



UK Challenge Meal Plans

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2/3-1 cup Amish Oats*** with 2 T almond slivers & 2 T raspberries • 1-2 egg muffins*** • 250 ml water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal with 1 tsp almond slivers and cinnamon • 2-4 slices ham • ½ cup berries • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek Yogurt with 1 tsp walnuts • ½ cup berries • 1 whole egg, 1 egg white scrambled with veggies • 250 ml water 	<ul style="list-style-type: none"> • 1 egg muffin*** • 2/3-1 cup oatmeal cooked with 2 egg whites • ½ cup blueberries • 250 ml water 	<ul style="list-style-type: none"> • Smoothie: 75-125g plain greek yogurt, 1 scoop whey protein, ½ frozen banana, 1 tsp almond butter, ½ cup berries
Snack	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek Yogurt • 6 walnuts • 250 ml water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 egg • 250 ml water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese sprinkle with almond slivers • 250 ml water 	<ul style="list-style-type: none"> • 2 slices ham • 1 peach • 6 almonds • 250 ml water
Lunch	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins • 2/3-1 cup sweet potato • ½-1 cup steamed broccoli • 250 ml water 	<ul style="list-style-type: none"> • 125-175g pulled chicken*** • 2/3-1 cup brown rice • 1 cup mixed veggies • 250 ml water 	<ul style="list-style-type: none"> • 125-175g grilled chicken • 2/3-1 cup cinnamon butternut squash*** • ½ cup carrots • 250 ml water 	<ul style="list-style-type: none"> • 125-175g ground turkey • 2/3-1 cup brown rice • 1 cup sautéed veggies • 250 ml water 	<ul style="list-style-type: none"> • 125-175g grilled chicken • 2/3-1 cup quinoa • ½ cup mixed veggies • 250 ml water
Snack	<ul style="list-style-type: none"> • 3 T cup hummus • Carrots & celery • 250 ml water 	<ul style="list-style-type: none"> • 1/3 cup dry roasted Edamame • 250 ml water 	<ul style="list-style-type: none"> • Low Sugar Kind Bar • 250 ml water 	<ul style="list-style-type: none"> • 75g chicken • 1 T guacamole • 1/3 cup rice • 250 ml water 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 rice cake • 1 tsp almond butter
Post Workout:	✓ Recovery Protein with 250-375 ml almond milk	✓ Recovery Protein with 250-375ml almond milk	✓ Recovery Protein with 250-375 ml almond milk		✓ Recovery Protein with 250-375 ml almond milk
Dinner	<ul style="list-style-type: none"> • 125-150g grilled white fish • 1/3-1/2 cup sweet potato • 1 cup green beans • 250 ml water 	<ul style="list-style-type: none"> • 1½ -2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 125-150g ground turkey • 250 ml water 	<ul style="list-style-type: none"> • 125-150g cedar plank salmon*** • 1/3-1/2 cup quinoa • 1 cup steamed asparagus • 250 ml water 	<ul style="list-style-type: none"> • 125-150g pulled chicken*** • 1/3-1/2 cup quinoa • 1 cup broccoli • 250 ml water 	<ul style="list-style-type: none"> • 125-150g Pecan Encrusted Chicken Recipe*** • 1 cup mashed cauliflower*** • 1 cup steamed veggies • 250 ml 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 • 250 ml 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 *** • 250 ml water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 6 almonds • 250 ml water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 egg • 250 ml water
Lunch	<ul style="list-style-type: none"> • 125-175g grilled chicken with fresh pico and 2 T avocado • 2/3-1 cup quinoa • ½ cup steamed broccoli • 250 ml water 	<ul style="list-style-type: none"> • 125-175g pulled chicken*** • 2/3-1 cup brown rice • ¼ avocado • 1 cup mixed veggies • 250 ml water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 250 ml water 	<ul style="list-style-type: none"> • 75g ground turkey • 1 cup sautéed veggies • 2 T avocado • 250 ml water
Dinner	<ul style="list-style-type: none"> • 1½ -2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 125-150g ground turkey • 250 ml water 	<ul style="list-style-type: none"> • 125-150g cedar plank salmon*** • 1/3 - ½ cup quinoa • 1 cup sautéed asparagus • 250 ml 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, White Fish, Organic Chicken Breasts, Ham, Cottage Cheese
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Total 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

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UK Challenge Meal Plans

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<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 • 250 ml water 	<ul style="list-style-type: none"> • 2-3 protein pancakes*** • 1-2 T almond butter • 250 ml water 	<ul style="list-style-type: none"> • 2-3 Egg and Quinoa Scramble*** • 1 peach • 2-3 T avocado • 250 ml 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 • 250 ml water 	<ul style="list-style-type: none"> • 2-3 egg and quinoa scramble*** • 2-3 T avocado • ½-1 cup berries • 250 ml water
Snack	<ul style="list-style-type: none"> • 1 peach • 3 slices low sodium turkey breast • 3 cashews • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek Yogurt sprinkle with pecans • 250 ml water 	<ul style="list-style-type: none"> • ½ small apple with 1 tsp almond butter • hard boiled egg • 250 ml water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 250 ml water 	<ul style="list-style-type: none"> • ½ apple with 1 tsp almond and coconut butter spread • 2 slices ham • 250 ml water
Lunch	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins*** • 1/2- 2/3 cup chickpea and edamame salad*** • 1 cup broccoli • 250 ml water 	<ul style="list-style-type: none"> • 125-175g buffalo chicken*** • ½ -2/3 cup quinoa • 1 cup mixed veggies • 250 ml water 	<ul style="list-style-type: none"> • 1½-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 125-175g ground turkey • 250 ml water 	<ul style="list-style-type: none"> • 1- 1½ Turkey Stuffed Peppers*** • 1 cup green beans • 2 T avocado • 250 ml water 	<ul style="list-style-type: none"> • 125-175g buffalo chicken*** • 1/2 -2/3 cup quinoa • 1 cup mashed cauliflower*** • 250 ml water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery for dipping • 250 ml water 	<ul style="list-style-type: none"> • ½ Meatloaf Muffin • ½ apple • 250 ml water 	<ul style="list-style-type: none"> • 3 T Hummus • Carrots and celery for dipping • 250 ml water 	<ul style="list-style-type: none"> • ¼ cup cottage cheese • 1 cup strawberries with 1 tsp almond slivers • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek Yogurt • 6 cashews
Post Workout	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk
Dinner	<ul style="list-style-type: none"> • 125-150g Cedar plank salmon*** • 1/3-1/2 cup quinoa • 1 cup green beans with almond slivers • 250 ml water 	<ul style="list-style-type: none"> • 2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 125-150g ground turkey • 250 ml water 	<ul style="list-style-type: none"> • 4-6 Turkey and Quinoa Meatballs*** • 1 cup mashed cauliflower*** • 1 cup steamed asparagus • 250 ml water 	<ul style="list-style-type: none"> • 125-150g gilled sirloin • ½-2/3 cup cinnamon butternut squash*** • 1 cup Kale Chips*** • 250 ml water 	<ul style="list-style-type: none"> • 4-6 Turkey and Quinoa Meatballs*** • 1 cup spaghetti squash • ¼ cup pasta sauce • 250 ml water

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UK Challenge Meal Plans

Week 2	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2-3 Egg and Quinoa scramble with veggies • 2-3T avocado • 1 peach • 250 ml 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 • 2-4 slices ham • 250 ml water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 3 slices low sodium turkey slices (1 ounce) • 6 almonds • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek Yogurt • Sprinkle with pecans • 250 ml water
Lunch	<ul style="list-style-type: none"> • 125-175g ground turkey/lean ground beef • ½-2/3 cup brown rice • 1 cup steamed broccoli • 250 ml water 	<ul style="list-style-type: none"> • 1- 1½ Turkey Stuffed Peppers*** • 1 cup mixed veggies • 1 cup mashed cauliflower • 250 ml water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 250 ml water 	<ul style="list-style-type: none"> • 2 Turkey and hummus lettuce wraps • 250 ml water
Dinner	<ul style="list-style-type: none"> • 125-150g grilled white fish • 1/3-1/2 cup quinoa • 1 cup sautéed asparagus • 250 ml water 	<ul style="list-style-type: none"> • 1-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 125-150g ground turkey • 250 ml water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruit:** Strawberries, blueberries, peaches, apples, banana
- **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, White Fish, Organic chicken Breasts, Cottage Cheese, Sirloin, sliced ham
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- **Nuts:** Pecans, Almonds, walnuts, Cashews
- Almond butter
- Cottage Cheese
- Total 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



UK 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 • 250 ml water 	<ul style="list-style-type: none"> • 2/3-1 cup pumpkin steel cut oats*** topped with 2 T pecan pieces • 1-2 egg muffins • 250 ml water 	<ul style="list-style-type: none"> • Smoothie: 75-100g Total Greek 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 • 250 ml water 	<ul style="list-style-type: none"> • Smoothie: 75-100g Total greek yogurt, 1 scoop protein, 1 cup berries, handful spinach, 1 tsp almond butter
Snack	<ul style="list-style-type: none"> • ½ apple with 1 tsp almond and coconut butter spread • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek yogurt sprinkle with pecans • 250 ml water 	<ul style="list-style-type: none"> • 1 cup berries • 1 egg • 6 cinnamon roasted almonds • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek yogurt sprinkle with walnuts • 250 ml water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 250 ml water
Lunch	<ul style="list-style-type: none"> • ½-2/3 cup Tuna and avocado on 1-2 slices flat bread*** • Side salad with o/v • 250 ml water 	<ul style="list-style-type: none"> • 125-175g pulled chicken*** • 2/3 cup brown rice • 1 cup broccoli • 250 ml water 	<ul style="list-style-type: none"> • Mexican fiesta bowl*** (125-175g chicken, pico, sautéed peppers/onions, 2 T avocado, ½-2/3 cup brown rice) • 250 ml water 	<ul style="list-style-type: none"> • 125-175g grilled chicken • ½-2/3 cup brown rice • ¼ avocado • 1 cup sautéed veggies • 250 ml water 	<ul style="list-style-type: none"> • 125-175g balsamic pork tenderloin*** • 2/3-1 cup butternut squash*** • 1 cup veggies • 250 ml water
Snack	<ul style="list-style-type: none"> • turkey and hummus lettuce wrap (2) • 250 ml 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 • 250 ml water 	<ul style="list-style-type: none"> • 1 brown rice cake • 1 tsp almond and coconut butter spread • 250 ml water 	<ul style="list-style-type: none"> • 3 T hummus • bell peppers, cucumbers and celery for dipping • 250 ml water
Post Workout:	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 		<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375ml almond milk
Dinner	<ul style="list-style-type: none"> • 125-150g teriyaki glazed salmon*** • ½ sweet potato • 1 cup asparagus • 250 ml water 	<ul style="list-style-type: none"> • 125-150g balsamic pork tenderloin*** • ½-2/3 cup cinnamon roasted butternut squash*** • 1 cup green beans • 250 ml water 	<ul style="list-style-type: none"> • 125-150g grilled chicken • ½ sweet potato • salad with o/v • 250 ml water 	<ul style="list-style-type: none"> • 125-150g spicy quinoa chicken*** • 1 cup mashed cauliflower*** • 1 cup green beans • 250 ml water 	<ul style="list-style-type: none"> • 125-150g teriyaki glazed salmon*** • 1/3-1/2 cup quinoa • 1 cup steamed veggies • 250 ml water

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UK Challenge Meal Plans

Week 3	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 2-3 egg and quinoa scramble with veggies 2-3 T avocado 1/2 -1 apple 250 ml 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*** 250 ml water
Snack	<ul style="list-style-type: none"> 150g Total Greek Yogurt 250 ml water 	<ul style="list-style-type: none"> 1/2 apple 1 T almond butter Hard boiled egg 250 ml water
Lunch	<ul style="list-style-type: none"> 1250-175g grilled chicken with fresh pico and ¼ avocado ½-2/3 cup quinoa ½ cup steamed broccoli 250 ml water 	<ul style="list-style-type: none"> 125-175g grilled chicken ½-2/3 cup brown rice salad with o/v 250 ml water
Snack	<ul style="list-style-type: none"> 3 T hummus Carrots & celery 250 ml water 	<ul style="list-style-type: none"> 75 g ground turkey ½ cup sautéed veggies 2 T avocado 250 ml water
Dinner	<ul style="list-style-type: none"> 125-150g grilled white fish 1/3-½ cup quinoa salad with o/v 250 ml water 	<ul style="list-style-type: none"> 125-150g beef filet with mushrooms ½ cup sweet potato 1 cup sautéed asparagus 250 ml water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruit:** Strawberries, Blueberries, Peaches, Apple, banana
- **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, Organic Chicken Breasts, Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Pork Tenderloin, Beef filet, Tuna, White fish
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Rice Cakes
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, walnuts, almond slivers
- Almond butter
- Total 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



UK 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** 250 ml water 	<ul style="list-style-type: none"> Smoothie: 75-100g total Greek yogurt, 1 scoop whey protein, 1 cup berries, handful spinach, 1-2 tsp almond butter 250 ml water 	<ul style="list-style-type: none"> 2/3-1 cup crockpot apple cinnamon steel cut oats 1-2 egg muffins*** 250 ml water 	<ul style="list-style-type: none"> 2-4 slices ham 2/3 cup oatmeal cooked with 2 egg whites topped with 1 tsp almond slivers ½ cup blueberries 250 ml water 	<ul style="list-style-type: none"> Smoothie: 75-100g total greek yogurt, 1 scoop whey protein, ½ frozen banana, 1-2 tsp almond butter, handful spinach and ½ cup berries 250 ml water
Snack	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter 250 ml water 	<ul style="list-style-type: none"> 150g Total Greek yogurt sprinkle with pecans 250 ml water 	<ul style="list-style-type: none"> 1 small apple 1 tsp almond and coconut butter 2 slices low sodium turkey breast 250 ml water 	<ul style="list-style-type: none"> ¼ cup cottage cheese ½ apple slices with 1 tsp almond butter 250 ml water 	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter 250 ml water
Lunch	<ul style="list-style-type: none"> Mexican fiesta bowl*** (125-175g chicken, pico, sautéed peppers/onions, 2 T avocado, ½ cup brown rice) 250 ml water 	<ul style="list-style-type: none"> 125-175g pulled chicken*** ½-2/3 cup brown rice 1 cup mixed veggies 250 ml water 	<ul style="list-style-type: none"> ½-2/3 cup Egg and avocado salad*** on 1-2 slices flat bread Side salad oil/vinegar 250 ml water 	<ul style="list-style-type: none"> 125-175g ground turkey ½-2/3 cup brown rice 1 cup sautéed veggies 4 T avocado 250 ml water 	<ul style="list-style-type: none"> ½-2/3 cup Tuna and avocado salad ***on 2 slices Ezekiel bread Side salad with oil/vinegar 250 ml water
Snack	<ul style="list-style-type: none"> Low Sugar Kind Bar (Dark Chocolate, Almond, SeaSalt) 250 ml 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 250 ml 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 wraps (2) 250 ml water
Post Workout	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 		<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein with 250-375 ml almond milk
Dinner	<ul style="list-style-type: none"> 125-150g Grilled White Fish ½ cup sweet potato 1 cup broccoli 250 ml water 	<ul style="list-style-type: none"> 125-150g general tso chicken*** 1 cup veggie stir fry 1/3- ½ cup brown rice 250 ml water 	<ul style="list-style-type: none"> 9-15 Grilled Tiger Prawns 1/3- ½ cup quinoa 1 cup roasted cauliflower 250 ml water 	<ul style="list-style-type: none"> 125-150g BBQ pulled chicken*** 1 cup seasoned Brussels sprouts 1 cup roasted cauliflower 250 ml water 	<ul style="list-style-type: none"> 1-2 Meatloaf muffins** 1- 1 ½ cups mashed cauliflower ** 1 cup broccoli 250 ml water

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UK Challenge Meal Plans

Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 2/3-1 cup pumpkin steel cut oats with pecans sprinkled*** 1-2 hard boiled eggs 250 ml 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 1-2 egg muffins*** 250 ml water
Snack	<ul style="list-style-type: none"> ¾ cup blueberries 2 slices low sodium turkey slices (1 ounce) 250 ml water 	<ul style="list-style-type: none"> 150g Total Greek yogurt sprinkle with pecans 250 ml water
Lunch	<ul style="list-style-type: none"> 125-175g grilled chicken with fresh pico and 4 T avocado ½-¾ cup quinoa ½ cup steamed broccoli 250 ml water 	<ul style="list-style-type: none"> 125-175g pulled chicken*** ½ -¾ cup brown rice 2-4 T avocado 1 cup mixed veggies 250 ml water
Snack	<ul style="list-style-type: none"> 3 T hummus Carrots & celery 250 ml water 	<ul style="list-style-type: none"> 75g ground turkey ½ cup sautéed veggies 2 T avocado 250 ml water
Dinner	<ul style="list-style-type: none"> 1.5-2 cups spaghetti squash*** ½ cup pasta sauce (load up on the veggies) 125-150g ground turkey 250 ml water 	<ul style="list-style-type: none"> 125-150g teriyaki glazed salmon*** 1/3-1/2 cup cup quinoa 1 cup sautéed asparagus 250 ml 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, sliced ham, white fish
- 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
- Total 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