

# 18 PERFORMANCE



<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1 cup oatmeal with 2 egg whites</li> <li>2 egg muffins***</li> <li>¼ cup blueberries</li> <li>4 T almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 cup amish oatmeal***</li> <li>1/3 cup almond milk</li> <li>4 T almond slivers</li> <li>¼ cup berries</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 protein pancakes***</li> <li>2 T almond butter</li> <li>½ apple</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 egg muffins***</li> <li>1 cup oatmeal cooked</li> <li>½ banana with 2 tsp almond butter</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 cup pumpkin steel cut oats** topped with pecans</li> <li>2 egg muffins**</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>1 protein pancake***</li> <li>1 tsp almond butter</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Triple Zero Oikos Greek Yogurt</li> <li>12 walnuts</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>½ apple</li> <li>1 egg</li> <li>2 T avocado</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 cup strawberries</li> <li>¼ cup cottage cheese</li> <li>sprinkle with almonds</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 slice canadian bacon</li> <li>1 peach</li> <li>12 almonds</li> <li>8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>5 ounces grilled chicken with 4 T avocado</li> <li>¾ cup quinoa***</li> <li>1 cup steamed broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>5 ounces pulled chicken***</li> <li>¾ cup brown rice</li> <li>1 cup mixed veggies</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>5 ounces chicken</li> <li>1¼ cups cinnamon butternut squash***</li> <li>1½ cup carrots</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces ground turkey</li> <li>¾ cup brown rice</li> <li>1 cup sautéed veggies</li> <li>4 T avocado</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>12-15 grilled shrimp</li> <li>¾ cup quinoa</li> <li>1 cup mixed veggies</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>1 rice cake</li> <li>2 T almond butter</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>½ apple</li> <li>20 almonds</li> <li>hard boiled egg</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 T Hummus</li> <li>Carrots and celery</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 ounces chicken</li> <li>2 T guacamole</li> <li>1/3 cup rice</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 hard boiled egg</li> <li>peach</li> <li>12 walnuts</li> <li>8 ounces water</li> </ul>
<b>Post Workout:</b>	✓ Recovery Protein with 8 ounces almond milk	✓ Recovery Protein with 8 ounces almond milk	✓ Recovery Protein with 8 ounces almond milk		✓ Recovery Protein with 8 ounces almond milk
<b>Dinner</b>	<ul style="list-style-type: none"> <li>7 ounces mahi</li> <li>1 cup sweet potato with 1 tsp butter</li> <li>1½ cups green beans</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 cups spaghetti squash***</li> <li>½ cup pasta sauce (load up on the veggies)</li> <li>7 ounces ground turkey</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces cedar plank salmon***</li> <li>2/3 cup quinoa with 2.5 tsp coconut/olive oil</li> <li>1 cup steamed asparagus</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>6 ounces pulled chicken***</li> <li>2/3 cup quinoa with 2.5 tsp coconut oil/olive oil</li> <li>1½ cups broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>5 ounces Pecan Encrusted Chicken Recipe***</li> <li>1½ cup mashed cauliflower***</li> <li>1½ cups steamed veggies</li> <li>8 ounces water</li> </ul>

\*\*\*ALL PORTIONS OF FOOD ARE COOKED!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

# 18 PERFORMANCE



<b>Week 1</b>	<b>Saturday</b>	<b>Sunday</b>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>• 2 egg and 2 egg white and quinoa scramble</li> <li>• 1/3 cup quinoa</li> <li>• 4 T avocado</li> <li>• 1 apple</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 2 egg whites- top with ½ banana and 4 T walnuts</li> <li>• 2 egg muffin ***</li> <li>• 8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• ¾ cup blueberries</li> <li>• 2 slices low sodium turkey slices (1 ounce)</li> <li>• 12 almonds</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup berries</li> <li>• 12 almonds</li> <li>• 1 egg</li> <li>• 8 ounces water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken with fresh pico and 2 T avocado</li> <li>• ¾ cup quinoa</li> <li>• 1 cup steamed broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup avocado and tuna salad***</li> <li>• Lettuce wraps</li> <li>• 1 cup mixed veggies</li> <li>• 1 apple</li> <li>• 8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• 3 T hummus</li> <li>• Carrots &amp; celery</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 ounces ground turkey</li> <li>• 1 cup sautéed veggies</li> <li>• 4 T avocado</li> <li>• 8 ounces water</li> </ul>
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 2 cups spaghetti squash***</li> <li>• ½ cup pasta sauce (load up on the veggies)</li> <li>• 7 ounces ground turkey</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces cedar plank salmon***</li> <li>• 2/3 cup quinoa with 2.5 tsp coconut oil</li> <li>• 1 cup sautéed asparagus</li> </ul>

## 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!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

# 18 PERFORMANCE



<b>Week 2</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>• 2 egg and 2 egg white quinoa scramble***</li> <li>• 4 T avocado</li> <li>• ½ apple</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 egg muffins***</li> <li>• 1 cup oatmeal cooked with 2 T almond butter and ½ banana</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 egg muffins***</li> <li>• Triple Zero Oikos yogurt mixed with 2 tsp granola and 4 tsp nuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 slices Canadian bacon</li> <li>• 1 cup oatmeal cooked with 2 egg whites</li> <li>• Top with 2 T walnuts and ½ cup blueberries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup apple cinnamon steel cut oats***</li> <li>• Top with 4 T pecans</li> <li>• 2 hard boiled eggs</li> <li>• 8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 2 tsp almond and coconut butter spread</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 6 ounces Triple Zero Oikos Brand Greek Yogurt</li> <li>• 12 walnuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 2 tsp almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 2tsp almond butter</li> <li>• 1 hard boiled egg</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt</li> <li>• 12 pecan crumbles</li> <li>• 8 ounces water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>• 5 ounces pulled pork tenderloin***</li> <li>• ¾ cup quinoa</li> <li>• 1 cup steamed carrots</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken</li> <li>• ½ cup brown rice</li> <li>• ¼ cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 2 T avocado</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Meatloaf Muffins**</li> <li>• 1¼ cup cinnamon butternut squash***</li> <li>• 1½ cup green beans</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Turkey burger (no bun), on lettuce</li> <li>• 1 small sweet potato</li> <li>• 1 cup broccoli</li> <li>• 2 T avocado</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup Tuna and Avocado Salad*** on lettuce wraps</li> <li>• 2/3 cup brown rice</li> <li>• ½ cup mixed veggies</li> <li>• 8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• The Perfect Bar</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Rice cake</li> <li>• 2 T almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hummus and turkey roll ups</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices chicken breast</li> <li>• 2 T guacamole</li> <li>• ¼ cup oven roasted chickpeas***</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups popcorn (unsalted, no butter)</li> <li>• 2 slices turkey breast</li> <li>• 12 walnuts</li> </ul>
<b><u>Post Workout:</u></b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 5 Coconut Mahi Nuggets***</li> <li>• ½ sweet potato (3/4 cup)</li> <li>• 1½ cup green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Turkey Stuffed Pepper ***</li> <li>• 1½ cups sautéed veggies</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken with 3 T avocado</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup steamed asparagus</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled sirloin</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces Spicy Quinoa Chicken***</li> <li>• 1½ cup mashed cauliflower***</li> <li>• 1½ cups steamed green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>

\*\*\*ALL PORTIONS OF FOOD ARE COOKED!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

# 18 PERFORMANCE



<b>Week 2</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1 cup amish oats*** with 4 T almond slivers and 2 T berry slices</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 Egg and Canadian bacon sandwich on 2 slices of Ezekiel bread with 4 T avocado slices</li> <li>½ apple with 1 tsp almond butter</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>6 ounces Triple Zero Oikos Greek Yogurt with 12 walnuts (pieces)</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 protein pancake***</li> <li>2 tsp almond butter</li> <li>8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>5 ounces grilled chicken with fresh pico and 3 T avocado</li> <li>¾ cup quinoa</li> <li>1 cup steamed broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2/3 cup egg white and avocado salad***</li> <li>Lettuce wraps</li> <li>1 cup mixed veggies</li> <li>1 apple</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>3 T hummus</li> <li>Carrots &amp; celery</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>RX Bar</li> <li>8 ounces water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>2 meatloaf muffins***</li> <li>½ sweet potato</li> <li>1½ cup green beans with almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces grilled salmon</li> <li>1½ cup roasted butternut squash***</li> <li>1 cup sautéed spinach and kale</li> </ul>

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

## 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

**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),

\*\*\*ALL PORTIONS OF FOOD ARE COOKED!\*\*\*

© Marchand 2017

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

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

# 18 PERFORMANCE



<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, 4 T plain greek yogurt, ½ cup berries, ½ banana and 2 T almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 2 egg muffins**</li> <li>• 1 cup overnight oats**</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs and 4 egg whites veggies scrambled and ¼ cup quinoa</li> <li>• 1 apple with 2 T almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Egg and 2 slices Canadian bacon on 2 slices Ezekiel bread with 4 T avocado</li> <li>• 1 cup blueberries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup amish** oats with 4 T chopped nuts and 2 T raspberries</li> <li>• 8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 2 tsp almond and coconut butter spread</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 6 ounces Triple Zero Oikos Greek Yogurt</li> <li>• 12 walnuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup berries</li> <li>• 16 almonds</li> <li>• Egg muffin</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 2 T almond butter</li> <li>• 1 hard boiled egg</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 2 tsp almond butter</li> <li>• 8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 5 ounces buffalo chicken***</li> <li>• ¾ cup quinoa with 2 tsp olive oil</li> <li>• 1 cup broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1¼ cup citrus and quinoa salad***</li> <li>• 1½ cup green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken</li> <li>• 3 T avocado</li> <li>• ¾ cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup ground turkey</li> <li>• ½ cup brown rice</li> <li>• 1/3 cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 4 T avocado</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken with 2 T avocado</li> <li>• ½ sweet potato</li> <li>• 1½ cup broccoli</li> <li>• 8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Slice ezeziel bread with 2 T almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Rice cake</li> <li>• 2 T almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• The Perfect Bar</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 T hummus</li> <li>• cucumber slices</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt</li> <li>• 12 pecan crumbles</li> </ul>
<b>Post Workout:</b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 2 cups spaghetti squash</li> <li>• 5 Turkey-quinoa Meatballs***</li> <li>• ¼ cup pasta sauce</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/3 cup General Tso's Chicken***</li> <li>• ½ cup sweet potato</li> <li>• 1 cup kale chips**</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 12-15 grilled shrimp</li> <li>• ½ sweet potato</li> <li>• 1½ cup broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces balsamic pork tenderloin***</li> <li>• 1 ¼ cups roasted butternut squash**</li> <li>• 1 cup green beans</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces Grilled sirloin</li> <li>• 1 cup mashed cauliflower***</li> <li>• 1½ cup grilled asparagus</li> <li>• 8 ounces water</li> </ul>

\*\*\*ALL PORTIONS OF FOOD ARE COOKED!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

# 18 PERFORMANCE



<b>Week 3</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 eggs and 2 egg white with quinoa scrambled with veggies</li> <li>• 4 T avocado</li> <li>• ½ cup blueberries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, 3 T plain greek yogurt, ½ cup berries, 2 T almond butter</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 6 ounces Triple Zero Yogurt</li> <li>• 2 tsp almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 2 tsp almond butter</li> <li>• 1 hard boiled egg</li> <li>• 8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 5 ounces balsamic pork tenderloin***</li> <li>• ¾ cup sweet potato with 1.5 tsp butter</li> <li>• 1 cup roasted cauliflower</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken</li> <li>• ¾ cup quinoa</li> <li>• 1 cup sautéed veggies</li> <li>• 4-5 tsp coconut oil</li> <li>• 8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1/3 cup dry roasted edamame</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• RX Bar</li> <li>• 8 ounces water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 7 ounces grilled salmon</li> <li>• 1¼ cup butternut squash***</li> <li>• 1 cup Kale Chips**</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces grilled mahi</li> <li>• ½ sweet potato with 1.5 tsp butter</li> <li>• 1½ cups broccoli</li> <li>• 8 ounces water</li> </ul>

dried oregano, Italian seasoning)

## 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
- 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,

\*\*\*ALL PORTIONS OF FOOD ARE COOKED!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

# 18 PERFORMANCE



<b>Week 4</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>• 1 cup amish oatmeal*** topped with 4 T almond slivers and 2 T berries</li> <li>• ½ cup almond milk</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal cooked with 2 egg whites topped with 4 T pecans and 2 T raspberries</li> <li>• 1 egg muffin***</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices Ezekiel bread 2 eggs and 2 slice Canadian bacon</li> <li>• ½ apple with 2 tsp almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs and with 2 egg whites quinoa scramble with 4 T avocado</li> <li>• ½ cup berries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothie: 1 Scoop Whey Protein, 4 T plain greek yogurt, ½ cup berries, ½ banana and 2 T almond butter (add handful of spinach or kale)</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• Peach</li> <li>• Hard boiled egg</li> <li>• 12 walnuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 2 T almond butter</li> <li>• 1 egg muffin</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt with 2 T almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice Canadian bacon</li> <li>• 1 kiwi</li> <li>• 16 walnuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup strawberries</li> <li>• ¼ cup cottage cheese with 12 pecans</li> <li>• 8 ounces water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>• 12-15 Shrimp</li> <li>• ½ sweet potato</li> <li>• 1 cup steamed veggies</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup pulled chicken***</li> <li>• ½ cup brown rice</li> <li>• 1/3 cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup BBQ pulled chicken***</li> <li>• ½ sweet potato</li> <li>• 1 ½ cup green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces grilled chicken</li> <li>• ¾ cup roasted sweet potato with 2 tsp olive oil</li> <li>• 1 ½ cups roasted cauliflower</li> <li>• 8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• Low Sugar Kind Bar (Dark Chocolate, Almond, Sea Salt) or RX Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt</li> <li>• 12 walnuts (crumbled)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 meatloaf muffin</li> <li>• ½ apple with 2 tsp almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 2 turkey and hummus roll ups</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Rice cake</li> <li>• 2 tsp almond and coconut butter spread</li> <li>• 1 hard boiled egg</li> </ul>
<b><u>Post Workout:</u></b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 8 ounces almond milk</li> </ul>
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 2 Meatloaf Muffin***</li> <li>• 1/2 cup mashed sweet potato** with 1 tsp pecan pieces</li> <li>• 1 ½ cup steamed broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces roasted turkey</li> <li>• 1 cup roasted butternut squash***</li> <li>• 1 ½ cup green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces grilled salmon</li> <li>• 1 ¼ cups roasted butternut squash with 3 tsp olive or coconut oil</li> <li>• 1 cup broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 5 ounces pork chops</li> <li>• 2/3 cup brown rice</li> <li>• 1 cup roasted cauliflower</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces Grilled mahi</li> <li>• ¾ cup sweet potato with 1 tsp butter</li> <li>• 1 ½ cup grilled asparagus with 1 tsp olive oil</li> <li>• 8 ounces water</li> </ul>

\*\*\*ALL PORTIONS OF FOOD ARE COOKED!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

# 18 PERFORMANCE



<b>Week 4</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1 cup oatmeal cooked with 4 T walnuts</li> <li>2 eggs scrambled</li> <li>2 slices Canadian bacon</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 slice Ezekiel bread with 1 tsp almond butter and ½ banana</li> <li>Triple Zero Greek yogurt with 4 tsp almond slivers with 1 tsp protein powder</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>6 ounces Triple Zero Yogurt with 2 tsp almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1/2 cup blueberries</li> <li>12 cashews</li> <li>1 hard boiled egg</li> <li>8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>2 meatloaf muffins***</li> <li>2/3 cup mashed sweet potato***</li> <li>1 ½ cup roasted cauliflower</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>5 ounces pulled chicken***</li> <li>1 cup sautéed veggies</li> <li>2/3 cup black beans</li> <li>2 T avocado</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>3 T hummus with carrot sticks</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>The Perfect Bar</li> <li>8 ounces water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>5 ounces grilled chicken</li> <li>1 cup butternut squash***</li> <li>1 cup Kale Chips**</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>5 ounces grilled sirloin with mushrooms</li> <li>½ sweet potato</li> <li>1 ½ cups steamed broccoli</li> <li>8 ounces water</li> </ul>

## 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

**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!\*\*\*

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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