

Holistic *Healing*

FROM THE INSIDE OUT



Meal Plan Week 2



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	BREAKFAST	SNACK	LUNCH	SNACKS	DINNER	SNACKS
SUN	Egg Muffins Turkey Bacon	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Chickpea and Avocado Salad	Brown Rice Cake with Almond Butter	Balsamic Chicken Steamed String Beans Side Salad	Sliced Pear with Cinnamon (2 hrs after dinner)
MON	Avocado Toast	Berries	Balsamic Chicken Salad	Egg Muffins	Quinoa Vegetable Stir-Fry Baked Sweet Potato Side Salad	Dark Chocolate (1-2 squares)
TUE	Protein Shake	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Chickpea and Avocado Salad	Orange	Broiled Salmon Broiled Asparagus 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 Broiled Asparagus Or Tuna Salad Lettuce Wraps	Egg Muffins	Quinoa Vegetable Stir-Fry Baked Sweet Potato Side Salad	Dark Chocolate (1-2 squares)
THU	Protein Shake	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Quinoa Vegetable Stir-Fry	Carrots with Almond Butter	Taco Salad	Sliced Pear with Cinnamon (2 hrs after dinner)
FRI	Oatmeal	Berries	Taco Salad	Brown Rice Cake with Almond Butter	Baked Lemon Flounder Brussels Sprouts Side Salad	Dark Chocolate (1-2 squares)
SAT	Spinach Omelet Turkey Bacon	Non-Dairy Yogurt with ¼ cup Sunflower Seeds	Avocado and Tomato Sandwich	Orange	Baked Chicken and Vegetables Side Salad	Brown Rice Cake with Almond Butter (2 hrs after dinner)

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Shopping List

FRUIT

- ☐ Avocado
- ☐ Banana
- ☐ Berries (any kind)
- ☐ Lemon
- ☐ Lime
- ☐ Oranges
- ☐ Pears

PRODUCE

- ☐ Asparagus
- ☐ Bell Peppers (Green, Red and Yellow)
- ☐ Bibb or Butter Lettuce
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Garlic
- ☐ Mushrooms (Baby Bella and Withe/Button)
- ☐ Onion (Red, and White)
- ☐ Radish
- ☐ Romaine/Mixed Greens
- ☐ Spinach (baby)
- ☐ Grape Tomatoes
- ☐ Plum Tomatoes
- ☐ Yellow Squash

FROZEN

- ☐ String Beans (*or fresh)

CANNED/DRIED

- ☐ Chickpeas Beans
- ☐ Tuna (in water)

GRAINS

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

FRESH HERBS

- ☐ Cilantro (or Parsley)

FISH

- ☐ Salmon
- ☐ Flounder

DAIRY

- ☐ Non-Dairy Yogurt
- ☐ Eggs
- ☐ Ghee

NUTS / SEEDS

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

SPICES

- ☐ Basil
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Garlic Powder
- ☐ Oregano
- ☐ Fresh Ground Pepper
- ☐ Parsley
- ☐ Sea Salt
- ☐ Thyme

PROTEIN

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

OTHERS

- ☐ Fresh Salsa
- ☐ Black Olives
- ☐ Kalamata Olives
- ☐ Capers
- ☐ Olive Oil
- ☐ Apple Cider Vinegar
- ☐ Balsamic Vinegar
- ☐ Almond Butter
- ☐ Mayo
- ☐ Red Mill Almond Flour/M Meal
- ☐ Stevia Drops (optional)
- ☐ Dark Chocolate (70% or above)
- ☐ Plant Protein Truvani

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

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RECIPES

- 1 Egg Muffins
- 2 Chickpea and Avocado Salad
- 3 Baked Balsamic Chicken
- 4 Steamed String Beans
- 5 Side Salad
- 6 Avocado Toast
- 7 Balsamic Chicken Salad
- 8 Quinoa Vegetable Stir-Fry
- 9 Protein Shake
- 10 Broiled Salmon
- 11 Broiled Asparagus
- 12 Tuna Salad Lettuce Wraps
- 13 Taco Salad
- 14 Oatmeal
- 15 Baked Lemon Flounder
- 16 Brussels Sprouts
- 17 Spinach Omelet
- 18 Avocado and Tomato Sandwich
- 19 Baked Chicken and Vegetables

Egg Muffins



Serves 4

INGREDIENTS

- 8 eggs
- ½ cup packed baby spinach, chopped
- ½ diced red onion
- 2 cloves garlic, minced
- 1-2 medium tomatoes diced
- Olive oil
- Sea salt and pepper

PREPARATION

1. Preheat the oven to 350 degrees.
2. In a 4-cup measuring cup add eggs, whisk together and set aside.
3. Heat a pan over medium heat. Once hot, add a drop of olive oil. Then add spinach, onion, tomato, and garlic. Season with sea salt and pepper. Sauté for about 3-5 minutes.
4. Pour the cooked veggies into the whisked eggs. Stir to combine.
5. Grease the muffin pan with olive oil. You can use a paper towel to spread evenly. Pour egg/veggie mixture into the muffin pan. You'll have enough for 8-12 muffin slots.
6. Bake for about 15 minutes, or until the tops are firm to the touch or if an inserted toothpick comes out clean.

Chickpea and Avocado Salad



Serves 2

INGREDIENTS

- 1 cup canned garbanzo beans, rinsed
- 1/2 cup grape tomatoes, halved
- 1/2 cup cucumbers, peeled and diced
- 1/2 cup bell pepper, red or green, diced
- 1/2 cup celery, sliced
- 1/2 cup red onion, diced
- 1/2 diced avocado, diced
- Sea salt, fresh pepper, and garlic powder
- 2 tbsp olive oil
- 2 tsp apple cider vinegar
- Parsley (optional)

PREPARATION

1. Add beans and vegetables to a bowl.
2. Season with salt, pepper, and garlic powder.
3. Drizzle with olive oil and apple cider vinegar.
4. Toss until well combined.
5. Garnish with parsley

Baked Balsamic Chicken



Serves 4

INGREDIENTS

- 4 chicken breast halves, bone-in
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 1/2 teaspoons dried oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper

PREPARATION

1. Preheat oven to 400 degrees.
2. Arrange the chicken bone side down in a glass or ceramic baking dish.
3. Pour the vinegar over them and sprinkle evenly with the oil, oregano, salt, and pepper.
4. Bake the chicken for 20 minutes and baste with the vinegar juices.
5. Bake for 20 minutes more (depending on the size of the breast) or until juices run clear.
6. Serve chicken with juices spooned over them.

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.

Balsamic Chicken Salad



Serves 1

INGREDIENTS

- 1 breast leftover balsamic 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 for 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.

Quinoa Vegetable Stir-Fry



Serves 4

INGREDIENTS

- Olive oil
- 1 onion, diced
- 3-4 cloves garlic, chopped
- 1 yellow summer squash, sliced
- A fistful of slender asparagus trimmed and sliced
- 1 small eggplant, peeled, sliced into bite-sized pieces
- 1 bell pepper- red, yellow, orange, or green, cored, sliced
- 2 cups Baby Bella mushrooms, trimmed, sliced
- A handful of grape or cherry tomatoes, halved
- Sea salt and ground pepper
- Herbs, to taste- parsley, basil, thyme
- Extra virgin olive oil, to taste

PREPARATION

1. Cook quinoa according to the package. When the quinoa is almost done, heat a splash of light olive oil in a wok or large skillet over medium heat.
2. Add the onion, and stir until translucent. Add the garlic and cook for a minute.
3. Add the remaining vegetables. Season with sea salt, pepper, and herbs. Stir-fry until tender.
4. Once quinoa is cooked, scoop it out and add it to the vegetables. Stir to combine with the vegetables. Remove from heat. Toss to fluff.

Protein Shake



Serves 1

INGREDIENTS

- 8oz cup of almond milk
- 1 scoop plant or egg-based protein
- 1tbsp 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.

Broiled Asparagus



Serves 4

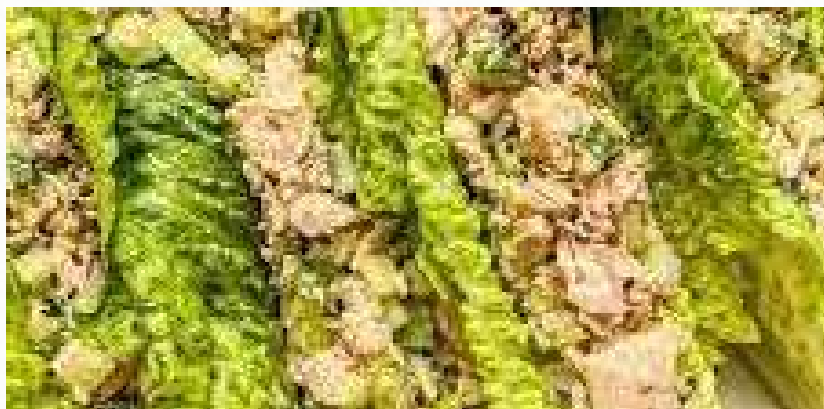
INGREDIENTS

- 1 bunch asparagus, ends trimmed
- 2 tbsp olive oil
- Sea salt, pepper, and garlic powder

PREPARATION

1. Place asparagus spears on a baking sheet and coat with olive oil.
2. Season with salt, pepper, and garlic powder. Toss until evenly coated.
3. Broil on high or 400 degrees for 4-6 minutes, tossing halfway through.

Tuna Salad Lettuce Wraps



Serves 1

INGREDIENTS

- 1 can chunk light tuna in water, drained
- 1 carrot diced small
- 1/4 small red onion, diced
- 1 celery stalk, diced small
- 1 tbsp organic mayo
- 2-3 leaves bibb or butter lettuce
- Sea salt, fresh ground pepper

PREPARATION

1. Add tuna to a mixing bowl and season lightly with salt and pepper.
2. Add vegetables to the bowl and top with mayo. Mix until all ingredients are well combined. If it's too dry, you can add a little more mayo.
3. Add a spoonful of the mixture to a leaf of lettuce, wrap and enjoy!

Taco Salad



Serves 4

INGREDIENTS

- 1 lb lean ground turkey
- 2 tsp chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp sea salt
- 3/4 cup water
- 1/2 yellow onion, diced
- 1 medium tomato, diced
- 3 romaine hearts
- 1 can black olives, sliced
- 1 avocado
- Fresh cilantro (or parsley)
- 1 small jar of salsa

PREPARATION

1. Heat a medium skillet over medium-high heat. Add turkey and onion to the pan. Cook for about 10 minutes, or until browned.
2. Add chili powder, garlic salt, cumin, oregano, sea salt, and water, and let simmer for 5 minutes more.
3. Meanwhile, wash lettuce and tear it onto two plates (save some for leftovers).
4. Top with meat, sliced avocado, black olives, tomatoes, cilantro, and salsa.

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!

Baked Lemon Flounder



Serves 2

INGREDIENTS

- 1 tbsp almond flour
- ½ tbsp ghee (or organic butter)
- 1 tbsp olive oil
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp capers (drained and rinsed)
- 1 tbsp lime juice (fresh)
- ½ lb. flounder (2 fillets)

PREPARATION

1. In a small bowl, combine the almond flour, salt, and pepper. Mix well.
2. Lightly coat each flounder fillet in the almond flour mixture. Set it aside.
3. Heat a skillet over medium heat. Add the ghee and olive oil, allowing them to melt and combine. Place the coated flounder into the skillet. Cook for about 4–5 minutes on one side, then carefully flip and cook for another 4–5 minutes, or until the fish is opaque and flakes easily with a fork.
4. Remove fish from the skillet and set aside.
5. In the same skillet, add the capers and lime juice. Stir, scraping up any browned bits from the bottom of the pan. Let the sauce simmer for 1–2 minutes, until slightly reduced.
6. Spoon the sauce over the flounder and serve.

Brussels Sprouts



Serves 2

INGREDIENTS

- ½ pound Brussels sprouts
- 1 tbsp olive oil
- ½ fresh lime juiced
- Sea salt and pepper

PREPARATION

1. Cut sprouts in half on the chopping block.
2. Heat a large skillet over medium heat for 1 minute. Add olive oil.
3. Add sprouts and season with salt and pepper. Sauté until tender, about 6-10 minutes.
4. Squeeze with lime juice and serve.

Spinach Omelet



Serves 1

INGREDIENTS

- 2-3 organic eggs
- 1 tsp olive oil
- Chopped red onion
- $\frac{1}{4}$ chopped red bell pepper
- $\frac{1}{4}$ cup chopped baby spinach
- Salt and pepper to taste

PREPARATION

1. Crack eggs into a bowl. Season with salt and pepper. Whisk well.
2. Heat the skillet on medium to high heat. Add olive oil and the beaten eggs.
3. Add raw veggies to eggs, spreading them around evenly.
4. Cook until the omelet starts to look done.
5. Fold half of the egg over the other half.
6. Serve and enjoy!

Avocado and Tomato Sandwich



Serves 1

INGREDIENTS

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

PREPARATION

1. Mash avocado in a bowl and season with sea salt and pepper. Spread on both sides of the toast.
2. Layer all other ingredients on one side and top with the remaining slice of bread.

Baked Chicken and Vegetables



Serves 4

INGREDIENTS

- 4 chicken breasts, diced in chunks
- 1 container of white mushrooms sliced
- 1 red bell pepper, cubed
- 1 yellow bell pepper cubed
- 1 small head of fresh broccoli, cut into florets
- 1 medium onion, cubed
- 2-3 tbsp olive oil
- Sea salt, pepper, and garlic powder

PREPARATION

1. Preheat oven to 350 degrees.
2. In an oven-safe baking dish, add all ingredients and season with sea salt, pepper, & garlic powder.
3. Coat with olive oil and mix well. Make sure chicken and vegetables are coated with oil.
4. Cover and bake in the oven for 25-30 minutes, or until chicken is cooked through. Be sure to remove the foil halfway through to brown the chicken.