

This Meal Plan is brought to you by the Team Victory Beachbody Challenge!
Questions? Contact your Beachbody Coach or kelly@1FitNation.com

Clean Eating Meal Plan #1

Simplify, Simplify, Simplify! This may not be the world's most interesting meal plan, but if you're like most of us, interesting can wait....right now you need EASY! To accomplish that, we've outlined a week of meals that repeat breakfast, lunch and snacks. Dinner does offer variety for the sake of not driving your families up the wall. :)

This meal plan is based on 1400-1600 cals per day. Those of you looking to lose or gain weight will need to adjust up or down depending on your individual needs. You can easily add in extra cals by increasing the portion or adding additional clean food items. You are welcome to repeat dinners if you find a few that are not to your taste, dietary restrictions or budget. You can also sub in your meals, as long as they fall under Clean Eating guideline principles. :)

NOTE: SHAKEOLOGY IS ONLY LISTED HERE AS A SNACK SO THAT YOU CAN SEE THE MEAL SUGGESTION FOR BREAKFAST AND LUNCH. WE WANT YOU TO USE IT FOR WHICHEVER MEAL WORKS BEST FOR YOUR SCHEDULE!

BREAKFAST

Egg Muffin

2 eggs any style (my fav is over medium)
1 whole grain english muffin, toasted, or with 2 corn tortillas, warmed
1 slice Organic Cheddar Cheese (optional)
Small handful of spinach leaves
1 thin slice tomato
(If you miss having some sort of 'spread', use a little plain Greek Yogurt!)

Snack #1

1 piece of fruit, handful of nuts (Hint: Starbucks always has these!!)

LUNCH

Big 'Ol Salad

2 cups greenleaf salad
2-3 oz diced cooked chicken
1/2 cup cooked brown rice (best) OR piece of fruit
2 TBL dressing
Any extra veggies you want!!
(Hint: 2-3 oz of chicken is about 2/3 or half of a large breast.



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Creamy Garlic Dressing Recipe: If you've never made your own dressing before this will rock your world. It's SO easy SO good SO much better for you and SO inexpensive!! (Recipe taken from Beachbody's Ultimate Reset)

1/2 cup extra virgin olive oil
1/4 cup apple cider vinegar
3-5 cloves garlic
3 Tbl fresh lemon juice
2 Tbl fresh parsley
1 tsp Pink Himalayan Salt
1/2 tsp Dijon mustard
1 Tbl honey (raw, unfiltered if possible)

Blend all ingredients thoroughly in blender and store in refrigerator.

Snack #2

Shakeology

(Note: Shakeology by itself is about 140 cal. Your choice of liquid (milk, juice, etc) plus other add-ins will increase the cal by about 150 on average.)

Greenberry: Orange Sunrise

1 cup Orange Juice
1 scoop Greenberry Shakeology
1 cup ice
Blend

Chocolate: PB&B

1 cup ice
1 cup almond milk (or other milk option)
1 banana
1 tbl natural peanut or almond butter (no sugar added)
1 scoop Regular Chocolate Shakeology
Blend

Tropical Vegan: Strawberry Bliss

4 large frozen organic strawberries
1 cup coconut milk (carton)
6-7 frozen mango chunks
2 tsp coconut oil
1 scoop Tropical Vegan Shakeology
Blend

Chocolate Vegan: Banana Nut Bliss

1 medium ripe banana
1 Tbl almond butter
1/2 tsp cinnamon
2 tsp coconut oil
1 cup coconut milk (carton variety)
1 cup ice
1 scoop Vegan Chocolate Shakeology
Blend



DINNERS

*NOTE: These are YOUR portions :)

Grilled Chicken Breast and Steamed Veggies

Ingredients

- Chicken Breasts
- Mixed Fresh Vegetables
- Brown Rice
- (hint: the creamy garlic salad dressing is a GREAT marinade!!)

Directions:

Grill or bake, season as desired (lemon-pepper, Cajun, etc.) Hint: go easy if you use bbq sauce, it's loaded with sugar

Steamed Veggies of your choice (Micro precut veggies in bag or steam in basket on stove), Eat all you want on bed of
1/4 C. Brown Rice

Tacos and Salad

Ingredients:

- 2 Corn Tortillas
- 1/8 Cup Cuban or regular black beans, undrained
- 2 oz lean ground beef, organic grass fed if possible
- 1 oz shredded cheese
- 1 tbl Greek Yogurt
- 1 oz avocado
- 2 tbl diced tomato
- 1-2 tbls salsa
- shredded lettuce

Directions:

Heat beans over med heat. If your black beans are unseasoned, I recommend adding some cumin, pepper, paprika and chili powder. Brown ground beef over medium heat and drain excess fat. Season with salt, pepper and cumin. Combine all as directed and serve in warmed tortilla with side green salad and 1 tbl prepared dressing.

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Shrimp Stir-fry (serves 4)

1 package frozen stir fry veggies
1 package frozen cooked shrimp, tail off
1/4 C. low sodium soy sauce
2 Tbl. Olive oil or Wok oil
Garlic, minced (buy the prepared stuff in a jar!)
Pepper (to taste)

Heat oil and seasonings in wok or pan. Add shrimp, stir, then add veggies. Cook through.

Serve 1 1/2 cup mixture on 1/4 c Brown Rice

Burger Night!

2-3 oz Turkey burger patty, cook on grill or stove top
1 Whole Wheat English Muffin OR large lettuce leaves to go bunless!
Lettuce
Tomato
Sauteed Mushroom/garlic (optional)
2 tsp. greek yogurt
Mustard (to taste)
Ketchup (minimal, loaded with sugar)
Mixed Green Salad

Serve with: Carrot sticks and salad

Chili Night!

1 Cup Chili and a large Green Salad loaded with veggies of your choice and 1 oz avocado

Combine seasoned browned, ground turkey with 1 can black beans (cuban if possible slightly drained), 1 can corn (drained), 1 large can stewed seasoned tomatoes (there's lots of available options for seasoning on stewed tomatoes. Go with your preference and the heat factor your family can tolerate. I have little ones so I always go mild and add Cayenne pepper to individual portions). Heat through and top with shredded cheese, dollop of greek yogurt and a few avocado slices.

Salmon

1 Salmon Filet (Wild Caught preferably)
1 Tbl. Teriyaki Sauce
1 Orange, sliced
1/4 C. Brown or Wild Rice

Asparagus, Artichoke, or other Green veggie. (or substitute w/salad)

Directions: Brush Salmon with teriyaki sauce and top with sliced orange. Bake at 375 for 15 minutes or until Salmon flakes easily. Brush asparagus with olive oil and sprinkle with salt and pepper. Bake at 400 degrees for 12 minutes.

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Steak Night!

2-3 oz lean steak, filet mignon if you can splurge!

Sauteed mushrooms and garlic

Baked red potatoes

Steamed broccoli or green veggie of your choice

Cut potatoes into quarters and toss with 2 tbl olive oil, 21 Seasoning Salute (or other herbal seasoning) garlic, salt and pepper. Bake in preheated 425 degree oven for 20-25 minutes. Season steak and grill over med heat. Top with sauteed mushrooms.



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Shopping List - Week 1

-Everything I buy is Organic, Cage Free, Grass fed. It may take you some time, but I encourage you to start heading in that direction whenever possible.

-If it's in your budget, look for pre-cooked chicken and frozen brown rice to simplify further and save time. Trader Joe's sells these with absolutely NO additives. If not, 'power cook' on a day that works for you and store in fridge.

Breads/grains

English Muffins
Corn Tortillas
Brown Rice-dry (or frozen see below)

Dairy/Eggs

Shredded cheese
Cheddar cheese slices
FAGE (pronounced 'Faw-yeah!'-plain greek yogurt
1 dozen cage free eggs

Protein

Boneless, Skinless Chicken breasts
Ground Turkey
Lean Ground Beef
Ground Turkey Patties (or bulk and form your own)
Lean Steaks
Frozen shrimp (med, no shell, tail off)
Salmon filets (wild caught)

Produce

Fresh Spinach
3 bags green leaf salad of your choice
Carrot Sticks
Broccoli
Red potatoes (also called baby or new potatoes)
Asparagus
Tomato
Large Romain lettuce leaves
Mushrooms (presliced white or romini)
Avocado (2-3)
Veggies for salads (your choice)
Fruit-your choice for snacks (apples, banana, orange)
Parsley
Garlic
Bananas (for shakeology if it's in your recipe)
Lemon and Orange

Canned/Jarred Items

2-Black Beans (Cuban if possible)
Corn
Olive Oil-extra Virgin
Apple Cider Vinegar
Garlic (in jar for ease of prep)
Himalayan Salt or Sea Salt
Teriyaki Sauce
Dijon Mustard
Pure Honey
Low Sodium Soy Sauce or Bragg's Amino Acids
Ketchup (no sugar, no High Fructose Corn Syrup added)
Mustard
Salsa (no additives or preservatives)

Frozen

Stir Fry Veggies (no added ingredients except spices)
Organic Strawberries (if needed for Shakeo)
Organic Blueberries (if needed for Shakeo)
Mango Chunks (if needed for Shakeo at Trader Joe's for sure)
Brown Rice (or dry-your choice)

Other

*Milk or Milk alternative for your Shakeology

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	Mon	Tues	Wed	Thurs	Fri	Say	Sun
B	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin
S #1	Apple, Nuts	Apple, Nuts	Apple, Nuts	Apple, Nuts	Apple, Nuts	Apple, Nuts	Apple, Nuts
L	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad
S #2	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology
D	Grilled Chicken Breast	Tacos and Salad	Shrimp Stir-fry	Burger	Chili	Salmon	Steak

Shakeology
 THE HEALTHIEST MEAL OF THE DAY