



UK Power Hour Meal Plan

	<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 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
<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 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
<u>Lunch</u>	<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
<u>Snack</u>	<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
<u>Post Workout:</u>	✓ 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	✓ Recovery Protein with 250-375 ml almond milk
<u>Dinner</u>	<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

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



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	<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*** • 1-2 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
<u>Snack</u>	<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
<u>Lunch</u>	<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
<u>Snack</u>	<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
<u>Dinner</u>	<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