

# Week 6 Meal Plan

	BREAKFAST	SNACK + SUPPLEMENT	LUNCH	DINNER
MONDAY	Green smoothie w/protein powder	Protein bar - Fish oil + multivitamin	Leftover steak + veggies w/ 1/2 sweet potato	Breakfast for dinner: frittata time! Add 3 slices avocado
TUESDAY	Chocolate + coconut superfood shake	2 oz smoked salmon + 1/3 cup mixed berries - Multivitamin	Leftover frittata w/ 1/3 avocado slices + 1 apple	Mom's Chicken Soup
WEDNESDAY	Green smoothie w/protein powder (make a double batch + freeze for popsicle on Sunday)	Greek yogurt w/ 1/3 cup mixed berries - Multivitamin	Leftover Mom's Chicken Soup	Salmon steaks w/grapefruit + steamed broccoli, 1/2 sweet potato
THURSDAY	Leftover frittata w/1/2 avocado + sliced tomato	Small bowl of leftover Mom's Chicken Soup - Multivitamin	Leftover salmon on medium green salad w/ veggies + 1 T balsamic vinaigrette	Medium green salad w/veggies, 4 oz. turkey, lots of veggies + 1T balsamic vinaigrette
FRIDAY	Chocolate + coconut superfood shake	2 oz smoked salmon + 1/3 cup mixed berries - Multivitamin	CHEAT MEAL!	Grilled pork chops w/mango salsa, steamed asparagus + spaghetti squash
SATURDAY	Green smoothie w/protein powder	Small bowl of leftover Mom's Chicken Soup - Fish oil + multivitamin	Leftover pork chop w/mango salsa + squash	CHEAT MEAL!
SUNDAY	Pumpkin pancakes w/banana + pecans	Frozen green popsicle - Fish oil, multivitamin + light 25-30 min walk / jog	Leftover pork chop w/squash + steamed broccoli	Large green salad w/veggies, 4 oz tuna + 1 T balsamic vinaigrette

WEEK 6  
**GROCERY LIST**

**VEGETABLES**

- 1 head of garlic
- 2 red onions
- 2 sweet onions
- 1 head broccoli
- asparagus
- 1 red pepper
- 1 sweet potato
- 1 spaghetti squash
- 1 jalapeno
- 1 zucchini
- 3 large carrots
- 1 rutabaga
- 3 plum + 2 regular tomatoes
- lettuce for 3 salads (no iceberg)
- 1 small bunch celery
- 2 bags spinach
- veggies for 3 salads
- optional: 1 bunch purple / green kale for Immune Smoothie

**FRUIT**

- 1 apple
- 1 banana
- 2 mangos
- 2 kiwi
- 1 grapefruit
- 1 cup fresh mixed berries
- 1 lemon
- 2 haas avocados
- choice of frozen strawberries, blueberries, mango, pineapple, papaya, orange for smoothies (4-5 cups total)

**MEAT / FISH / EGGS**

- 4 oz. lean meat for salads (I recommend in-house roasted turkey from Whole Foods)
- 2 bone-on / skinless chicken breast (free range + antibiotic / hormone free)
- 2-4 pork chops with large tenderloin
- small package nitrate free bacon (if you need refills)
- 1 can tuna
- 1 x 4oz. package smoked salmon
- 2-4 boneless, skinless salmon steaks
- 12 eggs

## MISCELLANEOUS

- 1 plain greek yogurt
- 1 can organic pumpkin
- 1/4 cup raw pecans
- optional: coconut milk or almond milk, raw cacao, goji berries, coconut butter (for chocolate + cocount superfood shake)

## SPICES / HERBS / SUPPLEMENTS

- 1 bunch fresh dill
- 1 fresh cilantro (mango salsa)
- 1 fresh flat leaf parsley (frittata)
- 1 protein bar
- daily women's multi vitamin
- protein powder
- optional: SuperGreens (by Amazing Grass or something similar)
- fish oil (500+ mg each of EPA + DHA)
- 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