

# Week 2 Meal Plan

DAY	LUNCH	DINNER
8	Pizza Bake	Shredded Beef Tacos
9	Shredded Beef Tacos	Pizza Bake
10	Tuna Salad	Beef Fajitas
11	Beef Fajitas	Eat Out
12	Tuna Salad	Zoodles & Meatballs
13	Fall Salad	Leftovers
14	Zoodles & Meatballs	Fall Salad

**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.



# Pizza Bake

*With sliced pepperoni*



1 serving

Day 8 Lunch & Day 9 Dinner

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## INGREDIENTS

2 tbsp almond flour  
1/4 cup shredded  
mozzarella cheese  
1 tbsp grated Parmesan  
cheese  
1 large egg  
1/8 tsp garlic powder  
1/8 tsp dried oregano  
2 tbsp marinara sauce  
(low-carb if possible)  
2 tbsp sliced pepperoni or  
other low-carb toppings  
(optional)

## DIRECTIONS

1. In a bowl, mix almond flour, mozzarella cheese, Parmesan cheese, egg, garlic powder, and oregano until well combined.
2. Spread the mixture evenly on a microwave-safe plate or dish to form a small pizza crust.
3. Microwave on high for 1-2 minutes until firm and cooked through.
4. Spread pizza sauce over the crust and top with pepperoni or your choice of toppings.
5. Microwave for an additional 30-60 seconds until toppings are heated through and cheese is melted.





# Marinara Zoodles & Meatballs

- *With grated Parmesan cheese*



1 serving

Day 12 Dinner & Day 14 Lunch

## INGREDIENTS

- 1 medium zucchini (for zoodles)
- 4 oz of meatballs
- 2 Tbsp grated Parmesan cheese
- 1/2 cup marinara sauce (low-carb if possible)

## DIRECTIONS

1. Bake meatballs as instructed on the package.
2. Use a spiralizer to make zoodles from the zucchini.
3. In a skillet, add marinara sauce and heat. Add zoodles and cook for 1-2 minutes until slightly tender.
4. Add meatballs to the skillet and coat with sauce. Heat through and serve.
5. Top with grated parmesan cheese.







# Shredded Beef Tacos

*this makes enough for tacos & fajita bowls*



1 serving

Day 8 Dinner & Day 9 Lunch

## INGREDIENTS

- 1 lb beef chuck roast
- ½ onion, diced
- 2 clove garlic, minced
- 1/2 cup beef broth
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1 tbsp olive oil

### For tacos

- 2 small tortillas
- (low-carb if desired)
- ¼ c shredded cheddar cheese
- (optional)
- Top with cilantro (optional)

## DIRECTIONS

1. In a slow cooker, combine beef chuck roast, onion, garlic, beef broth, chili powder, cumin, paprika, black pepper, and salt.
2. Cover and cook on low for 8 hours or high for 4 hours, until beef is tender and shreds easily.
3. Remove beef from slow cooker and shred with two forks. Return to the slow cooker and stir to combine with juices.
4. Serve with tortillas. Crisp tortillas on skillet with cheese.







# Shredded Beef Fajita Bowl

*With cauliflower rice*



1 serving

Day 10 Dinner & Day 11 Lunch

## INGREDIENTS

Use leftover beef from  
Shredded Beef recipe.

1/2 cup cooked cauliflower rice  
(optional)

1/4 avocado, sliced

2 tbsp shredded cheddar cheese

Fresh cilantro, chopped  
(for garnish)

1 bell pepper sliced

1/2 onion

## DIRECTIONS

1. Follow the slow cooker beef recipe from above.
2. In a skillet, heat olive oil over medium heat. Add bell pepper and onion and sauté until tender.
3. In a bowl, place cooked cauliflower rice (if using) and top with shredded beef, sautéed peppers and onions, avocado slices, and shredded cheddar cheese.
4. Garnish with fresh cilantro.





# *Tuna Avocado Salad on Cucumbers*

*with Lemon juice*



1 serving

Day 10 Lunch & Day 12 Lunch

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## INGREDIENTS

- 1 can (5 oz) tuna, drained
- 1/4 avocado, diced
- 1 tbsp diced red onion
- 1 tsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste
- 1/2 cucumber sliced

## DIRECTIONS

1. In a bowl, combine tuna, avocado, red onion, lemon juice, and olive oil. Season with salt and pepper.
2. Place cucumber slices on a plate.
3. Spoon the tuna and avocado mixture on top of each cucumber slice. Serve immediately.







# Fall Salad

## *with Turkey Breast*



1 serving

Day 13 Lunch & Day 14 Dinner

### INGREDIENTS

4 oz cooked turkey breast  
(sliced or cubed)  
1 cup mixed greens  
(such as spinach, arugula,  
& baby kale)  
1/4 small apple, thinly sliced  
1/4 cup crumbled feta  
cheese  
1 tbsp chopped walnuts  
1 tbsp balsamic vinaigrette  
(low-carb if possible)  
Salt & pepper to taste

### DIRECTIONS

1. In a large bowl, combine mixed greens, apple slices, crumbled feta cheese, and chopped walnuts.
2. Top the salad with the cooked turkey breast.
3. Drizzle balsamic vinaigrette over the salad. Toss gently to combine.
4. Season with additional salt and pepper if desired. Serve immediately.



## WEEK 2 GROCERY LIST

### FRESH PRODUCE

- ☐ 2 medium zucchinis
- ☐ 1 avocado
- ☐ 1 bell pepper
- ☐ 1 yellow onion
- ☐ 1 small red onion
- ☐ 1 cucumber
- ☐ 1 bunch of fresh cilantro
- ☐ 2 lemons
- ☐ 1 clove garlic
- ☐ 1 bell pepper (or frozen pepper & onion blend)
- ☐ 2 c mixed greens
- ☐ 2 eggs
- ☐ 1-2 small apples

### MEAT

- ☐ 1 lb beef chuck roast
- ☐ 2 cans (5 oz) tuna
- ☐ 4 Tbsp Pepperoni (and any other pizza toppings)
- ☐ 8 oz meatballs (choose one with 1 g of sugar or less per serving)
- ☐ 8 oz cooked turkey
- ☐ ½ c feta cheese

### SEASONINGS & OILS:

- ☐ 4 Tbsp almond flour
- ☐ 1 ¼ cup marinara sauce (low-carb)
- ☐ ¼ cup beef broth
- ☐ 3 Tbsp olive oil
- ☐ ½ Tbsp chili powder
- ☐ ¼ tsp cumin
- ☐ ¼ tsp paprika
- ☐ 1 tsp black pepper
- ☐ 1 tsp salt
- ☐ ½ Tbsp fajita seasoning
- ☐ ¼ tsp garlic powder
- ☐ ¼ tsp oregano
- ☐ 4 small corn tortillas
- ☐ 2 Tbsp walnuts
- ☐ Balsamic Vinaigrette (low carb or homemade if possible)

### FROZEN

- ☐ ½ cup shredded mozzarella cheese
- ☐ ¼ cup grated Parmesan cheese
- ☐ ¾ c shredded cheddar cheese

### OTHER

- ☐ 1 c. Cauliflower rice (if using, optional)