



Meal Plan

	Option #1	Option #2	Option #3 (higher carb options)	Option #4 (higher carb options)
Breakfast Meal #1	Smoothie Bowl or pick any smoothie from 3 -day detox recipes P-F-FS	2 whole eggs 1 slice turkey bacon 1 cup berries P-V-FS-F	- Breakfast Burrito 1 cup berries P-CC-FS-F	Chocolate Peanut Butter Overnight Oats P-CC-FS
Snack Meal #2	Black Forest Smoothie P-F-FS	- apple 1 tbsp nut butter P-F-FS	Banana Cream Pudding P-CC-FS-F	Peanut Butter Brownies P-CC-FS
Lunch Meal #3	- Cobb Salad 2 tbsp dressing (Skinny Girl or Simple Girl) P-V-FS	4 oz grilled chicken 1 cup steamed broccoli - side salad - 2 cup mixed greens with veggies of choice 2 tbsp dressing (Skinny Girl or Simple Girl) P-V-FS	- Stuffed Pepper Casserole - side salad - 2 cups mixed greens with veggies of choices 2 tbsp (Skinny Girl dressing) P-CC-FS-V	Naked Burrito Bowl P-V-FS-CC
Snack Meal #4	2 whole eggs 1 cup carrots P-FS-V	Reese's Dream Smoothie P-FS	1 oz cashews 2 oz deli meat (low sodium and nitrate free) P-FS	2 tbsp hummus 1 cup veggies P-FS-V
Dinner Meal #5	- Pineapple Chicken 1 cup green beans P-V-FS	4 oz beef tenderloin 1 cup asparagus - side salad - 2 cups mixed greens with veggies of choice 2 tbsp (Skinny Girl dressing) P-V-FS	- Orange Chicken 1 cup broccoli P-V-FS	4 oz salmon - side salad - 2 cups mixed greens with veggies of choice 2 tbsp (Skinny Girl dressing) P-V-FS

After Dinner Snack – (Optional) Zucchini Ice Cream or Mug Cake

P=Protein

V=Vegetables

FS=Fats

F=Fruits

CC=Complex Carbohydrates

Click here to view serving sizes and food swaps:

<http://fitbodies4life.pages.ontraport.net/foodservingsandcategories>

Peanut Butter Brownies



How to:

1. Heat oven to 350. Spray 8 by 8 baker with non - stick cooking spray. (or line baker with parchment paper).
2. Add all ingredients except the chocolate chips into a blender and blend until smooth.
3. Fold in chocolate chips and spread evenly into baker.
4. Bake for 20 minutes, or until nearly set at edges but soft in the middle.

Serves 9

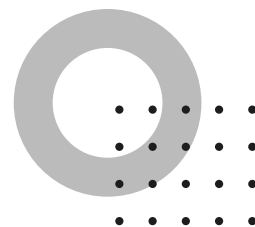


Ingredients

- ◆ 15oz canned chickpeas, drained and rinsed
- ◆ ¼ cup sugar free pancake syrup
- ◆ ⅓ cup peanut butter or almond butter
- ◆ ¼ cup almond flour
- ◆ 1 tsp vanilla extract
- ◆ ½ tsp baking powder
- ◆ ¼ tsp baking soda
- ◆ ¼ tsp sea salt
- ◆ ¼ cup dark chocolate chips (optional)
- ◆ 2 packets of Stevia or Truvia (optional)

Nutrition Snapshot (per serving)

- ◆ Calories 123
- ◆ Protein 5g
- ◆ Carbs 11g
- ◆ Fat 7g



Chocolate Banana Smoothie Bowl



How to:

1. Add all ingredients to blender and blend until smooth. Add additional unsweetened almond milk if needed.
2. Scrap into a bowl and add additional toppings if desired. Pick 1 – 3 toppings.

Serves 1



Ingredients

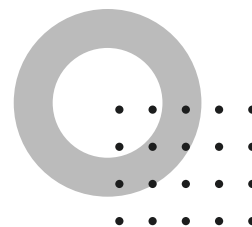
- ◆ 1 medium banana, frozen
- ◆ 1 serving chocolate protein powder
- ◆ 1 tbsp peanut butter
- ◆ 1/3 cup unsweetened almond milk

Optional Toppings:

- ◆ 3 slices of banana
- ◆ 1 tsp dark chocolate chips
- ◆ 1 tsp chia seeds
- ◆ 1 tsp unsweetened coconut
- ◆ 1 tsp chopped nuts

Nutrition Snapshot (per serving)

- ◆ Calories 308
- ◆ Protein 26g
- ◆ Carbs 32g
- ◆ Fat 11g



Cobb Salad



Ingredients

- ◆ 3 oz. grilled chicken cooked and diced
- ◆ 2 cups mixed greens
- ◆ 1 hardboiled egg
- ◆ 1 slice turkey bacon cooked and chopped
- ◆ ¼ cup onion, diced
- ◆ ¼ cup carrots, diced
- ◆ 1 tbsp fat free feta cheese
- ◆ 2 tbsp salad dressing (Skinny Girl or Bolthouse)

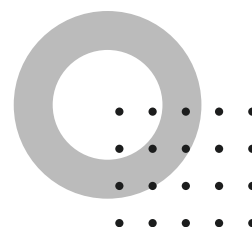
How to:

1. Mix together in bowl and top with 2 tbsp salad of dressing

Nutrition Snapshot (per serving)

- ◆ Calories 238
- ◆ Protein 24g
- ◆ Carbs 17g
- ◆ Fat 7g

Serves 1



Breakfast Burrito



Ingredients

- ◆ ½ cup ground turkey
- ◆ 1 tsp low sodium chipotle seasoning
- ◆ ¼ cup of onions-diced
- ◆ ¼ cup of green peppers-diced
- ◆ ¼ cup of tomatoes-diced
- ◆ 1 tsp extra virgin olive oil
- ◆ ½ cup of egg whites
- ◆ 2 low carb tortillas

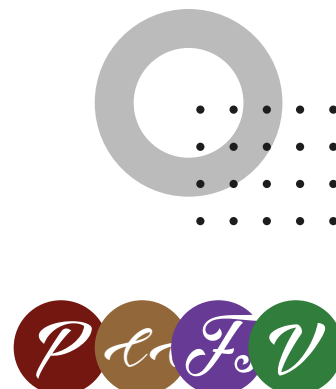
How to:

1. Place turkey, seasoning, olive oil, peppers and onions in skillet. Cook until meat is cooked through.
2. Add egg whites to mixture, stirring until egg whites are cooked.
3. Add black beans and tomatoes.
4. Serve in warm wrap

Nutrition Snapshot (per serving)

- ◆ Calories 286
- ◆ Protein 19g
- ◆ Carbs 30g
- ◆ Fat 10g

Serves 2



Reese's Dream Smoothie



How to:

1. Combine all ingredients in a blender with ice.
2. Blend until smooth

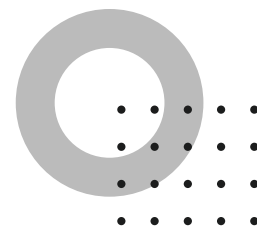
Ingredients

- ◆ 1 serving of chocolate protein powder
- ◆ 1 cup unsweetened chocolate almond milk
- ◆ 2 tbsp powdered peanut butter
- ◆ 1 tbsp unsweetened dark cocoa powder

Nutrition Snapshot (per serving)

- ◆ Calories 240
- ◆ Protein 29g
- ◆ Carbs 13g
- ◆ Fat 9g

Serves 1



Pineapple Chicken



Ingredients

- ◆ 1 lb skinless chicken breasts
- ◆ 1 cup water
- ◆ 4 tbsp low sodium teriyaki sauce
- ◆ 1 cup of fresh pineapple
- ◆ ¼ cup green onion, chopped
- ◆ 1 tbsp onion powder

Nutrition Snapshot

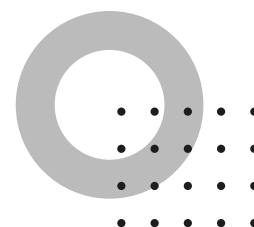
(per serving: 4 oz)

- ◆ Calories 180
- ◆ Protein 27g
- ◆ Carbs 13g
- ◆ Fat 2g

How to:

1. Place all ingredients in a baking dish.
2. Bake in oven at 350° for 1.5 hours or until chicken is tender and cooked through.

Serves 4



Chocolate Peanut Butter Overnight Oats



How to:

1. Mix oats, protein powder, unsweetened almond milk, vanilla together in a mason jar.
2. Add 1 tsp peanut butter in center
3. Seal with lid and put in refrigerator overnight.

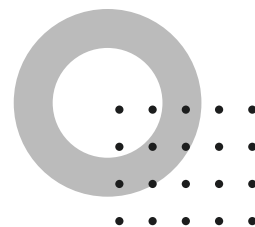
Ingredients

- ♦ 1/3 cup oats
- ♦ 1 serving chocolate protein powder
- ♦ 3/4 cup unsweetened almond milk
- ♦ 1/8 tsp vanilla
- ♦ 1 tsp peanut butter

Nutrition Snapshot (per serving)

- ♦ Calories 308
- ♦ Protein 29g
- ♦ Carbs 30g
- ♦ Fat 9g

Serves 1



Black Forest Smoothie



How to:

1. Combine all ingredients in blender with ice.
2. Blend until smooth.

*Red Fruit are rich in antioxidants that help fight free radical

Serves 1

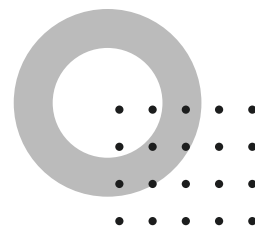


Ingredients

- ◆ 1 serving chocolate protein powder
- ◆ ½ cup frozen dark cherries
- ◆ ½ banana
- ◆ 1 cup unsweetened vanilla almond milk

Nutrition Snapshot (per serving)

- ◆ Calories 235
- ◆ Protein 22g
- ◆ Carbs 30g
- ◆ Fat 4g



Chicken Quesadilla



Ingredients

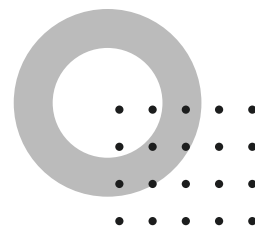
- ◆ 1 low carb tortilla
- ◆ 2 tbsp black bean and corn salsa
- ◆ 3 oz chicken cooked and diced
- ◆ ¼ cup spinach, chopped
- ◆ ¼ cup onions, diced
- ◆ ¼ cup peppers, diced
- ◆ ¼ cup mushrooms, diced
- ◆ ⅛ cup fat free mozzarella cheese

How to:

1. In a round skillet sprayed with non-stick cooking spray add tortilla, top with salsa.
2. Layer all ingredients on top and grill.
3. Fold tortilla over and flip on each side, continue to grill until shell is browned and cheese is melted.

Nutrition Snapshot (per serving)

- ◆ Calories 248
- ◆ Protein 35g
- ◆ Carbs 18g
- ◆ Fat 5g



Naked Burrito Bowls



How to:

1. Dice and grill chicken with hot sauce and seasoning.
2. Prepare rice as directed on box.
3. Grill veggies on stove, with 1 tsp. olive oil.
4. Place prepared rice in bowl, add chicken and veggies.
5. Top with salsa and avocado slices.

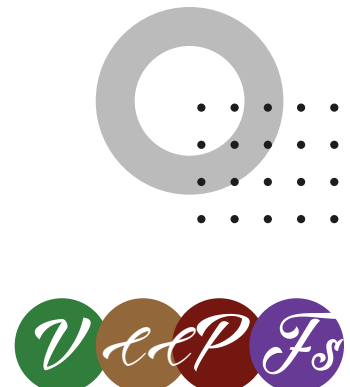
Ingredients

- ◆ 4 oz. shredded chicken or ground turkey (93-97% fat free)
- ◆ 1 tsp. hot sauce
- ◆ 1 tbsp. low sodium southwest chipotle seasoning
- ◆ 1 cup red, green & yellow peppers, diced
- ◆ ½ cup zucchini, sliced
- ◆ ¼ cup rice
- ◆ 2 tbsp. fresh salsa

Nutrition Snapshot (per serving)

- ◆ Calories 358
- ◆ Protein 32g
- ◆ Carbs 34g
- ◆ Fat 11g

Serves 1



Apple Pork Loin



How to:

1. Place pork loin in baking dish.
2. Add vinegar, applesauce and chicken broth.
3. Add the remaining ingredients and sliced apple on top.
4. Bake at 350° for 1 ½-2 hours until pork is tender.

Serves 4



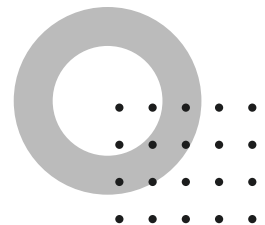
Ingredients

- ◆ 1 lb. lean pork tenderloin
- ◆ ¼ cup apple cider vinegar
- ◆ ½ cup unsweetened applesauce or homemade applesauce
- ◆ ½ cup low sodium chicken broth
- ◆ 1 tbsp. cinnamon

Nutrition Snapshot

(per serving: 4 oz)

- ◆ Calories 173
- ◆ Protein 24g
- ◆ Carbs 10g
- ◆ Fat 4g



Zucchini Ice Cream



Ingredients

- ◆ 2 cups frozen zucchini, peeled and diced
- ◆ 1 scoop protein powder - any flavor
- ◆ water or unsweetened almond milk

Nutrition Snapshot (per serving)

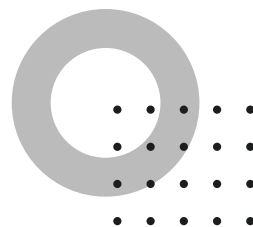
- ◆ Calories 150
- ◆ Protein 22g
- ◆ Carbs 8g
- ◆ Fat 4g

How to:

1. Add frozen zucchini to blender with 1 scoop protein powder.
2. Slowly add milk or water and blend until desired consistency.

Topping ideas: strawberries, banana, and Walden Farms chocolate syrup for a banana split, or 1/2 cup peanut butter quest bar chopped for a blizzard.

Serves 1



1 Minute Mug Cake



Ingredients

- ◆ 1 scoop protein powder
- ◆ 1 egg white
- ◆ 2 tbsp unsweetened almond milk
- ◆ 1 tsp unsweetened cocoa
- ◆ 1/2 tsp baking powder

Nutrition Snapshot

(per serving: Excludes toppings)

- ◆ Calories 146
- ◆ Protein 24g
- ◆ Carbs 5g
- ◆ Fat 4g

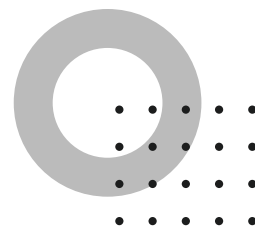
How to:

1. Spray a mug with cooking spray.
2. Mix all ingredients together until cake-like batter.
3. Cover with a paper towel and microwave 45 - 60 seconds.

Optional - Add 1 tsp. almond butter to the center. This would increase the calories.

Optional - Add Walden Farms chocolate or caramel syrup to the center before microwaving.

Serves 1



Stuffed Pepper Casserole



Ingredients

- ◆ 1 lb. ground chicken or turkey.
- ◆ 1/2 cup rice
- ◆ 2 cans no salt diced tomato
- ◆ 2 green peppers, diced
- ◆ 1 small onion, diced
- ◆ 1 tbsp. oregano
- ◆ 1 tbsp. garlic powder
- ◆ 1 tbsp. Italian seasoning

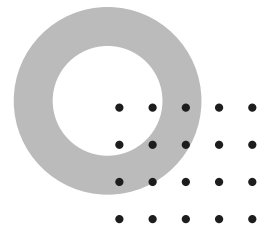
How to:

1. Preheat oven to 350.
2. Brown chicken or turkey in skillet and place in 9x13 baker that has been coated with nonstick spray.
3. Add tomatoes, rice, peppers, onions and seasonings.
4. Bake until veggies and rice for approximately 20-25 min.

Serve with a side salad.

Nutrition Snapshot (per serving)

- ◆ Calories 271
- ◆ Protein 31g
- ◆ Carbs 32g
- ◆ Fat 2g
- ◆ Sugar 13g



Serves 4



Orange Chicken



Ingredients

- ◆ 16 oz. chicken breasts
- ◆ 2 large red peppers, cut in large squares
- ◆ 1 tbsp. olive oil
- ◆ 1 onion, cut in large squares
- ◆ 1 tbsp. red pepper flakes
- ◆ 1 tbsp. garlic powder
- ◆ 3 tbsp. Walden Farms orange marmalade jelly or G Hughes orange ginger sauce.

How to:

1. Dice chicken and saute in olive oil until fully cooked.
2. Add seasonings, red peppers, onion and saute until veggies are tender.
3. Stir in orange marmalade until is coated.

Nutrition Snapshot (per serving)

- ◆ Calories 186
- ◆ Protein 28g
- ◆ Carbs 9g
- ◆ Fat 5g
- ◆ Sugar 5g

Serves 4



Banana Cream Pudding



Ingredients

- ◆ 1/2 cup low-fat cottage cheese (blended)
- ◆ 3 oz. Greek yogurt
- ◆ 1/2 banana
- ◆ 1 tbsp. nut butter
- ◆ 1/4 cup sugar free cool whip
- ◆ 2 tbsp. Bear Naked vanilla almond granola

How to:

1. Blend cottage cheese, nut butter and yogurt together.
2. In a parfait glass or bowl layer granola on bottom, add 1/2 yogurt mixture, next a layer of sliced banana, Add the rest of yogurt mixture and top with cool whip.
3. Enjoy!

Nutrition Snapshot (per serving)

- ◆ Calories 174
- ◆ Protein 8g
- ◆ Carbs 20g
- ◆ Fat 8g

Serves 1

