



Challenge Meal Plans

Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3-1 cup pumpkin steel cut oats*** • 1-2 hard boiled eggs • 1 peach • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal with 1 tsp almond slivers and cinnamon • 2-3 slices Canadian bacon • ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • 6-8 ounces Chiaboni Simply Yogurt • ½ cup berries • 1 whole egg, 1 egg white scrambled with veggies • 8 ounces water 	<ul style="list-style-type: none"> • 1 egg muffin*** • 2/3-1 cup oatmeal cooked with 2 egg whites • ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 4 ounces plain greek yogurt, 1 scoop whey protein, ½ frozen banana, 1 tsp almond butter, ½ cup berries
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Brand Greek Yogurt • 6 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 egg • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese sprinkle with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice canadian bacon • 1 peach • 6 almonds • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins • 2/3-1 cup sweet potato • ½-1 cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pulled chicken*** • 2/3-1 cup brown rice • 1 cup mixed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces chicken • 2/3-1 cup cinnamon butternut squash*** • ½ cup carrots • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces ground turkey • 2/3-1 cup brown rice • 1 cup sautéed veggies • 2-4 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken • 2/3-1 cup quinoa • ½ cup mixed veggies • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 3 T cup hummus • Carrots & celery • 8 ounces water 	<ul style="list-style-type: none"> • 1/3 cup dry roasted Edamame • 8 ounces water 	<ul style="list-style-type: none"> • Low Sugar Kind Bar • 8 ounces water 	<ul style="list-style-type: none"> • 2 ounces chicken • 1 T guacamole • 1/3 cup rice • 8 ounces water 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 rice cake • 1 tsp almond butter
<u>Post Workout:</u>	✓ 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
<u>Dinner</u>	<ul style="list-style-type: none"> • 4-5 ounces mahi • 1/3-1/2 cup sweet potato • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 1½ -2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 4-5 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces cedar plank salmon*** • 1/3-1/2 cup quinoa • 1 cup steamed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces pulled chicken*** • 1/3-1/2 cup quinoa • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces Pecan Encrusted Chicken Recipe*** • 1- 1½ cups mashed cauliflower*** • 1 cup steamed veggies • 8 ounces water

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Week 1	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2/3-1 cup pumpkin steel cut oats with pecan sprinkled*** • 1-2 hard boiled eggs • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal with ½ banana and 1 tsp walnuts • ¾ cup berries • 1-2 egg muffins*** • 8 ounces water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 6 almonds • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 egg • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken with fresh pico and ¼ avocado • 2/3-1 cup quinoa • ½ cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pulled chicken*** • 2/3-1 cup brown rice • 2-4 T avocado • 1 cup mixed veggies • 8 ounces water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 8 ounces water 	<ul style="list-style-type: none"> • 2 ounces ground turkey • 1 cup sautéed veggies • 2 T avocado • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 1½ -2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 4-5 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces cedar plank salmon*** • 1/3 - ½ cup quinoa • 1 cup sautéed asparagus • 8 ounces water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruit:** Strawberries, Blueberries, Peaches, Apple, Banana
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato
- **Meat:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Organic Turkey Breast, Wild Caught Salmon, Mahi, Organic Chicken Breasts, Canadian Bacon, Cottage Cheese
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Chiaboni Simply or Triple Zero Greek Yogurt Greek yogurt
- Low sugar Kind Bar- chocolate almond sea salt

Recipes from website: Egg and Quinoa scramble, Egg Muffins, Protein Pancakes, Pulled Chicken, Spaghetti squash, Pecan Encrusted Chicken, Mashed cauliflower, Cedar plank salmon, Pumpkin Steel Cut Oats

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Challenge Meal Plans

Week 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal (cooked) with 2 egg whites topped 6-8 walnut pieces with • ½ cup berries • 1-2 egg muffins*** • 8 ounces water 	<ul style="list-style-type: none"> • 2-3 protein pancakes*** • 1-2 T almond butter • 1 cup berries • 8 ounces water 	<ul style="list-style-type: none"> • 2-3 Egg and Quinoa Scramble*** • 1 peach • 2-3 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup amish oatmeal*** topped with 2 T almond slivers and 2 T berries • 3 T berries • 1-2 egg muffins*** 	<ul style="list-style-type: none"> • 2-3 egg and quinoa scramble*** • 2-4T avocado • ½-1 cup berries • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 peach • 3 slices low sodium turkey breast • 3 cashews • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek Yogurt sprinkle with pecans • 8 ounces water 	<ul style="list-style-type: none"> • ½ small apple with 1 tsp almond butter • hard boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple with 1 tsp almond and coconut butter spread • 1 slice Canadian bacon • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins*** • 1/2- 2/3 cup chickpea and edamame salad*** • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces buffalo chicken*** • ½ -2/3 cup quinoa • 1 cup mixed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 1½-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 4-6 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 1- 1 ½ Turkey Stuffed Peppers*** • 1 cup green beans • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces buffalo chicken*** • 1/2 -2/3 cup quinoa • 1 cup mashed cauliflower*** • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery for dipping • 8 ounces water 	<ul style="list-style-type: none"> • ½ Meatloaf Muffin • ½ apple • 8 ounces water 	<ul style="list-style-type: none"> • 3 T Hummus • Carrots and celery for dipping • 8 ounces water 	<ul style="list-style-type: none"> • ¼ cup cottage cheese • 1 cup strawberries with 1 tsp almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt • 6 cashews
<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"> • 4-5 ounces Cedar plank salmon*** • 1/3-2/3 cup quinoa • 1 cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 4-5 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 Turkey and Quinoa Meatballs*** • 1-2 cups mashed cauliflower*** • 1 cup steamed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces gilled sirloin • 2/3-1 cup cinnamon butternut squash*** • 1 cup Kale Chips*** • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 Turkey and Quinoa Meatballs*** • 1- 1 ½ cups spaghetti squash • ¼ cup pasta sauce • 8 ounces water

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Week 2	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 Egg and Quinoa scramble with veggies • ¼ avocado • 1 peach • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal cooked with 2 egg whites topped with 1 tsp almond butter and ½ banana • 2 slices Canadian bacon • 8 ounces water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 3 slices low sodium turkey slices (1 ounce) • 6 almonds • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek Yogurt • Sprinkle with pecans • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4-6 ounces ground turkey/lean ground beef • ½-2/3 cup brown rice • 1 cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 1 Turkey Stuffed Peppers*** • 1 cup mixed veggies • 1 cup mashed cauliflower • 8 ounces water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 8 ounces water 	<ul style="list-style-type: none"> • 2 Turkey and hummus lettuce wraps • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 4-5 ounces grilled mahi • 1/3-2/3 cup quinoa • 1 cup sautéed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 1-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 4-5 ounces ground turkey • 8 ounces water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruit:** Strawberries, blueberries, peaches, apples
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, butternut squash, sweet potato, Kale, avocado, Cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, and spaghetti squash, meatloaf muffins, turkey stuffed peppers), Low sodium turkey deli meat, Wild Caught Salmon, Mahi, Organic chicken Breasts, Cottage Cheese, Sirloin
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- **Nuts:** Pecans, Almonds, walnuts, Cashews
- Almond butter
- Cottage Cheese
- Chiaboni Simply or Triple Zero Greek

yogurt

Recipes from website: Egg and Quinoa scramble, Protein Pancakes, Buffalo Chicken, Spaghetti squash, Meatloaf Muffin, Mashed Cauliflower, Turkey stuffed peppers, Turkey and Quinoa Meatballs, Amish Oats



Challenge Meal Plans

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2/3 -1 cup apple cinnamon steel cut oats*** and walnut pieces • 1-2 hard boiled eggs • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup pumpkin steel cut oats*** topped with 2 T pecan pieces • 1-2 egg muffin** • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 4 ounces plain yogurt, scoop SFH, 1 cup berries, handful spinach, 1 tsp almond butter 	<ul style="list-style-type: none"> • 2/3-1 cup Amish oatmeal*** Top with berries and 1 tsp almond slivers • 1-2 hard boiled eggs • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 4 ounces plain greek yogurt, 1 scoop protein, 1 cup berries, handful spinach, 1-2 T almond butter
Snack	<ul style="list-style-type: none"> • ½ apple with 1 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek yogurt sprinkle with pecans • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup berries • 1 egg • 6 cinnamon roasted almonds • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek yogurt sprinkle with walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water
Lunch	<ul style="list-style-type: none"> • ½-2/3 cup Tuna and avocado on 2 slices Ezekiel bread*** • Side salad with o/v • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pulled chicken*** • 2/3 cup brown rice • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • Mexican fiesta bowl*** (4-6 ounces chicken, pico, sautéed peppers/onions, 2 T avocado, ½ cup brown rice) • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken • ½-2/3 cup brown rice • 2-4T avocado • 1 cup sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces balsamic pork tenderloin*** • 2/3-1 cup butternut squash*** • 1 cup veggies • 8 ounces water
Snack	<ul style="list-style-type: none"> • turkey and hummus lettuce wraps (2) • 8 ounces water 	<ul style="list-style-type: none"> • 1 peach • 3 slices low sodium turkey breast • 6 cashews 	<ul style="list-style-type: none"> • 3 T tuna and avocado salad on cucumber slices • 8 ounces water 	<ul style="list-style-type: none"> • 1 brown rice cake • 1 T almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • 3 T hummus • bell peppers, cucumbers and celery for dipping • 8 ounces 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"> • 4-5 ounces teriyaki glazed salmon*** • ½ -1 sweet potato • 1 cup asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces balsamic pork tenderloin*** • 2/3-1 cup cinnamon roasted butternut squash*** • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces grilled chicken • ½-1 sweet potato • salad with o/v • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces spicy quinoa chicken*** • 1- 1½ cups mashed cauliflower*** • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces teriyaki glazed salmon*** • 1/3-2/3 cup quinoa • 1 cup steamed veggies • 8 ounces water

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Week 3	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 2-3 egg and quinoa scramble with veggies 2-4 T avocado 8 ounces water 	<ul style="list-style-type: none"> 2/3-1 cup oatmeal with ½ banana and 1 tsp walnuts ¾ cup berries 1-2 egg muffin *** 8 ounces water
Snack	<ul style="list-style-type: none"> Chiaboni simply greek yogurt with 1 tsp pecan crumbles 8 ounces water 	<ul style="list-style-type: none"> 1/2 apple 1 T almond butter Hard boiled egg 8 ounces water
Lunch	<ul style="list-style-type: none"> 4-6 ounces grilled chicken with fresh pico and ¼ avocado ½-2/3 cup quinoa ½ cup steamed broccoli 8 ounces water 	<ul style="list-style-type: none"> 4-6 ounces grilled chicken ½-2/3 cup brown rice salad with o/v 8 ounces water
Snack	<ul style="list-style-type: none"> 3 T hummus Carrots & celery 8 ounces water 	<ul style="list-style-type: none"> 2 ounces ground turkey ½ cup sautéed veggies 2-4 T avocado 8 ounces water
Dinner	<ul style="list-style-type: none"> 4-5 ounces mahi 1/3-2/3 cup quinoa salad with o/v 8 ounces water 	<ul style="list-style-type: none"> 4-5 ounces steak/sirloin with mushrooms ½ -1 sweet potato 1 cup sautéed asparagus 8 ounces water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruit:** Strawberries, Blueberries, Peaches, Apple
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Mushrooms, green beans, Cauliflower, Butternut Squash, Sweet Potato
- **Meats:** Low sodium turkey deli meat, Wild Caught Salmon, Mahi, Organic Chicken Breasts, Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Pork Tenderloin, Sirloin, Tuna
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Rice Cakes
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, walnuts, almond slivers
- Almond butter
- Chiaboni Simply or Triple Zero Greek yogurt

Recipes from website: Egg and Quinoa scramble, Egg Muffin, Apple Cinnamon Steel Cut Oats, Amish Oatmeal, Protein Pancakes, Pulled Chicken, Spaghetti squash, Pecan Encrusted Chicken, Mashed cauliflower, Balsamic Pork Tenderloin, Teriyaki Glazed Salmon, Tuna and Avocado Salad, Roasted Butternut Squash

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Challenge Meal Plans

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2/3-1 cup crockpot apple cinnamon steel cut oats*** • 1-2 egg muffins** • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 4 ounces plain yogurt, 1 scoop whey protein, 1 cup berries, handful spinach, 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup crockpot apple cinnamon steel cut oats • 1 egg muffin • 8 ounces water 	<ul style="list-style-type: none"> • 2 slices Canadian bacon • 2/3-1 cup oatmeal cooked with 2 egg whites topped with 1 tsp almond slivers • ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 4 ounces plain greek yogurt, 1 scoop whey protein, ½ frozen banana, 1 tsp almond butter, handful spinach and ½ cup berries • 8 ounces water
Snack	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek yogurt sprinkle with pecans • 8 ounces water 	<ul style="list-style-type: none"> • 1 small apple • 1 tsp almond and coconut butter • 2 slices low sodium turkey breast • 8 ounces water 	<ul style="list-style-type: none"> • ¼ cup cottage cheese • ½ apple slices with 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water
Lunch	<ul style="list-style-type: none"> • Mexican fiesta bowl*** (4-6 ounces chicken, pico, sautéed peppers/onions, 2 T avocado, ½-2/3 cup brown rice) • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pulled chicken*** • ½-2/3 cup brown rice • 1 cup mixed veggies • 8 ounces water 	<ul style="list-style-type: none"> • ½-2/3 cup Egg and avocado salad*** on 1-2 slices ezeziel bread • Side salad oil/vinegar • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces ground turkey • ½-2/3 cup brown rice • 1 cup sautéed veggies • 4 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • ½-2/3 cup Tuna and avocado salad ***on 1-2 slices Ezekiel bread • Side salad with oil/vinegar • 8 ounces water
Snack	<ul style="list-style-type: none"> • Low Sugar Kind Bar (Dark Chocolate, Almond, SeaSalt) • 8 ounces water 	<ul style="list-style-type: none"> • 1 peach • 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"> • 1/2 cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 6 almonds • 	<ul style="list-style-type: none"> • Turkey and hummus lettuce wrap (1) • 8 ounces water
Post Workout:	<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
Dinner	<ul style="list-style-type: none"> • 4-5 ounces Grilled Fish • ½-1 sweet potato • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces general tso chicken*** • 1 cup veggie stir fry • 1/3- 2/3 cup brown rice • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken • 1/3- 2/3 cup quinoa • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces BBQ pulled chicken*** • 1- 1½ cups seasoned Brussels sprouts • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 1-2 Meatloaf muffins** • 1- 1½ cups mashed cauliflower • 1 cup broccoli • 8 ounces water

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Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 2/3-1 cup pumpkin steel cut oats with pecans sprinkled*** 1 hard boiled egg 8 ounces water 	<ul style="list-style-type: none"> 2/3-1 cup oatmeal cook with 2 egg whites ½ banana and 1 tsp walnuts ¾ cup berries 1 egg muffin *** 8 ounces water
Snack	<ul style="list-style-type: none"> ¾ cup blueberries 2 slices low sodium turkey slices (1 ounce) 8 ounces water 	<ul style="list-style-type: none"> Chiaboni Simply Greek yogurt sprinkle with pecans 8 ounces water
Lunch	<ul style="list-style-type: none"> 4-6 ounces grilled chicken with fresh pico and 4 T avocado 2/3-¾ cup quinoa ½ cup steamed broccoli 8 ounces water 	<ul style="list-style-type: none"> 4-6 ounces pulled chicken*** 2/3-¾ cup brown rice 2-4 T avocado 1 cup mixed veggies 8 ounces water
Snack	<ul style="list-style-type: none"> 3 T hummus Carrots & celery 8 ounces water 	<ul style="list-style-type: none"> 2 ounces ground turkey ½ cup sautéed veggies ¼ avocado 8 ounces water
Dinner	<ul style="list-style-type: none"> 1.5-2 cups spaghetti squash*** ½ cup pasta sauce (load up on the veggies) 4-5 ounces ground turkey 8 ounces water 	<ul style="list-style-type: none"> 4-5 ounces teriyaki glazed salmon*** 1/3-1/2 cup quinoa 1 cup sautéed asparagus 8 ounces water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, banana
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, carrots, green beans, sweet potato
- **Meat:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat, Wild Caught Salmon, Organic chicken, Canned tuna in water, Canadian bacon
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- **Nuts:** Pecans, almond slivers, walnuts, cashews
- Almond butter
- Avocado
- Low sugar kind bar
- Rice cakes
- Pumpkin Puree
- Ezekiel Bread
- Chiaboni Simple or Triple Zero Greek yogurt

Recipes from website: Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Pulled Chicken, Spaghetti squash,, Mashed cauliflower, pumpkin Steel Cut Oats, BBQ pulled chicken, Meatloaf Muffins, General Tso Chicken, Egg and Avocado Salad, Tuna and Avocado Salad, Teriyaki Glazed Salmon

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Challenge Meal Plans

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2 protein pancakes*** with 1 tsp almond butter • ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • 2/3- 1 cup oatmeal with 2 tsp walnuts and cinnamon • 1 egg muffin*** • 8 ounces water 	<ul style="list-style-type: none"> • 2 slices Ezekiel bread • 2 eggs and 1 slice Canadian bacon • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup amish oats*** with 2 tsp almond slivers and 2 T raspberries • 8 ounces water 	<ul style="list-style-type: none"> • 2 egg & quinoa scramble • 2 T avocado • ½ apple • 8 ounces water
Snack	<ul style="list-style-type: none"> • Egg Muffin*** • ½ apple • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt sprinkled with pecans • 8 ounces water 	<ul style="list-style-type: none"> • ¼ cup cottage cheese • ½ apple slices with 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4-6 ounces sliced turkey • ½-2/3 cup quinoa • 1 cup carrots • 8 ounces water 	<ul style="list-style-type: none"> • ½-2/3 cup Tuna and avocado salad • 1/ 2 apple • 1 slice ezeziel bread • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pecan crusted chicken • ½ - 2/3 cup mashed sweet potato • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 1½ - 2 cups spaghetti squash • ½ cup pasta sauce (load up with veggies) • 4-5 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken • ½-2/3 cup brown rice • 1 cup green beans with almond slivers • 8 ounces water
Snack	<ul style="list-style-type: none"> • Low Sugar Kind Bar (Dark Chocolate, Almond, SeaSalt) • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • ½ meatloaf muffin 	<ul style="list-style-type: none"> • Turkey and avocado lettuce wraps • ¼ cup black beans • 8 ounces water 	<ul style="list-style-type: none"> • Low sugar kind bar • 6 almonds ✓ Recovery Protein with 8 ounces almond milk 	<ul style="list-style-type: none"> • 1 cup berries • 2 ounces chicken with 1 T avocado • 8 ounces water
Post Workout:	<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
Dinner	<ul style="list-style-type: none"> • 4-5 ounces Pecan Crusted Chicken*** • 1/3-2/3 cup sweet potato • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces grilled salmon • ½-2/3 cup butternut squash • 1 cup kale chips*** • 8 ounces water 	<ul style="list-style-type: none"> • 1-2 Greek Chicken Kebobs*** • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces sirloin • 1/2 -2/3 cup butternut squash • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 1½ - 2 cups spaghetti squash • ½ cup pasta sauce (load up with veggies) • 4-5 ounces ground turkey • 8 ounces water

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Challenge Meal Plans

Week 5	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 egg and quinoa scramble • 1 cup strawberries • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal cook with 2 egg whites ½ banana and 1 tsp walnuts • ¾ cup berries • 1 egg muffin *** • 8 ounces water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek yogurt sprinkle with pecans • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4-6 ground turkey • ½-2/3 cup brown rice • 1 cup sautéed veggies • 2-4 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 BBQ Pulled pork tenderloin (Chicken Recipe) • ½ sweet potato • 1 cup green beans • 8 ounces water
Snack	<ul style="list-style-type: none"> • 1 rice cake • 1 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • 2 ounces ground turkey • ½ cup sautéed veggies • ¼ avocado • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 4-6 ounces fish • ½ sweet potato • 1 cup steamed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pecan crusted chicken • 1 cup mashed cauliflower • 1 cup roasted Brussels sprouts • 8 ounces water

Grocery List:

- 1 dozen cage free organic eggs
 - **Fruits:** Strawberries, Blueberries, Peaches, Apple, banana
 - **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, carrots, green beans, sweet potato
 - **Meat:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat, Wild Caught Salmon, Organic chicken, Canned tuna in water, Canadian bacon
 - Oatmeal/Steel cut oats
 - Hummus
 - Quinoa
 - Brown Rice
 - Pasta Sauce
 - **Nuts:** Pecans, almond slivers, walnuts, cashews
 - Almond butter
 - Avocado
 - Low sugar kind bar
 - Rice cakes
 - Pumpkin Puree
 - Ezekiel Bread
 - Chiaboni Simple or Triple Zero Greek yogurt
- Recipes from website:** Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Spaghetti squash,, Mashed cauliflower, Amish oats, Meatloaf Muffins, General Tso Chicken, , Tuna and Avocado Salad, BBQ Pulled Chicken (substitute pork tenderloin), Pecan Crusted chicken



Challenge Meal Plans

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2 eggs with veggies scrambled • Apple • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 2 Protein Pancakes*** • 1 T almond and coconut butter • Peach • 8 ounces water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal with 1 tsp almond butter and 2 egg whites • 1 egg muffin*** • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: ½ cup greek yogurt, 1 scoop whey protein, ½ cup berries, 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2 egg and veggies scrambled • 1 banana with 1 tsp almond butter • 8 ounces water
Snack	<ul style="list-style-type: none"> • Chiaboni Simply Greek Yogurt • 1 tsp almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • hard boiled egg • ½ apple • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • hard boiled egg • 2/3 cup berries • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni simply Greek Yogurt • 1 tsp walnuts • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins*** • 2/3 -1 cup butternut squash • 1 cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pulled chicken** • ½-2/3 cup black beans • 1 cup sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken • 2/3-1 cup sweet potato • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces ground turkey • 1/2 -2/3 cup black beans • 1 cup sautéed veggies • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken • ½-2/3 cup brown rice • 1 cup green beans with almond slivers • 8 ounces water
Snack	<ul style="list-style-type: none"> • 1/3 cup dry roasted edemame • 8 ounces water 	<ul style="list-style-type: none"> • Rice cake with 1 tsp almond butter • 2 slices organic turkey breast 	<ul style="list-style-type: none"> • Turkey and avocado lettuce wraps • ¼ cup black beans • 8 ounces water 	<ul style="list-style-type: none"> • Low sugar kind bar • 6 almonds • 8 ounces water 	<ul style="list-style-type: none"> • 3 T hummus • carrots and cucumbers • 8 ounces water
Post Workout:	<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
Dinner	<ul style="list-style-type: none"> • 4-5 ounces Grilled chicken • 1/3-1/2 cup sweet potato • 1 cup cauliflower*** • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces sirloin • ½-2/3 cup roasted butternut squash** • 1 cup kale chips*** • 8 ounces water 	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins*** • 1 cup mashed cauliflower • 1 cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces wild caught salmon • 1/3-1/2 cup sweet potato • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4-5 ounces white fish • 1/2 -2/3 cup roasted butternut squash • 1 cup sautéed kale • 8 ounces water

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Challenge Meal Plans

Week 6	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 eggs and 1 slice canadian bacon • 1 slice Ezekiel bread • apple • 8 ounces water 	<ul style="list-style-type: none"> • 2 eggs scrambled with veggies • 1 T avocado • 1 cup blueberries • 8 ounces water
Snack	<ul style="list-style-type: none"> • Chiaboni simply greek yogurt • 1 tsp walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake** • 1 tsp almond butter • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4-6 grilled chicken • ½-2/3 cup quinoa • 1 cup sautéed veggies • 2-4 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 1-1½ Turkey Stuffed Pepper • 1 cup broccoli • 2 T avocado • 8 ounces water
Snack	<ul style="list-style-type: none"> • 1 rice cake • 1 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • 3 T hummus • ½ cup veggies for dipping • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 4-6 ounces pork tenderloin • ½-2/3 cup butternut squash • 1 cup steamed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4-6 ounces pecan crusted chicken*** • 1 cup mashed cauliflower** • 1 cup kale chips** • 8 ounces water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, banana
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, carrots, green beans, sweet potato
- **Meat:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat, Wild Caught Salmon, Organic chicken, Canned tuna in water, Canadian bacon
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- **Nuts:** Pecans, almond slivers, walnuts, cashews
- Almond butter
- Avocado
- Low sugar kind bar
- Rice cakes
- Dry Roasted Edemame
- Chiaboni Simple or Triple Zero Greek yogurt

Recipes from website: Egg Muffin, Protein Pancakes, Mashed cauliflower, Amish oats, Meatloaf Muffins, Kale Chips, Pecan Crusted Chicken, Pulled Chicken