

WEEK ONE

NUTRITION PLAN



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Nutrition Plan Guidelines

FLEXIBILITY OPTIONS

- Each day has a new menu. Find **ONE DAY'S MENU** you like and repeat it for less cooking, planning, clean-up and more!
- **All like meals are swappable.** Swap any breakfast for a breakfast, lunch for a lunch etc.
- **Design a 1-day menu from the recipes and repeat that.**
 - EXAMPLE: Custom Daily Menu
 - Monday's breakfast
 - Tuesday's snack
 - Wednesday's lunch
 - Monday's snack
 - Friday's dinner
 - THEN, REPEAT a few days or more!

HOW TO SWAP INGREDIENTS OR ADJUST A RECIPE

- KEEP THE MACROS & CALORIES FAIRLY SIMILAR (PROTEIN, CARB, FAT)
- Use the [MACRO CHEATSHEETS](#) for guidance
- You can increase or decrease the portion of the recipe or ingredients based on your hunger cues. Keep a good serving of protein in each meal!

HOW TO SWAP YOUR OWN RECIPE OR SNACK

- MEAL: PROTEIN 25 grams, 1-2 c veg, 1-2 servings healthy fat, carb serving optional
- SNACK: PROTEIN 5 grams+, 250 calories or less
 - Read nutrition labels for protein grams or use the [MACRO CHEATSHEETS](#)

NOTE - This nutrition plan is meant to feed one person. If you're feeding a family or another person, feel free to double, triple, quadruple etc.

Week at a Glance

BREAKFAST SNACK LUNCH SNACK DINNER

M

Egg, Yam & Turkey
Bake or Scramble

Chocolate
Peanut Butter
Protein Bites

Avocado
Tuna Salad
Toasts

Veggies &
Hummus

Greek Chicken

T

Chocolate Mint
Smoothie with
Coconut Flakes

Peach
Parfait

'The Picnic
Basket' Salad

Moroccan
Oranges

Slow Cooker
Turkey Ratatouille

W

Egg, Yam & Turkey
Bake or Scramble

Chocolate
Peanut Butter
Protein Bites

Slow Cooker
Turkey Ratatouille

Chicken & Avocado
Lettuce Wraps

Slow Cooker
Thai Pork with Slaw

Th

Egg, Yam & Turkey
Bake or Scramble

Peach
Parfait

'The Picnic
Basket' Salad

Veggies &
Hummus

Ratatouille
Quinoa Bowl

F

Peachy
Quinoa
Bowl

Savory
Bento Box

Slow Cooker
Thai Pork with Slaw

Coconut
Cantaloupe

Chicken
Noodle Soup

Sa

Chocolate Mint
Smoothie with
Coconut Flakes

Savory
Bento Box

Chicken
Noodle Soup

Moroccan
Oranges

Pork Carnitas
Salad

Sun

Peachy
Quinoa
Bowl

Chocolate
Peanut Butter
Protein Bites

Pork Carnitas
Salad & Fruit

B.T.C. Snack
Be The Chef

B.T.C. Dinner
Be The Chef

Week 1 Grocery List

FRUIT

- _ 2 bananas, 1 ripe by Tues, 1 ripe Friday
- _ 3 oranges
- _ 1 small cantaloupe
- _ 2 avocados, 1 ripe, 1 not even close

VEGETABLES

- _ 2 pounds carrots, enough for snacks
- _ 1 pint cherry tomatoes
- _ 1 bag baby spinach (usually cheaper) or mixed greens
- _ cabbage - 1 bag slaw, or 1 pound head of cabbage to be sliced or shredded
- _ 1 head romaine or red lettuce
- _ 1 bunch/bag celery
- _ green onions, 1 bunch
- _ 12 ounces yams
- _ 2 small zucchini
- _ 1 medium eggplant
- _ 2 small/medium yellow onions, or get a small bag
- _ 1 head garlic
- _ 1 small knob ginger
- _ 1 bunch of fresh mint
- _ lime juice or 1 fresh lime

PROTEIN

- _ 1 pound lean ground turkey, or lean ground chicken
- _ 2 pounds or more skinless chicken breasts
- _ 1 lb or more pork sirloin roast or pork tenderloin
- _ 1 dozen eggs

GRAINS/LEGUMES

- _ bread (you'll only need 1 slice). Try to use gluten free or sprouted grain, but 100% whole wheat is fine in moderation
- _ 1 cup quinoa
- _ 1 cup barley, or swap for brown rice or quinoa
- _ 2 ounces brown rice or quinoa pasta. Shape of choice for chicken noodle soup

HEALTHY FATS

- _ raw nuts for snacks and toppings, about 1 cup
- _ all-natural peanut butter
- _ EVOO (extra virgin olive oil), have on hand for program
- _ at least 1/2 cup unsweetened coconut flakes

REFRIGERATED & FROZEN

- _ 1 package hummus
- _ 1 small container of feta
- _ 2 6-ounce plain Greek yogurt cups, non-fat or low-fat. You could also buy a small tub, it will be used next week too.
- _ 1 carton unsweetened almond milk
- _ 1 bag frozen peaches

CANS - low-sodium options recommended

- _ 1 can tuna packed in water, apx. 5 ounces
- _ 1 8 ounce can tomato sauce
- _ 1 15.5 ounce can diced tomatoes
- _ 1 15.5 ounce can chicken broth, can swap for healthy bouillon

HAVE ON HAND - Flavorings & Cooking/Baking Staples

- _ honey
- _ stevia
- _ cocoa powder
- _ cooking spray
- _ soy sauce/tamara/liquid aminos
- _ vinegars - red or white wine, or balsamic

HERBS & SPICES - have on hand

- _ cumin
- _ chili powder
- _ smoked paprika, regular paprika will work too
- _ cinnamon
- _ garlic powder
- _ oregano

SUPPLEMENTS

- _ Protein powder - chocolate works best for the recipes this week, but vanilla can be swapped in with great results.

Food Prep

Set aside 30 minutes to rock this out before Monday.
Turn on your favorite jams, and smash it out like a pro!

MUST PREP

1. cook 1 cup barley, brown rice or quinoa
2. brown 1 pound lean ground turkey in a large skillet
3. hard-boil 3 eggs
4. cook 9 ounces yams. If you don't want to eat the skins, cook a few more ounces. You'll need 9 ounces of cooked yams for 3 breakfasts

OPTIONAL PREP

1. 2 servings 'Chocolate Peanut Butter & Coconut Protein Bites.' 3 balls per serving, 6 balls total.
2. Portion and pack Monday's lunch – see Monday's instructions. Pack wet ingredients separately.
3. Snacking vegetables - prep carrots and celery for raw snacks. Peel, chop etc into your fave size and shape.



4. BREAKFAST MEAL PREP OPTION 1 Egg Bake or 3 fresh Egg Scrambles?

This week, 'Egg, Yam & Turkey Bake or Scramble' are on the weekly breakfast menu. You can either prepare these all now by baking them in one pan, cutting into thirds, and storing in the fridge for ultimate speed. Or, you can prepare the recipe as a scramble every morning.

HOW TO COOK BARLEY, RICE or QUINOA

Barley - Bring 1 cup barley and 2 1/2 cups water to a boil. Sprinkle in a little salt. Reduce heat to a simmer. Cover and cook until tender and most of the liquid has been absorbed (35-50 minutes). Check at 20 minutes to stir, otherwise the bottom layer can burn. Once done, turn off heat and let sit for 5 minutes.

Rice - Same idea but it's 1 cup rice and only 2 cups of water. Rice cooks much faster than barley. Cook for apx. 10-18 min. Or use a rice cooker.

Quinoa - Same as rice, or use a rice cooker.

HOW TO BROWN GROUND TURKEY

Heat a large pan to medium high and add cooking spray. Dump in turkey and season top layer with s&p. Allow to cook for 30 seconds. Flip meat over and lightly season other side with s&p. Start to break up the turkey into smaller pieces with your spatula or spoon. Continue cooking until all pink is gone (about 5 minutes). Stir often, but no need to sit and watch.

HOW TO COOK PERFECT HARD-BOILED EGGS

Place eggs in a small pot and cover with water. Bring water to a boil. Once it's boiling, turn off the heat, put the lid on, and let rest for 12 minutes (set a timer). Once done, drain the eggs and run under cold water to stop cooking. Perfect eggs every time!

HOW TO COOK YAMS IN THE MICROWAVE

Pierce yams 4-5 times with a fork or knife. Cook on high in the microwave for 4 minutes. Carefully check how soft they are. If they aren't squishy, continue to cook 1-2 minutes at a time, checking after each cooking sesh until soft. You should be able to cut through the whole yam easily.

Food Prep

CHOCOLATE PEANUT BUTTER COCONUT PROTEIN BITES (Can swap with a protein bar)

Option - prepare 3 servings for Mon, Wed. & Sun.

Portions for 1 serving

- 1 scoop chocolate protein powder (vanilla can be used)
- 1 Tbsp honey
- 1 Tbsp all-natural peanut butter
- 1/2 Tbsp unsweetened coconut flakes
- add water as needed, will vary depending on protein powder

EGG, YAM & TURKEY BAKE - makes 3 servings

- 3 whole eggs
- 6 egg whites
- 9 ounces baked yams, chopped or broken up
- 4 1/2 ounces cooked ground turkey, broken into small bits
- 2 cups mixed greens, chopped
- 1 1/2 ounces feta, crumbled

Combine all ingredients in a small bowl. Use a fork to smooch it together. Add just a very little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes. Who needs to buy protein bars now? Oh my heaven, these are good.

Cook yams. Preheat oven to 350'. Spray a 9 by 9 inch pan (or similar size) with cooking spray. In a large bowl, add eggs and whisk. Season with s&p. Add yams, turkey, greens and feta. Pour mixture into a baking dish. Try to make the ingredients fairly even. Bake for 20-25 minutes, or until eggs are done. Remove and allow to cool. Divide into 3 portions and wrap tightly with foil to prevent eggs drying out. Store in the fridge. Reheat in the microwave. Add hot sauce if desired.

Satisfy cravings with healthy swaps.



These are some of my favorites, along with flavored sparkling waters



Monday

YAM & TURKEY FRITTATA or SCRAMBLE

3 ounces yam, cooked and chopped
1 egg + 2 whites
1 1/2 ounces cooked ground turkey
1/2 ounce feta (14 grams)
mixed greens

For the scramble - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with feta.

CHOCOLATE PEANUT BUTTER PROTEIN BITES (Can swap with a protein bar)

Option - prepare 2 additional servings now for Wed. & Sun.

Portions for 1 serving

1 scoop chocolate protein powder (vanilla can be used)
1 Tbsp honey
1 Tbsp all-natural peanut butter
1/2 Tbsp unsweetened coconut flakes
add water as needed, will vary depending on protein powder

Combine all ingredients in a small bowl. Use a fork to smooch it together. Add just a little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes. Who needs to buy protein bars now? Oh my heaven, these are good.

AVOCADO TUNA SALAD TOASTS

1 slice bread, sprouted grain or gluten-free recommended
1 can tuna packed in water, drained
2 ounces avocado
1/2 cup celery + 1/4 cup apple + 2 Tbsp red onion
- all 3 finely chopped
1/2 tsp lime juice + s&p to taste
mixed greens

Toast bread. Finely chop celery, apple and red onion. In a small bowl, mash avocado with a fork and season with a little lemon juice and s&p to taste. Add to tuna mixture and stir together. Place greens on toast and top with tuna salad.

VEGGIES & HUMMUS

1-2 cups vegetables
1/4 cup hummus

How do you dip? You pick. :)

GREEK CHICKEN SALAD

3 ounces chicken, cook additional 10 oz. for upcoming meals
1/2 ounce feta
1/2 Tbsp EVOO (extra virgin olive oil)
1 tsp lemon juice
s&p to taste + 1/2 tsp oregano
mixed greens

CHICKEN COOKING OPTIONS

Roast- Preheat oven to 425', line a baking tray with foil, and spray with oil. Season chicken lightly with s&p. Roast until meat thermometer reads 165'. Allow to cool slightly (3-5 minutes)
Sauté- Cut chicken into thin strips. Season lightly with s&p. Heat a large pan to medium high, spray with oil, and add chicken. Cook, turning occasionally, until chicken is no longer pink.
To serve - Place greens on a plate. Top with chicken and feta. Drizzle with EVOO and lemon juice. Lightly season with s&p and oregano.

SAVVY CHEF PREP
Plan now when you'll prep and start tomorrow's
Slow Cooker Turkey Ratatouille

Tuesday Meal Prep

Freeze a banana for a thicker smoothie tomorrow morning
Optional - Pre-pack tomorrow's lunch & snacks



Tuesday

DINNER REMINDER
Don't forget to set the slow cooker
in the morning or afternoon.

CHOCOLATE MINT SMOOTHIE with COCONUT FLAKES

1 scoop chocolate protein powder, swap vanilla if needed
1 Tbsp cocoa powder + 1 tsp almond butter
1 Tbsp fresh mint
1 cup spinach or other milk leafy greens
2 ounces banana (about 1/2 banana), fresh or frozen
1/2 - 3/4 cup unsweetened almond milk
1 Tbsp unsweetened coconut flakes (sprinkled on top)

Combine all ingredients, except coconut flakes, in a blender, starting with just 1/2 cup almond milk. Once blended, add more to reach desired consistency. Taste and add a little stevia if desired. Top with coconut flakes.

PEACH PARFAIT

6 ounces plain Greek yogurt
1/2 cup peaches, fresh or frozen (thawed)
2 tsp honey

'THE PICNIC BASKET' SALAD

Food prep option - prepare an extra salad for Thursday's lunch now, leaving dressing and cantaloupe separate

3 ounces chicken, prepped from Monday's dinner
1.2 cup cooked barley or rice, from Food Prep
1/2 cup cantaloupe, minced
1 Tbsp mint, minced
1-2 cups mixed greens
Dressing - 1/2 Tbsp EVOO, 1 tsp balsamic or wine (red or white) wine vinegar, s&p to taste.

FOOD LOVE MOMENT

This salad was inspired by a trip to Santa Cruz. It will forever be held in my memory as the perfect salad in the perfect place. 'The Picnic Basket,' is the name of the restaurant it came from. Feel free to take a mental break to Santa Cruz while you eat. :)

Place greens on a plate and add toppings. For the dressing, you can drizzle ingredients separately on top, or whisk together in a small bowl first and drizzle. You pick depending on time and personal taste.

MOROCCAN ORANGES

1 orange, peeled & chopped
2 Tbsp almonds (sliced or chopped)
1/2 tsp cinnamon, a sprinkle, a dash, a ...whatever you like.

Combine in a bowl and serve. If you're in a time crunch, swap any fruit and 2 tbsp nuts. Grab and go. Sometimes Morocco has to wait, and that's ok.

SLOW COOKER TURKEY RATATOUILLE

1 can diced tomatoes, 15.5 ounces
1 can tomato sauce, 8 ounces
1 onion, diced
2 garlic cloves, mined
1 medium eggplant, diced
2 small zucchini, diced

ADD TO INDIVIDUAL BOWL BEFORE SERVING

4 ounces ground turkey, from Food Prep
1/4 cup cooked rice or barley, from Food Prep. Reserve last 1/2 cup for Thursday's lunch.

Slow Cooker Instructions - combine all ingredients in slow cooker, leaving out turkey and barley or rice. Cook on low for 6 hours, or high for 3.

To serve - Place 1/3 ratatouille into a bowl. Stir in turkey and rice or barley.

Food prep - pack same meal for Wednesday's lunch.

Wednesday Meal Prep

Lunch - Portion and pack Wednesday's lunch before putting dinner away (one less time to get food out), optional

Save it - reserve 1/3 portion of ratatouille for Thursday's dinner



Wednesday

YAM & TURKEY FRITTATA or SCRAMBLE

3 ounces yam, cooked and chopped
1 egg + 2 whites
1 1/2 ounces cooked ground turkey
1/2 ounce feta (14 grams)
mixed greens

For the scramble - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with feta.

CHOCOLATE PEANUT BUTTER PROTEIN BITES

Portions for 1 serving
1 scoop chocolate protein powder (vanilla can be used)
1 Tbsp honey
1 Tbsp all-natural peanut butter
1/2 Tbsp unsweetened coconut flakes
add water as needed, will vary depending on protein powder

Combine all ingredients in a small bowl. Use a fork to smooch it together. Add just a little bit of water at a time until mixture is just moist enough to form a ball. Divide 1 serving into 3 balls and roll in coconut flakes.

SLOW COOKER TURKEY RATATOUILLE

Prepared with Tuesday's dinner. Use same exact portions.
Reserve 1/3 ratatouille for Thursday's dinner

CHICKEN & AVOCADO LETTUCE WRAPS

large lettuce leaves
2 ounces chicken, prepped from Monday's dinner
2 ounces avocado
salt and lemon/lime juice (optional)

Lay out lettuce leaves. Fill with chicken. Mash avocado and season with salt and a little bit of lime or lemon juice. Adjust to taste. Spread atop chicken. Roll up lettuce or eat like a boat. Who eats boats? We do! ;)

SLOW COOKER THAI PORK with SLAW

5 ounces pork sirloin roast trimmed of fat
(cook additional 3/4 pound minimum for upcoming meals)
2 Tbsp soy sauce
2 Tbsp white wine or rice vinegar
2 garlic cloves, chopped
1 Tbsp fresh ginger, grated or minced
1/4 water
1 packet stevia or 4 drops

Slow cooker directions - Add soy sauce, vinegar, garlic, ginger, water and stevia to slow cooker. Stir together. Cut pork into large chunks and add to slow cooker. Coat meat with sauce. Cook on high for 3-4 hours, or low for 6-7.

1-MINUTE PEANUT SAUCE - ADD BEFORE SERVING

Portions for 1 serving - prepare 2 (1 for tonight, 1 for Fri.)

1 Tbsp all-natural peanut butter
2-3 Tbsp sauce/liquid from slow cooker
1/4 bag coleslaw mix, or 1-2 cups sliced/shredded cabbage

1-Minute Peanut Sauce - In a small bowl, add 1 Tbsp peanut butter and 2 Tbsp liquid from slow cooker. Mix together with a fork. Add additional liquid to reach desired consistency.

To serve - Heat pork and cabbage in a pan (a quick saute) or heat in the microwave. Top cabbage with rice and pork. Drizzle with 1 serving of 1-Minute Peanut Sauce and garnish with green onions.

Thursday Meal Prep

Lunch: Portion and pack Friday's lunch (repeat of tonight's dinner) before putting dinner away, optional



Thursday

YAM & TURKEY FRITTATA or SCRAMBLE

3 ounces yam, cooked and chopped
1 egg + 2 whites
1 1/2 ounces cooked ground turkey
1/2 ounce feta (14 grams)
mixed greens

For the scramble - Warm a fry pan to medium heat and spray with oil. Place yams and turkey in pan, and warm through. While warming, whisk eggs and pour into pan. Season with s&p. Add in greens and continue to stir until eggs are cooked. Top with feta.

PEACH PARFAIT

6 ounces plain Greek yogurt
1/2 chopped cup peaches, fresh or frozen (thawed)
2 tsp honey

'THE PICNIC BASKET' SALAD

3 ounces chicken, prepped from Monday's dinner
1/2 cup barley or rice from Food Prep
1/2 cup cantaloupe, minced
1 Tbsp mint, minced
1-2 cups mixed greens
Dressing - 1/2 Tbsp EVOO, 1 tsp balsamic or wine (red or white) wine vinegar, s&p to taste.

Place greens on a plate and add toppings. For the dressing, you can drizzle ingredients separately on top, or whisk together in a small bowl first and drizzle. You pick depending on time and personal taste.

VEGGIES & HUMMUS

1-2 cups vegetables, celery unlimited
1/4 cup hummus

RATATOUILLE QUINOA BOWL, meatless

1 cup quinoa, (measured once cooked)
Remaining portion of Ratatouille, from Tuesday night
2 ounces avocado

Combine quinoa and ratatouille in a bowl and warm in the microwave. Top with avocado and sprinkle with a little salt.

SAVVY CHEF PREP

Plan now when you'll prep and start tomorrow's
Slow Cooker Chicken Noodle Soup

Cook 1 cup (measured dry) quinoa according to package directions. It will be used for tonight's dinner, Friday's breakfast & upcoming meals.

PRE-WEEKEND TIP

You get two reward meals or treats per week. Before you head into the weekend, plan exactly when and where those meals will be. Make them special and awesome - you deserve them. What have you been really wanting? HAVE IT & FULLY ENJOY IT GUILT FREE. Your body and mind will appreciate it, and you'll be refreshed for your journey. But, keep it to two. You got this!

Friday Meal Prep

Portion and pack any or none of Friday's meals.

TIP - The more you plan & prep what you'll eat on Friday, the better you're set up for easy, breezy success.



Friday

REMINDER
When are grocery shopping for next week?
Think about it.

PEACHY QUINOA BOWL

2 ounces banana, or 1/2 banana
1/3 cup peaches, thawed and chopped
1/2 cup cooked quinoa, prepped Wednesday night
1/2 cup unsweetened almond milk
1/2 Tbsp nut butter or 1 Tbsp nuts
3 ounces plain Greek yogurt
stevia to taste

Add banana to a bowl and mash with a fork. Add quinoa, peaches and almond milk. Stir and heat in the microwave. Add stevia if desired. Top with almond butter or nuts. Eat yogurt separately or add on top of quinoa bowl.

SAVORY BENTO BOX

1/2 cup cherry tomatoes
1 hard-boiled egg
2 Tbsp hummus

Serving options - slice and layer, or slice and dip. Whatever you do, enjoy your cute lil box. ;)

SLOW COOKER THAI PORK

3 ounces pork, prepped from Wednesday's dinner
1 portion 1-Minute Peanut Sauce, from Wed.'s dinner
1/2 cup cooked quinoa, prepped Thursday night
1/4 bag coleslaw mix, or 1 -2 cups sliced/shredded cabbage

Combine everything in a bowl. Serve hot or cold.

COCONUT CANTALOUPE

2 Tbsp unsweetened coconut flakes
1 cup cantaloupe

Serving options - chop cantaloupe and sprinkle coconut flakes on top, or make giant cantaloupe spears and dip in coconut flakes.

SLOW COOKER CHICKEN NOODLE SOUP

Portions for 1 serving (Recipe makes 2 equal servings)

4 ounces chicken breast
1 ounce (measured dry) pasta
1/2 soup mixture

Slow cooker ingredients

8 - 10 ounces chicken (extra cooked for Saturday's lunch)
1 cup carrots, chopped
1 cup celery, chopped
1 small onion or 1/2 medium, chopped
1 garlic clove, chopped + 1 tsp thyme (optional)
1 can chicken broth, about 15.5 ounces

Add after cooking

1 ounce pasta per serving

Slow Cooker Directions - Combine all ingredients in the slow cooker except pasta. Cook on high for 3 hours or low for 5 hours. 30 minutes prior to serving, add in the pasta and cook until tender (20-30 minutes). Remove and measure the portions of chicken and pasta.

Pasta cooking option - feel free to cook pasta separately on the stove if needed.

To serve - Shred or chop portioned chicken. In a large bowl, combine chicken, cooked pasta and 1/2 soup mixture. Enjoy.

Saturday Meal Prep

Lunch - make an identical Chicken Noodle Soup serving for tomorrow.



Saturday

Weekends can be all over the place with food. Take some time Saturday to plan what and when you'll eat. If you need to work around eating out, do it. Once you decide, visualize & mentally rehearse what you'll do - really see it in your mind. Don't focus on what you want to avoid, focus on what you want to do or eat that will keep you on track, and see yourself enjoying it.

PLAN IT. SEE IT. DO IT.

CHOCOLATE MINT SMOOTHIE with COCONUT FLAKES

1 scoop chocolate protein powder, swap vanilla if needed
 1 Tbsp cocoa powder + 1 tsp almond butter
 1 Tbsp fresh mint
 1 cup spinach or other milk leafy greens
 2 ounces banana (about 1/2 banana), fresh or frozen
 1/2 - 3/4 cup unsweetened almond milk
 1 Tbsp unsweetened coconut flakes (sprinkled on top)

Combine all ingredients, except coconut flakes, in a blender, starting with just 1/2 cup almond milk. Once blended, add more to reach desired consistency. Taste and add a little stevia if desired. Top with coconut flakes.

SAVORY BENTO BOX

2 hard-boiled eggs (1 more than Friday's)
 1/2 cup cherry tomatoes
 1 Tbsp hummus

Serving options - slice and layer, or slice and dip. Whatever you do, enjoy your cute lil box. Feel free to swap vegetables if desired.

SLOW COOKER CHICKEN NOODLE SOUP

Same portions as Friday's dinner

MOROCCAN ORANGES

1 orange, peeled and chopped
 2 Tbsp almonds, sliced or chopped
 cinnamon sprinkled on top

It's the weekend! If you want a treat, swap your snack portion for one.

PORK CARNITAS SALAD - no cooking!

5 ounces pork, prepped with Wednesday's dinner
 2 ounces avocado, mashed w/a lil salt & lemon juice to taste
 1-2 cup mixed greens
 1/4 bag coleslaw mixture (reserve remaining for Sun.'s lunch)

If desired, reheat pork in microwave or in a skillet. Lay greens on a plate and top with pork. In a medium bowl, mash avocado with salt and lemon or lime to make a quick guacamole. Add to plate. In the same bowl, combine EVOO, lime juice and s&p to taste. Add coleslaw to bowl and stir to coat. Add slaw to salad and enjoy.

Dressing
 3/4 Tbsp EVOO
 1 tsp lemon or lime juice
 s&p to taste

Sunday Meal Prep

Lunch - Prep Sunday's Pork Carnitas Salad with different portions (see Sunday's plan)



Sunday

Sunday's meals have been designed to be flexible for many reasons -

1. save money
2. limit cooking time, since you'll hopefully be food prepping for next week
3. avoid waste
4. learn how to better create your own clean meals with balanced portions
5. enjoy getting creative in the kitchen by using what you already have
6. become more familiar with the options on the Calorie Swap Cheat Sheet

All these things are perfect practice rounds for life after the program - they're valuable tools that will help you from this time forward. I use this knowledge every day to concoct and balance my meals. You're learning proper portioning, meal-concocting, working'-the-leftovers #smartchef strategies, leading you to enjoyable and longterm success.

PEACHY QUINOA BOWL

2 ounces banana, or 1/2 banana
 1/3 cup peaches, thawed and chopped
 1/2 cup cooked quinoa, prepped Wednesday night
 1/2 cup unsweetened almond milk
 1/2 Tbsp nut butter or 1 Tbsp nuts
 3 ounces plain Greek yogurt
 stevia to taste

Add banana to a bowl and mash with a fork. Add quinoa, peaches and almond milk. Stir and heat in the microwave. Add stevia if desired. Top with almond butter or nuts. Eat yogurt separately or add on top of quinoa bowl.

B.T.C. SNACK, 150-200 calories

Option - remake any snack from the week

PORK CARNITAS SALAD with an ORANGE

4 ounces pork, prepped from Wednesday's dinner
 1 ounce avocado, seasoned with salt and lemon juice
 1-2 cups leafy greens
 1/4 bag coleslaw
 Dressing - 1/2 Tbsp EVOO
 1 tsp lime or lemon juice
 s&p to taste
 1 orange on the side

Directions - see Saturday's plan

B.T.C. SNACK, 200 calories

Include at least 1/2 portion of protein and some fruit or veg.

Use up leftovers and remake a snack from the week, or get creative You're a #smartchef now.

B.T.C. DINNER, 350 calories

3-4 ounces lean protein
 1-2 cups vegetables
 1-2 servings healthy fats
 Add 1/2 cup carbs if really hangry...er, hungry

BIG DINNER OPTION - opt-out of the snack to make room for a bigger dinner.

Monday Meal Prep

See WEEK 2 Food Prep page