



Meal PLANNER

DAYS 22-28

WEEK 4

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: BANANA BREAKFAST SPLITS (YIELDS 1)

1 CONTAINER OIKOS TRIPLE ZERO YOGURT, 1 CUP MIXED FRUIT OF CHOICE, 3 TBS ALMOND SLIVERS, 2 TBS PB2 POWDER

499 Cal, 21g Fat, 53g Carb, 34g Protein

B: BREAKFAST BOWL SMOOTHIE (YIELDS 1)

1/4 CUP OATS, RAW
3/4 C NUT MILK OF CHOICE
2 TBS PB2 POWDER
1/2 BANANA
2 SCOOPS PROTEIN POWDER

542 Cal, 10g Fat, 55g Carb, 62g Protein

B: WALKING OMELET (YIELDS 1)

3 EGGS, 1 TORTILLA SHELL, 1 GREEN ONION, 8 OZ GROUND TURKEY, 1/2 CUP COOKED SPINACH

527 Cal, 20g Fat, 14g Carb, 73g Protein

L: ASIAN CHICKEN SALAD (YIELDS 2)

4 CUPS COLE SLAW MIX, 1 C SHREDDED RED CABBAGE, 1/2 RED BELL PEPPER, 1/4 CUP ALMOND SLIVERS OR SLICES, 2 GREEN ONIONS, 1 TBS SESAME SEEDS, 1 LB CHICKEN BREAST, 1 MANDARIN ORANGE

533 Cal, 15g Fat, 22g Carb, 75g Protein

L: BASIL AVOCADO SALMON (YIELDS 2)

1 LB SALMON, 2 TBS OLIVE OIL, 1/2 CUP BASIL, 2 GARLIC CLOVES, 1 AVOCADO, 1 TBS LEMON JUICE,
1 CUP COOKED COUSCOUS & 3 CUPS ASPARAGUS

648 Cal, 33g Fat, 34g Carb, 59g Protein

L: LEMON GARLIC CHICKEN AND BEANS

6 OZ CHICKEN THIGH, 2 CUPS GREEN BEANS, 4 GARLIC CLOVES, 1 TSP PAPRIKA, 1 TSP ONION POWDER, 1/2 CUP CHICKEN BROTH, 1 TBS HOT SAUCE, 1/4 TSP CHILI POWDER, 1/2 CUP PARSLEY, 1 TBS OLIVE OIL

561 Cal, 27g Fat, 23g Carb, 58g Protein

D: POTATO SALAD & CHICKEN (YIELDS 4)

PS: 1 LB RED POTATO, 1/4 CUP BLUE CHEESE, 1/4 CUP MAYO, 1/4 CUP CHOPPED CELERGY, 4 SLICED BACON, 3 GREEN ONIONS

CHICKEN: 8 DRUMSTICKS WITHOUT SKIN

657 Cal, 34g Fat, 26g Carb, 55g Protein

D: BANG BANG CHICKEN SALAD (YIELDS 2)

4 CHICKEN THIGHS, 3 TBS PEANUT BUTTER, 2 TBS LIQUID AMINOS, 1/4 C WATER, 1/2 LIME, MIXED SALAD GREENS, 2 BELL PEPPERS, 1 CUP SHREDDED CARROT, 1 CUP FINELY CHOPPED MANGO

606 Cal, 32g Fat, 40g Carb, 50g Protein

D: HEAVENLY SOUP (YIELDS 4)

1/2 LB ITALIAN PORK, 1 LB GROUND CHICKEN, 1 LARGE ONION, 3 CLOVES GARLIC, 1 TBS ITALIAN SEASONING, 1 TSP RED PEPPER FLAKES, 4 CUPS CHICKEN BROTH, 4 RED POTATOSE, 3 CUPS KALE, 1 CAN COCONUT MILK

648 Cal, 27g Fat, 43g Carb, 55g Protein

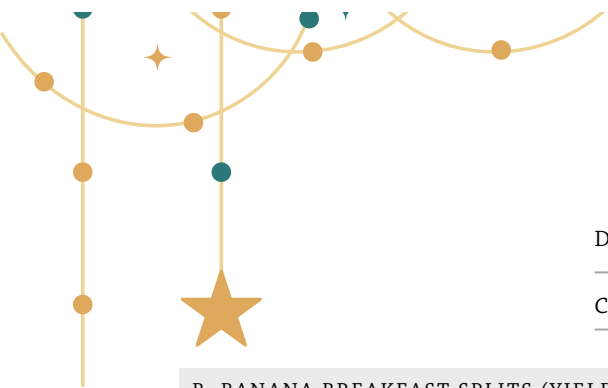
Don't Skip the Good Stuff:

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 22-28

WEEK 4

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: BANANA BREAKFAST SPLITS (YIELDS 1)

assemble and enjoy!
(I recommend 1/2 banana and 1/2 strawberry!)

B: BREAKFAST BOWL SMOOTHIE (YIELDS 1)

combine, blend, add ice for texture

B: WALKING OMELET (YIELDS 1)

Cook insides first (onion, turkey, spinach) set aside.
whisk eggs, add to small pan (small is key)
When edges start to turn up (don't mix), add omelet insides, and cover with a tortilla shell.
Cook additional 4 minutes. Fold like a taco.

L: ASIAN CHICKEN SALAD (YIELDS 2)

I love this one raw, so just cook and cube chicken, shred all ingredients super tiny, mix in a big salad bowl and enjoy!

L: BASIL AVOCADO SALMON (YIELDS 2)

Cook couscous per package instructions
Steam asparagus for 5 minutes, or airfry for 8
Combine basil, garlic, oil, avocado, and blend or mash. Spread evenly over salmon. Cook salmon 25 min at 375 in oven, or 20 min in air fryer; or until salmon flakes apart easily.

L: LEMON GARLIC CHICKEN AND BEANS

Combine all in a pan and let simmer with lid on medium heat for 20-25 minutes or until chicken is cooked thoroughly.

D: POTATO SALAD & CHICKEN (YIELDS 4)

boil potatoes, dice into small pieces, add other potato salad ingredients, all chopped very tiny!

Chicken: 8 drumsticks without skin- air fry if you can, otherwise bake! season as you desire

D: BANG BANG CHICKEN SALAD (YIELDS 2)

Combined diced chicken thigh, pb, aminos, water, and lime in a frying pan. Cook on medium heat for 10-12 minutes until chicken is thoroughly cooked. Serve over a salad consisting of salad greens, chopped bell peppers, shredded carrot and finely chopped mango

D: HEAVENLY SOUP (YIELDS 4)

Toss it all in a pressure cooker for "soup" button, or crockpot for 3 hours.

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Grocery PLANNER

WEEK: 4

COLUMN 1, 2 AND 3

PANTRY:

0.5 TBS almond slivers
2 tbs liquid aminos
4.5 c. chicken broth
0.25 TSP chili powder
1 can coconut milk
1 c. cooked couscous
1 TBS hot sauce
1 TBS italian seasoning
1 TBS lemon juice
0.25 c. mayo
0.5 c. oats
3 TBS olive oil
8 TBS PB2 powder
3 TBS peanut butter
2 tortilla shells
1 TBS sesame seed
4 scoops protein powder

EGGS/DAIRY:

0.25 c. blue cheese
6 eggs
1.5 c. nut milk
2 yogurts, single serving

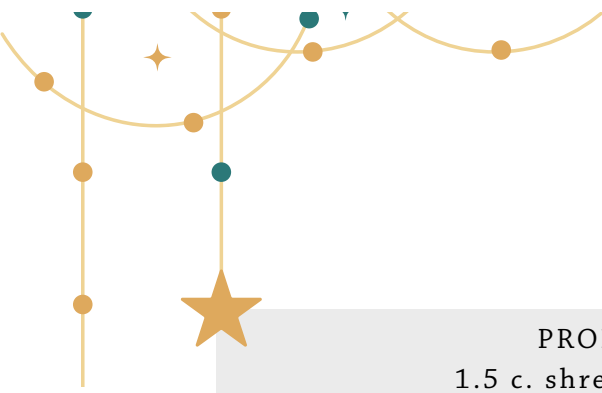
MEAT:

1 lb. chicken breast
4 chicken thigh
12 oz. chicken thigh
8 drumsticks
1 lb. ground chicken
1 lb. ground turkey
1 lb. salmon
0.5 lb. pork, ground
4 slices bacon

PRODUCE:

0.25 c. celery
3 c. asparagus
1 avocado
1 banana
0.5 c. basil
2 bell peppers
3 cloves garlic
4 c. coleslaw mix
6 garlic cloves
4 c. green beans
7 green onion
3 c. kale
0.5 lime
1 mandarin orange
1 c. mango
2 c. mixed fruit of choice
0.5 red bell pepper
1 lb. red potato
4 red potatoes
2 c. salad greens
1 c. shredded carrot
1 c. shredded red cabbage
1 c. spinach

HAPPY
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Grocery PLANNER

WEEK: 4, COLUMNS 1 & 2 ONLY

PRODUCE:

- 1.5 c. shredded carrot
- 1.5 c. shredded red cabbage
- 4.5 c. asparagus
- 1.5 avocado
- 1 banana
- 0.75 c. basil
- 3 bell peppers
- 0.25 c. celery
- 6 c. coleslaw mix
- 3 garlic cloves
- 6 green onion
- 0.75 lime
- 1.5 mandarin orange
- 1.5 c. mango
- 3 c. mixed fruit of choice
- 0.75 red bell pepper
- 1 lb. red potato
- 3 c. salad greens

EGGS/DAIRY:

- 1.5 c. nut milk
- 3 yogurt, single serving
- 0.25 c. blue cheese

PANTRY:

- 1 c. almond slivers
- 3 TBS liquid aminos
- 1.5 c. cooked couscous
- 1.5 TBS lemon juice
- 0.25 c. mayo
- 0.5 c. oats
- 3 TBS olive oil
- 10 TBS PB2 powder
- 4.5 TBS peanut butter
- 4 scoops protein powder
- 1.5 TBS sesame seed

MEAT:

- 1.5 lb. chicken breast
- 6 chicken thigh
- 8 drumsticks without skin
- 1.5 lb salmon
- 4 whole slices bacon

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