



Meal PLANNER

DAYS 8-14

WEEK: 2

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: APPLE PIE BAKED OAT (YIELDS 2)

4 OZ UNSWEETENED APPLE SAUCE, 2 CUPS OAT MILK, 2 CUPS ROLLED OATS, 4 TBSP PB2 POWDER, 2 TSP BAKING POWDER, 2 TSP CINNAMON, 2 SCOOPS VANILLA ORGANIC PROTEIN POWDER, 1 SCOOP COLLAGEN PEPTIDES

516 Cal, 10g Fat, 62g Carb, 49g Protein

B: AVOCADO TOAST SANDWICH (YIELDS 1)

1/2 AVOCADO, MASHED, 1 EGG, HARD BOILED OR POACHED IN WATER, 4 OZ GROUND TURKEY, 4 STRAWBERRIES

524 Cal, 30g Fat, 26g Carb, 42g Protein

B: HOT POCKETS (YIELDS 2)

2/3 CUP FLOUR, 1/2 TSP BAKING POWDER AND 1 CUP YOGURT (PLAIN) FOR CRUST. STUFF SUGGESTIONS: 1/2 LB GROUND TURKEY, 1/4 CUP CHEESE, 2 CUPS SPINACH, 4 EGGS. <-- YIELDS 4 POCKETS; 2 POCKETS PER SERVING. SERVE WITH 1 CUP MIXED FRUIT PER SERVING

636 Cal, 25 gm Fat, 50 gm Carb, 55 gm Protein

L: SUSHI CUCUMBER ROLL (YIELDS 1)

1 CUCUMBER, THINLY SLICED INTO RIBBONS, 2 TBS CREAM CHEESE, 1 CAN SHREDDED CHICKEN, 1 AVOCADO THINLY SLICED, 1 TBS SPICY MAYO OR SIMILAR, 1 GREEN ONION STALK

688 cal, 51 gm Fat, 26 gm Carb, 38 gm Protein

L: SPICY PINEAPPLE CHICKEN (YIELDS 2)

1 LB CHICKEN THIGH, 1 CLOVE GARLIC, 1/4 CUP LIQUID AMINOS, 2 TSP GINGER, 1 OZ HOT SAUCE, 8 OZ PINEAPPLE, 1/4 TSP RED PEPPER FLAKES, 1 TBSP OLIVE OIL, 1/4 RED ONION, 1 HEATLESS PEPPER, 1 LIME, 1/4 CUP GREEN ONION, 1 CUP CHOPPED BELL PEPPER

558 Cal, 26g Fat, 22g Carb, 63g Protein

L: CURRIED GARBANZO BEANS (YIELDS 1)

3/4 CUP GARBANZO BEANS (CHICKPEAS), 2 CUPS SPINACH, 2 TBSP COCONUT CREAM, 4 OZ CHICKEN BREAST OR THIGH, 1 SMALL PITA POCKET; SEASONINGS OF CHOICE

565 Calories, 14g Fat, 59g Carb, 50g Protein

D: CROCKPOT FAJITAS (YIELDS 2)

2 CUPS FAJITA PEPPERS, SLICED THINLY, 1 CUP ONION, SLICED THINLY, 3 CUPS SPINACH, 1 LB CHICKEN BREAST, SHREDDED OR CUBED, 2 TBSP OLIVE OIL, 2 MAMA LUPE TORTILLAS

456 Cal, 18g Fat, 18g Carb, 56g Protein

D: CHICKEN SHWARMA & BEANS (YIELDS 2)

2 CUPS FRESH GREEN BEANS, 1/2 CUP CHICKEN BROTH, GARLIC/PEPPERS TO TASTE
1 LB CHICKEN BREAST; SEASONING SUGGESTIONS PAPRIKA, CUMIN, GARLIC, ONION POWDER, ALLSPICE, TURMERIC, CINNAMON, CAYENNE
1/2 CUP UNCOOKED RICE

562 Cal, 10g Fat, 47g Carb, 70g Protein

D: CHICKEN TORTILLA SOUP (YIELDS 2)

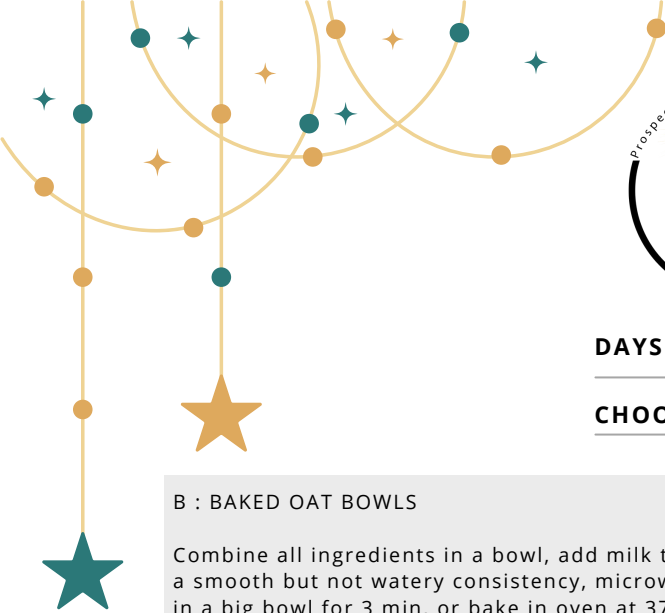
3 CUPS SHREDDED CHICKEN, 4 TBSP BLACK BEANS, 1 CUP CORN, 2 CLOVES GARLIC, 1/4 ONION, 3.5 CUPS BROTH, 2 OZ LEMON JUICE, 1 TBSP OLIVE OIL

596 Cal, 16g Fat, 73g Carb, 75g 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 8-14

WEEK: 2

CHOOSE 1&2, OR ALL THREE

CONSECUTIVE OR SEQUENTIAL

B : BAKED OAT BOWLS

Combine all ingredients in a bowl, add milk to get a smooth but not watery consistency, microwave in a big bowl for 3 min, or bake in oven at 375 for 20 min.

B: AVOCADO TOAST SANDWICH

Roll ground turkey into sausage shape and cook thoroughly. Hard boil an egg and slice, or poach in boiling water. Serve on a slice of toast with mashed avocado and seasoning of your choice.

Everything but the bagel seasoning is my favorite here.

B: HOT POCKETS

COMBINE POCKET INGREDIENTS AND FORM INTO BALL. DIVIDE INTO TWO. CAN MAKE SMALLER POCKETS FOR BITE SIZE!
PRECOOK INSIDE INGREDIENTS. ROLL POCKET FLAT, COAT IN TOPPINGS, AND FOLD UP LIKE A BURRITO. COOK IN OVEN 400 DEGREES FOR 5-10 MIN OR AIR FRIER FOR 5-7 MINUTES

L: SUSHI ROLL

THINLY SLICE CUCUMBERS AND LAY OUT TO MAKE A "SUSHI BLANKET". SPREAD CREAM CHEESE EVENLY ACROSS CUCUMBERS. MAKE A ROW OF SHREDDED CHICKEN AT THE BOTTOM SECTION OF CUCUMBER. TOP WITH SAUCE AND ONIONS. OPTIONAL SEASONINGS: ANYTHING CARIBBEAN OR CAJUN. ROLL, SLICE LIKE SUSHI. ENJOY.

L: SPICY PINEAPPLE CHICKEN

Combine it all in a casserole dish, bake at 375 for 30 minutes.

Season to your preference

L: CURRIED GARBANZO BEANS

Combine 1 tbsp curry, 1 tbsp garlic powder, coconut cream, and garbanzo beans in a pan. Let simmer while chicken cooks.

Add chicken and spinach.

Serve inside pita.

D: CROCKPOT FAJITAS

Add it all (except tortilla shells) to a crockpot and let simmer 4 hours. Pressure cooker 45 minutes. Serve with a tortilla.

Can Use 4 tbsp taco seasoning or similar

D: CHICKEN SHWARMA & SZECHUAN GREEN BEANS

Steam green beans in a pan using chicken broth.

Combine remaining ingredients in a separate pan, and cook on medium heat until chicken is thoroughly cooked.

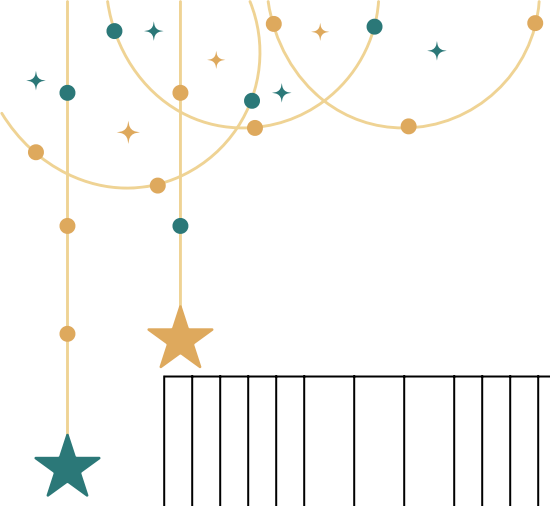
Cook rice per package instructions

D: CHICKEN TORTILLA SOUP

Toss it all in a pressure cooker for 45 min on high, or on high in crock pot for 3 hours.

If pan cooking, cook chicken thoroughly first, then add remaining ingredients and let simmer for at least 30 min.

HAPPY
New Year



Grocery PLANNER

Grocery List	Columns 1-3	Columns 1 & 2 Only
PANTRY		
apple sauce	4 oz	6 oz
rolled oats	2 cups	4 cups
pb2 powder	4 tbs	6 tps
vanilla	2 scoops	3 scoops
protein powder		
collagen peptides	1 scoop	1.5 scoops
spicy mayo or similar	2 tbs	2 TBS
olive oil	3 tbs	4.5 tbs
tortillas	2	3
liquid aminos	1/4 cup	3 TBS
hot sauce	1 oz	1.5 oz
pineapple	8 oz can	12 oz can
chicken broth	1/2 cup	3/4 cup
uncooked rice	1/2 cup	3/4 cup
coconut cream	4 tbs	NONE
Garbanzo beans	1.5 cups	NONE
pita pocket	2	NONE
broth	3.5 cups	NONE
lemon juice	2 oz	NONE
black beans	4 TBS	NONE
BAKING & SPICES		
baking powder	2 tsp	3 tsp
cinnamon	2 tsp	3 tsp
red pepper flakes	1/4 tsp	3/8 tsp
ginger	2 tsp	3 tsp
flour	2/3 cup	NONE
baking powder	1/2 tsp	NONE
COLD		
oat milk	2 cups	4 cups
Cream cheese	4 tbs	6 TBS
egg	6	3
yogurt, plain	1 cup	NONE
Cheese	1/4 cup	NONE
PRODUCE		
Cucumber	2	3
avocado	3	4.5
green onion stalk	2	3
strawberries	8	12
lime	1	1.5
garlic	3 cloves	1.5 cloves
mixed fruit	2 cups	NONE
FRESH OR FROZEN		
fajita peppers	2 cups	3
onions	1 cup	1.5 cups
spinach	9 cups	4.5 cups
bell pepper	1 cup	1.5 cups
green beans	2 cups	3 cups
heatless pepper	1	1.5
green onion stalk	1/4 cup	3 TBS
CORN	1 CUP	NONE
onions	1/4 cup	NONE
MEAT		
shredded chicken in can	2 cans	3 cans
chicken breast	2.5 lbs	3 lb
ground turkey	12 oz	12 oz
chicken thigh	1 lb	1.5 lb
shredded chicken	3 cups	NONE

HAPPY
New Year