

Week 5 Meal Plan

	BREAKFAST	SNACK + SUPPLEMENT	LUNCH	DINNER
MONDAY	Leftover pancakes w/blueberries + pecans	Protein bar - Multivitamin	"Naked" lettuce wrap w/balsamic veggies + 4 oz turkey	Baked halibut + veggies in pouch w/steamed asparagus or broccoli
TUESDAY	Green smoothie w/protein powder	1/2 cup strawberries + handful of raw nuts - Multivitamin	Leftover halibut + veggies over salad greens w/1 T apple cider vinaigrette	Medium green salad w/veggies, 4 oz tuna, 1 T balsamic vinaigrette
WEDNESDAY	2 scrambled eggs w/1 slice Ezekiel bread, 3 slices avo, 1/2 grapefruit	1/4 cup homemade trail mix - Multivitamin	Leftover halibut w/veggies + 1/2 sweet potato	4 oz turkey w/2 cups veggies + 1/3 avocado
THURSDAY	Green smoothie (no protein powder)	Protein bar - Fish oil + multivitamin	CHEAT MEAL!	Baked chicken oreganata w/mashed cauliflower + sautéed spinach
FRIDAY	Green smoothie w/protein powder	Greek yogurt w/ 1/3 cup strawberries - Fish oil + multivitamin	Leftover baked chicken oreganata, veggies, + 1/2 sweet potato	Grilled steak w/mixed veggies (can sub chicken) w/ medium salad + 1 T balsamic vinaigrette
SATURDAY	Omelet w/spinach, broccoli, tomato, pepper, onion + 1/2 grapefruit	Leftover chicken oreganata, 1 cup veggies + 1/3 avo - Fish oil + multivitamin	Leftover cold steak + veggies over salad greens, 1 T balsamic vinaigrette	CHEAT MEAL!
SUNDAY	Green smoothie (no protein powder)	1-2 cups veggies + 1/2 cup strawberries - Multivitamin	Large green salad w/veggies, 1 T balsamic vinaigrette	Green smoothie w/protein powder (light in fruit - no banana)

WEEK 5
GROCERY LIST

VEGETABLES

- 1 head of garlic
- 4 yellow onions
- 1 package broccoli
- 1 bunch asparagus
- 1 sweet potato
- 1 red or yellow pepper
- 1 yellow squash
- 1 zucchini
- 1 small box mushrooms
- 1 large cauliflower
- lettuce for 6 salads / wraps (no iceberg)
- 1-2 bags (1.5 lb bags) spinach
- veggies for 4 salads + wraps and 1-2 cups for snacks
- optional: 1 bunch purple / green kale for Immune Smoothie

FRUIT

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

MEAT / FISH / EGGS

- 8 oz. lean meat for salads (I recommend in-house roasted turkey from Whole Foods)
- 4 boneless / skinless chicken breast (free range + antibiotic / hormone free)
- 1 lb strip steak
- 1 can tuna
- 1 lb halibut (or sea bass / cod / snapper / salmon)
- 4 eggs

MISCELLANEOUS

- 1 plain greek yogurt
- 1 cup low sodium chicken stock or 1/2 cup white wine
- small jar green pitted olives
- 1/2 cup raw assorted nuts (no peanuts)

SPICES / HERBS / SUPPLEMENTS

- 1 bunch parsley
- 2 protein bars
- daily women's multi vitamin
- protein powder
- optional: SuperGreens (by Amazing Grass or something similar)
- sea salt or kosher salt
- freshly ground pepper
- thyme
- dried parsley
- oregano

INGREDIENTS YOU LIKELY ALREADY HAVE

- Ezekiel bread
- 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