



Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> 2/3-1 cup Amish Oats*** with 2 T almond slivers & 2 T raspberries 1 egg muffin*** 8 ounces water 	<ul style="list-style-type: none"> 2/3-1 cup oatmeal with 1 tsp almond slivers and cinnamon 2 slices Canadian bacon ½ cup berries 8 ounces water 	<ul style="list-style-type: none"> 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 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 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 cup mashed cauliflower*** 1 cup steamed veggies 8 ounces water

Written By: Nicole Marchand, MS, RD
 Healthy Steps Nutrition llc
www.myhealthysteps-nutrition.com



Sample Meal Plan

	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3-1 cup pumpkin steel cut oats with pecan sprinkled*** • 1 hard boiled egg • 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 egg muffin *** • 8 ounces water
<u>Snack</u>	<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
<u>Lunch</u>	<ul style="list-style-type: none"> • 4-6 ounces grilled chicken with fresh pico and 2 T 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 • ¼ avocado • 1 cup mixed veggies • 8 ounces water
<u>Snack</u>	<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
<u>Dinner</u>	<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 	<ul style="list-style-type: none"> • 4-5 ounces cedar plank salmon*** • 1/3 - ½ cup quinoa • 1 cup sautéed asparagus

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 Muffin, Protein Pancakes, Pulled Chicken, Spaghetti squash, Pecan Encrusted Chicken, Mashed cauliflower, Cedar plank salmon, pumpkin Steel cut oats, Amish Oats