

**Week 2-** These food are allowed in week 2: 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	<b>Green Protein Smoothie Protein Shake(1)</b>	<b>Chicken Breakfast Sausage(4), boiled egg</b>	<b>Green Protein Smoothie Protein Shake</b>	<b>Chicken Breakfast Sausage, boiled egg</b>	<b>Whole wheat toast, 1 tbsp almond butter, half banana sliced on top</b>	<b>Chicken Breakfast Sausage, boiled egg</b>	<b>Whole wheat toast, 1 tbsp almond butter, half banana sliced on top</b>
Snack	<b>Boiled egg, 1 cup berries</b>	<b>Small Apple with 1 tbsp almond butter</b>	<b>Boiled egg, 1 cup berries</b>	<b>Small Apple with 1 tbsp almond butter</b>	<b>Boiled egg, 1 cup berries</b>	<b>10 almonds + 1/4 cup banana chips</b>	<b>Boiled egg, 1 cup berries</b>
Lunch	<b>“Salad in a Jar” (2) - make several if using later in the week</b>	<b>Salad in a Jar or Leftovers</b>	<b>Salad in a Jar or Leftovers</b>	<b>Salad in a Jar or Leftovers</b>	<b>Salad in a Jar or Leftovers</b>	<b>Salad in a Jar or Leftovers</b>	<b>Salad in a Jar or Leftovers</b>
Snack	<b>Cucumber with 2 tbsp hummus</b>	<b>Edamame (dried or steamed)</b>	<b>10 almonds + 1/4 cup banana chips</b>	<b>Edamame (dried or steamed)</b>	<b>Cucumber with 2 tbsp hummus</b>	<b>Edamame (dried or steamed)</b>	<b>Cucumber with 2 tbsp hummus</b>
Dinner	<b>Chicken Breast with Warm Tomato Relish (3) With Steamed Green Beans and 1/2 cup Brown Rice</b>	<b>Sirloin Steak with Tomatillo Avocado Dressing (5) with Sliced Tomatoes, Spinach</b>	<b>Asian Chicken Bowl (6) over 1/2 cup Brown Rice</b>	<b>Honey Mustard Pork Chops (7) with Asparagus and 1/2 Baked Sweet Potato</b>	<b>Citrus Herb Salmon (8) with Roasted Brussel Sprouts</b>	<b>Pork Medallions with Roasted Red Pepper Sauce (9) with Green Beans</b>	<b>Garlic and Nut Encrusted Tilapia (10) with Steamed Veggies</b>

**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 and doesn't include sides or other meals for the 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](mailto:steph@foodcoach.me) or [www.foodcoach.me](http://www.foodcoach.me)

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

Proteins/Refrigerated -	Produce -	Pantry -
<input type="checkbox"/> Ground chicken/turkey (4) <input type="checkbox"/> 2 lbs boneless, skinless chicken breast (3,6) <i>plus extra if cooking chicken for salad in a jar - if not need to purchase pre-cooked chicken breast (2)</i> <input type="checkbox"/> 4 (4 oz) boneless beef sirloin steak (5) <input type="checkbox"/> 4 boneless pork chops (7) <input type="checkbox"/> 4 (4-5 oz) salmon fillets <i>frozen okay</i> (8) <input type="checkbox"/> Unsweetened almond milk (8) <input type="checkbox"/> 1 lb pork tenderloin (9) <input type="checkbox"/> Dozen eggs <i>for boiling or buy pre-boiled eggs (breakfast, snacks)</i> <input type="checkbox"/> 4 (4-5 oz) tilapia fillets <i>frozen okay</i> (10) <input type="checkbox"/> Hummus of choice (snacks) <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Apple (4) <input type="checkbox"/> Parsley (4) <input type="checkbox"/> Garlic Bulb (3,4,6,7,9) <input type="checkbox"/> Cucumber slices (snacks) <input type="checkbox"/> 1 Lemon (3,8) <input type="checkbox"/> Lime (7) <input type="checkbox"/> Orange (8) <input type="checkbox"/> 2 pints Cherry tomatoes (2,3) <input type="checkbox"/> 3 tomatillos (5) <input type="checkbox"/> Onion (5) <input type="checkbox"/> Red onion (2) <input type="checkbox"/> Avocado (5) <input type="checkbox"/> 1/2 cup cilantro (5,10) <input type="checkbox"/> 1 bag cabbage slaw (6) <input type="checkbox"/> Large pkg baby spinach (1,5,7) <input type="checkbox"/> 2 cups mixed greens <i>plus more if making more salad jars</i> (2) <input type="checkbox"/> Bell pepper (2) <input type="checkbox"/> Brussel sprouts (8) <input type="checkbox"/> Asparagus (7) <input type="checkbox"/> 2 sweet potatoes (7) <input type="checkbox"/> 1 Tomato (5) <input type="checkbox"/> 4 cups berries of choice (1) <input type="checkbox"/> 2 bananas (1, breakfasts) <input type="checkbox"/> 2 lbs Fresh or frozen green beans (3,9) <input type="checkbox"/> 2 small apples (snacks) <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Dried thyme (4,8) <input type="checkbox"/> Dried oregano (4,8) <input type="checkbox"/> Dried Rosemary (3) <input type="checkbox"/> 5 oz can tuna, packed in water (2) <input type="checkbox"/> 6 green olives (3) <input type="checkbox"/> Olive Oil (3) <input type="checkbox"/> Salt & Pepper <input type="checkbox"/> 1/4 cup peanuts (optional, 6) <input type="checkbox"/> 1/2 cup light Asian salad dressing (6) <input type="checkbox"/> 1/3 cup Honey Mustard <i>mustard not dressing</i> (7) <input type="checkbox"/> 1 tbsp soy sauce (7) <input type="checkbox"/> Vanilla Whey Protein (1) <input type="checkbox"/> 1/4 cup walnut pieces (9) <input type="checkbox"/> 2 tsp paprika (9) <input type="checkbox"/> 1 (8 oz) jar roasted red peppers (9) <input type="checkbox"/> 1 tsp red wine vinegar (9) <input type="checkbox"/> 1/4 tsp cayenne pepper (optional, 9) <input type="checkbox"/> 1/4 tsp cumin (9) <input type="checkbox"/> Balsamic vinaigrette (2,10) <input type="checkbox"/> 1/2 cup mixed nuts, chopped (10) <input type="checkbox"/> Natural sweetener <i>if using</i> (1) <input type="checkbox"/> 4 cups Brown rice (3,6) <input type="checkbox"/> Whole wheat bread (breakfasts) <input type="checkbox"/> Almond butter (breakfasts, snacks) <input type="checkbox"/> Edamame <i>frozen or dried</i> (snacks) <input type="checkbox"/> 20 almonds (snacks) <input type="checkbox"/> 1/2 cup banana chips (snacks) <input type="checkbox"/> Steamer bag mixed veggies (10) <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

## **Green Smoothie Protein Shake (1)**

### Ingredients:

- 2 cups fresh spinach
- 1/2 banana
- 1/4 cup strawberries
- 1 scoop vanilla whey protein powder
- 1-3 tbsp natural sweetener of choice (adjust to desired sweetness, example Stevia®)
- 1/2 cup ice cubes (adjust for desired consistency)
- 2/3 cup water

Servings: 1
Calories per serving: 172
Protein: 23 grams
Carbohydrates: 21 grams
Fat: 1 grams

1. Blend together on high until smooth.

*Note: substituting banana and strawberry extract decreases carbohydrate count. Use 1/8 tsp of extract to replace a fruit.*

## Salad in a Jar (2)

*Recipe below is for one large jar, increase ingredients based on how many jars you want for the week or if using leftovers for lunches. You can also separate into two smaller jars.*

### Ingredients:

- 2 tbsp balsamic vinaigrette
- 1 cup cubed, cooked chicken
- 2 cups mixed greens
- 1 cup cherry tomatoes
- 1/4 cup red onion, chopped
- 1/4 cup chopped bell pepper

1. Add vinaigrette to the bottom of the jar. Add salt and pepper and shake.
2. Layer the rest of the ingredients in the jar, with lettuce on the top.
3. When ready to eat, remove all the ingredients to a plate and toss to coat in balsamic dressing.

Servings: 1 salad
Calories per serving: 274
Protein: 44 grams
Carbohydrates: 16 grams
Fat: 16 grams

## Chicken Breast with Tomato Relish (3)

### Ingredients:

- 1 lb boneless, skinless chicken breast, cut thin
- 1 tsp grated lemon zest *\*reserve the rest for recipe #8*
- 2 cloves garlic, minced or pressed
- 1 tsp dried rosemary, crushed
- 1 pint cherry tomatoes. halved
- 6 green olives, chopped (can substitute Kalamata olives)
- 2 tsp olive oil
- 1/4 tsp each salt and pepper

1. Put a large skillet on medium-high heat and spray with cooking spray. Cook chicken breast on each side for about 6-8 minutes (depending on thickness) or until done (160 F). Remove chicken from pan and cover to keep warm.
2. Add lemon zest, garlic and rosemary to the still heated pan and sauté for about 30 seconds.
3. Add tomatoes and olives and cook, scraping up any browned bites, until tomatoes are hot, about 4 minutes.
4. Stir in olive oil and salt & pepper to taste. Put on top of chicken breast and serve.

Serve with green beans (fresh or frozen, steamed and seasoned with salt and pepper) and 1/2 cup brown rice per person.

Servings: 4
Calories per serving: 141
Protein: 23 grams
Carbohydrates: 2 grams
Fat: 5 grams

## Chicken Breakfast Sausage (4)

### Ingredients:

- 1 lb ground chicken
- 1 apple, diced
- 1 tbsp dried Thyme
- 3 tbsp fresh parsley, chopped
- 2 tbsp dried oregano
- 1 clove garlic, pressed
- 1 tsp salt & pepper

1. Heat oven to 425 F.
2. Add apples, thyme, parsley and oregano to a skillet on medium high heat. Heat for about 6 minutes until apples are soft. Remove from heat and let cool.
3. Add ground chicken to a mixing bowl. Add apple mixture and combine well.
4. Form 12 balls of the meat (I used a cookie scoop) and place on a large baking sheet. Then mash the ball down on the cookie sheet to make it a thin patty.
5. Bake for 25 minutes. Remove from oven and let cool slightly. Serve immediately or put in the refrigerator for a fast breakfast!

Servings: 6 (serving size 2 patties)
Calories per serving: 141
Protein: 14 grams
Carbohydrates: 5 gram
Fat: 8 gram

Prepared boiled eggs while breakfast sausage cooks if pre-cooked eggs were not purchased.

## Sirloin Steak with Avocado Tomatillo Dressing (5)

### Ingredients:

- 3 small tomatillos (about 1/4 lb.)
- 1/2 small onion, sliced
- 1 avocado, fully ripened
- 1/2 cup cilantro
- 3 cloves garlic
- 4 (4 oz) boneless beef sirloin steaks, 1/4 inch thick
- 1/4 tsp salt
- 1/4 tsp pepper

Servings: 4
Calories per serving: 245
Protein: 25 grams
Carbohydrates: 6 grams
Fat: 12 grams

### Tomatillo Avocado Dressing

1. In a medium sized pot, bring 3 cups of water to a boil. Turn heat down to a low simmer. Add tomatillos and simmer for 15 minutes or until skin is softened.
2. Reserve 1/2 cup of hot water and drain tomatillos from remaining water. Place tomatillos and reserved water to a blender. Add avocado, cilantro, onion and garlic. Blend on high until smooth. Set aside.

### Steak

1. Season both sides of steak with salt and pepper. Using an outdoor grill or grill pan on the stove, cook steaks 3-4 minutes per side or until desired doneness.
2. Remove from heat and top with tomatillo avocado dressing. \*Optional, slice and sauté the unused half of onion for extra steak topping. Serve with sliced tomatoes and baby spinach - also good with dressing!

\*Save a serving for tomorrow's lunch if not using salad in a jar.



## Asian Chicken Bowl (6)

### Ingredients:

- 1 lb Chicken Breast, Chopped into 1 inch pieces
- 1 bag Cabbage Slaw (cabbage, carrots, etc)
- 1/4 cup peanuts
- 1/2 cup light Asian salad dressing

Servings: 4
Calories per serving: 279
Protein: 38 grams
Carbohydrates: 12 grams
Fat: 8 grams

1. After cutting up chicken, place in a bowl and add 1/4 cup dressing. Turn to coat and let marinade 30 minutes.
2. Heat a skillet to medium high heat, spray with cooking spray and add chicken.
3. While chicken is cooking, put cabbage slaw in a mixing bowl and add peanuts. Add remaining dressing and toss together.
4. Continue cooking chicken and turn occasionally until done (no pink). Serve on top off cabbage slaw. Serve with 1/2 cup cooked brown rice per serving.

\*Save a serving for tomorrow's lunch if not using salad in a jar. Can be served cold as a salad.

## Honey Mustard and Lime Pork Chops (7)

### Ingredients

- 1/3 cup honey mustard
- 1 lime, juiced
- 2 tbsp chopped garlic
- 1 tbsp Soy Sauce
- 4 boneless pork chops

1. Mix all the ingredients together except pork.
2. Coat pork chops with marinade and leave in refrigerator for 30 minutes.
3. Put on grill heated to medium-high heat. Grill for about 8-10 minutes per side or until internal temperature reaches 140F.  
\*Alternative to grilling: place under broiler for 10 minutes per side.

Serve with roasted asparagus and 1/2 baked sweet potato per serving. *For roasted asparagus, toss with 2 tsp olive oil, salt and pepper. Put in oven heated to 425 for 20 minutes or until desired crispness is met.*

\*Save a serving for tomorrow's lunch if not using salad in a jar.

Servings: 4
Calories per serving: 140
Protein: 23 grams
Carbohydrates: 3 grams
Fat: 5 grams

## Citrus Herb Salmon (8)

### Ingredients:

- 1/2 tbsp dried thyme
- 1/2 tbsp dried oregano
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tbsp orange zest plus 2 tbsp juice
- 1 tbsp lemon zest
- 4 (4-5 oz) salmon fillets

Servings: 4
Calories per serving: 253
Protein: 28 grams
Carbohydrates: 5 grams
Fat: 14 grams

1. Heat oven to 350F.

2. Mix all the seasonings into a small bowl. Press approximately 1 tbsp seasoning mixture over each salmon fillet. Bake for 20-25 minutes depending on thickness of salmon.

3. Remove from oven and let cool one minute. Plate with orange slice and squeeze juice of orange over salmon before eating.

Serve with roasted brussel sprouts. *For roasted brussel sprouts, cut off ends and cut sprouts in half. Toss with 2 tsp olive oil, salt and pepper. Put in oven heated to 425 for 20 minutes or until desired crispness is met.*

\*Save a serving for tomorrow's lunch if not using salad in a jar.

## Pork Medallions with Roasted Red Pepper Sauce (9)

- 1 lb lean pork tenderloin
- 1/4 cup walnut pieces
- 1/4 tsp cumin
- 1/2 tsp salt
- 2 tsp paprika
- 1 clove garlic, chopped
- 1 (8 oz) jar roasted red bell pepper
- 1 tsp red wine vinegar
- 1/4 tsp cayenne pepper, optional

1. Heat oven to 350 F. Trim fat from tenderloin and slice into 1 1/2 inch rounds. Spread walnuts on a baking sheet and toast about 8 minutes; put on a plate to the side.
2. In a small bowl, stir together cumin, 1/2 tsp salt, 1/2 tsp paprika. Rub spice mixture into pork and set to the side.
3. Sauce: in a food processor, combine walnuts and garlic. Add roasted peppers, vinegar, remaining 1 1/4 tsp paprika, cayenne and 1/4 tsp salt. Whirl until smooth. \*\*Add liquid from bell pepper jar if thinner texture desired.
4. Heat large pan or wok to medium heat and coat with cooking spray. Working in batches, add pork rounds in a single layer and cook until brown about 2 minutes per side. Use a meat thermometer to ensure an internal temperature of 140F.
5. Remove to plate and spoon sauce on each pork round. Serve with cooked green beans (fresh or frozen, steamed or sautéed with salt, pepper or other desired seasoning).

Servings: 4
Calories per serving: 204
Protein: 28 grams
Carbohydrates: 5 grams
Fat: 14 grams

\*Save a serving for tomorrow's lunch if not using salad in a jar.

## Nut Encrusted Tilapia (10)

### Ingredients:

- 1/2 cup light Balsamic Vinaigrette dressing
- 4 (4-5 oz) tilapia fillets, thawed if using frozen
- 1/2 cup chopped mixed nuts
- 2 tbsp finely chopped cilantro
- 1 clove garlic, minced

Servings: 4

Calories per serving: 166

Protein: 22 grams

Carbohydrates: 4 grams

Fat: 6 grams

1. Marinate the fish in the dressing for 20-30 minutes in the refrigerator before cooking.
2. Meanwhile, combine nuts, garlic and cilantro. Heat oven to 375F.
3. Remove fish from marinade and move to baking sheet. Press the nut mixture into each fish fillet.
4. Bake for 10-12 minutes or until fish is flaking easily with a fork. Serve with steamed mixed vegetables seasoned with salt and pepper or other desired seasonings.

\*Save a serving for tomorrow's lunch if not using salad in a jar.