

# EATING FOR ENERGY

## MEAL PLAN # 4

### SUGGESTED GROCERY LIST

Note that meals are repeated 2-3 times for easy batch cooking/meal prep, see bottom for prep-cooking notes.

#### PROTEINS & DAIRY

- Bison - 1 lb.
- Chicken - 8oz fresh plus 1 rotisserie chicken (mid week)
- Chicken Sausage, organic - 1 package
- Egg whites - 1 carton
- Eggs - 1 dozen
- Ground beef - 1lb
- Organic uncured bacon, 1 package
- Salmon - 8oz or more
- Shrimp, 1 lb.
- Tuna fish - canned in water, 2 cans
- Turkey deli meat, high quality, low sodium - 1 lb.

#### VEGGIES & FRUITS

- Any Mushrooms - 1 package
- Asparagus - 1lb
- Broccoli - 3 heads
- Celery - 1 large bunch
- Cherry tomatoes - 1 package
- Cucumbers - 3
- Endive - 2 bulbs
- Fennel Bulb - 2
- Fresh basil - 1 bunch
- Frozen strawberries - 8oz.
- Hemp seeds - 8oz
- Jicama - 1 medium

- Kalamata olives - pitted, in water or oil, 1 jar
- Lemons - 1-2
- Regular tomatoes - 2-3
- Romaine lettuce - 1 head
- Salad mix - 1 bag
- Spinach, fresh - 1 bag
- Yellow onion - 1
- Zucchini - 3

#### EXTRAS

- Almond Flour - 3 cups
- Apple cider vinegar
- Coconut flour - 1 cup
- Coconut oil
- Coconut sugar teriyaki sauce (or low sugar teriyaki sauce)
- Flax meal - 2 cups
- Ghee
- Goat milk feta cheese - 8oz
- Mayonnaise (real)
- Optional Plant protein powder
- Swerve confectioners' sweetener - 1 package
- Unsweetened almond milk - 2 containers
- Walntus, raw - ½ cup
- Nutritional Yeast Powder - ½ cup

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### DAY 1

**MEAL 1:** 1 scrambled egg plus  $\frac{1}{4}$  cup egg whites with  $\frac{1}{2}$ -cup asparagus spears and 1 oz goat cheese.

**MEAL 2:** 4 oz low sodium deli turkey slices with 1 bell pepper

**MEAL 3:** Summer Salad with Lemon Dressing and 4oz any protein

**MEAL 4:**  $\frac{1}{2}$  cup jicama sticks with 4oz tuna salad (see recipes)

**MEAL 5:** 4oz buffalo burger on lettuce bun with lettuce and tomato

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### DAY 2

**MEAL 1:** Green Smoothie or Coffee Shake (see recipe)

**MEAL 2:** Blueberry Coffee Cake

**MEAL 3:** Greek Bowl (see recipes)

**MEAL 4:**  $\frac{1}{2}$  cup jicama sticks with 4oz tuna salad (see recipes)

**MEAL 5:** Spicy stuffed peppers and big green salad

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### DAY 3

**MEAL 1:** Meal 1 - 2 scrambled eggs with sliced tomatoes and 1oz goat cheese

**MEAL 2:** Blueberry coffee cake

**MEAL 3:** Summer Salad and 4oz any protein

**MEAL 4:** Green Smoothie (recipes)

**MEAL 5:** Greek Bowl (recipes)



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## MEAL PLAN # 4

### DAY 4

**MEAL 1:** Coffee Cake and Mocha Iced coffee (see recipe)

**MEAL 2:** Summer Salad and Spicy stuffed Peppers

**MEAL 3:** 4oz Buffalo Burger on Lettuce Bun

**MEAL 4:** 2 hard-boiled eggs with bell peppers

**MEAL 5:** Grilled Shrimp and Pesto Pasta (see recipes)

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### DAY 5

**MEAL 1:** 2 Eggs, 2 slices bacon, cooked spinach or fresh tomatoes

**MEAL 2:** Turkey lunchmeat with cucumbers

**MEAL 3:** Grilled Shrimp and Pesto pasta

**MEAL 4:** Turkey Lunch Meat with cumpers and fennel bulb.

**MEAL 5:** Grilled Fish or Chicken with Bacon and Broccoli Salad

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## MEAL PLAN # 4

### DAY 6

**MEAL 1:** Green Smoothie

**MEAL 2:** Tuna Salad with Endive Cups

**MEAL 3:** Broccoli and Bacon Salad

**MEAL 4:** 2 hard-boiled eggs with cherry tomatoes

**MEAL 5:** Rotisserie Chicken with big green salad

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### DAY 7

**MEAL 1:** Turkey Sausage and Eggs

**MEAL 2:** Sliced Cucumbers, cherry tomatoes, olives and feta cheese

**MEAL 3:** Green Salad with Choice of Protein

**MEAL 4:** Broccoli and Bacon Salad

**MEAL 5:** Salmon with sautéed fennel bulb

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# EATING FOR ENERGY

## MEAL PLAN # 4

## GREEK BOWL

- 8 oz chicken breast
- Greek Marinade
- 4 tbsp. olive oil
- 4 tbsp. lemon juice
- 1 tbsp. oregano
- 1 tbsp. onion powder
- 1 tsp. garlic powder
- 2 tsp. sea salt
- 4oz goat milk feta cheese
- ¼ c. pitted kalamata olives
- 4oz cherry tomatoes, halved
- 1 cup chopped cucumbers
- 1 cup. Tzatziki Sauce

### INSTRUCTIONS:

Blend marinade ingredients in a blender for 20 seconds and pour into a plastic zip lock bag. Add the raw chicken breast and marinate for 2 hours or longer.

Grill or pan sear chicken until cooked through, set it aside to cool.

When chicken has cooled, chop into bite size pieces and add 4oz to a bowl. Add ½ of the olives, tomatoes, cucumbers and top with ½ cup Tzatziki sauce. Recipe makes 2 bowls

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## SPICY STUFFED PEPPERS

- 3 bell peppers, mixed colors, halved and cored
- 1 lb. grass fed hamburger or bison meat
- 2 tsp. coconut oil
- 1 cup chopped onions
- 1 cup copped mushrooms
- 1 tbsp. cumin
- 1 tbsp. chili powder
- ½ tsp. chipotle powder
- ½ tsp. sea salt
- 6oz goat cheese (optional)

### INSTRUCTIONS:

Cook onions in coconut oil until translucent. Add mushrooms, meat and spices. Cook until meat is done. Fill each bell pepper with 1/3 of the mixture and place in a baking dish. Top with 1 oz of goat cheese and bake 20 minutes at 350 degrees. Each bell pepper is 1 serving.

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## MEAL PLAN # 4

# GRILLED SHRIMP AND PESTO PASTA

- 8 oz. shrimp, deveined and tails removed
- 2 tbsp. ghee
- 2 large green zucchini squash
- ½ cup hemp seeds
- ½ cup walnuts
- ¼ cup olive oil
- 1 tbsp. sea salt
- 1 clove garlic, minced
- 1 cup fresh basil, stems removed
- 1 tbsp. lemon juice

### INSTRUCTIONS:

Create noodles with the zucchini by running them through a spiralizer or make thin slices, stack them and slice again lengthwise. Set aside.

In a food processor, combine the hemp seeds, walnuts, olive oil, sea salt, garlic, lemon juice and basil. Grind into a thick paste adding more olive oil if needed to make a thinner paste. Adjust flavors accordingly. Toss with zucchini noodles in a large bowl.

Heat ghee in a pan on medium high heat, add shrimp and cook 5-10 minutes until cooked through.

Place 1 cup of pesto pasta on a plate and top with 4oz shrimp. Makes 2 servings.

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## MEAL PLAN # 4

## SUMMER SALAD

- 1 cup romaine or butter lettuce, chopped
- 1-cup cherry tomatoes
- 1 large cucumber, peeled and chopped
- 1 zucchini, peeled and chopped
- 1 cup sunflower sprouts
- 1 cup fresh basil leaves, chopped
- ½ cup slivered almonds, toasted

### Lemon Dressing

- ½ cup lemon juice
- ½ cup olive or MCT oil
- 1 tsp. sea salt
- 1 clove garlic crushed
- 2 tbsp. nutritional yeast

### INSTRUCTIONS:

Blend the dressing ingredients in a blender for 20 seconds, pour into a separate bottle.

Toss salad ingredients in a large bowl. Top with 4oz your choice of protein, 2 tbsp. slivered almonds and 2 tbsp. Lemon Dressing.

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## BLACKBERRY COFFEE CAKE

- 1 whole egg
- 2 tablespoons ground flaxseed
- 2 tablespoons coconut flour
- 2 tablespoons swerve sweetener
- 2 tablespoons coconut oil for grass fed butter
- 1-teaspoon baking soda
- 1/2-teaspoon sea salt
- ¼ cup water
- 1/4-cup fresh or frozen blackberries

### INSTRUCTIONS:

Mix all ingredients in small glass jar for dish, microwave for one minute or bake at 350° for 30 minutes.

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## BACON AND BROCCOLI SALAD

- 3 large broccoli crowns, cut into bite size pieces
- ½ red onion, thinly sliced
- 1/2c. Sliced almonds or whole cashews
- 6 slices bacon, cooked and crumbled
- ½ cup mayonnaise
- 3 tbsp. apple cider vinegar
- Sea salt
- Black pepper

### INSTRUCTIONS:

Boil 4 cups of water and add broccoli and cook for 3 minutes. Drain and cool the broccoli in cold water, then drain again and set aside. Combine mayonnaise, apple cider vinegar, salt and pepper in a large bowl Add in remaining ingredients. Mix well and chill for 1 hour before serving.

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## MOCHA ICED COFFEE

- 1oz lily espresso
- 8oz unsweetened almond milk
- ½ tsp. vanilla
- 2 scoops collagen protein (optional)
- 1 tbsp. raw cacao powder
- 2-3 ice cubes
- Stevia to taste
- Pinch of salt

### INSTRUCTIONS:

Blend on high 20 seconds and enjoy!

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## TUNA SALAD

- Water packed tuna, 1 can
- 2 stalks celery
- 1 shallot, minced
- 1 tbsp. lemon juice
- 2 tbsp. mayonnaise or MCT oil
- sea salt to taste

### INSTRUCTIONS:

Combine all ingredients well.

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### \*\* Easy Meal Prep

Pre-cook your meats and veggies such as green beans, zucchini and celery root puree in larger batches and portion out into separate containers. Shoot for 3 days worth of meals cooked in 1 day. Meals repeated are intended to save time by using batch cooking\*\*

