



# Meal PLANNER

**DAYS 29-35**

**WEEK: 5**

**CHOOSE 1&2, OR ALL 3**

**CONSECUTIVE OR SEQUENTIAL**

**B: COFFEE SHAKE (YIELDS 1)**

6 OZ COLD COFFEE, 1 SCOOP COLLAGEN, 1 SCOOP PROTEIN POWDER, 1/2 BANANA, 1 CUP SOY MILK, 2 TBSP PB2 POWDER

462 Cal, 10g Fat, 45g Carb, 55g Protein

**B: BENTO BAGEL BOX (YIELDS 1)**

1 HARD BOILED EGG, 4 OZ SMOKED SALMON, 11 EVERYTHING BAGEL CHIPS, 1 CUP CUCUMBER SLICES, 2 TBSP CREAM CHEESE

665 Cal, 30g Fat, 22g Carb, 74g Protein

**B: MUFFIN & SCRAMBLED EGGS**

1 LB GROUND SAUSAGE, 2 CUPS KODIAK PANCAKE MIX, 1 1/2 CUPS WATER, 1 CUP SHREDDED CHEDDAR CHEESE, 1/4 CUP HONEY (YIELDS 12 MUFFINS, 1 SERVING IS 2 MUFFINS) 1 CUP SPINACH AND 2 SCRAMBLED EGGS PER SERVING

532 Cal, 32g Fat, 22g Carb, 43g Protein

**L: HEALTHY YOU FRIED RICE (YIELDS 4)**

1 BAG FROZEN MIXED VEGGIES, 4 EGGS, 1/2 CUP COOKED RICE, 2+2 TBSP LIQUID AMINO, 1 TBSP SESAME OIL, 2 CUP BROCCOLI, 2 TBSP TOMATO PASTE, 1 LB DICED CHICKEN, 1/4 CUP CORN STARCH OR TAPIOCA STARCH, 2 TBSP OLIVE OIL, GARLIC POWDER & ONION POWDER

510 Cal, 19g Fat, 42g Carb, 45g Protein

**L: THAI BEEF LETTUCE WRAPS (YIELDS 2)**

1LB. LEAN GROUND BEEF, 1 CUP CHICKEN BROTH, 1 CLOVE GARLIC (OR GARLIC POWDER), JUICE OF 2 LIMES, 3 TBSP FISH SAUCE (OPTIONAL), 1 BUNCH CILANTRO, 1 BUNCH MINT, 2 CUPS SHREDDED CABBAGE, LETTUCE WRAPS, 1 AVOCADO

534 Cal, 26g Fat, 25g Carb, 53g Protein

**L: PH RIB SANDWICH (YIELDS 5)**

CB:4 EGGS, 1/2 TSP CREAM OF TARTAR, 2 OZ CREAM CHEESE, 1/2 TSP SALT. 2 LBS BEEF SHAVED STEAK, BBQ SAUCE (FULL RECIPE OR 2 CUPS SUGAR FREE/LOW SUGAR BBQ SAUCE FROM THE STORE), 1 BAG SHREDDED COLESLAW MIX

648 Cal, 41 gm Fat, 50 gm Carb, 48 gm Protein

**L: GEN. TOOGOOD CHICKEN (YIELDS 2)**

1 LB CHICKEN BREAST, 1/3 C ALMOND FLOUR, 2 EGGS, 2 TBSP OLIVE OIL. 2 C. GREEN BEANS, 2 C. BROCCOLI. OPTIONAL: 2 TBSP SESAME OIL, SESAME SEEDS, AND CHIVES SAUCE: GARLIC, GINGER, SOY SAUCE, 2 TBSP RICE VINEGAR, CHILI FLAKES, CHICKEN BROTH,

676 Cal, 37g Fat, 23g Carb, 63g Protein

**D: QUESO CHICKEN**

1 CUP COTTAGE CHEESE, 1/2 CUP SHREDDED CHEDDAR, 3 TBS TACO SEASONING, 1/3 CUP ROTEL TOMATO; 6 OZ CHICKEN BREAST WITH 1 TBS OLIVE OIL AND TACO SEASONING TO TASTE; 1 CUP VEGGIE OR SWEET POTATO CHIPS

654 Cal, 34 gm Fat, 19 gm Carb, 63 gm Protein

**D: SUSHI WAFFLES**

1/2 CUP COOKED BROWN RICE, 1/2 SMASHED AVOCADO, 1/4 CUP THINLY SLICED CUCUMBER, 6 OZ SALMON, 1 TBS GREEN ONION, 1TSP SESAME SEEDS, 1 TBS SPICY MAYO OR SIMILAR

590 Cal, 35gm Fat, 30gm Carb, 39 gm 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 29-35**

**WEEK: 5**

**CHOOSE 1&2, OR ALL 3**

**CONSECUTIVE OR SEQUENTIAL**

**B: COFFEE SHAKES**

Combine all ingredients and blend.

Add ice to blender for smoothie/frappe type, or pour over ice for an iced drink.

**B: BENTO BAGEL BOX**

Assemble, fancy-lunchable style. Enjoy.

**B: MUFFIN & SCRAMBLED EGGS**

Combine muffin mix, divide into 12 muffin tins, bake at 400 degrees for 20 minutes. Two per serving.

Scramble 1 cup of spinach and 2 eggs on the side for extra protein!

**L: HEALTHY YOU FRIED RICE.**

Cook rice the night before\*\*. Add veggies to pan, cook until frozen water is evaporated. Add 4 eggs and mix well. Separate pan: diced chicken, starch, sesame oil, aminos, olive oil, seasoning. Cook thoroughly. Add veggies to meat, mix well. Add rice last. Cook on medium high heat to prevent rice from getting soggy.

**L: THAI BEEF LETTUCE WRAPS**

Cook ground beef in chicken broth, garlic, and fish sauce. Add juice of 2 limes. Serve with cubed avocado, shredded cabbage, cilantro and mint to preference. Wrap up in a big butter leaf lettuce wrap.

**D: PH RIB SANDWICH**

Follow the two bonus recipe cards to make cloud bread and BBQ sauce from scratch, or purchase pre-made links. Cook meat in bbq sauce, saving half for pouring over the top after on the sandwich. Assemble cloud bread, coleslaw, bbq sauce, and meat into a sandwich and enjoy!

**L: GEN. TOOGOOD CHICKEN**

Mix together sauce ingredients. Cube raw chicken. whisk eggs, dip chicken bits into eggs, then roll in almond flour. Fry in pan, with olive oil, or use air fryer, until cooked.

Saute green beans & broccoli in coconut oil. Add sauce then chicken.

**D: QUESO CHICKEN**

Blend queso ingredients and microwave in 30 second intervals until warm. Grill or pan fry chicken in 1 tbs olive oil with taco seasonings to preference (I use approx 1 tbs). serve chips with 1 cup sweet potato Terra chips, or similar.

**D: SUSHI WAFFLE**

Press cooked rice into a waffle iron or grill press, or just serve as regular rice if this isn't an option. Build like a sandwich- Rice, Thin layer of avocado, thin layer of very thinly sliced cucumbers, cover in salmon (cooked or raw sushi-grade), drizzle on mayo, sprinkle green onion and sesame seed on top.

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*



# Grocery PLANNER

WEEK: 5

Pantry	Columns 1-2	Columns 1-3
Cold Brew, or Cold Coffee	18 oz	12 oz
Collagen, Protein Powder	3 Scoops	2 Scoops
PB2 Powder	3 Scoops	2 scoops
Everything Bagel Chips	6 TBS	4 TBS
Kodiak Pancake Mix		33 22
Honey	x	2 cups
Cooked Rice	x	1/4 cup
Liquid Amino	1/2 Cup	1.5 Cups
Tomato Paste	4 tbs	4 tbs
Corn Starch or Tapioca Powder	2 TBs	2 TBS
Olive Oil	2 TBS	2 TBS
Chicken broth	5 TBS	4 TBS
Fish Sauce (optional)	2.5 cups	1.75 cups
Almond Flour	4.5 tbs	3 tbs
Sesame Seeds (optional)	1/2 cup	1/3 cup
Rice Vinegar	3 TBS	4 TBS
Taco Seasoning	3 TBS	2 TBS
Veggie or Sweet Potato Chips	4 TBS	3 TBS
Rotel Tomatos	3 cups	2 cups
Spicy Mayo	1 cup	2/3 cup
Sugar Free or Low Sugar BBQ Sauce		2 TBS
	x	2 cups

Produce (Fresh)	Columns 1-2	Columns 1-3
Cucumber Slices	3 cups	2.5 Cups
Spinach	x	2 cups
Limes, Juice of		3 2
Cilantro	1 bunch	1 bunch
Mint	1 bunch	1 bunch
Shredded Cabbage	3 cups	2 cups
Lettuce Wraps		6 4
Avocado		1 2.5
Green Onions	3 TBS	4 TBS

Produce (Fresh or Frozen)	Columns 1-2	Columns 1-3
Banana		1.5 1
Frozen Mixed Veggies	1 bag	1 bag
Broccoli	2 cups	2 cups
Garlic cloves		1.5 1
Green Beans	3 cups	2 cups
Coleslaw Mix		1 bag

Meat	Columns 1-2	Columns 1-3
Salmon, Smoked or Canned	12 oz	8 oz
Sausage, Ground	x	1 lb
Diced chicken	1 lb	1lb
Lean Ground Beef	1.5 lb	1 lb
Chicken Breast	3 lb	2 lb
Salmon, Sushi or Canned	x	12 oz
Shredded Beef Steak		2 lbs

Cold	Columns 1-2	Columns 1-3
Non-Milk	3 cups	2 cups
Egg, Hardboiled		3 2
Cream Cheese	6 TBS	4 TBS
Eggs		7 10
Cottage Cheese	3 cups	2 cups
Shredded Cheese	1.5 cups	1 cup
Cloud Bread		10 slices

HAPPY  
New Year



# Grocery PLANNER

## WEEK: 5 OPTIONAL CLOUD BREAD & BBQ SAUCE FROM SCRATCH

Please note your grocery list includes pre-made, store bought versions of these ingredients. But if you are looking for healthy options- here they are! Make the recipe just as is for 5 servings of each.



### HOMEMADE BBQ SAUCE

#### Ingredients:

- 1 C. Apple Butter
- 1/2 C ketchup
- 1/2 C brown sugar
- 1 T mustard
- 1 T liquid smoke \*
- 1 t Worcestershire sauce
- 1 t apple cider vinegar
- 1/2 t red pepper flake
- 1/2 t salt
- 1/2 t pepper
- 1/2 t garlic
- 1/2 t paprika

#### Instructions:

1. Add all ingredients together
2. Warm over medium heat for 10 minutes
3. Let cool prior to placing in fridge

\*Note: Spices such as hot paprika, red pepper flakes, and Worcestershire sauce will control the heat. For more spice, add more. For less spice, add less! The sky is the limit.

*Enjoy!*



### Cloud Bread

#### Ingredients:

- 4 Eggs (split egg white from yolk)
- 1/2 t cream of tarter
- 2 ounces of cream cheese
- 1 t seasoning of your choice
- 1/2 t salt

#### Instructions:

1. Preheat oven to 300 degrees.
2. Line baking sheet with parchment paper
3. Separate egg- put egg white in a mixing bowl, and set aside yolks.
4. Add cream of tarter to egg white, and beat until a stiff peak forms (think Meringue Pie)
5. In separate bowl, add cream cheese. Beat until soft.
6. Add egg white mix to cream cheese mix, and carefully fold together.
7. Fold in egg yolk and seasoning (with minimal stirring)
8. Spoon piles of the mix onto the baking sheet (like cookies), roughly 1/4 c per pile.
9. Bake 15-30 minutes. Start with 15, add 5 minutes at a time until they are golden brown, firm, and do not jiggle when you shake the pan.
10. Yields 10

*Enjoy!*