



# *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.



### AVOCADO TOAST

*INGREDIENTS:* GLUTEN FREE TOAST, SMASHED AVOCADO, HEMP SEEDS, CHOPPED CHERRY TOMATOES, FETA CHEESE, BALSAMIC VINEGAR.



### COCONUT CHIA SEED PUDDING

*INGREDIENTS:* COCONUT MILK, PURE MAPLE SYRUP, VANILLA EXTRACT, CHIA SEEDS, MIXED BERRIES.



### FETA TOMATO SCRAMBLE

*INGREDIENTS:* SCRAMBLED EGGS WITH CHOPPED CHERRY TOMATOES, FETA CHEESE, TOP WITH SPROUTS.



### ALMOND FLOUR BLUEBERRY MUFFINS

*INGREDIENTS:* ALMOND FLOUR, BAKING SODA, SALT, EGGS, HONEY, OLIVE OIL, VANILLA, LEMON (ZEST AND JUICE), BLUEBERRIES (FRESH OR FROZEN).



### COTTAGE AND BERRIES

*INGREDIENTS:* FULL FAT COTTAGE CHEESE, BERRIES OF CHOICE.



### GREEN SMOOTHIE

*INGREDIENTS:* SPINACH, PINEAPPLE, MANGO, BANANA, PROTEIN POWDER.



### PEACH YOGURT

*INGREDIENTS:* PLAIN COCONUT MILK YOGURT, SLICED PEACHES, ALMOND SLICES, COCONUT SHREDS.



### OATS AND BERRIES

*INGREDIENTS:* COOKED STEEL CUT OATS TOPPED WITH CHOPPED WALNUTS AND BERRIES.

# LUNCH

## You Choose

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



### ZUCCHINI TURKEY PATTIES

*INGREDIENTS:* GROUND TURKEY, SHREDDED ZUCCHINI, GARLIC, CUMIN, SALT, BLACK PEPPER. TOP WITH AVOCADO AND SALSA.



### POMEGRANATE CHICKEN SALAD

*INGREDIENTS:* BABY SPINACH, POMEGRANATE SEEDS, SLICED BACKED CHICKEN BREAST, OLIVE OIL, VINEGAR, SALT, PEPPER.



### EGGS AND SORTS

*INGREDIENTS:* TWO OR THREE HARD BOILED EGGS, SIDE OF SLICED FRUIT, MIXED RAW OR DRY ROASTED NUTS.



### TUNA SALAD

*INGREDIENTS:* CANNED TUNA MIXED WITH AVOCADO OIL MAYO, OLIVES, SLICED RED ONION, TOMATOES, LEMON JUICE, SALT, PEPPER.



### CAPRESE SALAD WITH TURKEY

*INGREDIENTS:* SLICED TOMATOES, SLICED MOZZARELLA CHEESE, BASIL LEAVES, BALSAMIC REDUCTION DRIZZLE, SIDE OF TURKEY SLICES.



### TURKEY WRAP

*INGREDIENTS:* GRAIN FREE WRAP, SLICED ORGANIC TURKEY, SHREDDED CARROTS, SLICED CUCUMBER, ARUGULA, AVOCADO OIL MAYO.



### BEAN SALAD

*INGREDIENTS:* MIXED GREENS TOPPED WITH SLICED RED ONION, CANNED BEANS OF CHOICE, SLICE TOMATOES, CHOPPED PARSLEY, OLIVE OIL, LEMON, SALT, PEPPER. SERVE WITH A PEACH.



### HUMMUS PLATE

*INGREDIENTS:* HUMMUS, KALAMATA OLIVES, SLICED CUCUMBER, SLICED BELL PEPPER, SLICED PITA.

# DINNER

## You Choose

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



### CHICKEN PESTO SPAGHETTI SQUASH

*INGREDIENTS:* SPAGHETTI SQUASH, OLIVE OIL, CHICKEN BREAST, SALT, PEPPER, RED ONION, RED BELL PEPPER, PESTO, BOCCONCINI CHEESE (OR MOZZARELLA).



### SLOW COOKER PULLED PORK STREET TACOS

*INGREDIENTS:* PORK SHOULDER, PAPRIKA, OREGANO, CUMIN, SALT, BLACK PEPPER, YELLOW ONION, GARLIC, ORANGE, TORTILLAS, PICKLED RED ONION, GOAT CHEESE, CILANTRO.



### SHRIMP TERIYAKI STIR FRY

*INGREDIENTS:* MEDIUM SHRIMP, AVOCADO OIL, SOY SAUCE OR COCONUT AMINOS, HONEY, GARLIC, SESAME OIL (OPTIONAL), GROUND GINGER, CORNSTARCH, BROCCOLI, BROWN RICE.



### STEAK AND SWEET POTATO BITES

*INGREDIENTS:* SIRLOIN STEAKS, OLIVE OIL, SWEET POTATOES, GARLIC, SALT, BLACK PEPPER, AVOCADO OIL MAYO, CURRY POWDER.



### EASY CHICKEN FAJITAS

*INGREDIENTS:* BONELESS SKINLESS CHICKEN BREAST, YELLOW ONIONS, BELL PEPPERS, OLIVE OIL, LIME, TORTILLAS, SOUR CREAM, PICE DE GALLO, AVOCADO, PRE-MIXED FAJITA SEASONING (SIETE BRAND IS MY FAVORITE!)



### STUFFED PEPPERS WITH GROUND TURKEY

*INGREDIENTS:* OLIVE OIL, BELL PEPPERS, GROUND TURKEY, ITALIAN SEASONING, SALT, PEPPER, CANNED DICED TOMATOES, BROWN RICE, MOZZARELLA CHEESE, PARMESAN CHEESE, BASIL.



### HONEY GARLIC SALMON

*INGREDIENTS:* SALMON FILETS, SALT, PEPPER, CAYENNE PEPPER, HONEY, APPLE CIDER VINEGAR (OR LEMON JUICE), OLIVE OIL, GARLIC, LEMON, PARSLEY. SERVE WITH STEAMED CARROTS AND BROCCOLI.



### SLOW COOKER CHICKEN VEGGIE QUINOA STEW

*INGREDIENTS:* YELLOW ONION, GARLIC, CARROTS, ITALIAN SEASONING, SALT, TOMATO SAUCE, CANNED CHICKPEAS, CHICKEN BREAST, CHICKEN STOCK, CORN KERNELS (FRESH OR FROZEN), ZUCCHINI, QUINOA.