

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 1 cup (90g) oatmeal with 2 egg whites 2 egg muffins*** ¼ cup (75g) blueberries 2 T (12g) almond slivers 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 cup (90g) 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*** 2 tsp (40g) almond butter ½ apple 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 egg muffins*** 1 cup (90g) oatmeal cooked topped with ½ banana with 1 tsp (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 cup (90g) pumpkin steel cut oats** topped with 9 pecans 2 egg muffins** 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter (20g) 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) Triple Zero Oikos Greek Yogurt 6 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> ½ apple 1 egg 1 T avocado (15g) 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
Lunch	<ul style="list-style-type: none"> 5 ounces (150g) grilled chicken with 2 T (25g) avocado ¾ (150g) cup quinoa 1.25 cup (195g) steamed broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) pulled chicken*** ¾ cup (150g) brown rice 1.25 cup (195g) mixed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces chicken (150g) with 2 T (25g) avocado 1¼ (250g) cups cinnamon butternut squash*** 1.25 cup (200g) carrots 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) ground turkey ¾ cup (150g) brown rice 1.25 cup (195g) sautéed veggies 2T (25g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 12-15 grilled shrimp ¾ cup (150g) quinoa 1.25 cup (195g) mixed veggies 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 1 rice cake 1 T (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> ½ apple 10 almonds hard boiled egg 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 (60g) rice 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 hard boiled egg peach 6 walnuts 8 ounces (250ml) water
Post Workout:	✓ 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	✓ Recovery Protein with 8 ounces almond milk
Dinner	<ul style="list-style-type: none"> 7 ounces (210g) mahi 1 cup (200g) sweet potato with 1 tsp (5ml) butter 1.25 cups (195g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) ground turkey 2 cups (200g) spaghetti squash*** ½ cup (70g) pasta sauce (load up on the veggies) 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) cedar plank salmon*** 2/3 cup (120g) quinoa with 1.5 tsp (15g) coconut oil 1.25 cup (195g) steamed asparagus 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) pulled chicken*** 2/3 cup (120g) quinoa with 1.5 tsp (15g) coconut oil 1.25 cups (195g) broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) Pecan Encrusted Chicken Recipe*** 1.25 cup (195g) mashed cauliflower*** 1.25 (195g) cups steamed veggies 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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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 2 egg white and quinoa scramble • 1/3 cup (60g) quinoa • 2 T (25g) avocado • 1 apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup (90g) oatmeal with 2 egg whites- top with ½ banana and 2 T (20g) walnuts • 2 egg muffin *** • 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> • ¾ cup (100g) 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"> • 5 ounces (150g) grilled chicken with fresh pico and 3T (40g) avocado • ¾ cup (150g) quinoa • 1.25 cup (195g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup avocado and tuna salad*** • Lettuce wraps • 1.25 cup (195g) mixed veggies • 1 apple • 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"> • 2 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"> • 7 ounces (210g) ground turkey • 2 cups (200g) spaghetti squash*** • ½ cup (70g) pasta sauce (load up on the veggies) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) cedar plank salmon*** • 2/3 cup (120g) quinoa with 1.5 tsp (15g) coconut oil • 12-15 sautéed asparagus spears • 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)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 2 egg and 2 egg white quinoa scramble*** 2 T (25g) avocado ½ apple 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 egg muffins*** 1 cup (90g) oatmeal cooked with 1 tsp (20g) almond butter and ½ banana 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 egg muffins*** 6 ounces (180g) low sugar/Triple Zero Greek yogurt mixed with and 6 almonds 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 slices Canadian bacon 1 cup (90g) 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 2 hard boiled eggs 8 ounces (250ml) water
Snack	<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) Triple Zero Greek Yogurt 6 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter (20g) 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) Triple Zero Greek Yogurt 6 pecan crumbles 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> 5 ounces (150g) pulled pork tenderloin*** ¾ cup (150g) quinoa 1 cup (150g) steamed carrots 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) grilled chicken ½ cup (90g) brown rice ¼ cup (35g) black beans 1.25 cup (195g) sautéed veggies 2 T (25g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 Meatloaf Muffins** 1.25 (250g) cup 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 1 cup (200g) sweet potato 1.25 cup (195g) broccoli 2 T (25g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2/3 cup Tuna and Avocado Salad*** on lettuce wraps ¾ cup (150g) brown rice 1.25 cup (195g) mixed veggies 8 ounces (250ml) water
Post Workout:	<ul style="list-style-type: none"> The Perfect Bar MINI 8 ounces (250ml) water <p>✓ Recovery Protein with 8 ounces almond milk</p>	<ul style="list-style-type: none"> 1 Rice cake 2 tsp (40g) almond butter 8 ounces (250ml) water <p>✓ Recovery Protein with 8 ounces almond milk</p>	<ul style="list-style-type: none"> 2 hummus and turkey roll ups 8 ounces (250ml) water <p>✓ Recovery Protein with 8 ounces almond milk</p>	<ul style="list-style-type: none"> 2 slices chicken breast 1 T (15g) guacamole ¼ cup (50g) oven roasted chickpeas*** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 cups (15g) popcorn (unsalted, no butter) 2 slices turkey breast 6 walnuts 8 ounces (250ml) water <p>✓ Recovery Protein with 8 ounces almond milk</p>
Dinner	<ul style="list-style-type: none"> 7 ounces (210g) Coconut Mahi Nuggets*** ¾ cup (175g) sweet potato 1.25 cup (195g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 Turkey Stuffed Pepper*** 1.5 cups (195g) sautéed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) grilled chicken with 2 T (25g) avocado 2/3 cup (120g) quinoa 12-15 steamed asparagus spears 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) grilled sirloin 2/3 cup (120g) quinoa 1.25 cup (195g) broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) Spiced Quinoa Chicken*** 1.5 cup (250g) mash cauliflower*** 1.25 cups (250g) steamed green beans 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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Week 2	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> 1 cup (90g) amish oats*** with 2 T (12g) almond slivers and 2 T (20g) berry slices 1 egg muffin 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 Egg and Canadian bacon sandwich on 2 slices of Ezekiel bread with 2 T (25g) avocado slices ½ apple with 1 tsp (20g) almond butter 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 almond butter (20g) 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> 5 ounces grilled chicken with fresh pico and 2 T (25g) avocado ¾ cup quinoa (150g) 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"> 2 meatloaf muffins*** ¾ cup (175g) sweet potato 1.25 cup (195g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) grilled salmon 1½ cup (300g) roasted butternut squash*** 1 cup (200g) sautéed spinach and kale 8 ounces (250ml) water

lime juice, nutritional yeast- Whole Foods), **Avocado Tuna Salad** (celery, lemon juice, red onion)

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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

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 powder, cumin, cayenne pepper, paprika,

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 4 T plain Greek yogurt, ½ cup (75g) berries, ½ banana and 2 tsp (40g) almond butter, 8 ounces (250ml) almond milk • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 egg muffins** • 1 cup (90g) overnight oats** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 eggs and 4 egg whites veggies scrambled and 1/3 cup (60g) quinoa • 1 apple with 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 Egg and 2 slices Canadian bacon on 2 slices Ezekiel bread with 2 T (25g) avocado • 1 cup (200g) strawberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup amish** oats with 2 T (12g) chopped nut and 3 strawberries sliced • 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) Triple Zero Greek Yogurt • 6 walnuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup berries (100g) • 8 almonds • Egg muffin • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 2 tsp (40g) almond butter • 1 hard-egg • 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"> • 5 ounces (150g) buffalo chicken*** • 3/4 cup (150g) quinoa with 2 tsp olive oil • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1¼ cup citrus and quinoa salad*** • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 5 ounces (150g) grilled chicken • 2 T (23g) avocado • ¾ cup (150g) black beans • 1.25g cup (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) ground turkey • ½ cup (90g) brown rice • 1/3 (50g) cup black beans • 1.25 cup (195g) sautéed veggies • 2 T (25g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 55 ounces (150g) grill chicken with 2 T (30g) avocado • 1 cup (200g) sweet potato • 1.25 cup (195g) broccoli • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 Slice ezekiel bread with 3 T egg and avocado salad • 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"> • 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) water
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 2 cups (200g) spaghetti squash • 5 Turkey-quinoa Meatballs*** • 1/2 cup (70g) pasta sauce • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 1/3 cup General Tso's Chicken*** • ¾ cup (175g) sweet potato • 1 cup (100g) kale chips** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 12-15 grilled shrimp • ¾ cup (175g) sweet potato • 1.25 cup (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 5 ounces (150g) balsamic pork tenderloin*** • 1.25 cups (250g) roasted butternut squash** • 1.25 cup (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 5 ounces (150g) grilled sirloin • 1.25 cup (195g) mashed cauliflower*** • 15-18 grilled asparagus spears • 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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Week 3	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2 eggs and 2 egg white with 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, 1 tsp (20g) almond butter, 8 ounces (250 ml) almond milk • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Yogurt • 6 almonds • 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"> • 5 ounces (150g) balsamic pork tenderloin*** • 1 cup (200g) sweet potato with ¾ tsp (4ml) butter • 1.25 cup (195g) roasted cauliflower • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 5 ounces (150g) grilled chicken • ¾ cup (150g) quinoa • 1.25 cup (195g) sautéed veggies in 1 tsp (10g) coconut oil • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1/3 cup (30g) dry roasted edamame • 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"> • 7 ounces (210g) grilled salmon • 1.25 cup (300g) roasted butternut squash • 1 cup (200g) Kale Chips** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled mahi/white fish • ¾ cup (175g) sweet potato with 1.5 tsp (6ml) butter • 1.25 cups (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, 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, dried oregano, Italian seasoning)

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Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> 1 cup (90g) amish oatmeal*** topped with 2 T (12g) almond slivers and 2 T berries ½ cup (125ml) almond milk 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 cup (90g) oatmeal cooked with 2 egg whites topped with 2 T (12g) pecans and 2 T (20g) raspberries 1 egg muffin*** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 slices Ezekiel bread 2 eggs and 2 slice Canadian bacon ½ apple with 1 tsp (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 eggs and with 2 egg whites quinoa scramble with 2 T (25g) avocado ½ cup (75g) berries 8 ounces (250ml) water 	<ul style="list-style-type: none"> Smoothie: 1 Scoop Whe Protein, 4 T plain Greek yogurt, ½ cup berries, ½ banana and 1 T (40g) almond butter (add handful of spinach or kale) 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> Peach 1 Hard-boiled egg 6 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> ½ apple 1 T (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 protein pancake*** 1 tsp (20g) almond butter 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> 12-15 Shrimp 1 cup (200g) sweet potato 1.25 cup (195g) steamed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) 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"> 5 ounces (150g) pulled chicken*** with 3 T avocado (40g) ½ cup (90g) brown rice ¼ cup (35g) black beans 1.25 cup (195g) sautéed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) BBQ pulled chicken*** 1 cup (200g) sweet potato with 1 tsp (6ml) butter 1.25 cup (195g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) grilled chicken ¾ cup (175g) roasted sweet potato with 2 tsp (12ml) olive oil 1.25 cups (195g) roasted cauliflower 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> Low Sugar Kind Bar (Dark Chocolate, Almond, Sea Salt) or RX Bar 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) Triple Zero Greek Yogurt 6 walnuts (crumbled) 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1/2 meatloaf muffin ½ apple with 1 tsp (20g) almond butter 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"> 1 Rice cake 1 tsp (20g) almond and coconut butter spread 1 hard boiled egg 8 ounces (250ml) water
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 8 ounces almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> 2 Meatloaf Muffin*** ¾ cup (175g) mashed sweet potato** with 6 pecans 1.25 cup (195g) steamed broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) roasted turkey 1.25 cup (300g) roasted butternut squash 1.25 cup (195g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) grilled salmon 1.25 cups (300g) roasted butternut squash with 1 tsp (6ml) olive oil 1.25 cup (195g) broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) pork chops 2/3 cup (120g) brown rice 1.25 cup (195g) roasted cauliflower 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) Grilled mahi/white fish ¾ cup (175g) sweet potato with 1 tsp (6ml) butter 15-18 grilled asparagus 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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Healthy Steps Nutrition

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

Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 1 cup (90g) oatmeal cooked with 2 T (15g) walnuts 2 eggs scrambled 2 slices Canadian bacon 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 slice Ezekiel bread with 1 (20g) tsp almond butter and ½ banana 6 ounces (180g) Triple Zero Greek yogurt with 2 tsp (12g) almond slivers with 1 tsp (10g) protein powder 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 6 ounces (180g) Triple Zero Yogurt with 1 tsp (6g) almond slivers 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"> 2 meatloaf muffins*** ¾ cup (175g) mashed sweet potato*** 1.25 cup (195g) roasted cauliflower 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) pulled chicken*** 1.25 cup (195g) sautéed veggies 1/3 cup (60g) brown rice 2/3 cup (100g) black beans 2 T (25g) avocado 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 3 T hummus with carrot sticks 8 ounces (250ml) water 	<ul style="list-style-type: none"> The Perfect Bar MINI 8 ounces (250ml) water
Dinner	<ul style="list-style-type: none"> 5 ounces (150g) grilled chicken 1.25 cup (300g) butternut squash*** 1 cup (200g) Kale Chips** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 5 ounces (150g) grilled sirloin with mushrooms ¾ cup (175g) sweet potato with 1 tsp butter (6ml) 1.25 cups (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)

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