



Nutrition Plan for:

# Challenge

## Goals

|                    |  |
|--------------------|--|
| <b>Short Term:</b> |  |
| <b>Long Term:</b>  |  |

## Action Steps

|    |  |
|----|--|
| 1. |  |
| 2. |  |
| 3. |  |

## Additional Resources

1. Recipes found here: <https://healthystepsnutrition.com/healthy-recipes/>  
You can also find the HSN Recipes on MFP under foods (type Healthy Steps Nutrition and the recipe name)
2. Nutrition tip videos on YouTube: Healthy Steps Nutrition
3. Follow us on Instagram: @healthystepsnutrition

**Note:**

***All Portions of Food are Cooked.***

***\*\*\*means there is a recipe for this food item on the HSN website***



| Week 1              | Monday  | Tuesday  | Wednesday  | Thursday   |
|---------------------|---|--|--|--|
| <b>Breakfast</b>    | 2/3 - 1 cup (60- 90g) pumpkin steel cut oats*** with 3-6 pecans<br>1-2 hard boiled eggs<br>½ apple<br>8 ounces (250ml) water                              | 2/3-1 cup (60-90g) oatmeal with 1-2 tsp (6-12g) almond slivers and cinnamon<br>2-3 slices Canadian bacon<br>½ cup (75g) blueberries<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt<br>½ cup berries (75g)<br>1 whole egg, 1 egg white scrambled with veggies<br>8 ounces (250ml) water | 1 egg muffin***<br>2/3-1 cup (60-90g) oatmeal cooked with 2 egg whites<br>½ cup blueberries (75g)<br>8 ounces (250ml) water  |
| <b>Snack</b>        | 1-2 protein pancake***<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt<br>6 walnuts<br>8 ounces (250ml) water  | ½-1 small apple with 1-2 tsp (20-40g) almond butter<br>1 hard boiled egg<br>8 ounces (250ml) water   | 1 cup strawberries (200g)<br>¼ cup (55g) cottage cheese sprinkle with almond slivers<br>8 ounces (250ml) water   |
| <b>Lunch</b>        | 1-2 Meatloaf Muffins***<br>2/3-1 (130-220g) cup mashed sweet potato<br>1.25-2 cups (195-325g) steamed broccoli<br>8 ounces (250ml) water                  | 4-6 ounces (120-180g) pulled chicken***<br>2/3-1 cup (120-180g) brown rice<br>1.25-2 cups (195-325g) mixed veggies<br>8 ounces (250ml) water                   | 4-6 ounces (115-180g) chicken<br>2/3-1 cup (150-200g) cinnamon butternut squash***<br>1-2 cups (150-300g) carrots<br>8 ounces (250ml) water              | 4-6 ounces (120-180g) ground turkey<br>2/3-1 cup (120-180g) brown rice<br>1.25-2 cups (195-325g) sautéed veggies<br>2-4 T (25-55g) avocado<br>8 ounces (250ml) water |
| <b>Snack</b>        | 2-3 Turkey and hummus roll ups<br>2 T (30g) hummus<br>Carrots & celery<br>8 ounces (250ml) water  | 1/3 cup (30g) dry roasted Edamame<br>8 ounces (250ml) water  | RX Bar<br>8 ounces (250ml) water   | 2 ounces (60g) chicken<br>1 T (12g) guacamole<br>1/3 cup (60g) rice<br>8 ounces (250ml) water  |
| <b>Post Workout</b> | Recovery Protein with 8 ounces (250ml) almond milk  | Recovery Protein with 8 ounces (250ml) almond milk   | Recovery Protein with 8 ounces (250ml) almond milk   |  |
| <b>Dinner</b>       | 5-7 (150-210g) ounces mahi<br>½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml)<br>1.25-2 cups (195-325g) green beans<br>8 ounces (250ml) water | 5-7 ounces (150-210g) ground turkey<br>1½ -2 cups (150-200g) spaghetti squash***<br>½ cup (70g) pasta sauce (load up on the veggies)<br>8 ounces (250ml) water | 4-6 ounces (120-180g) cedar plank salmon***<br>1/3-1/2 cup (60-90g) quinoa<br>12-24 spears steamed asparagus<br>8 ounces (250ml) water                   | 4-6 ounces (120-180g) pulled chicken***<br>1/3-1/2 cup (60-90g) quinoa<br>1.25-2 cups (195-325g) broccoli<br>8 ounces (250ml) water                                  |



| <b>Week 1</b>       | <b>Friday</b>  | <b>Saturday</b>  | <b>Sunday</b>  |
|---------------------|--|--|--|
| <b>Breakfast</b>    | Smoothie: 4 ounces (120g) plain Greek yogurt, 1 scoop whey protein, ½ frozen banana, 1-2 tsp (20-40g) almond butter, ½ cup berries (75g)   | 2/3-1 cup (60-90g) pumpkin steel cut oats with pecan sprinkled***<br>1-2 hard boiled eggs<br>8 ounces (250ml) water  | 2/3-1 cup (60-90g) oatmeal with ½ banana and 1 tsp (5g) walnuts<br>½ cup berries (75g)<br>1-2 egg muffins***<br>8 ounces (250ml) water                                 |
| <b>Snack</b>        | 1 slice canadian bacon<br>1 peach<br>6 almonds<br>8 ounces (250ml) water   | ½ cup blueberries (75g)<br>2 slices low sodium turkey slices (1 ounce, 30g)<br>6 almonds<br>8 ounces (250ml) water   | ½ apple<br>1 tsp (20g) almond butter<br>1 egg<br>8 ounces (250ml) water  |
| <b>Lunch</b>        | 4-6 (120-180g) ounces grilled chicken<br>2/3-1 cup (120-180g) quinoa<br>1.25-2 cups (195-325g) sautéed veggies with 2-3 tsp olive oil (12-18 ml)<br>8 ounces (250ml) water       | 4-6 ounces (120-180g) grilled chicken with fresh pico and 2-4 T (25-55g) avocado<br>2/3-1 cup (120-180g) quinoa<br>1.25-2 cups (195-325g) steamed broccoli<br>8 ounces (250ml) water | 4-6 ounces (120-180g) pulled chicken***<br>2/3-1 cup (120-180g) brown rice<br>2-4 T (25-55g) avocado<br>1.25-2 cups (195-325g) mixed veggies<br>8 ounces (250ml) water |
| <b>Snack</b>        | 1 hard boiled egg<br>1 rice cake<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water   | 2-3 Turkey and avocado roll ups<br>2 T (30g) hummus<br>Carrots & celery<br>8 ounces (250ml) water  | 3-5 ounces (120-150g) ground turkey<br>1 cup sautéed veggies (150g)<br>2 T (25g) avocado<br>8 ounces (250ml) water   |
| <b>Post Workout</b> | Recovery Protein with 8 ounces (250ml) almond milk   |  |  |
| <b>Dinner</b>       | 4-6 ounces (120-180g) Pecan Encrusted Chicken Recipe***<br>1.25-2 cups (195-325g) cups mashed cauliflower***<br>1.25-2 cups (195-325g) steamed veggies<br>8 ounces (250ml) water | 5-7 ounces (150-210g) ground turkey<br>1½ -2 cups (150-200g) spaghetti squash***<br>½ cup (70g) pasta sauce (load up on the veggies)<br>8 ounces (250ml) water                       | 5-7 ounces (150-210g) cedar plank salmon***<br>1/3 - ½ cup (60-90g) quinoa<br>12-24 spears sautéed asparagus<br>8 ounces (250ml) water                                 |



### Grocery List:

- Two dozen cage free organic eggs
- Fruit: Strawberries, Blueberries, Peaches, Apple, Banana
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato
- Meat: Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Organic Turkey Breast, Wild Caught Salmon, Mahi, Organic Chicken Breasts, Canadian Bacon, Cottage Cheese
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- Nuts: Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
- Low sugar Kind Bar- chocolate almond sea salt

### Recipes from HSN Website:

- **Egg and Quinoa scramble** (salsa)
- **Egg Muffin** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Protein Pancakes** (protein powder, banana or unsweetened applesauce, cinnamon, vanilla extract (optional))
- **Pulled Chicken** (salsa, roasted red peppers (optional))
- **Spaghetti squash** (red sauce, veggies for sauce)
- **Pecan Encrusted Chicken** (spicy brown mustard, honey)
- **Mashed cauliflower** (chicken broth, crushed garlic cloves- fresh ideally)
- **Cedar plank salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup)
- **Pumpkin Steel cut oats** (pumpkin puree, brown sugar, allspice, cinnamon, cloves, ginger, nutmeg)
- **Amish Oats** (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil)



| Week 2               | Monday  | Tuesday   | Wednesday   | Thursday  |
|----------------------|---|---|---|---|
| <b>Breakfast</b>     | 2/3-1 cup (60-90g) oatmeal (cooked) with 2 egg whites topped 6-8 walnut pieces with<br>½ cup berries (75g)<br>1-2 egg muffins***<br>8 ounces (250ml) water                      | 2-3 protein pancakes***<br>1-2 T (40-80g) almond butter<br>1 cup berries (150g)<br>8 ounces (250ml) water   | 2-3 Egg and Quinoa Scramble***<br>1 peach<br>2-3 T (25-40g) avocado<br>8 ounces (250ml) water   | 2/3-1 (60-90g) cup amish oatmeal*** topped with 2 T (24g) almond slivers and 2 T (20g) berries<br>1-2 egg muffins***                                      |
| <b>Snack</b>         | 1 peach<br>3 slices low sodium turkey breast<br>3 cashews<br>8 ounces (250ml) water   | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt sprinkle with 3-6 pecans<br>8 ounces (250ml) water   | ½-1 small apple with 1-2 tsp (20-40g) almond butter<br>1 hard boiled egg<br>8 ounces (250ml) water  | 1-2 protein pancake***<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  |
| <b>Lunch</b>         | 1-2 Meatloaf Muffins***<br>1/2- 2/3 cup chickpea and edamame salad***<br>1.25-2 cups (195-325g) broccoli<br>8 ounces (250ml) water  | 4-6 ounces (120-180g) buffalo chicken***<br>2/3-1 cup (120-180g) quinoa<br>1.25-2 cups (195-325g) mixed veggies<br>8 ounces (250ml) water               | 4-6 ounces (120-180g) ground turkey<br>1½-2 cups (150-200g) spaghetti squash***<br>½ cup (70g) pasta sauce (load up on the veggies)<br>8 ounces (250ml) water | 1- 1 ½ Turkey Stuffed Peppers***<br>1.25-2 cups (195-325g) green beans<br>2 T (25g) avocado<br>8 ounces (250ml) water                                     |
| <b>Snack</b>         | 2 ounces (60g) ham roll ups<br>1 rice cake<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  | ½ Meatloaf Muffin<br>½ apple<br>8 ounces (250ml) water  | 2-3 Turkey and avocado roll ups<br>2 T (30g) hummus<br>Carrots & celery<br>8 ounces (250ml) water   | 2-3 ounces (60-90g) chicken breast<br>2-4 T (25-55g) guacamole<br>1/3- ½ cup (60-90g) brown rice<br>8 ounces (250ml) water                                |
| <b>Post Workout:</b> | Recovery Protein with 8 ounces (250ml) almond milk  | Recovery Protein with 8 ounces (250ml) almond milk  | Recovery Protein with 8 ounces (250ml) almond milk  |   |
| <b>Dinner</b>        | 5-7 ounces (150-210g) Cedar plank salmon***<br>1/3-2/3 cup (60-120g) quinoa<br>1.25-2 cups (195-325g) green beans with 1-2 tsp (6-12g) almond slivers<br>8 ounces (250ml) water | 5-7 ounces (150-210g) ground turkey<br>1-2 (100-200g) spaghetti squash***<br>½ cup (70g) pasta sauce (load up on the veggies)<br>8 ounces (250ml) water | 4-6 Turkey and Quinoa Meatballs***<br>1.25-2 cups (195-325g) mashed cauliflower***<br>12-24 spears steamed asparagus<br>8 ounces (250ml) water                | 4-6 ounces (120-180g) grilled sirloin<br>2/3-1 cup (175-200g) cinnamon butternut squash***<br>1-2 cups (200-400g) Kale Chips***<br>8 ounces (250ml) water |



| Week 2               | Friday  | Saturday   | Sunday  |
|----------------------|---|--|---|
| <b>Breakfast</b>     | 2-3 egg and quinoa scramble***<br>2-4T (25-55g) avocado<br>½-1 cup berries(75-150g)<br>8 ounces (250ml) water                                     | 2 Egg and Quinoa scramble with veggies<br>2-4T (25-55g) avocado<br>1 peach<br>8 ounces (250ml) water   | 2/3-1 cup (60-90g) oatmeal cooked with 2 egg whites topped with 1 tsp (20g) almond butter and ½ banana<br>2 slices Canadian bacon<br>8 ounces (250ml) water   |
| <b>Snack</b>         | ½ apple with 1 tsp (20g) almond and coconut butter spread<br>1 slice Canadian bacon<br>8 ounces (250ml) water                                     | ½ cup blueberries (75g)<br>3 slices low sodium turkey slices (1 ounce)<br>6 almonds<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt sprinkle with pecans<br>8 ounces (250ml) water   |
| <b>Lunch</b>         | 4-6 ounces (120-180g) buffalo chicken***<br>2/3-1 cup (120-180g) quinoa<br>1.25-2 cups (195-325g) mashed cauliflower***<br>8 ounces (250ml) water | 4-6 ounces (120-180g) ground turkey/lean ground beef<br>2/3-1 cup (120-180g) brown rice<br>1.25-2 cups (195-325g) steamed broccoli<br>8 ounces (250ml) water | 1 Turkey Stuffed Peppers***<br>1.25-2 cups (195-325g) mixed veggies<br>1.25-2 cups (195-325g) mashed cauliflower***<br>8 ounces (250ml) water                 |
| <b>Snack</b>         | 6-8 ounces (180-2450g) Triple Zero Greek Yogurt<br>6-10 cashews<br>8 ounces (250ml) water   | 2 ounces (60g) ham roll ups<br>1 rice cakes<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  | 2 Turkey and hummus lettuce wraps<br>1 cup (200g) strawberries<br>8 ounces (250ml) water  |
| <b>Post Workout:</b> | Recovery Protein with 8 ounces (250ml) almond milk  |  |   |
| <b>Dinner</b>        | 4-6 Turkey and Quinoa Meatballs***<br>1½ -2 cups (150-200g) spaghetti squash<br>½ cup (70g) pasta sauce<br>8 ounces (250ml) water                 | 5-7 ounces (150-210g) grilled mahi/white fish<br>1/3-2/3 cup quinoa (60-120g)<br>12-24 spears sautéed asparagus<br>8 ounces (250ml) water                    | 5-7 ounces (150-210g) ground turkey<br>1½ -2 cups (150-200g) spaghetti squash***<br>½ cup(70g) pasta sauce (load up on the veggies)<br>8 ounces (250ml) water |



### Grocery List:

- Two dozen cage free organic eggs
- Fruit: Strawberries, blueberries, peaches, apples
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, butternut squash, sweet potato, Kale, avocado, Cauliflower
- Meats: Lean Ground Turkey (ground turkey, and spaghetti squash, meatloaf muffins, turkey stuffed peppers), Low sodium turkey deli meat, Wild Caught Salmon, Mahi, Organic chicken Breasts, Cottage Cheese, Sirloin
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Nuts: Pecans, Almonds, walnuts, Cashews
- Almond butter
- Cottage Cheese
- Chobani Simply or Triple Zero Greek yogurt

### Recipes from HSN Website:

- **Egg and Quinoa scramble** (salsa, veggies)
- **Protein Pancakes** (protein powder, banana or unsweetened applesauce, cinnamon, vanilla extract (optional))
- **Buffalo Chicken** (minced garlic, low sodium chicken stock, Frank's hot sauce)
- **Spaghetti squash** (red sauce)
- **Meatloaf Muffin** (Low Sodium McCormick Meatloaf Seasoning, panko)
- **Mashed Cauliflower** (chicken broth, crushed garlic cloves- fresh ideally)
- **Turkey stuffed peppers** (Cumin, garlic, chili powder, tomato paste)
- **Turkey and Quinoa Meatballs** (garlic, low sodium soy sauce, red chili flakes, dried oregano, Italian seasoning)
- **Amish Oats** (minute oats, agave nectar light, butter, coconut oil, egg whites, vanilla extract)



| Week 3                      | <u>Monday</u>  | <u>Tuesday</u>   | <u>Wednesday</u>   | <u>Thursday</u>  |
|-----------------------------|--|--|--|--|
| <b><u>Breakfast</u></b>     | 2/3 -1 cup (60-90g) apple cinnamon steel cut oats*** and walnut pieces<br>1-2 hard boiled eggs<br>8 ounces (250ml) water   | 2/3-1 cup (60-90g) pumpkin steel cut oats*** topped with 2 T pecan pieces<br>1-2 egg muffin**<br>8 ounces (250ml) water  | Smoothie: 4 ounces plain yogurt, scoop SFH, 1 cup berries, handful spinach, 1 tsp almond butter  | 2/3-1 cup (60-90g) Amish oatmeal*** Top with berries and 1 tsp almond slivers<br>1-2 hard boiled eggs<br>8 ounces (250ml) water  |
| <b><u>Snack</u></b>         | ½-1 small apple with 1-2 tsp (20-40g) almond butter<br>1 hard boiled egg<br>8 ounces (250ml) water   | 6-8 ounces (180-250g) Low sugar greek yogurt (Triple Zero) with 3-6 pecans<br>8 ounces (250ml) water   | 1 cup (200g) strawberries<br>1-2 hard boiled eggs<br>6 cinnamon roasted almonds<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt sprinkle with 1-2 T (10-20g) walnuts<br>8 ounces (250ml) water  |
| <b><u>Lunch</u></b>         | ½-2/3 cup Tuna and avocado on 2 slices Ezekiel bread***<br>Side salad with o/v<br>8 ounces (250ml) water   | 4-6 (120-180g) ounces pulled chicken***<br>2/3-1 cup (120-180g) brown rice<br>1.25-2 cups (195-325g) broccoli<br>8 ounces (250ml) water  | Mexican fiesta bowl***<br>4-6 ounces (120-180g) chicken with pico<br>1.25-2 cups (195-325g) sautéed peppers/onions<br>2-4 T (25-55g) avocado<br>2/3-1 cup (120-180g) brown rice<br>8 ounces (250ml) water  | 4-6 ounces (120-180g) grilled chicken<br>2/3-1 cup (120-180g) brown rice<br>2-4 T (25-55g) avocado<br>1.25-2 cups (195-325g) sautéed veggies<br>8 ounces (250ml) water |
| <b><u>Snack</u></b>         | 2-3 turkey and avocado lettuce wraps<br>2 T (30g) hummus with veggies<br>8 ounces (250ml) water  | 1 peach<br>3 slices low sodium turkey breast<br>6 cashews  | 3 T tuna and avocado salad on cucumber slices<br>8 ounces (250ml) water  | 1 hard boiled egg<br>1 rice cake<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water   |
| <b><u>Post Workout:</u></b> | Recovery Protein with 8 ounces (250ml) almond milk   | Recovery Protein with 8 ounces (250ml) almond milk   | Recovery Protein with 8 ounces (250ml) almond milk   |  |
| <b><u>Dinner</u></b>        | 5-7 ounces (150-210g) teriyaki glazed salmon***<br>½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml)<br>12-24 grilled asparagus spears<br>8 ounces (250ml) water | 4-6 ounces (120-180g) balsamic pork tenderloin***<br>2/3-1 cup (175-200g) cinnamon roasted butternut squash***<br>1.25-2 cups (195-325g) green beans<br>8 ounces (250ml) water | 4-6 ounces (120-180g) grilled chicken<br>½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml)<br>1.25-2 cups (195-325g) roasted veggies with 2-3 (12-18 ml) tsp olive oil<br>8 ounces (250ml) water | 4-6 ounces (120-180g) spicy quinoa chicken***<br>1.25-2 cups (195-325g) mashed cauliflower***<br>1.25-2 cups (195-325g) green beans<br>8 ounces (250ml) water          |





| Week 3                                   | Friday  | Saturday  | Sunday   |
|--|---|---|--|
| <b>Breakfast</b>                         | Smoothie: 4 ounces plain greek yogurt, 1 scoop protein, 1 cup berries, handful spinach, 1-2 T almond butter   | 2-3 egg and quinoa scramble with veggies<br>2-4 T avocado<br>8 ounces (250ml) water   | 2/3-1 cup (60-90g) oatmeal with ½ banana and 1-2T (10-20g) walnuts<br>¾ cup berries<br>1-2 egg muffin ***<br>8 ounces (250ml) water          |
| <b>Snack</b>                             | 1-2 protein pancake***<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt sprinkle with 3-6 pecans<br>8 ounces (250ml) water   | 1/2 apple<br>1-2 tsp (20-40g) almond butter<br>Hard boiled egg<br>8 ounces (250ml) water   |
| <b>Lunch</b>                             | 4-6 ounces (120-180g) balsamic pork tenderloin***<br>2/3-1 cup (175-200g) butternut squash***<br>1.25-2 cups (195-325g) mixed veggies<br>8 ounces (250ml) water | 4-6 ounces (120g-180g) grilled chicken with fresh pico and 2-4T (25-55g) avocado<br>½-2/3 cup (90-120g) quinoa<br>1.25-2 cups (195-325g) steamed broccoli<br>8 ounces (250ml) water | 4-6 ounces (120-180g) grilled chicken with 2-4 T (25-55g) avocado<br>½-2/3 cup (90-120g) brown rice salad with o/v<br>8 ounces (250ml) water |
| <b>Snack</b><br><br><b>Post Workout:</b> | 2-3 Turkey and hummus roll ups<br>2 T (30g) hummus<br>Carrots & celery 8 ounces (250ml) water<br><br>Recovery Protein with 8 ounces (250ml) almond milk         | 2-3 Turkey and hummus roll ups<br>2 T (30g) hummus<br>Carrots & celery 8 ounces 8 ounces (250ml) water  | 2-4 ounces (60-120g) ground turkey<br>1.25 cup (195g) sautéed veggies<br>2-4 T (25-55g) avocado<br>8 ounces (250ml) water                    |
| <b>Dinner</b>                            | 5-7 ounces (150-210g) teriyaki glazed salmon***<br>1/3-2/3 cup (60-120g) quinoa<br>1.25-2 cups (195-325g) steamed veggies<br>8 ounces (250ml) water             | 5-7 ounces (150-210g) mahi/white fish<br>½-2/3 cup (90-120g) quinoa<br>salad with o/v with 2 tsp (6ml) olive oil<br>8 ounces (250ml) water  | 4-6 ounces (120-180g) steak/sirloin with mushrooms<br>1.25-2 cups (195-325g) 12-24 sautéed asparagus spears<br>8 ounces (250ml) water        |



### Grocery List:

- One dozen cage free organic eggs
- Fruit: Strawberries, Blueberries, Peaches, Apple
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Mushrooms, green beans, Cauliflower, Butternut Squash, Sweet Potato
- Meats: Low sodium turkey deli meat, Wild Caught Salmon, Mahi, Organic Chicken Breasts, Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Pork Tenderloin, Sirloin, Tuna
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Rice Cakes
- Pasta Sauce
- Avocado
- Nuts: Pecans, walnuts, almond slivers
- Almond butter
- Chobani Simply or Triple Zero Greek yogurt

### Recipes from HSN Website:

- **Egg and Quinoa scramble** (salsa, veggies)
- **Egg Muffin** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Apple Cinnamon Steel Cut Oats** (cinnamon, vanilla extract, egg whites)
- **Amish Oatmeal** (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil)
- **Protein Pancakes** (protein powder, banana or unsweetened applesauce, cinnamon, vanilla extract (optional))
- **Pulled Chicken** (salsa, roasted red peppers (optional))
- **Mashed cauliflower** (chicken broth, crushed garlic cloves- fresh ideally)
- **Balsamic Pork Tenderloin** (Worcestershire sauce, honey, balsamic vinegar, garlic cloves, red pepper flakes, chicken broth, low sodium soy sauce)
- **Teriyaki Glazed Salmon** (teriyaki sauce)
- **Tuna and Avocado Salad** (celery, lemon juice, red onion)



| Week 4                      | <u>Monday</u>   | <u>Tuesday</u>   | <u>Wednesday</u>  | <u>Thursday</u>  |
|-----------------------------|---|--|---|--|
| <b><u>Breakfast</u></b>     | 2/3-1 cup (60-90g) crockpot apple cinnamon steel cut oats***<br>1-2 egg muffins**<br>8 ounces (250ml) water   | Smoothie: 4 ounces plain yogurt, 1 scoop whey protein, 1 cup (100g) berries, handful spinach, 1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water | 2/3-1 cup (60-90g) crockpot apple cinnamon steel cut oats<br>1-2 egg muffins***<br>8 ounces (250ml) water                                   | 2 slices Canadian bacon<br>2/3-1 cup (60-90g) oatmeal cooked with 2 egg whites topped with 1-2 tsp (6-12g) almond slivers<br>½ cup (75g) blueberries<br>8 ounces (250ml) water |
| <b><u>Snack</u></b>         | 1-2 protein pancake***<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt sprinkle with 3-6 pecans<br>8 ounces (250ml) water  | 1 small apple with 1-2 tsp (20-40g) almond and coconut butter<br>2 slices low sodium turkey breast<br>8 ounces (250ml) water                | RX Kids bar or for larger serving- RX regular bar<br>8 ounces (250ml) water  |
| <b><u>Lunch</u></b>         | Mexican fiesta bowl***<br>4-6 ounces (120-180g) chicken with pico<br>1.25-2 cups (195-325g) sautéed peppers/onions<br>2-4 T (25-55g) avocado<br>2/3-1 cup (120-180g) brown rice<br>8 ounces (250ml) water | 4-6 ounces (120-180g) pulled chicken***<br>½-2/3 cup (90-120g) brown rice<br>1.25-2 cups (195-325g) mixed veggies<br>8 ounces (250ml) water            | ½-2/3 cup Egg and avocado salad*** on 1-2 slices ezeziel bread<br>1.25-2 cups (195-325g) roasted broccoli<br>8 ounces (250ml) water         | 5-7 ounces (150-210g) ground turkey<br>½-2/3 cup (90-120g) brown rice<br>1.25-2 cups (195-325g) sautéed veggies<br>4 T avocado<br>8 ounces (250ml) water                       |
| <b><u>Snack</u></b>         | RX KIDS size bar-RX regular bar<br>8 ounces (250ml) water   | 1 peach<br>1 hard boiled egg<br>8 ounces (250ml) water   | 2 T (30g) Hummus<br>Carrots and celery<br>2-3 turkey + avocado roll ups<br>8 ounces (250ml) water   | 1/2 cup (75g) blueberries<br>2 slices low sodium turkey slices (1 ounce)<br>6 almonds<br>8 ounces (250ml) water  |
| <b><u>Post Workout:</u></b> | Recovery Protein with 8 ounces (250ml) almond milk  | Recovery Protein with 8 ounces (250ml) almond milk   | Recovery Protein with 8 ounces (250ml) almond milk  |  |
| <b><u>Dinner</u></b>        | 5-7 ounces (150-210g) Grilled Fish<br>1.25-2 cups (195-325g) broccoli<br>½-1 cup (130-195) roasted sweet potato with 1-2 tsp butter (5-10ml)<br>8 ounces (250ml) water                                    | 4-6 ounces (120-180g) general tso chicken***<br>1.25-2 cups (195-325g) veggie stir fry<br>1/3- 2/3 cup (60-120g) brown rice<br>8 ounces (250ml) water  | 4-6 ounces (120-180g) grilled chicken<br>½-2/3 cup (90-120g) quinoa<br>1.25-2 cups (195-325g) roasted cauliflower<br>8 ounces (250ml) water | 4-6 ounces (120-180g) BBQ pulled chicken***<br>1.25-2 cups (195-325g) seasoned Brussels sprouts<br>1.25-2 cups (195-325g) roasted cauliflower<br>8 ounces (250ml) water        |



| Week 4                                   | Friday  | Saturday  | Sunday  |
|--|---|---|---|
| <b>Breakfast</b>                         | Smoothie: 4 ounces plain greek yogurt, 1 scoop whey protein, ½ frozen banana, 1-2 tsp (20-40g) almond butter, handful spinach and ½ cup berries<br>8 ounces (250ml) water | 2/3-1 cup pumpkin steel cut oats with pecans sprinkled***<br>1 hard boiled egg<br>8 ounces (250ml) water  | 2/3-1 cup oatmeal cook with 2 egg whites ½ banana and 1 tsp walnuts<br>1 cup (200g) strawberries<br>1 egg muffin ***<br>8 ounces (250ml) water                        |
| <b>Snack</b>                             | 1-2 protein pancake***<br>1-2 tsp (20-40g) almond butter<br>8 ounces (250ml) water  | ½ cup (75g) blueberries<br>2 slices low sodium turkey slices (1 ounce)<br>8 ounces (250ml) water  | 6-8 ounces (180-250g) Triple Zero Oikos Greek yogurt sprinkle with 3-6 pecans<br>8 ounces (250ml) water   |
| <b>Lunch</b>                             | ½-2/3 cup Tuna and avocado salad<br>***on 1-2 slices Ezekiel bread<br>Side salad with oil/vinegar<br>8 ounces (250ml) water   | 4-6 ounces (120-180g) grilled chicken with fresh pico and 2-4 T (25-55g) avocado<br>½-2/3 cup (90-120g) quinoa<br>1.25-2 cups (195-325g) steamed broccoli<br>8 ounces (250ml) water | 4-6 ounces (120-180g) pulled chicken***<br>½-2/3 cup (90-120g) brown rice<br>2-4 T (25-55g) avocado<br>1.25-2 cups (195-325g) mixed veggies<br>8 ounces (250ml) water |
| <b>Snack</b><br><br><b>Post Workout:</b> | Turkey and hummus lettuce wrap (2-3)<br>2 T (30g) Hummus<br>Carrots and celery<br>8 ounces (250ml) water<br><br>Recovery Protein with 8 ounces (250ml) almond milk        | 2 T (30g) Hummus<br>Carrots and celery<br>2-3 turkey + avocado roll ups<br>8 ounces (250ml) water   | 2-4 ounces (60-120g) ground turkey<br>1.25 cup (195g) sautéed veggies<br>2-4 T (25-55g) avocado<br>8 ounces (250ml) water   |
| <b>Dinner</b>                            | 1-2 Meatloaf muffins**<br>1.25-2 cups (195-325g) mashed cauliflower<br>1.25-2 cups (195-325g) broccoli<br>8 ounces (250ml) water  | 1½-2 cups (150-200g) spaghetti squash***<br>½ cup (70g) pasta sauce (load up on the veggies)<br>5-7 ounces (150-210g) ground turkey<br>8 ounces (250ml) water                       | 5-7 ounces (150-210) teriyaki glazed salmon***<br>1/3-1/2 cup (60-90g) quinoa<br>1.25-2 cups (195-325g) sautéed asparagus<br>8 ounces (250ml) water                   |



### Grocery List:

- Two dozen cage free organic eggs
- Fruits: Strawberries, Blueberries, Peaches, Apple, banana
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, carrots, green beans, sweet potato
- Meat: Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat, Wild Caught Salmon, Organic chicken, Canned tuna in water, Canadian bacon
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Nuts: Pecans, almond slivers, walnuts, cashews
- Almond butter
- Avocado
- Low sugar kind bar
- Rice cakes
- Pumpkin Puree
- Ezekiel Bread
- Chobani Simple or Triple Zero Greek yogurt

### Recipes from HSN Website:

- **Egg and Quinoa scramble** (salsa, veggies)
- **Egg Muffin** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Protein Pancakes** (protein powder, banana or unsweetened applesauce, cinnamon, vanilla extract (optional))
- **Pulled Chicken** (salsa, roasted red peppers (optional))
- **Spaghetti squash** (red sauce)
- **Mashed cauliflower**
- **Pumpkin Steel Cut Oats** (pumpkin puree, brown sugar, allspice, cinnamon, cloves, ginger, nutmeg)
- **BBQ pulled chicken** (chili powder, red onion, Stubbs BBQ, brown sugar)
- **Meatloaf Muffins** (Low Sodium McCormick Meatloaf Seasoning, panko)
- **General Tso Chicken** (garlic cloves, dark brown sugar, dried ginger, crushed red pepper, low sodium soy sauce, frozen broccoli florets), Egg and Avocado Salad Dijon mustard, plain greek yogurt, fresh lemon juice, celery, paprika)
- **Tuna and Avocado Salad** (celery, lemon juice, red onion)
- **Teriyaki Glazed Salmon** (teriyaki sauce)