

WEEK TWO

NUTRITION PLAN



jessica joy



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 Two at a Glance

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

M

Protein Waffle
with Berries &
Coconut Cream

Turkey &
Cucumber Roll-ups
with Carrots

Acorn Squash
Salad

Toasted Coconut
& Mango Parfait

Slow Cooker
BBQ Pork Stew

T

Eggs, Greens & Tomatoes
with Nut Butter
& Berry Toasts

Coconut
Mango
Smoothie

Slow Cooker
BBQ Pork
Rice Bowl

Veggies &
Hummus

Acorn Squash
Salad

W

Slow Cooker
Apple Pie Oats w/
Yogurt, Honey & Nuts

Banana Nut
Smoothie

Acorn Squash
Salad

Edamame with
Sesame Seeds

Slow Cooker
Coconut Curry
Chicken

Th

Protein Waffle
with Berries &
Coconut Cream

Toasted Coconut
& Mango Parfait

Curried
Chicken Salad
Wrap

Veggies &
Hummus

BBQ Pork, Yam &
Cauliflower Bowl

F

Slow Cooker
Apple Pie Oats w/
Yogurt, Honey & Nuts

Banana Nut
Smoothie

BBQ Salad
with Yams

Edamame with
Sesame Seeds

Tilapia with
Mango Avocado Salsa

Sa

Eggs, Yams & Greens
with Berries
on the side

Toasted Coconut
& Mango Parfait

Curried
Chicken Salad
Wrap

Veggies &
Hummus

Slow Cooker
Chicken Cacciatore

Sun

Slow Cooker
Apple Pie Oats w/
Yogurt, Honey & Nuts

B.T.C.
Be The Chef
Smoothie or Snack

Slow Cooker
Chicken Cacciatore

B.T.C. Snack
Be The Chef

B.T.C. Leftovers Bowl
Be The Chef

Week 2 Grocery List

FRUIT

- _ 1 large banana, 1 ripe by Tuesday night
- _ 2 large apples
- _ 2 -3 cups berries (fresh or frozen)
- _ 2 cups grapes, red recommended
- _ 2 avocados, not even close to ripe, ripe starting on Friday

VEGETABLES

- _ 2 pounds carrots, enough for snacks
- _ 1 tomato, enough for 2 breakfast scrambles
- _ 1 big bag baby spinach (usually cheaper) or mixed greens
- _ 1 cucumber
- _ 1 bunch/bag celery
- _ 1 acorn squash
- _ 12 ounces yams
- _ additional vegetables for snacks if desired
- _ 1 red onion
- _ 3 small/medium yellow onions
- _ 1 head garlic
- _ 1 small knob ginger
- _ cilantro
- _ lime juice of 1 fresh lime

PROTEIN

- _ 1 pound lean ground turkey, or lean ground chicken
- _ 3 pounds or more chicken breasts
- _ 1 lb or more pork sirloin roast or pork tenderloin
- _ 1 dozen eggs
- _ 6 ounces tilapia or white fish, fresh or frozen, swap for chicken if desired
- _ 1 pack nitrate-free deli turkey or ham. 200 calories worth.

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
- _ tortillas (you will need 2). 100-150 calories each. Same guidelines as bread.
- _ 1/3 cup brown rice
- _ 1 cup old-fashioned oatmeal
- _ 2 ounces brown rice or quinoa pasta. Shape of choice for 'Chicken Cacciatore'
- _ Kodiak pancake/waffle mix

HEALTHY FATS

- _ raw nuts for snacks and toppings, about 1 cup
- _ all-natural peanut butter or almond butter
- _ unsweetened coconut flakes, 1 cup

REFRIGERATED & FROZEN

- _ 1 package hummus, 3/4 cup worth
- _ 1 small container of feta or goat cheese
- _ 6 6-ounce plain Greek yogurt cups, non-fat or low-fat. 36 ounces total.
- _ 1 carton unsweetened almond milk
- _ 1 bag frozen mango
- _ 1 bag frozen cauliflower
- _ 1 bag berries, if using frozen
- _ 1 bag edamame, shelled if available

CANS

- _ 1 15.5 ounce can tomato sauce
- _ 1 15.5 ounce can Italian style diced tomatoes, low-sodium
- _ 1 6 ounce can tomato paste
- _ 1 15.5 ounce can full-fat coconut milk (not lite)

HAVE ON HAND - Flavorings & Cooking/Baking Staples

- _ honey
- _ stevia
- _ molasses
- _ cocoa powder
- _ cooking spray
- _ dijon mustard
- _ soy sauce/tamara/liquid aminos
- _ vinegars _ red or white wine, or balsamic
 - _ apple cider vinegar

HERBS & SPICES - have on hand

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

SUPPLEMENTS

- _ Protein powder - vanilla works best for the recipes this week

Food Prep

MUST PREP

1. Roast 1 acorn squash
2. Cook 1 cup brown rice
3. Brown 1 pound lean ground turkey
4. Toast coconut flakes
5. Freeze banana if ripe
6. Prep & cook 2 Protein Waffles

OPTIONAL PREP

1. Prep snacking vegetables - carrots and celery for raw snacks. Peel, chop etc into your fave size and shape.
2. Portion and pack yogurt parfaits
3. Portion and pack various snacks for the week

HOW TO ROAST ACORN SQUASH (Can try cooking in InstaPot as well)

Preheat oven to 400'. Line a baking sheet with foil for easy clean-up, and spray with oil. Cut acorn squash into quarters, scoop out seeds and poke flesh a couple times with a fork. Spray flesh with cooking spray and lightly season with s&p. Bake, flesh side up, for 30 minutes or until outer edges are crisp and you can easily pierce through flesh. Allow to cool to room temperature before wrapping and storing in the fridge.

HOW TO COOK BROWN RICE

Rice on the stove - Rinse rice. In a medium pot, add 2 parts water to 1 part rice. Bring to a boil. Reduce heat to a slow simmer and cover. Cook for 20-25 minutes. Once done, allow to rest for 10 minutes covered.

Rice-cooker option - If you have a rice cooker, add same portions to it, put lid on, and press cook. Yep, like dat. Done.

Rice flavor-boost option - Cook rice in chicken broth or stock instead of water

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 TOAST COCONUT FLAKES

Heat a medium pan to low heat. Add coconut flakes and stir until edges start to turn golden. KEEP YOUR EYES ON IT. Once it goes golden it goes burnt rill fast. Allow to cool and store in an airtight container in cupboard.

HOW TO FREEZE BANANAS

Make your smoothies taste more like milkshakes!

Peel, wrap in plastic, and freeze. Personally, I peel and freeze on a tray. Then I put all bananas in a ziplock bag. I use them up so quick, this option is fine, and it's faster.

If banana isn't ripe - don't freeze it yet. The first 1/2 banana will be used Wednesday morning, so wait 'til Tuesday night to freeze. I'll remind you. :)

STICK-WITH-IT TIP

Make a weekend food prep sesh a new routine!



Food Prep Continued

PROTEIN WAFFLES ~(Kodiak pancake mix)

Make 2 waffles in advance. About 190 calories each.

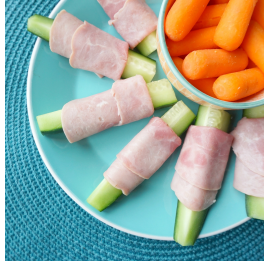
Cook according to package instructions.

Allow to cool, wrap tightly and store 1 waffle in the fridge for Monday's breakfast, and one in the freezer for Thursday's breakfast. Toast before serving.

Create a 'Conquer Cravings' stash



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



Monday

DON'T FORGET
Set your slow cooker this morning or
this afternoon for dinner.

PROTEIN WAFFLES with BERRIES & COCONUT CREAM

1/3 cup old-fashioned oats, ground in a blender
1 scoop protein powder (vanilla preferred)
1 egg white
1/2 tsp cinnamon + 1 tsp baking powder
1 Tbsp water, add more if needed
Topping - 1/2 cup berries (fresh or thawed)
2 Tbsp full-fat coconut milk

Directions - see 'Food Prep'

To serve - Toast waffle and add toppings

TURKEY & CUCUMBER ROLL-UPS and CARROTS

1/2 cucumber cut into spears + 1 cup carrots
100 calories (approximately) nitrate-free turkey or ham

Wrap turkey around cucumber. Eat carrots on the side or try wrapping them with turkey too. Rock that wrap.

ACORN SQUASH SALAD

1-2 cups mixed greens
4 ounces cooked, lean ground turkey, from Food Prep
1/2 - 1 cup roasted acorn squash, chopped. Reserve 1/2 cup for Wed.'s lunch and 1 cup for Tues.'s dinner
1/4 cup grapes, halved, reserve 2 cups for future meals
1/8 - 1/4 cup thinly sliced red onion
1/2 ounce goat cheese or feta
Dressing - 1 tsp balsamic vinegar, or red/white wine vinegar
1/2 tsp dijon, 1/2 tsp honey, 1/2 Tbsp EVOO, s&p to taste

Assemble salad on a plate or in a large bowl. In a small bowl, whisk together dressing and drizzle over salad.

Optional Food Prep - Triple the dressing recipe and/or prep similar salad for Tuesday's dinner (1 cup squash, no grapes, 1 ounce goat cheese/feta) and Wednesday's lunch (same portions as today). Keep wet ingredients separate.

TOASTED COCONUT & MANGO PARFAIT

6 ounces plain Greek yogurt, non-fat or low-fat
1/2 cup mango + 1-2 tsp honey
1 Tbsp coconut flakes, toasted from Food Prep

DINNER OPTION - CAULIFLOWER MASH

Cooked cauliflower can be blended up to make low-carb 'mashed potatoes!' Give it a try tonight if you want. Use a regular blender or immersion blender & process 'til smooth. Season with s&p.

SLOW COOKER BBQ PORK STEW

1 pound pork sirloin roast, extra will be used for future meals
1 15 ounce can tomato sauce
2 T molasses + 3 Tbsp apple cider vinegar + 6 drops stevia
1 tsp onion powder (optional) + 1 tsp smoked paprika
1 tsp salt + 1/2 tsp pepper
2 garlic cloves, chopped
2 onions, chopped
ADD JUST BEFORE SERVING
4 ounces cooked pork roast
1/2 cup cooked barley, rice or quinoa, from Food Prep
1/3 bag frozen cauliflower (5-8 ounces) thawed and warmed
Reserve other 2/3 bag for future meals

Before adding pork roast, add all other ingredients to the slow cooker, stirring until combined. Add pork and pour spoonfuls of sauce over the top until coated. Cook on low for 7 hours, or high for 3 1/2.

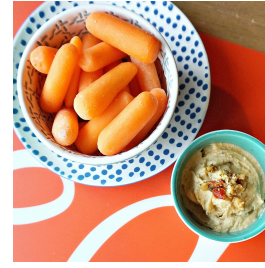
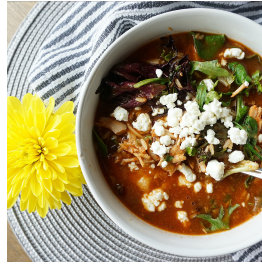
To serve - In a bowl, combine measured pork, cooked grain (barley, rice or quinoa), thawed cauliflower (mashed if desired) and a good portion of soup/sauce. Top with fresh herbs (optional). Reserve 2/3 sauce for Tuesday's lunch & Thursday's dinner.

SAVE THE SAUCE - store remaining sauce/soup in an airtight container & label. It will be used later in the week for flavor boosts!

Tuesday Meal Prep

Pack Tuesday's lunch (same as dinner, replace cauliflower with greens)

Thursday Optional Dinner Prep - pack 4 ounces pork and 1/3 portion cauliflower. Additional ingredients will be added Thursday



Tuesday

EGGS, GREENS & TOMATOES w/NUT BUTTER & BERRY TOASTS

1 whole egg + 2 egg whites
 1/4 - 1/2 cup tomatoes, chopped + greens, unlimited
 1 slice bread
 1/2 Tbsp nut butter of choice
 1/2 cup berries

Cook eggs to your preference (over easy, scrambled etc). Add tomatoes and greens to the pan to warm and soften a little. Toast bread, spread with nut butter and top with berries.

COCONUT MANGO SMOOTHIE

1 scoop protein powder (vanilla recommended)
 1/2 cup frozen mangos, reserve some for topping (optional)
 1 cup leafy greens
 1/2 - 3/4 cup unsweetened almond milk + stevia (optional)
 1/2 - 1 cup ice
Topping - 1 Tbsp toasted coconut, from Food Prep

Combine all ingredients in blender except toppings. Start with 1/2 cup almond milk, and add more after blending if it's needed. For the toppings to stay afloat, it helps if the smoothie is pretty thick. Coconut flake doesn't taste nearly as good all mixed in. Just saying'. Xx

BBQ PORK RICE BOWL

4 ounces pork roast, prepped with Monday's dinner
 1/2 or less sauce from pork, reserve 1/3 for Thurs.'s dinner
 1/2 cup cooked rice, from Food Prep
 1-2 cups leafy greens
 1/2 ounce feta or goat cheese

Combine all ingredients but cheese into a bowl and heat through, wilting the greens. Top with cheese.

VEGGIES & HUMMUS

1 cup carrots + 1/4 cup hummus
 Add more veggies for dipping, optional. Celery unlimited

ACORN SQUASH SALAD - a lil different from Mon.'s lunch

1-2 cups mixed greens
 4 ounces cooked, lean ground turkey, from Food Prep
 1 cup roasted acorn squash, from Food prep
 Reserve 1/2 squash cup for Wednesday's lunch
 1/8 - 1/4 cup thinly sliced red onion
 1 ounce goat cheese or feta
Dressing - 1 tsp balsamic vinegar, or red/white wine vinegar
 1/2 tsp dijon, 1/2 tsp honey, 1/2 Tbsp EVOO, s&p to taste

Reheat turkey and squash. Place on top of greens. Top with onions, cheese and dressing.

TIME-SAVING TIP - before putting all the ingredients away, pack and portion Wednesday's lunch using the same ingredients.

BREAKFAST FOOD PREP 'SLOW COOKER APPLE PIE OATS' ~makes 3 servings

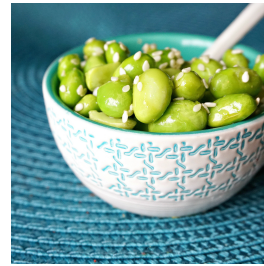
Cooks while you sleep for a hot and fast breakfast. Or, feel free to cook oats like normal tomorrow. You pick.

Directions - Spray inside of slow cooker with oil. Add 1 cup old fashioned oats, 1 1/2 cups water, 1 1/2 cups unsweetened almond milk, 1 tsp cinnamon, 1/8 tsp salt and a few drops of stevia. Top with 2 chopped apples. Set on low to cook for 8 hours.

Wednesday Meal Prep

Snack - Peel and freeze banana for Wednesday's smoothie if not already done

Lunch - Portion and pack Wednesday's Acorn Squash Salad using portions on Wednesday's plan.



Wednesday

DON'T FORGET
Set your slow cooker this morning or
this afternoon for dinner.

SLOW COOKER APPLE PIE OATS with YOGURT, HONEY & NUTS

1/3 serving 'Slow Cooker Apple Pie Oats'

6 ounces plain Greek yogurt, non-fat

Toppings - 1 tsp honey + 1 Tbsp nuts

For 1 serving regular (non Slow Cooked) Apple Pie Oats

1/3 cup old fashioned oatmeal

1/3 - 1/2 cup unsweetened almond milk

1/2 apple, chopped

1/4 tsp cinnamon + stevia to taste

Options - Eat oats and yogurt separately or combine into an oatmeal and yogurt parfait. Add more stevia if desired

For regular oats - Combine and cook in microwave for 1 1/2 minutes.

BANANA NUT SMOOTHIE

1 scoop protein powder, vanilla recommended

2 ounces frozen banana, from Food Prep

1/2 Tbsp nut butter of choice

1 cup greens

1/2 - 3/4 cup unsweetened almond milk + stevia, optional

1/2 - 1 cup ice

Topping - an additional 1 Tbsp nuts or 1/2 Tbsp nut butter

Combine all ingredients in blender except toppings. Start with 1/2 cup almond milk, and add more after blending if it's needed. For the toppings to stay afloat, it helps if the smoothie is pretty thick.

ACORN SQUASH SALAD

Same portions as Monday's lunch

EDAMAME with SESAME SEEDS

1/2 cup edamame, shelled + 1 Tbsp sesame seeds

Optional variation - replace 1 Tbsp sesame seeds with
1 tsp sesame oil + 1 tsp sesame seeds

SLOW COOKER COCONUT CURRY CHICKEN

8-12 ounces chicken breast (4 ounces tonight, 4 ounces for Thursday's lunch. Option for Friday's lunch - 4 ounces chicken from tonight, or 4 ounces BBQ Pork from Monday night. You decide, and cook extra chicken if needed)

1 onion, sliced

3 garlic cloves, chopped

1 inch piece fresh ginger, grated or minced

2 tsp curry powder

1/2 cup unsweetened almond milk

ADD BEFORE SERVING TO INDIVIDUAL PORTIONS

Portions for 1 serving

3 ounces cooked chicken

1/4 cup full-fat coconut milk + 1/4 cup curry sauce in slow cooker

1/3 bag cauliflower, thawed and warmed

cilantro for garnish, optional

Slow cooker directions - Place chicken in slow cooker and season lightly with s&p. Add remaining ingredients, omitting coconut milk and cauliflower. Stir to combine and toss to coat chicken. Cook on low for 6 hours, or high for 3 hours.

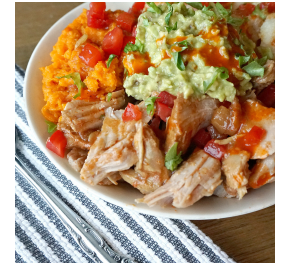
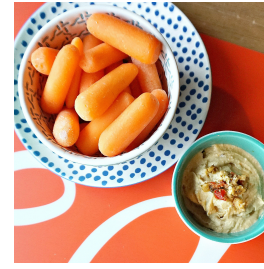
To serve - In a large dinner bowl, combine 1/4 cup curry sauce from slow cooker with 1/4 cup coconut milk. Add salt to taste (it will make all the difference if the sauce is bland). Add in chicken, some onions and cauliflower. Stir together. Top with cilantro if desired.

SAVE THE SAUCE - reserve all slow cooker sauce for future meals. That flavor is precious!

Thursday Meal Prep

Prep 2 'Curried Chicken Salad Wraps,' for Thursday's and Saturday's lunch. Keep tortillas separate until just before serving.

See Thursday's plan for directions and portions.



Thursday

PROTEIN WAFFLES with BERRIES & COCONUT CREAM

1/3 cup old-fashioned oats, ground in a blender
 1 scoop protein powder (vanilla preferred)
 1 egg white
 1/2 tsp cinnamon + 1 tsp baking powder
 1 Tbsp water, add more if needed
 Topping - 1/2 cup berries (fresh or thawed)
 2 Tbsp full-fat coconut milk

Directions - see 'Food Prep'

To serve - Toast waffle and add toppings

TOASTED COCONUT & MANGO PARFAIT

6 ounces plain Greek yogurt, non-fat or low-fat
 1/2 cup mango
 1-2 tsp honey
 1 Tbsp toasted coconut flakes

CURRIED CHICKEN SALAD WRAP

3 ounces chicken, prepped with Wednesday's dinner
 1/3 cup grapes, halved
 2 ounces plain Greek yogurt
 1-2 Tbsp curry sauce, adjust to taste and thickness preference
 1 rib celery, minced + 2 Tbsp red onion, minced
 leafy greens
 1 tortilla or wrap, ape. 100-150 calories

Combine all ingredients except greens and tortilla in a bowl. Season to taste with salt and curry sauce. Place green in tortilla, top with curry salad, wrap and eat. If it doesn't all fit, eat some on the side.

Food Prep Option - if you haven't already, prepare this exact same recipe for tomorrow's lunch. Keep tortilla separate until serving.

VEGGIES & HUMMUS

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

BBQ PORK, YAM & CAULIFLOWER BOWL

5 ounces pork roast, prepped with Monday's dinner
 3 ounces yam,
 Cook extra 6 ounces for Fri's lunch & Sat's breakfast
 4-6 ounces cauliflower, thawed, use up the rest of the bag
 2 ounces avocado, mash with a lil lemon/lime juice & salt
 Reserved 'BBQ sauce' from Monday's dinner.
 Reserve a little for Friday's lunch.

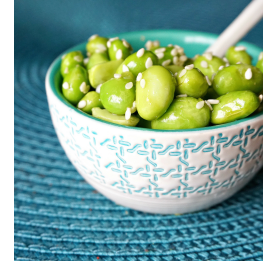
Poke yam/s with a fork several times. Cook in microwave for 4 minutes. Continue to cook at 2-minute increments until soft. In a bowl, combine pork, cauliflower, and BBQ Sauce. Heat through. Add chopped yam to bowl and top with mashed and seasoned avocado.

Food Prep Option - Prepare a similar meal for Friday's lunch while all the ingredients are out. See Friday's Plan for directions.

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 ya grocery shopping for next week?
Think about it ;)

SLOW COOKER APPLE PIE OATS with YOGURT, HONEY & NUTS

1/3 serving 'Slow Cooker Apple Pie Oats'

6 ounces plain Greek yogurt, non-fat

Toppings - 1 tsp honey + 1 Tbsp nuts

For 1 serving regular (non Slow Cooked) Apple Pie Oats

1/3 cup old fashioned oatmeal

1/3 - 1/2 cup unsweetened almond milk

1/2 apple, chopped

1/4 tsp cinnamon + stevia to taste

Options - Eat oats and yogurt separately or combine into an oatmeal and yogurt parfait. Add more stevia if desired

For regular oats - Combine and cook in microwave for 1 1/2 minutes.

BANANA NUT SMOOTHIE

1 scoop protein powder, vanilla recommended

2 ounces frozen banana, from Food Prep

1/2 Tbsp nut butter of choice

1 cup greens

1/2 - 3/4 cup unsweetened almond milk + stevia, optional

1/2 - 1 cup ice

Topping - an additional 1 Tbsp nuts or 1/2 Tbsp nut butter

Combine all ingredients in blender except toppings. Start with 1/2 cup almond milk, and add more after blending if it's needed. For the toppings to stay afloat, it helps if the smoothie is pretty thick.

BBQ SALAD WITH YAMS

3 ounces chicken or 4 ounces pork. Use up pork first.

Leftover BBQ Sauce to taste, from Monday's dinner

3 ounces cooked yam, from Thursday's dinner

1-2 cups leafy greens

2 ounces avocado, mash with a lil salt and lemon/lime juice

Dressing - 1/2 Tbsp EVOO + 1 tsp dijon + s&p to taste

Coat chicken or pork with leftover BBQ sauce and reheat with yam. Place on top of greens. Add avocado and dressing over top.

EDAMAME with SESAME SEEDS

1/2 cup edamame, shelled + 1 Tbsp sesame seeds

Optional variation - replace 1 Tbsp sesame seeds with 1 tsp sesame oil + 1 tsp sesame seeds

TILAPIA or CHICKEN with MANGO AVOCADO SALSA

6 ounces tilapia or 4 ounces chicken, measured once cooked

1/3 cup mango, chopped and thawed

1 ounce avocado, chopped

1/2 Tbsp EVOO

2 Tbsp red onion, minced + 1 Tbsp cilantro

1/4 - 1/2 tsp lime or lemon juice + salt to taste

1 cup leafy greens

Season both sides tilapia or chicken lightly with s&p. Roast in the oven according to package directions. For chicken, roast at 425'. For easier clean-up, line a sheet pan with foil and spray with cooking spray. While fish/poultry is roasting, prep the salsa.

Option - Cook tilapia/chicken in a fry pan or grill pan instead.

Salsa - In a small bowl, combine all ingredients except the tilapia/chicken and greens. Start with only 1/4 tsp lime/lemon juice. Have a taste and add more only if needed. Add a little salt and taste as you go until it's right for you.

To serve - Place greens on a plate. Top with tilapia/chicken and layer salsa over the top.

EATING OUT - PLAN AHEAD

If you're having a meal out tonight, don't worry about cooking this dinner. You won't be reworking any leftovers. If you do eat in, eat the whole portion! Yummm.

Saturday Meal Prep

Plan the best time to prep and start tomorrow's 'Slow Cooker Chicken Cacciatore.'



Saturday

EGGS, YAMS & GREENS, with BERRIES on the SIDE

2 eggs + 1 egg white
leafy greens, unlimited
3 ounces yam, cooked with Thursday's dinner
1/2 cup berries or small piece of fruit

In a medium pan coated with cooking spray, add yams and warm through. Add eggs to one side of the pan and cook according to preference. Add greens last and cook until just slightly wilted. Remove all to a plate and add berries or fruit on the side.

TOASTED COCONUT & MANGO PARFAIT

6 ounces plain Greek yogurt, non-fat or low-fat
1/2 cup mango
1-2 tsp honey
1 Tbsp toasted coconut flakes

HOW TO BALANCE THE WEEKEND

Take some time early in the day 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. Reward meals are important for you mentally and physically. Your body needs to eat at least maintenance-level calories once a week. Enjoy 2 rewards (a treat or meal) per week, and stick with the plan the rest of the time.

CURRIED CHICKEN SALAD WRAP

3 ounces chicken, prepped with Wednesday's dinner
1/3 cup grapes, halved
2 ounces plain Greek yogurt
1-2 Tbsp curry sauce, adjust to taste and thickness preference
1 rib celery, minced + 2 Tbsp red onion, minced
leafy greens
1 tortilla or wrap, ape. 100-150 calories

Combine all ingredients except greens and tortilla in a bowl. Season to taste with salt and curry sauce. Place greens in tortilla, top with curry salad, wrap and eat. If it doesn't all fit, eat some on the side.

VEGGIES & HUMMUS

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

SLOW COOKER CHICKEN CACCIATORE

8-12 ounces chicken breast (4 for tonight, 4 for Sun's lunch and possibly 4 for Sun's dinner. Prep only what you need)
1 onion, chopped
1 rib celery, chopped + 1 large carrot, chopped
2 garlic cloves, minced
1 bay leaf (optional)
1 15 oz can Italian style diced tomatoes

Add before serving

1 6 oz can tomato paste + 1 tsp balsamic vinegar
1 ounce brown rice pasta, or quinoa pasta (weighed when dry). Cook additional ounce for Sunday's lunch.

Portions for 1 serving

4 ounces cooked chicken breast
1 ounce (measured dry) pasta
up to 1/2 sauce and vegetables from slow cooker
1/2 ounce cheese

Slow cooker directions - Place chicken in slow cooker and season all sides lightly with s&p. Add ingredients except those from 'Add before serving.' Cook on low for 6 hours, or high for 3 hours. When done, remove chicken, change slow cooker to high setting if needed, and stir in the tomato paste and vinegar. Cook for 15 minutes with the lid off. During the 15 minutes, cook pasta according to package directions

To serve - Place chicken and pasta in a bowl, adding plenty of vegetables and sauce. Reserve a good portion (at least half) for Sunday's lunch. Top with cheese.

Sunday Meal Prep

Lunch - Prep Sunday's Slow Cooker Chicken Cacciatore 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 correct portions
5. enjoy getting creative in the kitchen with what you already have
6. become more familiar with the 'Calorie Swap Cheat Sheet'

The Sunday meal plan structure is like a practice round for life after the program - you're using what you've learned from the meal plan, and creating your own version within the flexible framework. I use this knowledge every day to concoct and balance my meals. You're practicing proper portioning, meal-concocting, and working-the-leftovers tricks that will help you get and keep the healthy bod you want for life.

SLOW COOKER APPLE PIE OATS with YOGURT, HONEY & NUTS

1/3 serving 'Slow Cooker Apple Pie Oats'

6 ounces plain Greek yogurt, non-fat

Toppings - 1 tsp honey + 1 Tbsp nuts

For 1 serving regular (non Slow Cooked) Apple Pie Oats

See Friday's plan

Options - Eat oats and yogurt separately or combine into an oatmeal and yogurt parfait. Add more stevia if desired

B.T.C. Be The Chef SNACK, 150-200 calories

Remake any snack from the week. See 'Menu-At-A-Glance' page for some quick ideas. Add some twists on the recipes, or not.

SLOW COOKED CHICKEN CACCIATORE

3 ounces chicken, prepped with Saturday's dinner

1 ounce pasta (measured when dry), from Sat's dinner

1 big serving sauce and veg from slow cooker

1/2 ounce feta or goat cheese

Combine chicken, pasta and sauce in a bowl. Heat through and top with cheese.

B.T.C. Be The Chef 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.

B.T.C. Be The Chef DINNER, 350 calories

Use these portions for a 300-400 calorie dinner

Protein - 4 ounces (120-160 calories)

Carbs - 1/4 cup cooked grain or 2 oz yams (50-70 calories)

Healthy Fats - 1 oz cheese, 2 oz avocado, 2 Tbsp nuts (100 cal.)

1-2 cups vegetables (30-70 calories)

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

Monday Meal Prep

See 'Food Prep' list for next week. Knock it out early, and have fun with your chef attire. Wear a tiara if you want. Enjoy taking the time to take care of yourself, Beautiful!