

## Meal Plan Week One!

### Grocery list:

**Frozen:** Edamame

**Dairy:** Eggs, Skim milk, low-fat shredded cheddar cheese, String cheese, Low-fat cottage cheese, low-fat plain yogurt

**Meat:** 10oz sliced turkey breast, 4oz shrimp, 16oz chicken breast, 5oz tilapia, 4oz. skinless white meat rotisserie chicken, 4oz swordfish filet, 5oz tilapia

**Fruit:** Grapefruit, lemon, apple, Pineapple, Strawberries, Watermelon, Blueberries

**Veggies:** Asparagus, snap peas. Spinach, mixed greens, cucumber, tomato mushrooms, avocado, arugula, lettuce, peppers, shredded romaine, mesclun greens, raw mushrooms, carrots, celery, fresh herbs (such as basil, rosemary, or thyme, broccoli, zucchini, squash, onion

Near produce section: hummus, minced garlic, grilled firm tofu

**Inside aisles:** Whole wheat English muffins, Whole wheat bread, black olives, Hot sauce, Salsa, LF mayo, Dijon mustard, olive oil vinegar, white tuna, packed in water, brown rice, High-fiber cereal, Slivered almonds, almonds, walnut, Shakeology (or protein shake of your choosing)

### Weekday Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Poached egg and asparagus  One poached egg (2 for men) with 5 steamed asparagus spears, $\frac{1}{2}$ medium grapefruit, and $\frac{1}{2}$ of a whole wheat toasted English muffin.	High-fiber cereal  2/3c (1c men) with 1c skim milk	Spicy egg white and mushroom scramble  In a non-stick skillet coated with cooking spray, scramble 3 egg whites (men: 1 whole egg plus 2 egg whites) with $\frac{1}{2}$ c sliced white mushrooms. Sprinkle	Egg white omelet with spinach and salsa  In a non-stick skillet coated with cooking spray, add 3 eggs whites, $\frac{1}{2}$ c chopped spinach, and $\frac{1}{4}$ c reduced-fat shredded cheese.	High fiber cereal  In a cereal bowl, combine $\frac{3}{4}$ cup of high-fiber cereal and $\frac{3}{4}$ c of skim milk. (Men: 1 c of cereal and 1 c milk). Stir in one-scoop of low-sugar protein powder.

			with hot sauce and 1/4 c low-fat shredded cheddar cheese. Serve w 1 slice of whole-wheat toast.	Serve with 1 tbsp. salsa (Men: add 1 toasted whole wheat English muffin).	
<b>Snack</b>	3/4 c cubed pineapple and string cheese	1 c. sliced strawberries with 1/2c 1-2% cottage cheese	1c watermelon and 1/2 c low-fat plain yogurt (men: 1c. yogurt)	1 c. cubed watermelon and 1 string cheese	1.2 c blueberries topped with 2 tbsp slivered almonds.
<b>Lunch</b>	Tuna salad  Combine 4oz. white tuna, packed in water, with 1 tsp. LF mayo. Scoop onto mixed green salad w cucumber slices and 2 tomato slices.	Turkey, avocado, and arugula salad  3oz sliced turkey breast (men 5oz), 1/4 avocado, and 1 c arugula (washed and trimmed) with 1 tsp Dijon mustard, 2 tsp. olive oil and vinegar.	Shrimp salad  In a salad bowl, combine 4oz.-grilled shrimp on large mixed green salad (lettuce, peppers, and cucumbers) tossed with balsamic vinegar, 1tsp. olive oil, and 2 tbsp. Dijon mustard.	Grilled chicken breast  4oz. grilled chicken (men = 5oz) over a bed of mixed greens, drizzled with balsamic vinegar and 1 tsp. EVOO	Julienne turkey breast over mixed greens.  4oz sliced white meat turkey breast served on a bed of 1 c shredded romaine with 1 c. mesclun greens, 1/2 c sliced raw mushrooms, 5 black olives, and 1/2 c chopped cucumber, drizzled with 1 tsp. olive oil, balsamic vinegar, and lemon.
<b>Snack</b>	10 unsalted almonds (men 15)	7 walnut halves (men: 12 walnut halves)	Carrots and celery sticks w 2 tbsp. hummus for dipping	1/2 c edamame in pods (apprx. 45)	10 unsalted almonds and 1/2 of sliced apple (men: 20 almonds)
<b>Dinner</b>	Lemon chicken with steamed snap peas  Marinate a 4oz boneless, skinless chicken breast (men 5oz) in lemon juice and olive oil, and bake at 375 until cooked.	Herb-grilled tilapia with broccoli  Brush 5oz tilapia with 1 tsp olive oil and season with salt, pepper, and 1/4c fresh herbs (such as basil, rosemary, or thyme). Let marinate in fridge.	Rotisserie Chicken and Spinach  4oz. skinless white meat rotisserie chicken (men: 6oz) served with 1c spinach sautéed in 1 tsp. olive oil and minced garlic w twist	Broiled swordfish with zucchini and squash medley  4oz swordfish filet served with 1 c each of sliced zucchini and squash, sautéed with 2 tsp. olive oil, 1 tbsp. minced	Tofu and broccoli  Combine 5oz grilled firm tofu (men: 7oz tofu) with 1 c. sautéed broccoli in 2 tsp olive oil. Serve with a small mixed green salad drizzled with balsamic vinegar.

	Serve with 1c snap peas.	Grill tilapia until cooked through and grill-marked on both sides, and then top with salsa. Serve with 1c steamed broccoli florets and $\frac{1}{2}$ c. brown rice (men: $\frac{2}{3}$ c brown rice). Top with 2 tsp salsa.	of lemon. Serve with salad greens topped with $\frac{1}{4}$ avocado and 1 sliced tomato, dressed 1 tsp. olive oil and lemon	garlic, and salt and pepper to taste. Serve with a sliced tomato and $\frac{1}{2}$ sliced onion.	
Calories for day	1029 for women. 1195 for men.	996 for women 1188 for men.	1011 for women 1223 for men	998 calories for women 1213 calories for men	988 calories for women 1184 calories for men

**Weekend Schedule**

	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Spicy egg white and mushroom scramble  In a non-stick skillet coated with cooking spray, scramble 3 egg whites (men: 1 whole egg plus 2 egg whites) with $\frac{1}{2}$ c sliced white mushrooms. Sprinkle with hot sauce and $\frac{1}{4}$ c low-fat shredded cheddar cheese. Serve w 1 slice of whole-wheat toast.	High-fiber cereal  2/3c (1c men) with 1c skim milk
<b>Snack</b>	Protein shake @ about 200 calories. See below Shakeology recipes.	Protein shake @ about 200 calories. See below Shakeology recipes.
<b>Lunch</b>	Grilled chicken breast  4oz. grilled chicken (men = 5oz) over a bed of mixed greens, drizzled with balsamic vinegar and 1 tsp. EVOO	Turkey, avocado, and arugula salad  3oz sliced turkey breast (men 5oz), $\frac{1}{4}$ avocado, and 1 c arugula (washed and trimmed) with 1 tsp Dijon mustard, 2 tsp. olive oil and vinegar.
<b>Snack</b>	15-20 grapes or cherries	1 orange
<b>Dinner</b>	Lemon chicken with steamed snap peas	Herb-grilled tilapia with broccoli

	<p>Marinate a 4oz boneless, skinless chicken breast (men 5oz) in lemon juice and olive oil, and bake at 375 until cooked. Serve with 1c snap peas.</p>	<p>Brush 5oz tilapia with 1 tsp olive oil and season with salt, pepper, and <math>\frac{1}{4}</math> c fresh herbs (such as basil, rosemary, or thyme). Let marinate in fridge. Grill tilapia until cooked through and grill-marked on both sides, and then top with salsa. Serve with 1c steamed broccoli florets and <math>\frac{1}{2}</math> c. Brown rice (men: <math>\frac{2}{3}</math> c brown rice). Top with 2 tsp salsa.</p>
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### **Shakeology Recipe Bank**

All recipes are 200 calories or less!

This is just a sample of the possibilities! Go to [shakeology.com/nrf026](http://shakeology.com/nrf026) and click under the recipes tab to find more options! Happy Sipping!

#### **Greenberry**

##### **Strawberry Lemonade**

1 serving Greenberry Shakeology Juice of 1 small lemon 1 cup fresh or frozen strawberries 1 cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 198

##### **Cranberry Zinger**

1 serving Greenberry Shakeology  $\frac{1}{2}$  cup 100% cranberry juice  $\frac{1}{2}$  cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 188

##### **Orange Sunrise**

1 serving Greenberry Shakeology  $\frac{1}{2}$  cup 100% orange juice  $\frac{1}{2}$  cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 195

#### **Chocolate**

##### **Chocolate-Covered Strawberries**

1 serving Chocolate Shakeology 1 cup fresh or frozen strawberries 1 cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 188

### **Chocolate Minty**

1 serving Chocolate Shakeology 1 cup water 1/8 tsp. mint extract. For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy! Calories: 156

### **Mocha Chiller**

1 serving Chocolate Shakeology 1 cup unsweetened black coffee, cooled 1/8 tsp. almond extract (optional) For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!  
Calories: 154

### Vanilla

#### **Blueberry Blast**

1 serving Vanilla Shakeology 1/2 cup water 1/2 cup unsweetened almond milk 1/2 cup fresh or frozen blueberries For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Feel free to use any kind of milk or milk substitute (almond, rice, or coconut milk)—the more milk, the creamier it gets! Enjoy!  
Calories: 192

#### **Vanilla Latte**

1 serving Vanilla Shakeology 1 cup brewed coffee, cooled 1/2 cup unsweetened vanilla almond milk 1 tsp. pure maple syrup (or raw honey) For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Feel free to use any kind of milk or milk substitute (almond, rice, or coconut milk)—the more milk, the creamier it gets! Enjoy!  
Calories: 172

#### **Apple Pie**

1 serving Vanilla Shakeology 1 cup water 1/2 cup unsweetened applesauce 1/2 tsp. ground cinnamon For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!  
Calories: 184