

20 PERFORMANCE



Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u> <u>REST DAY</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 1 cup oatmeal with 2 egg whites • 2 egg muffins*** • ¼ cup blueberries • 4 T almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup amish oatmeal*** • 1/3 cup almond milk • 4 T almond slivers • ¼ cup berries • 8 ounces water 	<ul style="list-style-type: none"> • 3 protein pancakes*** • 3 T almond butter • ½ apple • 8 ounces water 	<ul style="list-style-type: none"> • 2 egg muffins*** • 1 cup oatmeal cooked • ½ banana with 2 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup pumpkin steel cut oats** topped with pecans • 2 egg muffins** • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 2 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Oikos Greek Yogurt • 12 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 egg • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese • sprinkle with almonds • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice canadian bacon • 1 peach • 12 almonds • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 6 ounces grilled chicken with 2 T avocado • ¾ cup quinoa*** • 1½ cups steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces pulled chicken*** • ¾ cup brown rice • 1½ cups mixed veggies • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces chicken • 1½ cups cinnamon butternut squash with pecan crumbles*** • 1 ½ cups carrots • 8 ounces water 	<ul style="list-style-type: none"> • 8 ounces ground turkey • ¾ cup brown rice • 1½ cups sautéed veggies • 4 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 15-18 grilled shrimp • ¾ cup quinoa with 3 tsp olive oil • 1½ cups mixed veggies • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 rice cakes • 2 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 20 almonds • 1 hard boiled egg 	<ul style="list-style-type: none"> • 3 T Hummus • Carrots and celery • 8 ounces water 	<ul style="list-style-type: none"> • 3 ounces chicken • 2 T guacamole • ½ cup rice • 8 ounces water 	<ul style="list-style-type: none"> • 1 hard boiled egg • peach • 12 walnuts
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> • Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> • Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 8 ounces mahi with 1 tsp olive oil • 1 sweet potato with 1 T pecans and 1 tsp butter • 1½ cups green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 7 ounces ground turkey (93%) • 8 ounces water 	<ul style="list-style-type: none"> • 8 ounces cedar plank salmon*** with 2 tsp olive oil • 2/3 cup quinoa with 2 tsp coconut oil • 1.5 cup steamed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces pulled chicken*** • 2/3 cup quinoa with 3 tsp olive oil • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces Pecan Encrusted Chicken Recipe*** • 1½ cup smashed cauliflower*** • 1½ cup steamed veggies • 8 ounces water

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/>

20 PERFORMANCE



Week 1	Saturday	Sunday REST DAY
Breakfast	<ul style="list-style-type: none"> • 2 egg and 2 egg white and quinoa scramble • 1/3 cup quinoa • 4 T avocado • 1 apple • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup oatmeal with 2 egg whites- top with ½ banana and 4 T walnuts • 2 egg muffin *** • 8 ounces water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 12 almonds • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup berries • 12 almonds • 1 egg • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 6 ounces grilled chicken with fresh pico and 3 T avocado • 3/4 cup quinoa • 1½ cups steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup avocado and tuna salad*** • Lettuce wraps • 1 cup mixed veggies • 1 apple • 8 ounces water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces ground turkey • 1 cup sautéed veggies • 1/3 cup brown rice • 4 T avocado • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 8 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 8 ounces cedar plank salmon*** • ¾ cup quinoa with 3 tsp olive oil • 1 cup sautéed asparagus • 8 ounces water

ALL PORTIONS OF FOOD ARE COOKED!

© Marchand 2017

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)

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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

20 PERFORMANCE



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2 egg and 2 egg white quinoa scramble*** • 4 T avocado • ½ apple • 8 ounces water 	<ul style="list-style-type: none"> • 3 egg muffins*** • 1 cup oatmeal cooked with 2 T almond butter and ½ banana • 8 ounces water 	<ul style="list-style-type: none"> • 2 egg muffins*** • Triple Zero Oikos mixed with 2 tsp granola and 4 tsp nuts • 8 ounces water 	<ul style="list-style-type: none"> • 3 slices Canadian bacon • 1 cup oatmeal cooked with 2 egg whites • Top with 2 T walnuts and ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup apple cinnamon steel cut oats*** • Top with 4 T pecans • 2 hard boiled eggs • 8 ounces water
Snack	<ul style="list-style-type: none"> • 1 protein pancake*** • 2 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces Triple Zero Oikos Greek Yogurt • 15 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 2 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 2 tsp almond butter • 1 hard boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt • 12 pecan crumbles • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 6 ounces pulled pork tenderloin*** • ¾ cup quinoa • 1½ cups steamed carrots • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled chicken with 3 T avocado • ½ cup brown rice • ¼ cup black beans • 1½ cups sautéed veggies 	<ul style="list-style-type: none"> • 2 Meatloaf Muffins** • 1 ½ cups cinnamon butternut squash*** • 1½ cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • Grilled Turkey burger (no bun), on lettuce • 1 small sweet potato • 1½ cups broccoli • 3 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • ¾ cup Tuna and Avocado Salad*** on lettuce wraps • ¾ cup brown rice • 1 cup mixed veggies • 8 ounces water
Snack	<ul style="list-style-type: none"> • The Perfect Bar • 8 ounces water 	<ul style="list-style-type: none"> • 1 Rice cake • 2 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 8 ounces water 	<ul style="list-style-type: none"> • 2 ounces chicken breast • 4 T guacamole • ¼ cup oven roasted chickpeas*** • 8 ounces water 	<ul style="list-style-type: none"> • 2 cups popcorn (unsalted, no butter) • 2 slices turkey breast • 12 walnuts • Recovery Protein with 12 ounces almond milk
Post Workout:	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> • Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> • 8 ounces water 	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk
Dinner	<ul style="list-style-type: none"> • 6 Coconut Mahi Nuggets*** • 1 sweet potato (1 cup cup) • 1½ cups green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1½ Turkey Stuffed Pepper *** • 1½ cups sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled chicken with 3 T avocado • 2/3 cup quinoa • 1 cup steamed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled sirloin • 2/3 cup quinoa • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces Spicy Quinoa Chicken*** • 1½ cup mashed cauliflower*** • 1½ cups steamed green beans with almond slivers

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/>

20 PERFORMANCE



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

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

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/>

20 PERFORMANCE



Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u> <u>REST DAY</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 4 T greek yogurt, ½ cup berries, ½ banana and 4 T almond butter 	<ul style="list-style-type: none"> • 2 egg muffins** • 1 cup overnight oats** • 8 ounces water 	<ul style="list-style-type: none"> • 2 eggs and 4 egg whites veggies scrambled and ¼ cup quinoa • 1 apple with 2 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2 Egg and 2 slices Canadian bacon on 2 slices Ezekiel bread with 4 T avocado • 1 cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup amish** oats with 4 T chopped nuts and 2 T raspberries • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 2 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces Triple Zero Oikos Greek Yogurt with 12 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup berries • 16 almonds • Egg muffin*** • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 2 T almond butter • 1 hard boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 2 tsp almond butter • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 6 ounces buffalo chicken*** • ¾ cup quinoa with 2.5 tsp olive oil • 1½ cups broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 1 1/3 cups citrus and quinoa salad*** • 1½ cups green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled chicken • 4 T avocado • ¾ cup black beans • 1 ½ cup sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 8 ounces ground turkey • ½ cup brown rice • 1/3 cup black beans • 1 ½ cup sautéed veggies • 4 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled chicken with 3 T avocado • ½ sweet potato • 1½ cups broccoli • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • RX Bar • 8 ounces water 	<ul style="list-style-type: none"> • 1 Rice cake • 2 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • The Perfect Bar • 8 ounces 	<ul style="list-style-type: none"> • 3 T hummus • cucumber slices • 8 ounces 	<ul style="list-style-type: none"> • 6 ounces Triple Zero Greek Yogurt with 12 pecan crumbles
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> • Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 		<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 2 cups spaghetti squash • 5 Turkey-quinoa Meatballs*** • ¼ cup pasta sauce • 8 ounces water 	<ul style="list-style-type: none"> • 1 1/3 cup General Tso's Chicken*** • 1 sweet potato • 1 cup kale chips** • 8 ounces water 	<ul style="list-style-type: none"> • 15-18 Grilled shrimp • 1 sweet potato • 1½ cups broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces balsamic pork tenderloin*** • 1 ¼ cups roasted butternut squash** • 1½ cups green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces Grilled sirloin • 1 cup mashed cauliflower*** • 1½ cup grilled asparagus • 8 ounces water

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/>

20 PERFORMANCE



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

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)

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/>

20 PERFORMANCE



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 amish oatmeal*** topped with 4 T almond slivers and 2 T berries • ½ cup almond milk • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup oatmeal cooked with 2 egg whites topped with 4 T pecans and 2 T raspberries • 1 egg muffin*** • 8 ounces water 	<ul style="list-style-type: none"> • 2 slices Ezekiel bread 2 eggs and 2 slice Canadian bacon • ½ apple with 2 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2 eggs and with 2 egg whites quinoa scramble with 4 T avocado • ½ cup berries • 8 ounces water 	<ul style="list-style-type: none"> • 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)
<u>Snack</u>	<ul style="list-style-type: none"> • Peach • Hard boiled egg • 12 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 2 T almond butter • 1 egg muffin • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt with 2 T almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice Canadian bacon • 1 kiwi • 16 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese with 12 pecans • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 15-18 Grilled Shrimp • ½ sweet potato with 1 tsp butter • 1½ cups steamed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled chicken • 2/3 cup quinoa • 1½ cups green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • ¾ cup pulled chicken*** • ½ cup brown rice • 1/3 cup black beans • 1½ cups sautéed veggies • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • ¾ cup BBQ pulled chicken*** • ¾ cup sweet potato • 1 ½ cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces grilled chicken • ¾ cup sweet potato with 1 T pecans with 2 tsp olive oil • 1½ cups roasted cauliflower • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • The Perfect Bar • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt • 12 walnuts (crumbled) 	<ul style="list-style-type: none"> • 1/2 meatloaf muffin • ½ apple 	<ul style="list-style-type: none"> • 3 turkey and hummus roll ups • 8 ounces water 	<ul style="list-style-type: none"> • 1 Rice cake • 2 tsp almond and coconut butter spread • 1 hard boiled egg
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> • Recovery Protein with 12 ounces almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk 		<ul style="list-style-type: none"> ✓ Recovery Protein with 12 ounces almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 2 Meatloaf Muffin*** • 2/3 cup mashed sweet potato** with 1 tsp pecan pieces • 1 ½ cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces roasted turkey • 1 cup roasted butternut squash*** • 1 ½ cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 8 ounces grilled salmon with 2 tsp olive oil • 1 ¼ cups roasted butternut squash 2 tsp olive oil • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 6 ounces pork chops • 2/3 cup brown rice • 1½ cups roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 8 ounces grilled mahi • 1 sweet potato with 1 tsp butter • 1 ½ cup grilled asparagus with 2 tsp olive oil • 8 ounces water

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/>

20 PERFORMANCE



Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 1 cup oatmeal cooked with 4 T walnuts and 2 T berries 2 eggs scrambled 2 slices Canadian bacon 8 ounces water 	<ul style="list-style-type: none"> 1 slice Ezekiel bread with 2 tsp almond butter and ½ banana Triple Zero Greek yogurt with 4 tsp almond slivers with 1 tsp protein powder 8 ounces water
Snack	<ul style="list-style-type: none"> 6 ounces Triple Zero Yogurt with 2 tsp almond slivers 8 ounces water 	<ul style="list-style-type: none"> 1/2 cup blueberries 12 cashews 1 hard boiled egg 8 ounces water
Lunch	<ul style="list-style-type: none"> 2 meatloaf muffins*** 2/3 cup mashed sweet potato*** 1 ½ cup roasted cauliflower 8 ounces water 	<ul style="list-style-type: none"> 6 ounces pulled chicken*** 1 cup sautéed veggies ¾ cup black beans 2 T avocado 8 ounces water
Snack	<ul style="list-style-type: none"> 3 T hummus with carrot sticks 8 ounces water 	<ul style="list-style-type: none"> Rice cake with 2 tsp almond butter 8 ounces water
Dinner	<ul style="list-style-type: none"> 6 ounces grilled chicken 1 cup butternut squash*** 1 ½ cups Kale Chips** 8 ounces water 	<ul style="list-style-type: none"> 6 ounces grilled filet with mushrooms 1 sweet potato 1 ½ cups steamed broccoli 8 ounces 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!

© Marchand 2017

Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

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