



## Week 1 Meal Plan

WK1	BREAKFAST	SNACK	LUNCH	SNACKS	DINNER	SNACKS
SUN	Broccoli Omelette	Non-Dairy Yogurt	Lentil Soup with Diced Avocado Side Salad	Diced Cantaloupe	Lemon Chicken Steamed String Beans Side Salad	Apples
MON	Oatmeal	Berries	Lemon Chicken Salad	Hummus with Vegetables	Broiled Salmon Sautéed Spinach Side Salad	Chips and Salsa
TUE	Ezekiel or Rye Toast with Almond Butter	Non-Dairy Yogurt	Broiled Salmon Sautéed Spinach Side Salad	Handful of Mixed Nuts	Lentil Soup with Diced Avocado Side Salad	Pears
WED	Oatmeal	Berries	Lentil Soup or Hummus Sandwich	Kind Bar	Herb Roasted Pork Loin with Brussels Sprouts Side Salad	Diced Cantaloupe
THU	Ezekiel or Rye Toast with Almond Butter	Non-Dairy Yogurt	Chopped Pork Salad	Handful of Mixed Nuts	Penne with Broccoli Rabe and Chickpea Side Salad	Apples
FRI	Cereal with Almond Milk	Berries	Penne with Broccoli Rabe and Chickpea	Kind Bar	Baked Chicken and Vegetables Side Salad	Pears
SAT	Spinach Omelette	Non-Dairy Yogurt	Baked Chicken and Vegetables	Brown Rice Cake with Almond Butter	Grilled London Broil Broiled Asparagus Side Salad	Chips and Salsa

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## Week 1 Shopping List

### FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Berries (any kind)
- ☐ Cantaloupe
- ☐ Lemon
- ☐ Lime
- ☐ Pears

### NUTS / SEEDS

- ☐ Almonds
- ☐ Cashews
- ☐ Walnuts
- ☐ Chia Seeds

### PRODUCE

- ☐ Asparagus
- ☐ Bell Peppers (red)
- ☐ Bell Peppers (yellow)
- ☐ Broccoli
- ☐ Broccoli Rabe
- ☐ Brussels Sprouts
- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Garlic
- ☐ Leeks
- ☐ Mushroom (white)
- ☐ Onion (red)
- ☐ Onion (white)
- ☐ Radish
- ☐ Romaine/Mixed Greens
- ☐ Spinach (baby)
- ☐ Tomatoes (grape)

### CANNED/DRIED

- ☐ Chickpea (BPA Free Cans)
- ☐ Lentils
- ☐ Tomato Paste

### GRAINS

- ☐ Brown Rice Pasta (penne)
- ☐ Ezekiel Bread
- ☐ Late July Sea Salt Chips
- ☐ Nature's Path Mesa Sunrise Flakes
- ☐ Oatmeal (Nature's Path or Eco Planet)
- ☐ Bakery Rye Bread

### PROTEIN

- ☐ Chicken Breast (boneless /skinless)
- ☐ Chicken Breast (on bone)
- ☐ London Broil
- ☐ Pork Tenderloin

### FISH

- ☐ Salmon

### DAIRY

- ☐ Yogurt
- ☐ Eggs

### SPICES

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

### FROZEN

- ☐ String Beans (can buy fresh)
- ☐ Spinach

### OTHERS

- ☐ Chicken Broth (Gluten-Free)
- ☐ Fresh Salsa
- ☐ Hummus
- ☐ Kalamata Olives
- ☐ Olive Oil
- ☐ Apple Cider Vinegar
- ☐ Almond Butter
- ☐ Almond Milk
- ☐ Kind Bar (nut/seed/choc)

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# *Recipes*

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Week 1

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# BROCCOLI OMELETTE

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Serves 1

## Ingredients

- 2-3 organic eggs
- 3-4 diced grape tomatoes
- 1/4 cup chopped broccoli
- 1 tbsp chopped red onion
- 1 tsp olive oil
- Salt and pepper to taste

## Directions

1. Crack eggs into a bowl. Season with salt and pepper. Whisk well.
2. Heat skillet on medium to high heat. Add olive oil and the beaten eggs.
3. Add raw veggies to eggs, spreading 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!

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# LENTIL SOUP

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Serves 8

## Ingredients

- 1 pound lentils
- 4 cups chopped yellow onions (3 large onions)
- 4 cups chopped leeks (2 leeks)
- 1 tbsp minced garlic (3 cloves)
- 1/4 cup olive oil
- 1 tbsp sea salt
- 1 1/2 tsps freshly ground black pepper
- 1 tsp dried thyme
- 1 tsp ground cumin
- 3 cups diced celery (8 stalks)
- 3 cups medium-diced carrots (4-6 carrots)
- 3 quarts of low-sodium chicken broth
- 1/4 cup tomato paste
- 2 tsps red wine vinegar

## Directions

1. In a large bowl, cover lentils with boiling water and allow to sit for 15 minutes.
2. In a large stock pot on medium heat, saute onions, leeks, and garlic with olive oil, salt, pepper, thyme, and cumin for 10 minutes.
3. Add celery, carrots, and saute for 10 more minutes.
4. Add chicken stock, tomato paste, and lentils. Cover and bring to a boil.
5. Reduce heat to simmer uncovered for 40 minutes to 1 hour.
6. Add red wine vinegar (optional) and serve hot.

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# LEMON CHICKEN

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Serves 3

## Ingredients

- 3 split chicken breasts, skin removed
- 4 tbsp. extra virgin olive oil
- 3 tbsp. fresh lemon, juiced
- ½ tsp. dried thyme
- ¼ tsp. dried rosemary
- sea salt and pepper
- sliced lemon rounds

## Directions

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 and place lemon slices around the chicken. (avoid placing directly on chicken or lemon will make it taste bitter).
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.

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# STEAMED STRING BEANS

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Serves 2

## Ingredients

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

## Directions

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

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# SIDE SALAD

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Serves 2

## Ingredients

- 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

## Directions

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.

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# OATMEAL

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Serves 4

## Ingredients

- 1 packet gluten-free oatmeal
- 1 tsp chia seeds/or sliced almonds
- 1-2 stevia drops (optional)
- Almond milk
- Cinnamon

## Directions

1. Cook oatmeal on a 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, cinnamon, and stevia drops if needed.
3. Mix well and enjoy!

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# LEMON CHICKEN SALAD

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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

## Directions

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.

---

# LEMON CHICKEN SALAD

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# BROILED SALMON

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Serves 2

## Ingredients

- 2-6oz salmon
- 1 tsp. olive oil, divided
- Sea salt, fresh pepper, garlic powder

## Directions

1. Set oven on broil high. Rinse fish and pat dry with a paper towel. Place both pieces of fish on an oven-safe baking sheet and brush the top and bottom of the fish with one 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 fish on the top rack in the oven and broil for 10-12 minutes.

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# SAUTÉED SPINACH

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Serves 4

## Ingredients

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

## Directions

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.

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# HUMMUS SANDWICH

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Serves 1

## Ingredients

- 2 Tbsp hummus
- 2 slices bakery rye bread, or Ezekiel bread toasted
- chopped romaine lettuce
- Sliced Cucumber
- Sliced Radish
- Sliced Tomato
- sea salt and pepper to taste

## Directions

1. Spread hummus on both sides of the toast.
2. Layer all other ingredients on one side and top with the remaining slice.

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# HERB-ROASTED PORK LOIN

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Serves 4

## Ingredients

- 1 pound pork loin
- 2 cloves garlic
- 1 tsp dried basil
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 10-15 cracks of fresh cracked pepper
- 1/2 tsp sea salt
- 2 Tbsp olive oil

## Directions

1. Preheat oven to 425 degrees. Combine garlic, basil, thyme, rosemary, fresh pepper, and salt in a small processor, blender, or spice grinder. Pulse until garlic is minced. Without appliance, the garlic can be minced by hand and the rosemary roughly chopped with a knife then combined with the rest of the herbs and spices.

2. Add 2 Tbsp of olive oil to the herb mixture.

Place the pork loin on a baking sheet. Rub the oil and herb mix over the entire surface of the pork, including underneath.

3. Roast in the oven for 35-45 minutes or until the internal temp reaches 145 degrees. Allow the pork to rest for 10 minutes before slicing.

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# BRUSSEL SPROUTS

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Serves 4

## Ingredients

- 3 pounds brussels sprouts
- 1/2 cup olive oil
- 3 fresh limes juiced
- Sea salt and pepper

## Directions

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

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# CHOPPED PORK SALAD

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Serves 1

## Ingredients

- 6oz leftover pork, diced
- romaine/mixed greens
- 6 grape tomatoes, sliced
- 1 mini cucumber, sliced in rounds
- 1/4 red onion, sliced
- 1 tbsp extra virgin olive oil
- 1 Tbsp apple cider vinegar
- sea salt, pepper, garlic powder

## Directions

1. Combine all vegetables topped with pork in a bowl. Season with salt, pepper, and garlic powder. Drizzle the oil and apple cider on top. Toss until well combined.

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# PENNE WITH BROCCOLI RABE AND CHICKPEA

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Serves 4

## Ingredients

- 4 quarts water
- 1 pound broccoli rabe trimmed and coarsely chopped
- 8 ounces brown rice penne
- 3 cloves fresh garlic thinly sliced
- 1 15-ounce can of chickpeas rinsed and drained
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 container grape tomato halved

## Directions

1. Bring water to a boil. Add broccoli rabe and cook for 2 minutes. Remove with a slotted spoon. Drain well and coarsely chop.
2. Return water to a boil and cook pasta according to the package. When pasta is cooked drain and reserve 3/4 cup water.
3. In a large skillet add olive oil on medium heat for 1 minute. Add garlic and tomatoes; saute for 2 minutes.
4. Next add broccoli rabe, salt, pepper, and beans. Saute for 3 minutes, or until broccoli and beans are heated.
5. Stir in pasta and 3/4 water reserve. Heat for 2-3 minutes.

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# BAKED CHICKEN AND VEGETABLES

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Serves 2

## Ingredients

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

## Directions

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 with foil and bake in oven 350 for 25-30 minutes, or until chicken is cooked through. Be sure to remove the foil halfway through to brown chicken.

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# SPINACH OMELETTE

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Serves 1

## Ingredients

- 2-3 organic eggs
- 1 tsp olive oil
- Chopped red onion
- 1/4 chopped red bell pepper
- 1/4 cup chopped baby spinach
- Salt and pepper to taste

## Directions

1. Crack eggs into a bowl. Season with salt and pepper. Whisk well.
2. Heat skillet on medium to high heat. Add olive oil and the beaten eggs.
3. Add raw veggies to eggs, spreading 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!

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# GRILLED LONDON BROIL

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Serves 3

## Ingredients

- 2 lbs London broil
- 1 tsp olive oil
- sea salt, pepper, and garlic powder

## Directions

1. Rub both sides with olive oil. Season with sea salt, pepper, and garlic powder.
2. Add to grill and grill at 400 degrees F for 5 to 8 minutes depending on preferred temperature.
3. Remove from grill and rest for 5-10 minutes before slicing.

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# BROILED ASPARAGUS

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Serves 4

## Ingredients

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

## Directions

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.