



Meal Plan June 14

	Option #1	Option #2	Option #3	Option #4
Meal #1 Green smoothies can be used for breakfast as an additional option .	4 egg whites (scrambled) 1 slice avocado 1tbsp salsa 4oz red potatoes P-CC-FS	Bacon , Egg and Avocado Muffin P-CC-FS	1/2 cup low fat cottage cheese 1 cup blueberries 1/4 c Bare Naked Granola or grape nuts cereal P-CC-FS-F	Banana Chocolate Chip Breakfast Cake P-CC-FS-F
Meal #2	Chocolate Almond Banana Smoothie P-FS-F	1/2 cup fresh pineapple 5 oz. Greek yogurt 1 oz almonds P-FS-F	Banana Oatmeal Bar P-CC-F-FS	2 Chocolate Chip Peanut Butter Cookies P-CC-F-FS
Meal #3	Sweet Potato Turkey Tacos 2 cups mixed greens with veggies 2 tsp olive oil 1 tbsp balsamic vinegar P-CC-FS-V	1 low carb tortilla 4 oz. low sodium deli meat 1/3 avocado - diced veggies, onions, lettuce 2tsp olive oil 1 tbsp Balsamic Vinegar P-CC-FS-V	4 oz grilled chicken 1/3 cup rice 1 cup grilled zucchini P-CC-FS-V	Grilled Chicken Strawberry Pecan Salad P-V-FS-F
Meal #4	- protein shake 1 tbsp nut butter P-FS	3 oz. tuna 2 tbsp salsa 1 cup celery P-FS-V	5oz. Greek yogurt 1 oz. almonds P-FS	2 tbsp hummus 1 cup raw veggies P-FS-V
Meal #5 (optional) Treat Meal 1 time a week.	Zucchini Roll Ups 2 cups mixed greens with veggies 2 tsp olive oil 1 tbsp balsamic vinegar	4 oz turkey tenderloin 1 cup steamed broccoli	4 oz. salmon 1 cup green beans 2 cups mixed greens with veggies 2 tsp olive oil 1 tbsp balsamic vinegar	Skillet Chicken & Cauliflower Rice 1 cup green beans P-FS-V
Meal #6	Zucchini Ice Cream P-FS	- protein shake 1tbsp nut butter P-FS	5oz. Greek yogurt 1 oz. almonds P-FS	Mug Cake P-FS

After Dinner Snack – (Optional)

P=Protein

V=Vegetables

FS=Fats

F=Fruits

CC=Complex Carbohydrates

[Click here to view serving sizes and food swaps:](#)

Banana Chocolate Chip Breakfast Cake

Recipe



Ingredients

- ◆ ½ banana
- ◆ 3 egg whites
- ◆ 1/3 cup oat flour
- ◆ 1 tsp vanilla extract
- ◆ 1 /8 tsp baking powder
- ◆ 1 tbsp pecans
- ◆ 1 tbsp chocolate chips (Lilys)

How to:

1. Mash banana in bowl, add egg whites, oat flour, vanilla extract and baking powder . Mix well.
2. Spray a small microwave safe bowl with non-stick cooking spray. Pour into bowl and top with pecans and chocolate chips.
3. Microwave 1 minute and enjoy!

Nutrition Snapshot (per serving)

- ◆ Calories 337
- ◆ Protein 18g
- ◆ Carbs 46g
- ◆ Fat 10g

Serves 1



Bacon Egg And Avocado Muffin

Recipe



Nutrition Snapshot (per serving)

Calories 335
Protein 24g
Carbs 35g
Fats 11g

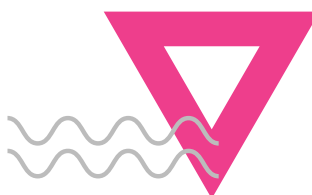
How to:

1. Mix whole egg and egg whites together and fry in skillet sprayed with non stick cooking spray.
2. Season with pepper and pinch of sea salt. Cook bacon.
3. Toast muffin. Sandwich greens, bacon eggs, tomato and avocado.

Serves 1

Ingredients

- 1 English muffin
- 1 whole egg
- **2 egg whites**
- 1 slice turkey bacon
- 1 slice avocado
- 1 slice tomato
- Handful of mixed greens or spinach
- Black pepper & sea salt to taste



Chocolate Chip Peanut Butter Protein Cookies

Recipe



Nutrition Snapshot (per serving) 2 cookies

- Calories 216
- Protein 10g
- Carbs 20g
- Fat 10g

How to:

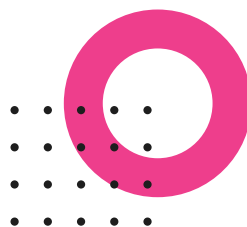
1. Mix flour oats and protein powder in a bowl.
2. Add in peanut butter, egg whites, vanilla, honey, and applesauce.
3. Mix together until smooth. Fold in chocolate chips.
4. Place by tbsp on cookie sheet sprayed with nonstick cooking spray.
5. Bake at 350 for 10 to 12 min.

Makes 16 cookies.

Ingredients

- 1/2 cup quinoa flour
- 1/2 cup rolled oats
- 1/2 cup vanilla protein powder
- 1/2 cup natural peanut butter
- 2 egg whites
- 1 tsp vanilla extract
- 2 tbsp honey
- 1/2 cup unsweetened applesauce
- 1/4 cup dark chocolate chips 60% cacao

Serves 8





Sweet Potatoes

Turkey Tacos

Recipe



Ingredients

- 2 medium sweet potatoes
- 1 tsp extra virgin olive oil
- 1 1/4 tsp ground cumin, divided
- 1 lb lean ground turkey
- 4 garlic cloves, minced
- 1 tsp chili powder
- 1/2 tsp dried oregano
- 1/2 tsp paprika
- 1 1/4 cup canned crushed tomatoes
- 1/4 cup grated fat free cheddar cheese (optional)
- 2 tbsp chopped cilantro
- cooking spray
- salt and pepper to taste

How to:

1. Pierce the sweet potatoes all over with a fork. Cook in the microwave on high until tender when pierced with a fork, 4 to 5 minutes per side. Let the potatoes rest until cool enough to handle.
2. Cut the potatoes in half lengthwise. Carefully scoop the flesh out of the potatoes and place in a medium-sized bowl. Reserve the skins. With the back of a fork, mash the potato flesh until most lumps are gone. Stir in the olive oil, 1/2 teaspoon cumin, pinch of salt and pepper. Divide the mashed sweet potato evenly between the potato skins. Place on a baking sheet.
3. Heat a large nonstick skillet over medium-high heat. Lightly coat with cooking spray. Add the ground turkey and cook, breaking up with a wooden spoon, until cooked through. Stir in the garlic, chili powder, remaining 3/4 teaspoon cumin, oregano, paprika, and pinch of salt and pepper. Cook for 1 minute. Stir in the crushed tomatoes.
4. Preheat the broiler. Spoon the turkey mixture into each sweet potato skin. Top each with 1 tablespoon grated cheese. Broil until the cheese is melted, about 30 seconds. Garnish with cilantro.

Nutrition Snapshot (per serving)

- Calories 319
- Protein 29g
- Carbs 29g
- Fat 10g

Serves 4





Chicken And Cauliflower Rice Skillet

Recipe



Ingredients

- 16 oz. boneless skinless chicken breasts
- 1 tbsp olive oil
- 4 cups cauliflower rice
- 1 onion, diced
- 1 lemon

Spice mix:

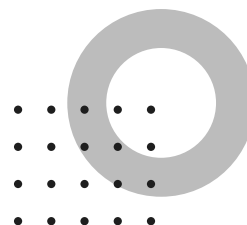
- 2 tbsp cayenne pepper
- 2 tbsp smoked paprika
- 1 tbsp garlic powder
- 1/4 tsp pepper
- 1 tbsp onion powder

How to:

1. Combine seasonings in a small bowl, add chicken and rub in on both sides.
2. Heat 1 tbsp of olive oil in last skillet over medium heat. Add the chicken and cook on both side until golden brown, about 4 minutes per side.
3. Set chicken aside on a plate.
4. Add the remaining oil to the pan and sauté the onion. Stir in cauliflower rice and season with salt and pepper.
5. Cook about 3 minutes.
6. Add the chicken to the skillet, drizzle with lemon juice and cook for additional 2 minutes until heated through.

Nutrition Snapshot *(per serving)*

- Calories 220
- Protein 26g
- Carbs 9g
- Fats 9g



Serves 4





Banana Oatmeal Bars

Recipe



Ingredients

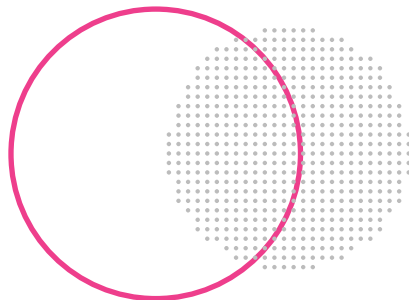
- 2 cups old fashioned oats
- 2 medium bananas, mashed
- 1/2 cup unsweetened shredded coconut
- 1/4 cup walnuts
- 1/4 unsweetened almond milk
- 1/4 cup almonds
- 1 tsp cinnamon
- 1 tsp apple pie spice
- 1/3 cup unsweetened applesauce
- 2 servings vanilla protein powder

How to:

1. Mix all ingredients in a medium size bowl.
2. Spray a 8 by 8 baker with non stick cooking spray.
3. Spread batter into pan . Bake at 350 for 20 - 25 minutes.

Nutrition Snapshot (per serving)

- Calories 239
- Carbs 22g
- Protein 18g
- Fat 10g



Serves 9



Grilled Chicken

Strawberry pecan salad

Recipe



Ingredients

- 4 oz. grilled chicken
- 2 cups spinach
- ¼ cucumber, diced
- ¼ onion, diced
- 5 strawberries, sliced
- 1 oz. unsalted pecan pieces
- 2 Tbsp raspberry vinaigrette
Skinny Girl salad dressing

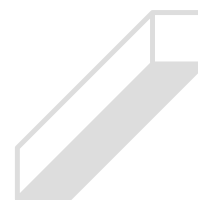
How to:

1. Mix spinach and vegetables together and top with chicken, strawberries and pecans.
2. Top with salad dressing.

Nutrition Snapshot *(per serving)*

- Calories 236
- Protein 36g
- Carbs 10g
- Fat 5g

Serves 1



Zucchini Roll Ups

Recipe



How to:

1. Preheat oven to 400 degrees.
2. Cut zucchini lengthwise into 1/8 inch thick slices..You should have about 24 slices.
3. Lay zucchini flat and sprinkle with salt. Let sit for at least 15 minutes. Before rolling, dab zucchini with a paper towel to get rid of excess moisture. (See note for an even less soggy way!)
4. In a large skillet over medium heat add 1 tbsp olive oil and combine crushed garlic, onion. Saute for 2-3 minutes. Add ground turkey and cook for an additional 6-8 minutes, or until completely cooked through.
5. Pour 1 cup marinara sauce into the bottom of a 9-inch square baking dish.
6. In a medium bowl combine 1 cup mozzarella, ricotta, Parmesan cheese, egg, Italian seasonings, salt and pepper. Mix until combined. Add ground turkey mixture and stir until combined.
7. Place 1 ½ tablespoons of the turkey and cheese mixture along a zucchini slice. Roll zucchini slice up and place in a 9-inch square baking dish. Repeat with remaining cheese mixture and zucchini slices.
8. Pour remaining ½ cup marinara sauce over the roll-ups and top with 1 cup mozzarella cheese.
9. Bake in preheated oven for 25-30 minutes.
10. Serve and enjoy! Serving size is 4 zucchini roll-ups.

Ingredients

- ◆ 3 - 4 firm zucchini, sliced lengthwise, 1/8 -inch thick (you will need 24 slices)
- ◆ 3/4 lb. ground turkey
- ◆ 1 1/2 cups fat free ricotta cheese
- ◆ 1/2 cup finely grated Parmesan cheese
- ◆ 1 egg, lightly beaten
- ◆ 2 to 3 cloves garlic, minced
- ◆ 1/2 teaspoon Italian seasoning
- ◆ salt and fresh ground pepper, to taste
- ◆ 2 cups tomato sauce/marinara sauce
- ◆ 3/4 cup shredded Part-Skim/2% Mozzarella Cheese – Can also use Daiya Dairy Free Cheese

Nutrition Snapshot

(per serving = 4 roll ups)

- ◆ Calories 263
- ◆ Protein 32 g
- ◆ Carbs 11g
- ◆ Fats 10g

Serves 6



Zucchini Lasagna



Recipe



Ingredients

- 1 lb ground turkey, 93-99% fat free
- 1 small red onion, chopped
- 1 tbsp garlic powder
- 1 tsp dried oregano
- 1 tsp black pepper
- 1 15 oz. can no salt tomato sauce
- 1 15 oz. can no salt diced tomatoes
- 3 medium zucchini, sliced thin
- 1 cup fat free cottage cheese
- 1 cup fat free mozzarella cheese
- parmesan cheese (optional)

How to:

1. Place turkey, red onion, garlic powder, oregano and black pepper in skillet until turkey is browned.
2. Add tomato sauce and diced tomatoes. Simmer for an additional 5-10 minutes until veggies are cooked.
3. In the meantime, slice the zucchini thin and lengthwise (to use as the "noodle") and grill zucchini on stove top. Blot with paper towel if needed.
4. Layer a 9x13 pan with zucchini, 1/3 of the meat mixture, add 1/2 cup of cottage cheese. Repeat.
5. Layer top with 1 cup mozzarella cheese.
6. Cover with foil and bake in oven at 350 for 25 minutes.
7. Remove and cool before cutting into 9 square. Sprinkle Parmesan cheese on top if desired.

Nutrition Snapshot (per serving)

- Calories 168
- Protein 25g
- Carbs 15g
- Fat 5g



Serves 9



10 Delicious Smoothie Recipes That Help You Burn Belly Fat, Balance Your Hormones, and Boost Metabolism.



Special Tip: Detox smoothies are a powerful weight loss tool that you can (and should) use every day.

Smoothies are probably the easiest way to help boost your metabolism, stop cravings, and reduce belly fat fast!

The problem is that almost every recipe online is packed with as much sugar as three cans of Coke!

RECIPES

MIXING UP YOUR GREEN SMOOTHIE

INGREDIENT AMOUNT:

INGREDIENT:

Choose 1



Include All



Choose 2



Choose 1



Choose 1



Add If Desired

- 1 cup pasteurized liquid egg whites
- 1 cup non-dairy or soy yogurt
- 1 cup unsweetened organic protein almond milk
- 1/2 cup Silken tofu (freeze after portioning)
- 1 scoop of plant based protein supplement

- handful of spinach
- handful of kale
- 1/2 cucumber (optional)

- 1/2 cup berries
- 1/2 cup pineapple
- 1/2 apple
- 1/2 banana
- 1/2 pear
- 1/2 mango
- 1/2 cup pomegranate

- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tbsp flax seeds
- 1/4 Hass avocado
- 1 tsp coconut oil

- Pinch of fresh basil
- Pinch of fresh mint
- Pinch of fresh cilantro

- cayenne pepper
- ginger
- turmeric



HOW TO MAKE A DETOX SMOOTHIE



Detox smoothie recipes are super easy to make:

STEP 1 – ADD ALL INGREDIENTS TO BLENDER **STEP 2** – BLEND UNTIL SMOOTH
STEP 3 – ENJOY

If you want to make the **SMOOTHIE COLD**, you have two options:

1. Freeze the fruit or by frozen fruit.
2. Add 1/2 cup of ice.

I recommend you use fresh ingredients, but you can also use frozen fruits and vegetables if fresh isn't available.

FIT BODIES *4* LIFE

Directions

Combine all ingredients in a blender with ice and water until desired consistency.



1. GREEN POWER DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1 handful of kale
- ✓ 1 handful of spinach
- ✓ 1 cup of blueberries
- ✓ 1/2 cup pineapple chunks
- ✓ 1 cup water
- ✓ 1 tbsp chia seeds
- ✓ 1/4 tsp turmeric
- ✓ 1 tsp raw honey (optional)
- ✓ 1 small basil leaf

2. BERRY DELICIOUS DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1/2 cup blueberries
- ✓ 1/2 cup strawberries
- ✓ 1 handful of spinach
- ✓ 1/2 diced cucumber
- ✓ Pinch of fresh mint
- ✓ 1 tbsp coconut oil
- ✓ 1 tsp raw honey (optional)





3. PINEAPPLE BANANA DETOX SMOOTHIE

- ✓ 1 serving vanilla or banana plant based protein
- ✓ 1 handful of kale
- ✓ 1/2 diced cucumber
- ✓ 1/2 fresh squeeze lemon juice
- ✓ 1/2 cup pineapple
- ✓ 1/2 banana
- ✓ 1 tbsp coconut oil
- ✓ 1 cup unsweetened coconut water (or regular water)
- ✓ 1 pinch of cilantro

3. CHOCOLATE ALMOND BANANA DETOX SMOOTHIE

- ✓ 1 serving chocolate plant based protein
- ✓ 1 handful of spinach
- ✓ 1 small banana
- ✓ 1 tbsp almond butter
- ✓ 1 tbsp raw unprocessed cacao
- ✓ 1/4 avocado





5. STRAWBERRY MANGO DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1 handful of spinach
- ✓ 1 handful of kale
- ✓ 1/2 fresh squeezed lemon juice
- ✓ 1/2 cup strawberries
- ✓ 1/2 mango
- ✓ 1 tbsp chia seeds
- ✓ 1/4 tsp ginger



6. PINA COLADA SMOOTHIE

- ✓ 1 cup non-dairy yogurt
- ✓ 1 handful of spinach
- ✓ 1/2 cup pineapple
- ✓ 1/4 avocado
- ✓ 1/2 banana
- ✓ 1 tbsp coconut oil
- ✓ 1/4 tsp ginger



7. CHOCOLATE STRAWBERRY DETOX SMOOTHIE

- ✓ 1 serving chocolate plant based protein
- ✓ 1 cup strawberries
- ✓ 1 handful of spinach
- ✓ 1 tbsp cacao powder
- ✓ 1 tbsp hemp seeds or chia seeds
- ✓ 1/4 tsp cayenne pepper



8. RASPBERRY ORANGE BLISS

- ✓ 1 cup non-dairy yogurt
- ✓ 1/2 cup raspberries
- ✓ 1/2 orange
- ✓ 1 handful of spinach
- ✓ 1 handful of kale
- ✓ 1 tbsp chia seeds
- ✓ 1 tsp raw honey



9. PINEAPPLE MANGO DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1/2 cup pineapple
- ✓ 1/2 mango
- ✓ 1/2 cucumber
- ✓ 1 handful of kale
- ✓ 1 tbsp coconut oil
- ✓ 1 fresh mint leaf



10. PINEAPPLE MANGO DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1 handful of kale
- ✓ 1 handful of spinach
- ✓ 1/2 cucumber
- ✓ 1/2 green apple
- ✓ 1/2 pear
- ✓ 1 tbsp chia seeds
- ✓ 1 pinch fresh mint