

# 5 Day Meal Plan

## Monday:

### *Breakfast*

Tomato Basil Omelet

### *Lunch*

Baked Sweet Potato and Microgreen Salad

### *Snack*

Apple + 1 tbsp almond butter

### *Dinner*

Jalapeno Cheddar Burger

## Tuesday:

### *Breakfast*

3/4c Plain Greek Yogurt + 1 c berries + 1 tsp maple syrup

### *Lunch*

Easy Pizza

### *Snack*

Protein Shake

### *Dinner*

Chicken Lettuce Wraps

## Wednesday:

### *Breakfast*

Protein Shake

### *Lunch*

Tomato & Red Pepper Soup

### *Snack*

1 cup edamame + 1 Tbsp sesame seeds

### *Dinner*

Taco Salad

## Thursday:

### *Breakfast*

Oatmeal

### *Lunch*

Taco Quinoa Bowl

### *Snack*

2 tbsp hummus & 1 c raw veggies

### *Dinner*

Stir Fry with Brown Rice

## Friday:

### *Breakfast*

Veggie Scramble

### *Lunch*

Baked Sweet Potato and Microgreen Salad

### *Snack*

3/4 cup plain Greek yogurt + 1 banana sliced and cinnamon

### *Dinner*

Salmon & Roasted Asparagus

# Recipes

## Breakfast:

### *Tomato Basil Omelet*

1 tsp olive oil  
2 large eggs, lightly beaten  
10 fresh basil leaves, shredded  
1/2 cup chopped tomatoes  
2 Tbsp. shredded parm cheese

Heat oil in nonstick skillet over medium-low heat; Add eggs and cook for 2 mins without stirring. As eggs set, lift edges, letting uncooked portion flow underneath. Flip, cook for an additional 1-2 mins. Add basil, tomatoes, and cheese. Gently fold omelet in half.

### *Vanilla Protein Shake*

1 cup unsweetened almond milk  
1 scoop vanilla Shakeology (or preferred protein powder)  
1/2 frozen banana  
1 tsp cinnamon  
Ice

Place almond milk, Shakeology, banana, cinnamon and ice in a blender. Cove, and blend until smooth.

### *Oatmeal*

1 cup water  
1 pinch Himalayan sea salt  
1/2 cup old-fashioned rolled oats  
1/2 cup fresh blueberries  
1 tsp pure maple syrup

Bring water and salt to a boil in medium saucepan over medium heat. Add oats; cook, stirring frequently for 4-5 mins. Remove from heat. Place oatmeal in a small bowl and top with blueberries and pure maple syrup.

### *Veggie Scramble*

Nonstick Cooking Spray  
2 large eggs, lightly beaten  
1/4 red bell pepper chopped  
1/4 cup chopped tomatoes  
1/4 cup chopped mushrooms

Coat nonstick skillet with cooking spray and heat on medium-low. Sautee peppers, tomatoes and mushroom for a few mins until just tender. Remove from pan and set aside. And eggs and cook, stirring, for 3-5 mins until eggs are set. Add veggies back and cook for 1-2 mins.

# Lunch:

## *Easy Pizza*

1/4 cup all natural tomato sauce  
1/4 tsp dried oregano  
1/2 clove garlic  
1 8-inch sprouted whole wheat tortilla  
1/4 cup steamed broccoli  
1/4 cup sliced mushrooms  
2 Tbsp shredded mozzarella  
2 Tbsp shredded Parm cheese

Preheat oven to 425 degrees; Combine tomato sauce, oregano and garlic in a small bowl; mix well and set aside. Place tortilla on a baking sheet, spread with tomato sauce. Top with broccoli, mushrooms and cheeses. Bake for 8 to 10 mins, or until cheese is bubbly.

## *Bake Sweet Potato*

1 medium sweet potato  
1 tsp olive oil  
1/4 tsp Himalayan sea salt  
Chipotle pepper to taste

Preheat oven to 450 degrees. Scrub potato and pierce several times with fork. Place on center rack and bake for 35-45 minutes, or until fork tender. Cut a 1 1/2 inch cross slit in tender potato. Season with salt, olive oil and chipotle pepper (or other seasoning blend if desired).

## *Microgreen Salad*

2 cups mixed greens  
1/2 medium carrot, shredded  
1/2 cucumber chopped  
1/2 red pepper, chopped  
1/4 cup sprouts (like broccoli)  
1/4 cup jicama, chopped  
1/2 medium tomato chopped  
1/4 cup toasted pumpkin seeds

Combine greens, carrot, cucumber bell pepper, sprouts, tomato, jicama and pumpkin seeds in a bowl. Toss gently to blend and top with favorite oil and vinegar dressing.

Suggested Dressing: Whisk together 1 Tbsp extra virgin olive oil, 1 Tbsp red wine vinegar, 1 1/2 tsp balsamic vinegar, and 1/2 tsp dijon mustard.

## *Tomato and Red Pepper Soup*

1 tsp olive oil  
1 medium red bell pepper chopped  
2 cloves garlic  
1 can low sodium diced tomatoes  
1 tsp dried Italian seasonings  
2 Tbsp crushed raw almonds

Heat olive oil in medium pot. Add red bell pepper, garlic, and Italian spices. Cook 2–3 minutes, stirring often tender. Add tomatoes and simmer over low heat for 3–4 minutes. Using an immersion blender, process until smooth (or let cool and blend using processor with towel over cover). Pour into bowl and sprinkle with almonds.

## *Taco Quinoa Bowl*

1/2 cup cooked quinoa  
1 cup leftover taco meat (Taco Salad recipe)  
1/4 sliced avocado  
1/4 cup chopped tomatoes  
1/4 cup chopped cilantro

Combine quinoa, taco meat, avocado, tomatoes and cilantro in bowl and serve.

# Dinner:

## *Jalapeno Cheddar Burger*

1/4 lb lean ground beef  
1 small jalapeno, chopped  
2 Tbsp shredded cheddar cheese  
1 tsp Worcestershire sauce  
1/2 tsp salt + 1/2 tsp pepper  
1 slice medium tomato  
1 butter lettuce leaf  
1 slice medium red onion

Preheat grill or broiler on high. Combine beef, jalapeno, cheese, Worcestershire sauce, salt and pepper in a bowl. Form mixture into a patty. Grill or broil patty for 4-6 mins on each side, or until desired doneness. Place patty on lettuce leaf and top with tomato and onion.

May serve on whole wheat bun if desired.

## *Chicken Lettuce Wraps (serves 4)*

4 medium carrots, peeled & chopped  
2 celery stalks, chopped  
2 Tbsp fresh grated ginger  
3 cloves garlic, minced  
1 red bell pepper, chopped  
1 lb ground chicken  
2 Tbsp Chinese Plum Sauce  
2 Tbsp reduced- sodium soy sauce  
2 Tbsp rice wine vinegar  
1 tsp chili paste (Sambal Oelek)  
1/4 cup raw cashew pieces  
1/4 cup fresh cilantro  
1 head Boston, Bibb or Butter Lettuce

Coat skillet with cooking spray and heat pan to medium-high heat. Add carrot, celery, ginger, garlic, and bell pepper to pan. Sautee, stirring occasionally, for about 5 mins or until veggies soften. Add ground chicken and cook till no longer pink. Using a wooden spoon, break meat into fine pieces. Season with salt & pepper, stir in plum sauce, soy sauce, vinegar and chili paste. Reduce heat to low and simmer until heated through. Remove skillet from heat and stir in cashews and cilantro. Let mix cool 5 mins. Serve mixture on top of lettuce leaves.

## *Taco Salad - Serves 4*

1 tsp olive oil  
1 medium onion chopped  
1 medium jalapeno seeded & chopped  
2 cloves garlic, chopped  
1 lb ground lean meat (turkey; lean beef)  
1 tsp chili powder  
1 tsp dried Mexican oregano  
1/2 tsp sea salt  
1 cup all-natural tomato sauce (no salt or sugar added)  
1 chipotle pepper in adobo sauce, chopped  
1 Tbsp adobo sauce (the sauce from the chipotle chili pepper in adobo)  
8 cups mixed greens

Heat oil in large skillet over medium heat. Add onion and jalapeno, cook stirring frequently, for 4-5 mins or until onion is translucent. Add garlic and cook, stirring frequently for 1 min. Transfer onion mixture to bowl and set aside. Add ground meat to same skillet and cook over medium-high heat for 8-10 mins or until no longer pink. Season meat with chili powder, oregano and sea salt. Add onion mixture, tomato sauce, chipotle pepper, and adobo sauce and mix well. Reduce meat to medium-low; gently boil, stirring frequently for 8 to 10 mins, or until thickened.

1 serving = 1 cup of taco mixture on 2 cups of greens.

## *Stir Fry with Brown Rice*

1 1/2 tsp extra virgin coconut oil  
1 tsp sesame oil  
1 medium carrot, sliced  
1/2 cup broccoli florets  
1/2 red pepper, cut into strips  
1/4 medium zucchini, cut lengthwise in strips  
1/2 cup bok choy, chopped  
1 1/2 tsp Bragg Liquid Aminos or Reduced Sodium Soy Sauce

1/2 cup cooked brown rice

Heat coconut and sesame oils in a large skillet or wok over medium-high heat. Add carrot and cook, stirring constantly, for 1-2 mins. Add broccoli; cook, stirring frequently, for 4-5 mins. Add bell pepper, zucchini and bok choy. Cook 2 or 3 mins or until tender crisp. Turn off heat. Add Bragg Liquid Aminos (or soy sauce). Mix well.

Add stir fry to 1/2 cup cooked brown rice.

## *Baked Salmon & Asparagus*

1 clove garlic, chopped  
2 tsp. olive oil  
1 Tbsp fresh chopped basil  
1/4 tsp Himalayan sea salt  
1/2 tsp herbal seasoning blend (your choice)  
1 Tbsp fresh lemon juice  
1 6oz salmon fillet, wild-caught

15 medium asparagus spears, ends trimmed (about 1/2 pound)  
1 tsp olive oil  
1/2 tsp Himalayan sea salt  
1 Tbsp. slivered almonds

Combine garlic, oil, basil, salt, seasoning blend, and lemon juice in a small bowl; mix well. Place salmon in a shallow dish and pour marinade over salmon. Marinate for 20 mins, turning once to get marinade on both sides. Preheat oven to 350 degrees. Place salmon on a piece of aluminum foil. Cover with marinade; seal. Place sealed salmon packet on baking sheet and bake for 20 mins, or until salmon flakes easily when tested with a fork.

Preheat oven to 350 degrees. Arrange asparagus in a single layer on a baking sheet. Drizzle with oil and sprinkle with salt. Bake for 25 mins, or until tender crisp. Remove from oven, sprinkle with almonds and serve.