

**Phase 2 Week 12 Meal Plan & Grocery List**  
**\*\*\*Grocery List is below Meal Plan**

**Sunday, Day 1-**

**Sunday is a “prep” day in our house. This is when I get all of my snacks together and ready for the next several days (through Wednesday night). I put my snacks in Tupperware or plastic bags so that one: I don’t over-eat by having an open container (say of cashews) near me, and two: I can grab it on the go if needed. I also cut up and cook my vegetables for the next several days. The main meat recipe you’ll be eating for the next several days is Pepper Rings Rump Roast. I prep and cook in bulk (normally takes me 1-2 hours depending on the recipe and snacks) so that I save time and money and so that weekday nights when I’m exhausted I don’t have to spend time cooking (this is why people fall into the fast-food trap). I recommend prepping your food & snacks like I do but if you don’t like leftovers go ahead and tailor the meal plan to fit your needs.**

**\*\*\*ALSO, IT IS OKAY IF YOU ARE STARTING ON A DAY OTHER THEN SUNDAY. THE ONLY DIFFERENCE IT MAKES IS WHEN YOU PREP YOUR MEALS IN BULK SINCE I ALWAYS PREP ON SUNDAY (LISTED AS DAY 1) AND WEDNESDAY (LISTED AS DAY 4). ALSO, PLEASE NOTE THAT MEAL 6 ON THE DAILY PLAN IS FOR THE DAYS YOU WORKOUT. SO DEPENDING ON WHAT DAYS YOU WORK OUT MAKE SURE TO REMOVE OR ADD IT INTO YOUR PLAN. I HAVE IT LISTED ON THE DAYS I WORKOUT BASED ON STARTING THE MEAL PLANS ON A SUNDAY AND WORKING OUT MONDAY-FRIDAY AS LISTED ON MY WORKOUT PLANS ON THE SITE.\*\*\***

**You’ll be eating the Pepper Rings Roast for Dinner tonight and it’ll cook in the crockpot for about 6-7 hours so make sure to put it in early! The vegetables that go with the meal take about 20 minutes to bake.**

Pepper Rings Rump Roast, Servings: 7

**Ingredients:**

- 3 pound rump roast (or whatever size fits comfortably into your crockpot. If you’d like to have more meat at your meal you can increase to the 4 lb. roast)
- 1 16 oz. jar of Pepper Rings, included the juice from the jar (I like the sliced kind and some people say they look like (or are) banana peppers. My jar says “Pepper Rings”, but sometimes my jar says pepperchinis. People say they are slightly different (pepperchinis versus banana peppers) but I’ve had clients make them with both kinds. The ones that use the sliced ones tend to like this recipe more. If you want to see a picture it is under the recipe on the site.

**Directions:** step 1- get your rump roast (thawed/not frozen) and place in crockpot. Step 2- pour a jar of pepper rings on top, including the juices. Step 3- cook on high 6-7 hours or until meat easily falls apart. I like to shred it and let the juices soak in more. Tastes great reheated because of all the juices. Between the peppers and the meat you should have approximately 7 cups worth. You’ll be eating a cup at each meal (if you have more than 7 cups because of the peppers go ahead and evenly divide 7 servings for your meals).

## **Main Vegetable Recipe you'll be eating with this recipe is Roasted Vegetables with Balsamic Vinegar.**

Roasted Vegetables with Balsamic Vinegar, Servings: 7

### **Ingredients:**

- 6 cups of broccoli (I chop them in ½)
- 6 cups of cauliflower (I chop them in ½)
- ¼ cup vegetable oil
- 4-5 Tablespoons of Balsamic vinegar
- Sea Salt and Pepper to taste

**Directions:** I purchased the pre packaged all cut up broccoli and cauliflower in bags from Costco. If you bought the vegetables in a bunch go ahead and cup them up and measure the proper amount of cups as listed in the ingredients (you are welcome to use 12 cups of another vegetable of your preference this would taste great with any veggies in my opinion). Place the chopped veggies in a large zip lock bag (or you can use a mixing bowl, I just think the bag makes it easier to mix and coats more evenly). Add oil and vinegar (I love vinegar so I'd use 5 Tablespoons but you are welcome to use 4 instead and then you can always add the vinegar to taste while serving) to the bag (or bowl). Close bag and shake or mix ingredient in bowl until thoroughly mixed. Pre-heat oven to 450 degrees and let veggies soak in the mixture while it's pre-heating. Then pour veggies into a 9 x 13 pan (one that is at least a couple inches deep, like a brownie pan). Sprinkle salt and pepper along the top. Place in oven for 20 minutes, stirring mixture about every 5 minutes. Remove when the vegetables are looking crispy on the top. Upon serving you can add additional balsamic vinegar to taste for more of a "kick".

Always seal your food in Tupperware containers so it'll stay fresh over the next several days. I let the food cool down before I seal it to avoid too much condensation (extra water) in the containers.

**\*Make sure if you are a man or woman that is pregnant or breastfeeding that you read the notes at the bottom of each day.**

\*\* Please note there is a meal 6 on workout days. The time you consume this is based on when you workout so read through the note for tomorrow so you know how to apply this each day of the week. You do not need to space our your meal 6 apart from the other meals. So for example if you worked out in the evening and it happened to be 1 hour after you had meal 4 that is perfectly okay and then if after you've had the post workout part of meal 6 you decide to eat meal 5 (dinner) 1 hour afterward that is okay too.

**First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).**

**\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.**

### **Meal 1 –Banana Cream Pie Protein Shake (approx. 225-250 calories)**

Serving Size: 1

Ingredients:

- ½-¾ cup unsweetened almond milk
- ½ cup water
- 1 handful of spinach (about ½-1 cup worth)
- ½ banana
- 1 ½ TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (½ cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 400 calories)** – Turkey & Berry Salad- Two cups worth of spinach or mixed greens, 3 pieces of turkey lunch meat (cut or torn into small pieces or use leftover meat from previous week), handful of blueberries and handful of raspberries (if you have some leftover from last week), ½ handful of nuts/seeds of your choosing (optional) and 1-2 Tablespoons of an oil-based dressing. \*We love to use a raspberry vinaigrette for this salad.

**Meal 4 - (Approx. 3 hours later, Approx. 220 calories)** –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of cashews (approx. 160 calories)

**Meal 5- (Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 ¾ Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

\*\*\*If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. You can do this by using any of the suggestions below to increase your daily plan by 300 calories (you'll need to add a couple of these methods/options together to get the full amount of calories):

- 1) Adding 1 ½ cups of spinach and 1 extra tablespoon of peanut butter to the spinach shake for breakfast. (Approx. 120 extra calories)
- 2) Adding another handful of almonds or cashews as a snack in the day. It doesn't need to be combined with another meal but it can be. (Approx. 160 calories)
- 3) Adding in a high protein, high fiber, low sugar/carb protein bar, such as a Quest Protein Bar (Approx. 200 calories).
- 4) Adding in 2 extra cups of vegetables; always a great option because you're adding in a lot of nutrients. These can be raw vegetables that you are snacking on such as sugar snap peas, mini bell peppers, carrots, broccoli, or cauliflower, etc. (Approx. 50-100 calories)

- 5) Adding in an additional protein shake as a snack. Simply follow the directions on your protein bottle to mix 1 scoop/serving with water (or unsweetened almond milk). Shake in a shaker cup. (Approx. 100-150 calories)
- 6) Or refer to the snack substitution list to add in additional snacks or items to meals to increase your calories slightly if needed.

## Day 2

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

### Meal 1 –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

**Meal 4 - (Approx. 3 hours later, Approx. 130 calories)** –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of sunflower seeds (approx. 70 calories).

**Meal 5- (Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal. IF YOU ARE A BEGINNER THAT IS ONLY DOING THE STRETCHING AND CORE EXERCISES STILL THEN YOU ARE WELCOME TO SKIP THIS MEAL (meal 6) ALL WEEK. Everyone else (including beginners that have moved onto the other exercises) consume as follows:** Use 1 scoop of your protein powder and mix with recommended

water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout. I like to workout at home so I put the drink in the fridge during my workout. If you go to the gym you can either put in fridge if the gym's close to your home and drink it immediately when you get back, or I'd pack in a small cooler with ice to keep it fresh and cold. If I worked out first thing in the morning I'd make the shake, drink 1/3, get dressed to workout, start my workout approx. 30 min. after consumption, drink 2/3rds immediately following, get ready for the day and then start on meal 1 (breakfast). If you workout any other time of day you just squeeze it in between your meals and no you don't have to wait a certain period of time to then consume your next meal on the list.

\*\*\*If you are a **MAN or woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously on Day 1.

### Day 3

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

#### **Meal 1 –Banana Cream Pie Protein Shake (approx. 225-250 calories)**

Serving Size: 1

Ingredients:

- ½-3/4 cup unsweetened almond milk
- 1/2 cup water
- 1 handful of spinach (about ½-1 cup worth)
- 1/2 banana
- 1 1/2 TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

**Meal 4 - (Approx. 3 hours later, Approx. 190 calories)** –1 handful of sugar snap peas (approx. 30 calories), 1 handful of cashews (approx. 160 calories).

**Meal 5 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories)** – **You only consume this on the days that you workout. If you skip a workout you skip this meal.** Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

\*\*\*If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

#### Day 4

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

#### **Meal 1 –Spinach Protein Shake (approx. 300 calories)**

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

**Meal 4 - (Approx. 3 hours later, Approx. 130 calories)** –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of sunflower seeds (approx. 70 calories).

**Meal 5 - ((Approx. 3 hours later, Approx. 500 calories)** – 1 serving (approx. 1 cup) of Pepper Ring Roast with 1 3/4 Cups of the main Vegetable Recipe on the side (Roasted Vegetables with Balsamic Vinegar). Some people like to mix the vegetables with the Roast and eat them all together.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.** Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

\*\*\*If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

\*\*\*\***MEAL PREP NIGHT**\*\*\*\* Tonight I will start prepping my food for the rest of the week after I've eaten dinner. **We'll be making Lean Turkey Burgers & Red Cabbage Salad.** Also, I'll get the rest of my snacks together for the week and in bags or Tupperware.

**Since you've made this on a previous week you should know if you need to alter it slightly. Example: If you thought there was too much garlic then add a bit less. Also, if you weren't able to get the meat to stick together you can add in 1 egg and that should help in holding the meat together more.**

Lean Turkey Burgers, Servings: Make 12 large patties and 2 patties will be 1 serving (so 6 meals)

Ingredients:

- - 3 lbs. Lean Ground Turkey Meat
- - 3 Tbsp. Honey Dijon Mustard
- - 1 Red Onion (Chopped)
- - 3 Tbsp. Minced Garlic
- - Olive Oil

Directions:

Place the turkey meat into a large mixing bowl. Chop the red onion into fine small pieces and add to the mixing bowl. Then add the mustard and the garlic. With your hands (wash them first!) mix all the ingredients together until well mixed. Then form into patties. Lightly drizzle each patty with olive oil and place on a medium heat pan. Cook both sides until well cooked (not pink).

Red Cabbage Salad, Servings: 6

**Ingredients:**

- 2 cups red wine vinegar
- 1 cup olive oil

- 2 Tbsp. minced garlic
- 3 Tbsp. Truvia (or other sweetener of your choosing such as Stevia, or even real sugar if you prefer)
- 1 Tbsp. salt
- 1 red cabbage, shredded

**Directions:** Cut up the red cabbage into small bite size pieces. Add in the rest of the ingredients and refrigerate. Continue to mix every 3 hours. Afterward you can serve right away but it tastes best if it's sat for a few hours. Many people like to drain a bulk of the juices out so that it's not too over-powering of a taste or smell (optional).

We seal/store our meat and vegetables in Tupperware containers so it stays fresh the rest of the week.

## Day 5

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

### **Meal 1 –Banana Cream Pie Protein Shake (approx. 225-250 calories)**

Serving Size: 1

Ingredients:

- ½-¾ cup unsweetened almond milk
- ½ cup water
- 1 handful of spinach (about ½-1 cup worth)
- ½ banana
- 1 ½ TBSP fat-free, sugar-free banana cream pudding mix
- 1 TBSP fat-free, sugar-free French vanilla pudding mix (regular vanilla sugar-free is fine too)
- 1 scoop Vanilla Whey Protein Powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

Tips: If you peel and then freeze the banana you won't need as much ice. If you use frozen spinach you may not need as much ice either. We freeze our spinach so it doesn't go bad by the time we use it all.

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (½ cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. \*Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

**Meal 4 - (Approx. 3 hours later, Approx. 190 calories)** –1 handful of sugar snap peas (approx. 30 calories), 1 handful of cashews (approx. 160 calories).



**Meal 5 - (Approx. 3 hours later, Approx. 500 calories)** – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. \*Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.** Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

\*\*\*If you are a **MAN or woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

## Day 6

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

**Meal 1** –Spinach Protein Shake (approx. 300 calories)

Spinach Shake Recipe, Servings: 1

Ingredients:

- 1 1/2 cups spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tablespoon natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 2 cups ice (varies based on the consistency you want)

Directions: Put all ingredients in a blender. Blend and enjoy!

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. \*Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

**Meal 4 - (Approx. 3 hours later, Approx. 130 calories)** –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of sunflower seeds (approx. 70 calories).

**Meal 5 - (Approx. 3 hours later, Approx. 500 calories)** – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. \*Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

**Meal 6 (Your Pre and Post Workout Meal, Approx. 100-125 calories) – You only consume this on the days that you workout. If you skip a workout you skip this meal.**

Use 1 scoop of your protein powder and mix with recommended water (should say on the protein bottle how much water to shake it up with), drink 1/3 of the shake 30 min-1 hour pre workout (regardless of if you workout in the morning or at night) and then the remaining 2/3rds of the shake immediately following the workout.

\*\*\*If you are a **MAN** or **woman that is pregnant or breastfeeding** you'll want to add in approximately 300 calories to your meal plan **daily**. See suggestions listed previously.

## Day 7

First thing upon waking up drink a 16.9 oz. bottle of water (or approximately 2 cups worth).

\*I always recommend eating breakfast (meal 1) within 30 minutes of waking up.

**Meal 1** – 1 Egg White Omelet (Approx. 250-300 calories, depending on the oil you use and the toppings)

Egg White Omelet recipe, Servings: 1

### Ingredients:

- 1/2 cup egg whites (from about 3 large eggs or out of a carton) and 1 whole egg
- 1/4 cup chopped onions
- 2 tablespoons chopped jalapenos (optional)
- 1/2 cup fresh spinach
- 1/4 cup chopped mushrooms
- 1/4 cup chopped red bell pepper
- 2 tablespoons salsa

### Directions:

Spray a medium-size skillet with olive oil nonstick spray or coat with coconut oil (our preferred choice because it's a healthy fat). Mix the egg whites and whole egg together in a bowl. Once the pan reaches medium-high heat, add the eggs and wait 30 seconds. Then add the onions, jalapenos, spinach, mushrooms, and red bell pepper, placing them in a line along the middle. Once the eggs start to bubble and become firm on the bottom (usually 1 to 2 minutes), indicating that the omelet is ready to flip, sprinkle the outside edges with water using your fingertips—as it bubbles it creates a space that helps make it easier to use a spatula for flipping. Flip/close the omelet and cook for another minute or so; then flip the omelet to the other side for another 1 to 2 minutes, or until done. Once the omelet is cooked to your liking, serve with the salsa on top and enjoy.

Tip: Use whatever veggies you like! I love to top my omelet with 1/4 sliced avocado and homemade salsa, YUM! If you think cooking an omelet is too hard then simply pour the eggs in a pan, mixing it around until they are starting to firm up and then pour all the vegetables on top and continue to mix occasionally until the eggs are cooked (so making scrambled eggs instead of an omelet).

**Meal 2 - (Approx. 3 hours later, Approx. Calories 90)** –5-6 mini bell peppers (approx. 50 calories), 1 handful (1/2 cup) of blueberries (approx. 40 calories)

**Meal 3 - (Approx. 3 hours later, Approx. 500 calories)** – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. \*Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

**Meal 4 - (Approx. 3 hours later, Approx. 130 calories)** –2 handfuls of sugar snap peas (approx. 60 calories), 1 handful of sunflower seeds (approx. 70 calories).

**Meal 5 - (Approx. 3 hours later, Approx. 500 calories)** – 2 Lean Turkey Burger and 2 cups of Red Cabbage Salad. \*Sometimes I tear up the turkey burgers and mix it in with the salad. I like the flavors together. Eat together or separate.

**OR**

**“CHEAT CLEAN” MEAL-** I believe in having a small break each week to make sure a nutrition plan isn’t too restrictive as you are getting started. Plus, many people like to go out and be social with friends, family or your spouse. This does NOT look like a whole pizza you’re eating. Here are your options for a suggested “CHEAT CLEAN” meal (staying within 600 calories) or you can do a bit of research and find a healthier option where you’re eating out on your own.

Options for a “cheat clean” meal:

- 1) Pick a salad at any restaurant- No cheese or croutons, dressing on the side (choose an oil-based one and try to only use 1-2 tablespoons).
- 2) Hamburger - ORDER IT “PROTEIN STYLE” (meaning no bun, even fast food restaurants like Carl’s Jr. will do this for you), NO CHEESE. Any toppings you want. NO FRIES, NO SODA peeps (I’m nice, but I want you to still see results!)
- 3) Fish and Veggies- Most restaurants have the option to get fish and you can ask for only vegetables on the side. Almost any food chain I’ve been to have this option.
- 4) Chicken and Veggies - Just like above, most have a grilled chicken with vegetables as an option.

### **Grocery List for this Meal Plan**

**\* Always check your cupboards to see if you still have some of these ingredients from last week!!!**

#### **Meat:**

3 pound Rump Roast (3-4 lbs., any beef roast will do I prefer a rump roast)

1 small package Turkey Breast Lunch Meat (You will only need a few slices so you’re welcome to omit this item completely from the turkey and berry salad and substitute another meat or you probably have some leftover from last week if you bought some)

3 lbs. lean ground turkey meat

#### **Vegetables:**

1 large bag of spinach (fresh instead of frozen preferred)

2 heads of cauliflower (About 6 cups chopped)  
2 heads of broccoli (About 6 cups chopped)  
2 bags of mini bell peppers (You have about 5-6 a day so depending on how many are in a bag you may need another bag)  
1 small bag of mixed green salad (or you can use fresh spinach)  
1-2 large bag of sugar snap peas (You'll have about 1-2 handful's worth daily so just depends on how big the bags are)  
1 red onion  
1 large head of red cabbage  
\*\*As a note I will be getting a large bag of spinach, mini bell peppers, sugar snap peas, broccoli and cauliflower from Costco. They sell it all there and it saves me money to buy in bulk.

**Vegetables for Omelet** (so if anything below you don't like then don't purchase it for the omelet):

1 onion (or if you have some leftover from the turkey burger recipe you can use some red onion)  
1 small box of mushrooms  
1 jalapeno

**Fruit:**

3 bananas  
2 large containers of blueberries (or you'll want three small containers. You'll use about ½ cup every day. You are welcome to substitute this with ANY berry of your choosing)  
\*\*As a note I get my blueberries at Costco so I can save money.

**Milk and Eggs:**

2 containers of unsweetened almond milk (or milk of your preference. I prefer unsweetened almond milk for my shakes because it's low in calories and has no sugar)  
1/2 dozen eggs (you'll only need this for the omelet and if you'd like to add an egg to the turkey burgers to help them stick together better. So you may already have enough in your fridge. For the omelet you'll need 4 unless you have leftover egg white substitute then you'd only need 1.)

**Nuts & Seeds:**

1 large bag of cashews (you can have salted or unsalted, I'm not a stickler about that)  
1 bag of sunflower seeds (I prefer the ones with the shells already removed)

**Seasonings/Dressing/Sauces:**

1- 16 oz. jar of yellow pepper rings (They may say sliced pepperchinis. See meal plan for a photo on the recipe of what brand I use and what they look like)  
1 container of Olive Oil (You should have this from last week)  
1 container of sea salt (you should have this from last week)  
1 container of minced garlic (you should have some from last week)  
1 container of Balsamic Vinegar (you may have some from previous weeks, you'll need about 5 Tablespoons worth)  
1 container Natural Peanut Butter (you may have enough from previous weeks. Doesn't matter if it's chunky or creamy)  
1 oil-based dressing (for salad- I recommend since it's a berry salad to use a raspberry vinaigrette)

- 1 container of salsa (optional for omelet, you won't need much)
- 1 small container of pepper, optional (just to use to season vegetables to taste)
- 1 small container of Dijon mustard (you probably have some leftover from a previous week)
- 1 small container of red wine vinegar (you may have some from a previous week)

**Found in baking section:**

- 1 box of sugar-free, fat free banana cream pudding mix (3.4 oz. size box (approx.) best and you may have some from previous weeks)
- 1 box of sugar-free, fat free French Vanilla pudding mix (3.4 oz. size box (approx.) best and you may have some from previous weeks \* You can use regular vanilla if they don't have French vanilla)
- 1 small container of Truvia (or other sugar substitute of your choice)

**Misc.:**

- 1 large container of vanilla protein powder (I prefer a whey protein isolate) \*You probably have some from last week.

\*\* It's always smart to review the meal plan and see if you'd like to make substitutions for anything you don't like, then alter the grocery list as needed. Shopping list is only accurate if you don't change the meal plan.