

Hikes & Health

Week #1 1500 calories

Breakfast: Strawberry Shortcake Overnight Oats

Snack: Peach and Cauliflower Smoothie

Lunch: Turkey Taco Quinoa

Snack: Frozen Banana Bites

Dinner: Shredded BBQ Chicken with Veggies

Totals: 1560 calories / 196gms carbs / 41gms fat / 98gms protein / 3539mg sodium / 80gm sugar

Week 1 Shopping List – 7 days

Dairy & Meat

- 2 lb ground Turkey
- 2 lb boneless, skinless Chicken breasts
- 64 oz Nonfat Plain Greek Yogurt

Pantry Supplies

- Vanilla Extract
- Almond Extract
- Chia Seeds
- Olive Oil

Vegetables, Fruit & Herbs

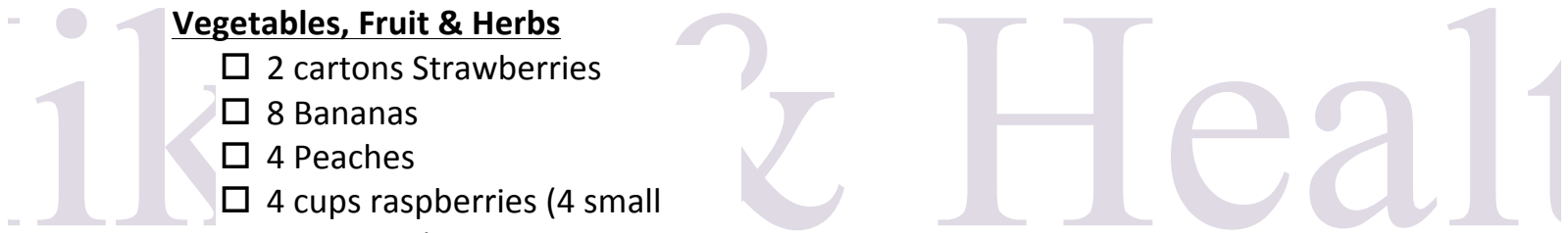
- 2 cartons Strawberries
- 8 Bananas
- 4 Peaches
- 4 cups raspberries (4 small containers)
- 2 heads Cauliflower

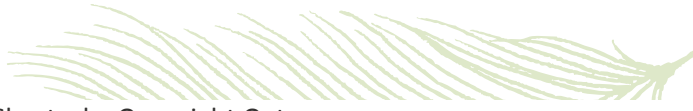
Other

- 4 cups Old Fashioned Oats
- 11 cups Unsweetened Vanilla Almond Milk
- 2 jars Salsa
- 2 cans Hatch Chilies
- 2 packets Taco Seasoning
- 3 cups Uncooked Quinoa
- 2 cans Corn (No Salt Added)
- 2 cans Black Beans (No Salt Added)
- 2 cups Chocolate Chips
- 16oz Preferred BBQ Sauce

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Recipes

Strawberry Shortcake Overnight Oats

- 2 cups old fashioned oats
- 2 tsp vanilla extract
- 2 tsp almond extract
- 4 cups Nonfat Plain Greek Yogurt
- 2 cups Unsweetened Vanilla Almond Milk
- 2 cups Strawberry Halves
- 4tbsp Chia Seeds

Combine all ingredients and refrigerate mixture for at least 8hrs before consuming.

Makes: 4 servings

Per Serving: 410 calories / 49gms carbs / 7gms fat / 37gms protein / 1066mg sodium / 10gm sugar

Peach and Cauliflower Smoothie

- ½ large Banana
- 0.5 cup sliced Peaches
- 0.50 cup Raspberries
- 0.50 cup chopped Cauliflower
- 1 tsp Chia seeds
- 1 cup Unsweetened Vanilla Almond Milk (or preferred fluid)

Combine all in blender & blend until smooth.

Makes: 1 serving

Per Serving: 190 calories / 36gms carbs / 5gms fat / 5gms protein / 198mg sodium / 19gm sugar

Turkey Taco Quinoa

- 1 Jar Salsa
- 1 can Hatch Chopped Green Chilies
- 1 packet Taco Seasoning
- 1 cup cooked Quinoa
- 1lb lean ground Turkey
- 1 can Corn
- 1 can Black Beans

Ground turkey in pan. Add seasoning and can of chopped green chilies, corn, and black beans. Put mixture on top of quinoa and add salsa.

Makes: 4 servings

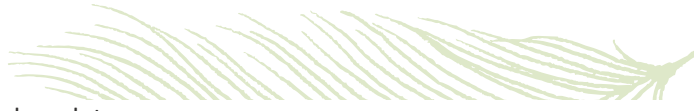
Per Serving: 456 calories / 49gms carbs / 11gms fat / 30gms protein / 1087mg sodium / 6gm sugar

Frozen Banana Bites

- 2 bananas

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- 1 cup melted chocolate

Line pan with parchment paper. Cut bananas into squares. Melt chocolate and dip banana squares. Place on parchment paper and freeze about 4hrs or until ready.

Makes: 4 servings

Per Serving: 101 calories / 23gms carbs / 1gms fat / 1gms protein / 51mg sodium / 13gm sugar

Shredded BBQ Chicken with Veggies

- 1lb Boneless, Skinless Chicken Breasts
- 4tbsp olive oil
- 2 Red Bell Peppers
- 2 cups sliced Zucchini
- 2 cups cut Asparagus
- 8oz Preferred BBQ sauce

Pressure cook chicken in water and then add BBQ sauce. Or slow cook chicken in BBQ sauce for 8hrs. Slice veggies and toss with oil. Bake veggies for 12min at 350 degrees. Combine for meal.

Makes: 4 servings

Per Serving: 403 calories / 39gms carbs / 17gms fat / 25gms protein / 1137mg sodium / 32gm sugar

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