until veggies and nuts are covered. Spread veggies on an even layer to avoid overlapping, and roast for about 40 minutes.
2. While the veggies are roasting, bring 4 cups water to a boil. Once boiling, add in farro, reduce heat, cover, and let simmer for about 40 minutes, until water has evaporated.
3. In a small bowl add the olive oil, lemon juice, salt and pepper. Whisk until all the ingredients are thoroughly mixed.
4. Once veggies are ready, remove from the oven and add to a large mixing bowl or sauté pan. Mix in dressing and farro, and top with feta cheese. Serve immediately and enjoy!

# WEEK TWO

## RECIPES

### Black Bean BBQ Meatballs

Makes 4 Servings

Calories: 510 | Protein: 9 | Fat: 10 | Carbs: 54

#### INGREDIENTS

##### Meatballs

- ½ cup oat flour
- ½ gluten free oats
- ½ 15 oz. can of black beans
- 1 tbs. olive oil
- 1 tbs. tomato paste
- 1 tbs. onion powder
- 1 tbs. garlic powder
- ¼ cup cilantro, minced
- 1 tbs. basil, minced
- Water as needed
- 2 tsp. paprika

##### BBQ Sauce

- ½ tbs. coconut oil
- ½ cup low-sugar BBQ sauce
- Red chili flakes, to taste

#### DIRECTIONS

1. In a food processor, add oats and pulse until it forms a flour-like consistency. Add the rest of the meatball ingredients and continue to pulse until it forms a paste, about 3 to 5 minutes.
2. Transfer mixture to a small bowl and start rolling it into small, 1 inch balls.
3. Once all balls are formed, melt ½ tablespoon of olive oil on a sauté pan over medium heat. Add meatballs and lightly toast, stirring frequently so the balls cook evenly — about 5 minutes total.
4. Mix in BBQ sauce and red chili flakes and stir until all balls are evenly coated. Continue to cook the balls another 4 to 5 minutes, until thoroughly cooked. Remove from heat and enjoy!

### Overnight Oats Four Ways

Makes 1 Serving

#### INGREDIENTS

- ⅓ cup gluten-free oats
- ⅔ cup unsweetened nut milk (almond, cashew, coconut, etc.)

##### 1. *PB & J*

- 1 tbs. peanut butter
- ½ cup chopped strawberries
- 1 serving vanilla Life Time Protein Powder

##### 2. *MOCHA CHIP*

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

##### 3. *BLUEBERRY LEMON CHEESECAKE*

- ⅓ cup blueberries
- 2 tbs. lemon zest
- 1 serving vanilla Life Time Protein Powder

##### 4. *CHUNKY MONKEY*

- ½ banana, sliced
- 1 tbs. chopped walnuts
- 1 square 90% dark chocolate, chopped
- 1 serving chocolate Life Time Protein Powder

#### DIRECTIONS

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

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

Makes 4 servings of Overnight Oats and keep in the fridge



BBQ Black Bean Meatballs

# WEEK TWO

## RECIPES

---

### Roasted Vegetable & Quinoa Bake

Makes 4 Servings

Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

#### INGREDIENTS

- 1 bell peppers, sliced
- ½ medium red onion, sliced
- 1 cup quinoa, uncooked
- 1 15 oz. can white beans, drained and rinsed
- 1 cup of green olives
- 1 cup mushrooms
- 2 cups spinach
- 2 tbs. lemon juice
- ¼ cup basil
- 8 oz. feta cheese
- Salt and pepper
- Olive oil

#### DIRECTIONS

1. Preheat the oven to 400° F.
2. In a Dutch oven or cast-iron skillet, coat the bottom with olive oil. Layer the onion, mushrooms and peppers on the bottom. Sprinkle with salt and pepper, then cook for about 30 minutes, until vegetables are roasted.
3. While the vegetables are in the oven, bring 2 cups of water to boil. Once boiling, add quinoa and reduce heat to a simmer. Allow the quinoa to cook until the water is fully evaporating, making sure to stir periodically to reduce burning.
4. In a medium bowl, add quinoa, beans, olives, spinach, lemon juice, basil, salt and pepper, and half of the feta and mix thoroughly.
5. When the veggies are ready, remove from the oven and add in the mixture from the bowl, spreading it out evenly. Top with the remaining feta, and return to the oven for another 20 minutes. Broil on low for another 5 minutes to grill the cheese, then remove and enjoy!

### Mediterranean Cauliflower Crust Pizza

Makes 4 Servings

Calories 540 | Protein 12 | Carbs 51 | Fat 35

#### INGREDIENTS

- 4 tbs. pesto
- ½ zucchini, chopped
- 1 to 2 bunches arugula
- 2 tbs. chopped roasted red peppers
- 6 to 8 cherry tomatoes, halved
- 2 tbs. sliced red onion
- ½ cup feta cheese
- [Caulipower Pizza Crust](#)
- Salt and pepper, to taste

#### DIRECTIONS

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

# WEEK TWO

## RECIPES

---

### Protein Pancakes

Makes 2 Servings

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

#### INGREDIENTS

- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 tbs.. organic coconut flour
- ¼ 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 non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

### Quinoa & Kale Power Salad

Makes 4 Servings

Calories 485 | Protein 13 | Carbs 67 | Fat 19

#### INGREDIENTS

##### Salad

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

##### Dressing

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

#### DIRECTIONS

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



Protein Pancakes

# WEEK TWO

## RECIPES

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### Avocado Boats

Makes 2 Servings

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

#### INGREDIENTS

- 2 avocados
- 4 medium eggs

#### DIRECTIONS

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.

### Lentil Meatballs + Quinoa

Makes 4 Servings

Calories: 330 | Protein: 16 | Fat: 7 | Carbs: 53

#### INGREDIENTS

- 2 tbs. ground flaxseed
- 3 tbs. water
- 2 cups cooked lentils
- 1 tbs. olive oil
- 1 tbs. minced garlic
- 1½ tbs. Italian seasoning
- 2 tbs. tomato paste
- Sea salt and black pepper to taste
- 1 tbs. coconut flour
- ½ cup gluten-free oats
- 2½ cups vegetable stock
- 1¼ cups quinoa, uncooked

#### DIRECTIONS

1. Make “flax egg” by soaking flax in 3 tablespoons of water for 5 minutes.
2. In a blender or food processor, add olive oil, garlic, flax egg, Italian seasoning, tomato paste, salt and pepper, coconut flour, lentils and raw oats. Pulse/blend until mixture is smooth but still somewhat chunky.
3. Roll into 10 equal-sized small balls.
4. Line a 9-x-13-inch baking pan with aluminum foil. Bake meatballs for 20 minutes at 350° F, until browned.
5. Meanwhile, add vegetable stock to small saucepan and add quinoa.
6. Simmer on low for 20 minutes or until cooked through, and fluff with fork.
7. Serve meatballs with quinoa. Two meatballs and ¾ cup quinoa is a serving.

# WEEK THREE

## MEAL PLAN

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS/ DESSERT</b>
<b>MON.</b>	Meal Replacement Protein Shake	Lentil Meatballs and Quinoa + 1 cup Veggies	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
<b>TUE.</b>	Egg Bake	Sheet Pan Meal	Southwest Quinoa Salad	Snack Protein Shake + Optional (pg.11)
<b>WED.</b>	Meal Replacement Protein Shake	Southwest Quinoa Salad	Brinner Bowl	Snack Protein Shake + Optional (pg.11)
<b>THU.</b>	Egg Bake	Lentil Meatballs and Quinoa + 1 cup Veggies	Vegetarian Spaghetti and Meatballs	Snack Protein Shake + Optional (pg.11)
<b>FRI.</b>	Meal Replacement Protein Shake	Vegetarian Spaghetti and Meatballs	Ancient Grain Bowl with Avocado Crema	Snack Protein Shake + Optional (pg.11)
<b>SAT.</b>	Breakfast Sweet Potato + 1 cup Berries	Ancient Grain Bowl with Avocado Crema	Southwest Quinoa Salad	Snack Protein Shake + Optional (pg.11)
<b>SUN.</b>	Avocado Boats + 1 cup Berries	Out to Eat	Rainbow Vegetarian Chili	Snack Protein Shake + Optional (pg.11)

# WEEK THREE

## GROCERY LIST

PRODUCE	DRY	DAIRY
<input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 5 bell peppers <input type="checkbox"/> 4 green onions <input type="checkbox"/> 5 cups broccoli <input type="checkbox"/> 2 cups mushrooms <input type="checkbox"/> 3½ cups cherry tomatoes <input type="checkbox"/> 1 cucumber <input type="checkbox"/> 1 lemon <input type="checkbox"/> ½ cup red potato <input type="checkbox"/> 8 cups spinach <input type="checkbox"/> 1 medium spaghetti squash <input type="checkbox"/> 3 sweet potatoes <input type="checkbox"/> 6 cups kale or spinach <input type="checkbox"/> 4 avocados <input type="checkbox"/> 6 tbs. lime juice <input type="checkbox"/> 1 banana <input type="checkbox"/> 2 zucchinis <input type="checkbox"/> 2 carrots <input type="checkbox"/> 2 cups berries <input type="checkbox"/> 12 cups veggies	<input type="checkbox"/> 2 cups quinoa <input type="checkbox"/> 1 tbs. chia seeds	<input type="checkbox"/> 16 eggs <input type="checkbox"/> ¼ cup full-fat plain Greek yogurt <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes) <input type="checkbox"/> Optional: ¼ cup cheese
	SPICES	PROTEIN
	<input type="checkbox"/> 2½ tbs. garlic powder <input type="checkbox"/> 2½ tsp. cumin <input type="checkbox"/> 2 tsp. smoked paprika <input type="checkbox"/> 1 bunch cilantro <input type="checkbox"/> 2 garlic cloves <input type="checkbox"/> 3½ tbs. chili powder <input type="checkbox"/> ½ tsp. ground cinnamon	<input type="checkbox"/> 4 servings protein of choice <input type="checkbox"/> 12 oz. tempeh <input type="checkbox"/> 14 oz. extra firm tofu, drained
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Frozen fruit (for protein shakes)	<input type="checkbox"/> 1 15-oz. can cooked chickpeas <input type="checkbox"/> 2 cups pasta sauce (no sugar added) <input type="checkbox"/> 2 tbs. creamy peanut butter <input type="checkbox"/> 2 15-oz. cans diced tomatoes <input type="checkbox"/> 1 15-oz. can kidney beans <input type="checkbox"/> 2 15-oz. can black beans <input type="checkbox"/> 1 cup canned corn	<input type="checkbox"/> 4 tbs. olive oil <input type="checkbox"/> 5 tbs. coconut oil <input type="checkbox"/> ½ tbs. sesame oil <input type="checkbox"/> ½ tbs. hot sauce <input type="checkbox"/> 3½ cups low sodium vegetable broth

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

# WEEK THREE

## RECOMMENDED MEAL PREP DAYS

### MONDAY

- Sheet Pan Meal
- Sausage and Egg Bake

### TUESDAY

- Southwest Quinoa Salad

### WEDNESDAY

- Brinner Bowl

### THURSDAY

- Vegetarian Spaghetti and Meatballs

### FRIDAY

- Ancient Grain Bowl with Avocado Crema

### SATURDAY

- Breakfast Sweet Potato

### SUNDAY

- Avocado Boats
- Vegetarian Rainbow Chili

# WEEK THREE

## RECIPES

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### Sheet Pan Meal

Makes 4 Servings

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

#### INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

#### DIRECTIONS

1. Follow cooking times found on page 9.

### Sausage and Egg Bake

Makes 4 Servings

Calories: 295 | Protein: 22 | Fat: 18 | Carbs: 9

#### INGREDIENTS

- 10 eggs
- ½ onion, diced
- 1 bell pepper, diced
- 1 cup broccoli, chopped
- 1 cup mushrooms, diced
- Salt and pepper, to taste
- Optional: ¼ cup cheese

#### DIRECTIONS

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

# WEEK THREE

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## RECIPES

### Southwest Quinoa Salad

Makes 6 Servings

Calories: 325 | Protein: 14 | Fat: 13 | Carbs: 37

#### INGREDIENTS

- $\frac{3}{4}$  cup quinoa, rinsed and drained
- $1\frac{1}{2}$  cups broth, low-sodium
- 1 cup canned corn, drained
- 1 15 oz. can black beans, rinsed and drained
- 1 red bell pepper, chopped
- 4 green onions, chopped
- 1 avocado
- 6 to 8 cherry tomatoes, halved
- 2 tbs. minced fresh cilantro

#### Lime Vinaigrette:

- 4 tbs. fresh lime juice
- 3 tbs. olive oil
- 1 tsp. chili powder
- $\frac{1}{2}$  tsp. cumin
- $\frac{1}{2}$  tsp. garlic powder
- salt and pepper (to taste)

#### DIRECTIONS

1. In a small pot, add quinoa and broth. Reduce the heat, cover and simmer until the liquid has been absorbed about 12 to 15 minutes. Remove from the heat.
2. While the quinoa cooks, prepare the lime vinaigrette. In a small bowl or jar, combine the dressing ingredients. Whisk (or shake in a jar with a lid) until well combined.
3. Transfer the cooked quinoa to a large bowl and mix in the corn, black beans, bell pepper, green onions, avocado and cilantro. Add the dressing and stir gently to combine. Taste and adjust seasonings as necessary.
4. Enjoy!

# WEEK THREE

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## 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
- 1½ tbs. coconut oil
- 2 eggs

#### DIRECTIONS

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



Southwest Quinoa Salad

# WEEK THREE

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## RECIPES

### Vegetarian Spaghetti and Meatballs

Makes 4 Servings

Calories: 300 | Protein: 22 | Fat: 14 | Carbs: 31

#### INGREDIENTS

- 12 oz. tempeh, cut into small cubes
- 1 medium spaghetti squash, halved lengthwise and seeded
- 1 tbs. coconut oil
- 2 cups pasta sauce (no sugar added)
- 4 cups steamed broccoli, chopped
- 4 cups spinach, chopped
- 1 cup mushrooms, chopped

#### DIRECTIONS

1. Poke holes in the spaghetti squash and microwave for 5 minutes. Remove from microwave and carefully cut in half lengthwise. Remove seeds and rub olive oil and salt into the flesh.
2. Place flesh side down in microwave safe dish with ½ inch to 1 inch of water. Microwave in 3-minute increments until fork-tender, but not over-cooked.
3. When done, remove from water and pat dry. Allow 10 minutes to cool and run a fork along the fleshy side to remove the strands from the skin and place in a 9-x-13-inch casserole dish.
4. Melt coconut oil in a sauté pan over medium heat. Add tempeh and sauté until golden brown, about 7 to 8 minutes, flipping halfway.
5. Add broccoli, spinach and mushrooms to the pan and cook until softened, about 7 minutes. Then add pasta sauce and reduce heat to low. Let simmer for about 5 to 10 minutes and remove from heat.
6. Evenly distribute spaghetti squash and tempeh & veggie mixture into 4 bowls. Top with salt and pepper, and parmesan if preferred, and enjoy!

# WEEK THREE

## RECIPES

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### Ancient Grain Bowl with Avocado Crema

Makes 4 Servings

Calories: 420 | Protein: 21 | Fat: 21 | Carbs: 44

#### INGREDIENTS

- 12 14-oz. extra firm tofu, drained
- 1 sweet potato, peeled and cubed
- 2 cloves garlic, minced
- 1 tbs. coconut oil
- 1 can chickpeas, drained
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1½ cups cooked quinoa
- 6 cups kale or spinach, chopped
- 2 cups cherry tomatoes, halved

#### Tofu Marinade

- 1 tbs. olive oil
- ½ tbs. sesame oil
- 1 tsp. paprika
- ½ tbs. hot sauce

#### Dressing

- 1 medium avocado
- ½ cup cilantro, chopped
- ¼ cup full-fat plain Greek yogurt
- 2 tbs. lime juice
- 1 tsp. cumin
- Pinch of salt

#### DIRECTIONS

1. Preheat the oven to 400° F and grease a large baking sheet.
2. Mix marinade ingredients in a small bowl, then add the tofu and mix until thoroughly coated. Set aside for about 30 minutes.
3. Add sweet potato, garlic and chickpeas and sprinkle with chili powder and garlic powder. Then roast 35 minutes.
4. After tofu is done marinating, add to a medium pan and sauté over medium heat until cooked through, about 10 minutes each side.
5. While tofu is cooking, add all dressing ingredients to a food processor and blend until a creamy dressing is formed.
6. Combine the quinoa, veggies, chickpeas, and tofu in a large bowl, top with dressing, and enjoy!

# WEEK THREE

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## 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!



Breakfast Sweet Potato

# WEEK THREE

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## RECIPES

### Avocado Boats

Makes 2 Servings

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

#### INGREDIENTS

- 2 avocados
- 4 medium eggs

#### DIRECTIONS

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.

### Vegetarian Rainbow Chili

Makes 4 Servings

Calories: 390 | Protein: 22 | Fat: 4 | Carbs: 68

#### INGREDIENTS

- 2 15-oz. can diced tomatoes
- 1 15-oz. can kidney beans
- 1 15-oz. can black beans
- 2 cups low sodium vegetable broth
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups spinach, finely chopped
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 2 medium carrots, chopped
- 1 tbs. garlic powder
- 2 tbs. chili powder
- ½ tsp. cumin
- 1 tbs. cilantro
- 1 tbs. paprika
- ½ tbs. coconut oil

#### DIRECTIONS

1. In a large pot, melt coconut oil. Then add the onion, peppers, and carrots and cook until vegetables are tender, about 10 minutes.
2. Add your seasonings (garlic, chili powder, cumin, and smoked paprika) and spinach. Continue to cook, stirring frequently, about 1 minutes.
3. Next, add the tomatoes, beans, and broth. Stir to combine and reduce heat to a simmer. Allow mixture to simmer, stirring occasionally, for 30 minutes. Remove from heat and allow to cool slightly
4. For a thicker, less chunky texture, remove about half of the chili and pulse in a blender for a short amount of time — about 5 to 10 seconds. Then pour the blended mixture back into the pot and mix in evenly. Add in cilantro and mix in.
5. Enjoy immediately or freeze for future use.

# WEEK FOUR

## MEAL PLAN

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS/ DESSERT</b>
<b>MON.</b>	Meal Replacement Protein Shake	Rainbow Vegetarian Chili	Vegetarian Harvest Bowl	Snack Protein Shake + Optional (pg.11)
<b>TUE.</b>	Strawberry Rhubarb Overnight Oats	Vegetarian Harvest Bowl	Mexican Quinoa Skillet	Snack Protein Shake + Optional (pg.11)
<b>WED.</b>	Meal Replacement Protein Shake	Mexican Quinoa Skillet	Orange "Chicken" and Broccoli	Snack Protein Shake + Optional (pg.11)
<b>THU.</b>	Strawberry Rhubarb Overnight Oats	Orange "Chicken" and Broccoli	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
<b>FRI.</b>	Meal Replacement Protein Shake	Sheet Pan Meal	Out to Eat	Snack Protein Shake + Optional (pg.11)
<b>SAT.</b>	Protein Pancakes + 1 cup Berries	Mexican Zucchini Boats	Mediterranean Cauliflower Crust Pizza	Snack Protein Shake + Optional (pg.11)
<b>SUN.</b>	Avocado Boats + 1 cup Berries	Mexican Zucchini Boats	Brinner Bowl	Snack Protein Shake + Optional (pg.11)

# WEEK FOUR

## GROCERY LIST

PRODUCE	DRY	DAIRY
<input type="checkbox"/> 4 cups brussels sprouts <input type="checkbox"/> 1 medium sweet potato <input type="checkbox"/> 6 radishes <input type="checkbox"/> 2 large carrots <input type="checkbox"/> 1 green onion <input type="checkbox"/> 2 small avocados <input type="checkbox"/> 1 red onion <input type="checkbox"/> 1 cup strawberries <input type="checkbox"/> 1½ cup rhubarb <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 3 bell peppers <input type="checkbox"/> 6 cups steamed broccoli <input type="checkbox"/> 8 cups veggies <input type="checkbox"/> 8 large zucchini <input type="checkbox"/> 1-2 bunches arugula <input type="checkbox"/> 1½ cup cherry tomatoes <input type="checkbox"/> ½ cup red potato <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 2 cups berries	<input type="checkbox"/> 1 cup uncooked quinoa <input type="checkbox"/> 2½ cup gluten-free oats <input type="checkbox"/> 4 servings vanilla Life Time Vegan Protein Powder <input type="checkbox"/> 1 scoop vanilla Life Time Whey Protein Powder <input type="checkbox"/> 1 cup white rice <input type="checkbox"/> 2 tbs. coconut flour <input type="checkbox"/> ¼ tsp. baking powder <input type="checkbox"/> ¼ tsp. baking soda	<input type="checkbox"/> 1 cup feta cheese <input type="checkbox"/> 4 cups unsweetened nut milk <input type="checkbox"/> 7 large egg <input type="checkbox"/> ½ cup cheddar cheese <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
		PROTEIN
		<input type="checkbox"/> 14 oz. extra firm tofu. Chopped <input type="checkbox"/> 4 servings protein of choice
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 1 tbs. chili powder <input type="checkbox"/> 1 tsp. cumin <input type="checkbox"/> 1 tsp. oregano <input type="checkbox"/> 3 garlic cloves <input type="checkbox"/> 2 tbs. sesame seeds <input type="checkbox"/> 1 tsp. fresh ginger <input type="checkbox"/> 1 tbs. taco seasoning <input type="checkbox"/> 2 tsp. paprika <input type="checkbox"/> 2 tsp. garlic powder <input type="checkbox"/> 2 tsp. onion powder	<input type="checkbox"/> 7 tbs. olive oil <input type="checkbox"/> 1 tbs. sesame oil <input type="checkbox"/> 1 tbs. hoisin sauce <input type="checkbox"/> 1 tbs. honey <input type="checkbox"/> ¼ cup low-sodium soy sauce or coconut aminos <input type="checkbox"/> 1 tbs. rice vinegar <input type="checkbox"/> 2½ tbs. coconut oil <input type="checkbox"/> 1 tbs. Dijon mustard <input type="checkbox"/> 1 tbs. white wine vinegar
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Caulipower Pizza Crust <input type="checkbox"/> Frozen fruit (for protein shakes)	<input type="checkbox"/> 1 15-oz. can chickpeas <input type="checkbox"/> 3 15-oz. cans black beans <input type="checkbox"/> 1 15-oz. can tomato sauce <input type="checkbox"/> 4 tbs. pesto <input type="checkbox"/> ½ cup sweet corn <input type="checkbox"/> 2 tbs. roasted red peppers <input type="checkbox"/> ½ cup salsa	

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

# WEEK FOUR

## RECOMMENDED MEAL PREP DAYS

### MONDAY

- Vegetarian Harvest Bowls
- Strawberry Rhubarb Overnight Oats

### TUESDAY

- Mexican Quinoa Skillet

### WEDNESDAY

- Orange “Chicken” and Broccoli
- Sheet Pan Meal

### THURSDAY

- *No Preparation Needed*

### FRIDAY

- *No Preparation Needed*

### SATURDAY

- Protein Pancakes
- Mexican Zucchini Boats
- Mediterranean Cauliflower Crust Pizza

### SUNDAY

- Avocado Boats
- Brinner Bowl

# WEEK FOUR

## RECIPES

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### Vegetarian Harvest Bowl

Makes 6 Servings

Calories: 325 | Protein: 10 | Fat: 12 | Carbs: 45

#### INGREDIENTS

- 4 cups brussels sprouts, trimmed and halved
- 1 medium sweet potato, diced
- 6 radishes, chopped
- 2 large carrots, chopped
- ½ red onion, chopped
- ½ 15-oz. can chickpeas, rinsed and patted dry
- ½ tbs. olive oil
- 1 tsp. paprika
- 2 tsp. garlic powder
- 2 tsp. onion powder
- ½ cup uncooked quinoa

#### Dressing:

- 1 green onion, minced
- 1 tbs. Dijon mustard
- 1 tbs. white wine vinegar
- 2 tbs. olive oil
- Salt and pepper, to taste

#### Optional:

- ¼ cup sliced almonds, toasted

#### DIRECTIONS

1. Preheat your oven to 450° F.
2. In a bowl or glass jar, combine the shallot, mustard, salt, pepper, vinegar and oil. Whisk or shake to combine.
3. On a rimmed metal baking sheet. Arrange the Brussels sprouts, sweet potato, radishes, onion and chick peas. Drizzle with olive oil and season with smoked paprika, garlic, onion powder, salt and pepper. Toss to coat and slide the pan onto the middle rack of your preheated oven. Roast for 20 minutes, rotating the pan halfway through roasting.
4. While vegetables are roasting, cook quinoa on stovetop. Add 1 cup of water to a small pot and add quinoa. Bring to boil, reduce heat and cover. Let simmer until water is evaporated. Set aside.
5. Evenly distribute all ingredients into 6 containers and top with dressing (if saving for leftovers, wait to add dressing until ready to eat). Top with toasted almonds.

# WEEK FOUR

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## RECIPES

### Strawberry Rhubarb Overnight Oats

Makes 4 Servings

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

#### INGREDIENTS

- 1 cup strawberries
- 1½ cup rhubarb
- 1 tbs. water
- 1⅓ cup gluten-free oats (⅓ cup for each serving)
- 2⅔ cup unsweetened nut milk (almond, cashew, coconut, etc.) (⅔ cup for each serving)
- 4 servings vanilla Life Time Protein Powder

#### DIRECTIONS

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

# WEEK FOUR

## RECIPES

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### Mexican Quinoa Skillet

Makes 4 Servings

Calories: 370 | Protein: 16 | Fat: 9 | Carbs: 59

#### INGREDIENTS

- 2 tbs. olive oil
- 1 onion, diced
- 1 red bell pepper
- 1 tbs. minced garlic
- 2 15-oz. cans black beans
- 1 15-oz. can tomato sauce
- ½ cup quinoa, uncooked and rinsed
- 1 tbs. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- 1¼ cups water
- Salt, to taste

#### DIRECTIONS

1. In a medium skillet, heat olive oil over low heat. Add in diced onion, red bell pepper and garlic. Sauté for 5 to 7 minutes or until translucent.
2. Add in beans, tomato sauce, quinoa, water and spices, and simmer on low for 30 minutes or until quinoa is tender.

# WEEK FOUR

## RECIPES

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### Orange “Chicken” and Broccoli

Makes 4 Servings

Calories: 305 | Protein: 15 | Fat: 14 | Carbs: 32

#### INGREDIENTS

- 14 oz. extra firm tofu. chopped
- ½ tbs. olive oil
- ½ tbs. sesame oil
- ½ tbs hoisin sauce
- ½ tbs. honey
- 6 cups steamed broccoli
- 2 garlic cloves, minced
- 2 tbs. toasted sesame seeds
- 1 tsp. fresh ginger
- ¼ cup low-sodium soy sauce or coconut aminos
- 1 tbs. rice vinegar
- 1 cup cooked white rice

#### Tofu Marinade

- ½ tbs. olive oil
- ½ tbs. sesame oil
- ½ tbs. hoisin sauce
- ½ tbs. honey

#### DIRECTIONS

1. In a small bowl, add a marinade ingredients and mix well. Then add tofu and stir until evenly distributed. Allow tofu to marinate for at least 30 minutes.
2. In a large skillet or wok, add olive oil and sesame oil and sauté tofu until evenly browned, about 4 minutes each side. Remove from skillet and set aside.
3. In the same skillet, add garlic and ginger and toast until fragrant.
4. Add in broccoli, tofu, hoisin sauce, honey, soy sauce, sesame seeds, and rice vinegar, cover, and simmer for about 10 minutes, or until the sauce has reduced.
5. Serve over a bed of rice, and enjoy!

### Sheet Pan Meal

Makes 4 Servings

Calories 360 | Protein 15 | Carbs 48 | Fat 14

#### INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

#### DIRECTIONS

1. Follow cooking times found on page 10.

# WEEK FOUR

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## 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
- ¼ 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 non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

### Mexican Zucchini Boats

Makes 4 Servings

Calories: 290 | Protein: 15 | Fat: 11 | Carbs: 33

#### INGREDIENTS

- 4 to 6 large zucchini, cut in half lengthwise
- 1 15-oz. can black beans, drained and rinsed
- ½ cup salsa
- ½ red bell pepper, cored and diced
- ¼ red onion, diced
- ½ cup corn kernels
- 1 tbs. coconut oil
- 1 tbs. taco seasoning
- 1 tsp. paprika
- Sea salt, to taste
- ½ cup cheddar cheese

#### DIRECTIONS

1. Grease a 10-x-15-inch casserole dish with coconut oil and set to the side. Preheat oven to 400° F.
2. Once zucchini are halved, remove the center with a melon baller or spoon to form a small “dish”. Place zucchini face up on the casserole dish.
3. In a large skillet, heat up the oil until melted. Add onion and red pepper and sauté for about 3 minutes, until slightly cooked. Add corn, beans, salsa and taco seasoning and let mixture simmer on low for about 10 minutes.
4. Carefully spoon the veggie mixture evenly into the zucchini boats. Once filled, top lightly with cheese.
5. Bake for 30 minutes, until cheese is melted. Then broil on low for 5 minutes to brown the cheese, but this is optional. Remove from oven and let cool.



Mexican Zucchini Burrito Boats

# WEEK FOUR

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## RECIPES

### Mediterranean Cauliflower Crust Pizza

Makes 2 Servings

Calories 540 | Protein 12 | Carbs 51 | Fat 35

#### INGREDIENTS

- 4 tbs. pesto
- ½ zucchini, chopped
- 1 to 2 bunches arugula
- 2 tbs. chopped roasted red peppers
- 6 to 8 cherry tomatoes, halved
- 2 tbs. sliced red onion
- ½ cup feta cheese
- [Caulipower Pizza Crust](#)
- Salt and pepper, to taste

#### DIRECTIONS

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

# WEEK FOUR

## RECIPES

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### Avocado Boats

Makes 2 Servings

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

#### INGREDIENTS

- 2 avocados
- 4 medium eggs

#### DIRECTIONS

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

### 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 tbsp. coconut oil
- 2 eggs

#### DIRECTIONS

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

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