

Week 3 Meal Plan

	BREAKFAST	SNACK + SUPPLEMENT	LUNCH	DINNER
MONDAY	2 egg muffins w/3 slices of avocado + tomato	4 oz. plain Greek yogurt + 1 piece fruit - Fish oil + multivitamin	Medium green salad w/veggies, 4 oz. turkey + 1T balsamic vinaigrette	Easy Breezy Chicken Breast w/mashed rutabaga + steamed broccoli
TUESDAY	Green smoothie w/protein powder	1/2 cup homemade trail mix - Multivitamin	Leftover Easy Breezy Chicken w/rutabaga + broccoli	Salmon steaks w/grapefruit + steamed asparagus
WEDNESDAY	Chocolate + Coconut Shake - or- green smoothie w/protein	Protein bar - Multivitamin	Leftover salmon steaks w/grapefruit, asparagus + 1/2 sweet potato	Medium green salad w/veggies, 4 oz. turkey, 1/4 avocado + 1T apple cider vinaigrette
THURSDAY	2 egg cupcakes w/3 slices of avocado + tomato	Apple + 2T almond butter - Fish oil + multivitamin	4 oz. leftover chicken + 1/2 avocado and side of broccoli	Medium green salad w/veggies, 4 oz. turkey, 1/4 avocado + 1T balsamic vinaigrette
FRIDAY	Green smoothie	1 hardboiled egg + 1 piece fruit - Fish oil + multivitamin	Leftovers! (any 4 oz protein w/2 servings of veggies)	CHEAT MEAL!
SATURDAY	Frittata w/zucchini, onion, tomato, spinach + bacon	Protein bar - Fish oil + multivitamin	Lettuce wrap w/balsamic, 4 oz. tuna + lots of veggies	Herb marinated pork tenderloin w/balsamic roasted brussels sprouts + mashed cauliflower
SUNDAY	Leftover slice of frittata w/3 slices avocado	Water - Fish oil + multivitamin	Leftover pork tenderloin w/brussels sprouts + cauliflower	Green smoothie

WEEK 3
GROCERY LIST

VEGETABLES

- 1 head of garlic
- 2 sweet onions
- 1 red onion
- 1 head broccoli
- 1 zucchini
- 2-3 cups brussels sprouts
- 2 rutabagas
- 4+ plum tomatoes
- 1 bunch asparagus
- 1 head cauliflower
- 1 head romaine
- lettuce for 3 salads
- 1 bag + 8 oz. spinach
- veggies for 4 salads + wraps

FRUIT

- 1 apple
- 2 bananas
- 1 grapefruit (red)
- 2 pieces fruit of choice
- 3 lemons
- 2 haas avocados
- choice of frozen strawberries, blueberries, mango, pineapple, papaya, orange for smoothies (3-4 cups total)

MEAT / FISH / EGGS

- 8 oz. lean meat for salads (I recommend in-house roasted turkey from Whole Foods)
- 4 boneless / skinless chicken breasts (free range + antibiotic / hormone free)
- 1 (or 2) lbs. pork tenderloin (hint: you may want to double this recipe!)
- small package nitrate free bacon
- 1 can tuna
- 2 (5 oz.) skinless, wild salmon steaks
- 9 eggs

MISCELLANEOUS

- 4 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
- 1 package almond meal / flour
- bottle white wine
- 1 jar tomato sauce (my fav is Mario Batali Marinara)

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
- tarragon
- pumpkin pie spice
- 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)
- dijon mustard
- raw organic honey OR coconut sugar
- coffee and / or tea (optional)
- 1 (14 Oz.) can chopped tomatoes
- vanilla extract (NO HFCS)
- baking soda

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