

# THRIVEWELL

## WEEKLY MEAL PLAN

### Breakfast

### Lunch

### Dinner

**Mon**

fasting/chia seed  
pudding  
chia seeds, coconut  
milk, protein powder,  
cacao powder

tuna lettuce wraps  
shredded carrots  
tessemae dressing

lime garlic shrimp  
cauliflower rice  
chopped bell  
peppers

**Tue**

fasting/almond milk  
yogurt  
protein powder  
chia seeds

mixed greens  
leftover shrimp  
shredded carrots  
avocado  
hemp seeds  
Tessemae dressing

bone broth Banza  
noodles  
pesto  
frozen peas  
chopped broccoli

**Wed**

fasting/Ice water,  
protein powder,  
chia seeds  
spirulina, collagen

hard boiled egg  
salad w/ spicy  
mayo, shredded  
carrots, mixed  
greens, olive oil,  
S&P

fried rice- banza  
rice, scrambled egg,  
peas, chopped  
broccoli, shredded  
carrots, cauliflower  
rice, coconut aminos,  
garlic, S&P

**Thu**

fasting/chia seed  
pudding, chia  
seeds, coconut  
milk, protein  
powder, cacao

leftover fried rice

blackened salmon  
mixed greens,  
avocado, tomatoes,  
chopped cucumber

**Fri**

fasting/almond  
milk yogurt  
protein powder  
chia seeds

hard boiled eggs,  
shredded carrots,  
mixed greens  
salad, tessemae  
dressing

burger in a bowl  
romaine lettuce,  
grape tomatoes,  
pickles, ground  
turkey, avocado

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## WEEKLY MEAL PLAN

### Breakfast

### Lunch

### Dinner

**Sat**

fasting/ice water,  
protein powder, chia  
seeds  
spirulina, collagen

leftover salmon and  
avocado lettuce  
cups. add side  
mixed greens with  
favorite dressing

buffalo  
chicken/turkey-  
spaghetti squash  
mix in frozen  
spinach. use Primal  
kitchen buffalo  
sauce. grilled  
chicken

**Sun**

fasting/Birchbenders  
waffle w/ almond  
butter

mixed greens  
tuna pack  
shredded carrots  
Tessemæe dressing

mexican zucchini  
boats- chicken or  
turkey, tri colored  
peppers, black beans

# THRIVEWELL

## GROCERY LIST

Most of these items can be found at Kroger or Amazon

### produce

mixed greens  
shredded carrots (2-4 bags)  
Tessemae dressing  
yellow onion (1-2)  
bell peppers (4-6)  
yellow squash (4-6)

Frozen or fresh cauliflower rice (3-6 bags)  
avocado (2)  
organic pear  
figs dried or fresh (2-4)  
organic cucumbers (2-3)  
organic mini potatoes

### frozen

Birchbenders waffles  
frozen organic peas  
(2 small bags or 1 large)

fresh spinach (1 bag frozen or fresh)  
chopped frozen broccoli (2 bags)

broccoli fresh or frozen (large bag or 2 heads)  
cauliflower rice frozen or fresh (3-6 bags)

### meat/ seafood

tuna pack or canned salmon (2-3)  
large bag of wild caught frozen shrimp  
organic egg whites

shredded chicken/rotisserie  
free range organic eggs  
wild caught salmon

### misc

almond butter  
chia seeds  
canned coconut milk  
cacao powder  
Banza rice  
Banza noodles  
coconut aminos  
sliced almonds  
basilamic drizzle  
extra virgin olive oil  
simple mills crackers

protein powder (KOS, Truani or Orgain Simple)  
spirulina (Amazon)  
collagen (Aspen-Amazon)  
Boars Head or organic hummus  
ginger fresh or ground  
primal kitchen mayo

dill  
garlic  
bbq rub  
black beans (3-4)  
siete taco seasoning  
salsa  
mustard  
Forager, Kite Hill or Silk  
almond or cashew  
unsweetened yogurt

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## WEEKLY MEAL PLAN

### Breakfast

### Lunch

### Dinner

**Sun**

fasting/chia seed pudding  
chia seeds, coconut milk, protein powder, cacao powder

Banza pasta (eat cold), shredded carrots, chopped cucumber, coconut aminos, almond butter, S&P

rotisserie chicken  
mixed greens  
chopped figs  
sliced pears  
hemp seeds, sliced almonds, balsamic drizzle, EVOO, S&P

**Mon**

fasting/Birchbenders waffle w/ almond butter

mixed greens  
tuna pack  
shredded carrots  
Tessemæ dressing

cauliflower rice  
shredded carrots  
chopped broccoli, peas, banza rice, coconut aminos, ginger, black beans

**Tue**

fasting/Ice water, protein powder, chia seeds  
spirulina, collagen

rotisserie chicken  
salad-primal kitchen mayo, S&P,  
chopped cucumber, mixed greens

grilled salmon (dill and mustard) & bell peppers  
mini potatoes

**Wed**

fasting/chia seed pudding, chia seeds, coconut milk, protein powder, cacao

leftover chicken salad, Simple Mills crackers, carrot chips and hummus

bbq rub Shrimp, leftover potatoes, mixed greens salad, balsamic drizzle, olive oil, S&P

**Thu**

fasting/almond milk yogurt  
protein powder  
chia seeds

hard boiled eggs, shredded carrots, mixed greens salad, tessemæ dressing

leftover salmon, chopped yellow squash, sweet onion and yellow bell pepper

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	Breakfast	Lunch	Dinner
<b>Fri</b>	fasting/loe water, protein powder, chia seeds spirulina, collagen	leftover shrimp, and chopped veggies-onion, pepper and yellow squash	cauliflower rice, black beans, chopped zucchini, onion, siete seasoning, pepers, shredded chicken, salsa, avocado
<b>Sat</b>	fasting/Birchbenders waffle w/ almond butter	mixed greens tuna pack shredded carrots Tessemæ dressing	grilled shrimp, garlic broccoli, banza rice
<b>Sun</b>	fasting/chia seed pudding, chia seeds, coconut milk, protein powder, cacao	egg white scramble, fresh spinach, chopped broccoli, dill, garlic, avocado	Bell pepper nachos: black beans, shredded chicken, salsa, guac, siete seasoning

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## GROCERY LIST

Most of these items can be found at Kroger or Amazon

### produce

mixed greens  
figs  
organic pears  
shredded carrots (2 bags)  
bell peppers (3-4)  
zucchini (3)  
yellow squash (1-2)

Frozen cauliflower rice (3-6 bags)  
avocado (2)  
organic cucumber  
bag organic mini potatoes  
carrot chips (fresh)

### frozen

Birchbenders waffles  
fresh spinach (1 bag  
frozen or fresh)  
frozen peas

chopped frozen broccoli  
cauliflower rice frozen  
or fresh (3-6 bags)

### meat/ seafood

tuna pack or canned salmon (2-3)  
smallbag of wild caught frozen shrimp

shredded chicken/rotisserie  
free range organic eggs  
wild caught salmon

### misc

chia seeds  
canned coconut milk  
cacao powder  
Banza rice  
balsamic drizzle  
Banza noodles  
sliced almonds  
extra virgin olive oil  
Tessemæ dressing  
hemp seeds  
coconut aminos  
almond butter

protein powder (KOS, Truani or Orgain Simple)  
spirulina (Amazon)  
collagen (Aspen-Amazon)  
ginger powder  
salsa

bbq rub  
black beans (1-2)  
Forager, Kite Hill or Silk  
almond or cashew  
unsweetened yogurt  
simple mills crackers  
dill  
Dijon mustard  
Siete taco seasoning

# THRIVEWELL

## WEEKLY MEAL PLAN

### Breakfast

### Lunch

### Dinner

**Mon**

fasting/chia seed  
pudding  
chia seeds, coconut  
milk, protein powder,  
cacao powder

taco salad  
lean ground beef,  
salsa, avocado,  
salsa, bell peppers

air fry mini  
potatoes,  
asparagus &  
siracha mayo  
salmon

**Tue**

fasting/almond milk  
yogurt  
protein powder  
chia seeds

mixed greens  
leftover salmon  
shredded carrots  
avocado  
hemp seeds  
Tessemæ dressing

sun dried tomatoes  
sauteed spinach  
goat cheese  
banza noodles

**Wed**

fasting/ice water,  
protein powder,  
chia seeds  
spirulina, collagen

broccoli slaw  
tuna pack  
tessamea dressing  
golden raisins  
sliced almonds

turkey tenderloin  
roasted carrots  
mashed cauliflower  
w/ goat cheese  
(optional)

**Thu**

fasting/chia seed  
pudding, chia  
seeds, coconut  
milk, protein  
powder, cacao

leftover turkey  
siete wrap  
mixed greens  
shredded carrots  
mustard

blackened shrimp  
bone broth soup  
appetizer  
riced zucchini &  
banza rice mix

**Fri**

fasting/almond  
milk yogurt  
protein powder  
chia seeds

leftover shrimp  
hard boiled eggs,  
shredded carrots,  
iceberg wraps,  
tessemæ dressing

burger in a bowl  
mixed greens,  
grape tomatoes,  
pickles, ground  
beef, avocado

# THRIVEWELL

## WEEKLY MEAL PLAN

### Breakfast

### Lunch

### Dinner

**Sat**

fasting/ice water,  
protein powder, chia  
seeds  
spirulina, collagen

tuna pack and  
avocado lettuce  
cups. add side  
mixed greens with  
favorite dressing

stuffed spaghetti  
squash-marinara  
chicken/turkey-  
mix in frozen  
spinach.

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**Sun**

fasting/Birchbenders  
waffle w/ almond  
butter

egg salad-use  
cucumbers, carrot  
chips and simple  
mills crackers to  
scoop

mexican bowls- riced  
zucchini, chicken or  
turkey, tri colored  
peppers, black beans,  
salsa & avocado

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## GROCERY LIST

Most of these items can be found at Kroger or Amazon

### produce

mixed greens  
shredded carrots (2 bags)  
Tessemæ dressing  
bell peppers (3-4)  
iceburg head (2)  
asparagus (1)  
zucchini (3)  
organic whole carrots

Frozen cauliflower rice (3-6 bags)  
avocado (2)  
organic cucumber  
bag organic mini potatoes  
spaghetti squash (1)  
broccoli slaw  
carrot chips (fresh)  
organic grape tomatoes

### frozen

Birchbenders waffles  
Siete wraps

fresh spinach (1 bag  
frozen or fresh)

chopped frozen broccoli  
cauliflower rice frozen  
or fresh (3-6 bags)

### meat/ seafood

tuna pack or canned salmon (2-3)  
smallbag of wild caught frozen shrimp  
lean organic ground beef

shredded chicken/rotisserie  
turkey tenderloin 1-2  
free range organic eggs  
wild caught salmon

### misc

chia seeds  
canned coconut milk  
cacao powder  
Banza rice  
Banza noodles  
sliced almonds  
extra virgin olive oil  
Tessemæ dressing  
hemp seeds

protein powder (KOS, Truani or Orgain Simple)  
spirulina (Amazon)  
collagen (Aspen-Amazon)  
primal kitchen spicy mayo  
bone broth  
marinara  
salsa

blackened rub  
black beans (1-2)  
Forager, Kite Hill or Silk  
almond or cashew  
unsweetened yogurt  
sun dried tomatoes  
goat cheese  
golden raisins  
simple mills crackers