

Meals	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Breakfast	Strawberry Shakeo	Wheat English Muffin w/ Natural PB, egg whites & turkey bacon	Overnight Oats & Turkey bacon	Wheat English Muffin w/ Natural PB, egg whites & turkey bacon	Overnight Oats & Turkey Bacon	Wheat English Muffin w/ Natural PB, egg whites & turkey bacon	Strawberry Shakeo
Snack	Cheese stick & fruit	Cheese stick & fruit	Cheese stick	Cheese stick & fruit	Cheese stick	Cheese stick & fruit	Cheese stick & fruit
Lunch	Tuna Avocado Wrap	Grilled Chicken Guac Chopped Salad	Grilled Chicken Guac Chopped Salad	Greek Pita	Greek Pita	Greek Pita	Tuna Avocado Wrap
Dinner	Turkey Taco Boats	Turkey Taco Boats	Turkey Taco Boats	Grilled/ Baked Salmon, Asparagus & Quinoa	Grilled/ Baked Salmon, Asparagus & Quinoa	Grilled/ Baked Salmon, Asparagus & Quinoa	Grilled/ Baked Salmon, Asparagus & Quinoa
Snack	Nuts	Strawberry Shakeo	Strawberry Shakeo	Strawberry Shakeo	Strawberry Shakeo	Strawberry Shakeo	Nuts

Groceries

Eggs Whites
 Turkey bacon
 Turkey sausage
 Rolled oats
 Unsweetened almond milk
 Fruit (your favorite kind!)
 Whole wheat english muffins
 Natural Peanut Butter
 Cheese sticks
 Ground turkey
 Avocados
 Plain Greek yogurt
 Pita bread
 Low fat Feta cheese
 Cherry tomatoes
 Red onions
 Salmon
 Asparagus
 Quinoa

Sweet Potatoes
Canned tuna in water
Flat outs
Nuts (almonds, peanuts, etc.)
Spinach
Red Onion
Balsamic vinegar
Cucumber
Light mayo
Limes
Cumin
Coriander
Olive oil
Boneless chicken breasts
Chili powder
Iceberg lettuce
Garlic cloves
Jalapeno chile
Crumbled queso fresco cheese
Fresh cilantro leaves
Green onions

Recipes

Overnight Oats

⅓ cup rolled oats
½ cup unsweetened almond milk
Handful of your favorite fruit

1. Combine all ingredients in mason jar DO NOT MIX
2. Let sit overnight
3. Mix together the next morning
4. Enjoy!

Turkey Taco Boats

1 lb ground turkey
2 - 3 avocados
Various fixings (peppers, onions, tomatoes, etc.)
Taco seasoning (low sodium or Mrs. Dash packets OR homemade)
Handful of lettuce and/or spinach
Plain greek yogurt (in place of sour cream)

1. Cook ground turkey and add seasoning
2. Cut avocados in half, take out seed
3. Add cooked meat to middle of avocados
4. Add fixings on top
5. Enjoy

Greek Pita

4 Whole wheat pita bread
½ red onion
1 small cucumber
Little of low fat feta cheese
Handful cherry tomatoes
Handful of spinach
Half lemon
Pinch of oregano, sea salt and freshly ground black pepper
1 tbsp olive oil
1 tbsp red wine vinegar, balsamic vinegar

1. Chop cucumbers, tomatoes, onion and toss feta cheese in bowl
2. Add spinach
3. Squeeze juice of lemon into bowl
4. Add olive oil and vinegar
5. Add oregano, pinch of sea salt and freshly ground black pepper
6. Mix well and pour over salad
7. Toast pitas and fill
8. Enjoy!

Tuna Avocado Wrap

1 can of tuna in water, drained
1 whole wheat flat out
1 celery stalk, chopped
¼ avocado
¼ onion, chopped
3 tbsp light mayo or plain greek yogurt
½ cup baby spinach

1. Mix all ingredients together
2. Place spinach on flat out
3. Add tuna mix
4. Enjoy!

Grilled Chicken Guac Chopped Salad

2 boneless skinless chicken breasts
½ cup olive oil
1 tsp sea salt
1 tsp chili powder
½ tsp ground cumin
½ tsp ground coriander
4 firm ripe avocados, halved, pitted and peeled
6 green onions
3 tbsp fresh lime juice
1 tbsp finely chopped jalapeno chile
5 cups iceberg lettuce

1 cup cherry tomatoes, halved
½ cup crumbled queso fresco cheese
¼ cup finely chopped fresh cilantro leaves
2 garlic cloves, chopped

1. Turn on indoor foreman grill, rub chicken breasts with 2 tsp olive oil, ½ tsp sea salt, chili powder, cumin and coriander
2. Place chicken on grill, turning once and cook until done
3. Let sit for 5 minutes then dice
4. Brush avocados and green onions with 2 tbsp olive oil
5. Place avocados cut side down on grill and cook for 5 to 10 minutes, turning once, wait for grill marks, grill green onions 30 to 60 seconds until you see grill marks, turning once
6. Transfer avocados and green onions on cutting board and slice away (after cooled)
7. In medium bowl, mix remaining olive oil, lime juice

Grilled/Baked Salmon with Asparagus, Quinoa or Sweet Potato

1 filet salmon
Handful asparagus
Quinoa (measurements from jar)
1 tbsp olive oil
Pinch of fresh ground black pepper
1 garlic clove, finely chopped

1. Heat indoor foreman grill
2. Brush salmon with olive oil and season with freshly ground black pepper and a little bit of garlic clove
3. Place salmon on grill and cook until done
4. Toss asparagus with olive oil and garlic, sauté in pan and cook until done
5. Cook Quinoa according to package details
6. If you are having a sweet potato, place in oven and cook for 30 or so minutes on 350 (depending on your oven for both time and temperature)
7. Enjoy!