

# 24 PERFORMANCE



Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u> <u>REST DAY</u>	<u>Friday</u>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>1½ cups oatmeal with 2 egg whites</li> <li>3 egg muffins***</li> <li>1 cup blueberries</li> <li>6 T almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1½ cups amish oatmeal*** 1/3 cup almond milk and 6 T almond slivers</li> <li>¼ cup berries</li> <li>2 egg muffins***</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>4 protein pancakes***</li> <li>3 T almond butter</li> <li>½ cup strawberries</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 egg muffins***</li> <li>1½ cups 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>1½ cups pumpkin steel cut oats** topped with pecans</li> <li>3 egg muffins**</li> <li>8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>2 protein pancakes***</li> <li>2 tsp almond butter</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Triple Zero Oikos Greek Yogurt with ½ cup berries</li> <li>24 walnuts</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Apple</li> <li>2 hard boiled eggs</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 cup strawberries</li> <li>½ cup cottage cheese</li> <li>sprinkle with almonds</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>4 slices ham</li> <li>1 apple</li> <li>2 tsp almond butter</li> <li>8 ounces water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>7 ounces grilled chicken with 2 T avocado</li> <li>1 cup quinoa***</li> <li>1½ cups steamed broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces pulled chicken***</li> <li>1 cup brown rice</li> <li>1½ cups mixed veggies</li> <li>3 T avocado</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces chicken</li> <li>2 cups cinnamon butternut squash with pecan crumbles***</li> <li>1½ cups carrots</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>9 ounces ground turkey</li> <li>1 cup brown rice</li> <li>1½ cups sautéed veggies</li> <li>4 T avocado</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>18-20 grilled shrimp</li> <li>1 cup quinoa 3 tsp olive oil</li> <li>1½ cups mixed veggies</li> <li>8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>1 Meatloaf muffin</li> <li>2/3 cup sweet potato</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Apple</li> <li>20 almonds</li> <li>1 hard boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>3 Turkey and hummus roll ups</li> <li>1 Rice cake with 2 tsp almond butter</li> </ul>	<ul style="list-style-type: none"> <li>3 ounces chicken</li> <li>4 T guacamole</li> <li>½ cup rice</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>RX Bar</li> </ul>
<b><u>Post Workout:</u></b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces coconut water</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with fruit buddy</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>9 ounces Mahi with 2 tsp olive oil</li> <li>1 sweet potato with 1 T pecans and 1 tsp butter</li> <li>2 cups green beans with almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2½ cups spaghetti squash***</li> <li>2/3 cup pasta sauce (load up on the veggies)</li> <li>9 ounces ground turkey (93%)</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>9 ounces cedar plank salmon*** with 2 tsp olive oil</li> <li>¾ cup quinoa cook with 2 tsp coconut oil</li> <li>24 spears asparagus</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces pulled chicken***</li> <li>¾ cup quinoa with 3 tsp olive oil</li> <li>2 cups broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces Pecan Encrusted Chicken Recipe***</li> <li>2 cups smashed cauliflower***</li> <li>2 cups roasted butternut squash</li> <li>8 ounces water</li> </ul>

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

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# 24 PERFORMANCE



Week 1	<u>Saturday</u>	<u>Sunday</u> <u>REST DAY</u>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>• 3 egg and 2 egg white and quinoa scramble</li> <li>• ½ 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>• 1½ cups oatmeal with 2 egg whites- top with ½ banana and 4 T walnuts</li> <li>• 3 egg muffins***</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>• Smoothie: ½ scoop protein, ½ banana, 1 cup almond milk, 2 T almond butter</li> <li>• 8 ounces water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>• 7 ounces grilled chicken with fresh pico and 4 T avocado</li> <li>• 1 cup quinoa</li> <li>• 1½ cups 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>• Meatloaf Muffin***</li> <li>• 2/3 cup sweet potato (1/2 sweet potato)</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 4 ounces ground turkey</li> <li>• 1 cup sautéed veggies</li> <li>• 1/3 cup brown rice</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 ½ cups spaghetti squash***</li> <li>• ½ cup pasta sauce (load up on the veggies)</li> <li>• 9 ounces ground turkey</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 9 ounces cedar plank salmon*** with 2 tsp olive oil</li> <li>• ¾ cup quinoa with 2 tsp coconut oil</li> <li>• 24 spears asparagus</li> <li>• 8 ounces water</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)

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# 24 PERFORMANCE



Week 2	Monday	Tuesday	Wednesday	Thursday Rest Day	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>3 egg and 2 egg white quinoa scramble***</li> <li>½ 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>3 egg muffins***</li> <li>1½ cups oatmeal cooked with 2 egg whites, topped with 2 T almond butter and ½ banana</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 egg muffins***</li> <li>Triple Zero Oikos greek yogurt mixed with 2 tsp granola and 3 tsp nuts</li> <li>1 cup blueberries</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>4 slices Canadian bacon</li> <li>1½ cups oatmeal cooked with 2 egg whites</li> <li>Top with 4 T walnuts and ½ cup blueberries</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1½ cups apple cinnamon steel cut oats*** Top with 6 T pecans</li> <li>3 hard boiled eggs</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>2 protein pancakes***</li> <li>3 tsp almond and coconut butter spread</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>8 ounces triple zero Brand Greek Yogurt</li> <li>15 walnuts</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 protein pancakes***</li> <li>2 tsp almond butter</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Apple</li> <li>2 tsp almond butter</li> <li>2 hard boiled eggs</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Triple Zero Greek Yogurt with ½ cup blueberries mixed in</li> <li>4 tsp nuts</li> <li>8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>7 ounces pulled pork tenderloin***</li> <li>1 cup quinoa</li> <li>1½ cups steamed carrots</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces grilled chicken with 3 T avocado</li> <li>½ cup brown rice</li> <li>½ cup black beans</li> <li>1½ cups sautéed veggies</li> </ul>	<ul style="list-style-type: none"> <li>2 Meatloaf Muffins**</li> <li>2 cups cinnamon butternut squash***</li> <li>1½ cup green beans with almond slivers</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 with 1 tsp butter</li> <li>2 cups broccoli</li> <li>3 T avocado</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>1 cup Tuna and Avocado Salad*** on lettuce wraps</li> <li>1 cup brown rice</li> <li>1 cup mixed veggies</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>RX Bar</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 ounces ham (about 4 slices)</li> <li>2 rice cakes</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>Perfect Bar</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 ounces chicken breast</li> <li>4 T guacamole</li> <li>¼ cup oven roasted chickpeas***</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>Meatloaf Muffin</li> <li>2/3 cup sweet potato (about ½ sweet potato)</li> </ul>
<b>Post Workout:</b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>Recovery Protein with 12 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>Recovery Protein with 12 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>Recovery Protein with 12 ounces almond milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>7 Coconut Mahi Nuggets***</li> <li>1 sweet potato (1 cup)</li> <li>2 cups green beans with almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 Turkey Stuffed Peppers***</li> <li>2 cups sautéed veggies</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces grilled chicken with 4 T avocado</li> <li>¾ cup quinoa</li> <li>24 spears asparagus</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces grilled sirloin</li> <li>¾ cup quinoa</li> <li>1 cup broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces Spicy Quinoa Chicken***</li> <li>2 cup mashed cauliflower***</li> <li>2 cups steamed green beans with almond slivers</li> </ul>

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# 24 PERFORMANCE



Week 2	Saturday	Sunday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1½ cups amish oats*** with 6 T almond slivers and 2 T berry slices</li> <li>2 scrambled eggs</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 Egg and 2 slices Canadian bacon sandwich on 2 slices of Ezekiel brad with 4 T avocado slices</li> <li>1 apple with 2 tsp almond butter</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>8 ounces Triple Zero Oikos Greek Yogurt with 12 walnuts (pieces)</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>2 protein pancakes***</li> <li>2 tsp almond butter</li> <li>8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>7 ounces grilled chicken with fresh pico and 4 T avocado</li> <li>¾ cup quinoa</li> <li>1½ cups steamed broccoli</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup egg white and avocado salad***</li> <li>Lettuce wraps</li> <li>1½ cups mixed veggies</li> <li>1 apple</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>RX Bar</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 ounces ground turkey</li> <li>4 T avocado</li> <li>1/3 cup brown rice</li> <li>8 ounces water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>2 meatloaf muffins***</li> <li>1 sweet potato</li> <li>2 cups green beans with almond slivers</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>9 ounces grilled salmon</li> <li>2 cups roasted butternut squash***</li> <li>1 ½ cups sautéed spinach and kale</li> <li>8 ounces water</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, 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)

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# 24 PERFORMANCE



<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday REST DAY</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, ½ cup berries, ½ banana and 2 T almond butter</li> <li>• Triple zero greek yogurt topped with 4 tsp nuts</li> </ul>	<ul style="list-style-type: none"> <li>• 3 egg muffins***</li> <li>• 1½ cups overnight oats** top with 4 tsp nuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 eggs and 4 egg whites veggies scrambled and ½ 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>• 3 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>• 1½ cups amish oats*** with 4 T chopped nuts and 2 T raspberries</li> <li>• 2 egg muffins***</li> <li>• 8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2 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 Triple Zero greek yogurt topped with 4 tsp nuts</li> <li>• ½ cup blueberries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup berries</li> <li>• 8 almonds</li> <li>• 2 Egg muffin***</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 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>• 2 protein pancakes***</li> <li>• 2 tsp almond butter</li> <li>• 8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 7 ounces buffalo chicken***</li> <li>• 1 cup quinoa with 3 tsp olive oil</li> <li>• 1½ cups broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cups citrus and quinoa salad***</li> <li>• 1½ cups green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces grilled chicken</li> <li>• 4 T avocado</li> <li>• 1 cup black beans</li> <li>• 1 ½ cup sautéed veggies</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 9 ounces ground turkey</li> <li>• ½ cup brown rice</li> <li>• ½ cup black beans</li> <li>• 1 ½ cup sautéed veggies</li> <li>• 4 T avocado</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces grilled chicken with 4 T avocado</li> <li>• ½ sweet potato</li> <li>• 1½ cups broccoli</li> <li>• 8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• RX Bar</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 turkey and hummus roll ups</li> <li>• 1 Rice cake</li> <li>• 2 T almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 ounces ground turkey</li> <li>• 1/3 cup brown rice</li> <li>• 4 T avocado</li> <li>• 8 ounces</li> </ul>	<ul style="list-style-type: none"> <li>• The Perfect Bar</li> <li>• 8 ounces</li> </ul>	<ul style="list-style-type: none"> <li>• 6 ounces Triple Zero Greek Yogurt with ½ cup berries and 4 tsp nuts</li> <li>• 8 ounces water</li> </ul>
<b>Post Workout:</b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 12 ounces almond milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 2 cups spaghetti squash</li> <li>• 7 Turkey-quinoa Meatballs***</li> <li>• ½ cup pasta sauce</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 2/3 cups General Tso's Chicken***</li> <li>• 1 sweet potato</li> <li>• 1 cup kale chips**</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 18-20 Grilled shrimp</li> <li>• 1 sweet potato with 1 tsp butter</li> <li>• 2 cups broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces balsamic pork tenderloin***</li> <li>• 1½ cups roasted butternut squash**</li> <li>• 1½ cups green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces Grilled sirloin</li> <li>• 2 cups mashed cauliflower***</li> <li>• 2 cups roasted butternut squash</li> <li>• 8 ounces water</li> </ul>

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<b>Week 3</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 3 eggs and 2 egg white with quinoa (1/2 cup) scrambled with veggies</li> <li>• 4 T avocado</li> <li>• 1 cup blueberries</li> <li>• 8 ounces</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, ½ cup berries, 2 T almond butter &amp; 1 cup almond milk</li> <li>• Triple zero greek yogurt with 4 tsp nuts</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 6 ounces Triple Zero Greek Yogurt with ½ cup berries</li> <li>• 4 tsps almond slivers</li> <li>• 8 ounces</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• 2 tsp almond butter</li> <li>• 2 hard boiled eggs</li> <li>• 8 ounces water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 7 ounces balsamic pork tenderloin***</li> <li>• 1 cup sweet potato with 1 tsp butter</li> <li>• 1½ cups roasted cauliflower with 2 tsp olive oil</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces grilled chicken</li> <li>• 1 cup quinoa</li> <li>• 1½ cups sautéed veggies</li> <li>• 8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• RX Bar</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>• 9 ounces grilled salmon</li> <li>• 2 cups butternut squash***</li> <li>• 1½ cups Kale Chips**</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 9 ounces grilled Mahi/white fish</li> <li>• 1 sweet potato with 2 T pecans and 1 tsp butter</li> <li>• 2 cups broccoli</li> <li>• 8 ounces</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, 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!\*\*\*

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Healthy Steps Nutrition

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# 24 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>• 1½ cups Amish oatmeal*** topped with 4 T almond slivers and 2 T berries</li> <li>• ½ cup almond milk</li> <li>• 2 slices Canadian bacon</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cups oatmeal cooked with 1 scoop protein powder topped 4 T pecans and 2 T raspberries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices Ezekiel bread 3 eggs and 2 slice Canadian bacon</li> <li>• Apple with 2 tsp almond butter</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 eggs and with 2 egg whites and ½ cup quinoa scramble with 4 T avocado</li> <li>• 1 cup berries</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothie: 1 Scoop Whey Protein, ½ cup berries, ½ banana and 4 T almond butter (add handful of spinach or kale)</li> <li>• Triple Zero Greek Yogurt with 4 tsp nuts</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• Peach</li> <li>• 2 Hard boiled eggs</li> <li>• 20 walnuts</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• 2 tsp almond butter</li> <li>• 2 egg muffins**</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt with 6 T almond slivers with ½ cup berries</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>• 18-20 Grilled Shrimp</li> <li>• 1 sweet potato with 1 tsp butter</li> <li>• 1½ cups roasted veggies with 2 tsp olive oil</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces grilled chicken with 3 T avocado</li> <li>• 1 cup quinoa</li> <li>• 1½ cups green beans with almond slivers</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup pulled chicken***</li> <li>• ½ cup brown rice</li> <li>• ½ cup black beans</li> <li>• 1½ cups sautéed veggies</li> <li>• 3 T avocado</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 1cup BBQ pulled chicken***</li> <li>• 1 cup 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>• 7 ounces grilled chicken</li> <li>• 1 cup sweet potato with 1 T pecans with 2 tsp olive oil</li> <li>• 2 cups roasted broccoli</li> <li>• 8 ounces water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• RX BAR</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt with ½ cup berries and 4 tsp walnuts (crumbled)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 meatloaf muffin</li> <li>• Apple with 2 tsp nut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 3 ounces ground turkey</li> <li>• 1/3 cup brown rice</li> <li>• 4 T avocado</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 turkey and hummus roll ups</li> <li>• 1 Rice cake with 2 tsp almond butter</li> </ul>
<b><u>Post Workout:</u></b>	✓ Recovery Protein with 12 ounces almond milk	✓ Recovery Protein with 12 ounces almond milk	✓ Recovery Protein with 12 ounces almond milk	✓ Recovery Protein with 12 ounces almond milk	✓ Recovery Protein with 12 ounces almond milk
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 2 Meatloaf Muffin***</li> <li>• ¾ cup mashed sweet potato** with 1 tsp pecan pieces</li> <li>• 2 cups steamed broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces roasted turkey</li> <li>• 1½ cups 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>• 9 ounces grilled salmon</li> <li>• 1 cup sweet potato with 1 tsp butter and cinnamon</li> <li>• 2 cups broccoli</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 7 ounces pork chops</li> <li>• ¾ cup brown rice</li> <li>• 2 cups roasted cauliflower</li> <li>• 8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>• 9 ounces grilled mahi</li> <li>• 1 sweet potato with 1 tsp butter</li> <li>• 24 spears asparagus with 2 tsp olive oil</li> <li>• 8 ounces water</li> </ul>

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# 24 PERFORMANCE



<b>Week 4</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1½ cups oatmeal cooked with 4 T walnuts and 2 T berries</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 2 tsp almond butter and ½ banana</li> <li>Smoothie: 1 scoop protein, 1 cup berries, 1 cup almond milk</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>8 ounces Triple Zero Yogurt with ½ cup berries and 4 tsp nuts</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>Lunch</b>	<ul style="list-style-type: none"> <li>2 meatloaf muffins***</li> <li>1 cup mashed sweet potato***</li> <li>1 ½ cups roasted cauliflower</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces pulled chicken***</li> <li>1 cup sautéed veggies</li> <li>1 cup black beans</li> <li>3 T avocado</li> <li>8 ounces water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>3 turkey and hummus roll ups</li> <li>1 rice cake with 2 tsp almond butter</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>3 ounces ground turkey</li> <li>½ cup beans</li> <li>4 T avocado</li> <li>8 ounces water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>7 ounces grilled chicken with 2 tsp avocado</li> <li>2 cups butternut squash***</li> <li>1½ cups Kale Chips**</li> <li>8 ounces water</li> </ul>	<ul style="list-style-type: none"> <li>7 ounces grilled filet with mushrooms</li> <li>1 sweet potato</li> <li>2 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 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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