

Week 1- These food are allowed in week 1: Lean Protein, Veggies, Fruit, Legumes (any meal)
Whole grains (only one meal a day)(*NO sugar, alcohol, dairy, or white carbs*)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg in a Bell Pepper Ring, Whole grain toast (1)	2 Boiled Eggs, Fresh Berries	Egg in a Bell Pepper Ring, Whole wheat toast (1)	2 Boiled Eggs, Fresh Berries	Roasted Veggie Frittata (8)	Leftover Frittata (8)	Egg in a Bell Pepper Ring, Whole wheat toast (1)
Snack	Power Smoothie (2)	10 almonds	Celery sticks with Nut Butter	Power Smoothie (2)	10 almonds	Celery sticks with Nut Butter	Power Smoothie (2)
Lunch	Easy Mediterranean Tuna Salad (3)	Leftover Sun Dried Baked Tomato Chicken	Leftover Salmon and Tomatoes	Leftover Cabbage Rolls	Leftover Stir Fry	Leftover Tilapia	Leftover Ceviche
Snack	Hummus with veggies	Edamame (dried or steamer bag)	Hummus with veggies	Edamame (dried or steamer bag)	Hummus with veggies	Salsa with veggies	Edamame (dried or steamer bag)
Dinner	Sun Dried Tomato Baked Chicken (4) With Steamed Green Beans	Salmon Foil Pack with Tomatoes (5)	Unstuffed Cabbage Rolls (6)	Classic Chicken Stir Fry (7) *Chop extra veggies for frittata	Lemon Garlic Tilapia (9) With Strawberry Spinach Salad	Shrimp Ceviche (10)	One Pan Roasted Chicken and Veggies (11)

Notes for using meal plan:

- All recipes have a number next to the name (1) which will correspond with the ingredients on the shopping list. This makes it easy to cross off a recipe you do not wish to make.
- Dinner recipes make 4 servings. Keep in mind you'll need one serving for lunch the next day. **Double your recipe if you have more mouths to feed!**
- Add or subtract items on you grocery list. Bonus: grocery shopping online is a great way to get only what you need!
- Drink 64-96 ounces of hydrating, non-calorie, non-caffeinated beverages a day. Add lemon, lime, cucumber to your list if you like infused water.
- Nutrition info is listed under each recipe but not for the entire day as this allows for variation. Nutrition information is "estimated" and calculated using MyFitnessPal. It's best to use a phone app such as MyFitnessPal to better track your individual food intake for the full day.
- This meal plan has been prepared by Steph Wagner MS, RDN and can be reached at steph@foodcoach.me or www.foodcoach.me

<p><u>Beef</u> 90% lean ground beef Tenderloin Roast (rib, chuck, rump) Steak (t-bone, cubed, flank, porterhouse, sirloin, round)</p>	<p><u>Poultry</u> Skinless turkey/chicken breast Ground turkey/chicken Chicken/turkey sausage Dark meats in moderation</p>
<p><u>Fish/Shellfish</u> Cod, Flounder Haddock, Halibut Tilapia, Trout Salmon, Catfish Clams/Crab/Lobster/Shrimp</p>	<p><u>Game</u> Duck Pheasant Venison Buffalo Ostrich</p>
<p><u>Pork</u> Lean ham Canadian bacon Pork tenderloin Center loin chop</p>	<p><u>Legumes</u> Beans (black, kidney, pinto, etc) Edamame Lentils Nuts* <i>also on the fats list</i></p>
<p><u>Eggs</u> 1 Whole egg 2 Egg whites 1/4 c Egg substitute All the above = 1 oz</p>	<p><u>Cheese (light or 2%)</u> *NO DAIRY IN WEEK 1 & 2* Sliced cheese String cheese Hard cheese Shredded cheese Cottage cheese</p>

Fruit

Apple- tennis ball size
Apricots, fresh- 4 whole
Banana, small - 4 oz
Blackberries- 1 cup
Blueberries- 3/4 cup
Cantaloupe, cubes- 1 cup
Cherries, fresh- 12 whole
Fruit cocktail (light syrup)- 1/2 cup
Grapefruit, large- half
Grapes- 17 whole
Honeydew melon, cubes- 1 cup
Kiwi- 1 whole
Mango, small- half
Nectarine, small- 1 whole
Orange, small- 1 whole
Papaya, cubes- 1 cup
Peach, medium- 1 whole
Peaches or Pears (in light syrup)- 1/2 cup
Pear, large, fresh- half
Pineapple, fresh- 3/4 cup
Pineapple, canned (drained)- 1/2 cup
Plumbs, small- 2 whole
Raspberries- 1 cup
Strawberries- 1 1/4 cup
Tangerines, small- 2 whole
Watermelon- 1 slice OR 1 1/4 cup cubes

Vegetables

Artichoke
Asparagus
Green Beans
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Jalapeños
Leeks
Lettuce
Okra

Healthy Fats

Almonds- 6 nuts*
Avocado- 1/8 OR 1/4 cup
Oils (olive, canola, peanut, corn, safflower, soybean)- 1 tsp
Olives- 8 black, 10 green stuffed
Peanuts- 10 nuts*
Peanut butter/Almond butter- 2 tsp
Pecans- 4 halves*
Pistachios- 16 nuts*
Hummus- 2 tbsp
Mayo, regular- 1 tsp
Mayo, reduced fat- 1 tbsp
Pumpkin seeds- 1 tbsp
Sunflower seeds- 1 tbsp
Salad dressing, regular- 1 tbsp
Salad dressing, reduced fat- 2 tbsp
Walnuts- 4 halves*
*nuts = legumes

Whole Grains - At Only One Meal

Barley
Buckwheat
Bulgar
Corn
Farro
Millet
Oats
Quinoa
Rice
Rye
Sorghum
Whole wheat
Whole wheat couscous
Wild rice or brown rice

Grocery List

Protein/Refrigerated Items	Produce	Pantry	Frozen
<input type="checkbox"/> 12 eggs (1,8) <i>*Plus extra if boiling own eggs or purchase pre-boiled</i> <input type="checkbox"/> Unsweetened Almond/Cashew Milk (2, <input type="checkbox"/> 12 (4 oz) chicken breasts (4,7,11) <input type="checkbox"/> 4 (5 oz) salmon fillets - <i>frozen okay</i> (5) <input type="checkbox"/> 1 lb 93% lean ground beef <input type="checkbox"/> 4 (5-6 oz) fillets tilapia - <i>frozen okay</i> (9) <input type="checkbox"/> Vanilla whey protein powder (ex: Quest®) <input type="checkbox"/> Hummus <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> 4 red pepper (1,7,8,11) <input type="checkbox"/> 1 yellow pepper (10,11) <input type="checkbox"/> Bag baby spinach (2,9) <input type="checkbox"/> Fresh basil (3) <input type="checkbox"/> Celery (3,10, snacks) <input type="checkbox"/> 1 Lemon (3,5,9) <input type="checkbox"/> 4 cloves Garlic (4,8,9) <input type="checkbox"/> 3 Yellow Onion (5,6,7,8) <input type="checkbox"/> 1 red onion (11) <input type="checkbox"/> Bag shredded cabbage (6,7) <input type="checkbox"/> 2 zucchini (7,8) <input type="checkbox"/> Baby carrots (7) <input type="checkbox"/> 1 1/2 cup strawberries (9) <input type="checkbox"/> Lime (10) <input type="checkbox"/> Avocado (10) <input type="checkbox"/> Cilantro (10) <input type="checkbox"/> 1 cup Grape Tomatoes (11) <input type="checkbox"/> Fresh berries <input type="checkbox"/> Other raw veggies for snacking (ex: cucumber slices, carrot sticks, more bell peppers, snap peas) <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> 1 (5 oz can) tuna packed in water (3) <input type="checkbox"/> Jarred sun-dried tomatoes (4,11) <input type="checkbox"/> Dried basil (4) <input type="checkbox"/> Dried oregano (5) <input type="checkbox"/> Dried thyme (5) <input type="checkbox"/> Italian seasoning (11) <input type="checkbox"/> Olive oil (5,9) <input type="checkbox"/> 2 (14 oz) cans diced tomatoes (5) <input type="checkbox"/> 1 envelope Italian dressing seasoning mix <input type="checkbox"/> 1/2 bottle stir fry sauce <input type="checkbox"/> Balsamic vinegar (9) <input type="checkbox"/> Sliced almonds (9) <input type="checkbox"/> Light Italian Dressing (10) <input type="checkbox"/> Nut butter <input type="checkbox"/> Almonds (snacks) <input type="checkbox"/> Salsa of choice <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Frozen mixed berries (2) <input type="checkbox"/> 1 lb cooked shrimp (10) <input type="checkbox"/> Edamame steamer bags for snacks <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Egg in a Bell Pepper Ring (1)

Serving size can be one or two rings, whatever is needed to control your hunger!

Nutrition info is for one egg ring.

Ingredients:

- 2 rings of red or yellow bell pepper
- 2 eggs

1. Heat nonstick skillet to medium high heat.
2. Add bell pepper ring(s) to the skillet and cook one minute per side.
3. Crack egg into the center of the pepper and cook on medium low, covered, until egg is set to your liking. (5 minutes for runnier yolks, 8 minutes for more set yolks).
4. Season with salt and pepper and serve with one slice whole wheat toast.

Servings: 2 egg ring
Calories per serving: 152
Protein: 13 grams
Carbohydrates: 3 grams
Fat: 10 grams

Power Smoothie (2)

This recipe can be adapted to your preference using different fruits. Use unsweetened almond milk or cashew milk as a dairy alternative.

Ingredients:

- 1 cup water or unsweetened almond/cashew milk
- 1 scoop vanilla protein powder (example: Quest® Whey Protein)
- 1/2 cup frozen mixed berries
- 1/2 cup fresh spinach (optional)

1. Combine all ingredients in blender. Blend until smooth and enjoy immediately.

Servings: 1 smoothie
Calories per serving: 143
Protein: 16 grams
Carbohydrates: 13 grams
Fat: 2 grams

Easy Mediterranean Tuna Salad (3)

Ingredients:

- 1 (5 oz) can tuna, packed in water
- 1 tbsp fresh basil, chopped
- 1/2 celery stalk, diced
- 2 tbsp lemon juice
- Salt and pepper to taste

*Serve with cucumber slices

1. Pour tuna in a mixing bowl and use fork to break up tuna pieces.
2. Add all ingredients, tasting for salt and pepper as needed.
3. Spread over cucumber slices. *Can also use whole grain crackers if you skip whole grain toast at breakfast.

*Save leftover lemon for Salmon Foil Packs.

Servings: 2
Calories per serving: 129
Protein: 14 grams
Carbohydrates: 1 gram
Fat: 1 gram

Sun Dried Tomato Baked Chicken (4)

Ingredients:

- 4 (4 oz) chicken breasts, cut in half if thicker than 1 inch
- 1/4 cup jarred sun-dried tomatoes, rinsed and chopped
- 4 cloves garlic, pressed or minced
- 2 tbsp dried basil
- 1/4 tsp each salt and pepper

1. Heat oven to 375F. Sprinkle chicken with basil, salt and pepper and rub in all sides of the meat.
2. Heat a skillet to medium high heat and coat with cooking spray. Sear all sides of chicken; about 2 minutes. Place in oven safe baking dish.
3. Top chicken with chopped garlic and sun-dried tomatoes. Bake for 20 minutes or until internal temperature reads 165 F.

**Serve with steamed green beans seasoned with salt and pepper. *Recommend for ease:* purchase fresh green beans packaged in a microwavable friendly steamer bag.

Servings: 4
Calories per serving: 128
Protein: 23 grams
Carbohydrates: 4 grams
Fat: 3 grams

Salmon Foil Pack with Tomatoes (5)

Ingredients:

- 4 (5 oz) salmon fillets
- 2 tsp olive oil
- 1/4 tsp each salt and pepper
- 1 (14 oz) can diced tomatoes, drained
- 1/2 cup chopped onion
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme

1. Preheat oven to 400 F.
2. Sprinkle salmon fillets with 2 tsp olive oil, salt & pepper.
3. Stir together tomatoes, onion, lemon juice, oregano, thyme and a pinch of salt & pepper.
4. Place a salmon fillet (oil side down) on a sheet of foil. Wrap the ends of the foil in a spiral shape. Spoon the tomato mixture evenly over each fillet. Fold the foil over, sealing the packets closed.
5. Place packets on a heavy baking sheet. Bake until cooked through, about 25 minutes.

*Save a serving for tomorrow's lunch.

Servings: 4
Calories per serving: 173
Protein: 31 grams
Carbohydrates: 6 grams
Fat: 4 grams

Unstuffed Cabbage Rolls (6)

Ingredients:

- 1 lb 93% lean ground beef
- 1 medium yellow onion, chopped
- 1 envelope Italian dressing seasoning mix
- 1 (14.5 oz) can diced tomatoes
- .5 (16 oz) bag shredded cabbage
- 1/4 tsp each salt and pepper

1. Heat medium skillet to medium high heat.
2. Add ground beef and chopped onion, cooking until browned. Add dressing package and stir. Turn heat to low and let cook 2 minutes.
3. Add tomatoes and cabbage, stir. Continue cooking for more 8-10 minutes. Sprinkle salt & pepper and serve.

*Save a serving for tomorrow's lunch.

*Save remaining cabbage for tomorrow's stir fry.

Servings: 4
Calories per serving: 203
Protein: 26 grams
Carbohydrates: 7 grams
Fat: 12 grams

Classic Chicken Stir Fry (7)

Ingredients

- 1 zucchini, sliced
- 1 cup baby carrots sliced OR 2 carrots
- 1 small onion, sliced
- 1 small bell pepper, sliced (red or green)
- 2 cups shredded cabbage
- 1 lb boneless, skinless chicken breast, cubed
- 1/3 cup bottled stir fry sauce

1. Slice veggies and cube chicken. Set prepared food to the side.
2. Heat a large skillet to media high heat. Add vegetables and cook about 3-4 minutes, stirring occasionally. Pour into a covered dish and set to the side to stay hot.
3. Add chicken pieces to the skillet and cook 3-5 minutes on each side or until cooked through. Add veggies back into the skillet.
4. Add sauce and stir to combine mixture. Cook about 1 more minute and remove from heat. Serve.

*Save a serving for tomorrow's lunch.

*Chop extra zucchini, onion and bell pepper for tomorrow morning's frittata

Servings: 4
Calories per serving: 177
Protein: 26 grams
Carbohydrates: 15 grams
Fat: 3 grams

Roasted Veggie Frittata (8)

In a hurry and can't get a frittata made on a weekday morning?? Save some time and sauté a small amount of veggies and then add 2 eggs and make it an personal sized egg scramble.

Ingredients:

- 1 red bell pepper
- 1 garlic clove
- 1/2 cup zucchini, chopped
- 1/2 medium onion, chopped
- 1 tsp salt
- 8 large eggs

Servings: 6
Calories per serving: 107
Protein: 9 grams
Carbohydrates: 3 grams
Fat: 6 grams

1. Heat oven to 375 F.
2. Heat a non-stick skillet to medium high heat. Make sure skillet is oven safe.
3. Sauté bell pepper, garlic, zucchini and onion until softening but still crisp. Sprinkle in salt and stir.
4. Whisk and add eggs, moving pan around a bit for eggs to surround the pan evenly.
5. Move to oven for 8-10 minutes or until eggs look set.
6. Remove from oven with hot pad and let cool. Transfer to a cutting board and cut into sixths.

Lemon Garlic Tilapia (9)

Ingredients:

- 4 fillets tilapia
- 1 tsp olive oil
- 1 large lemon
- 2 cloves minced garlic
- 1/4 tsp each salt and pepper

1. Preheat oven to 375F.
2. Place tilapia in the bottom of a 9×13 baking pan sprayed with cooking spray. Season with salt and pepper. Coat lightly with 1 tsp olive oil.
3. In a separate bowl, combine lemon and garlic. Pour over tilapia fillets. Bake for 10 minutes or until fish flakes easily with a fork.

For Spinach Side Salad, toss together:

- 3 cups baby spinach
- 1 1/2 cups strawberries, sliced
- 2 tsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp sliced almonds

Servings: 4
Calories per serving: 130
Protein: 21 grams
Carbohydrates: 3 grams
Fat: 3 grams

Servings: 4
Calories per serving: 61
Protein: 2 grams
Carbohydrates: 3 grams
Fat: 5 grams

Shrimp Ceviche (10)

Ingredients:

- 1 lb precooked shrimp (medium or large), thawed and tails removed
- juice of half a lime
- 1 small avocado, diced
- 1 tbsp cilantro, diced
- 1 small yellow bell pepper, diced
- 2 stalks celery, diced
- 1 clove garlic, minced
- 2 tbsp Light Italian dressing

Servings: 4
Calories per serving: 126
Protein: 29 grams
Carbohydrates: 6 grams
Fat: 4 grams

1. For quick thawing of shrimp, run under cold water and remove tails. Blot with paper towel to dry. Cut each shrimp into thirds.
2. Combine shrimp with all other ingredients. Toss to coat with dressing and lime juice.
3. Allow ceviche to marinate 10 minutes or longer in refrigeration before serving.

One Pan Roasted Chicken and Veggies (11)

Ingredients:

- 1 lb boneless, skinless chicken breast tenders, cut into 1" pieces
- 1 each red and yellow bell pepper, cut into strips
- 1 small red onion, cut into strips
- 1 cup grape tomatoes
- 2 tbsp Italian seasoning
- 2 tbsp sun dried tomatoes, reserve 2 tsp oil but rinse the tomatoes off

1. Heat oven to 475F.
2. Toss all the ingredients together and allow the seasoning to coat the chicken and veggies (using a little oil from the sun dried tomatoes to adhere seasoning).
3. Spread the ingredients out to one layer on a large baking sheet or baking stone. Use two sheets if you don't have one large enough that you have only one layer. Tent loosely with foil.
4. Place in oven and let roast for 20 minutes. Remove pan from oven and remove foil. Reposition the chicken and veggies. Return to oven for 10 more minutes. Remove from oven, let cool and serve.

Servings: 4
Calories per serving: 154
Protein: 23 grams
Carbohydrates: 5 grams
Fat: 4 grams