

# MENU 1



- FAST & DELISH
- BALANCED MACROS
- HIGH IN VEG & PROTEIN

*By Jessica Joy*

# Menu Guidelines

## 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](#)

## WHERE IS BREAKFAST?

- These are based on Jessica's personal menus she eats herself. She does daily intermittent fasting, and eats around 11am every day.

**>>> For a breakfast recipe, you can move one of the snacks to become breakfast. If you need to add or increase other ingredients to get enough protein and be satisfied, please do so.**

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

# MENU



LUNCH: Asian Slaw + PB bite

SNACK: Mini peppers, rice cake + 1 tbsp nut butter + 1/4 Quest Bar

SNACK: Somoa Cookie Oatmeal

DINNER: Chicken thigh, acorn squash, cauliflower rice, parmesan cheese

SNACK: Strawberry 'Milkshake' Smoothie



## ASIAN SLAW CHICKEN SALAD

### SALAD

- 1/2 - 1 bag plain coleslaw mix
- 4-6 oz chicken breast, cooked
- cooked rice (optional)

### DRESSING

- 3/4 Tbsp sesame oil (app 10g)
- 1 Tbsp Kikkoman Teriyaki sauce
- 1 Tbsp pickled ginger w/liquid  
(chop ginger w/scissors)



OPTIONAL - Add a little more teriyaki sauce if desired and/or other asian toppings you enjoy

Combine ingredients into a giant bowl and serve. This has been my lunch for weeks.

**FOOD PREP OPTION** - Make a batch of individual dressing cups with the portions above (using small Tupperwares), so when you want a quick salad, dump in the coleslaw, chicken and dressing. **DONE & YUM!**

### 1 TBSP NUT BUTTER (on the side)

- Use a spoon or freeze into CUBES

I bought this silicon cube mold on Amazon. Each cube is exactly 1 TABLESPOON  
I fill it up, freeze it, and pop one out as a creamy treat after my salad. You can add a lil stevia or honey if desired.





## SOMOA COOKIE OATMEAL

- 1/3 cup old fashioned oats
- 4 oz unsweetened almond milk
  - (can add more if you like it thinner)

Microwave for 60-90 seconds, then add-in

- 1 Tbsp chia seeds
- 1 Tbsp unsweetened coconut flakes
- A lil stevia or sugar-free syrup



When your oatmeal tastes like a Girl Scout Somoa Cookie!

## FOOD PREP HACKS

### FOR WARM OATMEAL, MAKE A BATCH OF 'OATMEAL PACKS'

Combine all the ingredients measured out minus the milk, into baggies.

### FOR COOL OATMEAL, MAKE A BATCH OF 'OVERNIGHT OATS'

To make these 'Overnight Oats,' combine all ingredients in a jar and shake. Store for 1-4 days in fridge and eat cold.



## MINI SNACK PLATE

- 5 mini bell peppers
- 1 rice cake
- 1 Tbsp nut butter
- 1/4-1/2 Quest Bar



## SNACK PLATE IDEAS - DESIGN YOUR OWN!

- 5 grams of protein,
- Keep you satisfied for at least 2 hours

### PROTEINS

- Grilled/roasted chicken strips
- Deli meat
- Any leftover meat from a dinner etc.
- Tempeh or Tofu

### FATS

- Olives
- Nuts or nut butter
- Dips

### CARBS

- Fruit
- Crackers
- Veggies

### MIX OF MACROS

- Cheese
- Edamame



## CHICKEN THIGH with ACORN SQUASH, CAULIFLOWER RICE & Parmesan

- 6+ oz acorn squash
- 5 oz boneless chicken thigh
- 1 Tbsp parmesan cheese
- 1/4 - 1/2 bag cauliflower (steam-in-a-bag)

### HOW I COOKED IT

Chicken thigh (skinless, boneless) - InstaPot, 10 min, high pressure. Seasoned w/salt & pepper

Acorn squash - InstaPot, add 1 cup water, cook whole for 10 min. After it's cooked, scrape out seeds, remove skin and serve.

Cauliflower rice - Steam-in-a-bag frozen cauliflower. Cook 4 min in microwave Squeeze out excess liquid. Chop on cutting board. 1/2 bag per dinner. Sprinkle with parmesan cheese & salt & pepper. Or, buy steam-in-a-bag cauliflower rice

OPTIONAL - top with butter or olive oil. Could swap chicken thigh with breast or ground chicken or turkey.





## STRAWBERRY 'MILKSHAKE' SMOOTHIE

- 1 cup frozen strawberries
- 1 Tbsp cream or half & half (no sweeteners)
- 1 scoop vanilla protein powder
- 4-6 oz unsweetened almond milk (start with less, and add more if needed)
- 1-2 oz banana (frozen banana will make it taste creamier)

Add stevia to increase sweetness if desired

Add a little ice to increase volume if desired

**NOTE:** Can swap with flavored high-protein yogurt for a faster option



# Pre-cooked Protein

These are the types of protein I cook on the regular to put together quick lunches & snacks. I ALWAYS have cooked chicken breast in the fridge. The rest, I go with the flow of what I feel like.

## COOKED CHICKEN BREASTS

I prep these (about 4 lbs at a time) in the Instant Pot by seasoning with salt & pepper and whatever other seasonings I want. Then in the Instant Pot on 'poultry' for 20 minutes. DONE. I allow to cool a bit, then store in a giant ziploc in the fridge.

Sometimes I roast chicken breasts in the oven. Preheat oven to 425', line baking sheet with foil (optional for easy clean-up) and spray with cooking spray. I season the chicken with s&p, and whatever other spices I'm vibing with. Cook for about 15-22 minutes, depending on the thickness of the breast. I'll often slice the breasts in half to speed up the cooking. Chicken is done when there is no pink the middle or temperature is above 165'.

## COOKED TURKEY or CHICKEN PATTIES or MEATBALLS

I BAKE these!!!! With ground poultry, it works. Not ground beef, ew. On a baking sheet coated in cooking spray, I shape the meat into quarter pound patties, season with s&p, and bake at 425' until cooked through. About 15 minutes. Allow to cool a bit, then store in fridge in a ziploc bag for burgers or to crumble into another recipe.

## COOKED PORK ROAST

- Season with s&p and other spices, then roast in crock pot or instant pot according to instructions.

## COOKED FLANK STEAK or CARNE ASADA

- Season with s&p, and pan fry in a HOT pan, searing the edges. Take out of pan, allow to rest for 10 min, then slice in strips or chunks.