

WEEK 1: MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Veggie Scramble:</i> Sauté 3 cups spring greens and ½ shallot, diced, in 1 tbsp avocado oil until soft; add 3 eggs, whisked, and cook, scrambling with spatula. Sprinkle with pinch each salt and pepper. Top with ¼ cup microgreens.</p> <p>LUNCH: <i>Cauliflower Rice Quinoa Tabbouleh:</i> In a pot, combine 1 bag frozen riced cauliflower, ¾ cup chicken broth, ½ cup dry quinoa, 1 leek, thinly sliced, ½ red bell pepper, chopped and 1 clove garlic, minced. Bring to a boil then reduce to a simmer, cover and cook 10 minutes. Add 3 asparagus spears, chopped, and simmer 5 minutes more. Remove from heat and stir in 2 tbsp avocado oil, zest and juice of 1 lemon, and ½ cup each chopped fresh mint and cilantro (makes 4 servings; eat 1 serving, save leftovers); with 1 sausage link.</p> <p>SNACK: 1 apple with 2 tbsp each pumpkin seeds and sunflower seeds</p> <p>DINNER: 1 serving Spicy Coconut Chicken Soup (p. 79; save leftovers)</p>	<p>BREAKFAST: <i>Blender Banana Bread:</i> In a blender or food processor, place 2 ripe bananas, 2 eggs, 1 cup plus 1 tbsp almond flour, 2 scoops collagen, 2 tbsp ground flaxseeds, 1 tbsp chia seeds, 1 tsp vanilla extract, ½ tsp cinnamon and pinch salt; blend until smooth. Coat a 5 x 3-inch loaf pan with cooking spray. Pour batter into pan and bake at 375°F for 25 minutes, until a toothpick comes out clean (makes 4 servings; eat 1 serving, save leftovers); with 2 tbsp almond butter.</p> <p>LUNCH: 1 serving Spicy Coconut Chicken Soup (leftovers, p. 79)</p> <p>SNACK: <i>Kale Chips:</i> Toss 2 cups torn kale with 2 tbsp EVOO, ¼ cup nutritional yeast and pinch each salt and pepper; massage into kale. Spread on large baking sheet and bake at 350°F for 15 minutes (eat ½; save leftovers).</p> <p>DINNER: 1 serving Cauliflower Rice Quinoa Tabbouleh (leftovers) with 1 sausage link</p>	<p>BREAKFAST: <i>Green Smoothie:</i> Blend 1 cup milk, ½ cup each spring greens and kale, ½ apple, cored, ½ pear, cored, juice of ½ lemon, ½ tsp grated ginger, 2 scoops collagen, 1 tbsp chia seeds and ½ tsp hemp hearts with ice</p> <p>LUNCH: 1 serving Cauliflower Rice Quinoa Tabbouleh (leftovers) with 1 sausage link</p> <p>SNACK: 1 serving Blender Banana Bread (leftovers) with 2 tbsp almond butter</p> <p>DINNER: 1 serving Best Fish & Chips (p. 74, save leftovers)</p>
<p>NUTRIENTS: Calories: 1,297, Fat: 86 g, Sat. Fat: 29 g, Carbs: 79 g, Fiber: 17 g, Sugar: 36 g, Protein: 69 g, Sodium: 1,664 mg, Cholesterol: 768 mg</p>	<p>NUTRIENTS: Calories: 1,367, Fat: 93 g, Sat. Fat: 26 g, Carbs: 86 g, Fiber: 23 g, Sugar: 27 g, Protein: 69 g, Sodium: 1,430 mg, Cholesterol: 243 mg</p>	<p>NUTRIENTS: Calories: 1,592, Fat: 85 g, Sat. Fat: 10 g, Carbs: 148 g, Fiber: 27 g, Sugar: 34 g, Protein: 82 g, Sodium: 1,592 mg, Cholesterol: 118 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Veggie Scramble:</i> Sauté 3 cups spring greens and ½ shallot, diced, in 1 tbsp avocado oil until soft; add 3 eggs, whisked, and cook, scrambling with spatula. Sprinkle with pinch each salt and pepper. Top with ¼ cup microgreens.</p> <p>LUNCH: 1 serving Best Fish & Chips (leftovers, p. 74)</p> <p>SNACK: 1 pear with 2 tbsp pumpkin seeds</p> <p>DINNER: 1 serving Spicy Coconut Chicken Soup (leftovers, p. 79)</p>	<p>BREAKFAST: 1 serving Blender Banana Bread (leftovers) with 2 tbsp almond butter</p> <p>LUNCH: 1 serving Spicy Coconut Chicken Soup (leftovers, p. 79)</p> <p>SNACK: <i>Green Smoothie:</i> Blend 1 cup milk, ½ cup each spring greens and kale, ½ apple, cored, ½ pear, cored, juice of ½ lemon, ½ tsp grated ginger, 2 scoops collagen, 1 tbsp chia seeds and ½ tsp hemp hearts with ice</p> <p>DINNER: 1 serving Cauliflower Rice Quinoa Tabbouleh (leftovers) with 1 sausage link</p>	<p>BREAKFAST: <i>Red Smoothie:</i> Blend 1 cup milk, 1 cup frozen strawberries, ½ beet, scrubbed and chopped, 2 scoops collagen, 1 tbsp chia seeds with ice</p> <p>LUNCH: <i>Kale Wraps:</i> Between 2 kale leaves, rinsed, divide 1 avocado, mashed, ½ shallot sautéed in ½ tsp avocado oil, 4 oz turkey slices, ½ cucumber, sliced, and pinch each salt and pepper. Top filling with ¼ cup microgreens.</p> <p>1 pear</p> <p>SNACK: 1 serving Kale Chips (leftovers)</p> <p>DINNER: <i>Shrimp Stir-Fry:</i> Sauté 4 oz mushrooms, chopped, 1 leek, thinly sliced, and 2 baby bok choy, chopped, in 1 tbsp avocado oil for 5 minutes. Add 8 oz shrimp; cook 2 minutes. Add 1 tbsp coconut aminos and ½ tsp toasted sesame oil; cook 1 minute. Sprinkle with sesame seeds (eat ½; save leftovers).</p>	<p>BREAKFAST: <i>Sweet Potato Hash:</i> Sauté 1 small sweet potato, shredded, 1 shallot, diced, and 1 zucchini in 1 tbsp avocado oil until soft. Top with pinch each salt and black pepper. Top with 2 eggs, cooked any style.</p> <p>LUNCH: 1 serving Shrimp Stir-Fry (leftovers)</p> <p>SNACK: 1 serving Blender Banana Bread (leftovers) with 2 tbsp almond butter</p> <p>DINNER: <i>Kitchen Sink Salad:</i> Mix 1½ cups spring greens, ½ cup chopped kale, ½ beet, diced, 4 oz turkey, chopped, ½ cucumber, chopped, 3 asparagus spears, steamed and chopped, ½ red bell pepper, chopped, and 1 tbsp each sunflower seeds and pumpkin seeds. Whisk juice of ½ lemon, 1 tbsp EVOO, ½ shallot, chopped, and pinch each salt and pepper; toss with salad and top with ¼ cup microgreens.</p>
<p>NUTRIENTS: Calories: 1,611, Fat: 106 g, Sat. Fat: 31 g, Carbs: 108 g, Fiber: 17 g, Sugar: 27 g, Protein: 74 g, Sodium: 1,136 mg, Cholesterol: 746 mg</p>	<p>NUTRIENTS: Calories: 1,487, Fat: 88 g, Sat. Fat: 25 g, Carbs: 112 g, Fiber: 30 g, Sugar: 45 g, Protein: 88 g, Sodium: 1,606 mg, Cholesterol: 243 mg</p>	<p>NUTRIENTS: Calories: 1,363, Fat: 83 g, Sat. Fat: 8 g, Carbs: 81 g, Fiber: 33 g, Sugar: 30 g, Protein: 95 g, Sodium: 2,036 mg, Cholesterol: 285 mg</p>	<p>NUTRIENTS: Calories: 1,456, Fat: 84 g, Sat. Fat: 11 g, Carbs: 105 g, Fiber: 24 g, Sugar: 31 g, Protein: 90 g, Sodium: 1,361 mg, Cholesterol: 665 mg</p>