

The background of the image is a collage of various fresh ingredients. In the top left, there are several pink and white tulips. In the top right, a glass jar of honey with a wooden stick is visible. In the bottom left, a white plate holds blackberries, sliced tomatoes, and yellow bell peppers. In the bottom right, a wooden cutting board features a halved avocado, two red cherries, and a bowl of yogurt topped with blueberries, blackberries, and almonds. A semi-transparent rectangular box is centered over the image, containing the text.

# Meal Plan

OUR FOOD CHOICES NOT  
ONLY EFFECT OUR PHYSICAL  
HEALTH, BUT ALSO OUR  
MENTAL HEALTH AND  
OVERALL HAPPINESS

# WEEK 1

## SUNDAY

- B** Egg scramble with spinach and goat cheese with mixed fruit
- L** Pita with hummus, cucumber, grapes, and sliced cheese
- D** Baked Salmon with roasted asparagus and rice

## MONDAY

- B** Two hard boiled eggs with mixed fruit
- L** Triple berry smoothie with added baby spinach
- D** Left Overs From the Night Before

## TUESDAY

- B** Plain Full Fat yogurt with pumpkin seeds and berries
- L** Tuna with mayo on arugula, cucumbers, and pumpkin seeds
- D** Bean and beef crockpot chili (D)

## WEDNESDAY

- B** Two hard boiled eggs with avocado toast and arugula
- L** Apple with almond butter and cheese slices
- D** Left Overs From the Night Before

## THURSDAY

- B** Oatmeal with coconut milk and berries
- L** Hard boiled eggs on arugula, cucumbers, and pumpkin seeds
- D** Baked Chicken and sweet potato with steamed broccoli (D)

## FRIDAY

- B** Plain full fat yogurt with pumpkin seeds and berries
- L** Canned chicken with mayo over baby spinach and tomatoes
- D** Left Overs From the Night Before

## SATURDAY

- B** Almond flour pumpkin muffin and fruit salad
- L** Apple with almond butter, cheese slices, and mixed nuts
- D** Veggie Quesadilla

## GROCERY LIST

### PRODUCE

- Baby spinach
- Garlic (fresh or powder)
- Cucumber
- Grapes
- Sweet potatoes
- Broccoli
- Arugula
- Berries of choice
- Red onion
- Yellow onion
- Bananas
- Canned tomatoes with green chilis
- Avocado
- Apple
- Asparagus
- Mixed fruit of choice
- Bell pepper
- Canned corn
- Lemon
- Scallions
- Frozen berries

### MEAT, FISH, DAIRY

- Eggs
- Crumbled goat cheese
- Sheep cheese to slice
- Chicken breast
- Canned tuna
- Plain full fat yogurt (greek or Icelandic)
- Canned chicken
- Ground beef
- Salmon
- Shredded cheese
- Butter or Ghee
- Milk of choice
- Parmesan cheese

### GRAINS, BEANS, NUTS, LEGUMES

- Pumpkin seeds
- Mixed nuts
- Hummus
- Canned beans
- Whole grain bread
- Oatmeal
- Rice
- Pita
- Tortilla wraps

### MISCELLANEOUS

- Baking soda
- Almond flour
- Vanilla extract
- Maple syrup
- Sea salt
- Cumin
- Chili powder or paprika
- Honey
- Soy sauce (or coconut aminos)
- Oil of choice (olive or avocado)
- Avocado mayo
- Salad Dressing
- Nut butter of choice (almond butter)
- Unsweetened Apple Sauce

### OPTIONAL SNACKS

- Siete grain free tortilla chips
- Simple Mills almond flour crackers
- Thunderbird bars

# HOW TO MEAL PREP WEEK 1

- Cut up mixed fruit for Sunday, Monday, and Saturday.
- Wash and dry grapes.
- Chop broccoli, cucumbers, carrots, and onion.
- Hard boil eggs - 6 for each person for the week (boil water, add eggs, cook for 10 minutes, allow to sit in the water for 2 additional minutes).
- Slice sheep and goat cheese for lunches.
- Bake almond flour pumpkin muffins (will be having these four days this month, I recommend making a double or triple batch).
- Cook the chili for Tuesday and Wednesday. This is a crockpot meal so if you would rather do it the day of, that is easy as well.



# WEEK 2

## SUNDAY

- B** Almond flour pumpkin muffin and fruit salad
- L** Egg salad (with mayo) lettuce wraps with a side of mixed nuts
- D** Lemon garlic salmon and asparagus with baked potato

## MONDAY

- B** Oatmeal with chias seeds, berries, and sunflower seeds
- L** Turkey burger patty with side salad
- D** Left Overs From the Night Before

## TUESDAY

- B** Plain, dairy-free yogurt or Siggis with berries and honey
- L** Turkey burger patty with side salad
- D** Chicken stir fry over rice (use primal kitchen for sauce)

## WEDNESDAY

- B** Scrambled Egg with Spinach & Mixed Fruit
- L** Hummus with snap peas, carrots, with a side of mixed nuts
- D** Left Overs From the Night Before

## THURSDAY

- B** Two hard boiled eggs with an apple and almond butter
- L** Canned chicken with mayo on wrap with spinach and apple
- D** Sweet potato and black bean chili

## FRIDAY

- B** Oatmeal with Berries and sunflower seeds
- L** Mashed Avocado with carrots, snap peas, and toasted pita
- D** Left Overs From the Night Before

## SATURDAY

- B** Banana oatmeal pancakes
- L** Pita and veggies with hummus and a side of berries
- D** Cauliflower pizza (frozen crust with goat cheese, and any left over veggies)

## GROCERY LIST

### PRODUCE

- Baby spinach
- Frozen mixed berries
- Strawberries
- Blueberries
- Apples
- Lemons
- Broccoli
- Baby carrots
- Romaine lettuce
- Mixed greens
- Potatoes for baking
- Veggies for side salad and to have with hummus
- Bananas
- Sweet Potato
- Cilantro (optional)
- Bell Peppers
- Avocado
- Snap peas
- Onion
- Minced garlic
- Lime
- Cantaloupe
- Asparagus

### MEAT, FISH, DAIRY

- Eggs
- Almond milk
- Greek yogurt
- Butter or Ghee
- Turkey burgers
- Chicken breast
- Dairy free or siggi's yogurt
- Canned chicken
- Wild caught salmon
- Shredded goat cheese

### GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Almonds
- Chia seeds
- Black beans (2 15oz cans)
- Diced tomatoes (28oz can)
- Gluten free rolled oats
- Raw mixed nuts
- Sunflower seeds
- Pita Bread
- Seitan or sprouted grain wraps
- Hummus

### MISCELLANEOUS

- Maple syrup
- Honey
- Almond flour
- Vanilla extract
- Avocado and/or olive oil
- Avocado mayo
- Baking powder
- Chili powder
- Cumin
- Ginger (fresh or powdered)
- Cauliflower pizza crust
- Pesto
- Primal kitchen or other stir fry sauce

### OPTIONAL SNACKS

- Bare Apple Chips
- Simple Mills Crackers
- Suzie's Thin Cakes
- LesserEvil Popcorn

# HOW TO MEAL PREP WEEK 2

- Cut up mixed fruit for Sunday and Wednesday.
- Hard boil eggs - 4 for each person for the week including what you will need for the egg salad. (boil water, add eggs, cook for 10 minutes, allow to sit in the water for 2 additional minutes).
- Option to precook turkey burgers which will be used for lunch on Monday and Tuesday.
- Chop broccoli, bell peppers, and carrots for stir fry on Tuesday. Set some carrots aside for lunches.
- Chop veggies that will be used in side salads on Monday and Tuesday.
- Peel and chop sweet potatoes and onion for sweet potato chili. Option to cook this now and freeze to have it ready for Thursday and Friday.

# WEEK 3

## SUNDAY

- B** Coconut milk yogurt with berries.
- L** Arugula salad with grass fed cooked steak, green pitted olives, shredded carrots, lemon juice, olive oil, pink Himalayan salt.
- D** Baked salmon with garlic and turmeric with steamed broccoli baked sweet potato.

## MONDAY

- B** Smoothie with full fat coconut milk, handful baby spinach, 1/4 cup berries, 1/2 banana, 1/2 avocado, ground cinnamon.
- L** Rotisserie chicken over baby spinach with avocado, olive oil, and salt
- D** Left Overs From the Night Before.

## TUESDAY

- B** Coconut milk yogurt with berries.
- L** Rotisserie chicken over baby spinach with avocado, olive oil, and salt
- D** Taco Bowl

## WEDNESDAY

- B** Smoothie with full fat coconut milk, handful baby spinach, 1/4 cup berries, 1/2 banana, 1/2 avocado, ground cinnamon.
- L** Butternut squash soup made with bone broth. Side salad with pickled beets, shredded carrots, olive oil, salt.
- D** Left Overs From the Night Before.

## THURSDAY

- B** Omelette with mushrooms, onion, garlic, oregano.
- L** Butternut squash soup made with bone broth. Side salad with pickled beets, shredded carrots, olive oil, salt.
- D** Grilled (or pan seared) lamb or steak with asparagus and riced cauliflower.

## FRIDAY

- B** Coconut milk yogurt with berries.
- L** Shredded chicken cooked with cumin, turmeric, and bone broth over baby spinach, onions, and avocado. Side of berries.
- D** Left Overs From the Night Before.

## SATURDAY

- B** Omelette with mushrooms, onion, garlic, oregano.
- L** Shredded chicken cooked with cumin, turmeric, and bone broth over baby spinach, onions, and avocado. Side of berries.
- D** Sautéed shrimp olive oil, oregano, garlic, and salt over steamed broccoli with a sweet potato.

## GROCERY LIST

### PRODUCE

- Baby spinach
- Berries of choice
- Avocado
- Garlic
- Broccoli
- Sweet potato
- Banana
- Mushrooms
- Yellow onion
- Arugula
- Apples
- Roma tomatoes
- Pitted green olives
- Shredded carrots
- Lemons
- Butternut squash
- Pickled beets
- Asparagus
- Cauliflower (could be frozen and pre-riced)
- Rosemary springs
- Fresh cilantro
- Oregano

### MEAT, FISH, DAIRY

- Eggs
- Organic skinless chicken breast
- Wild caught salmon
- Grass fed steak
- Grass red ground beef
- Rotisserie chicken
- Lamb or more grass fed steak
- Frozen wild caught shrimp
- Coconut milk yogurt

### GRAINS, BEANS, NUTS, LEGUMES

- Brown rice
- Canned black beans

### MISCELLANEOUS

- Olive oil
- Full fat canned coconut milk
- Pink Himalayan salt and iodized table salt
- Bone broth
- Ground cinnamon
- Ground cumin
- Ground turmeric
- Pre-mixed taco seasoning
- Oil of choice (olive or avocado)
- Avocado mayo
- Salad Dressing
- Nut butter of choice (almond butter)
- Unsweetened Apple Sauce
- Canned corn

### OPTIONAL SNACKS

- Epic Bison cranberry bar
- Macadamia Nuts
- Yes bars

# HOW TO MEAL PREP WEEK 3

- Sunday: Cook 1-2 chicken breasts per person using bone both, cumin, and turmeric. Shred and freeze to be had for lunch on Friday and Saturday.
- Sunday: Bake two sweet potatoes for each person, one for Sunday evening and one for Monday evening.
- Sunday: Make crockpot butternut squash soup. Freeze in portions to be had on Wednesday and Thursday for lunch.
- Thursday morning: Marinate steak or lamb to be cooked that evening.
- Friday: Option to pre-bake sweet potatoes for Saturday evening, one per person.

# WEEK 4

## SUNDAY

- B** Scrambled eggs with spinach and goat cheese
- L** Avocado on sprouted grain toast with cucumber, sprouts, feta cheese, red onion, dill, salt, and pepper.
- D** Sweet potato and black bean chili

## MONDAY

- B** Almond flour pumpkin muffin and berries of choice.
- L** Sprouted grain sandwich with avocado mayo, rotisserie chicken, sliced tomatoes, mixed greens. Apple on the side
- D** Left Overs From the Night Before

## TUESDAY

- B** Scrambled eggs with spinach and goat cheese
- L** Sprouted grain sandwich with avocado mayo, rotisserie chicken, sliced tomatoes, mixed greens. Apple on the side
- D** Chicken fajitas (use pre-mixed fajita seasoning)

## WEDNESDAY

- B** Almond flour pumpkin muffin and berries of choice.
- L** Snap peas and carrots with hummus and kalamata olives. Side of mixed nuts
- D** Left Overs From the Night Before

## THURSDAY

- B** Two hard boiled eggs with an apple and almond butter
- L** Snap peas and carrots with hummus and kalamata olives. Side of mixed nuts
- D** Honey garlic shrimp. Serve with cooked brown rice and steamed broccoli

## FRIDAY

- B** Oatmeal with berries and sunflower seeds
- L** Greek or dairy-free yogurt with berries, mixed nuts, and honey
- D** Left Overs From the Night Before

## SATURDAY

- B** Two hard boiled eggs with an apple and almond butter
- L** Greek or dairy-free yogurt with berries, mixed nuts, and honey
- D** Vegetable pasta

## GROCERY LIST

### PRODUCE

- Baby spinach
- Avocados
- Cucumbers
- Sprouts
- Red onion
- Dill
- Sweet potatoes
- Onions
- Garlic
- Limes
- Cilantro
- Berries of choice
- Yellow squash
- Tomatoes
- Mixed greens
- Apples
- Bell pepper
- Snap peas
- Baby carrots
- Kalamata olives
- Garlic (can buy pre-minced)
- Green onion
- Broccoli
- Mushroom
- Zucchini

### MEAT, FISH, DAIRY

- Eggs
- Rotisserie chicken
- Boneless skinless chick breasts
- Frozen shrimp (peeled and deveined)
- Sour cream
- Greek yogurt
- Feta cheese
- Goat cheese

### GRAINS, BEANS, NUTS, LEGUMES

- Canned black beans
- Canned diced tomatoes (two nights)
- Sprouted grain bread
- Sprouted grain or gluten free fajita wraps
- Oatmeal
- Hummus
- Dry roasted mixed nuts
- Almond butter
- Brown rice
- Sunflower seeds
- Gluten free pasta

### MISCELLANEOUS

- Sea salt
- Black pepper
- Olive oil
- Chili powder
- Cumin
- Ground chipotle
- Canned diced tomatoes
- Avocado mayo
- Pico de gallo
- Pumpkin puree
- Almond flour
- Baking powder
- Baking soda
- Unsweetened apple sauce
- Coconut cream
- Vanilla extract
- Pumpkin pie spice
- Oregano

### OPTIONAL SNACKS

- Bare Apple Chips
- Simple Mills Crackers
- Suzie's Thin Cakes
- LesserEvil Popcorn



# HOW TO MEAL PREP WEEK 4

- Make almond flour muffins to be had on Monday and Wednesday for breakfast
- Separate rotisserie chicken meat for Monday and Tuesday lunch.