

BEYOND diet®



# MEAL PLANS & RECIPES

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# Meal Plans

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## Day 1

Meals	
Meal 1	Apple Almond Butter Smoothie
Meal 2	Chili Lime Chicken, 1/2 cup quinoa, Simple Side Salad
Meal 3	Green Monster Protein Smoothie
Meal 4	Asparagus and Chicken Skillet & Simple Side Salad

## Day 2

Meals	
Meal 1	Blueberry Kale Smoothie
Meal 2	Asparagus and Chicken Skillet + sweet potato chunks & Simple Side Salad
Meal 3	Pumpkin Apple Protein Smoothie
Meal 4	Italian Turkey and Kale Skillet

*Lunch suggestion: Add cooked sweet potato chunks to the Asparagus and Chicken Skillet.*

## Day 3

Meals	
Meal 1	Carrot Cake Smoothie
Meal 2	Italian Turkey & Kale Skillet & 1/2 cup quinoa
Meal 3	Spinach Berry Protein Smoothie
Meal 4	Chili Lime Chicken & Mexican Zucchini

## Day 4

Meals	
Meal 1	Green Monster Protein Smoothie
Meal 2	Chili Lime Chicken, Mexican Zucchini & 1/2 cup rice
Meal 3	Strawberry Coconut Smoothie
Meal 4	Beef and Veggie Chili

## Day 5

Meals	
Meal 1	Pumpkin Apple Protein Smoothie
Meal 2	Beef and Veggie Chili & 1 sweet potato
Meal 3	Blueberry Kale Smoothie
Meal 4	Zucchini Turkey Burger & Simple Side Salad

*Lunch Suggestion: Serve Beef and Veggie Chili on top of cooked sweet potato.*

## Day 6

Meals	
Meal 1	Spinach Berry Protein Smoothie
Meal 2	Zucchini Turkey Burger, Simple Side Salad, & 1/2 cup quinoa
Meal 3	Apple Almond Butter Smoothie
Meal 4	Lemon Garlic Roasted Salmon & Lemon Garlic Broccoli

## Day 7

Meals	
Meal 1	Strawberry Coconut Smoothie
Meal 2	Lemon Garlic Roasted Salmon, Lemon Garlic Broccoli, 1/2 cup rice
Meal 3	Carrot Cake Smoothie
Meal 4	Chicken Fajitas

# Smoothie Recipes

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## Apple Almond Butter Smoothie



1 Serving, 4 Proteins/0 Fats/2 Carbs

- 1 apple, chopped**
- 1 scoop protein powder**
- 1 Tbsp almond butter**
- 1/2 - 1 cup almond milk**
- 1 cup kale**

Combine all ingredients in a blender, and blend until smooth.

## Blueberry Kale Smoothie



1 Serving, 3 Proteins/0 Fats/2.5 Carbs

- 1/2 frozen banana**
- 1/2 cup blueberries**
- 1 cup kale**
- 1 scoop protein powder**
- 1 cup almond milk**

Combine all ingredients in a blender, and blend until smooth.

## Carrot Cake Smoothie



1 Serving, 3 Proteins/0 Fats/2 Carbs

- 1/2 frozen banana**
- 2 carrots, diced**
- 1/2 cup almond milk**
- 1 scoop protein powder**
- 1/4 tsp cinnamon**
- Pinch of ginger**
- Pinch of nutmeg**

Combine all ingredients in a blender, and blend until smooth.

## Green Monster Protein Smoothie



1 Serving, 4 Proteins/0 Fats/2 Carbs

- 1/2 frozen banana**
- 1 Tbsp almond butter**
- 1 scoop protein powder**
- 1/4 cup almond milk**
- 1 cup spinach**

Combine all ingredients in a blender, and blend until smooth.

## Pumpkin Apple Protein Smoothie



1 Serving, 3 Proteins/0 Fats/1.5 Carbs

- 1 apple, chopped**
- 1/2 cup pumpkin puree**
- 1 scoop protein powder**
- Pinch of cinnamon**
- Pinch of nutmeg**
- 1/2 cup almond milk**
- 4 ice cubes**

Combine all ingredients in a blender, and blend until smooth.

## Spinach Berry Protein Smoothie



1 Serving, 3 Proteins/0 Fats/3 Carbs

- 2 cups spinach**
- 1 cup mixed berries**
- 1 scoop protein powder**
- 1/2 cup coconut milk**
- 1/2 cup ice**

Combine all ingredients in a blender, and blend until smooth.

## Strawberry Coconut Smoothie



1 Serving, 3 Proteins/0 Fats/3 Carbs

**1/2 frozen banana**

**1 cup strawberries**

**1 scoop protein powder**

**1/4 cup coconut flakes**

**1 cup coconut milk**

**1 cup kale**

Combine all ingredients in a blender, and blend until smooth.



# Dinner Recipes

## Asparagus and Chicken Skillet



2 Servings, 4 Proteins/0 Fats/1 Carb

- 1/2 lb chicken breast**
- Sea salt and pepper, to taste**
- 2 cups asparagus, cut into 2-inch pieces**
- 1 Tbsp coconut oil**
- 2 garlic cloves, minced**
- 2 Tbsp chicken broth**
- 1/4 tsp sea salt**
- 1/4 tsp black pepper**
- 1/4 tsp red pepper flakes**

Cut chicken into 1-inch pieces, and season with sea salt and pepper. Cut asparagus spears (on the diagonal) into pieces about 2 inches in length.

Heat coconut oil in a large skillet over medium heat. Add minced garlic and chicken pieces. Sauté chicken for 3-4 minutes on each side, until browned and cooked through. Set chicken aside.

In the same skillet, add asparagus pieces and chicken broth. Cook for 4-5 minutes, until asparagus is slightly tender. Add chicken back into the skillet. Season entire skillet with sea salt, pepper, and red pepper flakes.

## Italian Turkey and Kale Skillet



2 Servings, 4 Proteins/0 Fats/1.5 Carbs

- 2 tsp coconut oil**
- 1 garlic clove, minced**
- 1/2 red bell pepper, chopped**
- 1/2 lb ground turkey**
- 2 cups kale**
- 1/2 Tbsp Italian seasoning**
- Red pepper flakes, to taste**

Heat coconut oil in a skillet over medium heat. Add minced garlic and chopped red peppers; sauté for a couple minutes. Add ground turkey and brown, breaking it up as it cooks. When the turkey is browned, add torn kale. Sprinkle Italian seasoning and red pepper flakes over everything in the skillet; stir to evenly distribute. Continue to cook until kale is a brighter green. Serve warm.

## Chili Lime Chicken



2 Servings, 4 Proteins/1 Fat/0 Carbs

- 1 Tbsp extra virgin olive oil**
- 2 Tbsp fresh-squeezed lime juice**
- 1-2 garlic cloves, minced**
- 1/2 tsp sea salt**
- 1/2 tsp chili powder**
- 1/2 lb chicken breast**
- 1 Tbsp coconut oil**

Whisk together olive oil, lime juice, minced garlic, sea salt, and chili powder in a small bowl. Combine chicken and marinade in a zip-lock bag or covered dish for at least 2 hours.

Remove chicken from marinade (and discard marinade). Heat coconut oil in a skillet over medium-high heat. Cook chicken for 5-6 minutes on each side, until browned and cooked through.

## Mexican Zucchini



1 Serving, 0 Proteins/1 Fat/1 Carb

- 1 zucchini, diced**
- 1 tsp extra virgin olive oil**
- 1/4 tsp chili powder**
- 1/4 tsp garlic powder**
- Pinch of cayenne pepper**
- Sea salt and pepper, to taste**

Preheat oven to 425°F. Line a baking sheet with parchment paper.

Place diced zucchini in a mixing bowl. Drizzle with olive oil, and season with chili powder, garlic powder, cayenne, sea salt, and pepper. Mix until spices are evenly distributed.

Move zucchini to the baking sheet. Bake for 25 minutes, until zucchini is lightly browned.

## Beef and Veggie Chili



2 Servings, 4 Proteins/0 Fat/1 Carb

- 1-2 tsp coconut oil**
- 1 garlic clove, minced**
- 1/4 onion, diced**
- 1/4 green bell pepper, chopped**
- 1/4 red bell pepper, chopped**
- 2 Tbsp chopped celery**
- 1/2 lb ground beef**
- 1/2 Tbsp chili powder**
- 1/2 tsp cumin**
- 1 cup diced tomatoes**
- 3 Tbsp tomato paste**
- Sea salt and pepper, to taste**

Heat coconut oil in a pot over medium heat. Add minced garlic, diced onions, chopped peppers, and chopped celery. Sauté until onions are tender.

Add ground beef to the pot; cook until beef is browned.

Add spices, diced tomatoes (with liquid), and tomato paste. Stir it all up, and simmer on low for 15 minutes. Season with sea salt and pepper before serving.

## Zucchini Turkey Burgers



2 Servings, 4 Proteins/0 Fats/1 Carb

- 1/2 lb ground turkey**
- 1 cup zucchini, shredded**
- 1 garlic clove, minced**
- 1/2 tsp sea salt**
- 1/2 tsp black pepper**
- 1 Tbsp coconut oil**

Combine shredded zucchini, minced garlic, sea salt, and pepper in a bowl. Add ground turkey, and use hands to mix everything up. Form into two patties.

Heat coconut oil in a skillet over medium-low heat. Add patties to the skillet, and cook for 6-7 minutes on each side, until cooked through.

## Lemon Garlic Roasted Salmon



2 Servings, 4 Proteins/2 Fats/0 Carbs

- 8 oz salmon fillet, cut into two pieces**
- 4 tsp butter, melted**
- 1 tsp lemon juice**
- 2 garlic cloves, minced**
- 2 tsp parsley**
- Sea salt and pepper, to taste**

Preheat oven to 400°F. Line a baking sheet with parchment paper. Arrange salmon pieces on the baking sheet.

Combine melted butter, lemon juice, minced garlic, parsley, sea salt, and pepper in a small bowl. Stir to mix well. Spoon the mixture over the salmon, coating the top and sides.

Bake for 12 minutes.

## Lemon Garlic Broccoli



2 Servings, 0 Proteins/1 Fat/1 Carb

- 2 cups broccoli florets**
- 2 tsp extra virgin olive oil**
- 1-2 garlic cloves, minced**
- 1 tsp lemon juice**
- 1/4 tsp lemon zest**
- Sea salt and pepper, to taste**

Bring 1-2 inches of water to a boil in a skillet. Add broccoli florets, and cook for about 4 minutes, until broccoli is crisp tender.

While the broccoli is steaming, heat oil and minced garlic in a skillet over medium-low heat. Cook until garlic is fragrant. Scrape the garlic mixture into a bowl and immediately add lemon juice, lemon zest, sea salt, and pepper. Whisk to combine.

Add broccoli to the lemon garlic mixture and stir to evenly coat.

## Chicken Fajitas



2 Servings, 4 Proteins/1.5 Fats/1.5 Carbs

- 2 bell peppers, thinly sliced**
- 1/2 onion, thinly sliced**
- 1/2 lb chicken breast, cut into strips**
- 3/4 tsp chili powder**
- 1/4 tsp cumin**
- 1/2 tsp garlic powder**
- 1/4 tsp sea salt**
- Pinch of black pepper**
- 1/4 tsp paprika**
- 1 Tbsp coconut oil**

Preheat oven to 400°F. Grease a baking sheet with coconut oil.

Arrange pepper and onion slices on baking sheet. Top with chicken strips. Mix the spices together, and sprinkle the mixture over the chicken strips. Drizzle with melted coconut oil, and toss everything to coat. Spread the mix into a single layer on the baking sheet. Bake for 20-25 minutes.

## Simple Side Salad



1 Serving, 0 Proteins/1 Fat/2 Carbs

- 1 cup salad greens (romaine, arugula, spinach, etc.)**
- 1 carrot, cut into rounds**
- 1/2 cucumber, cut into rounds**
- 1/2 cup cherry tomatoes**
- 1 tsp extra virgin olive oil**
- 1 tsp apple cider vinegar**
- Sea salt and pepper, to taste**

Toss together salad greens, carrot, cucumber, and tomatoes. Mix together olive oil, apple cider vinegar, sea salt, and pepper. Drizzle oil and vinegar over the vegetables.