

MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: 1 serving Peach Crisp (p. 76; save leftovers)</p> <p>¼ cup Greek yogurt</p> <p>SNACK: ¼ cup almonds</p> <p>LUNCH: Quinoa Bowl: Cook 1 cup dry quinoa. Combine 2 cups chopped baby spinach, 1 cup diced cucumber, 2 tomatoes, diced, ½ cup chopped almonds and 2 tbsp chia seeds. In a food processor, blend ½ cup each water, nutritional yeast, lemon juice and EVOO, 2 tbsp Almond Butter (p. 77), 1 clove garlic and ½ tsp salt. Place one-quarter of cooked quinoa in a bowl; top with one-quarter of each veggies and sauce. Makes 4 servings (eat 1, save leftovers). Store leftover components separately.</p> <p>SNACK: Lemon Chia Pudding: Combine 2 cups Almond Milk (p. 77), ½ cup chia seeds, ¼ cup lemon juice and 1 tbsp maple syrup. Refrigerate at least 2 hours or overnight. Makes 3 servings (eat 1, save leftovers).</p> <p>DINNER: 1 serving Jerk Chicken with Corn Salsa (p. 74; save leftovers)</p>	<p>BREAKFAST: 1 serving Peach Crisp (p. 76; save leftovers)</p> <p>SNACK: Guacamole: Mash 1 avocado, 1 clove garlic, minced, 2 tbsp lemon juice and ¼ tsp salt. Makes 2 servings (eat 1, save leftovers). Serve with 1 oz seed crackers.</p> <p>LUNCH: Blueberry Spinach Salad (p. 79)</p> <p>SNACK: 1 serving Lemon Chia Pudding (leftovers)</p> <p>DINNER: 1 serving Jerk Chicken with Corn Salsa (p. 74; save leftovers)</p>	<p>BREAKFAST: 1 serving Lemon Chia Pudding (leftovers) with ¼ cup chopped almonds</p> <p>SNACK: 1 serving Guacamole (leftovers) with 1 oz seed crackers</p> <p>LUNCH: 1 serving Jerk Chicken with Corn Salsa (p. 74; save leftovers)</p> <p>SNACK: 1 peach</p> <p>DINNER: 1 serving Quinoa Bowl (leftovers)</p> <p>NOTE: Before bed, prep Blueberry Overnight Oats for the morning.</p>	
<p>NUTRIENTS: Calories: 2,064, Fat: 131 g, Sat. Fat: 28 g, Carbs: 162 g, Fiber: 46 g, Sugars: 56 g, Protein: 82 g, Sodium: 774 mg, Cholesterol: 87 mg</p>	<p>NUTRIENTS: Calories: 1,969, Fat: 130 g, Sat. Fat: 28 g, Carbs: 161 g, Fiber: 46 g, Sugars: 60 g, Protein: 61 g, Sodium: 1,018 mg, Cholesterol: 78 mg</p>	<p>NUTRIENTS: Calories: 1,762, Fat: 110, Sat. Fat: 14 g, Carbs: 145 g, Fiber: 47 g, Sugars: 34 g, Protein: 70 g, Sodium: 1,184 mg, Cholesterol: 78 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Blueberry Overnight Oats: In a jar, combine 1 cup Greek yogurt, 1 cup oats, 1 cup Almond Milk (leftovers) and ¼ cup chia seeds. Refrigerate at least 2 hours or overnight. Makes 3 servings (eat 1, save leftovers). Top serving with ½ cup blueberries and ½ cup chopped almonds.</p> <p>SNACK: ½ cup Almond Butter Hummus (p. 77; save leftovers) with 1½ cups sliced cucumber</p> <p>LUNCH: Blueberry Spinach Salad (p. 79)</p> <p>SNACK: 1 serving Peach Crisp (leftovers)</p> <p>DINNER: 1 serving Quinoa Bowl (leftovers)</p>	<p>BREAKFAST: 1 serving Peach Crisp (p. 76; save leftovers)</p> <p>¼ cup Greek yogurt</p> <p>SNACK: Guacamole: Mash 1 avocado, 1 clove garlic, minced, 2 tbsp lemon juice and ¼ tsp salt. Makes 2 servings (eat 1, save leftovers). Serve with 1 oz seed crackers.</p> <p>LUNCH: 1 serving Quinoa Bowl (leftovers)</p> <p>SNACK: 2 stalks celery with ¼ cup Almond Butter (leftovers)</p> <p>DINNER: 1 serving Jerk Chicken with Corn Salsa (leftovers, p. 74)</p>	<p>BREAKFAST: 1 serving Blueberry Overnight Oats (leftovers). Top with ½ cup blueberries and ⅓ cup chopped almonds.</p> <p>SNACK: ½ cup Almond Butter Hummus (leftovers) with 1½ cups sliced cucumber</p> <p>LUNCH: Blueberry Spinach Salad (p. 79)</p> <p>SNACK: 1 serving Guacamole (leftovers) with 1 oz seed crackers</p> <p>DINNER: Baked Lemon Chicken: In a container, combine ½ tsp lemon zest, 3 tbsp lemon juice, 1 tbsp EVOO, 2 cloves garlic, minced, 2 tsp dried rosemary and ½ tsp each salt and pepper. Add 2 chicken breasts, cover and refrigerate 4 hours or overnight. Transfer chicken and marinade to a baking dish. Bake at 425°F for 20 minutes, or grill. Makes 2 servings (eat 1, save leftovers).</p> <p><i>Corn on the Cob:</i> Place 2 ears corn, shucked, in a large pot of boiling water, cover and return to a boil. Once boiling, turn off heat and let corn sit, covered, 5 minutes. Serve corn with 1 tbsp EVOO and ½ tsp each salt and pepper.</p>	<p>BREAKFAST: 1 serving Blueberry Overnight Oats (leftovers)</p> <p>SNACK: ½ cup Almond Butter Hummus (leftovers) with 1½ cups sliced cucumber</p> <p>LUNCH: 1 serving Baked Lemon Chicken (leftovers)</p> <p><i>Corn on the Cob:</i> Place 2 ears corn, shucked, in a large pot of boiling water, cover and return to a boil. Once boiling, turn off heat and let corn sit, covered, 5 minutes. Serve corn with 1 tbsp EVOO and ½ tsp each salt and pepper.</p> <p>SNACK: ½ cup almonds</p> <p>1 peach</p> <p>DINNER: Blueberry Spinach Salad (p. 79)</p>
<p>NUTRIENTS: Calories: 2,163, Fat: 139 g, Sat. Fat: 28 g, Carbs: 186 g, Fiber: 47 g, Sugars: 66 g, Protein: 64 g, Sodium: 639 mg, Cholesterol: 11 mg</p>	<p>NUTRIENTS: Calories: 2,429, Fat: 161 g, Sat. Fat: 32 g, Carbs: 184 g, Fiber: 52 g, Sugars: 54 g, Protein: 90 g, Sodium: 1,384 mg, Cholesterol: 87 mg</p>	<p>NUTRIENTS: Calories: 1,956, Fat: 121 g, Sat. Fat: 17 g, Carbs: 160 g, Fiber: 41 g, Sugars: 44 g, Protein: 79 g, Sodium: 2,328 mg, Cholesterol: 115 mg</p>	<p>NUTRIENTS: Calories: 2,122, Fat: 137 g, Sat. Fat: 17 g, Carbs: 159 g, Fiber: 42 g, Sugars: 58 g, Protein: 91 g, Sodium: 1,891 mg, Cholesterol: 115 mg</p>