



Meal PLANNER

DAYS 36-42

WEEK: 6

CHOOSE 1&2, OR ALL 3

CONSECUTIVE OR SEQUENTIAL

B: PANCAKE SANDWICHES

KODIAK PROTEIN PANCAKES, 1/2 CUP BATTER; 2 EGGS, 6 OUNCES SHREDDED CHICKEN, 1 CUP FRESH MELON, 1/2 AVOCADO, 1/4 CUP SPROUTS OR MICROGREENS, PLUS SAUCE
SAUCE: 2 TBS DIJON MUSTARD, 1 TBS LEMON JUICE, SALT PEPPER PAPRIKA

665 Cal, 27g Fat, 36g Carb, 62g Protein

B: OVERNIGHT OATS

1/2 CUP OATS, 1 CUP SOY MILK, 1 CUP CHOPPED STRAWBERRIES, 1 TBS PB2 POWDER, 1 TBS CHIA SEED, 2 SCOOPS VANILLA ORGAIN PROTEIN (OR FLAVOR OF CHOICE)

542 Cal, 16 gm Fat, 59 gm Carb, 56 gm Protein

B: FRENCH TOAST!

2 SLICES EZEKIEL TOAST, 2 EGGS (SEPARATED), 1 TBS PB2, 1 SCOOP PROTEIN POWDER, 4 TURKEY SAUSAGE LINKS, 1 CUP ASPARAGUS OR VEGGIE OF CHOICE, 1 TBS BUTTER

610 Cal, 27 gm Fat, 52 gm Carb, 48 gm Protein

L: SPICY CHICKEN WRAPS

1 SINGLE SERVE CONTAINER OIKOS PLAIN YOGURT, 1/4 CUP CELERY, 8 OUNCES GRILLED OR ROTISSERIE CHICKEN, 2 MAMA LUPE TORTILLA SHELLS, 2-4 TBS SPICY TACO SEASONING (TO TASTE)

515 Cal, 14 gm Fat, 28 gm carb, 72 gm protein

L: PROTEIN SALAD (YIELDS 2)

4 CUPS MIXED ARUGULA SALAD BLEND
1 AVOCADO, 4 CUPS BROCCOLI; 1 CUP CHICKPEAS
2 CUPS CUCUMBER, 1 FRESH LEMON, 4 TBS COTTAGE CHEESE, 1 BLOCK EXTRA FIRM TOFU
OPTIONAL: 2TBS OF EACH HEMP SEED, BALSAMIC VINEGAR, AMINOS, AND DIJON MUSTARD

515 Cal, 25g Fat, 55g Carb, 27g Protein

L: TURKEY & TARRAGON BURGER WITH FRIES (YIELDS 2)

1 LB GROUND TURKEY, 1/4 CUP ONION, 2 TBS FAJITA SEASONING OR SIMILAR, JUICE OF 1 LIME
SPRIGS OF TARRAGON + MUSTARD
2 TBS OLIVE OIL, 2 CUPS RED POTATOES
2 SIDE SALAD OF CHOICE (APPROX 1 DENSE CUP OF VEGGIES)

541 Cal, 22g Fat, 33g Carb, 59g Protein

D: CHICKEN STREET TACOS (YIELDS 2)

1 AVOCADO, 1 LB GROUND CHICKEN, 1 CUP SHREDDED LETTUCE, 1 CUP PICO, 4 CORN STREET TACO TORTILLA SHELLS OR LOW-CARB FLOUR STREET TACO SIZE
OPTIONAL: HOT SAUCE, CILANTRO, LIME

557 Cal, 24g Fat, 22g Carb, 41g Protein

D: TOMATO SOUP & GRILLED CHEESE (YIELDS 2)

1 TBS OLIVE OIL, 2 TBS COCONUT AMINOS, 1/2 CUP EACH OF YELLOW ONION & CARROTS; 1 TBS TOMATO PASTE, 2 CANS FIRE ROASTED TOMATO, 2 CUPS CHICKEN BROTH
SANDWICH (MAKE 2): 2 SLICES EZEKIEL TOAST, 1 SLICES CHEESE, 6 OZ MEAT OF CHOICE

610 Cal, 25 gm Fat, 51 gm Carb, 42 gm Protein

D: SPINACH AVOCADO QUESADILLA

1/2 AVOCADO, 1 CUP SPINACH, 2 TBS CHEESE, 1 LOW CARB TORTILLA, 6 OZ/1 ROUNDED CUP OF SHREDDED CHICKEN
OPTIONAL: HOT SAUCE & PICO

605 Cal, 26g Fat, 30g Carb, 70g 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: PANCAKE SANDWICHES

Assemble pancake, avocado, sausage, egg as a sandwich. Use sprouts as toppings. Sauce: combine and pour over the sausage patty

serve with side of fruit

B: OVERNIGHT OATS

Chop Strawberries small. Combine all in a jar or pyrex dish, shake/mix well, serve cold or HOT!

B: FRENCH TOAST

Mix 1 egg with 2 TBS soy milk, pB2, and protein powder. mixture will be thick. Dip toast slices in batter on both sides.

Pan fry for 4 min each side or until golden brown. Serve with 1 egg, asparagus, and turkey sausage. SEparate or combined as a scramble!

L SPICY CHICKEN WRAPS

Combine yogurt, chopped celery, cooked chicken, and taco seasoning in a bowl. Divide evenly amongst two tortilla shells. Yields 1 serving.

L: PROTEIN SALAD (YIELDS 2)

Squeeze as much water out as you can of the tofu, the cube. Pan fry on medium heat until golden brown on each edge. Chop up all other ingredients and assemble as a salad. SERve tofu on top.

L: TURKEY & TARRAGON BURGER WITH FRIES (YIELDS 2)

1 lb ground turkey, 1/4 cup onion, 2 tbs fajita seasoning or similar, juice of 1 lime
Sprigs of Tarragon + Mustard
2 TBS olive oil, 2 cups red potatoes
2 side salad of choice (approx 1 dense cup of veggies)

D: CHICKEN STREET TACOS (YIELDS 2)

Cook chicken as you would ground beef, serve as tacos! Yum!

D: TOMATO SOUP

Combine soup ingredients in stock pot, cook for 20 minutes or until carrots and onions are tender. Blend or emulsify to desired consistency. (yields 2 soup servings)
Sandwiches: 2 slices bread, 1 slice cheese, and 6 ounces of meat of choice per sandwich

D: SPINACH AVOCADO QUESADILLA

Pre-cooking the spinach helps here! Assemble insides, fold in half, pan fry or air fry to warm.

Optional: Hot sauce & Pico

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Grocery PLANNER



Pantry		
Food	Columns 1	Column 1-3
Kodiak Pancake Batter	1.5 Cups	1 Cups
Mustard	6 tbs	4 tbs
Lemon Juice	3 TBS	2 TBS
Mama Lupe Tortilla	6	6
Spicy Taco Seasoning	6-8 TBS	4-6 TBS
Corn Tortilla	4	6
Oats	1.5 Cups	1 Cups
PB2 Powder	3 TBS	4 tbs
Chia Seed	3 TBS	2 TBS
Protein powder	6 Scoops	6 scoops
Chick peas	1.5 cups	1 Cups
Hemp Seed (optional)	3 tbs	2 tbs
Balsamic vinegar (optional)		
Tomato Paste	1.5 tbs	1 tbs
Olive Oil	3 tbs	6 TBS
coconut aminos	3 tbs	2 tbs
Fire roasted tomatoes	3 sm can	2 sm can
chicken broth	3 cups	2 cups
Ezekiel Toast	6 slices	8 slices
Fajita Seasoning	x	2 TBS

Cold		
Food	Columns 1	Column 1-3
Eggs	6	6
Oikos Yogurt, Plain	3 containe	2 containers
Soy Milk	3 cups	2 cups
Extra firm tofu	1.5 blocks	1 block
Sliced Cheese	3 slices	2 slices
Butter	x	2 tbs
Cheese		4 tbs

Produce (Fresh)		
Food	Columns 1	Column 1-3
Fresh Melon or Berry	3 cups	2 cups
Avocado	4.5	4
Sprouts	3/4 cup	1/2 cup
Celery	3/4 cup	1/2 cup
Shredded Lettuce	1.5 cups	1 cup
Pico	1.5 cups	1 cup
Arugula or salad blend	6 cups	4 cups
Broccoli	6 cups	4 cups
Cucumber	3 cups	2 cups
Lime	x	1
Tarragon (optional)		2 sprigs
Red Potatoes	x	2 cups
Side Salad of Choice	x	1 dense cup
Spinach	x	2 cups

Produce (Fresh or Frozen)		
Food	Columns 1	Column 1-3
Onion	3/4 cup	1/2 cup
Carrots	3/4 cup	3/4 cup
Asparagus or choice	x	2 cups

Meat		
Food	Columns 1	Column 1-3
Shredded Chicken	18 oz	24 oz
Chicken, Grilled or Rotisserie	24 oz	16 oz
Ground Chicken	1.5 lb	1 lb
Ham or Sandwich meat of choice	18 oz	12 oz
Turkey Sausage	x	8 links
Ground Turkey	x	1 lb

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