



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"> 1.5 cups (135g) oatmeal with 2 egg whites 3 egg muffins*** ½ cup (75g) blueberries 3 T (18g) almond slivers 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1.5 cups (135g) amish oatmeal*** 1/3 cup (80ml) almond milk and 3 T (18g) almond slivers ¼ cup (50g) strawberries 2 egg muffins*** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 protein pancakes*** 2 tsp (40g) almond butter ½ cup (100g) strawberries 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 egg muffins*** 1.5 cups (135g) oatmeal cooked ½ banana with 2 tsp (40g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1.5 cups (135g) pumpkin steel cut oats** topped with pecans 3 egg muffins** 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> 2 protein pancakes*** 1 tsp (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 8 ounces (250g) Triple Zero Oikos Greek Yogurt 6 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> Apple 2 hard boiled eggs 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"> 4 slices ham 1 apple 1 tsp (20g) almond butter 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> 7 ounces (210g) grilled chicken with 2 T (25g) avocado 1 cup (180g) quinoa*** 2 cups (325g) steamed broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) pulled chicken*** 1 cup (180g) brown rice 2 cups (325g) mixed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) chicken 2 cups (400g) cinnamon butternut squash with pecan crumbles*** 2 cups (300g) carrots 8 ounces (250ml) water 	<ul style="list-style-type: none"> 9 ounces (270g) ground turkey 1 cup (180g) brown rice 2 cups (325g) sautéed veggies 2 T (25g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 18-20 grilled shrimp sautéed with 2 tsp olive oil (12ml) 1 cup (180g) quinoa 2 cups (325g) mixed veggies 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> 1 Meatloaf muffin 2/3 cup (130g) sweet potato 8 ounces (250ml) water 	<ul style="list-style-type: none"> Apple 10 almonds 1 hard-boiled egg 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 Turkey and hummus roll ups 1 Rice cake with 1 tsp (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 ounces chicken 2 T (25g) guacamole ½ cup (90g) rice 8 ounces (250ml) water 	<ul style="list-style-type: none"> RX Bar 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy		Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy
<u>Dinner</u>	<ul style="list-style-type: none"> 9 ounces (270g) white fish/Mahi 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter 2 cups (325g) green beans with 2 tsp (6g) almond slivers 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2½ cups (250g) spaghetti squash*** 2/3 cup (95g) pasta sauce (load up on the veggies) 9 ounces (270g) ground turkey 8 ounces (250ml) water 	<ul style="list-style-type: none"> 9 ounces cedar plank salmon*** 1 cup (180g) quinoa cook with 1 tsp (10g) coconut oil 24 grilled asparagus spears 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces pulled chicken*** 1 cup (180g) quinoa with 3 tsp (10ml) olive oil 2 cups (325g) broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces Pecan Encrusted Chicken Recipe*** 2 cups (325g) smashed cauliflower*** 2 cups (400g) roasted butternut squash with 2 tsp olive oil (12ml) 8 ounces (250ml) water



Week 1	<u>Saturday</u>	<u>Sunday</u> REST DAY
<u>Breakfast</u>	<ul style="list-style-type: none"> • 3 egg and 2 egg white and quinoa scramble • ½ cup (90g) quinoa • 2 T (25g) avocado • 1 apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1½ cups oatmeal with 2 egg whites- top with ½ banana and 2 T (20g) walnuts • 3 egg muffins*** • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 cup (150g) blueberries • 2 slices low sodium turkey slices (1 ounce) • 6 almonds • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Smoothie: ½ scoop protein, ½ banana, 1 cup (250ml) almond milk, 1 T (40g) almond butter • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 7 ounces (210g) grilled chicken with fresh pico and 3 T (40g) avocado • 1 cup (180g) quinoa • 2 cups (325g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) avocado and tuna salad*** • Lettuce wraps • 2 cups (325g) mixed veggies • 1 apple • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • Meatloaf Muffin*** • 2/3 cup (130g) sweet potato with 1 tsp butter (6ml) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) ground turkey • 1.25 cup (195g) sautéed veggies • 1/3 cup (60g) brown rice • 2 T (45g) avocado • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 2.5 cups (250g) spaghetti squash*** • 2/3 cup (95g) pasta sauce (load up on the veggies) • 9 ounces (270g) ground turkey • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 9 ounces (270g) cedar plank salmon*** • 1 cup (180g) quinoa with 2.5 tsp (15ml) coconut oil • 24 spears asparagus • 8 ounces (250ml) water

Grocery List:

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

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



Week 2	<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"> • 3 egg and 2 egg white quinoa scramble*** • ½ cup (90g) quinoa • 2 T (25g) avocado • 1 apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 egg muffins*** • 1.5 (135g) cups oatmeal cooked with 2 egg whites, topped with 1 T almond butter and ½ banana • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 egg muffins*** • 8 ounces (250g) Triple Zero Oikos Greek Yogurt • Apple with 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 slices Canadian bacon • 1½ cups oatmeal cooked with 2 egg whites • Top with 2 T walnuts and ½ cup blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1½ cups apple cinnamon steel cut oats*** Top with 3 T pecans • 3 hard boiled eggs • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 protein pancakes*** • 1 tsp (20g) almond and coconut butter spread • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8 ounces (250g) Triple Zero Oikos Greek Yogurt with 2 T (12g) almonds • ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 protein pancakes*** • 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Apple • 1 tsp almond butter • 2 hard boiled eggs • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt with ½ cup blueberries mixed in • 2 tsp nuts • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 7 ounces (210g) pulled pork tenderloin*** • 1 cup (180g) quinoa • 2 cups (300g) steamed carrots • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled chicken with 3 T (40g) avocado • ½ cup (90g) brown rice • ½ cup (70g) black beans • 2 cups (325g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 Meatloaf Muffins** • 2 cups (400g) cinnamon butternut squash*** • 2 cups (325g) green beans with 1 T (6g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Grilled Turkey burger (no bun), on lettuce • 1.5 cups (300g) sweet potato with 1 tsp butter (6ml) • 2 cups (325g) broccoli • 3 T (40g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup Tuna and Avocado Salad*** on lettuce wraps • 1 cup (180g) brown rice • 2 cups (325g) mixed veggies • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • RX Bar • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces (60g) ham roll ups • 2 rice cakes • 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • Perfect Bar MINI • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces (60g) chicken breast • 2 T (25g) guacamole • ½ cup (90g) brown rice • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Meatloaf Muffin • 2/3 cup (130g) sweet potato with 1 tsp butter (6ml) • 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy
<u>Dinner</u>	<ul style="list-style-type: none"> • 8 ounces (240g) Coconut Mahi Nuggets*** • 1.5 cups (300g) sweet potato with 1 tsp (10ml) butter • 2 cups (325g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 Turkey Stuffed Peppers*** • 2 cups (325g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled chicken with 2 T (25g) avocado • 1 cup (180g) quinoa • 24 spears asparagus • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled sirloin • 1 cup (180g) quinoa • 2 cups (325g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) Spicy Quinoa Chicken*** • 2 cup (325g) mashed cauliflower*** • 2 cups (325g) steamed green beans with almond slivers • 8 ounces (250ml) water



Week 2	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 1.5 cups (135g) amish oats*** with 3 T (18g) almond slivers and 2 T (20g) berry slices 2 scrambled eggs 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 Egg and 2 slices Canadian bacon sandwich on 2 slices of Ezekiel brad with 2 T (25g) avocado slices 1 apple with 1 tsp (20g) almond butter 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 8 ounces (250g) Triple Zero Oikos Greek Yogurt with 6 walnuts pieces 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 protein pancakes*** 1 tsp (20g) almond butter 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> 7 ounces (210g) grilled chicken with fresh pico and 2 T (25g) avocado 1 cup (180g) quinoa 2 cups (325g) steamed broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3/4 cup egg white and avocado salad*** Lettuce wraps 2 cups (325g) mixed veggies 1 apple 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> RX Bar 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 ounces (90g) ground turkey 2 T (25g) avocado 1/3 cup (60g) brown rice 8 ounces (250ml) water
Dinner	<ul style="list-style-type: none"> 2 meatloaf muffins*** 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter 2 cups (325g) green beans with 1 T (6g) almond slivers 8 ounces (250ml) water 	<ul style="list-style-type: none"> 9 ounces (270g) grilled salmon 2 cups (400g) roasted butternut squash*** 2 cups (400g) sautéed spinach and kale 8 ounces (250ml) water

Grocery List:

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



Week 3	Monday	Tuesday	Wednesday	Thursday REST DAY	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, ½ cup berries, ½ banana and 1 T (40g) almond butter • 6 ounces (200g) Triple zero greek yogurt topped with 2 T (20g) nuts 	<ul style="list-style-type: none"> • 3 egg muffins*** • 1.5 cups (135g) overnight oats** top with 2 tsp (10g) nuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 eggs and 4 egg whites veggies scrambled and ½ cup (90g) quinoa • 1 apple with 1 T (40g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 Egg and 2 slices Canadian bacon on 2 slices Ezekiel bread with 2 T (25g) avocado • 1 cup (150g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1.5 cups (135g) amish oats*** with 2 T (20g) chopped nuts and 2 T (20g) raspberries • 2 egg muffins*** • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 protein pancake*** • 1 tsp (20g) almond and coconut butter spread • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8 ounces (250g) Triple Zero Oikos Greek Yogurt with 4 T (24g) almonds • ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup (100g) berries • 8 almonds • 2 Egg muffin*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Apple • 1 tsp (20g) almond butter • 1 hard boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 protein pancakes*** • 1 tsp (20g) almond butter • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 7 ounces (210g) buffalo chicken*** • 1 cup (180g) quinoa • 2 cups (325g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 ½ cups citrus and quinoa salad*** • 2 cups (325g) green beans with almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled chicken • 4 T (55g) avocado • 1 cup (140g) black beans • 2 cups (325g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 9 ounces (270g) ground turkey • ½ cup (90g) brown rice • ½ cup (70g) black beans • 2 cups (325g) sautéed veggies • 4 T (55g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled chicken with 4 T (55g) avocado • 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter • 2 cups (325g) broccoli • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • RX Bar • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 turkey and hummus roll ups • 1 Rice cake • 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 5 ounces (150g) ground turkey • 1/3 cup (60g) brown rice • 2 T (25g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • The Perfect Bar • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8 ounces (250g) Triple Zero Oikos Greek Yogurt with 2 T (12g) nuts • 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy		Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy
<u>Dinner</u>	<ul style="list-style-type: none"> • 2.5 cups (250g) spaghetti squash • 7 Turkey-quinoa Meatballs*** • 2/3 cup (95g) pasta sauce • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1.75 cups General Tso's Chicken*** • 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter • 2 cups (400g) kale chips** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 18-20 Grilled shrimp • 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter • 2 cups (325g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) balsamic pork tenderloin*** • 2 cups (400g) roasted butternut squash** • 2 cups (325g) green beans with 1 T (6g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) Grilled sirloin • 2 cups (325g) mashed cauliflower*** • 2 cups (400g) roasted butternut squash • 8 ounces (250ml) water



Week 3	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 3 eggs and 2 egg white with quinoa (1/2 cup/90g) 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, ½ cup (75g) berries, 1 T (40g) almond butter & 1 cup (250ml) almond milk • 6 ounces (200g) Triple zero greek yogurt topped with 2 T (20g) nuts
<u>Snack</u>	<ul style="list-style-type: none"> • 8 ounces (250g) Triple Zero Oikos Greek Yogurt with 2 T (12g) almonds • ½ cup (75g) blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Apple • 1 tsp (20g) almond butter • 2 hard boiled eggs • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 7 ounces (210g) balsamic pork tenderloin*** • 1.5 cups (300g) sweet potato with 5 pecans and 1 tsp (5ml) butter • 2 cups (325g) roasted cauliflower with 1 tsp (6ml) olive oil • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 7 ounces (210g) grilled chicken • 1 cup (180g) quinoa • 2 cups (325g) sautéed veggies • 4 T (55g) avocado • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • RX Bar • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • The Perfect Bar • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 9 ounces (270g) grilled salmon • 2 cups (400g) butternut squash*** • 2 cups (400g) Kale Chips** • 8 ounces water 	<ul style="list-style-type: none"> • 9 ounces (270g) grilled Mahi/white fish • 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter • 2 cups (325g) roasted broccoli with 1.5 tsp (9ml) olive oil • 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
- Chiaboni Simply 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)



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> 1.5 (135g) cups Amish oatmeal*** topped with 2 T (12g) almond slivers and 2 T (20g) berries ½ cup (125g) almond milk 2 slices Canadian bacon 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1.5 cups (135g) oatmeal cooked with 1 scoop protein powder topped with 6 pecans and 2 T (20g) raspberries 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 slices Ezekiel bread 3 eggs and 2 slice Canadian bacon Apple with 1 tsp (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 eggs and with 2 egg whites and ½ cup (90g) quinoa scramble with 2 T (20g) avocado 1 cup (200g) strawberries 8 ounces (250ml) water 	<ul style="list-style-type: none"> Smoothie: 1 Scoop Whey Protein, ½ cup (75g) berries, ½ banana and 4 tsp (80g) almond butter (add handful of spinach or kale) 6 ounces (180g) Triple zero greek yogurt topped with 1 T (10g) nuts 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> Peach 2 Hard boiled eggs 10 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> Apple 1 tsp (20g) almond butter 2 egg muffins** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 8 ounces (250g) Triple Zero Greek Yogurt with 2 T (12g) almond slivers with ½ cup berries 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"> 2 protein pancake*** 2 tsp (20g) nut butter 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> 18-20 Grilled Shrimp 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter 2 cups (325g) roasted veggies with 2 tsp (12ml) olive oil 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) grilled chicken with 3 T (40g) avocado 1 cup (180g) quinoa 2 cups (325g) green beans with 1 T (6g) almond slivers 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) pulled chicken*** ½ cup (90g) brown rice 2/3 cup (100g) black beans 2 cups (325g) sautéed veggies 2 T (25g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) BBQ pulled chicken*** 1.5 cups (300g) sweet potato with 6 pecans and 2 tsp (10ml) butter 2 cup (325g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) grilled chicken 1.5 cup (300g) roasted sweet potato with 1 tsp (6ml) olive oil 2 cups (325g) roasted broccoli 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> RX BAR 8 ounces (250ml) water 	<ul style="list-style-type: none"> 8 ounces (250g) Triple Zero Greek Yogurt with 6 pecans and ½ cup (75g) berries 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 meatloaf muffin Apple with 1 tsp (20g) nut butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 ounces (90g) ground turkey 1/3 cup (60g) brown rice 2 T (30g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 turkey and hummus roll ups 1 Rice cake with 1 tsp (20g) almond butter 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy	Recovery Protein with 12 ounces (360 ml) almond milk/coconut water + Fruit Buddy
<u>Dinner</u>	<ul style="list-style-type: none"> 2 Meatloaf Muffin*** 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter 2 cups (325g) steamed broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) roasted turkey 2 cups (400g) roasted butternut squash*** 2 cup (325g) green beans with 1 T (6g) almond slivers 8 ounces (250ml) water 	<ul style="list-style-type: none"> 9 ounces (270g) grilled salmon 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter and cinnamon 2 cups (325g) broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) pork chops 1 cup (180g) brown rice 2 cups (325g) roasted cauliflower 8 ounces (250ml) water 	<ul style="list-style-type: none"> 9 ounces (270g) grilled mahi/white fish 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter 24 spears asparagus with 1 tsp (6ml) olive oil 8 ounces (250ml) water



Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 1.5 cups (135g) oatmeal cooked with 2 T (20g) walnuts and 2 (20g) T berries 2 eggs scrambled 2 slices Canadian bacon 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 slice Ezekiel bread with 2 tsp (40g) almond butter and ½ banana Smoothie: 1 scoop protein, 1 cup (200g) strawberries, 1 cup (250ml) almond milk 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 8 ounces (250g) Triple Zero Yogurt with ½ cup (75g) berries and 2 tsp (20g) walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> The Perfect Bar 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> 2 meatloaf muffins*** 1 cup (200g) mashed sweet potato*** 2 cups (325g) roasted cauliflower 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces pulled chicken*** 1 cup sautéed veggies 1 cup black beans 2 T avocado 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 3 turkey and hummus roll ups 1 rice cake with 1 tsp (20g) almond butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 3 ounces (90g) ground turkey ½ cup (50g) beans 2 T (25g) avocado 8 ounces (250ml) water
Dinner	<ul style="list-style-type: none"> 7 ounces (210g) grilled chicken 2 cups (400g) butternut squash*** 2 cups (400g) Kale Chips** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 7 ounces (210g) grilled filet with mushrooms 1.5 cups (300g) sweet potato with 3 pecans and 1 tsp (5ml) butter 2 cups (325g) steamed broccoli 8 ounces (250ml) water

sugar, OJ), **BBQ Pulled Chicken** (Stubb's BBQ, chili powder, brown sugar, onion powder)

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