



Meal Plan

THE FOOD WE EAT PROVIDES
THE BUILDING BLOCKS AND
THE FUEL FOR OUR BODIES
TO WORK WITH. LET'S GIVE
IT SOME CLEAN ENERGY AND
AND A STRONG FOUNDATION
TO WORK FOR US, NOT
AGAINST US.

WEEK 1

SUNDAY

- B** Pumpkin pancakes (freeze half for Saturday)
- L** Protein packed smoothie
- D** Easy crockpot chili

MONDAY

- B** Two hard boiled eggs, sliced feta, microgreens, and sliced beets
- L** Sliced chicken breast, pear, and side of mixed nuts
- D** Left overs from the night before

TUESDAY

- B** Fall breakfast quinoa bowl
- L** Baby spinach salad topped with sliced apples, walnuts, pumpkin seeds, feta, olive oil, salt, and pepper
- D** Chicken stir fry (use maple syrup instead of brown sugar and serve over cauliflower rice or brown rice)

WEDNESDAY

- B** Two hard boiled eggs, sliced feta, microgreens, and sliced beets
- L** Sliced chicken breast, pear, and side of mixed nuts
- D** Left overs from the night before

THURSDAY

- B** Fall breakfast quinoa bowl
- L** Baby spinach salad topped with sliced apples, walnuts, pumpkin seeds, feta, olive oil, salt, and pepper
- D** Crockpot beef stew

FRIDAY

- B** Apple cinnamon smoothie (use maple instead of honey)
- L** Sliced mozzarella and tomatoes topped with pesto and side of walnuts
- D** Left overs from the night before

SATURDAY

- B** Pumpkin pancakes
- L** Tuna with avocado mayo and dill over mixed greens and cherry tomatoes (option to add seeds such as pumpkin, chia, flax)
- D** Pasta with pesto, steamed broccoli, and grilled chicken sausages

GROCERY LIST

PRODUCE

- Baby spinach
- Mixed greens
- Blueberries
- Onions
- Green bell pepper
- Garlic
- Microgreens
- Precooked beets
- Pears
- Apples
- Broccoli
- Mushrooms
- Ginger
- Frozen vegetables (with onions)
- Baby yellow potatoes
- Baby carrots
- Cherry tomatoes
- Broccoli
- Bananas (ripe)

MEAT, FISH, DAIRY

- Organic eggs
- Ground beef
- Feta
- Chicken breast (double)
- Beef stew meat
- Greek yogurt
- Mozzarella ball
- Ghee or grass fed butter
- Almond milk
- Canned tuna
- Chicken sausages

GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Kidney beans
- Canned diced tomatoes
- Quinoa
- Gluten free pasta
- Chia seeds
- Raw or dry roasted mixed nuts
- Slivered almonds
- Pumpkin seeds
- Walnuts

MISCELLANEOUS

- Canned pumpkin puree
- Sea salt or pink Himalayan salt
- Cinnamon
- Pumpkin pie spice
- Coconut flour
- Almond meal
- Baking powder
- Collagen protein powder
- Ground cardamon
- Chili powder
- Pepper
- Cumin
- Canned coconut milk
- Vanilla extract
- Hemp hearts (optional)
- Olive oil
- Coconut oil
- Sesame oil
- Soy sauce (gluten free)
- Chicken broth
- Beef broth
- Beef stew seasoning mix
- All purpose flour (or use coconut flour for all meals)
- Pesto

OPTIONAL SNACKS

- Navita's Power Bites
- Seaweed Snacks
- Sweet and Crunchy Sprouted Seed Coconut Clusters

HOW TO MEAL PREP WEEK 1

- Keep in mind all dinner batches should be doubled to allow for left overs the following night
- Make paleo pancakes and freeze half for Saturday.
- Hard boil eggs for the week (4 for each person).
- Pre-cook chicken breast (to be had for lunch on Monday and Wednesday. Save some chicken for the stir fry on Tuesday night).
- Precook quinoa (to be had for breakfast on Tuesday and Thursday).
- Start crockpot meal on Thursday morning for dinner that night and Friday

WEEK 2

SUNDAY

- B** Autumn almond flour muffins and side of berries (freeze half for Saturday)
- L** Chicken salad stuffed avocados
- D** Garlic shrimp served with baked sweet potatoes & microgreens

MONDAY

- B** Scrambled eggs with smoked salmon, dill, and kalamata olives
- L** Sliced apple with almond butter and cottage cheese
- D** Left overs from the night before

TUESDAY

- B** Full fat yogurt with berries, chia seeds, and sliced almonds
- L** Arugula topped with sliced or shredded chicken, pumpkin seeds, avocado, olive oil, salt, and pepper
- D** Beef tacos

WEDNESDAY

- B** Scrambled eggs with smoked salmon, dill, and kalamata olives
- L** Sliced apple with almond butter and cottage cheese
- D** Left overs from the night before

THURSDAY

- B** Full fat yogurt with berries, chia seeds, and sliced almonds
- L** Arugula topped with sliced or shredded chicken, pumpkin seeds, avocado, olive oil, salt, and pepper
- D** Turkey patties, served with mozzarella, salsa, and arugula

FRIDAY

- B** Chocolate mint smoothie
- L** Hard boiled eggs, gluten free crackers, and hummus
- D** Left overs from the night before

SATURDAY

- B** Autumn almond flour muffins and side of berries
- L** Chicken salad (canned chicken with avocado mayo, salt, and pepper) with gluten free crackers and sliced cucumbers
- D** Brown rice topped with sautéed chicken sausage and asparagus (use salt, pepper, and/or garlic to flavor)

GROCERY LIST

PRODUCE

- Avocados
- Lemon
- Sweet potatoes
- Microgreens
- Garlic
- Apples
- Berries of choice
- Arugula
- Zucchini
- Bananas
- Red onion
- Parsley
- Kalamata olives
- Baby spinach (option to freeze)
- Mint leaves
- Cucumber
- Asparagus

MEAT, FISH, DAIRY

- Organic eggs
- Rotisserie chicken
- Organic canned chicken
- Chicken breast (depending on size of family, you may be able to use left over rotisserie chicken)
- Shrimp
- Ghee or grass fed butter
- Smoked salmon
- Cottage cheese
- Greek or Icelandic yogurt (for chicken salad and breakfast two days)
- Ground beef
- Ground turkey
- Chicken sausage (or sausage of choice)
- Mozzarella ball
- Milk of choice

GRAINS, BEANS, NUTS, LEGUMES

- Almond flour
- Almond butter
- Chia seeds
- Sliced almonds
- Pumpkin seeds
- Grain-free taco shells
- Gluten free crackers
- Hummus

MISCELLANEOUS

- Pumpkin puree, canned
- Maple syrup
- Coconut oil
- Olive oil
- Baking soda
- Sea salt
- Black pepper
- Cinnamon
- Avocado mayo
- Dijon mustard
- Italian seasoning
- Dill
- Avocado mayo
- Chili powder
- Cumin
- Dried oregano
- Garlic powder
- Tomato sauce
- Salsa
- Protein powder (could use collagen)
- Cacao nibs

OPTIONAL SNACKS

- Organic Spirulina Sprouted Bar
- Chocolate Covered Cashews
- Paleo Puffs

HOW TO MEAL PREP WEEK 2

- Keep in mind all dinner batches should be doubled to allow for left overs the following night
- Make almond flour muffins and freeze half for Saturday.
- Shred rotisserie chicken.
- If you have a larger family and need more chicken for lunch on Tuesday and Thursday, bake this ahead of time.
- Hard boil eggs (2 per person).
- Option to make and freeze turkey patties to be had for dinner on Thursday and Friday.

WEEK 3

SUNDAY

- B** Keto pumpkin bread served with a side of berries (use monk fruit sweetener instead of stevia. Freeze half for Saturday)
- L** Wild caught canned tuna or salmon with avocado mayo on sprouted grain wrap with tomatoes, lettuce, and sliced grapes
- D** Sheet pan steak and veggies (serve over arugula with olive oil)

MONDAY

- B** Oatmeal with pumpkin seeds, coconut milk, and sliced pears
- L** Arugula salad with dried cranberries, goat cheese, walnuts, chickpeas, sliced red onion, olive oil, and sea salt
- D** Left overs from the night before

TUESDAY

- B** Scrambled eggs with spinach and goat cheese cooked in ghee. Side of berries
- L** Quinoa bowl with edamame, kimchi, avocado, shredded carrots, and soy sauce
- D** Hearty black bean and roasted carrot taquitos (substitute tahini for cashew cream)

WEDNESDAY

- B** Avocado on sprouted grain toast top with smoked salmon and dill
- L** Arugula salad with dried cranberries, goat cheese, walnuts, chickpeas, sliced red onion, olive oil, and sea salt
- D** Left overs from the night before

THURSDAY

- B** Two hard boiled eggs with a pear
- L** Quinoa bowl with edamame, kimchi, avocado, shredded carrots, and soy sauce
- D** Crockpot chicken cacciatore (serve over rice or cauliflower rice)

FRIDAY

- B** Peach and collagen powder smoothie
- L** Cottage cheese with mixed berries and a side of mixed nuts
- D** Left overs from the night before

SATURDAY

- B** Keto pumpkin bread served with berries of choice
- L** Hummus plate with gluten free crackers, carrots, bell pepper, kalamata olives, cucumbers, and snap peas
- D** Honey Garlic Shrimp (serve with quinoa and steamed broccoli)

GROCERY LIST

PRODUCE

- Baby red potatoes
- Broccoli
- Garlic
- Carrots
- Lemon
- Avocado
- Cilantro
- Jalapeños (optional)
- Yellow onion
- Crushed tomatoes
- Bell peppers
- Shiitake mushrooms
- Ginger (optional)
- Arugula
- Tomatoes
- Lettuce
- Grapes
- Pears
- Red onion
- Spinach
- Berries of choice
- Shelled edamame
- Kimchi
- Shredded carrots
- Peaches
- Kalamata olives
- Cucumber
- Snap peas

MEAT, FISH, DAIRY

- Top sirloin steak
- Bone in skinless chicken thighs
- Parmesan cheese
- Shrimp (frozen - thaw the day before)
- Plain greek yogurt
- Cottage cheese
- Eggs
- Wild caught canned tuna or salmon
- Goat cheese
- Ghee
- Smoked salmon
- Non-dairy milk

GRAINS, BEANS, NUTS, LEGUMES

- Black beans
- Quinoa
- Brown rice or cauliflower rice
- Almond flour
- Spouted grain wrap
- Oatmeal (quick rolled oats)
- Hummus
- Pumpkin seeds
- Walnuts
- Canned chickpeas
- Sprouted grain toast
- Chia seeds
- Gluten free crackers

MISCELLANEOUS

- Dried thyme
- Black pepper
- Corn or gluten free tortillas
- Turmeric
- Chili powder
- Dill
- Coconut oil
- Sea or pink Himalayan salt
- Crushed red pepper
- Tahini
- Sriracha (optional)
- Olive oil
- Bay leaves
- Honey
- Soy sauce
- Pumpkin puree
- Monk fruit sweetener
- Vanilla extract
- Ground cinnamon
- Ground ginger
- Baking soda
- Avocado mayo
- Coconut milk
- Dried cranberries
- Collagen powder
- Mixed nuts

OPTIONAL SNACKS

- Thunderbird Bars
- Navita's Superfood Power Snacks
- Hu Keto Cookies

HOW TO MEAL PREP WEEK 3

- Make the keto pumpkin bread and freeze half for Saturday.
- Pre-cook quinoa, mix with olive oil and store in the refrigerator
- Hard boil eggs for the week (2 for each person).
- Option to pre-cook rice for Thursday and Friday dinner and freeze.
- Start crockpot meal on Thursday morning for dinner that night and Friday
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night

WEEK 4

SUNDAY

- B** Paleo banana nut muffins and side of berries (freeze half for Saturday)
- L** Chicken salad (canned chicken with avocado mayo, salt, and pepper) with sliced bell pepper and carrots
- D** Chicken shawarma sheet pan (serve with baked sweet potato)

MONDAY

- B** Full fat greek or Icelandic yogurt with shredded coconut, ground flaxseed, and sliced pears
- L** Chickpea salad
- D** Left overs from the night before

TUESDAY

- B** Two hard boiled eggs with a side of berries
- L** Rice bowl with black beans, chopped tomato, canned corn, chopped parsley, avocado, lemon juice, and sour cream (optional)
- D** Ground Turkey Tacos

WEDNESDAY

- B** Oatmeal with almond butter, ground flaxseed, and berries
- L** Chickpea salad
- D** Left overs from the night before

THURSDAY

- B** Sliced hard boiled eggs and avocado on sprouted grain toast with sprouts
- L** Rice bowl with black beans, chopped tomato, canned corn, chopped parsley, avocado, lemon juice, and sour cream
- D** Crockpot teriyaki chicken (omit brown sugar - add extra honey if desired)

FRIDAY

- B** Green smoothie (add one scoop of collagen or protein powder)
- L** Mixed greens with feta cheese, chopped walnuts, sliced almonds, sliced apples, olive oil and sea salt
- D** Left overs from the night before

SATURDAY

- B** Paleo banana nut muffins and side of berries
- L** Pasta salad with pesto, tomatoes, kalamata olives, chopped cucumber, and ground flaxseed
- D** Baked wild Chilean sea bass (option to serve over quinoa)

GROCERY LIST

PRODUCE

- Bell peppers
- Red onion
- Sweet potatoes
- Yellow onion
- Tomatoes
- Avocado
- Garlic
- Ginger
- Green onions
- Cherry tomatoes
- Bananas
- Carrots
- Pears
- Lemon
- Cucumber
- Berries of choice
- Parsley
- Sprouts
- Spinach
- Apples
- Mixed greens
- Kalamata olives

MEAT, FISH, DAIRY

- Skinless chicken thighs
- Boneless chicken breast
- Ground turkey
- Chilean Sea Bass
- Eggs
- Canned organic chicken
- Feta cheese
- Non-dairy milk
- Full fat greek or Icelandic yogurt
- Sour cream (optional)
- Shredded cheese (optional)

GRAINS, BEANS, NUTS, LEGUMES

- Corn tortillas
- Brown rice
- Sesame seeds
- Quinoa
- Canned chickpeas
- Black beans
- Canned corn
- Oatmeal
- Almond butter
- Walnuts, chopped
- Ground flaxseed (or chia seeds)
- Brown rice
- Sliced almonds
- Chickpea or lentil pasta

MISCELLANEOUS

- Cumin
- Paprika
- All spice
- Turmeric
- Ground Cinnamon
- Sea or pink Himalayan salt
- Pepper
- Chili powder
- Oregano (dried)
- Avocado oil
- Olive oil
- Canned tomato sauce
- Canned mild green chilis
- Pesto
- Honey
- Soy sauce
- Sesame oil
- Rice vinegar
- Corn starch
- Marinara sauce
- Coconut oil
- Vanilla extract
- Coconut flour
- Baking soda
- Baking powder
- Avocado mayo
- Shredded coconut
- Collagen or protein powder

OPTIONAL SNACKS

- Raw Pistachios
- Purely Elizabeth Grain Free Granola
- Seaweed Snacks

HOW TO MEAL PREP WEEK 4

- Make paleo banana nut muffins and freeze half for Saturday (option to make double batch to be had in week four).
- Pre-cook rice, mix with olive oil, and store in the refrigerator.
- Hard boil eggs (4 per person).
- Start crockpot meal on Thursday morning for dinner that night and Friday
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night.