

MENU 2



- FAST & FLAVORFUL
- 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](#)

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

LUNCH: Green Bean & Chicken Slaw, Rice Cake + 1 T Nut butter

SNACK: Carrots, celery, 10 almonds + 1 low-carb tortilla

SNACK (Or Breakfast): Berry Smoothie

DINNER: Tex Mex Stuffed Bell Peppers

AFTER-DINNER SWEET: 5 Smart Sweets (Swedish Fish) or
a few squares of your fave chocolate



FOOD PREP OPTIONS



FOOD PREP OPTIONS (Do all, one or none etc)

- Big batch of chicken breast in the Insta Pot (See last page)
- Individual dressings for lunch (use ziplock bags or small containers). For lunch, heat a steam-in-a bag veggie packet that morning, add chicken and a dressing packet
- Veggie packets with carrots & celery (use ziplock bags)
- Smoothie packets stored in freezer
- 3 days of stuffed peppers (all portioned and stored in a tupperward)

GREEN BEAN & CHICKEN SLAW



- 1/2 bag steam in a bag green beans (can swap broccoli)
- 4 oz chicken breast, cooked

DRESSING

- 35 g Hellman's Lite Mayonaise
- 1 Tbsp dill relish (can chop up pickles)
- 1 tsp ACV (apple cider vinegar)
- 1/8 tsp stevia
- 1 TBSP unsweetened almond milk
- Pepper to preference

Combine ingredients into a bowl and serve.

FOOD PREP OPTION - Make a batch of individual dressing cups with the portions above (using small Tupperwares or ziplock bags), so when you want a quick salad, dump in the veg, chicken and dressing.

SIDE

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



BERRY SMOOTHIE

- 1 scoop protein powder (Vanilla or Strawberry)
- 4 oz frozen cauliflower (you won't taste it)
- 1 cup strawberries or mixed berries
- 1 oz banana
- 4-6 oz unsweetened almond milk
- 1-2 Tbsp cream of half & half

Add stevia to increase sweetness if desired
Add a little ice to increase volume if desired



FOOD PREP SMOOTHIE PACKS

Combine ingredients (minus milk) into ziploc bag and store in freezer. When ready to serve, dump ziploc ingredients into blender, cover with milk & blend. DONE! Can pour into a bowl for a smoothie bowl.



FAST SWAP OPTION: Can swap with flavored high-protein yogurt, 8-16 nuts & a piece of fruit for a faster option.



SNACK PLATE



- 5 oz carrots
- 4 oz celery
- 10 almonds
- 1 low-carb, high-fiber tortilla (5 grams of protein!)

I like flavored nuts like Blue Diamond Wasabi or Sriracha. Raw almonds are the healthiest, but I eat these sometimes.

SNACK PLATE IDEAS

Design your own. Aim to get at least 10 grams of protein & some healthy fats

PROTEINS

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

CARBS

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

FATS

- Olives
- Nuts or nut butter
- Dips

MIX OF MACROS

- Cheese
- Edamame
- Hardboiled eggs



Tex Mex Stuffed Peppers

- 1 bell pepper - cut into cup shapes, typically 1 pepper makes 2-3 'cups'
- 4 oz cooked ground turkey
- Salsa
- 1 oz (28g) shredded cheese of choice

OPTIONAL ADD-ONS

- Sour cream
- Parmesan or cotija cheese
- Black beans or refried beans with the ground turkey
- Cook ground turkey with a chopped onion
- Season ground turkey with cumin & smoked paprika (or taco seasoning)

Cut bell pepper. Fill with a little salsa. Add ground turkey (cooked from pre-cooked protein (see last page). Top with a lil more salsa and sprinkle shredded cheese. Can eat cold, warm in microwave, or warm in oven.

If you want softer peppers, roast them in the oven first. Then fill with ingredients and roast again until cheese is melted.

THESE ARE GREAT TO FOOD PREP 3 days at once!

AFTER-DINNER SWEET

- 5 Smart Sweets (Swedish Fish)
or
- A few squares of your fave chocolate



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.