



Sample Meal Plan

Created by Supreme Nutrition and Wellness



Sample Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Maple Protein Oatmeal with Blueberries	Maple Lentil Breakfast Sausages	Maple Protein Oatmeal with Blueberries	Plain Omelette	Yogurt & Berries	Rice Cakes, Avocado & Hummus	Goat Cheese, Egg & Veggie Tart
Lunch	Scrambled Egg Whites with Tomato & Asparagus	One Pan Chicken Thighs, Fennel & Potatoes	Blackened Chicken with Rice & Broccoli	One Pan Bacon, Eggs & Brussels Sprouts	Haddock, Broccoli & Quinoa	One Pot Turkey, Cabbage & Mushrooms	Chicken Caesar Salad Wraps
Dinner	One Pan Chicken Thighs, Fennel & Potatoes	Blackened Chicken with Rice & Broccoli	One Pan Mustard Cabbage & Salmon	Za'atar Salmon with Spiced Couscous	Salmon, Veggie & Egg Bowl	One Pan Orange Chicken Thighs & Cabbage	Green Curry Salmon & Rice

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1173	Calories 1335	Calories 1157	Calories 1219	Calories 1138	Calories 1209	Calories 1486
Fat 33g	Fat 38g	Fat 35g	Fat 63g	Fat 44g	Fat 77g	Fat 74g
Carbs 136g	Carbs 166g	Carbs 122g	Carbs 79g	Carbs 82g	Carbs 64g	Carbs 114g
Fiber 20g	Fiber 30g	Fiber 13g	Fiber 11g	Fiber 14g	Fiber 20g	Fiber 10g
Sugar 45g	Sugar 31g	Sugar 45g	Sugar 8g	Sugar 25g	Sugar 20g	Sugar 11g
Protein 87g	Protein 88g	Protein 91g	Protein 86g	Protein 103g	Protein 76g	Protein 93g
Cholesterol 354mg	Cholesterol 215mg	Cholesterol 390mg	Cholesterol 1039mg	Cholesterol 568mg	Cholesterol 293mg	Cholesterol 301mg
Sodium 1483mg	Sodium 905mg	Sodium 1305mg	Sodium 886mg	Sodium 1513mg	Sodium 740mg	Sodium 1640mg
Vitamin A 4686IU	Vitamin A 1800IU	Vitamin A 1891IU	Vitamin A 3513IU	Vitamin A 6070IU	Vitamin A 1009IU	Vitamin A 1332IU
Vitamin C 74mg	Vitamin C 128mg	Vitamin C 130mg	Vitamin C 140mg	Vitamin C 184mg	Vitamin C 118mg	Vitamin C 233mg
Calcium 545mg	Calcium 230mg	Calcium 475mg	Calcium 287mg	Calcium 767mg	Calcium 213mg	Calcium 126mg
Iron 11mg	Iron 13mg	Iron 6mg	Iron 10mg	Iron 9mg	Iron 7mg	Iron 7mg

Sample Meal Plan

61 items

Fruits

- 1 Avocado
- 1 1/2 cups Blueberries
- 3/4 Lemon
- 1 tbsp Lemon Juice
- 1 tbsp Lime Juice
- 1 Navel Orange

Breakfast

- 3 tbsps Maple Syrup
- 4 Plain Rice Cake

Seeds, Nuts & Spices

- 1 tsp Cajun Seasoning
- 1 1/2 tpsps Cinnamon
- 1/2 tsp Dried Basil
- 1 tsp Garlic Powder
- 3/4 tsp Ground Sumac
- 1 1/2 tpsps Harissa
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Za'atar Spice

Frozen

- 1 cup Frozen Berries

Vegetables

- 1 cup Asparagus
- 2 cups Bok Choy
- 2 cups Broccoli
- 1 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1 bulb Fennel
- 2 tbsps Fresh Dill
- 2 1/2 Garlic
- 6 cups Green Cabbage
- 1 stalk Green Onion
- 1 cup Mini Potatoes
- 2 tbsps Parsley
- 3 Red Potato
- 1 tbsp Thyme
- 1 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Rice
- 1 cup Canned Coconut Milk
- 1/2 cup Chicken Broth, Low Sodium
- 1/2 cup Israeli Couscous
- 1/2 cup Jasmine Rice

Baking

- 1 1/2 cups Oats
- 2 1/2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 10 ozs Chicken Thighs
- 1 1/2 lbs Chicken Thighs With Skin
- 2 tbsps Feta Cheese
- 2 3/4 lbs Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Avocado Oil
- 1 tsp Coconut Oil
- 2 2/3 tbsps Extra Virgin Olive Oil
- 2 tpsps Fish Sauce
- 2 tbsps Green Curry Paste
- 2 tbsps Sauerkraut
- 1 tbsp Whole Grain Mustard

Cold

- 1 tbsp Butter
- 3 cups Cow's Milk, Whole
- 13 Egg
- 1 cup Egg Whites
- 1/2 cup Hummus
- 1 cup Plain Greek Yogurt

Other

- 1 cup Water

Maple Protein Oatmeal with Blueberries

8 ingredients · 15 minutes · 3 servings



Directions

1. In a saucepan over medium heat, add the oats, milk, butter, maple syrup, cinnamon, and salt. Bring to a low boil then reduce the heat to a simmer. Continuously stir as the oats thicken.
2. After a few minutes, slowly add the egg while quickly stirring so that it blends well. Keep stirring until the oatmeal is creamy and fluffy.
3. Add to a bowl and top with blueberries. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Dairy-Free

Use any milk alternative and coconut oil instead of butter.

No Blueberries

Use blackberries, strawberries, or raspberries.

Ingredients

- 1 1/2 cups Oats
- 3 cups Cow's Milk, Whole (Whole)
- 1 tbsp Butter
- 3 tbsps Maple Syrup
- 1 1/2 tsps Cinnamon
- 1/3 tsp Sea Salt
- 3 Egg (whisked)
- 1 1/2 cups Blueberries

Nutrition

Amount per serving

Calories	505	Cholesterol	221mg
Fat	19g	Sodium	477mg
Carbs	65g	Vitamin A	827IU
Fiber	7g	Vitamin C	7mg
Sugar	32g	Calcium	364mg
Protein	20g	Iron	3mg

Plain Omelette

3 ingredients · 10 minutes · 2 servings



Directions

1. Whisk the eggs in a small bowl and season with salt and pepper to taste.
2. Heat the oil in a pan over medium heat. Add the eggs and cook until almost set. Fold in half and transfer the omelette to a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add shredded cheese, tomatoes, salsa, avocado, black beans, or cooked veggies.

Ingredients

- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 2 **tsps** Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	254	Cholesterol	558mg
Fat	19g	Sodium	213mg
Carbs	1g	Vitamin A	810IU
Fiber	0g	Vitamin C	0mg
Sugar	1g	Calcium	84mg
Protein	19g	Iron	3mg

Yogurt & Berries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Nutrition

Amount per serving

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 2 servings



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes

Use crackers or tortillas instead.

Ingredients

- 4 Plain Rice Cake
- 1/2 cup Hummus
- 1 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	376	Cholesterol	0mg
Fat	26g	Sodium	274mg
Carbs	32g	Vitamin A	161IU
Fiber	11g	Vitamin C	10mg
Sugar	1g	Calcium	43mg
Protein	8g	Iron	2mg

Scrambled Egg Whites with Tomato & Asparagus

6 ingredients · 10 minutes · 1 serving



Directions

1. In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the asparagus until fork tender, about three minutes. Drain any excess water and set aside.
2. Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and move them around with a spatula continuously until fluffy and cooked through, about three minutes.
3. Add the eggs to a plate with the remaining ingredients. Season with dried basil and salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a splash of balsamic vinegar.

Additional Toppings

Add toast, avocado, cheese, or sauerkraut.

Make it Vegan

Use tofu instead of egg whites.

No Non-Stick Pan

Use your choice of oil as needed.

Ingredients

- 3/4 cup Water (divided)
- 1 cup Asparagus (trimmed)
- 1 cup Egg Whites
- 1 Tomato (sliced)
- 1/2 tsp Dried Basil
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	172	Cholesterol	0mg
Fat	1g	Sodium	752mg
Carbs	11g	Vitamin A	2676IU
Fiber	4g	Vitamin C	25mg
Sugar	4g	Calcium	80mg
Protein	31g	Iron	4mg

One Pan Chicken Thighs, Fennel & Potatoes

6 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Place the chicken thighs, potatoes, and fennel on a baking sheet. Add the oil and season with garlic powder, salt, and pepper. Bake in the oven for 30 minutes, until browned. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two chicken thighs, 3/4 cup of potatoes, and one cup of fennel.

More Flavor

Add fresh lemon juice, dill, and yogurt.

Ingredients

- 10 ozs Chicken Thighs (boneless)
- 3 Red Potato (medium, chopped)
- 1 bulb Fennel (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	496	Cholesterol	133mg
Fat	13g	Sodium	254mg
Carbs	60g	Vitamin A	1183IU
Fiber	9g	Vitamin C	42mg
Sugar	9g	Calcium	101mg
Protein	36g	Iron	4mg

Blackened Chicken with Rice & Broccoli

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
3. Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
4. Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
5. To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder.

No Chicken Breast

Use chicken thighs, fish fillets, or pork chops instead.

No Brown Rice

Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.

Ingredients

- 1/2 cup Brown Rice (dry)
- 8 ozs Chicken Breast
- 1 tsp Cajun Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Avocado Oil
- 2 cups Broccoli (cut into florets)
- 1/4 Lemon (cut into wedges, optional)

Nutrition

Amount per serving

Calories	369	Cholesterol	82mg
Fat	8g	Sodium	643mg
Carbs	42g	Vitamin A	601IU
Fiber	4g	Vitamin C	83mg
Sugar	2g	Calcium	53mg
Protein	32g	Iron	2mg

One Pan Mustard Cabbage & Salmon

8 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the lemon juice, honey, mustard, salt, and pepper. Brush the top of the salmon with 1/4 of the mustard mixture and set aside.
3. Add the cabbage to the bowl and toss to combine. Transfer the cabbage to the baking sheet, season with thyme, and bake in the oven for 20 minutes, shaking halfway through.
4. Remove the baking sheet from the oven. Place the salmon onto the baking sheet and bake for another 14 to 15 minutes or until cooked through.
5. Divide the cabbage and salmon evenly between plates. Top with dill and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of cabbage and one salmon fillet.

No Dill

Omit or use parsley instead.

Ingredients

- 1/2 Lemon (medium, juiced)
- 1 **tbsp** Raw Honey
- 1 **tbsp** Whole Grain Mustard
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Green Cabbage (chopped)
- 1 **tbsp** Thyme
- 12 **ozs** Salmon Fillet
- 2 **tbsps** Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	283	Cholesterol	87mg
Fat	8g	Sodium	185mg
Carbs	15g	Vitamin A	463IU
Fiber	2g	Vitamin C	40mg
Sugar	11g	Calcium	58mg
Protein	39g	Iron	1mg

Za'atar Salmon with Spiced Couscous

12 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a rimmed baking sheet with parchment paper.
2. Place the tomatoes, garlic, green onions, and harissa on one half of the baking sheet and gently toss to coat. Place the salmon fillets on the other half. Season with the za'atar and sumac, rubbing them in well to the salmon.
3. Drizzle everything with the oil and lemon juice. Cook in the oven for 15 to 20 minutes or until the salmon flakes apart with a fork.
4. Meanwhile, cook the couscous according to the package directions. Drain and set aside.
5. In a serving dish, combine the couscous with the tomato mixture, feta, and parsley. Stir to coat. Serve the salmon over the couscous and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size

One serving is equal to approximately one cup of couscous with salmon.

More Flavor

Once cooked, chop the salmon and mix it with the couscous mixture.

Ingredients

- 1 cup Cherry Tomatoes (halved)
- 1/2 Garlic (clove, finely chopped)
- 1 stalk Green Onion (chopped)
- 1 1/2 tsps Harissa
- 11 1/2 ozs Salmon Fillet (skinless)
- 3/4 tsp Za'atar Spice
- 3/4 tsp Ground Sumac
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/2 cup Israeli Couscous (dry)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Parsley (finely chopped)

Nutrition

Amount per serving

Calories	448	Cholesterol	91mg
Fat	17g	Sodium	286mg
Carbs	32g	Vitamin A	1485IU
Fiber	3g	Vitamin C	23mg
Sugar	3g	Calcium	83mg
Protein	43g	Iron	2mg

Salmon, Veggie & Egg Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Add the potatoes to a baking sheet. Toss with 1/3 of the oil, salt, and pepper to taste.
2. Bake in the oven for 15 minutes. Remove from the oven, toss the potatoes, and add the salmon fillets to the same baking sheet. Bake for 15 minutes more or until the potatoes are tender and the salmon is cooked through.
3. Meanwhile, heat the remaining oil in a pan over medium heat. Add the bok choy, stir for a minute, then add the water. Cook for five minutes, then add the eggs. Scramble until desired doneness.
4. Evenly divide the potatoes, salmon, egg, and bok choy between bowls. Top with sauerkraut and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic powder and onions.

Additional Toppings

Microgreens.

Ingredients

- 1 cup Mini Potatoes (halved)
- 1 tbsp Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Salmon Fillet
- 2 cups Bok Choy (finely chopped)
- 2 tbsps Water
- 4 Egg (whisked)
- 2 tbsps Sauerkraut

Nutrition

Amount per serving

Calories	422	Cholesterol	430mg
Fat	22g	Sodium	339mg
Carbs	16g	Vitamin A	3854IU
Fiber	3g	Vitamin C	48mg
Sugar	2g	Calcium	153mg
Protein	40g	Iron	4mg

One Pan Orange Chicken Thighs & Cabbage

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. Season the cabbage and chicken thighs all over with salt and pepper. Arrange the cabbage into an oven-safe pan. Top with orange slices and chicken thighs.
3. In a bowl, whisk together the broth, honey, and garlic. Pour the mixture over the chicken and bake in the oven for 40 to 45 minutes or until the cabbage is tender and the chicken is cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one chicken thigh and one cup of cabbage.

More Flavor

Add thyme and red onion.

Additional Toppings

Top with chopped parsley or dill.

Ingredients

- 4 cups Green Cabbage (sliced into wedges)
- 1 1/2 lbs Chicken Thighs with Skin (bone-in)
- Sea Salt & Black Pepper (to taste)
- 1 Navel Orange (medium, sliced)
- 1/2 cup Chicken Broth, Low Sodium
- 1 1/2 tbsps Raw Honey
- 2 Garlic (clove, sliced)

Nutrition

Amount per serving

Calories	445	Cholesterol	167mg
Fat	29g	Sodium	163mg
Carbs	17g	Vitamin A	306IU
Fiber	3g	Vitamin C	54mg
Sugar	12g	Calcium	66mg
Protein	30g	Iron	2mg

Green Curry Salmon & Rice

11 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Preheat the oven to 375°F (190°C).
3. Heat a large oven-safe pan over medium heat and melt the oil. Add the onions and peppers and cook for three minutes or until just starting to soften.
4. Add the coconut milk, curry paste, fish sauce, and lime juice. Stir to combine.
5. Nestle the salmon into the skillet and season with salt and pepper. Transfer to the oven and bake for ten to 13 minutes or until cooked through. The timing will depend on the thickness of your fillet(s).
6. Divide the rice and salmon mixture into bowls or plates and top with cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of rice, 1/2 cup of veggies, and one salmon fillet.

More Flavor

Add minced ginger and garlic after cooking the onion and peppers.

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 1 tsp Coconut Oil
- 1/2 Yellow Onion (medium, thickly sliced)
- 1 Yellow Bell Pepper (medium, thickly sliced)
- 1 cup Canned Coconut Milk
- 2 tbsps Green Curry Paste
- 2 tbsps Fish Sauce
- 1 tbsp Lime Juice
- 12 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cilantro (finely chopped)

Nutrition

Amount per serving

Calories	681	Cholesterol	87mg
Fat	33g	Sodium	1028mg
Carbs	54g	Vitamin A	533IU
Fiber	4g	Vitamin C	173mg
Sugar	5g	Calcium	45mg
Protein	44g	Iron	3mg