



Healthy Meals

MADE SIMPLE

DAY 1

BREAKFAST

Protein Yogurt Bowl

INGREDIENTS

¾ cup plain non-fat Greek yogurt
2 scoops Chocolate Life Shake
2 Tbsp old fashioned oats
¼ cup mixed berries
1 tsp chia seeds
1 tsp slivered almonds

DIRECTIONS

1. Mix Life Shake and Greek yogurt in a bowl until smooth.
2. Slowly mix in oatmeal, almonds, chia seeds, and berries. Enjoy!



290 CALORIES

7 g FAT

39 g PROTEIN

30 g CARBOHYDRATES

LUNCH

Grilled Chicken Salad

INGREDIENTS

4 oz chicken breast
Mixed salad greens
Cherry tomatoes
Cucumber slices
Olive oil and balsamic vinegar
for dressing

DIRECTIONS

1. Grill the chicken until fully cooked.
2. Assemble the salad with mixed greens, cherry tomatoes, and cucumber.
3. Slice the grilled chicken and place it on top.
4. Drizzle with olive oil and balsamic vinegar.



400 CALORIES

25 g FAT

35 g PROTEIN

10 g CARBOHYDRATES

DAY 1



DINNER

Baked Salmon with Quinoa and Steamed Broccoli

INGREDIENTS

6 oz salmon fillet

1/2 cup quinoa

1 cup broccoli florets

Lemon, salt, and pepper for seasoning

DIRECTIONS

1. Preheat the oven to 375°F.
2. Season the salmon with lemon, salt, and pepper. Bake until cooked through.
3. Cook quinoa according to package instructions.
4. Steam the broccoli until tender.
5. Serve the salmon over a bed of quinoa with steamed broccoli on the side.

*Keep in mind that the exact nutrition values can vary slightly based on the brand and specific type of food you use. Always refer to the nutrition label on the packaging for the most accurate information.

450 CALORIES

20 g FAT

40 g PROTEIN

30 g CARBOHYDRATES

DAY 2

BREAKFAST

Berry Almond Protein Bliss

INGREDIENTS

1 cup mixed berries (strawberries, blueberries, raspberries)

2 scoops vanilla Life Shake

1 Tbsp almond butter

1 cup unsweetened almond milk

Ice cubes

DIRECTIONS

1. Blend all the ingredients until smooth.
2. Garnish with a sprinkle of sliced almonds and fresh berries.

TIP Add Collagen-9 or Organic Greens Booster to any shake!



305 CALORIES

12 g FAT

26 g PROTEIN

29 g CARBOHYDRATES

LUNCH

Turkey and Avocado Wrap

INGREDIENTS

4 oz turkey breast slices

Whole-grain wrap

½ avocado, sliced

Lettuce and tomato slices

Mustard or Greek yogurt dressing

DIRECTIONS

1. Lay out the wrap and add turkey slices.
2. Top with avocado, lettuce, and tomato.
3. Drizzle with mustard or your favorite Greek yogurt dressing.
4. Roll the wrap and slice in half.



400 CALORIES

18 g FAT

30 g PROTEIN

35 g CARBOHYDRATES

**DINNER**

Stir-Fried Chicken with Brown Rice and Mixed Vegetables

INGREDIENTS

6 oz chicken breast, thinly sliced

1 cup cooked brown rice

1 cup mixed vegetables (broccoli, bell peppers, carrots)

2 Tbsp teriyaki sauce*
or coconut aminos

DIRECTIONS

1. Heat your wok or large non-stick pan over medium high and cook the chicken for a few minutes, stirring regularly to cook all sides.
2. Remove the chicken from the pan and add the veggies to the pan.
3. Once the veggies are tender, return the chicken to the pan and add the sauce.
4. Let everything simmer together for a minute or two to warm up and finish cooking the chicken.
5. Serve over cooked brown rice.

*The addition of teriyaki sauce contributes to the overall flavor and increases the carb content. You could substitute soy sauce or, for a lower-sodium alternative, coconut aminos. As always, check the nutrition labels on specific products and adjust quantities based on your preferences and dietary needs.

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DAY 3

BREAKFAST

Green Goddess Protein Smoothie

INGREDIENTS

1 cup spinach or kale
½ banana
2 scoops Life Shake
1 Tbsp chia seeds
1 cup coconut water

DIRECTIONS

1. Blend all the ingredients until creamy.
2. Pour into a glass and enjoy the nutrient-packed green goodness.



305 CALORIES

11 g FAT

24 g PROTEIN

33 g CARBOHYDRATES

LUNCH

Quinoa Salad with Chickpeas, Spinach, and Feta

INGREDIENTS

½ cup cooked quinoa
½ cup chickpeas, drained and rinsed
3 oz cooked chicken
Handful of fresh spinach
Cherry tomatoes, halved
½ Tbsp feta cheese, crumbled
Vinaigrette or olive oil and lemon dressing (choosing a dressing lower in fat and calories)

DIRECTIONS

1. Cook chicken, quinoa, and rinse chickpeas.
2. In a bowl, combine quinoa, chickpeas, spinach, cherry tomatoes, and feta.
3. Toss with your favorite vinaigrette or olive oil and lemon dressing.

These values are approximate and can vary based on specific brands, the amount of dressing used, and other factors. Always check the nutrition labels on products and use a reliable nutrition database for precise information. Adjust quantities based on your preferences and dietary needs.

APPROXIMATELY 450-500 CALORIES

APPROXIMATELY 20-25 g FAT

35 g PROTEIN

35-40 g CARBOHYDRATES



DINNER

Grilled Shrimp with Sweet Potato and Asparagus

INGREDIENTS

8 oz shrimp, peeled and deveined

1 medium sweet potato, sliced

6 asparagus spears

1 Tbsp olive oil, garlic,
and lemon for seasoning

DIRECTIONS

1. Marinate shrimp in olive oil, minced garlic, and lemon juice.
2. Grill shrimp until opaque and cooked through.
3. Roast sweet potato slices and asparagus in the oven until tender.
4. Serve grilled shrimp over a bed of roasted sweet potatoes and asparagus.

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DAY 4

BREAKFAST

Tropical Greens Paradise

INGREDIENTS

½ cup pineapple chunks

½ mango, diced

Handful of spinach

2 scoops Vanilla Life Shake

1 Tbsp chia seeds

1 cup almond milk

DIRECTIONS

1. Blend all the ingredients until well combined.
2. Top with additional pineapple chunks for a tropical touch.



389 CALORIES

14.1 g FAT

25 g PROTEIN

48.7 g CARBOHYDRATES

LUNCH

Salmon and Quinoa Power Salad

INGREDIENTS

6 oz salmon fillet, grilled or baked

½ cup cooked quinoa, cooled

2 cups mixed salad greens
(e.g., spinach, arugula, and watercress)

½ cup cherry tomatoes, halved

¼ cup cucumber, sliced

¼ cup red onion, thinly sliced

¼ cup bell pepper (any color), diced

1 Tbsp olive oil

1 Tbsp lemon juice

1 tsp Dijon mustard

Salt and pepper to taste

Fresh herbs (e.g., dill or parsley)
for garnish

DIRECTIONS

1. In a large bowl, combine the mixed salad greens, cherry tomatoes, cucumber, red onion, and diced bell pepper.
2. In a separate bowl, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper to create the dressing.
3. Add the cooked quinoa to the salad and toss with the dressing until well combined.
4. Top the salad with grilled or baked salmon fillet.
5. Garnish with fresh herbs for added flavor.
6. Serve immediately and enjoy!

AROUND 400-450 CALORIES

AROUND 20-25 g FAT

AROUND 25-30 g PROTEIN

AROUND 25-30 g CARBOHYDRATES



DINNER

Baked Chicken Breast with Quinoa and Roasted Brussels Sprouts

INGREDIENTS

6 oz chicken breast
½ cup quinoa, uncooked
8 Brussels sprouts, halved
2 Tbsp olive oil, garlic,
and lemon for seasoning

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Season chicken breast with 2 Tbsp of olive oil, garlic, and lemon, then grill until fully cooked.
3. In a separate pan, sauté Brussels sprouts in olive oil until they're tender and slightly browned.
4. Serve grilled chicken over a bed of cooked quinoa and Brussels sprouts.

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DAY 5

BREAKFAST

Peanut Butter Banana Protein Smoothie

INGREDIENTS

½ medium banana
2 scoops chocolate Life Shake
2 Tbsp natural peanut butter
1 cup almond milk
Ice cubes

DIRECTIONS

1. Blend all the ingredients until creamy.
2. Garnish with a drizzle of peanut butter if desired.



463 CALORIES

25 g FAT

30 g PROTEIN

39 g CARBOHYDRATES

LUNCH

Grilled Veggie and Hummus Wrap

INGREDIENTS

Whole-grain wrap
Grilled vegetables (zucchini, bell peppers, eggplant)
2 Tbsp hummus
Fresh spinach leaves
4 oz sliced ham

DIRECTIONS

1. Lay out the whole-grain wrap and spread hummus.
2. Add grilled vegetables and fresh spinach.
3. Add ham.
4. Roll the wrap and slice in half.



500 CALORIES

25 g FAT

25 g PROTEIN

50 g CARBOHYDRATES

DAY 5



DINNER

Seared Tuna with Brown Rice and Steamed Green Beans

INGREDIENTS

6 oz tuna steak

½ cup cooked brown rice

1 cup steamed green beans

2 cloves garlic, minced

1 Tbsp soy sauce (or coconut aminos for a lower-sodium alternative)

1 tsp sesame oil

½ tsp freshly grated ginger

1 Tbsp chopped green onions (for garnish)

Salt and pepper to taste

DIRECTIONS

1. Season the 6 oz tuna steak with minced garlic, soy sauce (or coconut aminos), sesame oil, freshly grated ginger, salt, and pepper.
2. Sear the tuna on each side until the desired doneness is reached.
3. Serve the seared tuna over a bed of brown rice with steamed green beans on the side.
4. Garnish with chopped green onions.

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