



Getting Started
Meal Plan Layout

WELCOME TO EASY AND
DELICIOUS

Sample Meal Plan

SUNDAY

- B** Sausage & Veggie Scramble
- L** Hearty Broccoli & Chickpea Salad
- D** Sun-Dried Tomato Chicken

MONDAY

- B** Protein shake of your choice + collagen and avocado mixed
- L** Go Time Lunch Box
- D** Left Overs From The Night Before

TUESDAY

- B** Coconut Chia Pudding
- L** Go Time Lunch Box
- D** Zucchini Noodles & Meatballs

WEDNESDAY

- B** Protein shake of your choice + collagen and avocado mixed
- L** Tuna Pasta Salad (save half for tomorrow)
- D** Left Overs From The Night Before

THURSDAY

- B** Coconut Chia Pudding
- L** Tuna Pasta Salad
- D** Pork Fried "Rice"

FRIDAY

- B** Sausage & Veggie Scramble
- L** Lentil Stew (save half for tomorrow)
- D** Left Overs From The Night Before

SATURDAY

- B** Sweet and Savory Skillet (make half of the recipe)
- L** Lentil Stew
- D** Balsamic Chicken Sheet Pan Dinner

SHOPPING LIST

PRODUCE

- 1 summer squash
- 2 red onions
- 1 zucchini
- 2 cups (40 g) arugula
- 1 cup (30 g) baby spinach
- 1 large head broccoli
- 1/2 cup (57 g) shredded carrots
- 9 stalks green onions
- 1 bundle fresh cilantro
- 1 bundle fresh parsley
- 1 bundle fresh basil
- 1/2 cup (27 g) sun-dried tomatoes
- 1 package cauliflower rice
- 1 cup (259 g) grapes
- 2 oranges
- 1/2 cup (72 g) strawberries
- 1 jar kalamata olives

- 1 cup (246 g) baby carrots
- 3 cloves garlic
- 1 package frozen peas
- 1 thumb ginger root
- 1 package frozen peas and carrots
- 1 yellow onion
- 2 large carrots
- 2 stalks celery
- 1 sweet potato
- 1 small head red cabbage
- 2 red apples
- 1 green apple
- 1 lemon
- Spiralized or ribboned zucchini
- 1 package riced cauliflower
- berries for chia pudding and/or protein shake

MEAT, POULTRY, AND EGGS

- 12 eggs
- 1 chicken breast
- 12 oz (339 g) skinless boneless chicken thighs
- 12 oz (340 g) ground beef
- 8 oz (227 g) pork tenderloin
- 6oz (168 g) thin sliced chicken
- 2 strips bacon
- 6 slices turkey
- 10 oz (284 g) canned tuna
- 2 links chicken sausages
- hard boiled eggs (snack or lunch box)

BEANS, NUTS, AND LEGUMES

- 1/2 cup (120 g) canned chickpeas
- 1 small container hummus
- 1 cup (192 g) lentils
- Tahini
- Almond butter
- Chia seeds
- Almond flour
- 1 small package sliced almonds
- Hemp hearts

MISCELLANEOUS

- 1 cup (240 g) canned crushed tomatoes
- 1/2 can (199 g) canned artichoke hearts
- Collagen or plant based grain free protein powder
- Coconut milk, canned
- Almond milk, unsweetened
- Avocado oil
- Sesame oil
- Olive oil
- Dried cranberries, unsweetened
- Bone broth
- Lentil or chickpea pasta
- Avocado oil mayonnaise
- Dried oregano
- Garlic powder
- Salt and pepper
- Onion powder
- Dried dill
- Bay leaf
- Dried thyme
- Apple cider vinegar
- Balsamic vinegar
- 1 can full fat coconut milk (chia pudding)
- Paleo grain-free granola (Purely Elizabeth brand)
- 1 cup marinara sauce (Rao's brand)

How to Meal Prep Week 1 and 2

- Option to pre-make meatball from the zucchini noodles & meatballs recipe and freeze to be had with dinner on Tuesday and Wednesday.
- On Tuesday evening, cook chickpea or lentil pasta. Wednesday morning, finish making tuna pasta salad for lunch and save half for lunch on Thursday.
- On Thursday evening, make lentil stew to be had for lunch on Friday and Saturday. Option to cook this earlier in the week and store in the freezer.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

DAILY AVERAGES

Calories: 1,397

Carbohydrate: 111 grams, Protein: 102 grams, Fat: 65 grams

Coconut Chia Pudding

Add a scoop of protein powder or collagen powder for extra protein!



SERVINGS: 2

PREP TIME: 5 MINUTES

SITS IN FRIDGE OVERNIGHT

INGREDIENTS

- 1 can full fat coconut milk (Thai kitchen or other Asian brand)
- 6 tbsps chia seeds (3 each)
- 1/2 scoop protein powder or 1 scoop collagen powder
- 1-2 tbsp (12 g) sliced almonds or nut of choice
- Berries of your choice
- 1-2 tbsp optional seeds of your choice like hemp/pumpkin

DIRECTIONS

1. Get two mason Jars or two small containers ready.
2. Pour 1/2 can of coconut milk in each.
3. Mix in 3 tbsps chia seeds in each container.
4. Mix chia pudding and protein powder or collagen together
5. Stir all together and let sit in fridge overnight
6. Top with berries, almonds or choice of nuts and seeds Also cacao nibs and coconut flakes from Nuts.com are delicious!

NUTRITION INFO

Calories: 370, Carbohydrate: 32 grams, Protein: 19 grams, Fat: 19 grams

Sweet and Savory Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 slices organic thick cut bacon
- 1 tbsp (14 g) avocado oil
- 1 tbsp water
- 1 medium sweet potato, peeled and chopped into 1/2 inch pieces
- 1 granny smith apple, chopped into 1/2 inch pieces
- 1 tsp (1.5 g) thyme
- Sea salt and pepper to taste
- 4 eggs

DIRECTIONS

1. Cook bacon in a skillet or on a griddle over medium heat, for approximately 5 minutes, turning once.
2. While bacon is cooking, heat avocado oil in a skillet over medium heat. Add sweet potato and water. Cover and cook until sweet potato is easily pierced with a fork, approximately 10 minutes.
3. Transfer bacon to a plate lined with a paper towel. When cooled crumble bacon over sweet potato. Add apple, thyme, salt, and pepper. Cook for an additional 3-4 minutes.
4. Drain bacon fat from the skillet in which the bacon was cooked. Heat this skillet again over medium heat and add eggs. Cover and cook until eggs are at desired consistency.
5. Top sweet potato hash with eggs and serve warm.

NUTRITION INFO

Calories: 373, Carbohydrate: 24 grams, Protein: 19 grams, Fat: 22 grams

Sausage & Veggie Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 - 7
MINUTES

INGREDIENTS

- 1 tbsp avocado oil
- 1/4 cup (28 g) summer squash, sliced thin
- 1/4 cup (28 g) zucchini, sliced thin
- 1/4 small red onion, sliced thin
- 1 tsp (2 g) oregano, dried
- Salt and pepper to taste
- 1 organic chicken sausage link, sliced thin
- 2 large eggs, lightly beaten.
- 1 cup (20 g) arugula
- 1 apple

DIRECTIONS

1. Heat oil in a medium skillet over medium heat.
2. Add in summer squash, zucchini, red onion, oregano, salt, pepper, and sausage. Cook, flipping occasionally, until vegetables have softened and sausage has browned on both sides.
3. Push vegetables and sausage to the side of the pan and add eggs, mixing as they cook. Once eggs are mostly cooked through, approximately 2 minutes, mix all ingredients together in the skillet.
4. Serve warm with an apple.

NUTRITION INFO

Calories: 500, Carbohydrate: 33 grams, Protein: 28 grams, Fat: 30 grams

Go Time Lunch Box



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 hard boiled eggs
- 3 slices organic turkey breast
- 2 tbsp dry roasted mixed nuts
- 1 orange
- 1/2 cup cherry tomatoes
- 2 tbsp hummus

Can add cucumber slices to go with hummus too

DIRECTIONS

1. Pack all ingredients in a lunch box to go!

NUTRITION INFO

Calories: 440, Carbohydrate: 46 grams, Protein: 30 grams, Fat: 16 grams

Hearty Broccoli & Chickpea Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad

- 1 cup (85 g) broccoli florets, finely chopped.
- 1/2 cup (57 g) carrots, shredded
- 1/2 cup (120 g) canned chickpeas, drained
- 2 tbsp (12 g) sliced almonds
- 2 tbsp (12 g) unsweetened dried cranberries
- 1 green onion, chopped
- 1 tbsp (1 g) fresh cilantro, chopped
- 1 cooked chicken breast, shredded

Dressing

- 1 tbsp (15 g) tahini
- 1/2 tbsp (7 g) apple cider vinegar
- 1/2 tbsp (7 g) lemon juice
- 1 tbsp warm water
- Dash of garlic powder
- Salt and pepper to taste

DIRECTIONS

1. Mix together all salad ingredients.
2. Blend together all dressing ingredients and pour over salad. Toss well to coat.

NUTRITION INFO

Calories: 452, Carbohydrate: 35 grams, Protein: 40 grams, Fat: 18 grams

Tuna Pasta Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 oz (113 g) dry lentil pasta
- 1/4 (60 g) cup avocado oil mayonnaise
- 1 tbsp (15 g) apple cider vinegar
- 1/2 tsp (0.5 g) dried dill
- Sea salt to taste
- 2, 5 oz (142 g) cans tuna
- 1 cup (134 g) peas, canned or frozen and thawed
- 2 green onions chopped
- 1/2 small red onion, minced

DIRECTIONS

1. Cook pasta as directed on package and allow to cool.
2. In the meantime, mix together mayonnaise, apple cider vinegar, dried dill, salt, and tuna.
3. Toss the pasta, tuna mixture, and remaining ingredients together and enjoy!

NUTRITION INFO

Calories: 471, Carbohydrate: 48 grams, Protein: 43 grams, Fat: 15 grams

Lentil Stew



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 70 MINUTES

INGREDIENTS

Beef:

- 2 tbsp (27 g) olive oil
- 1 small onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 1/2 tbsp (5 g) garlic powder
- 1 bay leaf
- 1 tsp (2 g) dried oregano
- 1 cup (192 g) dry lentils, rinsed
- 4 cups bone broth or chicken broth
- 1/2 a 14.5 oz can (213 g) crushed tomatoes
- 1 tbsp (15 g) apple cider vinegar
- Salt and pepper to taste
- 1/4 cup (6 g) fresh basil, chopped

DIRECTIONS

1. In a stock pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic powder. Cook 3-4 minutes, until vegetables soften.
2. Add remaining ingredients except for basil. Bring to a boil, then reduce to a simmer and cook until lentils are soft (approximately 1 hour).
3. Enjoy warm, topped with basil.

NUTRITION INFO

Calories: 616, Carbohydrate: 81 grams, Protein: 35 grams, Fat: 20 grams

Balsamic Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 3 tbsp (48 g) balsamic vinegar
- 3 tbsp (42 g) avocado oil
- 1 tsp (3 g) garlic powder
- 1/2 tsp (1.5 g) dried oregano
- 1/2 tsp (1.5 g) dried thyme
- Salt and pepper to taste
- 0.75 (336 g) pounds thin cut chicken breast
- 1 head broccoli, chopped
- 1 cup (182 g) purple cabbage, shredded
- 1, 14 oz (398 g) can artichoke hearts

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a small bowl mix together avocado oil, balsamic vinegar, garlic powder, oregano, thyme, salt, and pepper.
3. Spread chicken, broccoli, cabbage, and artichoke hearts onto a large sheet pan. Pour avocado oil mixture over chicken and vegetables. Light toss and turn to coat chicken and vegetables.
4. Bake for 20 minutes or until chicken reaches an internal temperature of 165 degrees F.

NUTRITION INFO

Calories: 461, Carbohydrate: 19 grams, Protein: 43 grams, Fat: 25 grams

Pork Fried "Rice"



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 1/2 lb (227 g) pork tenderloin, chopped into 1/2 inch pieces
- 3 garlic cloves, minced
- 1/2 tbsp (3 g) fresh ginger, grated
- 1/2 tbsp (7 g) sesame oil
- 1, 10oz (284 g) bag frozen peas and carrots
- 1, 10oz (284 g) bag frozen cauliflower rice
- 2 large eggs, lightly beaten
- 3 stalks green onion, chopped

DIRECTIONS

1. Heat avocado oil over medium heat. Add chopped pork and cook through, flipping occasionally to each side (approximately 8 minutes).
2. Drain excess liquid and transfer pork to a plate.
3. In the skillet, add garlic, ginger, and sesame oil. Cook 1-2 minutes, until fragrant.
4. Add frozen cauliflower rice, peas, and carrots.
5. Cover and cook until soft, 5-10 minutes. Stir and break apart clumps occasionally.
6. Uncover and push cauliflower mixture to one side. Add eggs and scrape from bottom frequently until eggs are mostly cooked through. Add green onion and pork. Mix all together and serve warm.

NUTRITION INFO

Calories: 421, Carbohydrate: 26 grams, Protein: 38 grams, Fat: 20 grams

Sun-dried Tomato Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20
MINUTES

INGREDIENTS

- 0.75 lbs (340 g) boneless, skinless chicken thighs, fat trimmed
- 1 tbsp (14 g) avocado oil
- Salt and pepper to taste
- 1/4 tbsp (2.5 g) garlic powder
- 1/2 (27 g) cup sun-dried tomatoes, chopped
- 1 cup (250 g) bone broth
- 1/2 cup (113 g) full fat coconut milk (half cream on top)
- 2 tbsp (8 g) fresh parsley, chopped
- 3 stalks green onions, chopped
- 2 cups (200 g) cooked cauliflower rice

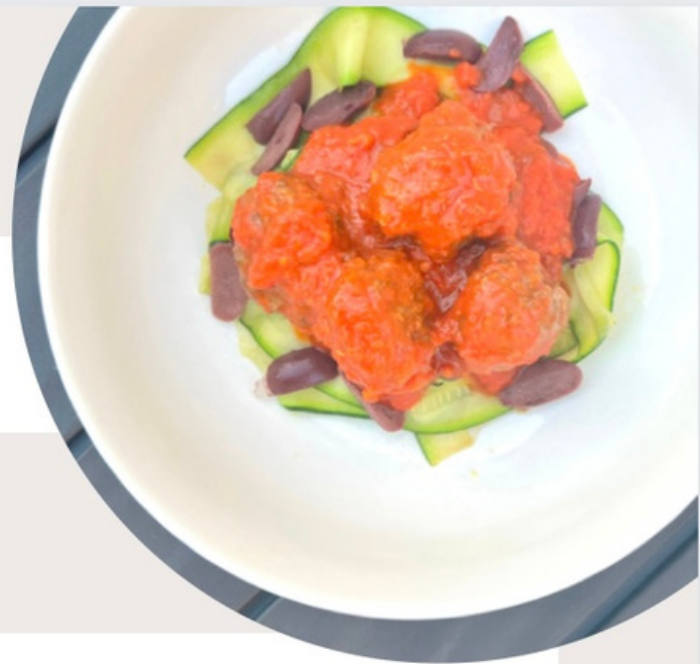
DIRECTIONS

1. In a medium skillet heat avocado oil over medium heat.
2. Season chicken breasts with salt, pepper, and garlic powder, and add to skillet.
3. Cook until well browned on one side, approximately 8 minutes, then flip.
4. Add sun-dried tomatoes, bone broth, and coconut milk to the skillet. Cook 8-10 minutes or until chicken is cooked through. Remove from heat and mix in parsley and green onion.
5. Allow 3-5 minutes to sit for sauce to thicken, then serve over cauliflower rice.

NUTRITION INFO

Calories: 476, Carbohydrate: 17 grams, Protein: 41 grams, Fat: 29 grams

Zucchini Noodles & Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25
MINUTES

INGREDIENTS

- 0.75 lb (340 g) grass fed ground beef, 90% lean
- 1 large egg
- 1 tbsp (6 g) almond flour
- 1/2 tsp (3 g) sea salt
- 1/4 tsp (0.5 g) black pepper
- 1/2 tsp (1.5 g) onion powder
- 1/2 tsp (1.5 g) garlic powder
- 1 tsp (2 g) dried oregano
- 2 tbsp (8 g) fresh parsley, chopped small
- 1 cup (250 g) marinara sauce
 - Brand recommendation: Rao's or Primal Kitchen
- 3 cups (255 g) spiralized zucchini
- 1/4 cup (90 g) kalamata olives, halved

DIRECTIONS

1. In a large bowl, mix together ground beef, egg, almond flour, salt, pepper, onion powder, garlic, oregano, and parsley.
2. Heat a large skillet over medium heat. Form 1-2 inch diameter balls with the meat mixture and place in the skillet. Cook 2-3 minutes or until browned and then turn each meatball. Continue to cook each side until browned. Discard extra fat from the skillet.
3. Add marinara sauce and cook, covered, for 10 minutes.
4. Add zucchini noodles and olives and cook for 3-4 minutes, uncovered.
5. Serve warm.

NUTRITION INFO

Calories: 443, Carbohydrate: 17 grams, Protein: 41 grams, Fat: 24 grams