



Week 2 Meal Plan

WK1	BREAKFAST	SNACK	LUNCH	SNACKS	DINNER	SNACKS
SUN	Spinach Omelette	Yogurt	Chickpea and Avocado Salad	Sliced Apple with Cinnamon	Chicken Cacciatore Steamed String Beans Side Salad	Chips and Salsa
MON	Oatmeal	Berries	Chicken Cacciatore Steamed String Beans	Brown Rice Cake with Almond Butter	Garlic Shrimp and Vegetables Side Salad	Diced Cantaloupe
TUE	Toast with Almond Butter	Yogurt	Garlic Shrimp and Vegetables or Tuna Salad Lettuce Wraps	Handful of Mixed Nuts	Pomodoro Pasta with Beans and Olives Side Salad	Sliced Apple with Cinnamon
WED	Oatmeal	Berries	Chickpea and Avocado Salad	Kind Bar	Turkey Meatloaf Mashed Cauliflower Side Salad	Pear
THU	Toast with Almond Butter	Yogurt	Turkey Meatloaf Mashed Cauliflower Side Salad	Handful of Mixed Nuts	Kale and Vegetable Soup Side Salad	Chips and Guacamole
FRI	Cereal with Almond Milk	Berries	Kale and Vegetable Soup	Kind Bar	Almond Crusted Flounder Sauteed Spinach Side Salad	Pears
SAT	Spinach Omelette	Yogurt	Avocado and Tomato Sandwich	Hummus with Vegetables	Grilled Pork Chop Broccoli Rabe Side Salad	Chips and Salsa

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Week 2 Shopping List

FRUIT

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

NUTS / SEEDS

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

PRODUCE

- ☐ Bell Peppers (red)
- ☐ Bell Peppers (green)
- ☐ Bibb or Butter Lettuce
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Garlic
- ☐ Kale
- ☐ Mushrooms (white)
- ☐ Onion (red)
- ☐ Onion (white)
- ☐ Radish
- ☐ Romaine/Mixed Greens
- ☐ Snap Peas
- ☐ Spinach (baby)
- ☐ Plum Tomatoes

CANNED/DRIED

- ☐ Cannellini Beans (BPA Free Cans)
- ☐ Chickpea (BPA Free Cans)
- ☐ Crushed Tomatoes
- ☐ Whole Tomatoes
- ☐ Tuna in Water

GRAINS

- ☐ Lundberg Brown Rice Cake
- ☐ 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 (on bone)
- ☐ Center Cut Pork Chops
- ☐ Turkey Chop Meat

FISH

- ☐ Salmon
- ☐ Shrimp

DAIRY

- ☐ Yogurt
- ☐ Eggs

SPICES

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

FROZEN

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

FRESH HERBS

- ☐ Basil
- ☐ Parsley

OTHERS

- ☐ Chicken Broth (Gluten-Free)
- ☐ Vegetable Broth (Gluten-Free)
- ☐ Fresh Salsa
- ☐ Guacamole
- ☐ Kalamata Olives
- ☐ Olive Oil
- ☐ Apple Cider Vinegar
- ☐ Almond Butter
- ☐ Almond Milk
- ☐ Mayo
- ☐ Red Mill Almond Flour/Meal
- ☐ Stevia Drops
- ☐ Kind Bar

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Recipes

Week 2

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SPINACH OMELETTE



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!

CHICKPEA AND AVOCADO SALAD



Serves 1

Ingredients

- 1/2 cup garbanzo beans canned
- 1/4 cup tomatoes
- 1/4 cup cucumbers
- 1/4 cup pepper red or green
- 1/4 cup celery
- 1/4 cup onions yellow
- 1/4 diced avocado
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar

Directions

1. Rinse beans under water and add to bowl.
2. Chop all vegetables and add to bowl.
3. Dress with olive oil and apple cider vinegar.
4. Mix well.

CHICKEN CACCIATORE



Serves 4

Ingredients

- 4 skinless chicken halves on the bone, about 2 pounds
- 2 tsps olive oil
- 1 medium onions thinly sliced
- 1 red bell pepper thinly sliced
- 1/2 pound white mushrooms thinly sliced
- 2 cloves garlic minced
- 1 14 1/2-ounce can whole tomatoes in juice, chopped and juice reserved
- 1/2 tsp dried oregano
- 1/8 tsp red pepper flakes to taste
- Sea salt and fresh ground pepper

Directions

1. Rinse the chicken and pat dry with paper towels. Season the chicken with salt and pepper.
2. Heat the oil in a saute pan over moderately-high heat. Brown the chicken on both sides, for about 8 minutes. Remove the chicken.
3. Reduce the heat to moderate. Add the onion and pepper, cover, and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the mushrooms and cook, uncovered and stirring occasionally, until the mushrooms begin to brown. Add the garlic and cook, stirring, for 30 seconds. Add the tomatoes and juice, oregano, red pepper flakes, and 1/4 teaspoon of salt and simmer the mixture covering for 10 minutes.
4. Return the chicken breasts to the pan and simmer, covered, until the chicken is just done, about 20 minutes longer.

STEAMED STRING BEANS



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.

SIDE SALAD



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.

OATMEAL



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!

GARLIC SHRIMP AND VEGETABLES



Serves 4

Ingredients

- 1 pound frozen, or fresh shrimp cleaned and deveined
- 1 medium-head broccoli
- 1 red bell pepper diced
- 2 carrots peeled and sliced
- 1 medium onion diced
- 2 cups fresh snap peas
- 2 tbsps olive oil
- 3 cloves fresh minced garlic
- Sea salt, pepper, and garlic powder to taste

Directions

1. Put a large skillet on medium heat. Add garlic and saute for 1-2 minutes, then add shrimp. Saute shrimp stirring frequently until shrimp is pink about 3-5 minutes.
2. Next add broccoli, onion, pepper, carrots, and peas. Continue to saute on medium to high heat for 5 minutes. (if needed, you can add another tsp olive oil)
3. Season the mixture with sea salt, pepper, and garlic powder. Cook for 5 more minutes, or until vegetables are tender.

TUNA SALAD LETTUCE WRAPS



Serves 1

Ingredients

- 1 can chunk light tuna in water, drained
- 1 carrots 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

Directions

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

POMODORO PASTA WITH BEANS AND OLIVES



Serves 2

Ingredients

- 4 ounces brown rice penne
- 1 tbsp. olive oil
- 1 14oz can cannellini beans, rinsed well
- 2 cloves garlic, minced
- 1.2 cups Italian plum tomatoes, diced
- 1/4 cup kalamata olives pitted and sliced
- 1/2 cup chopped basil
- 1/4 tsp. sea salt
- Freshly ground pepper to taste

Directions

1. Put a large pot of salted water on to boil. Cook pasta according to package. Stir occasionally and cook for about 8-10 minutes. Drain water, rinse pasta to remove excess starch, and set aside. Add a teaspoon of olive oil to avoid sticking.
2. Meanwhile heat a large sauté pan on medium heat. Add olive oil, garlic, and beans to pan and sauté for 2-3 minutes.
3. Add tomatoes, basil, olives, salt, and pepper. Stir gently to combine and cook for 1-2 minutes until heated through. Serve over pasta.

TURKEY MEATLOAF



Serves 4

Ingredients

- 1 pound turkey chop meat
- ½ diced medium onion
- ¼ cup fresh parsley, chopped
- ¼ tsp. dried basil
- 1 egg
- ¼ tsp. sea salt
- ¼ tsp. fresh pepper
- ¼ tsp. garlic powder

Directions

1. Preheat oven to 350 degrees.
2. In a mixing bowl combine turkey meat, egg, onion, parsley, and spices, and mix well.
3. Once all ingredients are combined transfer the meat to an oven-safe baking dish or loaf pan. Pat meat down and form until smooth.
4. Cover and bake in the oven for 20-25 minutes covered, then uncovered for the remaining 20 minutes.

MASHED CAULIFLOWER



Serves 2

Ingredients

- 12oz bag of riced cauliflower (fresh or frozen)
- 2 tsp. extra virgin olive oil
- 1 fluid ounce of vegetable broth
- 1 clove fresh minced garlic
- Sea salt and fresh pepper to taste

Directions

1. Steam cauliflower until very tender (about 10 minutes).
2. Place in a food processor for creamy consistency, or a bowl to mash by hand for chunky consistency.
3. Add olive oil and broth, one at a time until a smooth consistency, similar to mashed potatoes, is reached.
4. Add garlic and season with salt and pepper. Mix well and serve.

KALE AND VEGETABLE SOUP



Serves 6

Ingredients

- 1 bunch kale
- 2 tbsps olive oil
- 1 medium onion chopped
- 2 carrots chopped
- 2 celery stalks sliced
- 3 cloves fresh garlic chopped
- 1 can low-sodium chicken broth
- 1 can 14.5oz crushed tomatoes
- 2 cups water
- 1 15-ounce can of cannellini beans
rinsed
- and drained
- 1 tsp dried oregano
- Sea salt, pepper, and garlic powder

Directions

1. Cut stems from kale; chop and reserve. Coarsely chop kale leaves; set aside.
2. In a large soup pot add oil over medium heat. Add kale stems, onion, carrot, celery, and garlic. Cook and stir for 3-5 minutes.
3. Add kale leaves and continue until wilted about 3-5 minutes. Add salt, pepper, garlic powder, and oregano and mix well.
4. Stir in broth, tomatoes, and beans; bring to a boil.
5. Reduce heat and simmer for 5-10 minutes or until vegetables are cooked to your liking.

ALMOND CRUSTED FLOUNDER



Serves 4

Ingredients

- 4, 6-8 ounce flounder fillet
- 1 egg
- 1 cup almond meal
- sea salt, pepper, garlic powder
- lemon wedge
- basil, parsley

Directions

1. Rinse the flounder and pat dry with a paper towel; season with salt and pepper.
2. Crack the egg into a shallow bowl. With a whisk or fork, lightly beat until just blended.
3. In another shallow bowl or plate, spread the almond meal in an even layer; season with salt, pepper, garlic powder, basil, and parsley. Mix until well combined.
4. Dip the flounder into the egg; let the excess drip off, then dredge in the almond meal, coating both sides.
5. In a large frying pan over medium heat, warm 1 tablespoon oil. Add the flounder and cook, turning once, until golden brown and just cooked through, about 2 minutes on each side. Once plated squeeze with lemon.

SAUTEED SPINACH



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.

AVOCADO AND TOMATO SANDWICH



Serves 1

Ingredients

- 1/2 avocado
- 2 slices bakery rye bread, or Ezekiel bread
- (toasted optional)
- 2-3 slices tomato
- handful baby spinach
- red onion, sliced
- sea salt and pepper to taste

Directions

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.

GRILLED PORK CHOP



Serves 4

Ingredients

- 4 boneless pork chops
- 2 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp thyme
- sea salt, pepper, and garlic powder

Directions

1. Brush pork with olive oil on both sides.
2. Season one with basil, oregano, thyme, salt, pepper, and garlic powder, then the other.
3. Heat the grill to medium to high heat to avoid sticking
4. Grill pork for 2-3 minutes on each side or until juices run clear.