

Meal PLANNER

DAYS 1-7

WEEK: 1

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B : STIR FRY BREAKFAST (YIELDS 1)

1 CUP BELL PEPPERS, 2 EGGS, 1 CUP GROUND TURKEY, 1 CUP SPINACH, 2 MAMA LUPE TORTILLA SHELLS

628 Cal, 33g Fat, 21g Carb, 83g Protein

B: POACHED EGG ON TOAST WITH BALSAMIC PEAR (YIELDS 1)

2 TURKEY SAUSAGE PATTIES, 2 EGGS, 1 TBS MUSTARD MIXED WITH 1 TBS APPLE CIDER VINEGAR, 1 SLICE EZEKIEL TOAST, 1 PEAR, 1 TBS BALSAMIC VINEGAR, 1 TBS STEVIA BROWN SUGAR

502 Cal, 20g Fat, 48g Carb, 34 g Protein

B: "PH: BREAKFAST SANDWICH (YIELDS 2)

4 EGGS, 2 CUPS SPINACH (RAW MEASUREMENT), 2 TURKEY SAUSAGE PATTIES, 2 EZEKIEL ENGLISH MUFFINS, 2 TBS SHREDDED CHEESE OF CHOICE

515 Cal, 24gm Fat, 34gm Carb, 40gm Protein

L: PESTO CHICKEN SKEWERS WITH SALAD (YIELDS 2)

1 CUP BASIL, 2 CLOVES GARLIC, 2 TBSP OLIVE OIL, 1 LB. CHICKEN BREAST, 2 CUPS CHERRY TOMATOES, 4 CUPS MIXED GREENS, 1 CUP GRATED CARROTS, 1 CUP SLICED CUCUMBERS, 4 TBSP BALSAMIC VINEGAR

567 Cal, 21g Fat, 22g Carb, 73g Protein

L: TOASTY PINWHEELS (YIELDS 1)

2 MAMA LUPE TORTILLA LOW CARB SHELLS, 2 TBS SHREDDED CHEESE, 1 CUP BROCCOLI, 1 CUP CHOPPED TURKEY LUNCH MEAT, 4 TBS HUMMUS

583 Cal, 25gm Fat, 47gm Carb, 49gm Protein

L: SQUASH, CHICKEN SAUSAGE, AND KALE SKILLET (YIELDS 1)

1 CUP WINTER SQUASH (ACORN, BUTTERNUT), 1 CUP KALE, 2 TBS ONION, 1 CUP MUSHROOMS, 3 CHICKEN SAUSAGE LINKS, 2 TBS OLIVE OIL

598 Cal, 40gm Fat, 30gm Carb, 33gm Protein

D: CUBAN CHICKEN BOWL (YIELDS 2)

12 OUNCES CHICKEN BREAST, 2 TBSP LIQUID AMINOS, 3 CLOVES GARLIC, 2 TBSP OREGANO, 1 TSP CUMIN, 1/2 TSP CAYENNE, 2 TBSP ORANGE PEEL ZESTED, THE JUICE OF 1 LIME, 1 ONION, 2 AVOCADOS, 1 CUP PICO DE GALLO, 1 CUP SALAD GREENS

572 Cal, 31g Fat, 31g Carb, 43g Protein

D: SIMPLE SALMON (YIELDS 1)

1 TBSP OLIVE OIL, 6 OZ SALMON, 2 CUPS GREEN BEANS, 1 OZ WALNUTS (14 HALVES)

588 Cal, 42g Fat, 19g Carb, 44gm Protein

D: CHICKEN & DUMPLINGS (YIELDS 3)

1 TBSP OLIVE OIL, 6 CHICKEN THIGHS, 1 ONION, 3 LARGE CARROTS, 3 CELERY STALKS, 5 CUPS BROTH, 1 CAN COCONUT MILK
SEASONINGS: GARLIC, ITALIAN, SAGE
DUMPLINGS: 1/4 CUP ALMOND FLOUR, 2 TBSP COCONUT FLOUR, 1/4 TSP BAKING POWDER, 1 EGG, 1 TBSP BUTTER

557 Cal, 31gm Fat, 19gm Carb, 52gm Protein

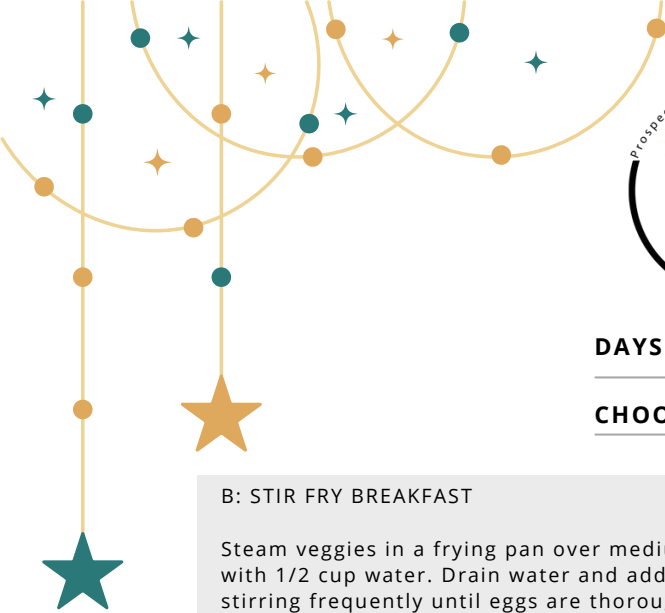
Don't Skip the Good Stuff:

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.

HAPPY
New Year



Meal PLANNER

DAYS 1-7

WEEK: 1

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: STIR FRY BREAKFAST

Steam veggies in a frying pan over medium heat with 1/2 cup water. Drain water and add eggs, stirring frequently until eggs are thoroughly cooked, then serve over a tortilla shell.
*Can cook egg however you'd like- scrambled is easiest.

B: POACHED EGG ON TOAST WITH BALSAMIC PEAR

Poach Egg: in skillet boil water, add egg, cook until top of egg is solid white and gloss has decreased, approx 4 minutes.
Serve over toast and sausage patties cooked per package instructions.
Sauce: mustard + ACV drizzle over eggs
Drizzle b. vinegar and sugar over pears. Serve pears warmed or cold.

B: PH BREAKFAST SANDWICH

FRY UP YOUR EGG IN A SMALL BIT OF WATER, OR SCRAMBLE! COOK SPINACH DOWN WITH 2 TBS OF WATER AS WELL AND ADD TO SANDWICH. COMBINE BY ADDING WARMED TURKEY SAUSAGE PATTY, 1/2 OF THE CHEESE AND SPINACH, 2 EGG EACH, AND ONE MUFFIN PER SERVING. ENJOY!

**CAN USE 2 TBS BUTTER INSTEAD OF CHEESE

L: PESTO CHICKEN SKEWERS WITH SALAD

Cube raw chicken. Add to bowl with basil, oil, and tomatoes. Mix until chicken is well coated in oil and seasonings. Bake in oven at 350 for 15-20 minutes, or until chicken is cooked thoroughly.
Serve over salad with Greens, carrots, cucumber, and vinegar.

L: TOASTY PINWHEELS

LAY OUT TORTILLA SHELLS, COAT WITH HUMMUS. SPRINKLE VERY FINELY CHOPPED LUNCH MEAT AND BROCCOLI EVENLY, ADD CHEESE. ROLL TORTILLA SHELL INTO A LOG AS TIGHTLY AS POSSIBLE. SLICE INTO PINWHEELS. AIR FRY FOR 4-6 MINUTES UNTIL CHEESE IS MELTY, OR SERVE COLD.

L: SQUASH, CHICKEN SAUSAGE AND KALE SKILLET

Chop it up, toss it in a pan or pyrex dish, and cook until flavors are blended. Most chicken sausage is pre-cooked but double check your package!

D: CUBAN CHICKEN BOWL

Combine diced avocado, salad greens, and pico and set aside.
Combine remaining ingredients in skillet or pyrex dish. Bake for 25 minutes or pan fry for 15, until chicken is thoroughly cooked.

Serve over salad mixture.

D: SALMON & GREEN BEANS

Steam green beans for 8 minutes in a pan, or air fry for 8 minutes.
Add walnuts the last 2 minutes.

Salmon: Bake at 250 for 30-35 minutes or until salmon flakes nicely, or (our favorite) air fry for 20 min!

D: CHICKEN & DUMPLINGS

Precook chicken thigh, then combine remaining soup ingredients in pot and let simmer while dumplings cook.
Seasonings: garlic, italian, sage
Combine dumpling ingredients, roll into small balls, and drop into the hot soup. Let cook for 15 minutes.

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Grocery PLANNER

WEEK: 1
COLUMN 1-3

PRODUCE:

2 avocados
1 c. basil
1 c. bell peppers
3 large carrots
1 c. grated carrots
3 stalks celery
2 c. cherry tomato
5 cloves garlic
4 c. green beans
2 c. kale
1 lime
5 c. mixed greens
2 c. mushrooms
2 medium onions
2 pears
1 c. pico de gallo
1 c. sliced cucumber
6 c. spinach
2 c. winter squash
1 orange to zest
2 cups chopped broccoli

PANTRY:

2 TBS apple cider vinegar
1/4 TSP baking powder
6 TBS balsamic vinegar
5 c. broth
2 TBS liquid amino
2 TBS mustard
9 TBS olive oil
2 oz. walnuts
2 TBS coconut flour
1/4 c. almond flour
2 slices Ezekiel toast
2 ezeikel english muffins
8 low carb mama lupe tortillas
8 TBS hummus
2 TBS stevia brown sugar

EGGS/DAIRY:

7TBS cheese
1 TBS butter
1 can coconut milk
13 eggs

MEAT:

2 c. ground turkey
1.75 lb. chicken breast
6 turkey sausage patties
6 chicken thighs
12 oz. salmon
6 chicken sausage links
2 cups turkey lunch meat

SEASONINGS:

garlic
oregano
basil
red pepper flakes
italian
sage

HAPPY
New Year



PLANNER

WEEK: 1

COLUMNS 1 & 2 ONLY

PANTRY:

3 TBS apple cider vinegar
9 TBS balsamic vinegar
3 TBS liquid amino
3 TBS mustard
6 TBS olive oil
3 TBS stevia brown sugar
3 oz. walnuts
3 slices Ezekiel toast
6 low carb tortillas

MEAT:

3 c. ground turkey
12 eggs
3 lb. chicken breast
18 oz. salmon
6 turkey sausage patties

PRODUCE:

1.5 c. sliced cucumber
3 c. spinach
1.5 c. pico de gallo
1.5 c. salad greens
3 pears
1.5 medium onion
6 c. mixed greens
1.5 limes
1.5 c. basil
3.5 bell peppers
3 avocados
3 c. cherry tomato
7.5 cloves garlic
1.5 c. grated carrots
6 c. green beans
1 orange to zest

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