



Week 2 meal plan



MON



BREAKFAST
Chocolate Cherry Green Smoothie



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Sesame Chicken Chopped Salad



DINNER
Ginger Cilantro Salmon Burgers,
Shredded Brussels Sprouts Slaw with...

TUE



BREAKFAST
Chocolate Cherry Green Smoothie



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Ginger Cilantro Salmon Burgers,
Shredded Brussels Sprouts Slaw with...



DINNER
Chicken, Kale & Avocado Bowl

WED



BREAKFAST
Chocolate Cherry Green Smoothie



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Chicken, Kale & Avocado Bowl



DINNER
One Pan Chicken, Brussels Sprouts &
Squash

THU



BREAKFAST
Pineapple Turmeric Smoothie



SNACK 1
Baby Carrots & Hummus



LUNCH
Deconstructed Sushi Bowl



DINNER
One Pan Teriyaki Chicken

FRI



BREAKFAST
Pineapple Turmeric Smoothie



SNACK 1
Baby Carrots & Hummus



LUNCH
Roasted Brussels Sprouts Caesar Salad



DINNER
BBQ Chimichurri Chicken with Sweet
Potato Wedges

SAT



BREAKFAST
Pineapple Turmeric Smoothie



SNACK 1
Baby Carrots & Hummus



LUNCH
BBQ Chimichurri Chicken with Sweet
Potato Wedges



DINNER
One Pan Tofu, Brussels Sprouts &
Cauliflower



FRUITS

- 1 1/2 Avocado
- 1 cup Blueberries
- 3 cups Cherries
- 1/8 Lemon
- 1 tsp Lime Juice
- 3/4 Navel Orange
- 3 cups Pineapple
- 2 tbsps Pomegranate Seeds

BREAKFAST

- 1 tsp Maple Syrup

SEEDS, NUTS & SPICES

- 1/16 tsp Cayenne Pepper
- 3/4 tsp Chinese Five Spice
- 1/4 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/8 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/8 tbsps Sesame Seeds
- 1 1/2 tps Turmeric

VEGETABLES

- 2 1/4 cups Baby Carrots
- 3 cups Baby Spinach
- 1 cup Broccoli
- 5 cups Brussels Sprouts
- 1/2 cup Butternut Squash
- 1 Carrot
- 1/4 head Cauliflower
- 2 cups Cauliflower Rice
- 6 stalks Celery
- 1 cup Cilantro
- 2 cups Coleslaw Mix
- 1/4 Cucumber
- 2 tbsps Fresh Oregano
- 4 1/2 Garlic
- 3 1/4 tbsps Ginger
- 1 stalk Green Onion
- 4 cups Kale Leaves
- 2 tbsps Radishes
- 1 1/2 Red Bell Pepper
- 1 tsp Rosemary
- 1 cup Snap Peas
- 1 Sweet Potato
- 1 tsp Thyme
- 6 White Button Mushrooms

BOXED & CANNED

- 1/2 cup Lentils

BAKING

- 1 1/2 tps Arrowroot Powder
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 5 1/3 ozs Chicken Thighs
- 12 ozs Extra Lean Ground Chicken
- 1 1/2 cups Hummus
- 8 ozs Salmon Fillet
- 4 ozs Smoked Salmon
- 8 ozs Tofu

CONDIMENTS & OILS

- 2 1/4 tbsps Avocado Oil
- 1 1/2 tps Balsamic Vinegar
- 3 tbsps Coconut Aminos
- 1 3/4 tps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/4 cup Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 2 1/3 tbsps Sesame Oil
- 1 1/2 tps Tamari

COLD

- 6 cups Unsweetened Almond Milk

OTHER

- 3/4 cup Chocolate Protein Powder
- 2 Nori Sheets
- 0 Sea Salt And Black Pepper
- 3/4 cup Vanilla Protein Powder



Chocolate Cherry Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Cherries (fresh and pitted, or frozen)
- 1/4 cup Chocolate Protein Powder
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Pineapple Turmeric Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1 cup Pineapple (diced into chunks)
- 1 1/2 tps Ginger (peeled and grated)
- 1/4 cup Vanilla Protein Powder
- 1/2 tsp Turmeric (powder)

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Hummus & Veggies Snack Box

3 SERVINGS 5 MINUTES



INGREDIENTS

- 1 1/2 Red Bell Pepper (sliced)
- 6 stalks Celery (cut into small stalks)
- 1 cup Blueberries
- 3/4 cup Hummus

DIRECTIONS

- 01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!



Baby Carrots & Hummus

3 SERVINGS 5 MINUTES



INGREDIENTS

2 1/4 cups Baby Carrots
3/4 cup Hummus

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!



Sesame Chicken Chopped Salad

1 SERVING 30 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
4 ozs Chicken Breast (cubed)
3/4 tsp Chinese Five Spice
Sea Salt & Black Pepper (to taste)
2 cups Coleslaw Mix (pre-sliced, from the bag)
1/2 Navel Orange (peeled and cubed)
1 stalk Green Onion (sliced)
1/4 cup Cilantro (chopped)
1 tbsp Sesame Seeds
1 tbsp Coconut Aminos
1 tbsp Sesame Oil
1/4 Garlic (clove, minced)
3/4 tsp Ginger (peeled and grated)

DIRECTIONS

- 01 Heat the olive oil in a skillet over medium heat. Toss the chicken with the Chinese Five Spice and sprinkle with salt and pepper. Transfer to the skillet and cook, stirring occasionally, for about 10 minutes or until chicken is fully cooked.
- 02 In a large bowl, combine the coleslaw mix, chopped oranges, green onion, and cilantro. Divide this mixture between bowls or containers. Top with cooked chicken and sesame seeds.
- 03 In a mason jar, combine the coconut aminos, sesame oil, garlic, ginger, and a large pinch of salt and pepper. Shake well.
- 04 Before serving, pour dressing over the salads and toss well. Enjoy!



Deconstructed Sushi Bowl

1 SERVING 20 MINUTES



INGREDIENTS

- 1/2 tsp Avocado Oil
- 2 cups Cauliflower Rice
- 1 tsp Coconut Aminos
- 1/4 Cucumber (sliced into sticks)
- 1/2 Avocado (peeled and chopped)
- 2 Nori Sheets (snack size, torn into pieces)
- 4 ozs Smoked Salmon
- 1 tsp Sesame Seeds
- 1 tbsp Mayonnaise
- 1/16 tsp Cayenne Pepper (optional)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!



Roasted Brussels Sprouts Caesar Salad

1 SERVING 1 HOUR



INGREDIENTS

4 ozs Extra Lean Ground Chicken (cooked)
1 1/4 cups Brussels Sprouts (halved)
2 tbsps Radishes (sliced)
2 tbsps Pumpkin Seeds
1 1/4 tbsps Extra Virgin Olive Oil
1/4 Garlic (whole head)
1/8 Lemon (juiced)
1 1/2 tsps Dijon Mustard
Sea Salt & Black Pepper

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!



Ginger Cilantro Salmon Burgers

2 SERVINGS 30 MINUTES



INGREDIENTS

- 8 ozs Salmon Fillet (skinless, cut into 1/2-inch chunks)
- 1/4 cup Cilantro (finely chopped)
- 1 tbsp Ginger (peeled and finely grated)
- 2 tsp Coconut Aminos
- 1 tsp Sesame Oil
- 1 tsp Lime Juice
- 1 tbsp Avocado Oil

DIRECTIONS

- 01 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 02 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 03 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 04 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 05 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.



Shredded Brussels Sprouts Slaw with Crispy Lentils

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Lentils (cooked)
2 tbsps Pumpkin Seeds (raw)
1 tsp Avocado Oil
Sea Salt And Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
1 1/2 tps Balsamic Vinegar
1/4 tsp Dijon Mustard
1/2 tsp Maple Syrup
2 1/2 cups Brussels Sprouts (trimmed,
very thinly sliced)
2 tbsps Pomegranate Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
- 03 In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
- 04 Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!



Chicken, Kale & Avocado Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 tsp Avocado Oil
- 6 White Button Mushrooms (sliced)
- 4 cups Kale Leaves (chopped)
- 1/8 tsp Sea Salt (divided)
- 8 ozs Extra Lean Ground Chicken
- 1/4 tsp Dried Thyme
- 1/4 tsp Onion Powder
- 1/8 tsp Oregano
- 1/8 tsp Garlic Powder
- 1 Avocado (sliced)

DIRECTIONS

- 01 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 02 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 03 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!



One Pan Chicken, Brussels Sprouts & Squash

1 SERVING 50 MINUTES



INGREDIENTS

- 1/2 cup Butternut Squash (chopped into small cubes)
- 2/3 cup Brussels Sprouts (trimmed, halved)
- 5 1/3 ozs Chicken Thighs (boneless, skinless)
- 1/3 tsp Avocado Oil
- 1 tsp Rosemary (fresh, chopped)
- 1 tsp Thyme (fresh, chopped)
- 1/16 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with avocado oil, rosemary, thyme and sea salt.
- 02 Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!



One Pan Teriyaki Chicken

1 SERVING 40 MINUTES



INGREDIENTS

- 5 ozs Chicken Breast
- 1 cup Broccoli (chopped into florets)
- 1 Carrot (medium, sliced on the diagonal)
- 1 cup Snap Peas
- 1 tbsp Coconut Aminos
- 1 tbsp Sesame Oil
- 1/4 Navel Orange (juiced)
- 1 tbsp Raw Honey
- 1 tbsp Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Sesame Seeds

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!



BBQ Chimichurri Chicken with Sweet Potato Wedges

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Red Wine Vinegar
- 1/2 cup Cilantro (thick stems removed)
- 2 tbsps Fresh Oregano
- 2 Garlic (cloves)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless)
- 1 Sweet Potato (medium, peeled and cut into wedges)

DIRECTIONS

- 01 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 02 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 03 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 04 Transfer to plates and top with desired amount of chimichurri. Enjoy!



One Pan Tofu, Brussels Sprouts & Cauliflower

1 SERVING 45 MINUTES



INGREDIENTS

8 ozs Tofu (extra firm, drained)
1 1/2 tsps Tamari
1 1/2 tsps Avocado Oil
1/2 tsp Maple Syrup
1 1/2 tsps Arrowroot Powder
1/2 cup Brussels Sprouts (trimmed and halved)
1/4 head Cauliflower (chopped into florets)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tsp Sesame Seeds

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 02 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 03 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

