

# Week 4 Meal Plan

	BREAKFAST	SNACK + SUPPLEMENT	LUNCH	DINNER
MONDAY	Green smoothie w/protein powder	Plain Greek yogurt w/ 1/4 cup fresh blueberries - Multivitamin	Large green salad w/4 oz turkey, veggies, 1/4 avo, 1 T apple cider vinaigrette	Lemon pepper baked cod w/steamed broccoli
TUESDAY	2 scrambled eggs w/1 slice of Ezekiel bread, 3 slices avo, 1/2 grapefruit	Protein bar - Multivitamin	Leftover lemon pepper baked cod w/steamed vegetables	Chicken + pineapple skewers w/guacamole
WEDNESDAY	Green smoothie w/protein powder	2 oz smoked salmon + 3/4 cup honeydew or cantaloupe - Multivitamin	Leftover chicken + pineapple skewers w/guacamole	Medium green salad w/veggies, 4 oz turkey + 1 T balsamic vinaigrette
THURSDAY	Green smoothie (no protein powder)	Hard boiled egg + 1/2 grapefruit - Fish oil + multivitamin	Leftover chicken + pineapple skewers, steamed broccoli, 1/4 avocado	Sautéed shrimp in tomato garlic sauce w/spaghetti squash
FRIDAY	Chocolate + coconut superfood shake	Plain Greek yogurt w/ 1/4 cup fresh blueberries - Fish oil + multivitamin	Leftover sautéed shrimp in tomato garlic sauce w/spaghetti squash	CHEAT MEAL!
SATURDAY	2 scrambled eggs w/1 slice Ezekiel, grilled onions, tomato, spinach, 1-2 slices bacon	2 oz smoked salmon + 3/4 cup honeydew or cantaloupe - Multivitamin	CHEAT MEAL!	Large green salad w/veggies + fresh-squeezed lemon as dressing
SUNDAY	Pumpkin pancakes w/blueberries, banana, pecan	Apple w/2 T almond butter - Fish oil + multivitamin	Leftover shrimp w/steamed broccoli	Green smoothie w/protein powder (light in fruit - no banana)

WEEK 4  
**GROCERY LIST**

**VEGETABLES**

- 1 head of garlic
- 1 sweet onion
- 1 white onion
- 1 head broccoli
- 1 red pepper
- 1 yellow pepper
- 1 spaghetti squash
- 7 roma tomatoes (plus any extra for salads)
- lettuce for 3 salads
- 1-2 bags spinach
- veggies for 3 salads + wraps
- optional: 1 bunch purple / green kale for Immune Smoothie

**FRUIT**

- 1 apple
- 2 bananas
- 1 grapefruit
- 1/2 cantaloupe OR honeydew
- 1 small package fresh blueberries
- 1/2 fresh pineapple
- 2 lemons
- 1 lime
- 4 haas avocados
- choice of frozen strawberries, blueberries, mango, pineapple, papaya, orange for smoothies (4-5 cups total)

**MEAT / FISH / EGGS**

- 8 oz. lean meat for salads (I recommend in-house roasted turkey from Whole Foods)
- 1lb boneless / skinless chicken breast (free range + antibiotic / hormone free)
- small package nitrate free bacon (if you need refills)
- 1/2 lb fresh cod fillet
- 1 x 4oz. package smoked salmon
- 14 colossal shrimp - approx. 1 lb (shelled and deveined w/the tail on)
- 8 eggs

## MISCELLANEOUS

- Ezekiel bread (freezer section)
- 2 plain greek yogurts
- 1 can organic pumpkin
- 1/4 cup raw pecans
- 1 small can of clam juice
- 1/4 cup white wine
- 8 bamboo skewers or other skewers
- optional: coconut milk or almond milk, raw cacao, goji berries, coconut butter (for chocolate + cocount superfood shake)

## SPICES / HERBS / SUPPLEMENTS

- 1 bunch cilantro
- 1 small bunch scallions
- 1 protein bar
- daily women's multi vitamin
- protein powder
- optional: SuperGreens (by Amazing Grass or something similar)
- sea salt or kosher salt
- freshly ground pepper
- dried parsley
- paprika
- pumpkin pie spice
- cardamom
- ground ginger
- cumin
- cayenne
- cinnamon

## INGREDIENTS YOU LIKELY ALREADY HAVE

- cold-pressed coconut oil
- extra virgin olive oil
- aged balsamic vinegar (no HFCS)
- apple cider vinegar
- honey mustard (organic)
- dijon mustard
- raw organic honey OR coconut sugar
- coffee and / or tea (optional)
- vanilla extract (NO HFCS)
- baking soda
- bottle of white wine
- 1 package almond meal / almond flour
- raw organic honey or jar of coconut sugar
- almond butter

# 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