

UK Challenge Meal Plans



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2-3 4 ingredient protein pancakes*** • 1-2 tsp almond butter • 250 ml water 	<ul style="list-style-type: none"> • Green Machine Smoothie*** • 250 ml water 	<ul style="list-style-type: none"> • 2-3 eggs + 2 egg whites scrambled with veggies • 2/3 – 1 cup oatmeal with 1 tsp nut butter • 250 ml water 	<ul style="list-style-type: none"> • 2-3 egg muffins*** • 2/3-1 cup oatmeal top with 1 tsp nut butter + 2 T blueberries • 250 ml water 	<ul style="list-style-type: none"> • 2/3-1 cup oatmeal with ½ scoop protein powder • Top with 1-2 tsp nut butter and ¼ cup berries • 250 ml water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** (left over from breakfast recipe) • 1 tsp almond butter • 250 ml water 	<ul style="list-style-type: none"> • 1 cup strawberries • 1 hard boiled egg • 250 ml water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 egg white • 250 ml water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp nut butter • 250 ml water 	<ul style="list-style-type: none"> • 1 slice Ezekiel bread with ½ tsp nut butter • 1 hard oiled egg • 250 ml water
<u>Lunch</u>	<ul style="list-style-type: none"> • 125-175g grilled chicken • 2-3 T avocado • 2/3-1 cup brown rice • 1-2 cups steamed broccoli • 250 ml water 	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins*** • 2/3- 1 cup roasted sweet potato • 1-2 cups cauliflower • 250 ml water 	<ul style="list-style-type: none"> • 125-175g chicken • 2/3-1 cup cinnamon butternut squash*** • ½ cup carrots • 250 ml water 	<ul style="list-style-type: none"> • 1-2 Meatloaf Muffins*** • 1-2 cups mashed cauliflower • 1-2 cups roasted carrots • 250 ml water 	<ul style="list-style-type: none"> • 124-175g grilled chicken • 2/3-1 cup quinoa • ½ cup mixed veggies • 250 ml water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 rice cake with ½ tsp nut butter • 2 turkey slices with 1 tsp hummus rolled up • 250 ml water 	<ul style="list-style-type: none"> • 150g Low sugar greek yogurt (Triple Zero) • 1 tsp nuts • 250 ml water 	<ul style="list-style-type: none"> • The Perfect Bar MINI • 250 ml water 	<ul style="list-style-type: none"> • ½ Meatloaf Muffin** • 1/3 cup sweet potato • 250 ml water 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 rice cake • 1 tsp almond butter
<u>Post Workout:</u>	<ul style="list-style-type: none"> • Recovery Protein with 250-375 ml almond milk 	<ul style="list-style-type: none"> √ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> • Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> • Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> • Recovery Protein + 250-375 ml almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 140-200g teriyaki salmon*** • ½-2/3 cup sweet potato • 1-2 cups roasted broccoli • 250 ml water 	<ul style="list-style-type: none"> • 125-175g BBQ pulled chicken*** • ½-2/3 cup butternut squash • 1-2 cups kale chips*** • 250 ml water 	<ul style="list-style-type: none"> • 125-175g panko crusted chicken*** • 1-2 cups mashed cauliflower** • 1 cup steamed asparagus • 250 ml water 	<ul style="list-style-type: none"> • 1 ½ cups white quinoa chicken chili*** • 1-2 cups roasted veggies • 250 ml water 	<ul style="list-style-type: none"> • 125-175g grilled chicken (cook with ½ tsp coconut oil) • 1 cup mashed cauliflower • ½-1 cup roasted butternut squash (cook with coconut oil) • 250 ml water

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Week 1	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 4 ingredient protein pancake → waffle (2/3 batter) • 1-2 tsp nut butter • 250ml water 	<ul style="list-style-type: none"> • 2/3- 1 cup steel cut oats with ½ scoop protein powder • Top with 1 tsp nuts • 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> • 150g low sugar greek yogurt (Triple Zero) top with 1 tsp nuts • 250ml water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 egg • 250ml water
<u>Lunch</u>	<ul style="list-style-type: none"> • 150-200g ground turkey • 1/3-1/2 cup brown rice + 1/3-1/2 cup black beans • 1-2 T avocado • 1 cup sautéed veggies • 250ml water 	<ul style="list-style-type: none"> • 125-175g BBQ pulled chicken*** • 2/3-1 cup quinoa • 1-2 cups kale chips*** • 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> • The Perfect Bar MINI • 250ml water 	<ul style="list-style-type: none"> • 60g ground turkey • 1 cup sautéed veggies • 2 T avocado • 250ml water
<u>Dinner</u>	<ul style="list-style-type: none"> • 125-175g sirloin • ½ -1 cup roasted sweet potato • 1-2 cups roasted veggies • 250ml water 	<ul style="list-style-type: none"> • 9-15 grilled shrimp over sautéed spinach (salad with 1 • ½-1 cup quinoa • 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, kale, spinach
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, 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)
- The Perfect Bar MINI

Recipes from website: Protein Pancakes (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Teriyaki Glazed Salmon** (teriyaki marinade), **Butternut Squash** (cinnamon), **BBQ Pulled Chicken** (Stubb's BBQ, chili powder, brown sugar, onion powder, **Quinoa White Chicken Chili** (can white beans, garlic, jalapeno peppers, olive oil, cilantro, lime juice, cumin, oregano, chicken broth, cilantro, salsa verde)

UK 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 amish oatmeal** topped with 1-2 tsp almond slivers + 3 T blueberries • 1-2 egg muffins • 250ml water 	<ul style="list-style-type: none"> • 2-3 protein pancakes*** • 1-2 T almond butter • 1 cup berries • 250ml water 	<ul style="list-style-type: none"> • 2/3-1 cup pumpkin steel cut oats** top with 1 tsp pecans • 2-3 egg muffins • 250ml 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 • 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> • ½ apple • 2 slices low sodium turkey • ½ tsp nut butter • 250ml water 	<ul style="list-style-type: none"> • ½ RX Bar • 250ml water 	<ul style="list-style-type: none"> • 1 cup strawberries • 1 hard boiled egg • 250ml water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 250ml water 	<ul style="list-style-type: none"> • 150g Low sugar greek yogurt (Triple Zero) • 1 tsp nuts • 250ml water
<u>Lunch</u>	<ul style="list-style-type: none"> • 125-175g grilled chicken with • 2/3-1 cup roasted butternut squash • 1-2 cups roasted cauliflower • 250ml water 	<ul style="list-style-type: none"> • 2/3-1 cup chicken risotto with carrots & asparagus*** • 1 cup roasted veggies • 250ml water 	<ul style="list-style-type: none"> • 150-200g ground turkey burger with 1-3 T avocado • 2/3-1 cup roasted sweet potato • 1 cup kale chips** • 250ml water 	<ul style="list-style-type: none"> • 1- 1 ½ Turkey Stuffed Peppers*** • 1 cup green beans • 2 T avocado • 250ml water 	<ul style="list-style-type: none"> • 2/3-1 cup chicken risotto with carrots & asparagus*** • 1 cup steamed veggies • 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery for dipping • 250ml water 	<ul style="list-style-type: none"> • ½ RX Bar • 250ml water 	<ul style="list-style-type: none"> • 3 T Hummus • Carrots and celery for dipping • 250ml water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 250ml water 	<ul style="list-style-type: none"> • The Perfect Bar MINI • 250ml water
<u>Post Workout</u>	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> • 140-200g Cedar plank salmon*** • 1/3-2/3 cup quinoa • 1 cup green beans with almond slivers • 250ml water 	<ul style="list-style-type: none"> • 1-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 4-6 ounces ground turkey (99/93) • 250ml water 	<ul style="list-style-type: none"> • 2/3-1 cup chicken risotto with carrots & asparagus • 1-2 cups roasted broccoli • 250ml water 	<ul style="list-style-type: none"> • 4-5 ounces gilled sirloin • 2/3-1 cup cinnamon butternut squash*** • 1 cup Kale Chips*** • 250ml water 	<ul style="list-style-type: none"> • Fish tacos wrapped in lettuce (140-200g white fish) • Top with 2-3 T avocado • 1/3-1/2 cup beans • 1 cup sautéed veggies • 250ml 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 • 250ml water 	<ul style="list-style-type: none"> • Open faced breakfast sandwich • 2 eggs scrambled with 1-2 slices canadian bacon • Apple with 1 tsp almond butter • 250ml water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 3 slices low sodium turkey slices (1 ounce) • 6 almonds • 250ml water 	<ul style="list-style-type: none"> • 150g Low sugar greek yogurt sprinkle with 1 tsp nuts • 250ml water
Lunch	<ul style="list-style-type: none"> • 150-200g ground turkey/lean ground beef • ½-2/3 cup brown rice • 1-2 cups steamed broccoli • 250ml water 	<ul style="list-style-type: none"> • 1- 1½ Turkey Stuffed Peppers*** • 1 cup mixed veggies • 1-2 cups mashed cauliflower • 250ml water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 250ml water 	<ul style="list-style-type: none"> • 2 Turkey and hummus wrap ups • 250ml water
Dinner	<ul style="list-style-type: none"> • 125-175g grilled chicken • 1/3-2/3 cup quinoa with 1-2 tsp almond slivers • 1 cup sautéed asparagus • 250ml water 	<ul style="list-style-type: none"> • 1-2 cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 150-200g ground turkey • 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, 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: 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)), **Spaghetti Squash** (spaghetti squash, red sauce), **Turkey & Quinoa Stuffed Peppers** (garlic, chili powder, tomato paste, cumin), **Chicken & Quinoa Risotto with Carrots & Asparagus** (bone broth, garlic, frozen peas), **Cedar Plank Salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup)

UK Challenge Meal Plans



Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> Berry Delicious Smoothie: 1 scoop protein powder, 1 cup almond milk, 1 tsp coconut oil, 1 cup berries, 3 T greek yogurt 250ml 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** 250ml water 	<ul style="list-style-type: none"> 2-3 eggs + 2 whites scrambled with veggies 1 cup roasted potatoes 250ml water 	<ul style="list-style-type: none"> 2/3-1 cup oatmeal with -2/3 scoop protein powder with 1-2 tsp nut butter + 1 tsp nuts 250ml 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
<u>Snack</u>	<ul style="list-style-type: none"> ½ apple with 1 tsp almond and coconut butter spread 250ml water 	<ul style="list-style-type: none"> 150g low sugar Greek Yogurt with 1 tsp nuts 250ml water 	<ul style="list-style-type: none"> 1 protein pancake** 1 tsp nut butter 250ml water 	<ul style="list-style-type: none"> ½ cup blueberries 1 hard boiled egg 250ml water 	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter 250ml water
<u>Lunch</u>	<ul style="list-style-type: none"> 4-6 Turkey and Quinoa Meatballs*** 1- 1 ½ cups spaghetti squash ¼ cup pasta sauce 250ml water 	<ul style="list-style-type: none"> 125-175g grilled chicken 1-2 T avocado 2/3 cup brown rice 1 cup sautéed peppers & onions 250ml water 	<ul style="list-style-type: none"> 125-175g rotisserie chicken (no skin) ½ - 2/3 cup quinoa 1-2 cups roasted veggies (cook with coconut oil) 250ml water 	<ul style="list-style-type: none"> 150-200g ground turkey 1/3- ½ cup brown rice 1/3 cup black beans 2-4 T avocado 1 cup sautéed veggies 250ml water 	<ul style="list-style-type: none"> 125-175g pulled chicken with 2-4 T avocado 2/3-1 cup black beans 1-2 cups sautéed veggies 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> turkey and hummus lettuce wraps (2) 250ml water 	<ul style="list-style-type: none"> 1 peach 2-3 slices low sodium turkey breast 6 almonds 	<ul style="list-style-type: none"> 3 T tuna and avocado salad on cucumber slices 250ml water 	<ul style="list-style-type: none"> 1 brown rice cake 1 T almond and coconut butter spread 250ml water 	<ul style="list-style-type: none"> The Perfect Bar MINI 250ml water
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 		<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> 150-200g grilled salmon ½ -1 sweet potato with 1-2 tsp butter 1-2 cup asparagus 250ml water 	<ul style="list-style-type: none"> 4-6 Turkey and Quinoa Meatballs*** 1-2 cups mashed cauliflower*** 1 cup steamed asparagus 250ml water 	<ul style="list-style-type: none"> 150-200g turkey burger top with 1-3 T avocado ½-1 sweet potato salad with o/v 250ml water 	<ul style="list-style-type: none"> 125-175g panko crusted chicken 1- 1½ cups mashed cauliflower*** 1-2 cups green beans with almond slivers 250ml water 	<ul style="list-style-type: none"> 125-175g sirloin with mushrooms ½-2/3 cup sweet potato 1-2 cups steamed veggies 250ml 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 *** 250ml water
Snack	<ul style="list-style-type: none"> 160g low sugar greek yogurt (triple zero) 1 tsp almond slivers 250ml water 	<ul style="list-style-type: none"> 1/2 apple 1 T almond butter Hard boiled egg 250ml water
Lunch	<ul style="list-style-type: none"> 125-175g grilled chicken with fresh pico and 2-4 T avocado ½-2/3 cup quinoa ½ cup steamed broccoli 250ml water 	<ul style="list-style-type: none"> 125-175g grilled chicken ½-2/3 cup brown rice salad with o/v 250ml water
Snack	<ul style="list-style-type: none"> 3 T hummus Carrots & celery 250ml water 	<ul style="list-style-type: none"> 50g ground turkey ½ cup sautéed veggies 2-4 T avocado 8 ounces water
Dinner	<ul style="list-style-type: none"> 150-200g salmon 1/3-2/3 cup quinoa salad with o/v 250ml water 	<ul style="list-style-type: none"> 1-2 cups spaghetti squash 4-5 quinoa and turkey meatballs ½ cup red sauce (load up on veggies) 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, kale, spinach
- Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, 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)
- The Perfect Bar MINI

Recipes from website: **Protein Pancakes** (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Turkey-Quinoa Meatballs** (garlic, low sodium soy sauce, red chili flakes, dried oregano, Italian seasoning), **Garlic Mashed Cauliflower** (chicken broth, crushed garlic cloves- fresh ideally), **Avocado Tuna Salad** (celery, lemon juice, red onion, tuna), **Pumpkin Oatmeal** (pumpkin puree, brown sugar, all spice, cinnamon, cloves, ginger, nutmeg)

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Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> Smoothie: ½ frozen banana, ½ cup berries, 1 scoop protein, 1 tsp coconut oil & 250ml almond milk 250ml water 	<ul style="list-style-type: none"> 2/3-1 cup crockpot apple cinnamon steel cut oats*** top 1-2 tsp pecans 1-2 egg muffins** 250ml water 	<ul style="list-style-type: none"> 2-3 eggs + 2 egg whites scrambled with veggies Apple Slice Ezekiel bread 250ml water 	<ul style="list-style-type: none"> 2/3- 1 cup steel cut oats with ½ scoop protein powder Top with 1-2 tsp nut butter 250ml water 	<ul style="list-style-type: none"> Creamy Green Smoothie*** 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter 250ml water 	<ul style="list-style-type: none"> 150g low sugar greek yogurt (Triple Zero) top with 1 tsp nuts 250ml water 	<ul style="list-style-type: none"> 1 cup strawberries 6 almonds 2 slices low sodium turkey breast 250ml water 	<ul style="list-style-type: none"> ½ apple 1 Hard boiled egg 250ml water 	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp almond butter 250ml water
<u>Lunch</u>	<ul style="list-style-type: none"> 150-200g ground turkey (93/7) ½-2/3 cup brown rice 1-2 cups sautéed veggies 250ml water 	<ul style="list-style-type: none"> 125-175g balsamic pork tenderloin*** ½-2/3 cup black beans top with 2-4 T avocado 1-2 cups roasted veggies 250ml water 	<ul style="list-style-type: none"> 2/3-1 cup general tsos chicken*** 1-2 cups veggies 1/3-2/3 cup brown rice 250ml water 	<ul style="list-style-type: none"> ½-2/3 cup tuna and avocado salad*** on 1-2 slices ezeziel bread Side salad oil/vinegar 250ml water 	<ul style="list-style-type: none"> 2/3-1 cup general tsos chicken*** 1-2 cups veggies 1/3-2/3 cup quinoa 250ml water
<u>Snack</u>	<ul style="list-style-type: none"> ½ RX Bar 250ml 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 250ml water 	<ul style="list-style-type: none"> The Perfect Bar MINI 250ml water 	<ul style="list-style-type: none"> Turkey and hummus lettuce wrap (1) 250ml water
<u>Post Workout:</u>	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk 	<ul style="list-style-type: none"> ✓ Recovery Protein + 250-375 ml almond milk
<u>Dinner</u>	<ul style="list-style-type: none"> 150-200g white fish ½-1 sweet potato 1-2 cups roasted broccoli 250ml water 	<ul style="list-style-type: none"> 150-200g turkey burger wrapped in lettuce with 1-3 T avocado 1 cup veggie stir fry 1/3- 2/3 cup brown rice 250ml water 	<ul style="list-style-type: none"> 125-175g grilled chicken 2/3 – 1 cups roasted butternut squash (with coconut oil) 1 cup roasted cauliflower 250ml water 	<ul style="list-style-type: none"> 125-175g balsamic pork tenderloin*** 1- 1½ cups seasoned Brussels sprouts 1 cup roasted cauliflower 250ml water 	<ul style="list-style-type: none"> 1-2 Meatloaf muffins** 1- 1½ cups mashed cauliflower 1 cup broccoli 250ml water

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Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 2/3-1 cup oatmeal cooked with 2 egg whites topped with 1-2 tsp nut butter + berries 1-2 egg muffins 250ml water 	<ul style="list-style-type: none"> 2-3 eggs scrambled with 1 slice Canadian bacon 1 slice Ezekiel bread with 1-2 T avocado 250ml water
Snack	<ul style="list-style-type: none"> ¾ cup blueberries 2 slices low sodium turkey slices (1 ounce) 250ml water 	<ul style="list-style-type: none"> 6 ounces low sugar greek yogurt (triple zero) with 1 tsp nuts 250ml water
Lunch	<ul style="list-style-type: none"> 4125-175g grilled chicken with fresh pico and 4 T avocado 2/3-¾ cup quinoa ½ cup steamed broccoli 250ml water 	<ul style="list-style-type: none"> 1-2 Meatloaf Muffins*** 2/3 – 1 cup sweet potato 1-2 cups mixed veggies 250ml water
Snack	<ul style="list-style-type: none"> 2 ounces ground turkey (93/7%) ¼ cups brown rice 250ml water 	<ul style="list-style-type: none"> The Perfect Bar Mini 250ml water
Dinner	<ul style="list-style-type: none"> 1- 1½ Turkey & Quinoa Stuffed Peppers*** 1-2 cups kale chips*** 250ml water 	<ul style="list-style-type: none"> 1.5-2 cups spaghetti squash*** ½ cup pasta sauce (load up on the veggies) 4-5 quinoa and turkey meatballs*** 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, kale, spinach
- Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Shrimp, Canadian bacon, turkey burger, pork tenderloin
- 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)
- The Perfect Bar MINI

Recipes from website: **Protein Pancakes** (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Turkey & Quinoa Stuffed Peppers** (garlic, chili powder, tomato paste, cumin), **Spaghetti Squash** (spaghetti squash, red sauce), **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), **General Tsos Chicken** (garlic cloves, dark brown sugar, dried ginger, crushed red pepper, low sodium soy sauce, frozen broccoli florets), **Apple Cinnamon Steel Cut Oats** (cinnamon, vanilla

extract, egg whites)

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