

## Meal Plan and Recipes for Week 1

Replace 2 meals a day with a shake using this recipe

You may have one optional snack



### Shake Recipe:

- 1 scoop Vegalite
- 1 heaping scoop Medibulk fiber supplement
- 1/2 - 1 cup of frozen fruit (we recommend organic berries)
- 1 cup of water, coconut water or coconut milk
- Add ice and blend to desired thickness

### Optional:

- Add 1 tablespoon chia seeds or freshly ground flax seeds.

Your 1 other meal should include:

### 1 serving of clean, lean protein (fish, chicken, turkey, beef {grass fed only})

- Serving Size; women should eat 4-6 oz at each meal; larger or more athletic women 6-8 oz
- Men should eat 8 oz; and larger or very athletic men up to 10 oz.
- Lean towards the higher range if you are very athletic or are recovering from surgery or healing from a wound

### 1-2 servings of healthy fats

- Serving size: 1 T olive oil, ¼ small avocado, 4 oz cold water fish, 10 nuts, 1 T nut butter, 5 olives)
- Be sure to count fat from protein, so if having grass fed beef, lamb or fish count as a fat serving

### 2+ servings of non-starchy vegetables

- Serving size: 1/2 cup cooked or 1 cup raw  
More is better – Eat at least 5 servings a day, you can always increase the portion size of your non-starchy vegetables

### 1 serving of high fiber starchy carbs

- Serving Size: 1/2 cup cooked beans or rice, ½ small sweet potato, 1 piece of fruit

### *Minimize your time in the kitchen. Keep it easy and use leftovers.*

- Make quick, one plate meals – make bowls, soups, wraps, salads
- Last night's chicken will be a great source for today's lunch
- Make substitutions – Replace a good fat with another good fat from the “optimal choices” list
- Leftover veggies? Toss them in a soup or bowl
- You can always add a salad to any meal

# Recipes

## Plates

**Select a protein, starch, some non-starchy veggies (minimum 2 – go for more!), and two healthy fats.**

### Sauteed Halibut

1 cup roasted Brussels sprouts

1 stuffed red pepper with ½ cup brown rice, chopped onions & 10 walnuts

### Scallops topped with 1 T olive oil, herbs & lemon juice

½ cup tomatoes with ¼ avocado slices

1 cup steamed broccoli

### Chicken Breast

1 cup sautéed (in 1 T olive oil) Spinach with garlic

Oven roasted butternut squash and zucchini with Italian herb blend

## Salads

**All dressed with lemon or lime juice and extra virgin olive – add any herbs of your choice Basil, Cilantro, Oregano, Dill, Mint, etc.)**

2 cups romaine and spinach blend

Chicken

½ cup artichoke hearts

¼ cup chopped olives

2 cups arugula

Grass-fed beef

½ cup quinoa

½ cup chopped celery and onions

2 cups mixed greens  
Salmon  
1 cup chopped radishes, celery & fennel  
½ cup garbanzo beans

## Soup

**Start with chicken or vegetable broth and add.....**

1-2 cups chopped peppers & onions  
Leftover protein – your choice  
½ cup lentils  
Mixed green salad with dressing

## Snacks

Celery and 2 T hummus or almond butter  
2-4 ounces turkey and ¼ avocado roll up (put avo in turkey and roll up)  
Cup of lentil soup  
Jicama and ¼ cup guacamole  
Crudite and ¼ cup bean dip mixed with ¼ cup salsa

### ***One of our favorite recipes:***

#### **"Cook 'em like a Chef" Chicken Breasts**

Preparation time: 20 minutes

Serving size: 2 people

Preheat oven on to 350 degrees. Clean and rinse 2 medium size chicken breasts (approximately 4-6 ounces each). Rub exterior of breast with seasoning such as black pepper, lemon pepper, sea salt, thyme, oregano or other poultry seasoning. On your stove top, heat a sauté pan or skillet to medium heat, place a 1 tablespoon of olive oil or coconut oil in the pan. When pan or skillet is hot, place chicken breasts in pan just long enough to turn the outside golden brown then flip over and move entire pan into the oven to finish cooking, about 8-12 minutes (if your pan isn't oven resistant, preheat cookie sheet or roasting pan and transfer chicken breasts to it).

Chicken breasts are done when they are firm to touch and if, when pierced or sliced, their juice runs clear. This method can also be used for fish.

Chicken may also be broiled or grilled. This preparation method can also be used with **fish**.

Once you get this down, feel free to be creative with herbs or spices of your choice, such as:

## Herb Crusted Chicken Breasts

4 skinless chicken breasts (remember your portion sizes 4-6 oz for women, 8-10 oz for men)

1 T fresh rosemary

1 T fresh basil

2 garlic cloves

1 T olive oil

1 T sea salt

½ t cracked black pepper

Combine herbs, olive oil and salt and pepper in food processor until it becomes a paste. Spread on chicken breasts and cover in refrigerator overnight. Then sautee, grill or broil.