

MENU 3



- FAST & FLAVORFUL
- 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](#)

THIS IS TOO MUCH OR TOO LITTLE FOOD FOR ME

- Adjust accordingly - but keep the protein and veggies high. This is a structure to start with, then adjust portion sizes to your body, hunger levels, macros etc.

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 in order to 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

WATCH a 90-sec Menu Walk-Thru >>> [VIDEO HERE](#)

LUNCH: Chicken + Broccoli + Sour Cream + Pickled Jalapenos
1 Rice Cake + 1 T Nut butter

SNACK: 5 oz carrots, 1 TB Nut butter or 14 nuts (apx 100 cal),
3 oz chicken, sugar-free BBQ sauce

SNACK: Oatmeal w/almond milk + chia seeds

DINNER: Cauliflower Rice + 2 eggs + ground turkey + herbs +
spray butter + tortilla

TREAT: 2 Quest Peanut Butter Cups, 2 smart sweets
+ 100 calories carbs freebie



FOOD PREP



FOOD PREP OPTIONS

- Big batch of chicken breast in the Insta Pot (See last page)
- 1-2 lbs ground turkey, pan-fried with s&p til brown (See last page)
- 3 bags frozen cauliflower florets, cooked steam-in-a-bag, drained excess water and rough chopped for DIY cauliflower rice
- OPTIONAL - Prep oatmeals in advance by adding ingredients in a jar or food prep container, and store in fridge for up to 3 days to make 'Overnight Oats.'

LUNCH

BROCCOLI, CHICKEN, SOUR CREAM & PICKLED JALAPENOS

- 1/2 bag steam in a bag broccoli
- 3 oz chicken breast, cooked
- Cooked rice (optional - fit in macros)
- 2 Tbsp sour cream
- 1-2 Tbsp pickled jalapeños w/a lil juice



You can food prep 3 of these at once for lunch for 3 days

INSTRUCTIONS

- Cook broccoli for 4 minutes for steam-in-a-bag broccoli. Remove. Cut corner open. Add water to bag to cool. Squeeze out excess liquid. Then pour onto your plate or bowl.
- Add pre-cooked chicken. See last page for instructions
- Add sour cream & jalapeños on top. you can mix the two into a sauce or just put on top separately

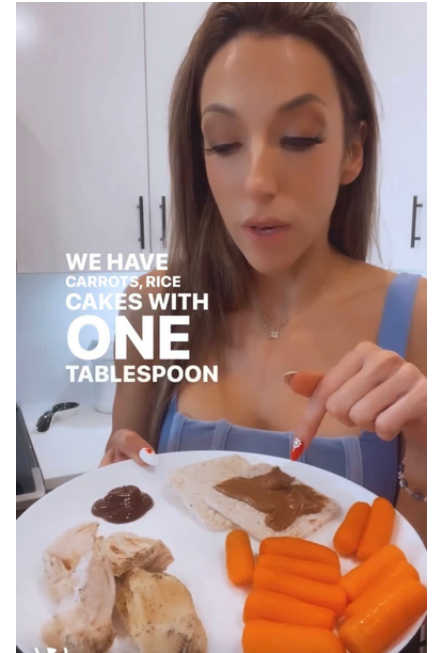
SIDE

- 1 Tbsp nut butter (16 g)
- 1 rice cake



SNACK PLATE - Carrots, Tortilla, Nuts, Chicken + BBQ Sauce

- 5 oz carrots
- 1 Tbsp nut butter or 14 nuts (apx 100 calories)
- 1 low-carb tortilla or 2 rice cakes
- 3 oz chicken (dip in BBQ sauce)
- No sugar or Low-sugar BBQ sauce)



SNACK PLATE IDEAS

Design your own. Aim for 10g of protein + a portion of healthy fats

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

- Veggies (at least one!)
- Fruit
- Crackers
- Tortillas

MIX OF MACROS

- Cheese
- Edamame
- Hardboiled eggs

SNACK - OATMEAL w/Chia Seeds

- 1/4 cup old fashioned oats
- 4 oz unsweetened almond milk
- 1 Tbsp chia seeds

Can add:

- stevia if desired
- Can add fresh or frozen fruit too
- A drizzle of cream on top can be amaze
- sugar-free maple syrup



1-min Warm Oatmeal:

Combine oats & almond milk. Microwave for 60-90 seconds. Add toppings.

Overnight Oats:

Combine all ingredients in a jar. I'd recommend adding 1 Tbsp chia seeds and more almond milk to improve texture. Will last 3-4 days in the fridge

DINNER

CAULIFLOWER RICE PLATE

- 1 bag steam-in-a-bag cauliflower, chopped
- 2 eggs, pan-fried over easy (or to preference)
- 2 oz pre-cooked ground turkey
- Fresh herbs or spices (optional)
- Spray butter + s&p (optional)

1 Ole tortilla on the side

You can prepare 3 of these at once for food prep



INSTRUCTIONS

- Cook steam-in-a-bag cauliflower for 4 minutes . Remove. Cut corner open. Add water to bag to cool. Squeeze out excess liquid. Rough chop on a cutting board
- Cook eggs according to preference, add ground turkey to pan to warm-up
- Plate cauliflower, add eggs and ground turkey on top
- Top with herbs and flavorings of choice
- I eat the tortilla plain on the side.

AFTER DINNER TREATS



- 2 Quest Mini Peanut Butter Cups
- A couple smart sweets
- 100 calories of whatever you want

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.