

4 Day Meal Plan

	Day 1	Day 2	Day 3	Day 4
	<i>Start crockpot Chicken in the morning (Get Recipe)</i>	<i>Defrost Tenderloin for dinner</i>	<i>Start crockpot Chicken in the morning</i>	<i>Make Muffins ahead of time grab & go breakfast or snack.</i>
Choose 1-2 breakfast options on Sunday before shopping and meal prep.	Egg & Zucchini Frittata (12g carbs) (Get Recipe)	Green Smoothie (20g carbs) (Get Smoothie Formula) Or Black Bean & Lime Breakfast Taco (2 = 30 g carbs) (Get Recipe)	Egg Muffin (Get Recipe)	Gluten Free Banana Muffin (2=25 g carbs) (Get Recipe)
<i>Cook 1 at dinner or during meal prep to have fast easy lunch options.</i>	Mediterranean Tuna Salad (With chips/bread approx. 15 g/carbs) (Get Recipe) <i>Prepped on Sunday Pair with Organic Chips, Ezekiel or Rudi's bread or as lettuce wrap</i>	Avocado Chicken Salad & Sliced Tomato (5g carbs) (use leftover shredded chicken) (Get Recipe)	Quick Packable Lunch: 4 oz chicken, tuna or 2 boiled eggs, sliced apple to dip into 2 tbs of Almond butter & sliced cucumber salad (Get Recipe)	Leftover Lettuce Wraps or Build a Salad or Bowl Combine: 1 serving Clean Protein, 1 serving Healthy Fat & 1-2 serving of veggies <i>Prep as a salad or in a "bowl" with ½ cup brown rice, quinoa or black beans</i>
	Shredded Chicken Quesadillas: (30g carbs) (Get Recipe) <i>Shred the Crockpot Chicken & Store leftovers for the ne next day's lunch.</i>	Veggie Quinoa (1 cup quinoa w/veggies 25 g carbs) (Prepped on Sunday or previous day) (Get Recipe) & Tenderloin (Get Recipe) <i>Pack Lunch for Next Day</i>	Crock Pot Buffalo Chicken Lettuce Wraps (10g carbs) (Get Recipe)	Layered Vegetable Lasagna; (20g carbs) 1 ½ cups (Get Recipe)



Snack Options

Snack 1

No Bake Balls – (2 =
20 g carbs)

[Get Recipe](#)

1 Hard Boiled eggs, 1/4
avocado (add Chalula or
squeezed lemon for flavor)

No Bake Lemon Coconut
Balls (2 =
20 g carbs)

[Get Recipe](#)

Snack 2

¼ cup nuts & 1 Fruit serving
(25 g carbs)

¼ cup Hummus or Savory
Yogurt (CP&P) & veggies (20
g carbs)

10 non-GMO corn chips,
avocado & salsa

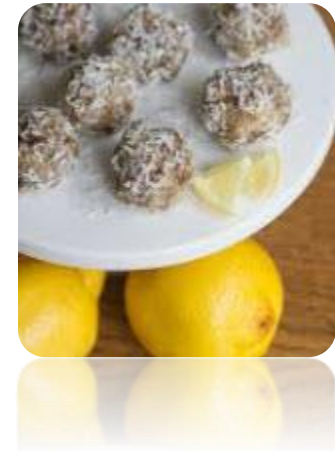
Lara Bar or Thunderbird Bar
[Make your own](#)

Snack 3 (optional) Pre/Post Workout

Green Smoothie (25g carbs)
[\(Get Recipe\)](#)

3 Ingredient chocolate milk &
1 Hard boiled egg (20 g carbs)

½ cup Grass Fed—Plain Greek
Yogurt flavored, 1 tsp honey
(or Grass Fed flavored Greek
yogurt) ½ cup berries, ¼
cup nuts, 2 tsp of chia or flax
seeds (30g carbs)



Shopping List

Produce:

Carrots – 5 large
1 large sweet potato (zucchini frittata)
(any additional veggies for salads, sides and to snacks)
4 large zucchini
1 cucumber
Red onion
Garlic

Grains:

Almond flour tortillas for Slow Cooker
Enchiladas & Quick Lunches

Protein:

Eggs
1 lbs ground meat (choose, beef, chicken or pork – the pork has amazing seasoning!)
Tenderloin
Whole Chicken for Crockpot Buffalo Chicken

Dairy:

Greek Yogurt for snacks/smoothies
Grass Fed Butter

Other:

Organic Chips – For Snack
Green Salsa for Slow Cooker Enchiladas
Salsa for toppings

Grocery Store:

(mark off anything you have at home)

Spices:

basil, garlic powder, parsley,
cinnamon, sea salt, red pepper,
rosemary, thyme, Herb poultry
seasoning

Grains:

Ezekiel Bread—Food For Life (freezer section) or Rudi's Gluten Free for quick sandwich
Corn Tortillas (if didn't purchase almond flour tortillas)
Quinoa
1 can black beans (organic, low sodium, the Brand Eden is good)

Produce:

3 lemons (more for infused water)
1 lime
Head of lettuce for lettuce wraps
Spinach
Cilantro
Tomatoes – 1 large
Cherry or Grape tomatoes
2-3 Avocados (more if you choose for snack and topping on other meals)
Broccoli
1 white onion

Dairy:

Organic Grass Fed Cheese – 1 block
(near meat counter and Applegate products)
Shredded Mozzarella cheese

Protein:

4 All Natural—boneless skinless chicken breasts (if not using whole chicken in crockpot)
4 boneless skinless chicken breasts
1 (6-ounce) can or jar of tuna (packed in spring water)

Other:

artichoke hearts, diced
pitted kalamata olives, chopped
Hummus (Athenos is the best choice due to the use of Olive Oil instead of Canola)
2 cans organic roasted tomatoes

Organic Coconut Oil
Extra Virgin Olive Oil
Balsamic or White Wine Vinegar
Organic, low sodium chicken broth
16 ounces - 2
½ cup hot cayenne pepper sauce
Coconut sugar
Baking soda
Brown Rice flour or Almond Flour
Raw Apple cider vinegar



Bonus Recipes!

Bonus Recipe: Healthy Chicken Nuggets

Try these to make ahead for snacks, a quick lunch or with the family.

- Dip chicken breast chunks in egg whites.
- Use a mixture of ground almonds, chia or flax seeds, and poultry seasoning to coat the chicken nuggets.
- Bake in the oven for about 35 minutes.
- Combine a little bit of honey and Dijon mustard for a tasty dipping sauce.

Suggested Recipes to Try:

Mediterranean Roasted Cauliflower – Great Side or add in some shredded chicken or shrimp for a meal. Note: Great leftover for lunch or served on a bed of greens for a salad.

Ingredients

Roasted cauliflower

- 1 large head cauliflower, cut into bite-sized florets
- 2 tablespoons olive oil
- ¼ teaspoon red pepper flakes
- Light sprinkle fine-grain sea salt

Everything else

- 15 pitted kalamata olives, some halved lengthwise and some sliced into small rounds
- ¼ cup oil-packed sun-dried tomatoes, rinsed and roughly chopped
- 2 ounces feta, crumbled (a heaping half cup)
- 1 tablespoon lemon juice (about ½ lemon's worth)
- Freshly ground black pepper, to taste
- 1 avocado, sliced into thin strips
- 4 handfuls leafy greens (spring greens, spinach or arugula are all good choices)



Instructions

1. To roast the cauliflower: Preheat the oven to 425 degrees Fahrenheit. Toss the cauliflower florets with olive oil, red pepper flakes and a light sprinkle of sea salt. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges.
2. In a large serving bowl, toss together the roasted cauliflower, olives, sun-dried tomatoes, feta and lemon juice. Taste and season with additional salt and pepper if necessary.
3. Serve with diced avocado as a side to a lean protein. Finish the plates with an extra squeeze of lemon juice or drizzle of olive oil, if desired. Serve.

FAST & EASY! One-Skillet Mediterranean Chicken Recipe

Ingredients

- 1/2 yellow onion, diced
- 2-3 cloves garlic, minced
- 8 oz mushrooms, sliced
- 3 Roma tomatoes, diced
- 8 oz jarred artichoke hearts, liquid drained
- 1/2 cup sun-dried tomatoes, chopped
- 1/3 cup Kalamata olives, chopped
- 1 lb pre-cooked chicken (You can you use the Organic Whole Roasted Chicken. Remove the skin and pick apart.)
- Fresh spinach – a couple of handfuls
- 2-3 Tbsp olive oil or ghee (1-2 tablespoons to sauté the veggies, another tablespoon for cooking)
- 1 Tbsp balsamic vinegar
- 1 tsp dried parsley
- 1 tsp dried oregano
- 2 Tbsp fresh basil, chopped for garnish
- Salt & pepper to taste



Instructions

1. In a large skillet over medium heat, add 1 Tbsp of olive oil and sauté the chopped onions for 3-4 minutes
2. Add the minced garlic in with the onions, and sauté together one more minute
3. Add the sliced mushrooms to the sautéed onions and garlic and cook 5-7 minutes until the mushrooms are golden. Add salt and pepper to taste while cooking
4. Add 1 tablespoon of olive oil and 1 tablespoon of balsamic vinegar to the pan then toss in the Roma tomatoes, sun-dried tomatoes, artichoke hearts, and olives. Sprinkle in the parsley, oregano, and stir a few minutes
5. Next add the chopped chicken and spinach to the pan – stir and cook 1-2 minutes, or until chicken is heated through. Add more salt and pepper if needed.
6. Serve hot garnished with the fresh basil

Teriyaki Salmon Recipe – serve with steamed veggies

Ingredients

Salmon

- 4 fillets, about 6 ounces each - preferably wild-caught

Paleo Teriyaki Sauce

- 1/2 cup coconut aminos
- 1/2 cup raw honey
- 1/4 cup juice from fresh oranges
- 2 tbs rice vinegar
- 1 tbs fresh grated ginger
- 1-2 garlic cloves, pressed or minced
- 1 tbs sesame oil
- Pinch of red pepper flakes
- Optional: Add 1 tsp arrowroot flour to make the sauce thicker
-



Instructions

Teriyaki Sauce

1. Combine all above teriyaki ingredients in a saucepan over medium heat
2. When mixture begins to boil, stir for another 2-3 minutes
3. Remove from heat and allow to cool

Salmon Prep

4. Season with salt & pepper
5. Suggested: Use a portion of the teriyaki sauce to marinade fillets in refrigerator for one hour or more. Discard used marinade!

Grilling Method

6. Place on medium high grill, skin side down
7. Grill for about 8-10 minutes, basting occasionally with fresh teriyaki sauce
8. Check often – grill just until sides are opaque and fish flakes easily with a fork.

Pan Sear/Baking Method

9. Sear marinated fillets in hot skillet for just a few minutes until flesh is slightly charred
10. Place fillets in a baking dish, brush with teriyaki sauce, and bake at 350° F for about 10 minutes, or just until fish flakes easily

Garnish

11. Sprinkle with sesame seeds or chopped green onions

