

Week 2 Meal Plan

	BREAKFAST	SNACK + SUPPLEMENT	LUNCH	DINNER
MONDAY	Leftover slice of frittata w/3 slices of avocado + 1/2 grapefruit	2 oz. smoked salmon + fresh sliced tomato - Multivitamin	Leftover grilled pork chops w/mango salsa + steamed asparagus	Large green salad w/veggies, 4 oz. chicken (or turkey), 1T balsamic vinaigrette
TUESDAY	Green smoothie w/protein powder	1 hardboiled egg + 1/2 grapefruit - Light cardio (25-30 min. walk)	4 oz tuna fish w/balsamic, 3 slices avocado + lots of fresh veggies	10-12 oz. Mom's Chicken Soup
WEDNESDAY	Egg 'n' English Muffin	Couscous Lentil Salad - Multivitamin	Turkey Stir-fry with Quinoa	Mango, Cottage Cheese and Yogurt
THURSDAY	Green smoothie (no protein powder)	Small bowl of leftover Mom's Chicken Soup - Fish oil + multivitamin	"Naked" lettuce wrap w/balsamic, veggies + 1 apple	Medium green salad w/veggies + fresh squeezed lemon as dressing
FRIDAY	Green smoothie w/protein powder	Small bowl of leftover Mom's Chicken Soup - Fish oil + multivitamin	Avocado egg salad on 2 thick tomato slices + 1 piece of fruit	CHEAT MEAL!
SATURDAY	Chocolate + coconut superfood shake	4 oz. plain Greek yogurt + 1 sliced peach - Multivitamin	4 oz. tuna fish w/balsamic, 3 slices avocado + lots of fresh veggies	Grilled steak w/mixed veggies (can sub chicken) w/medium salsa + 1T balsamic
SUNDAY	2 egg muffins w/3 slices of avocado + tomato	Protein bar - Fish oil + multivitamin	Leftover steak w/veggies + 1/2 sweet potato	Green smoothie w/protein powder

WEEK 2
GROCERY LIST

VEGETABLES

- 1 head of garlic
- 4 sweet onions
- 1 head broccoli
- fresh asparagus
- 2 red peppers
- 1 stalk celery
- 3 zucchini
- 1 yellow squash
- 1 sweet potato
- 1 rutabaga
- 1 jalapeno
- 3 large carrots
- 2+ tomatoes
- 1 pint mushrooms
- 1 head romaine
- lettuce for 2 salads
- 2 bags + 1lb spinach
- veggies for 4-5 salads + wraps

FRUIT

- 1 apple
- 2 bananas
- 1 grapefruit
- 2 lemons
- 1 lime
- 2 mangos
- 2 kiwi
- 1 peach
- choice of strawberries, blueberries, mango, pineapple, papaya, orange for smoothies (5 cups total)
- 4 haas avocados

MEAT / FISH / EGGS

- 4 oz. thick slices turkey or chicken (I recommend in-house roasted from Whole Foods)
- 1-2 lbs. strip steak (or chicken breast)
- 2 boneless / skinless chicken breasts (free range + antibiotic / hormone free)
- 2 pork chops w/large tenderloin
- small package nitrate free bacon
- 1 package smoked salmon (4 oz)
- 2 cans tuna
- 1.5 dozen eggs

MISCELLANEOUS

- 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

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
- 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)

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