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<td>75</td>
<td>Week 7</td>
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<td>86</td>
<td>Week 8</td>
</tr>
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</table>
HOW TO USE THE MEAL PLAN

We know metabolisms are all different, so we’ve built this meal plan with that in mind, hoping to provide enough structure that it makes your nutrition easier, but enough flexibility that it works for each individual.

Here’s how it works. We’ve set up three primary meals per day, but you get to choose all of your snacks (and desserts). If you like to eat more often throughout the day, include smaller, less filling snacks more often. If you feel content with bigger meals, stick to the meal plan and only have 1-2 snacks per day. Do what works best for you, and what’s easiest for you to stick to your program.

Remember – if it’s too complicated or restrictive, you won’t be able to keep it up. The goal here is to find a lifestyle that feels second nature to you.

Last thing. If there is a recipe in the meal plan you don’t like, you are welcome to swap it out with another. Any recipe under the “Batch Cooking” or “Entrees” section of the site is approved. If you find a recipe online you want to use but aren’t sure if it’s approved, just reach out to 60day@lt.life.

You can find all 60day recipes at lifetime60day.com/recipes

THE BASE
Each day is programmed to have about 70% of your daily total calories needs (from breakfast, lunch and dinner). We’ve got recommendations below on your total calorie needs, but this is where that flexibility comes in if you already know your metabolism and your body – if you need more calories than what we recommend, choose your snacks accordingly (or double up on your servings). We also include a page on calorie add-ons – quick ingredients you can add to any meal to bump it up when needed (page 11).

WOMEN
We recommend shooting for about 1,800 calories per day, with the following macronutrient breakdown:
• Protein: 30% or 135g
• Carbs: 35% or 170g
• Fat: 35% or 70g

MEN
We recommend shooting for about 2,500 calories per day, with the following macronutrient breakdown:
• Protein: 30% or 185g
• Carbs: 35% or 220g
• Fat: 35% or 95g
HOW TO USE THE MEAL PLAN

COOKING FOR ONE
If you are cooking for one, halve each of the recipes in the meal plan. Most include four servings – halving the recipes (and ingredients) will give you two servings.

COOKING FOR TWO
Follow the meal plan and recipes as written. Males should include an extra 100-200 calories per meal and snack.

COOKING FOR FOUR
If you are cooking for four, double each of the recipes in the meal plan. Most include four servings – doubling the recipes (and ingredients) will give you eight servings.
Focus on getting ample protein at every meal.

Fill half of your plate with non-starchy vegetables at every meal.

If you’re not used to preparing food, use more prepackaged foods for convenience.

Eat only when you are truly hungry, not based solely on the clock.

Supplement the food you eat with a high-quality multivitamin and fish oil daily.

Plan to eat at least 5 cups of colorful vegetables each day.

Drink at least 64 oz. of water each day.

Choose high-quality protein whenever possible.

Add natural, unprocessed fats to flavor your meals.

Document your success with these strategies.
TIPS TO 60DAY
THE RIGHT WAY

The 60day meal plan isn’t just about losing weight. It’s a lifestyle program that includes eating the right foods and in the right quantities to achieve your healthy way of life. Follow these guidelines to ensure your best results.

✓ WASH YOUR PRODUCE
Helps remove pesticides and bacteria.

✓ CONSUME AT LEAST 6 TO 8 SERVINGS OF VEGETABLES PER DAY
One serving is 1 cup raw or ½ cup cooked.

✓ CONSUME 2 SERVINGS OF FRESH FRUIT PER DAY
Organic berries and cherries are high in antioxidants and low in natural sugars. One serving is ½ cup fruit (1 cup berries), 1 small piece of fruit or ½ banana.

✓ CONSUME HIGH-QUALITY PROTEIN WITH EACH MEAL
This helps to stabilize blood sugars, energy level and cravings as well as provides amino acids needed for to build muscle. Try to include both animal and plant-based protein. Aim for 1 gram of protein per pound of goal weight.

✓ CONSUME OMEGA-3 FATTY ACID SOURCES SEVERAL TIMES PER DAY
These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, as plant-based sources are not converted well by humans.

✓ INCREASE YOUR DAILY INTAKE OF WATER
Water is the most important nutrient for your body. It cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.
If you’re on a budget and wondering what items you should buy organic and what items you can get that are conventional, here’s a list of foods to buy organic when possible — as these foods are grown with the most pesticides. Those not as important to buy organic are grown using the least amount of pesticides.

<table>
<thead>
<tr>
<th>FOODS TO BUY ORGANIC</th>
<th>FOODS TO BUY CONVENTIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>— Apples</td>
<td>— Asparagus</td>
</tr>
<tr>
<td>— Celery</td>
<td>— Avocados</td>
</tr>
<tr>
<td>— Cherry tomatoes</td>
<td>— Cabbage</td>
</tr>
<tr>
<td>— Cucumbers</td>
<td>— Cantaloupe</td>
</tr>
<tr>
<td>— Grapes</td>
<td>— Cauliflower</td>
</tr>
<tr>
<td>— Hot pepper</td>
<td>— Eggplant</td>
</tr>
<tr>
<td>— Kale</td>
<td>— Kiwi</td>
</tr>
<tr>
<td>— Collard greens</td>
<td>— Mangos</td>
</tr>
<tr>
<td>— Nectarines</td>
<td>— Onions</td>
</tr>
<tr>
<td>— Peaches</td>
<td>— Papayas</td>
</tr>
<tr>
<td>— Potatoes</td>
<td>— Pineapples</td>
</tr>
<tr>
<td>— Snap peas</td>
<td>— Sweat peas (frozen)</td>
</tr>
<tr>
<td>— Spinach</td>
<td>— Sweet potatoes</td>
</tr>
</tbody>
</table>
At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Here’s what a healthy plate could look like for you, with minor adjustments made based on your individual goals.

**FILL HALF YOUR PLATE WITH A RAINBOW OF COLORS**
Asparagus  Beets  Broccoli  Brussels Sprouts  Cabbage  Cauliflower  Carrots  Celery  Cucumbers  Green Beans  Kale  Leeks  Lettuce  Mushrooms  Onions  Spinach  Squash  Tomatoes  Zucchini

**ADD FLAVOR WITH GOOD-FOR-YOU FATS**
Avocado  Butter (or Ghee)  Coconut Oil  Nuts & Seeds  Olive Oil

**PROTEIN AT EVERY MEAL**
Beef  Chicken  Dairy Products  Fish & Seafood  Eggs  Non-Animal (Chickpea, Rice & Pea Protein Powder)  Pork  Turkey

**FRUITS & STARCHES**
Apples  Blackberries  Blueberries  Pears  Raspberries  Strawberries  Corn  Beans  Lentils  Potatoes  Sweet Potatoes  Rice

**STAY HYDRATED**
As a general rule, you should try to drink half of your body weight in ounces of water every day. We recommend starting with at least 64 oz.
MEAL REPLACEMENT SHAKE
Protein shakes are an easy, delicious way to get all your nutrients in the morning. To make sure you have a well-balanced shake, always include the ingredients below:

1. Liquid ________________ water, nut milk
2. Protein ________________ Protein powder
3. Veggies ________________ spinach, kale, riced cauliflower, Life Greens
4. Fruit ________________ berries, banana, lime, pineapple, mango
5. Healthy Fat ________________ almond butter, avocado, chia seeds, flax seeds
6. Bonus ________________ vanilla extract, mint extract, oats, coconut, cinnamon

For more shake recipes, visit lifetime60day.com/recipes

SNACK SHAKE
Another way to add in protein during the day is with a “snack shake”. These are normally a little lighter, and therefore have fewer ingredients.

1. Liquid ________________ water, nut milk
2. Protein ________________ Protein powder
3. Bonus ________________ vanilla extract, mint extract, oats, coconut, cinnamon
HOW TO BUILD A SHEET PAN MEAL

Follow these steps for an easy, low-effort option for lunch or dinner any day of the week.

1. **START WITH THE RIGHT SET UP**
   Choose a sheet pan that’s around 18” x 26” and has a 1” tall rim around the edge. Line the bottom with either parchment paper or aluminum foil, and spray or rub with olive oil or coconut oil.

2. **CHOOSE YOUR PROTEIN**
   Choose approximately 1 lb. of your protein (1 lb. will feed 2 people twice).

<table>
<thead>
<tr>
<th>Meat</th>
<th>Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast</td>
<td>400°F</td>
<td>25-35 minutes</td>
</tr>
<tr>
<td>Salmon</td>
<td>400°F</td>
<td>8-12 minutes</td>
</tr>
<tr>
<td>Tilapia/Halibut</td>
<td>400°F</td>
<td>8-12 minutes</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>400°F</td>
<td>25-35 minutes</td>
</tr>
<tr>
<td>Shrimp</td>
<td>400°F</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

3. **CHOOSE YOUR VEGETABLES**
   Ideally, choose 2-3 vegetables that cook at the same rate (add vegetables to the oven in intervals). You should include about 8 cups of vegetables total.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkins, Rutabagas, Spaghetti Squash (halved), Artichokes (whole), Acorn Squash (halved)</td>
<td>400°F</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Beets, Cabbage (wedges), Carrots, Kohlrabi, Parsnips, Potatoes, Sweet Potatoes, Turnips, Butternut Squash</td>
<td>400°F</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td>Artichoke Hearts, Broccoli, Brussels Sprouts, Cauliflower, Mushrooms, Eggplant, Cherry Tomatoes</td>
<td>400°F</td>
<td>15-30 minutes</td>
</tr>
<tr>
<td>Asparagus, Green Beans, Corn, Onions (chopped), Peas, Bell Peppers, Radishes, Yellow Squash, Zucchini, Garlic</td>
<td>400°F</td>
<td>10-15 minutes</td>
</tr>
</tbody>
</table>

4. **ADD FLAVOR**
   Flavor with healthy fats (like olive oil and butter) and top with seasonings, like salt & pepper, lemon, rosemary, oregano, etc.
### HOW TO BUILD A SHEET PAN MEAL

Our favorite combinations:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Veggie</th>
<th>Flavor</th>
<th>Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp, Andouille Sausage</td>
<td>Corn, Red Potatoes</td>
<td>Butter, Garlic, Old Bay, Lemon</td>
<td>425° F</td>
<td>15-20 minutes</td>
</tr>
<tr>
<td>Chicken</td>
<td>Broccoli, Carrots</td>
<td>Olive Oil, Lemon, Garlic, Italian Seasoning</td>
<td>375° F</td>
<td>30-35 minutes</td>
</tr>
<tr>
<td>Salmon</td>
<td>Asparagus,</td>
<td>Butter, Honey, Oregano</td>
<td>375° F</td>
<td>40-45 minutes</td>
</tr>
<tr>
<td>Bacon</td>
<td>Carrots, Cauliflower, Broccoli, Baby Bell Peppers, Brussels Sprouts</td>
<td>Salt, Pepper</td>
<td>450° F</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Chicken Sausage</td>
<td>Yellow Zucchini, Bell Peppers, Sweet Potato</td>
<td>Olive Oil, Oregano, Salt, Pepper</td>
<td>375° F</td>
<td>35-40 minutes</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>Potatoes, Yellow Zucchini, Asparagus</td>
<td>Olive Oil, Oregano, Salt, Pepper</td>
<td>375° F</td>
<td>35-40 minutes</td>
</tr>
<tr>
<td>Chicken</td>
<td>Zucchini, Eggplant, Bell Pepper</td>
<td>Olive Oil, Lemon</td>
<td>375° F</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Steak</td>
<td>Potatoes, Broccoli</td>
<td>Olive Oil, Balsamic Vinegar, Garlic, Salt, Pepper</td>
<td>450° F</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>
RECOMMENDED SNACKS

• 2 oz. nitrate-free beef jerky
• 1/2 cup cucumber slices + 2 Tbsp. guacamole
• 2 hard boiled eggs
• Small apple
• Whole red pepper + 2 Tbsp. hummus
• 1/4 cup olives (about 10)
• 10 celery strips with 2 Tbsp. almond butter
• Veggie Roll Ups
• 2 strips nitrate-free bacon
• 1 can BPA-free tuna
• 1 cup roasted veggies
• 1 scoop protein powder + 8 oz. water
• Almond Butter Blender Muffins
• 1 nitrate-free beef jerky stick

For more snack recipes, visit lifetime60day.com/recipes
THE KEY TO MEAL PREP

Setting aside time on the weekends to batch cook multiple servings in bulk ensures you have easy, delicious go-to’s during the week. Batch prepping individual ingredients (like boiled eggs or roasted veggies) also allows you to easily throw together meals or grab healthy snacks.

For the recipes included in this program, set time aside a few days per week to batch cook most of your meals for the next few days all at the same time. We’ll prompt you on the days we recommend doing meal prep, based on the meals you’re assigned during the week.

Then, save them in individual glass containers once they’re cooked so that you have easy grab-n-go lunches & dinners. Be sure to save the extras that you do not plan to eat this week in their own containers and freeze too - you’ll have healthy dinners ready to defrost and reheat in no time.

In addition to the meals and recipes we’ll provide, we also recommend batch prepping additional foods to have on hand – for snacks, emergency meals, or just back up if you’re still hungry or need something post-workout.

These are our top individual foods we recommend batch prepping:

1. Rice or quinoa
2. Hard boiled eggs
3. Bacon
4. Roasted veggies
5. Chopped or sliced veggies – for snacking or quickly sautéing
6. 6 Ingredient Pulled Chicken – for salads and lettuce wraps
7. Overnight oats
8. Baked sweet potatoes
Depending on your goals, your satiety, or your workouts, there may be times during the 60day where you need to bump up the calories in a meal or a snack. See below for a few options you can use to supplement your meals.

**50-100 CALORIES**
- 1 bell pepper
- 1 small banana
- 1 medium apple
- 2 Tbsp. hummus
- 1 scoop Life Time Collagen Protein
- 2 egg whites

**100-200 CALORIES**
- 1 Tbsp. olive oil
- 1 Tbsp. coconut oil
- 2 Tbsp. nut butter
- 2 eggs
- 1 cup low-sugar yogurt
- ½ cup blueberries
- ½ avocado
- ½ cup rice
- ½ cup quinoa
- 1 ½ scoops Life Time Collagen Protein
- 2 scoops Life Time Vegan or Whey
- 1 3 oz. can of tuna (in water)
- 4 oz. chicken breast
- ½ cup oats
- ¼ cup hummus

**200-300 CALORIES**
- 1 cup rice
- 1 cup quinoa
- 2 scoops Life Time Vegan All in One Protein or Whey All in One Protein
- ¼ cup almonds
- 1 cup black beans

**300-350 CALORIES**
- 1 whole avocado
- ½ cup pistachios
STUCK IN A PINCH?

Here are you go-to back-up plan options when you find yourself out and about, or without a pre-prepped lunch or dinner option:

1. Double-protein lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.

2. Burrito bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole – hold the cheese and sour cream.

3. Bun-less burger (optional add of avocado or bacon) topped with lettuce and tomato, with a side salad or a side of streamed veggies.

4. Pick up a rotisserie chicken and a bag of microwaveable vegetables. Make veggies, top with ghee or olive oil and Himalayan sea salt to taste, and serve alongside chicken.
   - Try adding a side of microwaved sweet potato (poke holes all over with a fork, wrap in wet paper towels, and microwave 5-8 minutes or until pierced easily with a fork – then top with coconut oil and cinnamon).

5. Grocery store salad bar with fresh veggies, roasted chicken, hard boiled egg, sunflower seeds, and oil and vinegar.
## WEEK ONE
### MEAL PLAN

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks/Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>Mini Frittatas To Go</td>
<td>Cilantro Lime Chicken Bowl + ½ cup Rice</td>
<td>Honey Glazed Salmon &amp; Veggies + ½ cup Quinoa</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>Tue.</td>
<td>Meal Replacement Protein Shake</td>
<td>Chicken Stir Fry + 1 Sweet Potato</td>
<td>Taco Bowl + ½ cup Rice</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>Wed.</td>
<td>Mini Frittatas To Go</td>
<td>Cilantro Lime Chicken Bowl + ½ cup Rice</td>
<td>Honey Glazed Salmon &amp; Veggies + ½ cup Quinoa</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>Thu.</td>
<td>Meal Replacement Protein Shake</td>
<td>Chicken Stir Fry + 1 Sweet Potato</td>
<td>Taco Bowl + ½ cup Rice</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>Fri.</td>
<td>Meal Replacement Protein Shake</td>
<td>Out to Eat</td>
<td>Fish Tacos with Mango Salsa &amp; Lime Sauce</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>Sat.</td>
<td>Breakfast Hash + 1 cup Berries</td>
<td>Fish Tacos with Mango Salsa &amp; Lime Sauce</td>
<td>Out to Eat</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>Sun.</td>
<td>Breakfast Hash + 1 cup Berries</td>
<td>Bacon Wrapped Chicken Strips + 1 cups Roasted Veggies</td>
<td>Chunky Meat &amp; Veggie Chili</td>
<td>Optional (pg.12)</td>
</tr>
</tbody>
</table>
### WEEK ONE

#### GROCERY LIST

<table>
<thead>
<tr>
<th>PRODUCE</th>
<th>MEAT</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 limes</td>
<td>2 deli-sliced ham</td>
<td>20 eggs</td>
</tr>
<tr>
<td>6 garlic cloves</td>
<td>1 cup sweet Italian sausage</td>
<td>1/2 cup unsweetened nut milk</td>
</tr>
<tr>
<td>1 red onion</td>
<td>3 lb. chicken</td>
<td>1/4 cup shredded cheddar</td>
</tr>
<tr>
<td>2 avocados</td>
<td>1 lb. ground turkey</td>
<td>1/4 cup grated parmesan</td>
</tr>
<tr>
<td>1 yellow onion</td>
<td>1 lb. halibut or tilapia</td>
<td>1/2 cup full-fat, unsweetened Greek yogurt</td>
</tr>
<tr>
<td>4 bell peppers</td>
<td>8 breakfast sausage links</td>
<td>Additional unsweetened nut milk (for protein shakes)</td>
</tr>
<tr>
<td>1 6 oz. can water chestnuts</td>
<td>1 lb. ground beef</td>
<td></td>
</tr>
<tr>
<td>3 large carrots</td>
<td>1 lb. nitrate-free bacon</td>
<td></td>
</tr>
<tr>
<td>3 sweet potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 jalapeno pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 mangos</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 zucchinis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 cups vegetables of choice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups riced cauliflower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 bag broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 cups chopped lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups cherry tomatoes</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>SPICES</th>
<th>DRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Tbsp. dill</td>
<td>4 cups rice</td>
</tr>
<tr>
<td>1 cup cilantro</td>
<td></td>
</tr>
<tr>
<td>3 tsp. garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. ginger powder</td>
<td></td>
</tr>
<tr>
<td>1 tsp. red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. taco Seasoning</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. chili powder</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. cumin</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. oregano</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>FROZEN</th>
<th>CANNED + JARRED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (for protein shakes)</td>
<td>2 Tbsp. pesto</td>
</tr>
<tr>
<td></td>
<td>1/2 cup black beans</td>
</tr>
<tr>
<td></td>
<td>1/2 cup corn</td>
</tr>
<tr>
<td></td>
<td>1 cup salsa</td>
</tr>
<tr>
<td></td>
<td>1 chipotle chili in adobo sauce</td>
</tr>
<tr>
<td></td>
<td>1 15 oz. can tomato sauce</td>
</tr>
<tr>
<td></td>
<td>1 15 oz. can diced tomatoes</td>
</tr>
<tr>
<td></td>
<td>1 15 oz. can kidney beans</td>
</tr>
</tbody>
</table>

Don’t forget to include ingredients for snacks and protein shakes!
Mini Frittatas-To-Go
Makes 4 Servings
Calories: 300 | Protein: 25 | Fat: 23 | Carbs: 1

INGREDIENTS
• Olive oil cooking spray
• 12 Eggland’s Best eggs (Large)
• 1/4 cup unsweetened nut milk
• 2 slices deli-sliced ham, chopped
• 1/4 cup shredded cheddar
• 2 tsp. fresh dill, picked/chopped
• 1 cup sweet Italian sausage
• 2 Tbsp. pesto
• 1/4 cup grated Parmesan
• Salt and pepper, to taste

DIRECTIONS
1. Preheat oven to 375 F.
2. Spray each cup of a 12-cup muffin tin with olive oil cooking spray.
3. In a large mixing bowl, whisk the Eggland’s Best eggs with milk and season with salt and pepper.
4. Carefully pour the eggs into each cup of the muffin tin ¾ of the way to the top (a ladle makes this an easy job!).
5. Divide ham evenly and place it on top of 6 of the egg cups. Follow with cheddar and dill.
6. Divide browned sweet Italian sausage evenly and place on top of the remaining 6 egg cups. Follow with pesto and parmesan.
7. Bake until puffed up and cooked through, about 12-15 minutes.
8. If taking to-go, let the mini frittatas cool and pack in plastic bags or glass containers, making sure to alternate flavors so you’re not having the same breakfast every day.

Cilantro Lime Chicken Bowl
Makes 4 Servings
Calories: 300 | Protein: 27 | Fat: 12 | Carbs: 23

INGREDIENTS
• 1 lb. chicken, cubed
• 2 Tbsp. coconut oil
• ¼ cup cilantro, chopped
• 2 limes, juiced
• Salt and pepper, to taste
• 3 cups riced cauliflower
• 2 tsp. garlic powder
• ½ cup black beans
• ½ cup corn
• ¼ cup red onion, diced
• 1 Tbsp. garlic, minced
• 2 cups cherry tomatoes, halved
• 1 avocado, diced
• 1 lime, quartered

DIRECTIONS
1. Heat 1 Tbsp. coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8-10 minutes.
2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper and combine until well mixed. Set aside in the refrigerator.
3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy!
WEEK ONE

SUNDAY

Rice
Makes 4 servings
Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS
• 2 cups rice
• 4 cups water
• Pinch salt

DIRECTIONS
1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!
Chicken Stir Fry
Makes 4 Servings
Calories: 255 | Protein: 28 | Fat: 8 | Carbs: 18

INGREDIENTS
• 1 lb. chicken breast
• 1 Tbsp. Coconut oil
• 1/2 Tbsp. sesame oil
• 1/2 cup gluten-free, reduced sodium soy sauce or coconut aminos
• 1 Tbsp. ginger powder
• 1/2 Tbsp. granulated garlic
• 1 tsp. dried red pepper flakes
• 1/2 medium onion, sliced
• 2 bell peppers, sliced into 1” strips
• 1/2 lb. bag of fresh broccoli florets
• 2 carrots, peeled and cut into bite-sized pieces 1/4” thick
• 1 – six oz. can sliced water chestnuts

DIRECTIONS
1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.

Sweet Potato
Makes 2 Servings
Calories: 110 | Protein: 2 | Fat: 0 | Carbs: 26

INGREDIENTS
• 2 medium sweet potatoes

DIRECTIONS
1. Pierce the skin of the sweet potato with a fork 5-6 times
2. Place in microwave and cook for about 5-8 minutes, rotating halfway through.
TUESDAY

Taco Bowl
Makes 4 Servings
Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS
• 1 lb. ground turkey
• 2 Tbsp. taco seasoning
• 6 cups chopped lettuce
• 1 cup salsa (no added sugar)
• 1 avocado

DIRECTIONS
1. In a medium pan, saute ground turkey over medium heat until cooked through, about 7-8 minutes. Add taco seasoning and mix well.
2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!

Rice
Makes 4 servings
Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS
• 2 cups rice
• 4 cups water
• Pinch salt

DIRECTIONS
1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!
Fish Tacos with Mango Salsa & Lime Sauce
Makes 4 Servings
Calories: 250 | Protein: 19 | Fat: 8 | Carbs: 25

INGREDIENTS
Grilled Fish
• 1 pounds halibut or tilapia
• 4 Tbsp. lime juice
• 2 Tbsp. olive oil
• 2 Tbsp. gluten-free soy sauce or coconut aminos

Mango Salsa
• 1 bell pepper, diced
• 1/2 small red onion, finely diced
• 1 jalapeno pepper, diced
• 2 mangoes, chopped into 1/2-inch square chunks
• 1 handful cilantro, chopped
• 2 cloves garlic, minced
• Juice of 1 lime
• Salt to taste

Lime Sauce
• 1 Tbsp. unsweetened almond milk
• 1/2 cup Greek yogurt
• 2 tablespoons fresh lime juice
• 1 chipotle chile in adobo sauce, finely chopped
• 1 garlic clove, finely chopped or pressed
• Salt

DIRECTIONS
1. Combine the fresh lime juice with the olive oil and soy sauce in a rectangular baking dish (not metal). Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
2. For lime sauce, in a small bowl, combine the greek yogurt, milk, lime juice, chipotle, and garlic. Season to taste with salt.
3. For salsa, toss together peppers, onion, mango, cilantro, garlic, and lime juice in a bowl; season to taste with salt.
4. Remove fish from the marinade and grill or saute over medium-heat until cooked through and browned. Let cool slightly then flake into bite-size chunks.
5. To assemble, place a bit of fish on a warm gluten-free corn tortilla or lettuce wrap (depending on preferred carb count), drizzle with the chipotle-lime sauce, and top with mango salsa.

*Nutrition stats do not include lettuce wrap or gluten-free corn tortilla.
Fish Tacos with Mango Salsa & Lime Sauce
Breakfast Hash
Makes 2 Servings
Cals: 290 | P: 23 | C: 17 | F: 14

INGREDIENTS
• 1 medium sweet potato
• 4 eggs
• 4 breakfast sausage links
• 1 bell pepper, diced
• 1/4 cup red onion, diced
• 1 Tbsp. coconut oil
• Salt and pepper, to taste

DIRECTIONS
1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!
WEEK ONE
SUNDAY

Breakfast Hash
Makes 2 Servings
Cals: 290  |  P: 23  |  C: 17  |  F: 14

INGREDIENTS
• 1 medium sweet potato
• 4 eggs
• 4 breakfast sausage links
• 1 bell pepper, diced
• 1/4 cup red onion, diced
• 1 Tbsp. coconut oil
• Salt and pepper, to taste

DIRECTIONS
1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

Chunky Meat & Veggie Chili
Makes 4 Servings
Calories: 400  |  Protein: 35  |  Fat: 14  |  Carbs: 26

INGREDIENTS
• 1 15 oz. can tomato sauce
• 1 15 oz. can diced tomatoes
• 1 15 oz. can kidney beans
• 1 lb. ground beef
• ½ yellow onion, chopped
• 2 medium zucchinis, chopped
• 1 cup carrots, chopped
• 2 cloves garlic, chopped
• 2 Tbsp. chili powder
• ½ tsp. cumin
• 1 Tbsp. oregano

DIRECTIONS
1. In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, carrots, and seasonings to skillet and cook over medium-high heat about 5-6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.
Bacon Wrapped Chicken Strips
Makes 4 Servings
Calories 185 | Protein 30 | Carbs 1 | Fat 6

INGREDIENTS
• 1 lb. chicken breast (4 chicken breasts)
• 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS
1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.

Roasted Veggies
Makes 4 Servings
Calories: 130 | Protein: 4 | Fat: 7 | Carbs: 15

INGREDIENTS
• 6 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, bell pepper, etc.
• Coarse kosher salt and freshly ground black pepper
• 2 Tbsp. olive oil

DIRECTIONS
1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper and drizzle with olive oil. Toss until all veggies are evenly covered.
2. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!
### WEEK TWO
### MEAL PLAN

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<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS/DESSERT</th>
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<tbody>
<tr>
<td>MON.</td>
<td>Meal Replacement Protein Shake</td>
<td>Chunky Meat &amp; Veggie</td>
<td>Sheet Pan Meal</td>
<td>Optional (pg.12)</td>
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<td></td>
<td></td>
<td>Chili</td>
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<tr>
<td>TUE.</td>
<td>Overnight Oats Four Ways</td>
<td>Bacon Wrapped Chicken</td>
<td>Slow Cooker Thai Chicken</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Strips + 1 cups Roasted</td>
<td>+ 1 cup Veggies</td>
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<tr>
<td>WED.</td>
<td>Meal Replacement Protein Shake</td>
<td>Sheet Pan Meal</td>
<td>BLT Salad</td>
<td>Optional (pg.12)</td>
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<tr>
<td>FRI.</td>
<td>Meal Replacement Protein Shake</td>
<td>BLT Salad</td>
<td>Out to Eat</td>
<td>Optional (pg.12)</td>
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<tr>
<td>SAT.</td>
<td>Protein Pancakes + 1 cup Berries</td>
<td>Buffalo Chicken Meatballs</td>
<td>Brinner Bowl</td>
<td>Optional (pg.12)</td>
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<tr>
<td></td>
<td></td>
<td>+ 1 cups Veggies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUN.</td>
<td>Avocado Boats + 1 cup Berries</td>
<td>Out to Eat</td>
<td>Pot Roast &amp; Root Veggies</td>
<td>Optional (pg.12)</td>
</tr>
</tbody>
</table>
### WEEK TWO GROCERY LIST

#### PRODUCE
- 1 Tbsp. lime juice
- 20 cups veggies of choice
- 8-10 cups lettuce
- 3-4 roma tomatoes
- 1/2 cup red potato
- 1 cup cherry tomatoes
- 1 cup bell peppers
- 2 cups spinach
- 2 avocados
- 2 cups carrots
- 2 cups parsnips
- 2 stalks celery
- 1 medium onion
- 2 cups berries

#### MEAT
- 3 lb. chicken
- 1 lb. protein of choice
- 1 lb. of bacon
- 1 lb. ground chicken or turkey
- 2 1/2 lb. boneless beef chuck roast

#### DAIRY
- 3 cups unsweetened nut milk
- Additional unsweetened nut milk (for protein shakes)
- 8 eggs

#### DRY
- 1 1/3 cup gluten-free oats
- 2 Tbsp. chopped peanuts
- 2 cups rice
- 1 1/3 cup gluten-free oats
- 1/2 cup almond flour
- 2 Tbsp. organic coconut flour
- 1 scoop Life Time Fitness vanilla whey protein powder
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda

#### SPICES
- 3 garlic cloves
- 1/2 tsp. crushed red pepper flakes
- Fresh cilantro
- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. dried chives
- 1 tsp. rosemary
- 1 tsp. dried basil

#### CONDIMENTS + OILS
- 1 Tbsp. coconut aminos (or gluten-free soy sauce)
- 1 Tbsp. sesame oil
- 2 Tbsp. ranch dressing (gluten-free)
- 1/4 cup hot sauce
- 2 1/2 tbsp. coconut oil
- 1 ½ cups water or beef broth

#### CANNED + JARRED
- 1/4 cup canned full-fat coconut milk
- 1/4 cup chunky peanut butter
- 1 Tbsp. honey

#### FROZEN
- Fruit (for protein shakes)

Don’t forget to include ingredients for snacks and protein shakes! Also be sure to include ingredients depending on which overnight oats recipe(s) you choose (pg. 22)
WEEK TWO
MONDAY

Sheet Pan Meal
Makes 4 Servings
Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS
• 1 lb. protein
• 8 cups veggies

DIRECTIONS
1. Follow cooking times found on page 10.

Slow Cooker Thai Chicken
Makes 4 Servings
Calories: 400 | Protein: 35 | Fat: 24 | Carbs: 12

INGREDIENTS
• 1 lbs. chicken breasts
• 1/4 cup canned full-fat coconut milk
• 1/4 cup chunky peanut butter
• 1 Tbsp. garlic, minced
• 1 Tbsp. honey
• 1 Tbsp. coconut aminos (or gluten-free soy sauce)
• 1 Tbsp. lime juice
• 1 Tbsp. sesame oil
• 1/2 tsp. crushed red pepper flakes (more or less, to taste)
• 2 Tbsp. chopped peanuts
• Fresh cilantro, chopped

DIRECTIONS
1. Place chicken breasts in the bottom of a slow cooker in an even layer.
2. In a small mixing bowl, add coconut milk, peanut butter, garlic, coconut aminos, lime juice, sesame oil and red pepper flakes and mix until combined. (It may help to soften the peanut butter).
3. Pour mixture over the chicken in the slow cooker. Cook on low for 8 hours.
4. Once cooked, remove chicken and shred, then return back to the crock pot and stir until chicken is evenly coated in the peanut sauce.
5. Top with peanuts and cilantro, and serve alone or with a side of rice or rice noodles.

Rice
Makes 4 servings
Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS
• 2 cups rice
• 4 cups water
• Pinch salt

DIRECTIONS
1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!
Overnight Oats Four Ways
Makes 1 Serving

INGREDIENTS
• 1/3 cup gluten-free oats
• 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc)

1. PB & J
• 1 Tbsp. peanut butter
• 1/2 cup chopped strawberries
• 1 serving Life Time vanilla protein powder

2. MOCHA CHIP
• 1 square 90% dark chocolate, chopped
• 1 scoop Cafe Mocha Life Greens
• 1 serving Life Time chocolate protein powder

3. BLUEBERRY LEMON CHEESECAKE
• 1/3 cup blueberries
• 2 Tbsp. lemon zest
• 1 serving Life Time vanilla protein powder

4. CHUNKY MONKEY
• 1/2 banana, sliced
• 1 Tbsp. chopped walnuts
• 1 square 90% dark chocolate, chopped
• 1 serving Life Time chocolate protein powder

DIRECTIONS
1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

* Don’t forget to add ingredients to your grocery list depending on which overnight oats recipe you choose!

** Make 4 servings of Overnight Oats and keep in the fridge

Bacon Wrapped Chicken
Makes 4 servings
Calories 185 | Protein 30 | Carbs 1 | Fat 6

INGREDIENTS
• 1 lb. chicken breast (4 chicken breasts)
• 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS
1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.
BLT Salad
Makes 4 Servings
Calories: 355 | Protein: 33 | Fat: 23 | Carbs: 5

INGREDIENTS
• 1 lb. chicken, diced
• 8 strips of bacon
• 8-10 cups lettuce, chopped
• 3-4 roma tomatoes, diced
• 2 Tbsp. ranch dressing (gluten-free)
• Salt and pepper, to taste

DIRECTIONS
1. Preheat oven to 400.
2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
3. Cook for 12-18 minutes, until cooked to your desired level. Remove from oven and set aside.
4. In a medium pan, saute diced chicken over medium heat until cooked through.
5. When bacon is cool, crumble into small pieces.
6. Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.
WEEK TWO
THURSDAY

Buffalo Chicken Meatballs
Makes 4 Servings
Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

INGREDIENTS
• 1 pound ground chicken or turkey
• 1/2 cup almond flour
• 1/4 cup hot sauce
• 1 egg
• 2 Tbsp. ranch seasoning
• Pinch of salt

Ranch Seasoning
• 2 Tbsp. dried parsley
• 2 tsp. dried dill
• 1 tsp. garlic powder
• 1 tsp. onion powder
• 1/2 tsp. black pepper
• 1/2 tsp. dried chives

DIRECTIONS
1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15-20 minutes, until cooked throughout.
5. Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.
Buffalo Chicken Meatballs
Protein Pancakes
Makes 2 Servings
Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

INGREDIENTS
• 1 large (organic) egg
• 1 scoop Life Time Fitness vanilla whey protein powder
• 2 Tbsp. organic coconut flour
• ¼ cup unsweetened vanilla almond milk
• ¼ teaspoon baking powder
• ¼ teaspoon baking soda

DIRECTIONS
1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray.
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

Brinner Bowl
Makes 2 Servings
Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS
• 1/2 cup red potato, diced
• 1 cup cherry tomatoes, diced
• 1 cup bell peppers, diced
• 2 cups spinach, chopped
• 1 ½ tbsp. coconut oil
• 2 eggs

DIRECTIONS
1. Microwave potato for 3-5 minutes first. In a medium frying pan, melt ½ Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another ½ Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!
Avocado Boats
Makes 2 Servings
Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS
• 2 avocados
• 4 medium eggs
• 2 strips of bacon, cooked and diced

DIRECTIONS
1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.
5. Garnish with cooked bacon pieces.

Pot Roast & Root Veggies
Makes 6 Servings
Calories: 425 | Protein: 48 | Fat: 19 | Carbs: 17

INGREDIENTS
• 2.5 lb. boneless beef chuck roast
• 2 cups peeled, sliced carrots
• 2 cups peeled, sliced parsnips
• 2 stalks celery, chopped
• 1 medium onion
• 1 Tbsp. coconut oil
• 2 cloves garlic, peeled, diced
• 1 ½ cups water or beef broth
• 1 tsp. rosemary
• 1 tsp. dried basil
• Salt & pepper to taste

DIRECTIONS
1. Melt coconut oil in the skillet. Pat dry the roast and then place on hot skillet. Brown all sides of roast over high heat for approximately 3-4 minutes per side.
2. Place the roast in the slow cooker and add the other ingredients.
3. Cover and cook on low setting for 6-8 hours, or until meat is tender (you could also cook on high for 4-5 hours, however, roast may not be quite as tender).
4. Use tongs or a slate spoon to remove roast and veggies.
Avocado Boats
### WEEK THREE
**MEAL PLAN**

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<th><strong>DINNER</strong></th>
<th><strong>SNACKS/DESSERT</strong></th>
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<tbody>
<tr>
<td><strong>MON.</strong></td>
<td>Meal Replacement Protein Shake</td>
<td>Pot Roast &amp; Root Veggies</td>
<td>Spaghetti Squash Bolognese</td>
<td>Optional (pg.12)</td>
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<tr>
<td><strong>TUE.</strong></td>
<td>Sausage &amp; Egg Bake</td>
<td>Spaghetti Squash Bolognese</td>
<td>Sheet Pan Meal</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td><strong>WED.</strong></td>
<td>Meal Replacement Protein Shake</td>
<td>Pot Roast &amp; Root Veggies</td>
<td>Baked Artichoke Chicken + 1 cup Roasted Red Potatoes</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td><strong>THU.</strong></td>
<td>Sausage &amp; Egg Bake</td>
<td>Sheet Pan Meal</td>
<td>Shrimp &amp; Corn Sheet Pan Boil</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td><strong>FRI.</strong></td>
<td>Meal Replacement Protein Shake</td>
<td>Baked Artichoke Chicken + 1 cup Roasted Red Potatoes</td>
<td>Shrimp &amp; Corn Sheet Pan Boil</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td><strong>SAT.</strong></td>
<td>Breakfast Sweet Potato + 1 cup Berries</td>
<td>Shrimp &amp; Corn Sheet Pan Boil</td>
<td>One Pan Lemon Chicken &amp; Veggies</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td><strong>SUN.</strong></td>
<td>Out to Eat</td>
<td>One Pan Lemon Chicken &amp; Veggies</td>
<td>Orange Chicken Stir Fry + ½ cup Rice</td>
<td>Optional (pg.12)</td>
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</tbody>
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# WEEK THREE

## GROCERY LIST

### PRODUCE
- 1 spaghetti squash
- 1 onion
- 2 cup mushrooms
- 2 zucchini
- 3 red bell peppers
- 5 cups broccoli
- 8 cups veggies
- 9 large carrots
- 2 small red onion
- 6 cups spinach
- 7 cups red potatoes
- 2 ears of corn
- 3 lemons
- 1 banana
- 3 cups berries
- 1 orange
- 4 cups riced cauliflower (or 1 bag)
- 4 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas)
- 1 cup baby tomatoes

### MEAT
- 1 lb. ground beef or turkey
- 1/2 pound breakfast sausage
- 1 lb. protein of choice
- 4 lb. chicken breast
- 1 lb. medium shrimp, peeled and deveined
- 1 (12 oz.) package smoked andouille sausage

### DAIRY
- 8 eggs
- 1/4 cup cheese
- 2 Tbsp. unsalted butter
- Unsweetened nut milk (for protein shakes)

### SPICES
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh oregano
- 1/4 cup chopped fresh parsley
- Red pepper flakes
- 5 garlic cloves
- 1 tsp. garlic powder
- 1 Tbsp. Old Bay Seasoning
- 1 Tbsp. cinnamon
- 1 Tbsp. Italian seasoning

### DRY
- 3 cups gluten-free oats
- 2 Tbsp. chia seeds
- 2 Tbsp. almond butter
- 1 scoop Life Time Vanilla Whey Protein
- 2 Tbsp. slivered almonds
- 2 Tbsp. sunflower seeds
- 2 Tbsp. pumpkin seeds
- 2 cups rice

### FROZEN
- Fruit for (protein shakes)

### CANNED + JARRED
- 1 28 oz. can crushed tomatoes
- 1 12 oz. jar artichoke hearts
- 1 cup chicken stock
- 1 Tbsp. tomato paste

### CONDIMENTS + OILS
- 5 Tbsp. coconut oil
- 3 Tbsp. honey or maple syrup
- 2 Tbsp. olive oil
- 3 Tbsp. gluten-free soy sauce or coconut aminos

Don’t forget to include ingredients for snacks and protein shakes!
WEEK THREE
MONDAY PREP

Spaghetti Squash Bolognese
Makes 4 Servings
Calories: 305 | Protein: 28 | Fat: 12 | Carbs: 24

INGREDIENTS
• 1 spaghetti squash
• 1 lb. ground beef or turkey
• ½ onion, diced
• 1 tbsp. coconut oil
• 1 cup mushrooms, sliced
• 1 zucchini, diced
• 1 red bell pepper, chopped
• 1 (28 oz.) can crushed tomatoes
• ¼ cup chopped fresh basil
• ¼ cup chopped fresh oregano
• ¼ cup chopped fresh parsley

DIRECTIONS
1. Preheat oven to 400° F and pour water into a baking dish (or 2).
2. Cut spaghetti squash in half lengthwise and scoop out seeds. Place squash halves with cut sides down in baking dish and roast for 40 minutes.
3. While squash is in the oven, sauté ground beef and onions in a skillet over medium-high heat until the beef is cooked. Set aside.
4. Heat oil in a skillet over medium heat. Add the mushrooms, zucchini, bell pepper, crushed tomatoes, basil, oregano and parsley. Simmer over medium heat for about 10 minutes, or until vegetables are cooked.
5. Add the ground beef and onions and simmer on low heat, stirring occasionally.
6. When the spaghetti squash is finished, scrape the inside halves with a fork – it should fall apart into spaghetti like strands. Top with meat sauce and enjoy!

Sausage and Egg Bake
Makes 4 Servings
Calories: 295 | Protein: 22 | Fat: 18 | Carbs: 9

INGREDIENTS
• 8 eggs
• ½ onion, diced
• ½ pound breakfast sausage, cubed
• 1 bell pepper, diced
• 1 cup broccoli, chopped
• 1 cup mushrooms, diced
• Salt and pepper, to taste
• Optional: ¼ cup cheese

DIRECTIONS
1. Heat oven to 350° Grease 8” round baking dish
2. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
3. Bake uncovered for 30-35 minutes or until golden brown and fully cooked (pierce with fork to check doneness—if fork comes out clean, it’s done!)
WEEK THREE

TUESDAY

Sheet Pan Meal
Makes 4 Servings
Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS
• 1 lb. protein
• 8 cups veggies

DIRECTIONS
1. Follow cooking times found on page 10.
WEEK THREE

WEDNESDAY

Baked Artichoke Chicken
Makes 4 Servings
Calories: 215 | Protein: 30 | Fat: 9 | Carbs: 4

INGREDIENTS
• 1 lb. chicken breasts
• 1 can or jar (approx. 12 oz.) artichoke hearts
• 1 cup carrots, peeled and sliced
• 1 small red onion, diced
• 1 heaping handful spinach
• Red pepper flakes, to taste
• 2 cloves garlic, minced
• 1 cup chicken stock
• 1 Tbsp. coconut oil
• Salt & pepper to taste

DIRECTIONS
1. Preheat oven to 425°
3. Add chicken and brown on each side, about 5 minutes per side, then remove from pan.
4. Add onion, carrots, and artichokes to the pan and cover, cooking until tender. Add garlic, chicken stock and spinach and cook for another 1-2 minutes.
5. Grease baking sheet with coconut oil. Add onion, carrots, artichokes, garlic, chicken and spinach and bake for 20 minutes or until chicken is cooked through.
WEEK THREE
THURSDAY

Shrimp and Corn Sheet Pan Boil
Makes 6 Servings
Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

INGREDIENTS
• 3 cups red potatoes, diced
• 2 ears corn, cut into ½” slices crosswise
• 1 pound medium shrimp, peeled and deveined
• 1 (12 oz.) package smoked andouille sausage, sliced thinly
• 2 Tbsp. unsalted butter, melted
• 2 cloves garlic, minced
• 1 Tbsp. Old Bay Seasoning
• 1 lemon
• 1 tsp. garlic powder
• Salt & pepper, to taste

DIRECTIONS
1. Preheat oven to 425°. In a large pot of salted boiling water, cook potatoes until just tender, about 10-15 minutes. Remove from pot and drain.
2. In a small glass bowl, place butter in the microwave and slowly melt in 10-15 second increments.
3. Place potatoes, corn, shrimp, sausage, melted butter, lemon and seasoning and toss to combine.
4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through – about 15 minutes. If you like it a little toasted, broil the sheet pan for the last 3-5 minutes.
Breakfast Sweet Potato
Makes 2 Servings
Calories: 300 | Protein: 9 | Fat: 13 | Carbs: 42

INGREDIENTS
• 2 small sweet potatoes
• 1 medium banana, sliced
• 2 Tbsp. creamy peanut butter
• 1 Tbsp. chia seeds
• 1/2 tsp. ground cinnamon
• Other potential toppings: coconut flakes, flax seeds, avocado, eggs, red pepper flakes, etc

DIRECTIONS
1. Take your sweet potato and poke holes over its entirety. Then wrap in a moist paper towel and microwave for about 8-10 minutes, until fully cooked.
2. Allow the sweet potato to cool a bit before handling. Once cooled, carefully cut it in half and top with your chosen toppings. Enjoy!

One Pan Lemon Chicken & Veggies
Makes 4 Servings
Calories: 255 | Protein: 30 | Fat: 6 | Carbs: 23

INGREDIENTS
• 1 lbs. chicken
• 2 Tbsp. olive oil
• 2 lemons
• 4 cups broccoli
• 8 large carrots, halved
• 1 Tbsp. minced garlic
• 1 Tbsp. Italian seasoning
• Salt and freshly ground black pepper, to taste

DIRECTIONS
1. Preheat oven to 375°.
2. Grease sheet pan with 2 Tbsp. olive oil. Place chicken breasts next to each other on 1/3 of the pan. On the other 2/3’s, add chopped broccoli and carrots halved length-wise.
3. Using one lemon, cut in half and squeeze over chicken breasts. Cut the other lemon in thin slices (about 1/2 cm) and distribute evenly over the chicken and veggies
4. Top chicken and veggies with minced garlic, and sprinkle Italian seasoning, salt and pepper over the entire sheet pan.
5. Bake until thoroughly cooked, or about 30-35 minutes. Remove from oven and enjoy!
One Pan Lemon Chicken & Veggies
SUNDAY PREP

Orange Chicken with Cauliflower Rice Stir Fry
Makes 4 Servings
Calories: 215 | Protein: 28 | Fat: 15 | Carbs: 3

INGREDIENTS
Chicken:
• 1 lbs. chicken breast
• 1 Tbsp. tomato paste
• 1 Tbsp. coconut oil
• 1 orange, medium
• 3 Tbsp. cup gluten-free soy sauce or coconut aminos
• 1 Tbsp. honey
• ¼ tsp. red pepper flakes
• 1 tsp. garlic powder
• Salt and pepper, to taste

Cauliflower Stir Fry Rice:
• 4 cups riced cauliflower (or 1 bag)
• 4 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

DIRECTIONS
1. Cut the chicken into bite size pieces (about 1 inch). Season with desired salt and pepper.
2. In a large skillet, add chicken with 1 tbsp. of coconut oil and cook on medium heat. Cook for 5-7 minutes until mostly cooked through.
3. In a small bowl, combine orange juice, soy sauce, tomato paste, honey, red pepper and garlic. Stir until evenly mixed.
4. Pour sauce over chicken and stir to evenly coat. Cook chicken for additional 5-10 minutes or until chicken is fully cooked through (165 temperature).
5. In another pan, melt 1 Tbsp. and add stir fry vegetables. Sauté until mostly cooked through, about 7 minutes. Then add cauliflower and sauté until fully cooked, about 5 mins.
6. Serve the orange chicken over 1-2 cups cauliflower stir fry and enjoy!

Rice
Makes 4 servings
Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS
• 2 cups rice
• 4 cups water
• Pinch salt

DIRECTIONS
1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!
**WEEK THREE**

**SUNDAY PREP**

**Loaded Scrambled Eggs**

Makes 4 Servings  
Calories: 330 | Protein: 40 | Fat: 14 | Carbs: 9

**INGREDIENTS**
- 8 eggs  
- 1 cup chopped bell peppers  
- 1 cup baby tomatoes, halved  
- 2 cups spinach, diced  
- ½ cup red onion, diced  
- 1 lb. chicken breast, chopped  
- ½ Tbsp. coconut oil

**DIRECTIONS**
1. Heat a large skillet over medium heat and melt coconut oil. Add red onion, spinach and bell peppers and sauté for about 5 minutes.
2. Add chicken and sauté until cooked through and slightly crispy, about 8-10 minutes.
3. Add cherry tomatoes and eggs and cook, stirring frequently, until eggs are fully cooked through and tomatoes are slightly tender.
4. Remove from heat and enjoy!
<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS/DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON.</td>
<td>Loaded Scrambled Eggs + 1 cup sliced fruit</td>
<td>Orange Chicken Stir Fry + ½ cup Rice</td>
<td>Taco Bowl</td>
<td>Optional (pg.12)</td>
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<tr>
<td>TUE.</td>
<td>Meal Replacement Protein Shake</td>
<td>Taco Bowl</td>
<td>Chicken Sausage Bowl</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>WED.</td>
<td>Loaded Scrambled Eggs + 1 cup sliced fruit</td>
<td>Roasted Pork Chops &amp; Veggies</td>
<td>Tzatziki Chicken Bowl</td>
<td>Optional (pg.12)</td>
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<tr>
<td>THU.</td>
<td>Meal Replacement Protein Shake</td>
<td>Chicken Sausage Bowl</td>
<td>Tzatziki Chicken Bowl</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>FRI.</td>
<td>Meal Replacement Protein Shake</td>
<td>Roasted Pork Chops &amp; Veggies</td>
<td>Out to Eat</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>SAT.</td>
<td>Brinner Bowl</td>
<td>Chicken Kebabs with Blueberry BBQ Sauce + 1 cup Roasted Veggies</td>
<td>Cauliflower Pizza + Chicken</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td>SUN.</td>
<td>Out to Eat</td>
<td>Chicken Kebabs with Blueberry BBQ Sauce + 1 cup Roasted Veggies</td>
<td>Homestyle Meatloaf Muffins + 1 cups Veggies</td>
<td>Optional (pg.12)</td>
</tr>
</tbody>
</table>
### WEEK FOUR GROCERY LIST

**PRODUCE**
- 6 cups chopped lettuce
- 1 avocado
- 2 large yellow zucchini
- 3 medium-large bell peppers
- 1 medium sweet potato
- 2 cups diced potatoes
- 1 small bunch asparagus
- 1 medium cucumber
- 2 cups cherry tomatoes
- 1/2 red onion
- 1 lemon
- 1 yellow onion
- 1 large carrot
- 1 16 oz. bag coleslaw mix
- 1/4 16 oz. bag matchstick carrots

**MEAT**
- 2.5 lb. ground turkey
- 6 chicken sausages
- 4 boneless center pork chops
- 1 lb. chicken
- 1 lb. ground beef

**DAIRY**
- 1/2 cup plain Greek yogurt
- 6 oz. feta cheese
- Unsweetened nut milk (for protein shakes)

**DRY**

**SPICES**
- 2 Tbsp. taco seasoning
- 2 Tbsp. oregano
- 3 cloves garlic
- 2 Tbsp. fresh dill
- 2 Tbsp. parsley
- 4 garlic cloves
- 2 Tbsp. Italian seasoning
- 1 tsp. ground ginger

**CONDIMENTS + OILS**
- 2 Tbsp. olive oil
- 1 tsp. coconut oil
- 1/4 cup barbecue sauce
- 1/2 cup ketchup
- 2 Tbsp. mustard
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 1/4 cup gluten-free soy sauce or coconut aminos

**FROZEN**
- Fruit for (protein shakes)

**CANNED + JARRED**
- 1 cup salsa (no added sugar)
- 1/2 cup Kalamata olives

Don’t forget to include ingredients for snacks and protein shakes!
**WEEK FOUR**

**MONDAY**

**Taco Bowl**

Makes 4 Servings

Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

**INGREDIENTS**

- 1 lb. ground turkey
- 2 Tbsp. taco seasoning
- 6 cups chopped lettuce
- 1 cup salsa (no added sugar)
- 1 avocado

**DIRECTIONS**

1. In a medium pan, saute ground turkey over medium heat until cooked through, about 7-8 minutes. Add taco seasoning and mix well.
2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!
Taco Bowl
**WEEK FOUR**

**TUESDAY**

**Chicken Sausage Bowl**

Makes 4 Servings
Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

**INGREDIENTS**
- 6 chicken sausages (12 oz.)
- 1 large yellow zucchini
- 2 medium-large bell peppers, chopped
- 1 medium sweet potato, cubed
- 1 Tbsp. oregano
- 1 Tbsp. olive oil
- Salt and pepper, to taste

**DIRECTIONS**
1. Preheat oven to 375°.
2. Chop the bell peppers, zucchini, potatoes and sausage. Add to a mixing bowl and toss in olive oil, oregano and salt & pepper until evenly covered.
3. Cover a baking sheet with parchment paper, and add sausage mixture. Distribute evenly across the baking sheet.
4. Bake for 35-40 min, or until thoroughly cooked. Remove from oven and enjoy!

**Oven Roasted Pork Chops and Veggies**

Makes 4 Servings
Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

**INGREDIENTS**
- 4 boneless center pork chops
- 2 cups diced potatoes
- 1 large yellow zucchini
- 1 small bunch asparagus
- 1 Tbsp. olive oil
- 1 Tbsp. oregano
- Salt and pepper, to taste

**DIRECTIONS**
1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2” strips, and add to pan as well, along with diced potatoes.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn’t burn.
5. Remove from oven and enjoy!
WEEK FOUR

WEDNESDAY

Tzatziki Chicken Salad
Makes 4 Servings
Calories: 300 | Protein: 35 | Fat: 13 | Carbs: 8

INGREDIENTS
• 1 lb. chicken
• 1/2 cup plain Greek yogurt
• 1 medium cucumber, chopped
• 2 cups cherry tomatoes, halved
• 1/2 red onion, finely chopped
• Juice of 1 lemon
• 6 oz. feta cheese, crumbled
• 1/2 cup Kalamata olives, chopped
• 3 cloves garlic, minced
• 2 Tbsp. fresh dill, chopped
• 2 Tbsp. parsley, chopped
• Salt and pepper, to taste

DIRECTIONS
1. Add all ingredients to a bowl and stir until thoroughly mixed. Serve on its own, or over mixed greens, rice or in a gluten-free pita.
Brinner Bowl
Makes 2 Servings
Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS
• 1/2 cup red potato, diced
• 1 cup cherry tomatoes, diced
• 1 cup bell peppers, diced
• 2 cups spinach, chopped
• 1 ½ tbsp. coconut oil
• 2 eggs

DIRECTIONS
1. Microwave potato for 3-5 minutes first). In a medium frying pan, melt ½ Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another ½ Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

Chicken Kebabs with Blueberry BBQ Sauce
Makes 4 Servings
Calories: 215 | Protein: 24 | Fat: 4 | Carbs: 24

INGREDIENTS
Kebab:
• 3 red peppers, cut into ¾ inch
• 1 zucchini, chopped thickly
• 1 onion, chopped thickly
• 1 lb. chicken breast, diced

Blueberry BBQ Sauce
• 2 cup of blueberries, fresh
• 1 cup of ketchup, low sugar, organic
• 1/2 cup apple cider vinegar
• 1 Tbsp. molasses
• 1 tsp. chili powder

DIRECTIONS
1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2” strips, and add to pan as well, along with diced potatoes.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn’t burn.
5. Remove from oven and enjoy!
Mediterranean Cauliflower Crust Pizza
Makes 2 Servings
Calories: 650 | Protein: 38 | Fat: 36 | Carbs: 51

INGREDIENTS
• 1/2 lb. cooked chicken breast
• 4 Tbsp. pesto
• 1/2 zucchini, chopped
• 1-2 bunches arugula
• 2 Tbsp. chopped roasted red peppers
• 6-8 cherry tomatoes, halved
• 2 Tbsp. sliced red onion
• ½ cup feta cheese
• Caulipower Pizza Crust
• Salt and pepper, to taste

DIRECTIONS
1. Preheat the oven to 425° F.
2. Put pizza crust on a flat service and evenly spread pesto over the entire pizza. Top with arugula, zucchini, peppers, tomatoes, onion, chicken and feta.
3. Bake for 13-15 minutes or until crust is crispy and golden-brown. Slice into pieces and enjoy!
Mediterranean Cauliflower Crust Pizza
Homestyle Meatloaf Muffins
Makes 4 Servings
Calories: 300 | Protein: 25 | Fat: 12 | Carbs: 25

INGREDIENTS
For the loaf:
• 1 lb. ground beef
• 1 tsp. coconut oil
• 1/2 small onion, minced
• 1 green bell pepper, diced
• 1 cup carrot, shredded
• 2 garlic cloves, minced
• ¼ cup barbecue sauce
• 2 Tbsp. Italian seasoning

For the sauce:
• ½ cup ketchup
• 2 Tbsp. mustard

DIRECTIONS
1. Preheat oven to 350°F. and spray a muffin tin.
2. Place ground beef in a medium bowl and set aside.
3. Melt 1 tsp. coconut oil in a small skillet over medium heat. Add onions, bell pepper, carrots and garlic and sauté, stirring occasionally, until the onion starts to soften and the garlic is fragrant.
4. Add mixture to ground beef. Add barbecue sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20-25 minutes or until meat is no longer pink in the center.
7. Drizzle with ketchup and mustard sauce, and enjoy!

Egg Roll Bowl
Makes 4 Servings
Calories: 390 | Protein: 35 | Fat: 16 | Carbs: 26

INGREDIENTS
• 1.5 lb. ground turkey
• 1/2 sweet onion diced
• 1 Tbsp. toasted sesame oil
• 1 Tbsp. rice vinegar
• 2 garlic cloves, minced
• 1 tsp. ground ginger
• ¼ cup gluten-free soy sauce or coconut aminos
• 1 16 oz. bag coleslaw mix
• ¼ 16 oz. bag matchstick carrots
• Salt and pepper to taste

DIRECTIONS
1. In a medium skillet, add ground turkey and saute until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger, and garlic cloves and cook until fragrant.
3. Add rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!
## WEEK FIVE MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS/DESSERT</th>
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<tr>
<td>MON.</td>
<td>Meal Replacement</td>
<td>Egg Roll Bowl</td>
<td>Spaghetti Squash Pizza Bake</td>
<td>Optional (pg.12)</td>
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<tr>
<td></td>
<td>Protein Shake</td>
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<td>TUE.</td>
<td>Meal Replacement</td>
<td>Homestyle Meatloaf</td>
<td>Egg Roll Bowl</td>
<td>Optional (pg.12)</td>
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<td></td>
<td>Protein Shake</td>
<td>Muffins + 1 cups Veggies</td>
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<td>Spaghetti Squash Pizza</td>
<td>Sausage, Sweet Potato and Grapes</td>
<td>Optional (pg.12)</td>
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<td>Protein Shake</td>
<td>Bake</td>
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<td>THU.</td>
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<td>Spaghetti Squash Pizza</td>
<td>Sausage, Sweet Potato and Grapes</td>
<td>Optional (pg.12)</td>
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<td>Bake</td>
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<td>Out to Eat</td>
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<td>SAT.</td>
<td>Protein Pancakes</td>
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<td>Optional (pg.12)</td>
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<td>+ 1 cup Berries</td>
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<td>SUN.</td>
<td>Banana Protein Muffins</td>
<td>Loaded Sweet Potato</td>
<td>Quinoa &amp; Kale Power Salad + Chicken</td>
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## WEEK FIVE
### GROCERY LIST

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<tr>
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<td>□ 1 lb. pounds ground turkey</td>
<td>□ 3 eggs</td>
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<tr>
<td>□ 1 8-oz. package of sliced mushrooms</td>
<td>□ 1/2 lb. ground Italian sausage</td>
<td>□ 1 1/2 cup cheddar cheese</td>
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<tr>
<td>□ 1 green pepper</td>
<td>□ 1 pound spicy Italian sausage</td>
<td>□ 1 1/4 cup unsweetened vanilla almond milk</td>
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<tr>
<td>□ 1 red pepper</td>
<td>□ 3 lb. chicken breasts</td>
<td>□ Additional unsweetened nut milk (for protein shakes)</td>
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<tr>
<td>□ 4 sweet potatoes</td>
<td>□ 1 lb. bacon</td>
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<tr>
<td>□ 1/2 bag (8 oz.) red seedless grapes</td>
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<td>□ 1/2 cup red onion</td>
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<td>□ 1 poblano pepper</td>
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<td>□ 1 bunch green onions</td>
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<tr>
<td>□ 4 cups chopped kale</td>
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<tr>
<td>□ 4 clementine oranges</td>
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<tr>
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</tr>
<tr>
<td>□ 3 medium-large bananas</td>
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<tr>
<td>□ 4 cups veggies</td>
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<tr>
<td>□ 2 cups berries</td>
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<tr>
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<tr>
<td>□ 2 tsp. Italian seasoning</td>
<td>□ 5 scoop Life Time Fitness vanilla whey protein powder</td>
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<tr>
<td>□ 1 tsp. dried oregano</td>
<td>□ 2 Tbsp. organic coconut flour</td>
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<td>□ 2 Tbsp. garlic powder</td>
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<td>□ 1 Tbsp. onion powder</td>
<td>□ 1/4 teaspoon baking soda</td>
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<tr>
<td>□ 1 tsp. paprika</td>
<td>□ 1 cup quinoa, cooked</td>
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<tr>
<td>□ 1 Tbsp. vanilla extract</td>
<td>□ 1/4 cup dried cranberries</td>
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<tr>
<td>□ 1 Tbsp. cinnamon</td>
<td>□ 1/4 cup slivered almonds</td>
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<tr>
<td></td>
<td>□ 2 Tbsp. chia seeds</td>
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<td>□ 1 cup gluten-free oats</td>
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<td>□ 1/2 cup chopped pecans</td>
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<tr>
<th>FROZEN</th>
<th>CANNED + JARRED</th>
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<tbody>
<tr>
<td>□ Fruit (for protein shakes)</td>
<td>□ 2 cups organic marinara sauce</td>
<td>□ 6 Tbsp. olive oil</td>
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<td></td>
<td>□ 1 cup salsa</td>
<td>□ 5 Tablespoons balsamic vinegar</td>
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<td>□ 1/2 cup black beans</td>
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<tr>
<td></td>
<td>□ 1/2 cup corn</td>
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<tr>
<td></td>
<td>□ 1 15 ounce can chickpeas (garbanzo beans)</td>
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Don’t forget to include ingredients for snacks and protein shakes!
Spaghetti Squash Pizza Bake
Makes 6 Servings
Calories: 345 | Protein: 26 | Fat: 22 | Carbs: 12

INGREDIENTS
• 1 large spaghetti squash, or two small
• 2 Tbsp. olive oil
• 2 tsp. Celtic or Himalayan salt
• 1 lb pounds ground turkey
• .5 lb ground Italian sausage
• 1 8-oz. package of sliced mushrooms
• 2 eggs
• 1 green pepper, chopped
• 1 red pepper, chopped
• 2 tsp. Italian seasoning
• 1 tsp. dried oregano
• 2 cups organic marinara sauce

DIRECTIONS
1. Poke holes in the spaghetti squash and microwave for 5 minutes. Remove from microwave and carefully cut in half lengthwise. Remove seeds and rub olive oil and salt into the flesh.
2. Place flesh side down in microwave safe dish with ½ inch to 1 inch of water. Microwave in 3 minute increments until fork-tender, but not over-cooked.
3. When done, remove from water and pat dry. Allow 10 minutes to cool, and run a fork along the fleshy side to remove the strands from the skin and place in a 9 x 13 casserole dish.
4. While squash is cooking, cook sausage, mushrooms, and peppers in a skillet until cooked through.
5. Add eggs, marinara sauce, Italian seasoning, and oregano to a bowl and mix well. Stir into baking dish with spaghetti squash.
6. Bake uncovered at 375 degrees for 75 minutes, or until a knife inserted in the center comes out clean.
Oven Roasted Sausage with Sweet Potatoes and Grapes  
Makes 4 Servings  
Calories: 315 | Protein: 25 | Fat: 12 | Carbs: 31

INGREDIENTS

• 1 pound spicy Italian sausage, cut into 1” cubes  
• 3 sweet potatoes, peeled, cut into 1” cubes  
• ½ bag (8 oz.) red seedless grapes  
• 5 Tablespoons balsamic vinegar  
• Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 400° Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
2. In a large bowl, combine Italian sausage, sweet potatoes, and grapes and mix in about 2.5-3 Tablespoons of the balsamic vinaigrette. Stir ingredients and gradually add more balsamic vinaigrette as needed until mixture is well coated (avoid over-coating with excess vinaigrette).
3. Pour half of the ingredients on to the pan—enough so that it is an even layer, and the remainder on the 2nd pan (or make as a second batch). Bake for 15 minutes, stir mixture, and bake for another 15-20 minutes or until sweet potatoes can be easily pierced with a fork.
Loaded Sweet Potato Nachos
Makes 4 Servings
Calories: 475 | Protein: 36 | Fat: 26 | Carbs: 25

INGREDIENTS
• 1 lbs. chicken breasts
• 1 cup salsa
• 1 Tbsp. garlic powder
• 1 Tbsp. onion powder
• 1 tsp. salt and pepper
• ½ cup red onion, diced
• 1 medium sweet potato
• 1 Tbsp. olive oil
• 1 tsp. paprika
• 1 ½ cup cheddar cheese
• ½ cup black beans
• ½ cup corn
• 1 poblano pepper, diced
• 1 avocado
• 1 bunch green onions, diced

DIRECTIONS
1. Place chicken breast in a slow cooker along with salsa, garlic powder, onion powder and salt and pepper. Cook on high for 3-4 hours, or on low for 6-8 hours.
2. Once chicken is cooked, remove from slow cooker and use two forks to shred.
3. Preheat oven to 375°
4. Using a mandolin slicer (or by hand, with increased attention) slice sweet potatoes into thin slices. The thinner, the crispier they will come out.
5. Toss sweet potato slices in a bowl with olive oil and paprika.
6. Line a baking sheet (or two) with aluminum foil and set a baking rack on top, if you have one. Layer sweet potato slices onto the rack, making sure not to overlap them.
7. Bake for 25-30 minutes, or until crispy.
8. Increase oven temperature to 400°
9. If you used two baking sheets, condense all sweet potato slices onto one sheet. Top with chicken, black beans, corn, pepper, red onion, and green onions. Sprinkle everything evenly with cheese.
10. Bake for 5-6 minutes, until cheese is melted. Top with diced avocado and enjoy!
**Protein Pancakes**
Makes 2 Servings
Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

**INGREDIENTS**
- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

**DIRECTIONS**
1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

**Quinoa & Kale Power Salad**
Makes 4 Servings
Calories 600 | Protein 38 | Carbs 67 | Fat 22

**INGREDIENTS**

**Salad**
- 1 lb. cooked chicken breast
- 1 cup quinoa, cooked
- 4 cups chopped kale, ribs removed
- 1 15 ounce can chickpeas (garbanzo beans), drained
- 4 clementine oranges, peeled and sliced halve wise
- ¼ cup dried cranberries
- ¼ cup slivered almonds

**Dressing**
- 3 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Juice of 1 orange
- 1 tsp. garlic powder
- Salt and pepper, to taste

**DIRECTIONS**
1. In a large bowl, mix in all of the salad ingredients.
2. In a small bowl, gently mix the dressing ingredients until fully combined. Drizzle over the salad mixture and enjoy!
Quinoa & Kale Power Salad
Bacon Wrapped Chicken
Makes 4 Servings
Calories 185 | Protein 30 | Carbs 1 | Fat 6

INGREDIENTS
• 1 lb. chicken breast (4 chicken breasts)
• 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS
1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.

Banana Protein Muffins
Makes 15 Servings
Calories: 105 | Protein: 8 | Fat: 3 | Carbs: 11

INGREDIENTS
• 3 medium-large bananas
• 1 zucchini, chopped
• 4 scoops Life Time Vanilla Grass Fed Whey
• 2 Tbsp. chia seeds
• 1 cup unsweetened vanilla almond or coconut milk
• 1 cup gluten-free oats
• ½ cup chopped pecans
• 1 Tbsp. vanilla extract
• 1 Tbsp. cinnamon
• Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.

DIRECTIONS
1. Preheat oven to 375°
2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
3. Hand-mix the pecans and oats into the batter (do not blend).
4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
6. Bake for 12-15 minutes, until golden brown and enjoy!

* Store in a zip-lock bag in the refrigerator for up to 5 days
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<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS/DESSERT</th>
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<td><strong>MON.</strong></td>
<td>Banana Protein Muffins (x3)</td>
<td>Bacon Wrapped Chicken + 2 cups Veggies</td>
<td>Sheet Pan Meal</td>
<td>Optional (pg.12)</td>
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<td><strong>TUE.</strong></td>
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<td>Bacon Wrapped Chicken + 2 cups Veggies</td>
<td>Sheet Pan Meal</td>
<td>Optional (pg.12)</td>
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<tr>
<td><strong>WED.</strong></td>
<td>Banana Protein Muffins (x3)</td>
<td>Cilantro Lime Chicken Bowl</td>
<td>Lemon Basil Shrimp + 1 cups Veggies</td>
<td>Optional (pg.12)</td>
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<td><strong>THU.</strong></td>
<td>Banana Protein Muffins (x3)</td>
<td>Cilantro Lime Chicken Bowl</td>
<td>Lemon Basil Shrimp + 1 cups Veggies</td>
<td>Optional (pg.12)</td>
</tr>
<tr>
<td><strong>FRI.</strong></td>
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<td>Out to Eat</td>
<td>Chicken Taco Lettuce Wraps</td>
<td>Optional (pg.12)</td>
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<tr>
<td><strong>SAT.</strong></td>
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<td>Chicken Taco Lettuce Wraps</td>
<td>Burger with Caramelized Onions</td>
<td>Optional (pg.12)</td>
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<tr>
<td><strong>SUN.</strong></td>
<td>Brinner Bowl</td>
<td>Burger with Caramelized Onions</td>
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**WEEK SIX**
**GROCERY LIST**

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<td>☐ 18 cups veggies</td>
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<td>☐ 2 eggs</td>
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<td>☐ 2 lb. chicken</td>
<td>☐ Unsweetened nut milk (for protein shakes)</td>
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<tr>
<td>☐ ¼ cup red onion</td>
<td>☐ 1 lbs. shrimp, peeled and deveined</td>
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<tr>
<td>☐ 3 cups cherry tomatoes</td>
<td>☐ 1 lb. lean ground beef</td>
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<tr>
<td>☐ 4 limes</td>
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<td>☐ 2 cans sweet corn</td>
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<td>☐ 1/2 cup salsa (No added sugar)</td>
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<tr>
<td></td>
<td>☐ 1/2 15 oz. can kidney beans</td>
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Don’t forget to include ingredients for snacks and protein shakes!
Cilantro Lime Chicken Bowl
Makes 4 Servings
Calories 305 | Protein: 27 | Carbs: 23 | Fat: 12

INGREDIENTS
• 1 lb. chicken, cubed
• 2 Tbsp. coconut oil
• ¼ cup cilantro, chopped
• 2 limes, juiced
• Salt and pepper, to taste
• 3 cups riced cauliflower
• 2 tsp. garlic powder
• ½ cup black beans
• ½ cup corn
• ¼ cup red onion, diced
• 1 Tbsp. garlic, minced
• 2 cups cherry tomatoes, halved
• 1 avocado, diced
• 1 lime, quartered

DIRECTIONS
1. Heat 1 Tbsp. coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8-10 minutes.
2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper and combine until well mixed. Set aside in the refrigerator.
3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy!

Sheet Pan Meal
Makes 4 Servings
Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS
• 1 lb. protein
• 8 cups veggies

DIRECTIONS
1. Follow cooking times found on page 10.
Bacon Wrapped Chicken Strips
Lemon Basil Shrimp
Makes 4 Servings
Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS
• 1 lbs. shrimp, peeled and deveined
• 2 cloves of garlic, minced
• 1 Tbsp. fresh basil, chopped
• 1 Tbsp. fresh parsley, chopped
• 1/2 Tbsp. mustard (Dijon or mustard)
• 2 Tbsp. olive oil
• 2 lemons, juiced
• Salt and pepper, to taste

DIRECTIONS
1. In a medium bowl, mix garlic, basil, parsley, lemon juice, mustard, olive oil and combine well. Add shrimp and toss. Let marinate for 30-90 min.
2. Preheat oven to 450°
3. Once shrimp is done marinating, spread evenly on a baking sheet. Roast for 5-7 minutes, until fully cooked.
Chicken Taco Lettuce Wraps
Makes 4 Servings
Calories: 430 | Protein: 35 | Fat: 24 | Carbs: 28

INGREDIENTS
• 2 Tbsp. coconut oil
• 1 lb. chicken breast, cut into 1” cubes
• 3 Tbsp. reduced sodium taco seasoning
• 1 head butter lettuce
• 1 medium tomato, diced
• ½ onion
• ¼ cup corn
• ¼ cup cilantro, finely minced
• ½ cup black beans
• 1-2 avocados
• ½ cup salsa (No added sugar)
• 1 lime

DIRECTIONS
1. Heat oil over a medium skillet. Place cubed chicken into a bowl and add taco seasoning, mixing so chicken is evenly coated. Add chicken to the skillet and cook until thoroughly cooked, about 7-8 minutes, flipping throughout to ensure even heat. Put chicken aside.
2. Peel the leaves of the butter lettuce from the core and stack them on a plate.
3. In a bowl, mix tomato, onion, corn, cilantro, black beans, salsa and lime. Based on your preference, you can mix in the avocado here, or keep it as a separate topping.
4. Select 2 leaves of lettuce (for stability) and place chicken topped with salsa mix and avocado on top. Enjoy!
WEEK SIX
SATURDAY

Burger with Caramelized Onions
Makes 4 Servings
Calories: 300 | Protein: 24 | Fat: 24 | Carbs: 14

INGREDIENTS
• 1 lb. lean ground beef (93% lean)
• 1 tsp of garlic powder
• 2 Tbsp. coconut oil
• 1 onion, thinly sliced
• 2 Tbsp. balsamic vinegar
• 1 beef steak tomato, sliced into 5 thick slices
• Salt and pepper, to taste
• 2 avocados, to taste

DIRECTIONS
1. Heat medium skillet to medium high heat and add 1 Tbsp. coconut oil. Add thinly sliced onions and sauté until lightly caramelized, stirring occasionally.
2. Add balsamic vinegar and sauté for another 5 minutes, stirring occasionally. Set aside.
3. Form 4 burgers with the lean ground beef, lightly seasoning both sides with salt, pepper, and garlic powder.
4. Heat a large skillet to medium-high heat. Add in 1 Tbsp. coconut oil. Place the burgers in the skillet and sauté each side for 3-5 minutes, until burgers have reached desired doneness. Remove from skillet and let sit for 1 minute.
5. Assemble burgers – Place 1 large slice of beef steak tomato on a plate, then the burger, then 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado.
WEEK SIX
SUNDAY

Brinner Bowl
Makes 2 Servings
Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS
• 1/2 cup red potato, diced
• 1 cup cherry tomatoes, diced
• 1 cup bell peppers, diced
• 2 cups spinach, chopped
• 1 1/2 tbsp. coconut oil
• 2 eggs

DIRECTIONS
1. Microwave potato for 3-5 minutes first. In a medium frying pan, melt 1/2 Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another 1/2 Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

Southwest Chili
Makes 4 Servings
Calories: 400 | Protein: 29 | Fat: 11 | Carbs: 30

INGREDIENTS
• 1 15 oz. can tomato sauce
• 1 15 oz. can diced tomatoes
• 1/2 15 oz. can kidney beans
• 1 can sweet corn
• 1 lb. ground turkey
• 1/2 yellow onion, chopped
• 2 cloves garlic, chopped
• 1-2 jalapenos
• 2 Tbsp. chili powder
• 1 Tbsp. cumin
• 1 Tbsp. oregano
• Pinch of cayenne, optional

DIRECTIONS
1. In large pot, brown ground turkey and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, corn, jalapenos and seasonings to skillet and cook over medium-high heat about 5-6 minutes.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.
### WEEK SEVEN
### MEAL PLAN

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<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS/DESSERT</th>
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<tr>
<td>MON.</td>
<td>Meal Replacement Protein Shake</td>
<td>Southwest Chili</td>
<td>BLT Salad</td>
<td>Optional (pg.12)</td>
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<tr>
<td>TUE.</td>
<td>Mini Frittatas-To-Go</td>
<td>Southwest Chili</td>
<td>Buffalo Chicken Meatballs + 1 cup Veggies</td>
<td>Optional (pg.12)</td>
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<tr>
<td>WED.</td>
<td>Meal Replacement Protein Shake</td>
<td>BLT Salad</td>
<td>Sheet Pan Meal</td>
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<tr>
<td>THU.</td>
<td>Mini Frittatas-To-Go</td>
<td>Buffalo Chicken Meatballs + 1 cup Veggies</td>
<td>Brinner Bowl</td>
<td>Optional (pg.12)</td>
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<tr>
<td>FRI.</td>
<td>Meal Replacement Protein Shake</td>
<td>Sheet Pan Meal</td>
<td>Out to Eat</td>
<td>Optional (pg.12)</td>
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<tr>
<td>SAT.</td>
<td>Avocado Boats + 1 cup Berries</td>
<td>Out to Eat</td>
<td>Fish Tacos with Mango Salsa &amp; Lime Sauce</td>
<td>Optional (pg.12)</td>
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<td>SUN.</td>
<td>Protein Pancakes + 1 cup Berries</td>
<td>Fish Tacos with Mango Salsa &amp; Lime Sauce</td>
<td>Shrimp and Corn Sheet Pan Boil</td>
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# WEEK SEVEN
## GROCERY LIST

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<td>☐ 1 lb. chicken</td>
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<td>☐ 3-4 roma tomatoes</td>
<td>☐ 10 strips of bacon</td>
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<td>☐ 1 cup cherry tomatoes</td>
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<tr>
<td>☐ 2 ears corn</td>
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<td>☐ 1 lemon</td>
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<tr>
<td>☐ 2 cups berries</td>
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<td>☐ 4 cups veggies</td>
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<td></td>
<td>☐ 1 chipotle chili in adobo sauce,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>finely chopped</td>
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Don’t forget to include ingredients for snacks and protein shakes!
BLT Salad
Makes 4 Servings
Calories: 355 | Protein: 33 | Fat: 23 | Carbs: 5

INGREDIENTS
• 1 lb. chicken, diced
• 8 strips of bacon
• 8-10 cups lettuce, chopped
• 3-4 roma tomatoes, diced
• 2 Tbsp. ranch dressing (gluten-free)
• Salt and pepper, to taste

DIRECTIONS
1. Preheat oven to 400.
2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
3. Cook for 12-18 minutes, until cooked to your desired level. Remove from oven and set aside.
4. In a medium pan, sauté diced chicken over medium heat until cooked through.
5. When bacon is cool, crumble into small pieces.
6. Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.

Mini Frittatas-To-Go
Makes 4 Servings
Calories: 300 | Protein: 25 | Fat: 23 | Carbs: 1

INGREDIENTS
• Olive oil cooking spray
• 12 Eggland’s Best eggs (Large)
• 1/4 cup unsweetened nut milk
• 2 slices deli-sliced ham, chopped
• 1/4 cup shredded cheddar
• 2 tsp. fresh dill, picked/chopped
• 1 cup sweet Italian sausage
• 2 Tbsp. pesto
• 1/4 cup grated Parmesan
• Salt and pepper, to taste

DIRECTIONS
1. Preheat oven to 375 F.
2. Spray each cup of a 12-cup muffin tin with olive oil cooking spray.
3. In a large mixing bowl, whisk the Eggland’s Best eggs with milk and season with salt and pepper.
4. Carefully pour the eggs into each cup of the muffin tin ⅔ of the way to the top (a ladle makes this an easy job!).
5. Divide ham evenly and place it on top of 6 of the egg cups. Follow with cheddar and dill.
6. Divide browned sweet Italian sausage evenly and place on top of the remaining 6 egg cups. Follow with pesto and parmesan.
7. Bake until puffed up and cooked through, about 12-15 minutes.
8. If taking to-go, let the mini frittatas cool and pack in plastic bags or glass containers, making sure to alternate flavors so you’re not having the same breakfast every day.
Buffalo Chicken Meatballs
Makes 4 Servings
Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

INGREDIENTS
• 1 pound ground chicken or turkey
• 1/2 cup almond flour
• 1/4 cup hot sauce
• 1 egg
• 2 Tbsp. ranch seasoning
• Pinch of salt

Ranch Seasoning
• 2 Tbsp. dried parsley
• 2 tsp. dried dill
• 1 tsp. garlic powder
• 1 tsp. onion powder
• 1/2 tsp. black pepper
• 1/2 tsp. dried chives

DIRECTIONS
1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15-20 minutes, until cooked throughout.
5. Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.
Sheet Pan Meal
Makes 4 Servings
Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS
• 1 lb. protein
• 8 cups veggies

DIRECTIONS
1. Follow cooking times found on page 10.
Brinner Bowl
Makes 2 Servings
Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS
• 1/2 cup red potato, diced
• 1 cup cherry tomatoes, diced
• 1 cup bell peppers, diced
• 2 cups spinach, chopped
• 1 ½ tbsp. coconut oil
• 2 eggs

DIRECTIONS
1. Microwave potato for 3-5 minutes first. In a medium frying pan, melt ½ Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another ½ Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!
WEEK SEVEN
SATURDAY

Avocado Boats
Makes 2 Servings
Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS
• 2 avocados
• 4 medium eggs
• 2 strips of bacon, cooked and diced

DIRECTIONS
1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.
5. Garnish with cooked bacon pieces.
Fish Tacos with Mango Salsa & Lime Sauce
Makes 4 Servings
Calories: 250 | Protein: 19 | Fat: 8 | Carbs: 25

INGREDIENTS
Grilled Fish
• 1 pounds halibut or tilapia
• 4 Tbsp. lime juice
• 2 Tbsp. olive oil
• 2 Tbsp. gluten-free soy sauce or coconut aminos

Mango Salsa
• 1 bell pepper, diced
• 1/2 small red onion, finely diced
• 1 jalapeno pepper, diced
• 2 mangoes, chopped into 1/2-inch square chunks
• 1 handful cilantro, chopped
• 2 cloves garlic, minced
• Juice of 1 lime
• Salt to taste

Lime Sauce
• 1 Tbsp. unsweetened almond milk
• 1/2 cup Greek yogurt
• 2 tablespoons fresh lime juice
• 1 chipotle chile in adobo sauce, finely chopped
• 1 garlic clove, finely chopped or pressed
• Salt

DIRECTIONS
1. Combine the fresh lime juice with the olive oil and soy sauce in a rectangular baking dish (not metal). Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
2. For lime sauce, in a small bowl, combine the greek yogurt, milk, lime juice, chipotle, and garlic. Season to taste with salt.
3. For salsa, toss together peppers, onion, mango, cilantro, garlic, and lime juice in a bowl; season to taste with salt.
4. Remove fish from the marinade and grill or saute over medium-heat until cooked through and browned. Let cool slightly then flake into bite-size chunks.
5. To assemble, place a bit of fish on a warm gluten-free corn tortilla or lettuce wrap (depending on preferred carb count), drizzle with the chipotle-lime sauce, and top with mango salsa.

*Nutrition stats do not include lettuce wrap or gluten-free corn tortilla.
**Protein Pancakes**
Makes 2 Servings  
Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

**INGREDIENTS**
- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

**DIRECTIONS**
1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

**Shrimp and Corn Sheet Pan Boil**
Makes 6 Servings  
Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

**INGREDIENTS**
- 3 cups red potatoes, diced
- 2 ears corn, cut into ½” slices crosswise
- 1 pound medium shrimp, peeled and deveined
- 1 (12 oz.) package smoked andouille sausage, sliced thinly
- 2 Tbsp. unsalted butter, melted
- 2 cloves garlic, minced
- 1 Tbsp. Old Bay Seasoning
- 1 lemon
- 1 tsp. garlic powder
- Salt & pepper, to taste

**DIRECTIONS**
1. Preheat oven to 425°. In a large pot of salted boiling water, cook potatoes until just tender, about 10-15 minutes. Remove from pot and drain.
2. In a small glass bowl, place butter in the microwave and slowly melt in 10-15 second increments.
3. Place potatoes, corn, shrimp, sausage, melted butter, lemon and seasoning and toss to combine.
4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through – about 15 minutes. If you like it a little toasted, broil the sheet pan for the last 3-5 minutes.
## WEEK EIGHT MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS/DESSERT</th>
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<td>MON.</td>
<td>Meal Replacement Protein Shake</td>
<td>Shrimp and Corn Sheet Pan Boil</td>
<td>Sheet Pan Meal</td>
<td>Optional (pg.12)</td>
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<td>TUE.</td>
<td>Strawberry Rhubarb Overnight Oats</td>
<td>Sheet Pan Meal</td>
<td>Chicken Stir Fry + ½ cup Rice</td>
<td>Optional (pg.12)</td>
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<tr>
<td>WED.</td>
<td>Meal Replacement Protein Shake</td>
<td>Shrimp and Corn Sheet Pan Boil</td>
<td>Egg Roll Bowl</td>
<td>Optional (pg.12)</td>
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<tr>
<td>THU.</td>
<td>Strawberry Rhubarb Overnight Oats</td>
<td>Roasted Pork Chops &amp; Veggies</td>
<td>Egg Roll Bowl</td>
<td>Optional (pg.12)</td>
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<tr>
<td>FRI.</td>
<td>Meal Replacement Protein Shake</td>
<td>Chicken Stir Fry + ½ cup Rice</td>
<td>Out to Eat</td>
<td>Optional (pg.12)</td>
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<tr>
<td>SAT.</td>
<td>Breakfast Hash</td>
<td>Roasted Pork Chops &amp; Veggies</td>
<td>Out to Eat</td>
<td>Optional (pg.12)</td>
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## WEEK EIGHT
### GROCERY LIST

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<tr>
<th>PRODUCE</th>
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<th>DAIRY</th>
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<tr>
<td>□ 8 cups veggies</td>
<td>□ 1 lb. protein</td>
<td>□ 2 2/3 cup unsweetened nut milk</td>
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<tr>
<td>□ 1 cup strawberries</td>
<td>□ 1 lb. chicken breast</td>
<td>□ 4 eggs</td>
</tr>
<tr>
<td>□ 1 1/2 cup rhubarb</td>
<td>□ 1 1/2 lb. ground turkey</td>
<td>□ Additional unsweetened nut milk</td>
</tr>
<tr>
<td>□ 1 medium sweet onion</td>
<td>□ 4 breakfast sausage links</td>
<td>(for protein shakes)</td>
</tr>
<tr>
<td>□ 4 bell peppers</td>
<td>□ 4 boneless center pork chops</td>
<td></td>
</tr>
<tr>
<td>□ 1/2 lb. bag of broccoli florets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 2 carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 16 oz. bag coleslaw mix</td>
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</tr>
<tr>
<td>□ 1/4 16 oz. bag matchstick carrots</td>
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<td></td>
</tr>
<tr>
<td>□ 1 sweet potato</td>
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<td></td>
</tr>
<tr>
<td>□ 2 potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 large yellow zucchini</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 small bunch asparagus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1/4 red onion</td>
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<thead>
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<tr>
<td>□ 1 Tbsp. ginger powder</td>
<td>□ 1 1/3 cup gluten-free oats</td>
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<tr>
<td>□ 1/2 Tbsp. granulated garlic</td>
<td>□ 4 servings Life Time vanilla protein</td>
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<tr>
<td>□ 1 tsp. dried red pepper flakes</td>
<td>powder</td>
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<tr>
<td>□ 2 garlic cloves, minced</td>
<td>□ 2 cups rice</td>
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<tr>
<td>□ 1 tsp. ground ginger</td>
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<td>□ 1 Tbsp. oregano</td>
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<tr>
<td>□ Frozen fruit (for protein shakes)</td>
<td>□ 1 six oz. can sliced water chestnuts</td>
<td>□ 1 Tbsp. olive oil</td>
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<td></td>
<td></td>
<td>□ 2 Tbsp. Coconut oil</td>
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<tr>
<td></td>
<td></td>
<td>□ 1/2 Tbsp. sesame oil</td>
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<tr>
<td></td>
<td></td>
<td>□ 1/2 cup gluten-free, reduced</td>
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<td></td>
<td></td>
<td>sodium soy sauce or coconut aminos</td>
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<tr>
<td></td>
<td></td>
<td>□ 1 Tbsp. toasted sesame oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ 1 Tbsp. rice vinegar</td>
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<tr>
<td></td>
<td></td>
<td>□ ¼ cup gluten-free soy sauce or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>coconut aminos</td>
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</table>

Don’t forget to include ingredients for snacks and protein shakes!
Strawberry Rhubarb Overnight Oats
Makes 4 Servings
Calories: 300 | Protein: 28 | Fat: 5 | Carbs: 38

**INGREDIENTS**
- 1 cup strawberries
- 1 1/2 cup rhubarb
- 1 Tbsp. water
- 1 1/3 cup gluten-free oats (1/3 cup for each serving)
- 2 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc.) (2/3 cup for each serving)
- 4 servings Life Time vanilla protein powder

**DIRECTIONS**
1. In a small sauce pan, combine strawberries, rhubarb and water and simmer on medium heat for 5-7 minutes. Once softened, mash ingredients together and cook for another 10 minutes, stirring very frequently to prevent burning, until the mixture thickens.
2. Divide strawberry rhubarb mixture, oats, milk, and protein powder into four 16 oz. jars with lids.
3. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
4. Prior to serving, add remaining toppings and stir.
Strawberry Rhubarb Overnight Oats
**Chicken Stir Fry**

Makes 4 Servings  
Calories: 255 | Protein: 28 | Fat: 8 | Carbs: 18

**Ingredients**
- 1 lb. chicken breast
- 1 Tbsp. Coconut oil
- 1/2 Tbsp. sesame oil
- 1/2 cup gluten-free, reduced sodium soy sauce or coconut aminos
- 1 Tbsp. ginger powder
- 1/2 Tbsp. minced garlic
- 1 tsp. dried red pepper flakes
- 1/2 medium onion, sliced
- 2 bell peppers, sliced into 1" strips
- 1/2 lb. bag of fresh broccoli florets
- 2 carrots, peeled and cut into bite-sized pieces  
  ¼"thick
- 1 – six oz. can sliced water chestnuts

**Directions**
1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.

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**Rice**

Makes 4 servings  
Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

**Ingredients**
- 2 cups rice
- 4 cups water
- Pinch salt

**Directions**
1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. Remove from stove and enjoy!
Egg Roll Bowl
Makes 4 Servings
Calories: 390 | Protein: 35 | Fat: 16 | Carbs: 26

INGREDIENTS
• 1.5 lb. ground turkey
• 1/2 sweet onion diced
• 1 Tbsp. toasted sesame oil
• 1 Tbsp. rice vinegar
• 2 garlic cloves, minced
• 1 tsp. ground ginger
• ¼ cup gluten-free soy sauce or coconut aminos
• 1 16 oz. bag coleslaw mix
• ¼ 16 oz. bag matchstick carrots
• Salt and pepper to taste

DIRECTIONS
1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger, and garlic cloves and cook until fragrant.
3. Rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!

Oven Roasted Pork Chops and Veggies
Makes 4 Servings
Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

INGREDIENTS
• 4 boneless center pork chops
• 2 cups diced potatoes
• 1 large yellow zucchini
• 1 small bunch asparagus
• 1 Tbsp. olive oil
• 1 Tbsp. oregano
• Salt and pepper, to taste

DIRECTIONS
1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2" strips, and add to pan as well, along with diced potatoes.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn’t burn.
5. Remove from oven and enjoy!
Egg Roll Bowl
Breakfast Hash
Makes 2 Servings
Cals: 290 | P: 23 | C: 17 | F: 14

INGREDIENTS
• 1 medium sweet potato
• 4 eggs
• 4 breakfast sausage links
• 1 bell pepper, diced
• 1/4 cup red onion, diced
• 1 Tbsp. coconut oil
• Salt and pepper, to taste

DIRECTIONS
1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!
Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.