



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Smoothie: 1 scoop protein, 3 T (50g) greek yogurt, 1 cup (250ml) almond milk, ½ banana & 1 tsp (20g) nut butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2/3 cup (60g) oatmeal with ½ scoop protein powder, 1 T (10g) chopped nuts & 1/2 cup (75g) berries 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 eggs scrambled with 1 ounce ham & chopped veggies top with 1 T (12g) guacamole 1 cup (150g) berries 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 pumpkin protein pancakes ½ apple slice with 1 tsp (20g) nut butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> Creamy Green Smoothie*** 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 2 slices ham rolled up Peach 6 peanuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 hard-boiled egg ½ apple sliced 8 ounces water 	<ul style="list-style-type: none"> 6 ounces (180g) Low sugar/Triple Zero Greek Yogurt 6 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 hard-boiled egg ½ cup (75g) blueberries 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 protein pancake 1 tsp nut butter 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> 6 ounces (180g) ground turkey burger wrapped on wrapped in lettuce 1 T (12g) avocado salad with 1 (6ml) tsp oil/vinegar 1.25 cup (195g) roasted butternut squash 8 ounces water 	<ul style="list-style-type: none"> 1½ cups (150g) spaghetti squash*** drizzle with oil when cooking ½ cup (70g) pasta sauce (load up on the veggies) 6 ounces (180g) ground turkey 8 ounces (250ml) water 	<ul style="list-style-type: none"> 9 Blackened/Grilled Shrimp 2/3 cup (120g) brown rice 1 ½ cups (195g) broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) buffalo pulled chicken*** 2/3 cup (120g) brown rice 1.25 cups (195g) roasted cauliflower 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) grilled chicken 2/3 cup (120g) quinoa with 1 tsp (6g) almond slivers 1.25 cups (195g) broccoli Cook with 1 tsp (6ml) water 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 6 ounces (180g) Low sugar/Triple Zero Greek Yogurt 6 walnuts 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 slices low sodium turkey breast 1 rice cake with 1 tsp (20g) almond butter 8 ounce (250ml) water 	<ul style="list-style-type: none"> ¼ cup (100g) roasted chickpeas 2 slices low sodium ham or turkey 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 ounces (60g) ground turkey 1/3 cup (60g) quinoa 2 T (25g) avocado 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 slices of turkey + avocado hummus roll ups ½ apple 8 ounces (250ml) water
Post Workout:	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water		Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
Dinner	<ul style="list-style-type: none"> 1½ cups (150g) spaghetti squash*** ½ cup (70g) pasta sauce (load up on the veggies) 4 Quinoa Turkey Meatballs*** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) Mediterranean Chicken*** 1.25 cups (195g) roasted zucchini 1 cup (200g) roasted butternut squash 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) Teriyaki Salmon*** ½ sweet potato 12-15 spears steamed asparagus 8 ounces (250ml) water 	<p>Mexican Bowl:</p> <ul style="list-style-type: none"> 6 ounces (180g) ground buffalo/turkey 2 T (25g) avocado ¼ cup (35g) black beans 1/3 cup (60g) brown rice 1.25 cups (195g) sautéed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) grilled sirloin 1.25 cups (195g) mashed cauliflower*** 1.25 cups (195g) sauté mushrooms 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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Written By: Nicole Marchand Aucoin, MS, RD

Healthy Steps Nutrition

Recipes found at: <https://healthystepsnutrition.com/healthy-recipes/>



Week 1	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2 egg and 2 egg white scramble with veggies and 1/3 cup (60g) quinoa • Apple with 1 tsp (20g) almond butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup (60g) oatmeal with 1 scoop protein powder- top with ½ banana and 1 T (10g) walnuts • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • Smoothie: ½ scoop protein, 1 cup (250ml) almond milk, 1 cup (150g) berries, ½ tsp (5g) coconut oil 	<ul style="list-style-type: none"> • 1 cup (150g) berries • 6 almonds • 1 egg • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken with fresh pico • 2/3 cup (120g) brown rice • 1.25 cup (195g) sautéed peppers and onions with 2 tsp (12ml) olive oil • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup avocado and egg salad*** • Lettuce wraps • 1.25 cups (195g) mixed veggies • 1 slice Ezekiel bread • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • Rice cake • 1 tsp (20g) almond butter • 2 ounces (60g) roasted chicken slices • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces (60g) ground turkey • 1.25 cup (195g) sautéed veggies • 2 T (25g) avocado • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 6 ounces (180g) grilled white fish • 1 cup (200g) butternut squash • 1.25 cups (195g) kale chips*** (cook with olive oil) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) ground turkey with 4 T (50g) avocado • 1/3 cup (60g) quinoa • 24 spears sautéed asparagus • 8 ounces (250ml) water

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, 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, Mahi, Organic Chicken Breast, Canadian Bacon, Cottage Cheese
- **Starch:** Oatmeal/Steel cut oats, brown rice, rice cake, quinoa, Ezekiel bread
- Hummus
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, almonds, walnuts
- Almond butter/nut butter
- Rice Cake
- Low sugar or Triple Zero Greek yogurt

Recipes from website: Egg Muffin (veggies of choice), Pumpkin Protein Pancakes (canned pumpkin, unsweetened applesauce), Creamy Green Smoothie (frozen pineapple chunks), Buffalo Pulled Chicken (hot sauce), Quinoa Turkey Meatballs (low sodium soy sauce, red pepper flakes, Italian seasoning, garlic), Mediterranean Chicken (Italian seasoning, roasted red peppers, garlic, capers, Kalamata olives), Mashed Cauliflower (garlic), Kale Chips (olive oil), Avocado & Egg Salad (lime juice, celery, paprika, Dijon mustard, green onions)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Creamy Green Smoothie*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup (60g) steel cut oats with ½ banana and 3 pecans • 2 hard boiled eggs • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup (60g) oatmeal with ½ scoop protein powder • ½ cup (75g) blueberries with 1 T (10g) nuts • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 3 eggs and quinoa scramble + veggies • 1/3 cup (60g) quinoa • 1 cup strawberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2/3 cup (60g) apple cinnamon steel cut oats* • Top with 3 pecans • 1 hard-boiled egg • 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp (20g) almond and coconut butter spread • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 pumpkin protein balls*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 cashews • 2 slices (30g) low sodium ham • ½ apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp (20g) almond butter • 1 hard-boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 pumpkin protein pancake*** • 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> • 2/3 cup Mediterranean Chicken *4 ounces (120g) chicken then load up on the veggies • 1 cup (200g) roasted butternut squash • 1.25 cups (195g) roasted broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) BBQ Pulled Pork Tenderloin*** • 2/3 cup (150g) sweet potato • 1.25 cups (195g) roasted veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) ground turkey (94%/6%) • 1/3 cup (60g) brown rice & ¼ cup (35g) black beans • 1.25 cup (195g) sautéed peppers and onions • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1.5 meatloaf muffins • 1 cup (200g) butternut squash • 1.25 cups (195g) green beans • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken wrap on Ezekiel wrap (load up on the veggies) • Cucumber salad*** • 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> • ½ apple • 1 hard-boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ cup (75g) blueberries • 1 hard-boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 2 TBS hummus (28 grams) with cucumber slices • 8 ounces water 	<ul style="list-style-type: none"> • 1 Meatloaf muffin*** • 1/3 cup (65 grams) roasted sweet potato • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Rice cake • 1 tsp (20g) nut butter • 2 slices ham
Post Workout:	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water		Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
Dinner	<ul style="list-style-type: none"> • 6 ounces (180g) Salmon blackened • ½ sweet potato with 1 tsp (8ml) butter • 1.25 cup (195g) green beans with 1 tsp (6g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 ½ Meatloaf Muffins*** • 1 cup (200g) roasted butternut squash • 1.25 cups (195g) roasted broccoli (sprinkle with olive oil) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken • 2/3 cup (150g) roasted fingerling potatoes • 1 cups (150g) steamed carrots with 1 tsp (8ml) butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) white fish tacos wrapped in lettuce • 1/3 cup (60g) brown rice ¼ cup (35g) black beans • 1.25 cup (195g) sautéed veggies • 1 T (12g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 8-10 Blackened or grilled shrimp • 1.25 cup (195g) mashed cauliflower*** • 1.25 cups (195g) roasted veggies with olive oil • 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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Week 2	Saturday	Sunday PREP DAY!
<u>Breakfast</u>	<ul style="list-style-type: none"> • 3 eggs scrambled • 2/3 cup (60g) oatmeal topped with blueberries • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 Eggs and 1 slice of Canadian bacon • 1 apple • ½ cup (80g) Triple Zero greek yogurt with 6 pecans • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Greek Yogurt with 6 walnuts (pieces) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 hard-boiled egg • ½ apple • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 1 ½ meatloaf muffins*** • 2/3 cup (150g) mashed sweet potato • 1.25 cups (195g) steamed broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) Grilled chicken salad- load up on the greens with ¼ cup (50g) chickpeas with 1 T (6ml) oil + vinegar • Apple • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 ounces (60g) ground turkey • ¼ cup (45g) brown rice • 1 T (!2g) avocado • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 ounces (60g) grilled chicken with 1 T (12g) avocado • 1/3 cup (60g) brown rice • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken with 2 T (25g) avocado • 1/3 cup (60g) quinoa • 2 cups (210g) roasted broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) grilled sirloin • 1.25 cups (195g) mushrooms • 2/3 cup (150g) roasted sweet potato chunks • 8 ounces (250ml) 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, mushrooms
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins and spaghetti squash), Wild Caught Salmon, Mahi, Low sodium turkey deli meat, Organic chicken, Sirloin
- Hummus
- **Starch:** Oatmeal/Steel cut oats, brown rice, rice cake, quinoa
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Triple Zero Greek Yogurt/ Low sugar Greek Yogurt

Recipes from website: Egg and Quinoa scramble (salsa), Egg Muffin (whatever veggies you want to include), Protein Pancakes (vanilla extract, unsweetened applesauce), Meatloaf Muffins (Low Sodium McCormick Meatloaf Seasoning, panko), BBQ Pulled Pork Tenderloin (BBQ chicken recipe and use pork tenderloin, BBQ sauce- Stubb's BBQ, chili powder, brown sugar, onion powder), Mashed Cauliflower (chicken broth, crushed garlic cloves (fresh ideally)), Creamy Green Smoothie (pineapple chunks), pumpkin protein balls (canned pumpkin, pumpkin pie spice)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<ul style="list-style-type: none"> • Smoothie (Chocolate PB & Banana): 1 Scoop chocolate whey Protein, 3 T (51g) plain greek yogurt, ½ banana, 1 T (20g) nut butter 	<ul style="list-style-type: none"> • 3 eggs scrambled • 1 slice Ezekiel bread • Apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 cup (90g) amish oats*** with 1 T (6g) almond slivers and 2 T (20g) berry slices • 1 egg muffin • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Creamy Green Smoothie*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 eggs scrambled with ounce ham & chopped veggies top with 1 T (12g) guacamole • 1 cup (150g) berries • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 egg muffin** • ½ apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1/3 cup (30g) dry roasted edamame • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Apple • 1 Hard-boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 cashews • 2 slice low sodium ham • ½ apple • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 pumpkin protein balls*** • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) pulled chicken*** top with 2 T (20g) avocado • ½ cup (70g) black beans • 1.25 cups (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 ½ cups (150g) spaghetti squash*** • 6 ounces (180g) ground turkey • ¼ cup (70g) pasta sauce (load up on the veggies) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) pulled chicken*** top with 1 T (12g) avocado • 2/3 cup (120g) brown rice • 1.25 cup (195g) sautéed veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) BBQ Pulled Pork Tenderloin*** • 2/3 cup (150g) sweet potato • 1.25 cups (195g) roasted veggies • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) sirloin • ½ sweet potato with 1 tsp (8ml) butter • 1.25 cups (195g) mushrooms • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 pumpkin protein balls** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Low sugar/Triple Zero Greek Yogurt • 6 pecan crumbles • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 turkey and hummus roll ups • 2 tablespoons (28 g) hummus with sliced peppers 	<ul style="list-style-type: none"> • 1 Meatloaf muffin*** • 1/3 cup (65g) roasted sweet potato • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 hard-boiled egg • ½ apple • 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water		Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
<u>Dinner</u>	<ul style="list-style-type: none"> • 6 ounces (180g) teriyaki salmon*** • 1.25 cup (195g) mashed cauliflower*** • 1.25 cup (195g) roasted broccoli (sprinkle with olive oil) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) panko crusted chicken • 2/3 cup (150g) roasted sweet potato • 1.25 cups (195g) green beans with almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1 ½ Meatloaf Muffins*** • 1 cup (200g) roasted butternut squash • 1.25 cups (195g) roasted broccoli (sprinkle with olive oil) • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) white fish • ½ sweet potato with 1 tsp (8ml) butter • 1.25 cup (195g) green beans with 1 tsp (6g) almond slivers • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 1½ cups (150g) spaghetti squash*** • ½ cup (70g) pasta sauce (load up on the veggie) • 4 Quinoa Turkey Meatballs*** • 8 ounces (250ml) water

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Week 3	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2 eggs with veggies • 2/3 cup (130g) shredded sweet potato hash with 2 tsp (12ml) olive oil • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • Carrot Cake Smoothie*** • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake • 1 tsp (20g) nut butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 pumpkin protein balls** • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 5 ounces (150g) pecan crusted chicken** • 2/3 cup (150g) roasted potato with 2 tsp (12 ml) olive oil • 1.35 cup (195g) roasted cauliflower • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) pork tenderloin • 2/3 cup (120g) brown rice • 1.25 cup (195g) roasted veggies • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • ½ apple • 1 teaspoon (20g) almond butter • 1 hard-boiled egg • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 turkey and avocado roll ups • 2 tablespoon (28g) hummus with raw veggies • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 4 ounces (120g) grilled sirloin with ½ cup (100g) mushrooms • 1 cup (200g) butternut squash*** • 1 cup (200g) Kale Chips** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) blackened salmon • ½ cup (130g) sweet potato • 1.25 cup (195g) broccoli • 8 ounces (250ml) water

Grocery List:

- 2 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, Mahi, Low sodium turkey deli meat, Organic chicken, sirloin, shrimp
- **Starch:** Oatmeal/Steel cut oats, brown rice, rice cake, quinoa
- Hummus
- Dry roasted edamame
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Hot sauce
- Low sugar greek yogurt (Triple Zero)
- Canned pumpkin
- Whey Protein

Recipes from website: Egg and Quinoa scramble, Egg Muffin (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), Protein Pancakes (applesauce), Kale Chips, Buffalo chicken (franks hot sauce), roasted butternut squash (cinnamon), mashed cauliflower (garlic), Pumpkin protein balls (pumpkin pie spice, pumpkin), Pecan crusted chicken (spicy mustard), turkey and quinoa meatballs (garlic, low sodium soy sauce, red chili flakes, dried oregano, Italian seasoning)

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 2/3 cup (60g) amish oatmeal*** topped with 6 almond slivers and ½ cup (75g) berries + ½ cup (125ml) almond milk 1 hard-boiled egg 8 ounces (250ml) water 	<ul style="list-style-type: none"> Berry Delicious Smoothie: 1 scoop protein, 1 cup (150g) berries, ½ banana, 1 cup (250ml) almond milk, 1 tsp (10g) coconut oil 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 egg muffins*** 2/3 cup (130g) shredded sweet potato hash with olive oil 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 pumpkin protein pancakes** 2 tsp (40g) nut butter 8 ounces (250ml) water 	<ul style="list-style-type: none"> 2 eggs, veggies and quir (1/3 cup- 60g) scramble 2 T avocado (25g) 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 2 turkey and hummus roll ups 2 T (28g) hummus with raw veggies 8 ounces water 	<ul style="list-style-type: none"> 1 Rice cake 1 tsp (20g) almond and coconut butter spread 1 hard-boiled egg 8 ounces (250ml) 	<ul style="list-style-type: none"> 2 protein balls*** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1/3 cup (30g) dry roasted edamame 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 protein pancake*** 1 tsp (20g) almond and coconut butter spread 8 ounces (250ml) water
Lunch	<ul style="list-style-type: none"> 4 ounces (120g) grilled chicken ½ sweet potato with 1 teaspoon butter (6ml) 1.25 cups (195g) balsamic roasted Brussel sprouts** 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180) ground buffalo 1/3 cup (60g) brown rice 1/4 cup (35g) black beans 1.25 cups (195g) sautéed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) pulled pork tenderloin 2/3 cup (120g) quinoa 1.25 cup (195g) sautéed veggies 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) ground turkey 1 cup (195g) roasted sweet potato 1.25 cup (195g) roasted broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) grilled chicken 1 cup (200g) roasted butternut squash 1.25 cups (195g) roasted veggies 8 ounces (250ml) water
Snack	<ul style="list-style-type: none"> 2 ounces (60g) ground turkey ¼ cup (45g) brown rice 1.5 T (20g) avocado 8 ounces (250m) 	<ul style="list-style-type: none"> 2 slices (1 ounces) oven roasted turkey ½ apple 6 almonds 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) low sugar greek yogurt 6 pecans (crumbled) 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 meatloaf muffin 1/3 cup (65g) roasted sweet potato 8 ounces (250ml) water 	<ul style="list-style-type: none"> 1 cup berries 2 turkey and avocado rolls 8 ounces (250ml) water
Post Workout:	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water	Recovery Protein with 8 ounces (250 ml) almond milk/coconut water		Recovery Protein with 8 ounces (250 ml) almond milk/coconut water
Dinner	<ul style="list-style-type: none"> 6 ounces (180g) ground turkey 2 cups zucchini noodles ½ cup (70g) sauce 1 cup (150g) carrots 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) grilled chicken 2 T (25g) avocado 2/3 cup (130g) roasted sweet potato 1.25 cup (195g) green beans 8 ounces (250ml) water 	<ul style="list-style-type: none"> 4 ounces (120g) grilled sirloin 2/3 cup (130g) roasted fingerling potatoes 1.25 cups (195g) sautéed squash 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) grilled salmon 1 cup (200g) cinnamon roasted butternut squash** 1.25 cup steamed broccoli 8 ounces (250ml) water 	<ul style="list-style-type: none"> 6 ounces (180g) grounder turkey burger 2/3 cup (130g) sweet potato 12 grilled asparagus spears 8 ounces (250ml) water

ALL PORTIONS OF FOOD ARE COOKED!

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Week 4	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup (60g) apple cinnamon steel cut oats*** • 1 egg muffin** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 2 eggs scrambled with veggies + 1 ounce turkey • 1 slice sprout/seed bread (Ezekiel) • 2 T (25g) avocado • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 pumpkin protein balls*** • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp (20g) nut butter • 1 hard-boiled egg • 8 ounces (250ml) water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces (120g) grilled chicken • 2/3 cup (120g) quinoa with 2 T (25g) avocado • 1.25 cups (195g) broccoli • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) ground turkey • 1.25 cup (195g) sautéed veggies • ¾ cup (105g) black beans • 8 ounces (250ml) water
<u>Snack</u>	<ul style="list-style-type: none"> • 2 slices roasted turkey • 1 Rice cake with 1 tsp (20g) nut butter • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 6 ounces (180g) Triple Zero Greek Yogurt • 6 walnuts (crumbled) • 8 ounces (250ml) water
<u>Dinner</u>	<ul style="list-style-type: none"> • 6 ounces (180g) teriyaki salmon** • 2 cups (300g) cauliflower stir fry rice • 8 ounces (250ml) water 	<ul style="list-style-type: none"> • 4 ounces (120g) panko crusted chicken** • 1.25 cups (195g) mashed cauliflower • 1.25 cup (195g) steamed broccoli • 8 ounces (250ml) water

Grocery List:

- 2 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
- **Meats:** Lean Ground Turkey (for meatloaf muffins), Wild Caught Salmon, Mahi, Low sodium turkey deli meat, Organic chicken, sirloin, filet, Canadian bacon, pork chops
- **Starch:** Oatmeal/Steel cut oats, brown rice, rice cake, quinoa
- Hummus
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Hot sauce
- Triple Zero/ low sugar Greek Yogurt

Recipes from website: Egg and Quinoa scramble (salsa), Egg Muffin (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), Kale Chips (olive oil), Meatloaf Muffins (Low Sodium McCormick Meatloaf Seasoning, panko), Mashed Sweet Potato (honey, Orange juice), Pulled Chicken (salsa, low sodium taco seasoning), BBQ Pulled Chicken (Stubb's BBQ, chili powder, brown sugar, onion powder), Roasted Butternut Squash, Panko Crusted Chicken (panko), Teriyaki salmon (teriyaki sauce), Roasted Brussel sprouts (balsamic vinegar)

ALL PORTIONS OF FOOD ARE COOKED!

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