

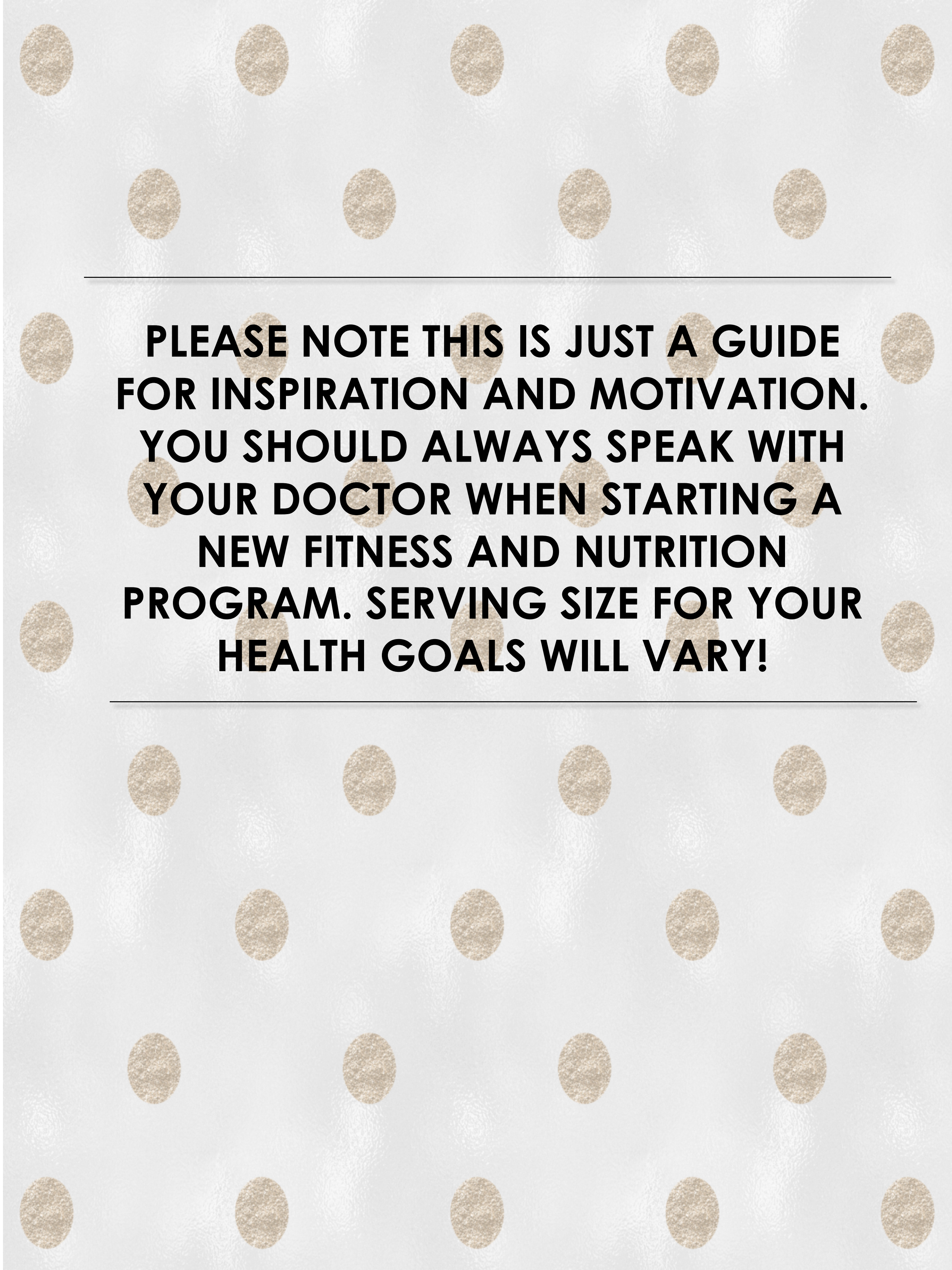


Jennie's

7 DAY MEAL GUIDE

WHOLESOME & NUTRITIOUS MEAL INSPIRATION

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**PLEASE NOTE THIS IS JUST A GUIDE
FOR INSPIRATION AND MOTIVATION.
YOU SHOULD ALWAYS SPEAK WITH
YOUR DOCTOR WHEN STARTING A
NEW FITNESS AND NUTRITION
PROGRAM. SERVING SIZE FOR YOUR
HEALTH GOALS WILL VARY!**

Monday

BREAKFAST

CHIA PUDDING WITH 1 CUP MIXED BERRIES AND 3 TBSP
UNSWEETENED COCONUT FLAKES

mix 3 tbsp chia seeds, 1 scoop protein powder of choice, ½ cup milk of choice, 1 tsp vanilla extract, sweetener of choice, 1 tbsp gelatin in a glass jar and place in fridge overnight)

LUNCH

1 CAN OF TUNA IN WATER NOT OIL

2 CUPS ARUGLA

1 OZ WALNUTS

1 CUP FRESH STRAWBERRIES

1 TSP BALSAMIC VINEGAR

2 TBSP LEMON JUICE

2 TBSP STONE GROUND MUSTARD

ANYTIME SNACK

APPLE | 2 TBSP NUT BUTTER OF CHOICE | HARD BOILED EGG

DINNER

GRILLED CHICKEN QUINOA MEDITERRANEAN BOWL

3 – 4 OZ GRILLED CHICKEN | 1 CUP COOKED QUINOA

1 /2 CUP CHOPPED CUCUMBER, 2 TBSP CHOPPED PICKLED RED

ONION, 1 /2 CUP CHOPPED TOMATO, 1 /2 CUP CHOPPED

BELL PEPPER, 1 CUP SPINACH OR ARUGULA

1 TSP OLIVE OIL | 1 TBSP RED WINE VINEGAR | SALT AND

GARLIC POWDER TO TASTE

Tuesday

BREAKFAST

OVERNIGHT OATS

In a glass container mix together ½ cup oats, cinnamon, 1 scoop protein powder of choice, vanilla extract, 1 tbsp gelatin, sweetener of choice – stir well and do this the night before you plan to enjoy so it's ready in the morning.

1 CUP FRESH RASPBERRIES

LUNCH

GRILLED CHICKEN QUINOA MEDITERRANEAN BOWL

3 – 4 OZ GRILLED CHICKEN | 1 CUP COOKED QUINOA

1 ½ CUP CHOPPED CUCUMBER, 2 TBSP CHOPPED PICKLED RED ONION, 1 ½ CUP CHOPPED TOMATO, 1 ½ CUP CHOPPED

BELL PEPPER, 1 CUP SPINACH OR ARUGULA

1 TSP OLIVE OIL | 1 TBSP RED WINE VINEGAR | SALT AND GARLIC POWDER TO TASTE

DINNER

4-6 OZ. ROASTED SALMON OVER 2 CUPS BOK CHOY, 1 ½ CUP MUSHROOMS SAUTEED IN FROZEN GARLIC AND GINGER PODS, AND 1 TBSP COCONUT AMINOS WITH A SIDE OF 1 CUP STEAMED WHITE RICE

ANYTIME SNACK

FRUIT SMOOTHIE – 1 CUP FRUIT OF CHOICE WITH 1 CUP MILK OF CHOICE BLENDED WITH 2 CUPS OF ICE. ADD PROTEIN POWDER OR HARD BOILED EGG WHITES TO THICKEN IT UP

Wednesday

BREAKFAST

2 EGGS
½ AVOCADO
4 OZ. SWEET POTATO
2 OZ. LOX
1 CUP ARUGULA

LUNCH

SALMON STACK – use your leftover salmon and mash up with mustard and whatever seasonings you like. Layer in a 4" spring form pan with 1/4 cup chopped cucumber. 1/4 cup chopped avocado. 1/4 cup chopped cabbage or whatever veggies you have on hand. Pair with 1 cup steamed white rice.

DINNER

CHICKEN KEBAB

Place chopped chicken and chopped veggies like red onion, bell peppers, and zucchini on grill skewers and grill up. Season with Greek spices like: mint, basil, majoram, garlic and onion powder, thyme, salt.

SIDE OF ROASTED POTATOS OR PITA BREAD or ½ CUP
GARBANZO BEANS OR 2 TBSP HUMMUS

ANYTIME SNACK

RICE CAKE WITH 1 TBSP PEANUT PUTTER AND 2 HARD BOILED EGG WHITES

Thursday

BREAKFAST



SALMON EGG WHITE CUPS OVER 1 CUP ARUGULA WITH A SIDE OF 1 CUP COOKED QUINOA

- Layer 1 slice of smoked salmon at the bottom of a muffin tin, pour in liquid egg whites – sprinkle with fresh dill and chives. Bake in oven for 30 minutes at 400°

LUNCH

CHICKEN KEBAB

Place chopped chicken and chopped veggies like red onion, bell peppers, and zucchini on grill skewers and grill up. Season with Greek spices like: mint, basil, majoram, garlic and onion powder, thyme, salt. SIDE OF ROASTED POTATOS OR PITA BREAD or ½ CUP GARBANZO BEANS OR 2 TBSP HUMMUS

DINNER

SHRIMP OR CHICKEN STIR FRY OVER 1 CUP COOKED BROWN RICE
Saute chicken or shrimp with frozen garlic or ginger pods in one frying pan. In another frying pan saute broccoli, mango, pineapple, red onion, zucchini with garlic and ginger pods. Stir sauce of 2 tbsp coconut aminos with 1 tbsp sesame oil and 1 tbsp raw honey. Pour over veggies when ready to eat.

ANYTIME SNACK

APPLE | 2 TBSP NUT BUTTER OF CHOICE | HARD BOILED EGG

Friday

BREAKFAST

MOCHA SMOOTHIE

In a blender add 2 cups ice, 1 scoop protein powder of choice, 1 scoop chocolate collagen, 1 tbsp instant coffee, sweetener of choice, $\frac{1}{4}$ tsp xanthan gum, 1 cup milk of choice – blend and enjoy!

LUNCH

SHRIMP OR CHICKEN STIR FRY OVER 1 CUP COOKED BROWN RICE

Saute chicken or shrimp with frozen garlic or ginger pods in one frying pan. In another frying pan saute broccoli, mango, pineapple, red onion, zucchini with garlic and ginger pods. Stir sauce of 2 tbsp coconut aminos with 1 tbsp sesame oil and 1 tbsp raw honey. Pour over veggies when ready to eat.

DINNER

GREEN GODESS BOWL

2 cups kale, $\frac{1}{4}$ cup frozen peas, $\frac{1}{4}$ cup frozen edamame, $\frac{1}{2}$ cup garbanzo beans, 4 oz cooked lean ground turkey, 2 tbsp pickled red onions, $\frac{1}{2}$ cup diced zucchini. Dressing mix 2 tbsp hummus with 2 tbsp lemon juice, salt, garlic, and 1 tsp olive oil and dress over salad!

ANYTIME SNACK

PROTEIN POWDER PUDDING WITH 1 CUP BERRIES OF CHOICE

Make a pudding using 1 scoop protein powder of choice, 1 scoop collagen, sweetener of choice and $\frac{1}{4}$ cup milk of choice!

Saturday

BREAKFAST

PROTEIN PANCAKES OR WAFFLES

In a blender add ½ cup liquid egg whites, 2 hard boiled egg whites 1 scoop protein powder of choice, 3 tbsp oats, cinnamon, sweetener of choice, vanilla extract. Blend until you have a batter and pour into fry pan for pancakes or into a waffle maker for waffles!

LUNCH

GREEN GODESS BOWL

2 cups kale, ¼ cup frozen peas, ¼ cup frozen edamame, ½ cup garbanzo beans, 4 oz cooked lean ground turkey, 2 tbsp pickled red onions, ½ cup diced zucchini. Dressing mix 2 tbsp hummus with 2 tbsp lemon juice, salt, garlic, and 1 tsp olive oil and dress over salad!

DINNER

GRILLED PROTEIN OF CHOICE

GRILLED ASPARAGUS

GRILLED PINEAPPLE

1 CUP COOKED WHITE RICE

ANYTIME SNACK

RICE CAKE WITH 1 TBSP PEANUT BUTTER AND 2 HARD BOILED EGG WHITES

Sunday

BREAKFAST

SALMON EGG WHITE CUPS OVER 1 CUP ARUGULA AND ½
AVOCADO SLICES ON TOP

LUNCH

EGG LIFE WRAP ROLL UPS
3 EGG LIFE WRAPS
½ CUP GARBANZO BEANS
1 CUP ARUGULA
2 TBSP PICKLED RED ONIONS
2 TBSP LEMON JUICE – 2 TBSP FRESH PARSLEY
SALT AND GARLIC POWDER TO TASTE

DINNER

GRILLED CHICKEN QUINOA MEDITERRANEAN BOWL
3 – 4 OZ GRILLED CHICKEN | 1 CUP COOKED QUINOA
1 ½ CUP CHOPPED CUCUMBER, 2 TBSP CHOPPED PICKLED RED
ONION, 1 ½ CUP CHOPPED TOMATO, 1 ½ CUP CHOPPED
BELL PEPPER, 1 CUP SPINACH OR ARUGULA
1 TSP OLIVE OIL | 1 TBSP RED WINE VINEGAR | SALT AND
GARLIC POWDER TO TASTE

ANYTIME SNACK

APPLE | 2 TBSP NUT BUTTER OF CHOICE | HARD BOILED EGG