



Nutrition Plan for:

Challenge

Goals

Short Term:	
Long Term:	

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:

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

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Healthy Steps Nutrition
All Portions Listed are Cooked



All Portions of Food are Cooked.

*****means there is a recipe for this**

food item on the HSN website

Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u>Breakfast</u>	2-3 four ingredient protein pancakes*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water	Green Machine Smoothie*** 8 ounces (250ml) water	2-3 eggs + 2 egg whites scrambled with veggies 2/3 – 1 cup (60-90g) oatmeal with 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	2-3 egg muffins*** 2/3-1 cup (60-90g) oatmeal top with 1-2 tsp (20-40g) nut butter + 2 tbs (20g) blueberries 8 ounces (250ml) water
<u>Snack</u>	6 ounces (180g) zero sugar Greek yogurt top with 3-6 pecans 8 ounces (250ml) water	1 cup (200g) strawberries 1-2 hard boiled eggs 8 ounces (250ml) water	½ apple 1 tsp (20g) almond butter 1-2 hard boiled eggs 8 ounces (250ml) water	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water
<u>Lunch</u>	4-6 ounces (120-180g) grilled chicken 2-4 tbs (25-55g) avocado 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) steamed broccoli 8 ounces (250ml) water	1-2 Meatloaf Muffins*** ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) cauliflower 8 ounces (250ml) water	4-6 ounces (120-180g) chicken 2/3-1 cup (175-200g) butternut squash*** 1-2 cups (150-300g) carrots 8 ounces (250ml) water	1-2 Meatloaf Muffins*** 1.25-2 cups (195-325g) mashed cauliflower 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water
<u>Snack</u>	1 rice cake with ½ tsp nut butter 2 turkey slices with 1 tbs (15g) hummus rolled up 8 ounces (250ml) water	6-8 ounces (180-250g) zero sugar Greek yogurt with 3-6 pecans 8 ounces (250ml) water	The Perfect Bar MINI 8 ounces (250ml) water	½ Meatloaf Muffin** 1/3 cup (65g) sweet potato with 1 tsp butter (5ml) 8 ounces (250ml) water
<u>Post Workout</u>	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	
<u>Dinner</u>	5-7 ounces (150-210g) teriyaki salmon*** ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) roasted broccoli 8 ounces (250ml) water	4-6 ounces (120-180g) BBQ pulled chicken*** 2/3-1 cup (175-200g) butternut squash*** 1-2 cups (200-400g) Kale Chips*** 8 ounces (250ml) water	4-6 ounces (120-180g) panko crusted chicken 1.25-2 cups (195-325g) mashed cauliflower** 12-24 steamed asparagus spears 8 ounces (250ml) water	1 ½ cups white quinoa chicken chili*** 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water



Week 1	Friday	Saturday	Sunday
Breakfast	2/3-1 cup (60-90g) oatmeal with ½ scoop protein powder Top with 1-2 tsp (20-40g) nut butter and ¼ cup (75g) blueberries 8 ounces (250ml) water	4 ingredient protein pancake à waffle (2/3 batter) 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	2/3- 1 cup (60-90g) steel cut oats with ½ scoop whey protein powder Top with 3-6 pecans 8 ounces (250ml) water
Snack	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water	6 ounces (180g) zero sugar Greek yogurt top with 3-6 pecans 8 ounces (250ml) water	½ apple 1-2 tsp (20-40g) almond butter 1 egg 8 ounces (250ml) water
Lunch	4-6 ounces (120-180g) grilled chicken 2/3-1 cup (120-180g) quinoa 1.25-2 cups (195-325g) mixed veggies 8 ounces (250ml) water	5-7 ounces (150-210g) ground turkey ½-2/3 cup (90-120g) brown rice 1/3-1/2 cup (50-70g) black beans 2-4 tbs (25-55g) avocado 1.25-2 cups (195-325g) sautéed veggies 8 ounces (250ml) water	4-6 ounces (120-180g) BBQ pulled chicken*** 2/3-1 cup (120-180g) brown rice 1-2 cups (200-400g) kale chips*** 8 ounces (250ml) water
Snack	1-2 hard boiled egg 1 rice cake 1 tsp (20g) almond butter 8 ounces (250ml) water	The Perfect Bar MINI 8 ounces (250ml) water	2-4 ounces (60-120g) ground turkey 1.25 cup (195g) sautéed veggies 2 tbs (25g) avocado 8 ounces (250ml) water
Post Workout	Recovery Protein with 8 ounces (250ml) almond milk or coconut water		
Dinner	4-6 ounces (120-180g) grilled chicken (cook with ½ tsp coconut oil) 1.25-2 cups (195-325g) mashed cauliflower 2/3-1 cup (175-200g) butternut squash*** (cook with coconut oil) 8 ounces (250ml) water	4-6 ounces (120-180g) sirloin ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water	9-15 grilled shrimp over sautéed spinach 1-2 cups (200-400g) sautéed spinach 1/3-2/3 cup (60-120g) quinoa 8 ounces (250ml) water



Grocery List:

- Two dozen cage free organic eggs
- Fruits: Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower, kale, spinach
- Meats: Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Shrimp
- Starches: Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- Nuts: Pecans, almonds, walnuts
- Almond butter
- Zero sugar Greek yogurt
- The Perfect Bar MINI

Recipes from HSN Website:

- **Protein Pancakes** (banana, protein powder, egg whites)
- **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Teriyaki Glazed Salmon** (teriyaki marinade), **Butternut Squash** (cinnamon)
- **BBQ Pulled Chicken** (Stubb's BBQ, chili powder, brown sugar, onion powder)
- **Quinoa White Chicken Chili** (can white beans, garlic, jalapeno peppers, olive oil, cilantro, lime juice, cumin, oregano, chicken broth, cilantro, salsa verde)
- **Green Machine Smoothie** (pineapple, agave)

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Week 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u>Breakfast</u>	2/3-1 cup 60-90g amish oatmeal** topped with 1-2 tsp almond slivers + 2 tbs (20g) blueberries 1-2 egg muffins 8 ounces (250ml) water	2-3 protein pancakes*** 1-2 tbs almond butter 1 cup (200g) strawberries 8 ounces (250ml) water	2/3-1 cup (60-90g) pumpkin steel cut oats** top with 1 tsp pecans 2-3 egg muffins*** 8 ounces (250ml) water	2/3-1 cup 60-90g amish oatmeal*** topped with 2 tbs almond slivers and 2 tbs berries 3 tbs berries 1-2 egg muffins***
<u>Snack</u>	½ apple 2 slices low sodium turkey 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	RX Kids Bar Larger serving use regular size RX Bar 8 ounces (250ml) water	1 cup (200g) strawberries 1 hard boiled egg 8 ounces (250ml) water	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water
<u>Lunch</u>	4-6 ounces (120-180g) grilled chicken with 2-4 tbs (25-55g) avocado 2/3-1 cup (175-200g) butternut squash*** 1.25-2 cups (195-325g) roasted cauliflower 8 ounces (250ml) water	2/3-1 cup chicken risotto with carrots & asparagus*** 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water	5-7 ounces (150-210g) ground turkey burger with 2-4 tbs (25-55g) avocado ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1-2 cups (200-400g) kale chips** 8 ounces (250ml) water	1- 1 ½ Turkey Stuffed Peppers*** 1.25-2 cups (195-325g) green beans 2 -4 tbs (25-55g) avocado 8 ounces (250ml) water
<u>Snack</u>	2-3 Turkey and avocado roll ups 2 tbs (30g) hummus Carrots & celery 8 ounces (250ml) water	RX KIDS SIZE Bar Larger serving regular RX bar 8 ounces (250ml) water	2-3 Turkey and avocado roll ups 2 tbs (30g) hummus Carrots & celery 8 ounces (250ml) water	2-3 hummus and turkey roll ups ½ apple 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	
<u>Dinner</u>	5-7 ounces (150-210g) Cedar plank salmon*** 1/3-2/3 cup (60-120g) quinoa 1.25-2 cups (195-325g) green beans with 1-2 tsp (6-12g) almond slivers 8 ounces (250ml) water	1½ -2 cups (150-200g) spaghetti squash*** ½ cup (70g) pasta sauce (load up on the veggies) 5-7 ounces (150-210g) ground turkey (99/93) 8 ounces (250ml) water	2/3-1 cup chicken risotto with carrots & asparagus 1.25-2 cups (195-325g) roasted broccoli 8 ounces (250ml) water	4-6 ounces (120-180g) grilled sirloin 2/3-1 cup (175-200g) butternut squash*** 1-2 cup (200-400g) Kale Chips*** 8 ounces (250ml) water



Week 2	Friday	Saturday	Sunday
Breakfast	2-3 egg and quinoa scramble*** 2-4 tbs (25-55g) avocado ½-1 cup berries 8 ounces (250ml) water	2-3 Egg and Quinoa scramble with veggies 1/3-1/2 cup (60-90g) quinoa 2-4 tbs (25-55g) avocado 1 peach 8 ounces (250ml) water	Open faced breakfast sandwich 2-3 eggs scrambled with 1-2 slices canadian bacon Apple with 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water
Snack	6 ounces (180g) zero sugar Greek yogurt 3-6 pecans 8 ounces (250ml) water	½ cup (75g) blueberries 2-3 slices low sodium turkey slices (1-2 ounces, 30-60g) 6 almonds 8 ounces (250ml) water	6-8 ounces (180-250g) zero sugar Greek yogurt sprinkle with 3-6 pecans 8 ounces (250ml) water
Lunch	2/3-1 cup chicken risotto with carrots & asparagus*** 1.25-2 cups (195-325g) steamed veggies 8 ounces (250ml) water	5-7 ounces (150-210g) ground turkey/lean ground beef 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) steamed broccoli 8 ounces (250ml) water	1- 1½ Turkey Stuffed Peppers*** 1.25-2 cups (195-325g) mixed veggies 1.25-2 cups (195-325g) mashed cauliflower 8 ounces (250ml) water
Snack Post Workout:	The Perfect Bar MINI Larger serving Regular size Perfect Bar 8 ounces (250ml) water Recovery Protein with 8 ounces (250ml) almond milk or coconut water	2 ounces (60g) ham roll ups 1 rice cake 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water	2-3 Turkey and avocado roll ups 2 tbs (30g) hummus Carrots & celery 8 ounces (250ml) water
Dinner	Fish tacos wrapped in lettuce (5-7 ounces (150-210g) white fish) Top with 2-4 tbs (25-55g) avocado 1/3-1/2 cup (50-70g) beans 1.25-2 cups (195-325g) sautéed veggies 8 ounces (250ml) water	4-6 ounces (120-180g) grilled chicken 1/3-2/3 cup (60-120g) quinoa with 1-2 tsp (6-12g) almond slivers 12-24 sautéed asparagus spears 8 ounces (250ml) water	1½ -2 cups (150-200g) spaghetti squash*** ½ cup (70g) pasta sauce (load up on the veggies) 5-7 ounces (150-210g) ground turkey 8 ounces (250ml) water



Grocery List:

- Two dozen cage free organic eggs
- Fruits: Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- Meats: Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, sirloin
- Starches: Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake, black beans
- Hummus, Edamame
- Almond Milk
- Protein Powder
- Nuts: Pecans, almonds, walnuts, Almond butter
- Zero sugar Greek yogurt
- RX Bar
- The Perfect Bar MINI

Recipes from HSN Website:

- **Amish Oatmeal** (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil)
- **Protein Pancakes** (banana, protein powder, egg whites)
- **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Spaghetti Squash** (spaghetti squash, red sauce)
- **Turkey & Quinoa Stuffed Peppers** (garlic, chili powder, tomato paste, cumin)
- **Chicken & Quinoa Risotto with Carrots & Asparagus** (bone broth, garlic, frozen peas)
- **Cedar Plank Salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup)

Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
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Breakfast	Berry Delicious Smoothie: 1 scoop protein powder, 1 cup (250ml) almond milk, 1 tsp (10g) coconut oil, 1 cup (150g) berries, 4 ounces (120g) zero sugar Greek yogurt 8 ounces (250ml) water	2/3-1 cup (60-90g) pumpkin steel cut oats*** topped with 3-6 pecan pieces 1-2 egg muffin** 8 ounces (250ml) water	2-3 eggs + 2 whites scrambled ½ cup (160g) roasted potatoes 8 ounces (250ml) water	2/3-1 cup (60-90g) oatmeal with 2/3 scoop protein powder with 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water
Snack	½ apple with 1 tsp (20g) almond and coconut butter spread 1-2 hard boiled eggs 8 ounces (250ml) water	6 ounces (180g) zero sugar Greek yogurt with 3-6 pecans 8 ounces (250ml) water	1-2 protein pancake*** 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	½ cup (75g) blueberries 1-2 hard boiled egg 8 ounces (250ml) water
Lunch	4-6 Turkey and Quinoa Meatballs*** 1½ -2 cups (150-200g) spaghetti squash ½ cup (70g) pasta sauce 8 ounces (250ml) water	4-6 ounces (120-180g) grilled chicken 2-4 tbs (25-55g) avocado 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) sautéed peppers & onions 8 ounces (250ml) water	4-6 ounces (120-180g) rotisserie chicken (no skin) 2/3-1 cup (120-180g) quinoa 1.25-2 cups (195-325g) roasted veggies (cook with coconut oil) 8 ounces (250ml) water	5-7 ounces (150-210g) ground turkey 1/3- ½ cup (60-90g) brown rice 1/3 cup (50g) black beans 2-4 tbs (25-55g) avocado 1.25-2 cups (195-325g) sautéed veggies 8 ounces (250ml) water
Snack	Turkey and hummus lettuce wraps (2) 8 ounces (250ml) water	1 peach 3 slices low sodium turkey breast 6 cashews	3 tbs tuna and avocado salad on cucumber slices*** 8 ounces (250ml) water	2 ounces (60g) chicken 1 tbs (12g) guacamole 1/3 cup (60g) rice 8 ounces (250ml) water
Post Workout:	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	
Dinner	5-7 ounces (150-210g) grilled salmon ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 12-24 grilled asparagus spears 8 ounces (250ml) water	4-6 Turkey and Quinoa Meatballs*** 1.25-2 cups (195-325g) mashed cauliflower*** 1.25-2 cups (195-325g) steamed asparagus 8 ounces (250ml) water	5-7 ounces (150-210g) turkey burger top with 2-4 tbs (25-55g) avocado ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) salad with o/v 8 ounces (250ml) water	4-6 ounces (120-180g) panko crusted chicken 1.25-2 cups (195-325g) mashed cauliflower*** 1.25-2 cups (195-325g) green beans with 1-2 tsp (6-12g) almond slivers 8 ounces (250ml) water



Week 3	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	Smoothie: 4 ounces (120g) plain greek yogurt, 1 scoop protein, 1 cup (150g) berries, handful spinach, 1-2 tsp (20-40g) almond butter	2-3 egg and quinoa scramble with veggies 1/3 cup (60g) quinoa 2-4 tbs (25-55g) avocado 8 ounces (250ml) water	2/3-1 cup (60-90g) oatmeal with ½ banana and 1-2 tbs (10-20g) walnuts ½ cup (75g) blueberries 1-2 egg muffin *** 8 ounces (250ml) water
<u>Snack</u>	1-2 protein pancake*** 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	6 ounces (180g) zero sugar Greek yogurt 1-2 tbs (6-12g) almond slivers 8 ounces (250ml) water	1/2 apple 1-2 tsp (20-40g) almond butter 1-2 Hard boiled eggs 8 ounces (250ml) water
<u>Lunch</u>	4-6 ounces (120-180g) pulled chicken with 2-4 tbs (25-55g) avocado 2/3-1 cup (100-140g) black beans 1.25-2 cups (195-325g) sautéed veggies 8 ounces (250ml) water	4-6 ounces grilled chicken (120-180g) with fresh pico and 2-4 tbs (25-55g) avocado 2/3-1 cup (120-180g) quinoa 1.25-2 cups (195-325g) steamed broccoli 8 ounces (250ml) water	4-6 ounces (120-180g) grilled chicken 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) roasted veggies with 2-3 tsp olive oil (12-18 ml) 8 ounces (250ml) water
<u>Snack</u> <u>Post Workout:</u>	The Perfect Bar MINI Larger serving Regular size Perfect Bar 8 ounces (250ml) water Recovery Protein with 8 ounces (250ml) almond milk or coconut water	2-3 Turkey and hummus roll ups 2 tbs (30g) hummus Carrots & celery 8 ounces (250ml) water	2 ounces (60g) ground turkey 1.25 cup sautéed veggies (195g) 2-4 tbs (25-55g) avocado 8 ounces (250ml) water
<u>Dinner</u>	4-6 ounces (120-180g) sirloin with mushrooms ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) steamed veggies 8 ounces (250ml) water	5-7 ounces (150-210g) salmon 1/3-2/3 cup (60-120g) quinoa salad with o/v 8 ounces (250ml) water	1½ -2 cups (150-200g) spaghetti squash 4-5 quinoa and turkey meatballs ½ cup (70g) red sauce (load up on veggies) 8 ounces (250ml) water



Grocery List:

- Two dozen cage free organic eggs
- Fruits: Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower, kale, spinach
- Meats: Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Shrimp
- Starches: Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- Nuts: Pecans, almonds, walnuts
- Almond butter
- Zero sugar Greek yogurt
- The Perfect Bar MINI

Recipes from HSN Website:

- **Protein Pancakes** (banana, protein powder, egg whites)
- **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Turkey-Quinoa Meatballs** (garlic, low sodium soy sauce, red chili flakes, dried oregano, Italian seasoning)
- **Garlic Mashed Cauliflower** (chicken broth, crushed garlic cloves- fresh ideally)
- **Avocado Tuna Salad** (celery, lemon juice, red onion, tuna)
- **Pumpkin Oatmeal** (pumpkin puree, brown sugar, allspice, cinnamon, cloves, ginger, nutmeg)

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Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u>Breakfast</u>	Smoothie: ½ frozen banana, ½ cup (75g) berries, 1 scoop whey protein, 1 tsp (5g) coconut oil & 1 cup (250ml) almond milk 8 ounces (250ml) water	2/3-1 cup (60-90g) crockpot apple cinnamon steel cut oats*** top 3-6 pecans 1-2 egg muffins** 8 ounces (250ml) water	2-3 eggs + 2 egg whites scrambled with veggies Apple Slice Ezekiel bread 8 ounces (250ml) water	2/3- 1 cup (60-90g) steel cut oats with ½ scoop protein powder Top with 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water
<u>Snack</u>	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water	6 ounces (180g) zero sugar Greek yogurt top with 1-2 tbs (10-20g) walnuts 8 ounces (250ml) water	1 cup (200g) strawberries 6 almonds 2 slices low sodium turkey breast 8 ounces (250ml) water	½ apple 1 Hard boiled egg 8 ounces (250ml) water
<u>Lunch</u>	5-7 ounces (150-210g) ground turkey (93/7) 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) sautéed veggies 8 ounces (250ml) water	4-6 ounces (120-180g) balsamic pork tenderloin*** ½-2/3 cup black beans top with 2-4 tbs (25-55g) avocado 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water	2/3-1 cup general tso's chicken*** 1.25-2 cups (195-325g) veggies 2/3-1 cup (120-180g) brown rice 8 ounces (250ml) water	½-2/3 cup tuna and avocado salad*** on 1-2 slices ezeziel bread 1.25-2 cups (195-325g) roasted vegetables 8 ounces (250ml) water
<u>Snack</u>	RX Kids Bar Larger serving RX Bar 8 ounces (250ml) water	1 peach 1-2 hard boiled egg 8 ounces (250ml) water	2-3 Turkey and hummus roll ups 2 tbs (30g) hummus Carrots & celery 8 ounces (250ml) water	The Perfect Bar MIN Larger serving Regular size Perfect Bar 8 ounces (250ml) water
<u>Post Workout:</u>	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	Recovery Protein with 8 ounces (250ml) almond milk or coconut water	
<u>Dinner</u>	5-7 ounces (150-210g) white fish ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) roasted broccoli 8 ounces (250ml) water	5-7 ounces (150-210g) turkey burger wrapped in lettuce with 2-4 tbs (25-55g) avocado 1.25-2 cups (195-325g) veggie stir fry 1/3-2/3 cup (60-120g) brown rice 8 ounces (250ml) water	4-6 ounces (120-180g) grilled chicken 2/3-1 cup (175-200g) roasted butternut squash (with coconut oil) 1.25-2 cups (195-325g) roasted cauliflower 8 ounces (250ml) water	4-6 ounces (120-180g) balsamic pork tenderloin*** 1.25-2 cups (195-325g) seasoned Brussels sprouts 1.25-2 cups (195-325g) roasted cauliflower 8 ounces (250ml) water

Week 4	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
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<p><u>Breakfast</u></p>	<p>Creamy Green Smoothie*** 8 ounces (250ml) water</p>	<p>2/3-1 cup (60-90g) oatmeal cooked with 2 egg whites topped with 1-2 tsp (20-40g) nut butter + 2 tbs (20g) berries 1-2 egg muffins*** 8 ounces (250ml) water</p>	<p>2-3 eggs scrambled with 1 slice Canadian bacon 1 slice Ezekiel bread with 2-4 tbs (25-55g) avocado 8 ounces (250ml) water</p>
<p><u>Snack</u></p>	<p>1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water</p>	<p>½ cup (75g) blueberries 2-3 slices low sodium turkey slices (1-2 ounces, 30-60g) 8 ounces (250ml) water</p>	<p>6 ounces (180g) zero sugar Greek yogurt with 3-6 pecans 8 ounces (250ml) water</p>
<p><u>Lunch</u></p>	<p>2/3-1 cup general tso's chicken*** 1.25-2 cups (195-325g) veggies 2/3-1 cup (120-180g) quinoa 8 ounces (250ml) water</p>	<p>4-6 ounces (120-180g) grilled chicken with fresh pico and 2-4 tbs (25-55g) avocado ½-2/3 cup (90-120g) quinoa 1.25-2 cups (195-325g) steamed broccoli 8 ounces (250ml) water</p>	<p>1-2 Meatloaf Muffins*** ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) mixed veggies 8 ounces (250ml) water</p>
<p><u>Snack</u></p> <p><u>Post Workout:</u></p>	<p>Turkey and hummus lettuce wrap (2) ½ apple 8 ounces (250ml) water</p> <p>Recovery Protein with 8 ounces (250ml) almond milk or coconut water</p>	<p>2-4 ounces (60-120g) ground turkey 1.25 cup (195g) sautéed veggies 2-4 tbs (25-55g) avocado 8 ounces (250ml) water</p>	<p>The Perfect Bar Mini Regular size Perfect Bar 8 ounces (250ml) water</p>
<p><u>Dinner</u></p>	<p>1-2 Meatloaf muffins** 1.25-2 cups (195-325g) cups mashed cauliflower 1.25-2 cups (195-325g) broccoli 8 ounces (250ml) water</p>	<p>1- 1½ Turkey & Quinoa Stuffed Peppers 1-2 cups (200-400g) kale chips*** 8 ounces (250ml) water</p>	<p>1½ -2 cups (150-200g) spaghetti squash*** ½ cup (70g) pasta sauce (load up on the veggies) 4-6 quinoa and turkey meatballs 8 ounces (250ml) water</p>



Grocery List:

- Two dozen cage free organic eggs
- Fruits: Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower, kale, spinach
- Meats: Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Shrimp, Canadian bacon, turkey burger, pork tenderloin
- Starches: Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- Nuts: Pecans, almonds, walnuts
- Almond butter
- Zero sugar Greek yogurt
- The Perfect Bar MINI

Recipes from HSN Website:

- **Protein Pancakes** (banana, protein powder, egg whites)
- **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Turkey & Quinoa Stuffed Peppers** (garlic, chili powder, tomato paste, cumin)
- **Spaghetti Squash** (spaghetti squash, red sauce)
- **Meatloaf Muffins** (Low Sodium McCormick Meatloaf Seasoning, panko)
- **Balsamic Pork Tenderloin** (Worcestershire sauce honey, balsamic vinegar, garlic cloves, red pepper flakes, chicken broth/bone broth, low sodium soy sauce)
- **General Tso's Chicken** (garlic cloves, dark brown sugar, dried ginger, crushed red pepper, low sodium soy sauce, frozen broccoli florets)
- **Apple Cinnamon Steel Cut Oats** (cinnamon, vanilla extract, egg whites)