

## MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
<p><b>BREAKFAST:</b> 1 serving Protein Pancakes (p. 76; save leftovers); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil</p> <p><b>LUNCH: Mediterranean Power Bowl:</b> Combine 3 cups baby spring greens, 1 cup cooked quinoa, ½ cucumber, chopped, ½ cup olives, ½ cup pomegranate arils, ½ cup chopped sun-dried tomatoes, ½ cup feta and 2 tbsp chia seeds. Whisk 2 tbsp almond oil with 1 tsp lemon zest, 2 tbsp lemon juice, ½ tsp fresh cilantro, ¼ tsp pepper and pinch of salt. (Dress and eat ½; save leftovers separately.)</p> <p><b>SNACK:</b> 6 mini peppers with ¼ cup hummus</p> <p><b>DINNER: Shrimp Lettuce Tacos:</b> Sauté 8 oz shrimp in 1 tbsp avocado oil for 2 minutes; season with ¼ tsp each cumin, chile powder and garlic powder then flip and cook 2 minutes more. Squeeze juice of 1 lime over shrimp. Spread 2 tbsp hummus in 2 large butter lettuce leaves; fill with ½ of the cooked shrimp (set aside ½ for leftovers), ½ mango, chopped, and chopped cilantro.</p>	<p><b>BREAKFAST:</b> 1 serving Protein Pancakes (leftovers, p. 76); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil</p> <p><b>LUNCH: Shrimp Lettuce Tacos:</b> Spread 2 tbsp hummus in 2 large butter lettuce leaves; fill with ½ of the cooked shrimp (leftovers, heated), ½ mango, chopped, and chopped cilantro</p> <p><b>SNACK:</b> ½ cup cottage cheese mixed with ½ cup blueberries and 1 tbsp nut butter; top with 1 tbsp ground flaxseed</p> <p><b>DINNER:</b> 1 serving Chipotle Bison Chili (p. 77, save leftovers)</p>	<p><b>BREAKFAST: Sweet Potato Hash:</b> Sauté 1 sweet potato, peeled and grated, in 1 tbsp melted ghee. Cook until slightly golden; set aside. In same skillet, heat 4 cups baby spring greens until wilted, 2 minutes; season with salt and pepper. Cook 2 eggs in 1½ tsp melted ghee. Serve eggs over ½ cooked sweet potato and greens (set aside ½ for leftovers). Top with ½ avocado, diced.</p> <p><b>LUNCH:</b> 1 serving Mediterranean Power Bowl (leftovers)</p> <p><b>SNACK:</b> 1 serving Protein Pancakes (leftovers, p. 76); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil</p> <p><b>DINNER:</b> 1 serving Chipotle Bison Chili (leftovers, p. 77)</p>
<p><b>NUTRIENTS:</b> Calories: 1,371, Fat: 68 g, Sat. Fat: 19 g, Carbs: 137 g, Fiber: 28 g, Sugars: 54 g, Protein: 67 g, Sodium: 1,701 mg, Cholesterol: 314 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,362, Fat: 63 g, Sat. Fat: 19 g, Carbs: 120 g, Fiber: 24 g, Sugars: 57 g, Protein: 93 g, Sodium: 1,650 mg, Cholesterol: 358 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,695, Fat: 97 g, Sat. Fat: 31 g, Carbs: 135 g, Fiber: 29 g, Sugars: 44 g, Protein: 82 g, Sodium: 2,048 mg, Cholesterol: 650 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> 1 serving Protein Pancakes (leftovers, p. 76); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil</p> <p><b>LUNCH:</b> 1 serving Chipotle Bison Chili (leftovers, p. 77)</p> <p><b>SNACK:</b> 6 mini peppers with ¼ cup hummus</p> <p><b>DINNER:</b> 1 serving Pistachio-Crusted Chicken with Orange Sauce (p. 75; save leftovers)</p>	<p><b>BREAKFAST: Sweet Potato Hash:</b> Cook 2 eggs in 1½ tsp melted ghee. Serve eggs over cooked sweet potato and greens (leftovers). Top with ½ avocado, diced.</p> <p><b>LUNCH:</b> 1 serving Pistachio-Crusted Chicken with Orange Sauce (leftovers, p. 75)</p> <p><b>SNACK:</b> ½ cup cottage cheese mixed with ½ cup blueberries and 1 tbsp nut butter; top with 1 tbsp ground flaxseed</p> <p><b>DINNER:</b> 1 serving Chipotle Bison Chili (leftovers, p. 77)</p>	<p><b>BREAKFAST: Loaded Oatmeal:</b> Heat ¾ cup milk, ½ cup oats, 1 tbsp ground flaxseed, 1 tbsp chia seeds and ¼ tsp cinnamon until oats are softened. Top with ½ cup pomegranate arils, 2 tbsp walnuts and 1 tsp honey.</p> <p><b>LUNCH:</b> 1 serving Sesame Tuna &amp; Mango Salad (p. 72; save leftovers)</p> <p><b>SNACK:</b> 6 mini peppers with ¼ cup hummus</p> <p><b>DINNER:</b> 1 serving Pistachio-Crusted Chicken with Orange Sauce (leftovers, p. 75)</p>	<p><b>BREAKFAST: Veggie Omelette:</b> Sauté 2 cups baby spring greens, 5 mushrooms, chopped, and 1 green onion, chopped, in 1 tbsp avocado oil until soft. Whisk 3 eggs and pour over vegetables. Heat until eggs start to set, 2 minutes; flip over and cook 2 minutes more.</p> <p>½ cup blueberries</p> <p><b>LUNCH:</b> 1 serving Sesame Tuna &amp; Mango Salad (leftovers, p. 72)</p> <p><b>SNACK:</b> ½ cup cottage cheese mixed with ½ cup blueberries and 1 tbsp nut butter; top with 1 tbsp ground flaxseed</p> <p><b>DINNER:</b> 1 serving Pistachio-Crusted Chicken with Orange Sauce (leftovers, p. 75)</p>
<p><b>NUTRIENTS:</b> Calories: 1,511, Fat: 83 g, Sat. Fat: 21 g, Carbs: 123 g, Fiber: 29 g, Sugars: 43 g, Protein: 89 g, Sodium: 1,753 mg, Cholesterol: 330 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,701, Fat: 105 g, Sat. Fat: 24 g, Carbs: 106 g, Fiber: 27 g, Sugars: 35 g, Protein: 106 g, Sodium: 1,966 mg, Cholesterol: 658 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,741, Fat: 94 g, Sat. Fat: 12 g, Carbs: 154 g, Fiber: 43 g, Sugars: 64 g, Protein: 92 g, Sodium: 1,128 mg, Cholesterol: 192 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,838, Fat: 118 g, Sat. Fat: 21 g, Carbs: 101 g, Fiber: 26 g, Sugars: 49 g, Protein: 117 g, Sodium: 1,464 mg, Cholesterol: 841 mg</p>