

UK Meal Plan



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"> • 1 cup oatmeal with 2 egg whites • 2 egg muffins*** • ¼ cup blueberries • 2 T almond slivers • 250 ml water 	<ul style="list-style-type: none"> • 1 cup amish oatmeal*** • 1/3 cup almond milk • 2 T almond slivers • ¼ cup berries • 250 ml water 	<ul style="list-style-type: none"> • 3 protein pancakes*** • 2 T almond butter • ½ apple • 250 ml water 	<ul style="list-style-type: none"> • 2 egg muffins*** • 1 cup oatmeal cooked • ½ banana with 1 tsp almond butter • 250 ml water 	<ul style="list-style-type: none"> • 1 cup pumpkin steel cut oats** topped with pecans • 2 egg muffins** • 250 ml water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 250 ml water 	<ul style="list-style-type: none"> • 150g Greek Yogurt • 6 walnuts • 250 ml water 	<ul style="list-style-type: none"> • ½ apple • 1 egg • 1 T avocado • 250 ml water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese • sprinkle with almonds • 250 ml water 	<ul style="list-style-type: none"> • 2 slices ham • 1 peach • 6 almonds • 250 ml water
<u>Lunch</u>	<ul style="list-style-type: none"> • 150g grilled chicken with 2 T avocado • 3/4 cup quinoa*** • 1 cup steamed broccoli • 250 ml water 	<ul style="list-style-type: none"> • 150g pulled chicken*** • 3/4 cup brown rice • 1 cup mixed veggies • 250 ml water 	<ul style="list-style-type: none"> • 150g chicken • 1¼ cups cinnamon butternut squash*** • 1½ cup carrots • 250 ml water 	<ul style="list-style-type: none"> • 150g ground turkey • 3/4 cup brown rice • 1 cup sautéed veggies • 2 T avocado • 250ml water 	<ul style="list-style-type: none"> • 12-15 Tiger prawns • 3/4 cup quinoa • 1 cup mixed veggies • 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 rice cakes • 1 T almond butter • 250ml water 	<ul style="list-style-type: none"> • ½ apple • 10 almonds • 1 hard boiled egg • 250ml water 	<ul style="list-style-type: none"> • 3 T Hummus • Carrots and celery • 250ml water 	<ul style="list-style-type: none"> • 75g chicken • 1 T guacamole • 1/3 cup rice • 250ml water 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 rice cake • 1 tsp almond butter • 250ml water
<u>Post Workout:</u>	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk		✓ Recovery Protein with 250 ml almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 150g White Fish • 1 small sweet potato (1/2 cup) • 1½ cups green beans • 250 ml water 	<ul style="list-style-type: none"> • 2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 150g ground turkey • 250 ml water 	<ul style="list-style-type: none"> • 150g cedar plank salmon*** • 2/3 cup quinoa • 1 cup steamed asparagus • 250 ml water 	<ul style="list-style-type: none"> • 175g pulled chicken*** • 2/3 cup quinoa • 1½ cups broccoli • 250 ml water 	<ul style="list-style-type: none"> • 150g Pecan Encrusted Chicken Recipe*** • 1½ cup mashed cauliflower*** • 1½ cups steamed veggies • 250 ml water

UK Meal Plan



Week 1	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 egg and 2 egg white and quinoa scramble • 1/3 cup quinoa • 2 T avocado • 1 apple • 250 ml water 	<ul style="list-style-type: none"> • 1 cup oatmeal with 2 egg whites- top with ½ banana and 2 T walnuts • 2 egg muffin *** • 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"> • 1 cup berries • 6 almonds • 1 egg • 250 ml water
Lunch	<ul style="list-style-type: none"> • 150g grilled chicken with fresh pico and 2 T avocado • ¾ cup quinoa • 1 cup steamed broccoli • 250 ml water 	<ul style="list-style-type: none"> • 1 cup avocado and tuna salad*** • Lettuce wraps • 1 cup mixed veggies • 1 apple • 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"> • 2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 175g ground turkey • 250 ml water 	<ul style="list-style-type: none"> • 175g cedar plank salmon*** • 2/3 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/Celery, Lettuce
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat, Wild Caught Salmon, White Fish, Organic Chicken Breast, Ham slices, Cottage Cheese, Tiger Prawns
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, almonds, walnuts
- Almond butter
- Rice Cake
- Low Sugar Kind Bar (Dark Chocolate Almond Sea Salt)
- Greek Yogurt

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, Tuna and Avocado Salad, Amish Oatmeal, Cinnamon Roasted Butternut Squash

UK Meal Plan



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 2 egg and 2 egg white quinoa scramble*** • 2 T avocado • ½ apple • 250 ml water 	<ul style="list-style-type: none"> • 3 egg muffins*** • 1 cup oatmeal cooked with 1 T almond butter and ½ banana • 250 ml water 	<ul style="list-style-type: none"> • 2 egg muffins*** • 150g Total Greek Yogurt mixed with 2 tsp granola and 2 tsp nuts • 250 ml water 	<ul style="list-style-type: none"> • 3 slices ham • 1 cup oatmeal cooked with 2 egg whites • Top with 1 T walnuts and ½ cup blueberries • 250 ml water 	<ul style="list-style-type: none"> • 1 cup apple cinnamon steel cut oats*** • Top with 2 T pecans • 2 hard boiled eggs • 250 ml water
Snack	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond and coconut butter spread • 250 ml water 	<ul style="list-style-type: none"> • 150g total greek yogurt with 6 walnuts • 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 • 1 tsp almond butter • 1 hard boiled egg • 250 ml water 	<ul style="list-style-type: none"> • 150g total greek yogurt • 6 pecan crumbles • 250 ml water
Lunch	<ul style="list-style-type: none"> • 150g pulled pork tenderloin*** • ¾ cup quinoa • 1 cup steamed carrots • 250 ml water 	<ul style="list-style-type: none"> • 150g grilled chicken • ½ cup brown rice • ¼ cup black beans • 1 cup sautéed veggies • 2 T avocado • 250 ml water 	<ul style="list-style-type: none"> • 2 Meatloaf Muffins** • 1¼ cup cinnamon butternut squash*** • 1½ cup green beans • 250 ml water 	<ul style="list-style-type: none"> • 150g Grilled Turkey burger (no bun), on lettuce • 1 small sweet potato • 1 cup broccoli • 2 T avocado • 250 ml water 	<ul style="list-style-type: none"> • 2/3 cup Tuna and Avocado Salad*** on lettuce wraps • 2/3 cup brown rice • ½ cup mixed veggies • 250 ml water
Snack	<ul style="list-style-type: none"> • Low Sugar Kind Bar • 250 ml water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 T almond butter • 250 ml water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 250 ml water 	<ul style="list-style-type: none"> • 2 slices chicken breast • 1 T guacamole • ¼ cup oven roasted chickpeas*** • 250 ml water 	<ul style="list-style-type: none"> • 2 cups popcorn (unsalted, no butter) • 2 slices turkey breast • 6 walnuts
Post Workout:	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250ml almond milk		✓ Recovery Protein with 250 ml almond milk
Dinner	<ul style="list-style-type: none"> • 5 Coconut Mahi Nuggets*** • ½ sweet potato (1/2 cup) • 1½ cup green beans with almond slivers • 250 ml water 	<ul style="list-style-type: none"> • 1 Turkey Stuffed Pepper *** • 1½ cups sautéed veggies • 250 ml water 	<ul style="list-style-type: none"> • 150g grilled chicken with 2 T avocado • 2/3 cup quinoa • 1 cup steamed asparagus • 250 ml water 	<ul style="list-style-type: none"> • 150g grilled sirloin • 2/3 cup quinoa • 1 cup broccoli • 250 ml water 	<ul style="list-style-type: none"> • 150g Spicy Quinoa Chicken*** • 1½ cup mashed cauliflower*** • 1½ cups steamed green beans with almond slivers • 250 ml water

UK Meal Plan



Week 2	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 1 cup amish oats*** with 2 T almond slivers and 2 T berry slices 250 ml water 	<ul style="list-style-type: none"> 2 Egg and ham sandwich on 2 slices of flat bread with 2 T avocado slices ½ apple with 1 tsp almond butter 250 ml water
Snack	<ul style="list-style-type: none"> 150g Total Greek Yogurt with 6 walnuts (pieces) 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"> 150g grilled chicken with fresh pico and ¼ avocado ¾ cup quinoa 1 cup steamed broccoli 250 ml water 	<ul style="list-style-type: none"> 2/3 cup egg white and avocado salad*** Lettuce wraps 1 cup mixed veggies 1 apple 250 ml water
Snack	<ul style="list-style-type: none"> 3 T hummus Carrots & celery 250 ml water 	<ul style="list-style-type: none"> Low sugar: Kind Bar (Dark Chocolate, Almond, Sea Salt) 250 ml water
Dinner	<ul style="list-style-type: none"> 2 meatloaf muffins*** ½ sweet potato 1½ cup green beans with almond slivers 250 ml water 	<ul style="list-style-type: none"> 150g grilled salmon 1½ cup roasted butternut squash*** 1 cup sautéed spinach and kale 250 ml water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, banana
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Sweet Potato, butternut Squash
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins and spaghetti squash), Wild Caught Salmon, White fish, Low sodium turkey deli meat, Organic chicken, Sirloin, Ham
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Flat Bread
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Unsweetened coconut
- Total Greek Yogurt
- Low Sugar Kind Bars

Recipes from website: Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Meatloaf Muffins, Egg white and avocado salad, Tuna and avocado salad, pulled pork tenderloin (BBQ chicken recipe and use pork tenderloin), Coconut Mahi Nuggets, Turkey Stuffed Peppers

UK Meal Plan



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 125g total greek yogurt, ½ cup berries, ½ banana and 2 T almond butter 	<ul style="list-style-type: none"> • 2 egg muffins** • 1 cup overnight oats** • 250 ml water 	<ul style="list-style-type: none"> • 2 eggs and 4 egg whites veggies scrambled and ¼ cup quinoa • 1 apple with 1 T almond butter • 250 ml water 	<ul style="list-style-type: none"> • 2 Egg and 2 slices Canadian bacon on 2 slices Ezekiel bread with 2 T avocado • 1 cup blueberries • 250 ml water 	<ul style="list-style-type: none"> • 1 cup amish** oats with 2 T chopped nuts and 2 T raspberries • 250 ml water
Snack	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond and coconut butter spread • 250 ml water 	<ul style="list-style-type: none"> • 150g Total Greek Yogurt • 6 walnuts • 250 ml water 	<ul style="list-style-type: none"> • 1 cup berries • 8 almonds • Egg muffin • 250 ml water 	<ul style="list-style-type: none"> • ½ apple • 1 T almond butter • 1 hard boiled egg • 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"> • 150g buffalo chicken*** • ¾ cup quinoa • 1 cup broccoli • 250 ml water 	<ul style="list-style-type: none"> • 1¼ cup citrus and quinoa salad*** • 1½ cup green beans with almond slivers • 250 ml water 	<ul style="list-style-type: none"> • 150g grilled chicken • 3 T avocado • ¾ cup black beans • 1 cup sautéed veggies • 250 ml water 	<ul style="list-style-type: none"> • 150g cup ground turkey • ½ cup brown rice • 1/3 cup black beans • 1 cup sautéed veggies • 3 T avocado • 250 ml water 	<ul style="list-style-type: none"> • 150 g grilled chicken with 2 T avocado • ½ sweet potato • 1½ cup broccoli • 250 ml water
Snack	<ul style="list-style-type: none"> • Slice flat bread with 1 T almond butter • 250 ml water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 T almond butter • 250 ml water 	<ul style="list-style-type: none"> • Low sugar: Kind Bar (Dark Chocolate, Almond, Sea Salt) 	<ul style="list-style-type: none"> • 3 T hummus with cucumber slices • 250 ml water 	<ul style="list-style-type: none"> • 150 g Total Greek Yogurt with 6 pecan crumbles • 250 ml water
Post Workout:	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk		✓ Recovery Protein with 250 ml almond milk
Dinner	<ul style="list-style-type: none"> • 2 cups spaghetti squash • 5 Turkey-quinoa Meatballs*** • ¼ cup pasta sauce • 250 ml water 	<ul style="list-style-type: none"> • 1 1/3 cup General Tso's Chicken*** • ½ cup sweet potato • 1 cup kale chips** • 250 ml water 	<ul style="list-style-type: none"> • 15-18 Tiger Prawns • ½ sweet potato • 1½ cup broccoli • 250 ml water 	<ul style="list-style-type: none"> • 150g balsamic pork tenderloin*** • 1 ¼ cups roasted butternut squash** • 1 cup green beans • 250 ml water 	<ul style="list-style-type: none"> • 150g Grilled sirloin • 1 cup mashed cauliflower*** • 1½ cup grilled asparagus • 250 ml water

UK Meal Plan



Week 3	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 eggs and 2 egg white with quinoa scrambled with veggies • 2 T avocado • ½ cup blueberries • 250 ml water 	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 125g Total greek yogurt, ½ cup berries, 1 T almond butter
Snack	<ul style="list-style-type: none"> • 150g Total Greek Yogurt • 1 tsp almond slivers • 250 ml water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 hard boiled egg • 250 ml water
Lunch	<ul style="list-style-type: none"> • 150g balsamic pork tenderloin*** • ½ cup sweet potato • 1 cup roasted cauliflower • 250 ml water 	<ul style="list-style-type: none"> • 150g grilled chicken • ¾ cup quinoa • 1 cup sautéed veggies • 250 ml water
Snack	<ul style="list-style-type: none"> • 1/3 cup dry roasted edemame • 250 ml water 	<ul style="list-style-type: none"> • Low sugar: Kind Bar (Dark Chocolate, Almond, Sea Salt) • 250 ml water
Dinner	<ul style="list-style-type: none"> • 150g grilled salmon • 1¼ cup butternut squash*** • 1 cup Kale Chips** • 250 ml water 	<ul style="list-style-type: none"> • 150g grilled white fish • ½ sweet potato • 1½ cups broccoli • 250 ml water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Sweet Potato, butternut Squash, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins and spaghetti squash), Wild Caught Salmon, White Fish, Low sodium turkey deli meat, Organic chicken, sirloin, Tiger Prawns
- Oatmeal/Steel cut oats
- Hummus
- Dry roasted edamame
- Quinoa
- Brown Rice
- Rice Cake
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Hot sauce
- Total Greek Yogurt
- Low Sugar Kind Bars

Recipes from website: Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Kale Chips, Buffalo chicken, citrus and chicken quinoa salad, General Tso's chicken, roasted butternut squash, balsamic pork tenderloin, mashed cauliflower, turkey and quinoa meatballs

UK Meal Plan



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 1 cup amish oatmeal*** topped with 2 T almond slivers and 2 T berries ½ cup almond milk 250 ml water 	<ul style="list-style-type: none"> 1 cup oatmeal cooked with 2 egg whites topped with 2 T pecans and 2 T raspberries 1 egg muffin*** 250 ml water 	<ul style="list-style-type: none"> 2 slices Ezekiel bread 2 eggs and 2 slice Canadian bacon ½ apple with 1 tsp almond butter 250 ml water 	<ul style="list-style-type: none"> 2 eggs and with 2 egg whites quinoa scramble with 2 T avocado ½ cup berries 250 ml water 	<ul style="list-style-type: none"> Smoothie: 1 Scoop Whey Protein, 100g Total greek yogurt, ½ cup berries, ½ banana, 2 T almond butter & 200 ml almond milk (add handful of spinach or kale)
Snack	<ul style="list-style-type: none"> Peach Hard boiled egg 6 walnuts 250 ml water 	<ul style="list-style-type: none"> ½ apple 1 T almond butter 1 egg muffin 250 ml water 	<ul style="list-style-type: none"> 150g Total Greek Yogurt with 1 T almond slivers 250 ml water 	<ul style="list-style-type: none"> 2 slices ham 1 kiwi 8 walnuts 250 ml water 	<ul style="list-style-type: none"> 1 cup strawberries ¼ cup cottage cheese with 6 pecans 250 ml water
Lunch	<ul style="list-style-type: none"> 12-15 Grilled Tiger Prawns ½ sweet potato 1 cup steamed veggies 250 ml water 	<ul style="list-style-type: none"> 150g grilled chicken 2/3 cup quinoa 1 cup green beans with almond slivers 250 ml water 	<ul style="list-style-type: none"> 2/3 cup pulled chicken*** ½ cup brown rice 1/3 cup black beans 1 cup sautéed veggies 250 ml water 	<ul style="list-style-type: none"> 2/3 cup BBQ pulled chicken*** ½ sweet potato 1 ½ cup green beans with almond slivers 250 ml water 	<ul style="list-style-type: none"> 150g grilled chicken ½ sweet potato 1 ½ cups roasted cauliflower 250 ml water
Snack	<ul style="list-style-type: none"> Low Sugar Kind Bar (Dark Chocolate, Almond, Sea Salt) 250 ml water 	<ul style="list-style-type: none"> 150g Total Greek Yogurt with 6 walnuts (crumbled) 	<ul style="list-style-type: none"> 1/2 meatloaf muffin ½ apple 250 ml water 	<ul style="list-style-type: none"> 2 turkey and hummus roll ups 250 ml water 	<ul style="list-style-type: none"> 1 Rice cake 1 tsp almond and coconut butter spread 1 hard boiled egg
Post Workout:	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk
Dinner	<ul style="list-style-type: none"> 2 Meatloaf Muffin*** 1/2 cup mashed sweet potato** with 1 tsp pecan pieces 1 ½ cup steamed broccoli 250 ml water 	<ul style="list-style-type: none"> 150g roasted turkey 1 cup roasted butternut squash*** 1 ½ cup green beans with almond slivers 250 ml water 	<ul style="list-style-type: none"> 150g grilled salmon 1 ¼ cups butternut squash 1 cup broccoli 250 ml water 	<ul style="list-style-type: none"> 150g pork chops 2/3 cup brown rice 1 cup roasted cauliflower 250 ml water 	<ul style="list-style-type: none"> 150g Grilled white fish ½ sweet potato 1 ½ cup grilled asparagus*** 250 ml water

UK Meal Plan



Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 1 cup oatmeal cooked with 2 T walnuts 2 eggs scrambled 4 slices ham 250 ml water 	<ul style="list-style-type: none"> 1 slice flat bread with 1 tsp almond butter and ½ banana 150g Total Greek Yogurt with 2 tsp almond slivers with 1 tsp protein powder 250 ml water
Snack	<ul style="list-style-type: none"> 150g Total Greek with 1 tsp almond slivers 250 ml water 	<ul style="list-style-type: none"> 1/2 cup blueberries 6 cashews 1 hard boiled egg 250 ml water
Lunch	<ul style="list-style-type: none"> 2 meatloaf muffins*** 2/3 cup mashed sweet potato*** 1 ½ cup roasted cauliflower 250 ml water 	<ul style="list-style-type: none"> 150g pulled chicken*** 1 cup sautéed veggies 2/3 cup black beans 2 T avocado 250 ml water
Snack	<ul style="list-style-type: none"> 3 T hummus with carrot sticks 250 ml water 	<ul style="list-style-type: none"> Rice cake with 1 tsp almond butter 250 ml water
Dinner	<ul style="list-style-type: none"> 150g grilled chicken 1 cup butternut squash*** 1 cup Kale Chips** 250 ml water 	<ul style="list-style-type: none"> 150g grilled beef filet with mushrooms ½ sweet potato 1 ½ cups steamed broccoli 250 ml water

Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, raspberries, banana
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Sweet Potato, butternut Squash, cauliflower, mushrooms, kale
- **Meats:** Lean Ground Turkey (for meatloaf muffins), Wild Caught Salmon, Low sodium turkey deli meat, Organic chicken, beef filet, Canadian bacon, pork chops, white fish, tiger prawns, sliced ham
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Rice Cake
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers, cashews
- Almond butter
- Avocado
- Total Greek yogurt
- Flat Bread
- Low Sugar Kind Bars

Recipes from website: Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Kale Chips, Meatloaf Muffins, Mashed Sweet Potato, Pulled Chicken, BBQ Pulled Chicken, Roasted Butternut Squash