

Holistic *Healing*

FROM THE INSIDE OUT



Meal Plan Week 1



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	BREAKFAST	SNACK	LUNCH	SNACKS	DINNER	SNACKS
SUN	Egg Scramble Turkey Bacon	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Vegetable Quinoa with Diced Avocado	Celery with Almond Butter	Lemon Chicken Steamed String Beans Side Salad	Sliced Apple with Cinnamon (2 hrs after dinner)
MON	Avocado Toast	Berries	Lemon Chicken Salad	Hard- Boiled Eggs	Pasta Primavera Side Salad	Dark Chocolate (1-2 squares)
TUE	Protein Shake	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Vegetable Quinoa with Diced Avocado	Diced Cantaloupe	Broiled Salmon Sautéed Spinach Side Salad	Brown Rice Cake with Almond Butter (2 hrs after dinner)
WED	Sourdough, Ezekiel, or Gluten Free Toast with Almond Butter	Berries	Broiled Salmon Sautéed Spinach	Hard- Boiled Eggs	Pasta Primavera Side Salad	Dark Chocolate (1-2 squares)
THU	Protein Shake	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Vegetable Quinoa with Diced Avocado	Celery with Almond Butter	Lemon Garlic Shrimp and Vegetables Side Salad	Sliced Apple with Cinnamon (2 hrs after dinner)
FRI	Oatmeal	Berries	Lemon Garlic Shrimp and Vegetables	Brown Rice Cake with Almond Butter	Turkey Burger with sliced Avocado, Tomato, and Onion over Side Salad	Dark Chocolate (1-2 squares)
SAT	Egg Scramble Turkey Bacon	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Avocado and Cucumber Sandwich	Diced Cantaloupe	Sautéed Chicken Roasted Zucchini and Yellow Squash Side Salad	Brown Rice Cake with Almond Butter (2 hrs after dinner)

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Shopping List

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Banana
- ☐ Berries (any kind)
- ☐ Cantaloupe
- ☐ Lemon

PRODUCE

- ☐ Asparagus
- ☐ Bell Peppers (Red)
- ☐ Broccoli
- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Garlic
- ☐ Onion (Red, and White)
- ☐ Radish
- ☐ Romaine/Mixed Greens
- ☐ Spinach (baby)
- ☐ Grape Tomatoes
- ☐ Zucchini
- ☐ Yellow Squash

FROZEN

- ☐ Cut Green Beans
- ☐ String Beans (*or fresh)
- ☐ Peas
- ☐ Spinach

CANNED/DRIED

- ☐ Crushed Tomatoes

GRAINS

- ☐ Lundberg Brown Rice
- ☐ Cakes
- ☐ Linguine Brown Rice Pasta
- ☐ Ezekiel or Sourdough Bread
- ☐ Simple Kneads Gluten-Free Bread
- ☐ Quinoa
- ☐ Red Mill Steel Cut
- ☐ Gluten-Free Oats

FRESH HERBS

- ☐ Cilantro
- ☐ Parsley

FISH

- ☐ Salmon
- ☐ Shrimp

PROTEIN

- ☐ Chicken Breast (boneless)
- ☐ Chicken Breast (on Bone)
- ☐ Turkey Chop Meat
- ☐ Turkey Bacon

SPICES

- ☐ Basil
- ☐ Cinnamon
- ☐ Garlic Powder
- ☐ Oregano
- ☐ Fresh Ground Pepper
- ☐ Rosemary
- ☐ Sea Salt
- ☐ Thyme

DAIRY

- ☐ Non-Dairy Yogurt
- ☐ Eggs

OTHERS

- ☐ Chicken Broth (Gluten Free)
- ☐ Kalamata Olives
- ☐ Olive Oil
- ☐ Apple Cider Vinegar
- ☐ Almond Butter
- ☐ Almond Milk
- ☐ Stevia Drops (optional)
- ☐ Dark Chocolate (70% or above)
- ☐ Plant Protein Powder (Truani)

NUTS / SEEDS

- ☐ Pumpkin Seeds
- ☐ Chia Seeds
- ☐ Sunflower Seeds

Note: Whenever possible, choose organic to minimize exposure to pesticides and other contaminants.

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RECIPES

- 1 Egg Scramble
- 2 Vegetable Quinoa
- 3 Lemon Chicken
- 4 Steamed String Beans
- 5 Side Salad
- 6 Avocado Toast
- 7 Lemon Chicken Salad
- 8 Pasta Primavera
- 9 Protein Shake
- 10 Broiled Salmon
- 11 Sautéed Spinach
- 12 Lemon Garlic Shrimp and Vegetables
- 13 Oatmeal
- 14 Turkey Burger
- 15 Avocado and Cucumber Sandwich
- 16 Sautéed Chicken
- 17 Roasted Zucchini and Yellow Squash

Egg Scramble



Serves 1

INGREDIENTS

- 2-3 eggs, whisked
- 1/4 cup of broccoli, chopped
- 1 clove of garlic, chopped
- 1/4 red bell pepper, chopped
- 1/4 tbsp red onion, diced
- 1-2 tbsp olive oil
- Sea salt, pepper and garlic powder to taste

PREPARATION

1. Heat olive oil in a skillet on medium heat; add garlic sauté for 1 minute.
2. Add veggies and sauté for 3-5 minutes.
3. Pour the eggs over the veggies and continue to cook, gently folding them together until the eggs are fully cooked and no visible liquid remains.

Vegetable Quinoa



Serves 4

INGREDIENTS

- 1 cup quinoa, rinsed
- 1 can (14-1/2 ounces) reduced-sodium chicken or vegetable broth
- 1/4 cup water
- 1 small onion, chopped
- 1/2 cup frozen peas
- 1 tbsp olive oil
- 1 medium red bell pepper, chopped
- 1 small carrot, chopped
- 1/2 cup chopped fresh broccoli
- 2 garlic cloves, minced
- 1 tsp dried basil
- 1/4 tsp pepper
- Olive oil

PREPARATION

1. In a small saucepan lightly coat with olive oil, toast quinoa over medium heat until lightly browned, stirring occasionally.
2. Add broth and water; bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until liquid is absorbed.
3. Meanwhile, in a large skillet lightly coated with olive oil, saute onion in oil for 2 minutes. Add the red pepper, carrot, broccoli, frozen peas and garlic; saute 3 minutes longer. Add basil and pepper; cook and stir just until vegetables are tender, but still firm.
4. Stir in quinoa; heat through.

Lemon Chicken



Serves 2

INGREDIENTS

- 2 split chicken breasts, skin removed
- 3 tbsp extra virgin olive oil
- 1 half fresh lemon, juiced
- ½ tsp dried thyme
- ¼ tsp dried rosemary
- Sea salt and pepper

PREPARATION

1. Preheat oven to 400 degrees.
2. Place chicken in an oven-safe baking dish and season with salt.
3. In a separate bowl mix oil and lemon juice together and pour over the chicken.
4. Sprinkle thyme, rosemary, and pepper over the top of the chicken.
5. Cover and place in oven and bake for 15-20 minutes, depending on thickness.
6. To brown the chicken, remove the cover halfway through baking.

Steamed String Beans



Serves 2

INGREDIENTS

- 12oz bag frozen (or fresh) string beans
- 1 tbsp olive oil
- Sea salt and pepper

PREPARATION

1. Steam string beans in a steam pot for about 8-10 minutes, stirring halfway through.
2. Once cooked, place in a bowl and season with sea salt and pepper.
3. Drizzle with olive oil and mix well.

Side Salad



Serves 1

INGREDIENTS

- Handful romaine lettuce/mixed greens
- Sliced cucumber, radish, celery
- Kalamata olives
- 1 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Sea salt, fresh pepper, and garlic powder

PREPARATION

1. Place all ingredients in a bowl. Season with salt, pepper, and garlic powder.
2. Drizzle with olive oil and apple cider vinegar.
3. Toss until well combined.

Avocado Toast



Serves 1

INGREDIENTS

- 1 slice of Ezekiel, sourdough, or gluten-free bread toasted
- 1/4 avocado
- 3-4 diced grape tomatoes
- 1 lemon wedge
- 1 clove garlic minced
- Sea salt and fresh pepper

PREPARATION

1. In a small bowl, add avocado and squeeze fresh lemon on top. Season with sea salt and pepper. Mash until all ingredients are well combined.
2. Spread avocado on toasted bread and top with tomatoes and minced garlic.

Lemon Chicken Salad



Serves 1

INGREDIENTS

- 1 breast leftover lemon chicken
- 1/2 avocado, diced
- Romaine/mixed greens
- 6 grape tomatoes, halved
- Red onion, sliced
- Cucumbers, diced
- 1 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Sea salt, fresh, pepper, and garlic powder

PREPARATION

1. Add vegetables to a large bowl except avocado.
2. Top veggies with chicken and season with salt, pepper, and garlic powder.
3. Drizzle oil and vinegar on top and toss until well combined.
4. Plate salad and top with diced avocado.

Pasta Primavera



Serves 4

INGREDIENTS

- 2 cloves garlic chopped
- 1 onion medium, sliced
- 3 tbsp olive oil
- 2 carrots sliced
- 1 cup frozen peas
- 2 cups broccoli fresh, or frozen
- 2 cups green beans fresh, or frozen
- 12-ounce can of organic crushed tomatoes
- 1 pound brown rice spaghetti

PREPARATION

1. Cook Pasta according to package.
2. In a saute pan heat olive oil, garlic, and onion on medium to high heat. Saute for 2 minutes.
3. Add carrots to the pan and saute for 5 minutes, stirring frequently.
4. Add broccoli, peas, and green beans to the pan.
5. Season with sea salt, pepper, and garlic powder, saute for 5 minutes.
6. Add canned tomatoes to the vegetables and stir. Cook on high for 5 minutes or until vegetables are tender.

Protein Shake



Serves 1

INGREDIENTS

- 8oz cup of almond milk
- 1 scoop plant or egg-based protein
- 1 tbsp almond butter
- ½ frozen banana
- ½ cup ice
- ¼ cup water
- Cinnamon

PREPARATION

1. Combine all ingredients in a blender, starting with milk. Blend until well combined.
2. Pour into a glass and sprinkle with cinnamon.

Broiled Salmon



Serves 2

INGREDIENTS

- 2-6oz salmon (8oz for men)
- 1 tsp olive oil, divided
- Sea salt, fresh pepper, garlic powder

PREPARATION

1. Set oven on broil high. Rinse the fish and pat dry with a paper towel. Place both pieces of fish on an oven-safe baking sheet and brush the tops and bottoms of the fish with 1 teaspoon of olive oil per piece. Be sure to coat the bottom of the fish to avoid sticking.
2. Next season the topside of the fish with salt, pepper, and a generous amount of garlic powder. This will give a nice crust to the fish.
3. Place the fish on the top rack in the oven and broil for 10-12 minutes.

Sautéed Spinach



Serves 4

INGREDIENTS

- 1 bag frozen spinach
- 2 cloves garlic minced
- 1 tbsp olive oil
- Sea salt, pepper, and garlic powder to taste

PREPARATION

1. Heat olive oil in a large pan on medium-high heat.
2. Add garlic and sauté for 1-2 minutes.
3. Add spinach and season with salt, pepper, and garlic powder.
4. Sauté stirring frequently for about 8-10 minutes.

Lemon Garlic Shrimp and Vegetables



Serves 4

INGREDIENTS

- 4 tsp extra-virgin olive oil, divided
- 2 large red bell peppers, diced
- 2 pounds asparagus, trimmed and cut into 1-inch lengths
- 1/2 tsp salt, divided
- 5 cloves garlic, minced
- 1 pound raw shrimp, (26-30 per pound), peeled and deveined
- 1 lemon
- 2 tbsp chopped fresh parsley

PREPARATION

1. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add bell peppers, asparagus, 1/4 teaspoon salt, and squeeze ½ lemon. Cook, stirring occasionally, until just beginning to soften, about 6 minutes. Transfer the vegetables to a bowl; cover to keep warm.

2. Add the remaining 2 teaspoons oil and garlic to the pan and cook, stirring, until fragrant, about 30 seconds. Add shrimp and cook, stirring, for 1 minute. Squeeze ½ lemon over shrimp and add remaining 1/4 teaspoon salt. Cook, stirring, until the shrimp are pink and just cooked through, about 2 minutes.

3. Stir in vegetables and parsley heat through 1-2 minutes.

Oatmeal



Serves 1

INGREDIENTS

- 1 packet gluten-free oatmeal
- 1 tsp chia seeds
- 1 tsp pumpkin seeds
- 1-2 stevia drops (optional)
- Almond milk
- Cinnamon

PREPARATION

1. Cook oatmeal on the stovetop with almond milk. If using instant oats, you can cook them in the microwave for 1 minute. (stovetop cooking recommended)
2. Once cooked add chia, pumpkin seeds, cinnamon, and stevia drops if needed.
3. Mix well and enjoy!

Turkey Burger



Serves 4

INGREDIENTS

- 1 pound ground turkey
- 1 medium onion diced small
- 1/4 cup coarsely chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1 tbsp garlic powder
- sea salt and fresh ground pepper

PREPARATION

1. In a large mixing bowl combine all ingredients. Mix well. Divide the mixture into 4 equal portions and shape into burger patties.
2. Heat the grill or skillet over medium heat. Cook the patties for about 5-6 minutes per side, or until fully cooked through and the internal temperature reaches 165°F.
3. Remove from heat and serve warm.

Avocado and Cucumber Sandwich



Serves 1

INGREDIENTS

- 1/2 avocado
- 2 slices of Ezekiel, sourdough, or gluten-free bread toasted
- Handful of baby spinach
- 3-4 cucumber rounds
- Red onion, sliced
- Sea salt and pepper to taste

PREPARATION

1. Mash avocado on one side of the toast and season with sea salt and pepper.
2. Layer all other ingredients and top with the remaining slice of toast. Can drizzle with olive oil if needed.

Sautéed Chicken



Serves 2

INGREDIENTS

- 2 chicken breasts sliced thin
- 1-2 tbsp extra virgin olive oil
- Sea salt, pepper, garlic powder
- Dried basil and oregano

PREPARATION

1. Place sliced cutlets onto a dish. Season the top side with salt, pepper, garlic powder, basil, and oregano.
2. In a sauté pan, add oil on medium-high heat. Place the chicken in the pan, seasoned side down. Then season the other side of the chicken with salt, pepper, garlic powder, basil, and oregano.
3. Cook chicken on both sides for 3-5 minutes depending on thickness.

Roasted Zucchini and Yellow Squash



Serves 2

INGREDIENTS

- 1 zucchini, sliced in rounds
- 1 yellow squash, sliced in rounds
- 1 tbsp extra virgin olive oil
- Sea salt, fresh ground pepper, garlic powder

PREPARATION

1. Place the oven rack 6 inches from the broiler. Preheat the oven to broil on low.
2. Spread squash rounds evenly on a baking sheet. Drizzle oil over the squash and mix well.
3. Spread squash evenly for proper cooking and season with salt, pepper, and garlic powder.
4. Place in oven and broil for 10 minutes, until slightly brown.