

# Week 1 Meal Plan

	BREAKFAST	SNACK + SUPPLEMENTS	LUNCH	DINNER
MONDAY	Green smoothie	Water - None	Large green salad w/veggies + 1T apple cider vinaigrette	"Naked" lettuce wrap w/veggies + 2 oz. sliced turkey
TUESDAY	Green smoothie	Water - None	"Naked" lettuce wrap w/veggies	Large green salad w/veggies, 3 oz. tuna + 1T apple cider vinaigrette
WEDNESDAY	Green smoothie	Protein bar - Fish oil + multivitamin	4 oz. turkey burger (no bun) w/grilled onions, 1/3 avocado, tomato + 1 apple	Large green salad w/veggies, 4 oz. sliced turkey + 1T balsamic vinaigrette
THURSDAY	Green smoothie w/protein powder	1/4 cup home made trail mix - Fish oil + multivitamin	"Naked" lettuce wrap w/veggies + 4 oz. tuna	Chopped turkey burger w/spaghetti squash, tomato sauce + steamed broccoli
FRIDAY	Chocolate + coconut shake -or- green smoothie w/protein powder	1 hardboiled egg w/1 cup baby carrots - Multivitamin	Large green salad w/4 oz. sliced turkey, veggies, 1/4 sliced avocado + 1T balsamic vinaigrette	Quick + Easy Baked Salmon w/leftover spaghetti squash
SATURDAY	Pumpkin pancakes w/blueberries, banana + pecans	Kale chips - Multivitamin	Leftover salmon + veggies w/small salad + splash of balsamic vinaigrette	CHEAT MEAL!
SUNDAY	Frittata w/zucchini, onion, tomato, spinach + bacon (save leftovers for Tuesday)	1 cup baby carrots + 1t almond butter - Fish oil + multivitamin	Large green salad w/veggies, crumbled turkey burger, 1/4 sliced avocado + 1T balsamic vinaigrette	Grilled pork chops w/mango salsa + steamed asparagus (make salsa ahead)

WEEK 1  
**GROCERY LIST**

**VEGETABLES**

- 1 head of garlic
- 1 shallot
- 2-3 sweet onions
- 1 head broccoli
- 1 red pepper
- 1 stalk celery
- 1 zucchini
- 1 spaghetti squash
- small bag of baby carrots
- 3+ plum tomatoes
- 1 head romaine
- lettuce for 5-6 salads
- 2 bags spinach
- veggies for 4-5 salads + wraps

**FRUIT**

- 2-3 lemons
- 3 bananas
- 1 small package blueberries
- choice of strawberries, blueberries, mango, pineapple, papaya, orange for smoothies (5 cups total)
- 1 haas avocado

**MEAT / FISH / EGGS**

- 10 oz. thick slices turkey (I recommend in-house roasted from Whole Foods)
- 1.5 lbs ground turkey meat
- 1 small package nitrate-free bacon
- 2 cans tuna (water packed)
- 2 (5 oz) skinless filets of wild salmon
- 1 dozen eggs
- (grilled pork chops for Sunday evening will be on the week 2 grocery list to preserve freshness!)

## MISCELLANEOUS

- almond butter (100% almonds)
- 5 oz. plain Greek yogurt
- coconut milk OR almond milk
- cacao (raw, unprocessed)
- goji berries
- supergreens (by Amazing Grass, or similar)
- coconut butter
- OPTIONAL FOR PALEO MAYO: can sub 1T Greek yogurt instead for avo egg salad: fresh basil dry mustard + 1 lemon
- dijon mustard
- bottle white wine
- 1 jar tomato sauce (my fav is Mario Batali Marinara)
- 1 can organic pumpkin
- 1 package almond meal / flour

## SPICES / HERBS / SUPPLEMENTS

- cayenne pepper OR red pepper flakes
- pink Himalayan sea salt
- freshly ground pepper
- dried onion powder
- garlic powder
- thyme
- basil
- dried parsley
- pumpkin pie spice
- cardamom
- ground ginger
- cumin
- oregano
- cinnamon
- 1 bunch fresh dill
- 1 bunch cilantro
- 1 protein bar
- protein powder (my fav is Amazing Grass but anything w/o soy and 5< is OK)
- daily women's multivitamin
- fish oil

## INGREDIENTS YOU LIKELY ALREADY HAVE

- cold-pressed coconut oil (Artisana or Spectrum Naturals from Whole Foods)
- extra virgin olive oil
- aged balsamic vinegar (no high fructose corn syrup)
- apple cider vinegar
- honey mustard (organic)
- raw organic honey OR coconut sugar
- coffee and / or tea (optional after Wednesday + no sweetener allowed)
- vanilla extract (no HFCS)
- baking soda
- 1 can chopped tomatoes

# REPLENISH TRAIL MIX + PROTEIN BARS AS NECESSARY



## **For Trail Mix #1**

- 1/2 cup ground flax seeds
- 1 cup raw pumpkin seeds
- 1 cup raw sunflower seeds
- 3 cups shredded, unsweetened coconut
- 4 cups raw slivered almonds
- 1/2 cup unsweetened dried cherries OR raisins (choose ONLY mix #1 or #2, not both)

## **For Trail Mix #2**

- 1/2 cup raw walnuts
- 1/2 cup almonds
- 1/2 cup pecans
- 1/2 cup raw pumpkin seeds
- 1/2 cup sunflower seeds
- 1/4 cup chopped dried apricots
- 1/4 cup dried cranberries (sweetened w/apple juice)
- 1/4 cup dried, unsweetened blueberries
- 1/4 cup dried golden raisins

## **For Protein Bar #1**

- 1 1/4 cup slivered almonds
- 1 cup pecans
- 1/3 cup ground flax meal
- 7 large medjool dates
- 1/3 cup dried, unsweetened cherries
- 1/3 cup dried apricots

## **For Protein Bar #2**

- 1/2 cup slivered almonds
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries or blueberries
- 1/4 cup unsweetened coconut