

# 3 Day MEAL PLAN

## DAY 1

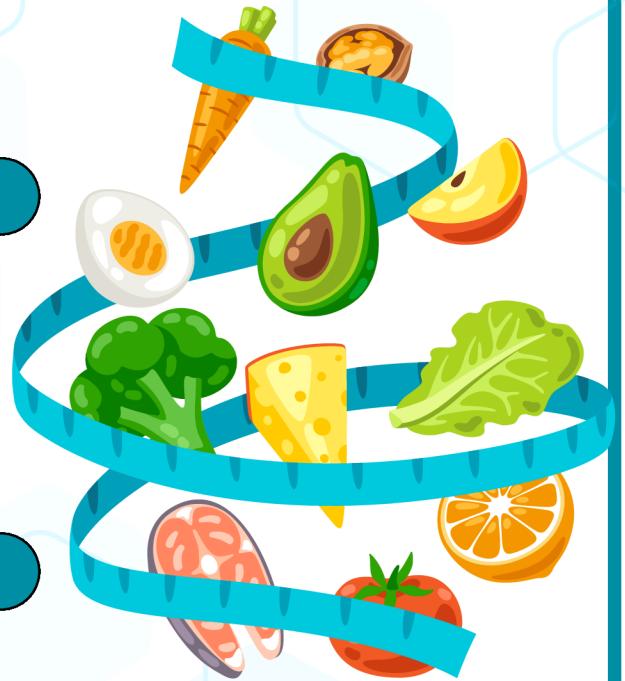
- Orange Dreamsicle Smoothie
- Everything But The Bagel Salad
- Stuffed Zucchini Bowl

## DAY 2

- Orange Dreamsicle Smoothie
- Everything But The Bagel Salad
- Grilled Shrimp Salad

## DAY 3

- Orange Dreamsicle Smoothie
- Grilled Shrimp Salad
- One-Pan Steak Dinner





# MEAL PLAN

## FIBER/CARBS

- ☐ chia seeds
- ☐ lime (1)
- ☐ broccoli (4 cups)
- ☐ clementines (3)
- ☐ mini potatoes (2 cups)
- ☐ cherry tomatoes (2 cups)
- ☐ zucchini (1)
- ☐ garlic clove (1)
- ☐ broccoli slaw (1 cup)
- ☐ baby spinach (1 cup)
- ☐ shredded carrots (1 cup)
- ☐ cauliflower rice (1 ½ cup - frozen)
- ☐ red bell pepper (1)
- ☐ shredded cabbage (4 cups)
- ☐ high-fiber crackers
- ☐ vanilla protein powder \*\*
- ☐ full-fat, plain greek yogurt (1 ½ cup)
- ☐ shrimp (12oz) sirloin steak (8oz)
- ☐ extra-lean ground turkey (4oz)
- ☐ nitrate-free deli turkey (8oz)

\*\* Vanilla Protein Powder -  
> 18g protein / serving  
< 3g sugar

## HEALTHY FATS

- ☐ avocado
- ☐ nutbutter (ex:cashew)
- ☐ cheddar cheese (3oz)
- ☐ extra-virgin olive oil

## OTHER

- ☐ vanilla extract
- ☐ tomato sauce (½ cup)
- ☐ fresh cilantro
- ☐ unsweetened nut milk
- ☐ everything bagel seasoning
- ☐ italian seasoning
- ☐ chili powder
- ☐ red pepper flakes (optional)
- ☐ ranch dressing  
(ex: Tess Mae's or Primal Kitchen)



# ORANGE DREAMSICLE SMOOTHIE



## INGREDIENTS

- ½ cup nut milk
- 2 Tbsp chia seeds
- ½ c frozen cauliflower rice
- 1 Tbsp nut butter
- 1 serving vanilla protein powder
- 1 clementine
- ½ cup plain Greek yogurt
- 1 tsp vanilla extract

## DIRECTIONS

1. Add all ingredients to blender and blend until desired consistency



# EVERYTHING BUT THE BAGEL SALAD

## INGREDIENTS

- 1 cup shredded cabbage
- ½ cup shredded carrot
- ½ cup broccoli slaw
- 3 Tbsp cheddar cheese
- 2 Tbsp ranch dressing
- 4 oz nitrate-free deli turkey
- 6 high-fiber crackers, crushed (ex: Mary's Gone)
- 1 tsp everything bagel seasoning (to taste)

## DIRECTIONS

1. Combine **cabbage, carrots, broccoli slaw, cheese, turkey, crackers,** and **seasoning** in a large bowl.
2. Top with **ranch dressing.** Add more seasoning to taste.



# STUFFED ZUCCHINI BOAT



## INGREDIENTS

- 1 zucchini (medium)
- ½ cup tomato sauce (divided)
- 1 Tbsp extra-virgin olive oil
- 4 oz extra-lean ground turkey
- ½ garlic clove (minced)
- ½ tsp Italian seasoning
- ¼ tsp salt red pepper
- flakes (to taste - optional)
- ½ red bell pepper (chopped)
- 1 cup baby spinach (chopped)

## DIRECTIONS

1. Preheat oven to **350°F** (177°C).
2. Cut **zucchini** in half lengthwise and scoop out the seeds using a spoon. Add half of the **tomato sauce** to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
3. Heat oil in a skillet over medium-high heat. Add **turkey** and cook until browned, breaking it into small pieces as it cooks.
4. Add **garlic, Italian seasoning, salt,** and **red pepper flakes** to the turkey and stir to combine. Add **bell pepper** and **spinach** and continue to cook until spinach is wilted. Add remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
5. Spoon turkey mixture into the hollowed-out zucchini boats.
6. Cover the baking dish with a lid or foil and **bake 20-25 minutes** or until zucchini is tender.



# GRILLED SHRIMP SALAD



## INGREDIENTS

- ¼ cup cilantro (chopped)
- 1 lime (juiced)
- 2 Tbsp extra-virgin olive oil
- ½ tsp chili powder
- 12 oz shrimp (raw, peeled and de-veined)
- 2 cups shredded cabbage
- ½ cup cherry tomatoes (halved)
- ½ avocado (diced)
- salt & pepper (to taste)
- ¼ tsp cumin

## DIRECTIONS

1. Create dressing by combining **cilantro**, **lime juice**, **oil**, **cumin**, and **chili powder** in a blender or food processor. Process until smooth. Set aside.
2. Throw **shrimp** in a large resealable bag. Add half of the dressing and shake well to coat.
3. Heat the grill over medium heat. Cook shrimp 2-3 minutes per side, depending on size of shrimp.
4. Top **cabbage** with **avocado**, **tomatoes**, and **grilled shrimp**. Season with salt and pepper to taste. Drizzle remaining dressing over top.

# ONE PAN STEAK DINNER



## INGREDIENTS

- 2 cups minipotatoes
- 1 ½ cup cherrytomatoes
- 4 cups broccoli (chopped into florets)
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp Italian seasoning
- 8 oz sirloin steak
- salt & pepper (to taste)

## DIRECTIONS

1. Preheat oven to **375°F** (191°C).
2. Toss the **potatoes, cherry tomatoes**, and **broccoli** with oil and sprinkle with Italian seasoning. Spread across the baking sheet and **roast for 20 minutes**.
3. Meanwhile, heat a skillet over medium/high heat. Season **steak** with salt and pepper to taste. Brown steak on both sides for 1-2 minutes. Remove steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.