



Meal PLANNER

DAYS 15-21

WEEK: 3

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: CRESCENT GOODNESS (YIELDS 1)

2 CRESCENT ROLLS, 1 TBS CHEESE, 1/4 CUP MUSHROOM, 1/4 CUP SPINACH, 4 TURKEY SAUSAGE LINKS, 2 SCRAMBLED EGGS

540 Cal, 32 gm Fat, 27 gm Carb, 35 gm Protein

B: FAST FRITTATA (YIELDS 1)

6 OZ COOKED GROUND TURKEY, 2 CUPS VEGGIES OF CHOICE (CHOP THEM SUPER TINY AND STEAM FIRST), 3 EGGS

583 Cal, 32g Fat, 13g Carb, 68g Protein

B: CHIA PUDDING BOWLS (YIELDS 1)

2 TBSP CHIA SEED, 1 SCOOP PROTEIN POWDER, 1 DROPPER FULL OF LIQUID STEVIA (IF YOU HAVE IT), 3/4 CUP SOY MILK, 1/2 CUP FRUIT OF CHOICE, 1 TBSP PB2 POWDER

538 Calories, 20g Fat, 2 Carb, 83g Protein

L: PIZZA POPPERS (YIELDS 1)

10 MINI BELL PEPPERS, 1/2 CUP PIZZA SAUCE, 1 CUP GROUND BEEF, 2 TBS SHREDDED CHEESE, 1 CUP MIXED VEGGIES OF CHOICE (ARTICHOKES, MUSHROOMS, ONIONS, ETC)
YIELDS 1

544 Cal, 11 gm Fat, 59 gm Carb, 48 gm Protein

L: AVOCADO DIP & DIPPERS

1 AVOCADO, 1/2 CUP COTTAGE CHEESE, 1 CUP FRESH BASIL (OR SPINACH), 1 TBS GARLIC, JUICE OF 1 LEMON

1/2 CUP CELERY OR CARROTS, 2 HARD BOILED EGGS

587 Cal, 39 gm Fat, 30 gm Carb, 36 gm Protein

L: ANTIPASTA QUINOA SALAD (YIELDS 1)

1 TBSP OLIVE OIL, 4 KALAMATA OLIVES SLICED THINLY, 1 SERVING ARTICHOKE HEARTS, 1/2 CUP TOMATO, 1/4 CUP COOKED QUINOA, 6 OZ CHICKEN, 2 TBSP PEPPEROCCHINI PEPPERS

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

D: TURKEY MEATBALLS WITH ZUCCHINI NOODLES (YIELDS 2)

1 LB GROUND TURKEY, 1/3 CUP ROLLED OATS, 1/3 CUP ONION, 1 EGG. GARLIC, BASIL, OREGANO, PEPPER 2 TBSP OLIVE OIL
2 CUPS ZUCCHINI NOODLES, 1 CUP RED SAUCE OF CHOICE

662 Cal, 31g Fat, 32g Carb, 70g Protein

L: CHICKEN POT PIE (YIELDS 2)

1 CUP SPINACH, 1 CUP BROCCOLI, 2 CUPS SHREDDED CHICKEN, ONION TO PREFERENCE, 2 TBSP COCONUT CREAM FROM THE TOP OF A CAN, SEASONINGS.
CRUST: 1 CUP ALMOND FLOUR, 3 TBSP BUTTER, 1 EGG.

537 Cal, 34g Fat, 9g Carb, 49g Protein

D: RAMON BOWL/EGG DROP SOUP (YIELDS 2)

4 EGGS, 4 CUPS CHICKEN BROTH, 1 GREEN ONION, 2 CUPS CHICKEN THIGH, 1 PACKAGE NASOYA PASTA ZERO NOODLES, 1 CUP CARROTS, 1/2 CUP MUSHROOMS, 1/2 CUP SHREDDED CABBAGE

534 Cal, 23g Fat, 14g Carb, 65g 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



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B: Crescent Goodness

Combine inside ingredients, chopped finely, in medium sauce pan or skillet; cook thoroughly. Unroll crescent rolls, stuff with insides, and roll up. Cook per crescent roll instructions.

B: FAST FRITTATA

Brown turkey, add tiny chopped veggies and cook until veggies are softened. Whisk 3 eggs, pour into pan. Cook, covered, until eggs are done.

Works really well baked in pyrex dishes, too!

B: CHIA PUDDING BOWLS

Combine all ingredients and let soak overnight, or at least 2 hours.

Serve chilled.

Optional: top with fruit instead of mixing in.

L: Pizza Poppers

Half the bell peppers, deseed optional, add sauce, cheese, cooked veggies, and cooked meat. Airfry for 5 minutes or bake for 12 at 375 degrees.

L: Avocado Dippers

Combine avocado dip ingredients in blender, Use veggies to dip. Egg on side for protein! (note the egg can be cooked any way you like, but hard boiled makes the most convenient grab/go option

L: ANTIPASTA QUINOA SALAD

Cook quinoa based on package instructions, chop remaining ingredients tiny, mix well.

Serve cold.

D: TURKEY MEATBALLS WITH ZUCCHINI NOODLES

Combine meatball ingredients, roll into balls, and place on a silicone baking mat or parchment lined baking sheet. Bake at 350 for 25-35 minutes or until cooked thoroughly. meanwhile, cook zucchini noodles as instructed on package. Combine everything with sauce.

D: CHICKEN POT PIE

Precook pot pie ingredients in medium skillet. Combine crust ingredients, divide in half. Use half to line the bottom of pan, fill with ingredients, then cover with other half of crust. Pinch corners.

Bake at 375 for 12-15 minutes or until crust is golden brown

D: RAMON BOWL/EGG DROP SOUP

Cook chicken thigh in medium pan with spices of your preference. Add broth, chopped green onion, noodles, and veggies. Let simmer for 20 minutes.

Crack egg into hot soup, let cook additional 10 min.

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Grocery PLANNER

Item	Columns 1-3	Columns 1&2 Only
Produce		
Artichoke Hearts	2 servings	none
Avocado	2	3
Basil or Spinach	2 cups	3 cups
bell peppers, mini	20	30
broccoli	1 cup	1.5 cups
Celery or Carrots for dippers	1 cup	1.5 cups
fruit of choice	1 cup	none
Garlic	2 tbs	3 TBS
Lemon	2	3
mixed pizza veggies of choice	2 cups	3 cups
mushroom	1/2 cup	3/4 cups
onion	1/3 cup	1/2 Cup
spinach	1.5 cups	2 1/4 cups
tomato	1 cup	none
Veggies of choice for breakfast skillet	4 cups	6 cups
zucchini noodles	2 cups	3 cups
Pantry		
coconut cream	2 tbs	3 TBS
Chia seeds	4 tbs	none
kalamata olives	8	none
olive oil	2 tbs	3 TBS
olive oil	2 tbs	none
almond flour	1 cup	1.5 cups
pepperoncini peppers	3 TBS	none
pizza sauce	1 cup	1.5 cups
protein powder	2 scoops	none
quinoa	1/2 cup cooked	none
red sauce (spaghetti)	1 cup	1.5 cups
rolled oats	1/3 cup	0.5 cups
PB2 Powder	2 tbs	none
stevia	2 droppers full	none
Meat		
chicken	12 oz	none
ground beef	2 cups	3 cups
Ground Turkey	1.75 lb	2 1/2 lbs
shredded chicken	2 cups	3 cups
Cold		
Hard boiled eggs	4	6
Cottage Cheese	1 cup	1.5 Cups
butter	3 tbs	4 TBS
Cheese	6 tbs	9 TBS
egg	8	12
Crescent Rolls	4	6
Scrambled eggs	4	6
soy milk	1.5 cups	none
turkey sausage links	8	12

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