



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup (60g) oatmeal with 2 egg whites • 1 egg muffin • ½ cup (75g) blueberries • 2 T (12g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup (60g) amish oatmeal*** • 1/3 cup (80ml) almond milk • 2 T (12g) almond slivers • ¼ cup (35g) berries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 protein pancakes*** • 3 tsp (60g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 egg muffin*** • 2/3 cup (60g) oatmeal cooked with 2 egg whites topped with 2 T (12g) nuts • ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup (60g) pumpkin steel cut oats** topped with 6 pecans • 1 egg muffin** • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp (40g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Low sugar/Triple Zero Greek Yogurt • 6 walnuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Peach • 1 egg • 1 T (15g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces turkey + 4 T (45g) hummus roll ups • ½ cup (100g) strawberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 slice canadian bacon • 1 peach • 6 almonds • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken with 2 T (25g) avocado • 2/3 cup (120g) quinoa*** • 1.25 cup (195g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) pulled chicken*** • 2/3 (120g) cup brown rice • 1.25 cup (195g) mixed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) chicken • 1 cup (200g) cinnamon butternut squash*** • 1 cup (150g) carrots • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) ground turkey • 2/3 cup (120g) brown rice • 1.25 cup (195g) sautéed veggies • 2 T (25g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8-10 grilled shrimp • 2/3 cup (120g) quinoa • 1.25 cup (195g) mixed veggies • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 rice cake • 2 tsp (40g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1/3 cup (30g) dry roasted Edamame • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces turkey + 4 T (45g) hummus roll ups • Peach • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces (60g) chicken • 1 T (15g) guacamole • 1/3 cup (45g) rice • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 rice cake • 1 tsp (20g) almond butter • 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water		Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
<u>Dinner</u>	<ul style="list-style-type: none"> • 6 ounces Mahi (180g) • ½ sweet potato (1/2 cup-130g) with 1 tsp (6ml) butter • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1½ cups (150g) spaghetti squash*** • ½ cup (70g) pasta sauce (load up on the veggies) • 6 ounces (180g) ground turkey (93%) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8 ounces (180g) cedar plank salmon*** • ½ cup (90g) quinoa • 1.25 cup (195g) steamed asparagus • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) pulled chicken*** • 1/2 cup (90g) quinoa with 1 tsp (10ml) coconut oil • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) Pecan Encrusted Chicken Recipe*** • 1.25 cup (195g) mashed cauliflower*** • 1.25 cup (195g) steamed veggies • 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 1	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 egg and 1 egg white and quinoa scrambled • 1/3 cup (60g) quinoa • 2 T avocado • 1 peach • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup oatmeal with 2 egg whites- top with ½ banana and 1 T walnuts • 1 egg muffin *** • 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 6 almonds • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup (200g) strawberries • 6 almonds • 1 egg • 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken with fresh pico and 2 T (25g) avocado • 2/3 cup (120g) quinoa • 1.25 cup (195g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup avocado and tuna salad*** • Lettuce wraps • 1.25 cup (195g) mixed veggies • 1 slice Ezekiel bread • 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> • 3 T (45g) hummus • Carrots & celery • 2 Turkey + avocado roll ups • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 ounces (90g) ground turkey • 1.25 cup (195g) sautéed veggies • 2 T (25g) avocado • 8 ounces (250ml) water
Dinner	<ul style="list-style-type: none"> • 1½ cups (150g) spaghetti squash*** • ½ cup (70g) pasta sauce (load up on the veggies) • 6 ounces (180g) ground turkey • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) cedar plank salmon*** • 1/3 cup (60g) quinoa with 2 tsp (20g) coconut oil • 12 sautéed asparagus • 8 ounces (250ml) water

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, Cottage Cheese, Shrimp
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- **Nuts:** Pecans, almonds, walnuts
- Almond butter
- Low sugar Greek yogurt (Triple Zero)

Recipes from website: Amish Oatmeal (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil), **Protein Pancakes** (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Pulled chicken** (salsa), **Spaghetti Squash** (spaghetti squash, red sauce), **Avocado Tuna Salad** (celery, lemon juice, red onion, tuna), **Cedar Plank Salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup), **Pumpkin Steel Cut Oats** (pumpkin puree, brown sugar, all spice, cinnamon, cloves, ginger, nutmeg) **Butternut Squash** (cinnamon)

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD
Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2 egg and quinoa scramble*** • 2 T (25g) avocado • ½ cup (100g) strawberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 egg muffins** • 2/3 cup (60g) oatmeal cooked with 1 tsp (20g) almond butter and 3 slices berries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 egg muffin*** • 8 ounces (250g) Triple Zero Oikos Greek Yogurt mixed with 2 tsp granola 2 tsp (40g) nuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 slices Canadian bacon • 2/3 cup (60g) oatmeal cooked with 2 egg whites • Top with 1 T (10g) walnuts and ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup (90g) apple cinnamon steel cut oats* • Top with 6 pecans • 1 hard-boiled egg • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp (20g) almond and coconut butter spread • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Low sugar/Triple Zero Brand Greek Yogurt • 6 walnuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp (20g) almond butter • 1 hard-boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Low sugar/Triple Zero Brand Greek Yogurt • 6 pecan crumbles • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) pulled pork tenderloin*** • 2/3 cup (120g) quinoa • 1 cup (150g) steamed carrots • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken + 2 T (25g) avocado • 1/3 cup (60g) brown rice • 1/3 cup (50g) black beans • 1.25 cup (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 ½ Meatloaf Muffins** • 1 cup (200g) cinnamon butternut squash*** • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Grilled Turkey burger (no bun), on lettuce • ½ sweet potato • 1.25 cup (195g) broccoli • 2 T (25g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ cup Tuna and Avocado Salad*** on lettuce wrap • 2/3 cup brown rice • 1.25 cup (195g) mixed veggies • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 Rice cake • 2 tsp (40g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 slices chicken breast • 1 T (20g) guacamole • ¼ cup oven roasted chickpeas*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 cups popcorn (unsalted, no butter) • 2 slices turkey breast • 6 walnuts • 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
<u>Dinner</u>	<ul style="list-style-type: none"> • 4 Coconut Mahi Nuggets*** • 2/3 cup (150g) sweet potato • 1.25 cup (195g) green beans with almond slivers (12g) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 Turkey Stuffed Pepper *** • 1.25 cups (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken with 2 T (25g) avocado • ½ cup (90g) quinoa • 1 cup steamed asparagus • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled sirloin • 1/2 cup (90g) quinoa • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) Spicy Quinoa Chicken*** • 1.25 cup (195g) mashed cauliflower*** • 1.25 cup (195g) steamed veggies • 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 2	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup (60g) amish oats*** with 2 T (12g) almond slivers and 2 T berry slices • 1 egg muffin*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Egg and Canadian bacon sandwich on 2 slices of Ezekiel bread with 2 T (25g) avocado slices • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 6 ounces (180g) Low sugar/Triple Zero Greek Yogurt with 6 walnuts (pieces) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp (20g) almond butter • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken with fresh pico and 2 T (25g) avocado • 2/3 cup quinoa with 1 tsp olive oil • 1.25 cup (195g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup egg white and avocado salad*** • Lettuce wraps • 1.25 cup (195g) mixed veggies • 1 apple • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 3 T (45g) hummus • Carrots & celery • 2 Turkey + avocado roll ups • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • RX BAR • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 1 ½ meatloaf muffins*** • 2/3 cup (150g) sweet potato • 1.25 cup (195g) green beans with almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) grilled salmon • 1 cup (200g) roasted butternut squash*** • 2 cup (400g) sautéed spinach and kale • 8 ounces (250ml) water

powder, cumin, cayenne pepper, paprika, lime juice, nutritional yeast- Whole Foods), **Avocado Tuna Salad** (celery, lemon juice, red onion), RX Bar

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, tuna, sirloin
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake, black beans
- Hummus, Edamame
- Almond Milk
- Protein Powder
- **Nuts:** Pecans, almonds, walnuts, Almond butter
- Low sugar or Triple Zero Greek yogurt

Recipes from website: Amish Oatmeal (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil), **Protein Pancakes** (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Egg White & Avocado Salad** (Dijon mustard, plain greek yogurt, fresh lemon juice, celery, paprika), **Meatloaf Muffins** (Low Sodium McCormick Meatloaf Seasoning, panko), **Balsamic Pork Tenderloin** (Worcestershire sauce honey, balsamic vinegar, garlic cloves, red pepper flakes, chicken broth/bone broth, low sodium soy sauce), **4 Ingredient Protein Pancake** (banana, protein powder, egg whites), **Coconut Mahi Nuggets** (unsweetened coconut, coconut oil, lime wedges, almond flour), **Turkey & Quinoa Stuffed Peppers** (garlic, chili powder, tomato paste, cumin), **Spicy Quinoa Crusted Chicken** (chili

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 3 T plain greek yogurt, ½ cup (75g) berries, 2 tsp (40g) almond butter, 8 ounces (250 ml) almond milk 	<ul style="list-style-type: none"> • 1 egg muffins** • 2/3 cup (60g) overnight oats** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 eggs and veggies scrambled • 1 apple with 1 T (80g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Egg and Canadian bacon on 1 slice Ezekiel bread with 2 T (25g) avocado • 1 cup berries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup amish** oats wit • 2 T (12g) chopped nut and 2 T raspberries • 8 ounces (250ml) wat
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond and coconut butter spread • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Greek Yogurt • 6 walnuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup berries • 8 almonds • Egg muffin • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp (20g) almond butter • 1 hard boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces (250ml) wat
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) buffalo chicken*** • 2/3 cup (120g) quinoa with 2 tsp (12ml) olive oil • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup citrus and quinoa salad*** • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (125g) grilled chicken • 2 T (25g) avocado • 2/3 cup black beans • 1.25 cup (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) ground turkey • 1/3 cup brown rice • 1/3 cup black beans • 1.25 cup (195g) sautéed veggies • 2 T avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces grilled chicke • 2/3 cup roasted sweet potato chunks with 2 t olive oil • 1.25 cup (195g) brocco • 8 ounces (250ml) wat
<u>Snack</u>	<ul style="list-style-type: none"> • Slice Ezekiel bread with 2 tsp almond butter and ½ banana • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 T almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • The Perfect Bar MINI • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 T (45g) hummus • Carrots & celery • 2 Turkey + avocado roll ups • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Greek Yogurt • 6 pecan crumbles • 8 ounces (250ml) wat
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water		Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
<u>Dinner</u>	<ul style="list-style-type: none"> • 1 ½ (150g) cups spaghetti squash • 4 Turkey-quinoa Meatballs*** • ½ cup (70g) pasta sauce • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup General Tso's Chicken*** • 2/3 cup (150g) sweet potato • 1 cup (200g) kale chips** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8-10 grilled shrimp • 2/3 cup (150g) sweet potato with 3/4 tsp butter (4ml) • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) balsamic pork tenderloin*** • 1 cup (200g) roasted butternut squash*** • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) Grille sirloin • 1.25 cup (195g) mash cauliflower*** • 1.25 cup (195g) steam veggies • 8 ounces (250ml) wat

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 3	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2 eggs and quinoa scrambled with veggies • 2 T (25g) avocado • ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 3 T plain greek yogurt, ½ cup (75g) berries, 2 tsp (40g) almond butter, 8 ounces (250 ml) almond milk
<u>Snack</u>	<ul style="list-style-type: none"> • 6 ounces (180g) Low sugar/Triple Zero Yogurt • 1 T (6g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp (20g) almond butter • 1 hard boiled egg • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) balsamic pork tenderloin*** • 2/3 cup (150g) sweet potato with 1 tsp (5ml) butter • 1.25 cup (195g) roasted cauliflower • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken • 2/3 cup (120g) quinoa • 1.25 cup (195g) sautéed veggies with 1 tsp (6ml) olive oil • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1/3 cup (30g) dry roasted edamame • 8 ounces water 	<ul style="list-style-type: none"> • RX Kids Bar • 8 ounces water
<u>Dinner</u>	<ul style="list-style-type: none"> • 6 ounces (180g) grilled salmon • 1 cup (200g) butternut squash*** • 1 cup (200g) Kale Chips** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) grilled mahi • 2/3 cup (150g) sweet potato with 1 tsp (5ml) butter • 1.25 cup (195g) broccoli • 8 ounces (250ml) water

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, tuna, sirloin
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- **Nuts:** Pecans, almonds, walnuts, Almond butter
- Low sugar or Triple Zero Greek yogurt
- RX Bar
- The Perfect Bar MINI

Recipes from website: **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Egg & Quinoa Scramble** (salsa) **Protein Pancakes** (banana, protein powder, egg whites), **Cedar Plank Salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup), **Balsamic Pork Tenderloin** (Worcestershire sauce honey, balsamic vinegar, garlic cloves, red pepper flakes, chicken broth/bone broth, low sodium soy sauce), **Amish Oatmeal** (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil), **Garlic Mashed Cauliflower** (chicken broth, crushed garlic cloves (fresh ideally)), **Turkey-Quinoa Meatballs** (garlic, low sodium soy sauce, red chili flakes, dried oregano, Italian seasoning)

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup (60g) amish oatmeal*** topped with 2 T almond slivers and 2 T berries • ½ cup (80ml) almond milk • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup oatmeal cooked with 2 egg whites topped with 6 pecans and 2 T raspberries • 1 egg muffin*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 slice Ezekiel bread 2 eggs and 1 slice Canadian bacon • ½ apple with 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 eggs and quinoa scramble with 2 T (25g) avocado • ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Smoothie: 1 scoop whey protein, ½ banana, 3 strawberries, 1 T (40g) almond butter, 3 T greek yogurt
<u>Snack</u>	<ul style="list-style-type: none"> • Peach • Hard boiled egg • 6 walnuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp (20g) almond butter • 1 egg muffin • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Greek Yogurt with 1 T (6g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 slice Canadian bacon • 1 kiwi • 8 walnuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup (200g) strawberries • ¼ cup cottage cheese with 6 pecans • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 8-10 Grilled Shrimp • ½ sweet potato • 1.25 cup (195g) steamed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken • 2/3 cup (120g) quinoa • 1.25 cup (195g) green beans with almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) pulled chicken*** • 1/3 cup (60g) brown rice • 1/4 cup (35g) black beans • 1.25 cup (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) BBQ pulled chicken*** • ½ sweet potato with 1 tsp (6ml) butter • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken • 2/3 cup roasted sweet potato with 2 tsp olive oil • 1.25 cup (195g) roasted cauliflower*** • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • The Perfect Bar MINI • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Greek Yogurt with 1 T walnuts • 6 walnuts (crumbled) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 meatloaf muffin • ½ apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 turkey and avocado roll ups • 2 Tablespoons(28g) hummus with raw veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 tsp (20g) almond and coconut butter spread • 1 hard-boiled egg • 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
<u>Dinner</u>	<ul style="list-style-type: none"> • 1 ½ Meatloaf Muffin*** • 2/3 cup (130g) mashed sweet potato** with 1 tsp pecan pieces • 1.25 cup (195g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) roasted turkey • 1 cup (200g) roasted with butternut squash** with 1 tsp olive oil (6ml) • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) grilled salmon • 1 cup (200g) butternut squash with 1 tsp olive oil (6ml) • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) pork chops • ½ cup (90g) brown rice • 1.25 cup (195g) roasted cauliflower with 1 tsp (6ml) olive oil or coconut oil • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) grilled Mahi • 2/3 cup (150g) sweet potato with ¾ tsp (4ml) butter • 12 grilled asparagus spears • 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 2/3 cup (60g) oatmeal cooked with 2 T (20g) walnuts 2 eggs scrambled 1 slice Canadian bacon 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 slice Ezekiel bread with 1 tsp (20g) almond butter and ½ banana 6 ounces (180g) Triple Zero Greek yogurt with 2 tsp (6g) almond slivers with 1 tsp protein powder 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 6 ounces (180g) Triple Zero Yogurt with 6 crushed pecans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1/2 cup (75g) blueberries 6 cashews 1 hard-boiled egg 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> 1 ½ meatloaf muffins*** 2/3 cup (150g) mashed sweet potato*** 1.25 cup (195g) roasted cauliflower 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) pulled chicken*** 1.25 cup (195g) sautéed veggies ¾ cup (100g) black beans 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 3 T (45g) hummus Carrots & celery 2 Turkey + avocado roll ups 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 rice cake with 1 tablespoon (14g) hummus and 2 slices of turkey 8 ounces (250ml) water
Dinner	<ul style="list-style-type: none"> 4 ounces (120g) grilled chicken 1 cup (100g) butternut squash*** 1 cup (200g) Kale Chips** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) grilled filet with mushrooms 2/3 cup (150g) sweet potato 1.25 cup (195g) steamed broccoli 8 ounces (250ml) water

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado, kiwi
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower, kale, mushrooms
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, tuna, sirloin
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake, black beans
- Hummus, Edamame
- Almond Milk
- Protein Powder
- Cottage Cheese, Low sugar greek yogurt (Triple Zero)
- **Nuts:** Pecans, almonds, walnuts, Almond butter (or low sugar nut butter spread)
- RX Bar
- The Perfect Bar MINI

Recipes from website: **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Egg & Quinoa Scramble** (salsa), **Pulled Chicken** (salsa), **Meatloaf Muffins** (Low Sodium McCormick Meatloaf Seasoning, panko), **Mashed Sweet Potato** (cinnamon, chili powder, brown sugar, OJ), **BBQ Pulled Chicken** (Stubb's BBQ, chili powder, brown sugar, onion powder)

ALL PORTIONS OF FOOD ARE COOKED!

© Aucoin 2017

Written By: Nicole Marchand Aucoin, MS, RD
Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>