

Week 1 Meal Plan

DAY	LUNCH	DINNER
1	Turkey & Cauliflower Rice Stir-Fry (Double recipe for lunch on day 2)	Turkey Stuffed Bell Peppers (Double recipe for lunch on day 3)
2	Turkey & Cauliflower Rice Stir-Fry	Taco Salad (Double recipe for lunch on day 3)
3	Turkey Stuffed Bell Peppers	Taco Salad
4	Egg Scramble	Grilled Chicken Quinoa and Veggies (Double recipe for lunch on day 5)
5	Grilled Chicken Quinoa and Veggies	Eat out
6	Egg Scramble	1 Pan Lemon Chicken & Roasted Veggies (Double recipe for lunch on day 7)
7	1 Pan Lemon Chicken & Roasted Veggies	Leftovers

**Please notice that these recipes are for one person
but can be easily doubled, quadrupled, etc.**

**NOTE: Start noticing your full and hunger cues.
If your energy is low and hunger is too high between meals,
consider bigger protein portions.**

DISCLAIMER: This meal plan has been created based on general nutritional guidelines and is intended for informational purposes only. The author and nutritionist who have developed this plan are not liable for any adverse effects or consequences that may arise from following it. Individual nutritional needs can vary greatly, and it is crucial that you consult with your medical provider or a registered dietitian to address your specific health requirements and ensure that this meal plan is appropriate for your personal circumstances. Always seek professional medical advice before making significant changes to your diet or lifestyle.



Turkey and Cauliflower Rice Stir-Fry

With ginger & garlic



1 serving

Day 1 Lunch & Day 2 Lunch

INGREDIENTS

4 oz ground turkey (lean)
1 cup cauliflower rice
1/2 cup bell peppers, diced
1/4 cup snap peas
1 tbsp low-sodium
soy sauce
1/2 tsp ginger, minced
1/2 tsp garlic, minced
1 tsp olive oil
Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add minced garlic and ginger to the skillet, sautéing until fragrant (about 1 minute).
3. Add ground turkey to the skillet, breaking it up with a spatula as it cooks. Cook until browned and no longer pink, about 5-7 minutes.
4. Add diced bell peppers and snap peas to the skillet, cooking for another 3-4 minutes until vegetables are tender.
5. Stir in the cauliflower rice and soy sauce, cooking until the cauliflower rice is heated through, about 2-3 minutes.
1. Season with salt and pepper to taste and serve hot.





Turkey Stuffed Bell Peppers

With mozzarella cheese



1 serving

Day 1 Dinner & Day 3 Lunch

INGREDIENTS

4 oz ground turkey (lean)
1 large bell peppers,
halved and seeded
1/2 cup diced tomatoes
(canned, no salt added)
1/4 cup zucchini, diced
1/4 cup shredded
mozzarella cheese
1/2 tsp Italian seasoning
1 tsp olive oil
Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add the ground turkey and cook until browned, breaking it up as it cooks, about 5-7 minutes.
3. Stir in diced tomatoes, zucchini, Italian seasoning, salt, and pepper. Cook for another 3-4 minutes until the zucchini is tender.
4. Stuff the turkey mixture into the halved bell pepper and place them in a baking dish.
5. Sprinkle shredded mozzarella cheese on top of the stuffed peppers.
6. Bake in the preheated oven for 20 minutes, or until the bell peppers are tender and the cheese is melted and bubbly.
7. Serve hot.





Low Glycemic Turkey Taco Salad

With black beans & cumin



1 serving

Day 2 Dinner & Day 3 Dinner

INGREDIENTS

4 oz ground turkey (lean)
2 cups mixed greens (romaine, spinach, arugula)
1/2 cup cherry tomatoes, halved
1/4 cup black beans, drained and rinsed
1/4 avocado, diced
1/4 cup shredded cheddar cheese
1/4 cup salsa (no added sugar)
1 tbsp sour cream (optional, for topping)
1 tbsp olive oil
1/2 tsp cumin
1/2 tsp chili powder
1/4 tsp garlic powder
Salt and pepper to taste

DIRECTIONS

Cook the Ground Turkey:

- Heat the olive oil in a skillet over medium heat.
- Add the ground turkey, breaking it up as it cooks.
- Season with cumin, chili powder, garlic powder, salt, and pepper.
- Cook until the turkey is browned and fully cooked, about 5-7 minutes.
- Remove from heat and set aside.

Assemble the Salad:

- In a large bowl, add the mixed greens as the base.
- Top with the cooked ground turkey, cherry tomatoes, black beans, and avocado.
- Sprinkle shredded cheddar cheese over the top.

Add the Toppings:

- Drizzle the salad with salsa and a dollop of sour cream if desired.
- Toss everything together just before serving or serve as a layered salad.





Veggie Egg Omelette

With cheddar cheese



1 serving

Day 4 Lunch & Day 6 Lunch

INGREDIENTS

- 4 large eggs
- 1/4 cup low-fat cottage cheese
(optional for extra protein)
- 1/4 cup shredded cheddar cheese
- 1/2 cup mixed veggies
(any leftover veggies you have
such as:
bell peppers, spinach,
mushrooms, zucchini, onions,
or tomatoes—chopped)
- 1 tsp olive oil or butter
- Salt and pepper to taste

DIRECTIONS

Prepare the Veggies:

- Chop up any leftover veggies you have in your fridge. Aim for about 1/2 cup of mixed veggies, but you can adjust the amount based on what you have available.

Cook the Veggies:

- Heat a non-stick skillet over medium heat and add the olive oil or butter.
- Add the chopped veggies to the skillet and sauté until softened, about 3-5 minutes. Remove the veggies from the skillet and set aside.

Make the Omelette:

- In a bowl, whisk together the eggs and cottage cheese (if using) until well combined.
- Pour the egg mixture into the skillet and let it cook undisturbed for 2-3 minutes, until the edges start to set.
- Sprinkle the sautéed veggies and shredded cheddar cheese over one half of the omelette.

Fold and Serve:

- Gently fold the omelette in half over the filling and cook for another 2-3 minutes, or until the eggs are fully cooked and the cheese is melted.
- Season with salt and pepper to taste.

Serve Hot: Slide the omelette onto a plate and serve immediately.





Grilled Chicken & Sautéed Vegetables

with Quinoa



1 serving

Day 4 Dinner & Day 5 Lunch

INGREDIENTS

4 oz boneless, skinless
chicken breast
1/2 cup cooked quinoa
1 cup mixed vegetables
(e.g., bell peppers,
zucchini, broccoli, or
asparagus)
1 tsp olive oil
1 tsp lemon juice
1/4 tsp garlic powder
Salt & pepper to taste

DIRECTIONS

Prepare the Chicken:

- Preheat the grill or a grill pan over medium-high heat.
- Season the chicken breast with garlic powder, salt & pepper
- Grill the chicken for about 5-6 minutes on each side, or until the internal temperature reaches 165°F (74°C) and the chicken is cooked through.
- Once done, remove from the grill and let it rest for a few minutes before slicing.

Cook the Quinoa:

- If not already cooked, prepare the quinoa according to package instructions. Typically, this involves rinsing the quinoa, then simmering it in water or broth for about 15 minutes until tender. Trader Joe's has a great microwavable one in their freezer section.

Sauté the Vegetables:

- Heat the olive oil in a large skillet over medium heat.
- Add the mixed vegetables and sauté until tender but still crisp, about 5-7 minutes.
- Season with salt, pepper, and a squeeze of lemon juice.

Assemble the Plate:

- Serve the sliced grilled chicken breast alongside the cooked quinoa and sautéed





Lemon Garlic Chicken

with Roasted Vegetables



1 serving

Day 6 Dinner & Day 7 Lunch

INGREDIENTS

4 oz boneless, skinless
chicken breast
1/2 cup cherry tomatoes,
halved
1/2 cup broccoli florets
1/2 cup zucchini, sliced
1/4 red onion, sliced
1 tbsp olive oil
1 clove garlic, minced
1/2 lemon, juiced
1/4 tsp dried oregano
Salt and pepper to taste

DIRECTIONS

Prepare the Chicken:

- Preheat the oven to 400°F (200°C).
- In a small bowl, mix together the minced garlic, lemon juice, oregano, salt, and pepper.
- Rub the mixture all over the chicken breast and set aside to marinate while you prepare the vegetables.

Prepare the Vegetables:

- In a large bowl, toss the cherry tomatoes, broccoli florets, zucchini, red onion with olive oil, salt & pepper.
- Spread the vegetables evenly on a baking sheet.

Cook Chicken and Vegetables:

- Place the marinated chicken breast on the baking sheet with the vegetables.
- Roast in the preheated oven for 20-25 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the vegetables are tender and slightly caramelized.

Serve:

- Remove the chicken and vegetables from the oven.
- Let the chicken rest for a few minutes before slicing.
- Serve sliced chicken breast with roasted vegetables.



WEEK 1 GROCERY LIST

MEAT

- ☐ 24 oz ground turkey
- ☐ 1lb chicken breast

FRESH PRODUCE

- ☐ 2 bell pepper
- ☐ 1 small bag snap peas
- ☐ 2-3 small zucchini
- ☐ 1 avocado
- ☐ 1-2 lemons
- ☐ 1 c broccoli
- ☐ 1 small red onion
- ☐ Small bag of mixed greens (4 cups)
- ☐ 2 c. cherry tomatoes
- ☐ 2 c mixed veggies (fresh or frozen your choice on what you want to roast)

FROZEN

- ☐ 1 c quinoa
- ☐ 2 c cauliflower rice

CANNED

- ☐ 1 can black beans
- ☐ 1 can diced tomatoes
- ☐ ½ c salsa

SEASONINGS & OILS:

- ☐ 6 T Avocado oil
- ☐ Low sodium soy sauce
- ☐ 1 tsp ginger minced
- ☐ 2 tsp garlic minced
- ☐ 1 tsp Italian seasoning
- ☐ 1 tsp garlic powder
- ☐ 1 tsp cumin
- ☐ 1 tsp chili powder
- ☐ ½ tsp dried oregano
- ☐ Salt and pepper

REFRIGERATED SECTION:

- ☐ ½ c mozzarella cheese
- ☐ 1c cheddar cheese
- ☐ 2 T sour cream
- ☐ 8 eggs
- ☐ ½ c cottage cheese