



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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	2/3-1 cup (60-90g) oatmeal cooked top with 1-2 tsp (20-40g) nut butter and 2/3 - 1 scoop protein powder 8 ounces (250ml) water	2/3-1 cup (60-90g) amish oatmeal topped with 1-2 tsp (20-40g) nuts*** 1-2 egg muffins 8 ounces (250ml) water	2-3 eggs + 1 egg white 2-4 tbs (25-55g) avocado Apple 1 cup (250ml) almond milk 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
<b><u>Snack</u></b>	1-2 hard boiled eggs 1/2-1 apple 8 ounces (250ml) water	1-2 protein pancakes*** 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	1-2 protein pancakes*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water
<b><u>Lunch</u></b>	4-6 ounces (120-180g) pulled chicken*** 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) sauteed veggies 8 ounces (250ml) water	4-6 ounces (120-180g) roasted chicken with 2-4 Tablespoons (30-60g) hummus 2/3-1 cup (120-180g) brown rice 1.25-2 cups (195-325g) mashed cauliflower 8 ounces (250ml) water	4-6 ounces (120-180g) tuna and avocado salad** Apple 1.5-2 cups (150-300g) sliced veggies (peppers and cucumbers for dipping) 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
<b><u>Snack</u></b>	1 rice cake with 2 turkey slices with 2 tbs (30g) hummus rolled up 8 ounces (250ml) water	1-2 Energy balls 8 ounces (250ml) water	2 ounces (60g) ground turkey with 1/2 cup black beans 8 ounces (250ml) water	1-2 Chocolate chip protein cookies*** 8 ounces (250ml) water
<b><u>Post Workout</u></b>	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	
<b><u>Dinner</u></b>	5-7 ounces (150-210g) turkey burger with 2-4 tablespoons (30-60g) avocado 1/2-1 cup (130-195) sweet potato with 1 tsp butter (5ml) 1.25-2 cups (195-325g) roasted broccoli 8 ounces (250ml) water	5-7 ounces (150-210g) blackened white fish 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 cup citrus chicken and quinoa salad recipe*** 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water



<b>Week 1</b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>	<b><u>Sunday</u></b>
<b><u>Breakfast</u></b>	2-3 four ingredient protein pancakes topped with 1-2 (20-40g) nut butter 8 ounces (250ml) water	2-3 eggs + 1 egg white ½-1 cup shredded potatoes with 1-2 tsp olive oil 8 ounces (250ml) water	2/3- 1 cup (60-90g) apple cinnamon steel cut oats** 2-3 hard boiled eggs 8 ounces (250ml) water
<b><u>Snack</u></b>	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 egg 8 ounces (250ml) water
<b><u>Lunch</u></b>	4-6 ounces (120-180g) roasted turkey 2/3-1 cup (120-180g) roasted potato 1.25-2 cups (195-325g) roasted broccoli 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) panko crusted chicken 1.25-2 cup ((195-325g) mashed cauliflower 1-2 cups (200-400g) kale chips*** 8 ounces (250ml) water
<b><u>Snack</u></b>  <b><u>Post Workout</u></b>	1-2 energy balls*** 8 ounces (250ml) water  Recovery Protein with 8 ounces (250ml) almond milk or coconut water	1 rice cake 2-4 tablespoon (30-60g) hummus with 2 ounces roasted turkey breast 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
<b><u>Dinner</u></b>	5-7 ounces (150-210g) chicken patty top with 2-4 tbs (20-40g) avocado 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) chicken 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	5-7 ounces (150g-210g) grilled salmon 1-2 cups (200-400g) sautéed spinach ½-1 cup (130-195) sweet potato with 1 tsp butter (5ml) 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))
- **Chocolate Chip Protein cookies**
- **Energy Balls**
- **Pulled chicken**
- **Tuna and avocado salad**
- **Apple Cinnamon Steel Cut Oats**
- **Amish Oatmeal**

# HSN

Week 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>Breakfast</b>	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) oatmeal cooked then add 2/3 scoop protein plus 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	2/3-1 cup 60-90g) amish oatmeal** topped with 1-2 tsp almond slivers + 2 tbs (20g) blueberries 1-2 egg muffins***
<b>Snack</b>	1/2 apple 2 slices low sodium turkey 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	1-2 energy balls 8 ounces (250ml) water	1 cup (200g) strawberries 1-2 hard boiled egg 8 ounces (250ml) water	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water
<b>Lunch</b>	4-6 ounces (120-180g) pork tenderloin 2/3-1 cup (175-200g) butternut squash*** 1.25-2 cups (195-325g) roasted cauliflower 8 ounces (250ml) water	2/3-1 cup egg and avocado salad*** Raw peppers and onions for dipping 1 apple sliced 8 ounces (250ml) water	5-7 ounces (150-210g) ground turkey burger with 2-4 tbs (25-55g) avocado 1/2-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1-2 cups (200-400g) kale chips** 8 ounces (250ml) water	4-6 ounces (120-180g) pecan crusted chicken** 1.25-2 cups (195-325g) green beans 2/3-1 cup (175-200g) roasted butternut squash*** 8 ounces (250ml) water
<b>Snack</b>	2-3 Turkey and avocado roll ups 1 cup (200g) strawberries 8 ounces (250ml) water	1/2-1 Meatloaf muffin*** 1/3 cup (65g) sweet potato 8 ounces (250ml) water	2-3 Turkey and avocado roll ups 1 rice cake 8 ounces (250ml) water	1-2 energy balls*** 8 ounces (250ml) water
<b>Post Workout:</b>	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	
<b>Dinner</b>	5-7 ounces (150-210g) baked white fish (mahi) 1/3-2/3 cup (60-120g) quinoa 1.25-2 cups (195-325g) roasted broccoli with 1-2 tsp (6-12ml) olive oil 8 ounces (250ml) water	4-6 ounces (120-180g) pecan crusted chicken** 1/2-1 cup (130-195) sweet potato 1.25-2 cups (195-325g) mashed cauliflower 8 ounces (250ml) water	1 1/2 -2 cups (150-200g) spaghetti squash*** 1/2 cup (70g) pasta sauce (load up on the veggies) 5-7 ounces (150-210g) lean ground bison/turkey 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



<b>Week 2</b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>	<b><u>Sunday</u></b>
<b><u>Breakfast</u></b>	2-3 egg and quinoa scramble*** 2-4 tbs (25-55g) avocado ½-1 cup berries 8 ounces (250ml) water	1 slice Ezekiel bread (sprouted bread) 2-3 eggs + 1 egg white 1 cup (200g) strawberries 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
<b><u>Snack</u></b>	6 ounces (180g) zero sugar Greek yogurt 3-6 pecans 8 ounces (250ml) water	1-2 protein pancakes 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	1-2 energy balls 8 ounces (250ml) water
<b><u>Lunch</u></b>	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
<b><u>Snack</u></b>	1 rice cake 2 ounces turkey with 2-4 tsp (30-60g) avocado hummus 8 ounces (250ml) water	1-2 energy balls 8 ounces (250ml) water	2-3 Turkey and avocado roll ups 2 tbs (30g) hummus Carrots & celery 8 ounces (250ml) water
<b><u>Post Workout:</u></b>	Recovery Protein with 8 ounces (250ml) almond milk or coconut water		
<b><u>Dinner</u></b>	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)
- **Pecan Crusted Chicken**
- **Egg and Avocado Salad**
- **Meatloaf Muffins**
- **Energy Balls**

# HSN

Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	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 4-6 ounces (115-170g) shredded potatoes ½ cup blueberries (75g) 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
<b><u>Snack</u></b>	1-2 protein pancakes*** 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	6 ounces (180g) zero sugar Greek Yogurt with 3-6 pecans 8 ounces (250ml) water	1-2 hard boiled eggs ½-1 apple 8 ounces (250ml) water	1-2 energy balls*** 8 ounces (250ml) water
<b><u>Lunch</u></b>	4-6 ounces (120-180g) grilled chicken with 2-4 tbs avocado 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	4-6 ounces (120-180g) General Tso's Chicken*** 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water	4-6 ounces (120-180g) rotisserie chicken (no skin) with 3-6 tablespoons hummus 2/3-1 cup (120-180g) quinoa 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water
<b><u>Snack</u></b>  <b><u>Post Workout:</u></b>	Turkey and hummus lettuce wraps (2) 2-4 tbs hummus with raw veggies 8 ounces (250ml) water  Recovery Protein with 8 ounces (250ml) almond milk or coconut water	1-2 energy balls 6 cashews  Recovery Protein with 8 ounces (250ml) almond milk or coconut water	3 tbs tuna and avocado salad on cucumber slices*** ½ apple 8 ounces (250ml) water  Recovery Protein with 8 ounces (250ml) almond milk or coconut water	2 ounces (60g) chicken 1 tbs (12g) guacamole 1/3 cup (60g) rice 8 ounces (250ml) water
<b><u>Dinner</u></b>	4-6 ounces (120-180g) General Tso's Chicken 1.25-2 cups (195-325g) roasted veggies 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) baked salmon ½-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) salad with o/v 1.25-2 cups (195-325g) roasted veggies 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



Week 3	Friday	Saturday	Sunday
<b>Breakfast</b>	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
<b>Snack</b>	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
<b>Lunch</b>	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 (120-180g) General Tso's Chicken*** 1.25-2 cups (195-325g) roasted veggies 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
<b>Snack</b>  <b>Post Workout:</b>	1-2 energy balls 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
<b>Dinner</b>	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) baked salmon ½-1 cup butternut squash (100-200g) 1.25-2 cups (195-325g) roasted veggies 8 ounces (250ml) water	1½ -2 cups (150-200g) spaghetti squash 5-7 ounces (150-210g) ground turkey 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)



Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	2-3 protein pancakes*** 1-2 tsp (20-40g) nut butter 8 ounces (250ml) water	Protein Oatmeal Porridge: 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	2-3 eggs + 2 egg whites scrambled with veggies Apple Slice Ezekiel bread 8 ounces (250ml) water	1-2 egg muffins** ⅔-1 cup (600-90g) amish oatmeal topped with 1 tsp (20g) nuts 8 ounces (250ml) water
<b><u>Snack</u></b>	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water	1-2 energy balls** 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
<b><u>Lunch</u></b>	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) grilled chicken with 2-4 tsp hummus 2/3-1 cup (120-180g) brown rice 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 Ezekiel bread 1.25-2 cups (195-325g) roasted vegetables 8 ounces (250ml) water
<b><u>Snack</u></b>	2 turkey and avocado roll ups on 1 rice cake 8 ounces (250ml) water	1 peach 1-2 hard boiled egg 8 ounces (250ml) water	2-3 Turkey and hummus roll ups ½-1 apple 8 ounces (250ml) water	1-2 Chocolate chip protein cookie*** 8 ounces (250ml) water
<b><u>Post Workout:</u></b>	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	
<b><u>Dinner</u></b>	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	9-12 shrimp 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	5-7 ounces (150-210g) turkey burger with 2-4 tablespoons (20-40g) avocado 1.25-2 cups (195-325g) seasoned Brussels sprouts ½-1 cup (130-195) roasted sweet potato with 1-2 tsp butter (5-10ml) 8 ounces (250ml) water



Week 4	Friday	Saturday	Sunday
<b>Breakfast</b>	Creamy Green Smoothie*** 8 ounces (250ml) water	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	2-3 eggs scrambled with 1 slice Canadian bacon 1 slice Ezekiel bread with 2-4 tbs (25-55g) avocado 8 ounces (250ml) water
<b>Snack</b>	1-2 protein pancake*** 1-2 tsp (20-40g) almond butter 8 ounces (250ml) water	1/2 cup (75g) blueberries 2-3 slices low sodium turkey slices (1-2 ounces, 30-60g) 8 ounces (250ml) water	6 ounces (180g) zero sugar Greek yogurt with 3-6 pecans 8 ounces (250ml) water
<b>Lunch</b>	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	4-6 ounces (120-180g) grilled sirloin 1/2-2/3 cup (90-120g) quinoa 1-1.5 cups (100-150g) steamed carrots 8 ounces (250ml) water	4-6 ounces (120-180g) pork tenderloin 1/2-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1.25-2 cups (195-325g) mixed veggies 8 ounces (250ml) water
<b>Snack</b>	Turkey and hummus lettuce wrap (2) 1/2 apple 8 ounces (250ml) water	2-4 ounces (60-120g) ground turkey 1.25 cup (195g) sautéed veggies 2-4 tbs (25-55g) avocado 8 ounces (250ml) water	1-2 energy balls*** 8 ounces (250ml) water
<b>Post Workout:</b>	Recovery Protein with 8 ounces (250ml) almond milk or coconut water		
<b>Dinner</b>	5-7 ounces (150-180g) grilled salmon 1.25-2 cups (195-325g) cups mashed cauliflower 1.25-2 cups (195-325g) roasted broccoli 8 ounces (250ml) water	4-6 ounces (120-180g) grilled chicken with 2-4 tbs avocado 1/2-1 cup (130-195) sweet potato with 1-2 tsp butter (5-10ml) 1-2 cups (200-400g) kale chips*** 8 ounces (250ml) water	1 1/2 -2 cups (150-200g) spaghetti squash*** 1/2 cup (70g) pasta sauce (load up on the veggies) 5-7 ounces (150-210g) ground turkey/bison 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, turkey burger, pork tenderloin
- Unsweetened applesauce
- Starches: Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Avocado
- Whey Protein Powder
- Nuts: Pecans, almonds, walnuts
- Almond butter
- Zero sugar Greek yogurt

#### Recipes from HSN Website:

- **Protein Pancakes** (unsweetened applesauce, protein powder, egg whites)
- **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional))
- **Sam's Energy Balls** (dry roasted cocoa nibs, Ascent whey protein)
- **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)