



Flexible Meal Plan

RIGID MEAL PLANS AREN'T FOR EVERYONE. IF YOU JUST NEED SOME INSPIRATION FOR COMPLETE MEALS THAT ARE GREAT FOR GUT AND BRAIN HEALTH HERE IT IS! ADD THREE TO FOUR FROM EACH CATEGORY TO THIS MONTHS ROTATION!

BREAKFAST

You Choose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



CUCUMBER KALE AVOCADO SMOOTHIE

INGREDIENTS: AVOCADO, CUCUMBER, APPLE, KALE, VANILLA PROTEIN POWDER, MCT OIL (OR COCONUT OIL).

CALORIES = 420
CARBOHYDRATE = 16 G
FAT = 28 G
PROTEIN = 26 G



KIWI OATMEAL

INGREDIENTS: COOKED STEEL CUT OATMEAL (1/2 CUP UNCOOKED) WITH COCONUT MILK (1 CUP), ALMOND BUTTER (1 TBSP), HEMP SEEDS (1 TBSP), SLICED KIWI (1 SMALL).

CALORIES = 425
CARBOHYDRATE = 42 G
FAT = 22.5 G
PROTEIN = 13.5 G



SPINACH AND TOMATO OMELETTE OR EGG SCRAMBLE

INGREDIENTS: EGGS (THREE), SLICED TOMATO (1/4 CUP), SPINACH (1/2 CUP), HERBED GOAT CHEESE (1 OZ).

CALORIES = 325
CARBOHYDRATE = 4.5 G
FAT = 23 G
PROTEIN = 25 G



HARD BOILED EGGS AND TOAST

INGREDIENTS: SPROUTED GRAIN TOAST (1 SLICE), SLICED HARD BOILED EGGS (TWO), MASHED OR SLICED AVOCADO (1/2 MEDIUM).

CALORIES = 380
CARBOHYDRATE = 23.5 G
FAT = 24 G
PROTEIN = 18 G



GREEK YOGURT AND BERRIES

INGREDIENTS: PLAIN GREEK OR COCONUT YOGURT (1 CUP), SLICED ALMONDS (1 TBSP), CHIA SEEDS (1 TBSP), BERRIES OF CHOICE (1/4 CUP).

CALORIES = 370
CARBOHYDRATE = 23.5 G
FAT = 20.5 G
PROTEIN = 23.5 G



WESTERN SCRAMBLED EGGS

INGREDIENTS: EGGS (TWO), CHOPPED BELL PEPPER (1/4 CUP), CHOPPED YELLOW ONION (1/4 CUP), CHEDDAR CHEESE (1 OZ), BLACK BEANS (1/4 CUP), GARLIC, BLACK PEPPER.

CALORIES = 325
CARBOHYDRATE = 13.5 G
FAT = 18 G
PROTEIN = 27 G



GREEN SMOOTHIE

INGREDIENTS: FROZEN MANGO, FROZEN PEACHES, KALE, ALMOND MILK, FRESH GINGER, CINNAMON, HONEY.

CALORIES = 224
CARBOHYDRATE = 43.5 G
FAT = 5.5 G
PROTEIN = 5 G



COCONUT FLOUR PANCAKES

INGREDIENTS: COCONUT FLOUR, EGGS, OLIVE OIL, MAPLE SYRUP, BAKING POWDER, VANILLA EXTRACT, SEA SALT. TOP WITH BERRIES.

CALORIES = 96 (PER PANCAKE)
CARBOHYDRATE = 3 G
FAT = 7 G
PROTEIN = 3 G

LUNCH

You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



SHREDDED CHICKEN SALAD

INGREDIENTS: SHREDDED CHICKEN (4 OZ), MIXED GREENS (2 CUPS), CHOPPED WALNUTS (1 TBSP), CHERRY TOMATOES, RED ONION BLUEBERRIES (1/4 CUP EACH), OLIVE OIL (1 TBSP), LEMON JUICE, SALT, PEPPER.

CALORIES = 380
CARBOHYDRATE = 15 G
FAT = 27.5 G
PROTEIN = 19 G



SMOKED SALMON TOAST

INGREDIENTS: SPROUTED GRAIN TOAST (1 SLICE), GOAT CHEESE (1 OZ), SMOKED SALMON (3 OZ), PARSLEY, CAPERS. SERVE WITH A PEAR (1 MEDIUM).

CALORIES = 395
CARBOHYDRATE = 43 G
FAT = 13 G
PROTEIN = 26 G



WATERCRESS SALAD

INGREDIENTS: WATERCRESS (2 CUPS), SLICED RADISHES (1/4 CUP), SLICED GREEN APPLE (1/2 MEDIUM), CHOPPED WALNUTS (1 TBSP), AND BAKED CHICKEN (4 OZ). SERVE WITH DRESSING OF CHOICE (CALORIES FROM DRESSING NOT INCLUDED).

CALORIES = 275
CARBOHYDRATE = 20 G
FAT = 13.5 G
PROTEIN = 19 G



YOGURT GRANOLA BOWL

INGREDIENTS: FULL FAT PLAIN GREEK YOGURT (1 CUP), PALEO GRANOLA (2 TBSP), UNSWEETENED COCONUT SHREDS (1 TBSP), CACAO NIBS (1TBSP), SLICED PEACHES (1 SMALL)

CALORIES = 440
CARBOHYDRATE = 32 G
FAT = 25 G
PROTEIN = 22 G



MEDITERRANEAN WRAP

INGREDIENTS: SPROUTED GRAIN OR GRAIN FREE WRAP (1 WRAP), HUMMUS (2 TBSP), FETA (1 TBSP), KALAMATA OLIVES (1 TBSP), SLICED RED ONION (1/8 CUP), CUCUMBER (1/4 CUP), PARSLEY, SLICED RED PEPPER (1/4 CUP).

CALORIES = 330
CARBOHYDRATE = 32 G
FAT = 14.5 G
PROTEIN = 16 G



SMOKED SALMON SALAD

INGREDIENTS: ARUGULA OR MIXED GREENS (2 CUPS), SMOKED SALMON (3 OZ), CHOPPED CHERRY TOMATOES, SPROUTS, GREEN ONIONS (1/4 CUP EACH), OLIVE OIL (1TBSP), LEMON, SALT, PEPPER.

CALORIES = 270
CARBOHYDRATE = 6 G
FAT = 18 G
PROTEIN = 17 G



TURKEY AVOCADO WRAP

INGREDIENTS: SLICED ORGANIC TURKEY (3 SLICES), SPROUTED GRAIN OR GRAIN FREE WRAP (1 WRAP), AVOCADO (1 MEDIUM), ARUGULA (1 CUP), SLICED TOMATO (1/4 CUP), SLICED RED ONION (1/4 CUP).

CALORIES = 355
CARBOHYDRATE = 31.5 G
FAT = 15.5 G
PROTEIN = 23 G



HARD BOILED EGG SALAD

INGREDIENTS: ARUGULA (2 CUPS), HARD BOILED EGGS (TWO), BLUEBERRIES, RED ONION, SPROUTS (1/4 CUP EACH), PARSLEY, MOZZARELLA (1 OZ), OLIVE OIL MIXED WITH DIJON MUSTARD (1 TBSP EACH).

CALORIES = 385
CARBOHYDRATE = 14 G
FAT = 27 G
PROTEIN = 19 G

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



PESTO PASTA WITH SHRIMP

INGREDIENTS: COOKED LENTIL PASTA (1 CUP), SAUTÉED SHRIMP (4 OZ) IN PESTO SAUCE (1 TBSP), STEAMED BROCCOLI (1 CUP).

CALORIES = 470
CARBOHYDRATE = 39 G
FAT = 15 G
PROTEIN = 45 G



BAKED SALMON AND ASPARAGUS (SERVE WITH BAKED SQUASH)

INGREDIENTS: SALMON FILETS, ASPARAGUS, SALT, PEPPER, OLIVE OIL, LEMON, BUTTER, GARLIC, PARSLEY. SERVE WITH BAKED BUTTERNUT OR ACORN SQUASH (1/4 CUP).

CALORIES = 400
CARBOHYDRATE = 17 G
FAT = 29 G
PROTEIN = 19 G



TACO BOWL

INGREDIENTS: COOKED BROWN RICE (1/2 CUP COOKED) TOPPED WITH COOKED GROUND BEEF OR CHICKEN (4 OZ), CANNED CORN, BLACK BEANS, CHOPPED TOMATO, CHOPPED RED ONION, CHOPPED GREEN PEPPER, GREEK YOGURT (1/2 CUP EACH), SHREDDED CHEESE (OPTIONAL).

CALORIES = 455
CARBOHYDRATE = 46 G
FAT = 12.5 G
PROTEIN = 35 G



LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS

INGREDIENTS: SKINLESS BONELESS CHICKEN THIGHS, GREEN BEANS, BUTTER, GARLIC, PAPRIKA, ONION POWDER, SALT, PEPPER, LEMON, CHICKEN STOCK, HOT SAUCE, CRUSHED RED CHILI PEPPER, PARSLEY.

CALORIES = 615
CARBOHYDRATE = 17.5 G
FAT = 45 G
PROTEIN = 36 G



SHEET PAN STEAK TIPS AND VEGGIES

INGREDIENTS: BALSAMIC VINEGAR, GARLIC, ROSEMARY, SEA SALT, PEPPER, DIJON MUSTARD, OLIVE OIL, SIRLOIN STEAK TIPS, RED ONION, BABY POTATOES, RED BELL PEPPER, ASPARAGUS, ZUCCHINI, AVOCADO OIL.

CALORIES = 368
CARBOHYDRATE = 21 G
FAT = 21.4 G
PROTEIN = 27 G



BEEF STIR FRY

INGREDIENTS: SKIRT STEAK, BLACK PEPPER, SOY SAUCE, CHILE PEPPER, LIME JUICE, OLIVE OIL, GARLIC, SCALLIONS, MUSHROOMS, SNOW PEAS, CANNED BABY CORN, BELL PEPPER. OMIT SUGAR.

CALORIES = 440
CARBOHYDRATE = 19 G
FAT = 22 G
PROTEIN = 41 G



GROUND TURKEY SKILLET

INGREDIENTS: ZUCCHINI, GROUND TURKEY, CHOPPED ONION, TOMATO PASTE, BLACK BEANS, FRESH OR FROZEN CORN KERNELS, DICED JALAPENO (OPTIONAL), GARLIC, CILANTRO, CUMIN, SALT, LIME (OPTIONAL).

CALORIES = 266
CARBOHYDRATE = 22.5 G
FAT = 8.5 G
PROTEIN = 28 G



EASY FISH TACOS

INGREDIENTS: GREEN CABBAGE, RED ONION, SOUR CREAM, LIME, SALT, TILAPIA FILLETS, CAYENNE PEPPER, GARLIC POWDER, CUMIN, SALT, PEPPER, CORN TORTILLAS, CILANTRO.

CALORIES = 280
CARBOHYDRATE = 30 G
FAT = 8 G
PROTEIN = 24 G