

Meal PLANNER

DAYS 36-42

WEEK: 6

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: PANCAKE SANDWICHES

KODIAK PROTEIN PANCAKES, 1/2 CUP BATTER; 2 EGGS, 6 OUNCES SHREDDED CHICKEN, 1 CUP FRESH MELON, 1/2 AVOCADO, 1/4 CUP SPROUTS OR MICROGREENS, PLUS SAUCE
SAUCE: 2 TBS DIJON MUSTARD, 1 TBS LEMON JUICE, SALT PEPPER PAPRIKA

665 Cal, 27g Fat, 36g Carb, 62g Protein

B: BREAKFAST CASSEROLE (YIELDS 2)

2 CUPS GROUND TURKEY OR CHICKEN, 1 CUP DICED SWEET POTATO, 2 CUPS DICED MUSHROOMS, 2 CUPS DICED ONION/PEPPER MIX, 2 CUPS SPINACH, 8 EGGS

622 Cal, 27g Fat, 50g Carb, 55g Protein

B: DARK CHOC. PUMPKIN MUFFIN & GREEN DRINK

MUFFINS: 1 C OATS, 1 C PUMPKIN PUREE, 1 C GREEK YOGURT, 2 EGGS, 1/2 CUP PROTEIN POWDER, 1 TBS PUMPKIN PIE SPICE, 1 TSP CINNAMON, 1 TSP BAKING POWDER, 1/2 TSP BAKING SODA, 1/2 CUP STEVIA CHOCOLATE CHIPS (YIELDS 6)
GREENS: 1 CUCUMBER, 1 CUP GREENS, 1 LEMON, 2 TBS CHIA SEED, ICE/WATER (YIELDS 1)

506 Cal, 19g Fat, 55g Carb, 35g Protein

L: PROTEIN SALAD (YIELDS 2)

4 CUPS MIXED ARUGULA SALAD BLEND
1 AVOCADO, 4 CUPS BROCCOLI; 1 CUP CHICKPEAS
2 CUPS CUCUMBER, 1 FRESH LEMON, 4 TBS COTTAGE CHEESE, 1 BLOCK EXTRA FIRM TOFU
OPTIONAL: 2TBS OF EACH HEMP SEED, BALSAMIC VINEGAR, AMINOS, AND DIJON MUSTARD

515 Cal, 25g Fat, 55g Carb, 27g Protein

L: MEATBALLS & MASHED POTATOES (YIELDS 2)

1 LB GROUND TURKEY, 1 "FLAX EGG", 1/4 CUP OAT FLOUR, 28 OZ FIRE ROASTED TOMATOES, 1/2 ONION, 2 CLOVES GARLIC
2 CUPS MASHED POTATO WITH 2 TBS BUTTER

643 Cal, 23g Fat, 59g Carb, 55g Protein

L: TURKEY & TARRAGON BURGER WITH FRIES (YIELDS 2)

1 LB GROUND TURKEY, 1/4 CUP ONION, 2 TBS FAJITA SEASONING OR SIMILAR, JUICE OF 1 LIME
SPRIGS OF TARRAGON + MUSTARD
2 TBS OLIVE OIL, 2 CUPS RED POTATOES
2 SIDE SALAD OF CHOICE (APPROX 1 DENSE CUP OF VEGGIES)

541 Cal, 22g Fat, 33g Carb, 59g Protein

D: CHICKEN STREET TACOS (YIELDS 2)

1 AVOCADO, 1 LB GROUND CHICKEN, 1 CUP SHREDDED LETTUCE, 1 CUP PICO, 4 CORN STREET TACO TORTILLA SHELLS OR LOW-CARB FLOUR STREET TACO SIZE
OPTIONAL: HOT SAUCE, CILANTRO, LIME

557 Cal, 24g Fat, 22g Carb, 41g Protein

D: ZUCCHILADA CASSEROLE (YIELDS 6)

1-2 ZUCCHINI, 1 LB GROUND CHICKEN, 1 LB GROUND TURKEY, 1 ONION, 3 CANS RED ENCHILADA SAUCE, 2 CUPS MUSHROOMS, 2 CANS GREEN CHILIS, 1 CAN BLACK BEANS, 6 CORN TORTILLAS, 6 TBS CHEESE

449 Cal, 18g Fat, 25g Carb, 50g Protein

D: SPINACH AVOCADO QUESADILLA

1/2 AVOCADO, 1 CUP SPINACH, 2 TBS CHEESE, 1 LOW CARB TORTILLA, 6 OZ/1 ROUNDED CUP OF SHREDDED CHICKEN
OPTIONAL: HOT SAUCE & PICO

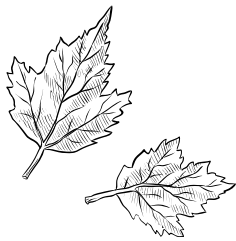
605 Cal, 26g Fat, 30g Carb, 70g Protein

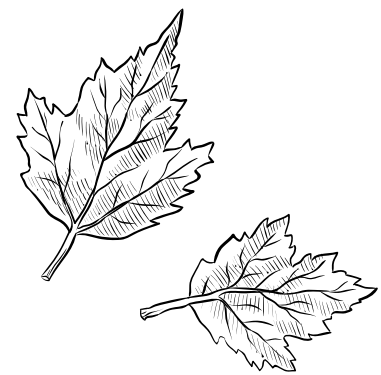
Don't Skip the Good Stuff:

Water (96 oz for females, 125 oz for males), unlimited salt-free seasonings, mustard and no sugar added salsa, and hot sauce are all okay!

Work on avoiding: artificial sweeteners, added sugar (including honey), alcohol, and eating between meals.

Move your body. Practice your mission statement. Sleep well.





Meal PLANNER

DAYS 36-42

WEEK: 6

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: PANCAKE SANDWICHES

Assemble pancake, avocado, sausage, egg as a sandwich. Use sprouts as toppings. Sauce: combine and pour over the sausage patty

serve with side of fruit

B: BREAKFAST CASSEROLE (YIELDS 3)

Brown ground turkey on medium heat first, then combine all ingredients in a pyrex dish (eggs work best when whisked together first). Bake at 350 for 35 minutes or until eggs are cooked thoroughly.

B: MUFFINS & GREENS

Combine muffins in blender, pour into muffin tin and bake 350 degrees for 25-30 min. yields 12 muffins. 2 muffins = 1 portion
Combine greens and blend for texture preference. 1 smoothie = 1 portion

L: PROTEIN SALAD (YIELDS 2)

Squeeze as much water out as you can of the tofu, the cube. Pan fry on medium heat until golden brown on each edge. Chop up all other ingredients and assemble as a salad. SERVE tofu on top.

L: MEATBALLS & MASHED POTATOES (YIELDS 2)

Prep flax egg by combining 1 tbs flax + 1 tbs hot water, let sit for 5 minutes to thicken. Combine turkey, "egg", and oat flour, roll into meat balls. Place in pan with tomatoes, onions, and garlic. Meanwhile, cook cubed potatoes (skin on), over some steam, mash and add butter. Serve meatballs on top!

L: TURKEY & TARRAGON BURGER WITH FRIES (YIELDS 2)

1 lb ground turkey, 1/4 cup onion, 2 tbs fajita seasoning or similar, juice of 1 lime
Sprigs of Tarragon + Mustard
2 TBS olive oil, 2 cups red potatoes
2 side salad of choice (approx 1 dense cup of veggies)

D: CHICKEN STREET TACOS (YIELDS 2)

Cook chicken as you would ground beef, serve as tacos! Yum!

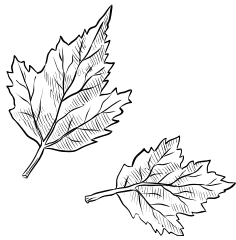
D: ZUCCHILADA CASSEROLE (YIELDS 6)

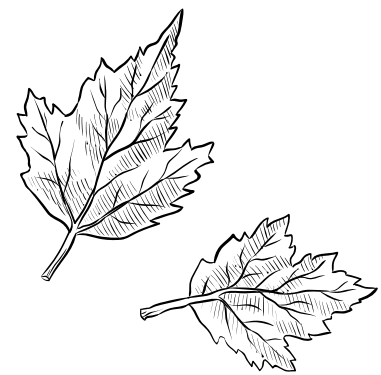
Brown meats together in a large pan.
Slice zucchini into thin strips (or purchase ribbon zucchini noodles, or palmini lasagna noodles if you order online)
zucchini noodle layer, then veggies, then meat and sauce, cheese is on the top.
Bake for 35 min at 375

D: SPINACH AVOCADO QUESADILLA

Pre-cooking the spinach helps here! Assemble insides, fold in half, pan fry or air fry to warm.

Optional: Hot sauce & Pico





Grocery PLANNER

WEEK: 6
COLUMN 1-3

PRODUCE:

4 c. arugula salad mix
4 avocado
2 c. greens
2 cloves garlic
2 lemons
1 lime
1.75 onion
2 c. peppers
1 c. pico de gallo
1 c. veggie of choice (w/ burger)
2 zucchini
1 c. sweet potato
2 sprigs tarragon
0.5 c. sprouts or microgreens
1 c. shredded lettuce
4 c. spinach
2 c. red potatoes
2 c. mashed potato
2 c. melon
4 c. mushrooms
4 c. broccoli
2 c. cumbber
2 c. cucumber

PANTRY:

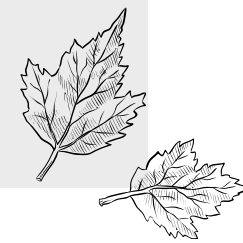
4 TBS mustard
0.25 c. oat flour
1 c. oats
2 TBS fajita seasoning
28 oz fire roasted tomatatoes, canned
1 TBS flax
1 c. kodiak pancake mix
2 TBS lemon juice
2 cans green chilis
1 TSP baking powder
0.5 TSP baking soda
1 cans black beans
2 TBS chia seed
1 c. chickpeas
1 TSP. cinnamon
12 corn tortilla shells
0.5 c. stevia chocolate chips
0.5 c. protein powder
1 TBS pumpkin pie spice
1 c. pumpkin puree
2 cans red enchilada sauce

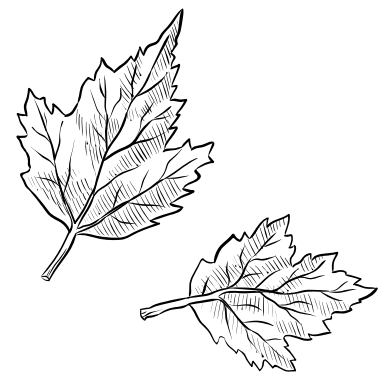
EGGS/DAIRY:

2 TBS butter
10 TBS cheese
4 TBS cottage cheese
14 eggs
1 c. greek yogurt, oikos

MEAT:

12 oz. chicken, shredded
1 block extra firm tofu
2 lb. ground chicken
2 c. ground turkey
3 lb. ground turkey
12 oz. shredded chicken





Prospectively Healthy
PH Wellness Clinic

GROCERY

PLANNER

WEEK: 6, COLUMNS 1 & 2 ONLY

PRODUCE:

6 c. arugula salad mix
4.5 avocado
6 c. broccoli
3 c. cucumber
3 cloves garlic
1.5 lemons
3 c. mashed potato
3 c. melon
5 c. mushrooms
1.75 onion
3 c. peppers
1.5 c. pico de gallo
1.5 c. shredded lettuce
3 c. spinach
0.75 c. sprouts or microgreens
1.5 c. sweet potato
2 zucchini

PANTRY:

2 cans green chilis
42 oz. fire roasted tomatoes, canned
1.5 TBS flax
2 cans red enchilada sauce
1 can black beans
1.5 c. kodiak pancake mix
1.5 c. chickpeas
12 corn tortilla shells
3 TBS lemon juice
6 TBS mustard
1/3 c. oat flour

EGGS/DAIRY:

3 TBS butter
6 TBS cheese
6 TBS cottage cheese

MEAT:

18 oz. chicken, shredded
18 eggs
1.5 block extra firm tofu
2.5 lb. ground chicken
3 c. ground turkey
2.5 lb. ground turkey

