

WEEK 2: MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: <i>Blueberry Smoothie:</i> Blend 1 cup milk, 1 cup frozen blueberries, juice and zest of 1 lemon, 2 scoops collagen, 1 tbsp each grated fresh ginger and chia seeds with ice</p> <p>LUNCH: <i>Chopped Goddess Salad:</i> Mix 2 cups chopped butter lettuce, 8 oz deli turkey, chopped, ½ cup diced jicama, 1 carrot, shredded, ½ cup bean sprouts, 1 stalk celery, diced, and 3 tbsp pumpkin seeds. Blend together ½ avocado, peeled and pitted, 1 tbsp each red wine vinegar and EVOO, juice of 1 lemon, ¼ cup water and 1 tbsp chives, chopped, with ½ tsp turmeric; drizzle over salad (eat ½; save leftovers).</p> <p>SNACK: 1 apple with 1 tbsp sunflower seeds and 1 tbsp pumpkin seeds</p> <p>DINNER: 1 serving Basil Cashew Salmon with Asparagus Tomato Sauté (p. 77; save leftovers)</p>	<p>BREAKFAST: <i>Apple Cinnamon Pancakes:</i> In a blender, combine 1 cup almond flour, ½ cup milk, 2 eggs, 3 tbsp tapioca starch, 2 scoops collagen, 1 tbsp ground flaxseeds, ½ tbsp baking powder, and 1 tsp each cinnamon and vanilla until smooth. (NOTE: If batter is too thick, add a little more milk.) Heat 1 tbsp coconut oil in a nonstick pan. Cook 2 tbsp batter per pancake for 3 to 4 minutes, flip and cook 2 minutes more, making 16 small pancakes. In another skillet, heat 1 tbsp coconut oil. Add 1 apple, thinly sliced, and dash cinnamon; cook until apples are soft, about 4 minutes. Serve apples over pancakes (makes 4 servings; eat 1 serving; save leftovers).</p> <p>LUNCH: 1 serving Basil Cashew Salmon with Asparagus Tomato Sauté (leftovers, p. 77)</p> <p>SNACK: 1 oz lox with ½ cucumber, sliced, and 2 grape tomatoes, halved</p> <p>DINNER: <i>Lamb with Mint Vinaigrette:</i> Season 4 lamb loin chops with pinch each salt and pepper and 1 tsp garlic powder; cook for 3 minutes in 1 tbsp avocado oil in a skillet. Flip and cook 2 minutes. In a blender, blend 1 cup mint, 3 tbsp pine nuts, zest and juice of 1 lemon, 1 tbsp each avocado oil and nutritional yeast and 2 cloves garlic; serve with lamb (eat ½; save leftovers).</p> <p><i>Rosemary Potatoes:</i> Heat ½ tbsp avocado oil in skillet. Add 2 red potatoes, chopped, and 1 clove garlic, minced; sauté 6 to 7 minutes. Season with pinch each salt and pepper (eat ½; save leftovers).</p>	<p>BREAKFAST: <i>Spinach Frittata:</i> In a large nonstick pan on medium-high, heat 1 tbsp avocado oil. Add 6 asparagus spears, trimmed, 1 zucchini, chopped, 1 shallot, minced, and 3 cups spinach; sauté 4 minutes, or until softened. Transfer to an 8-inch square baking dish or pie plate. Whisk 8 eggs, ¼ cup milk, 2 tbsp nutritional yeast, 10 basil leaves, sliced, ½ tsp each pepper and red pepper flakes and ¼ tsp salt; pour over vegetables and bake at 350°F for 20 to 25 minutes (makes 4 servings; eat 1 serving; save leftovers); with ½ avocado, sliced.</p> <p>LUNCH: 1 serving Chopped Goddess Salad (leftovers)</p> <p>SNACK: <i>Blueberry Smoothie:</i> Blend 1 cup milk, 1 cup frozen blueberries, juice and zest of 1 lemon, 2 scoops collagen, 1 tbsp each grated fresh ginger and chia seeds with ice</p> <p>DINNER: 1 serving Chile Orange Chicken Wings with Ranch Slaw (p. 78; save leftovers)</p>	<p>BREAKFAST: 1 serving Apple Cinnamon Pancakes (leftovers)</p> <p>LUNCH: 1 serving Chile Orange Chicken Wings with Ranch Slaw (leftovers, p. 78)</p> <p>SNACK: <i>Avocado Dip:</i> Blend ½ avocado, 2 tsp EVOO, ¼ tsp onion powder, ½ clove garlic, pressed, and pinch salt until smooth; with ½ cup jicama slices</p> <p>DINNER: <i>Sheet Pan Lemon Trout & Asparagus:</i> On a parchment-lined baking sheet, spread 8 oz trout fillets and 1 lb asparagus, trimmed. Sprinkle with pinch each salt and pepper. Bake at 350°F for 5 to 7 minutes. Whisk 1 shallot, minced, juice of 2 lemons, 1 tbsp avocado oil and 1 tsp fresh chives; drizzle over cooked trout and asparagus (eat ½; save leftovers).</p>
<p>NUTRIENTS: Calories: 1,300, Fat: 68 g, Sat. Fat: 8 g, Carbs: 95 g, Fiber: 31 g, Sugar: 45 g, Protein: 98 g, Sodium: 1,908 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,512, Fat: 104 g, Sat. Fat: 26 g, Carbs: 65 g, Fiber: 14 g, Sugar: 17 g, Protein: 90 g, Sodium: 1,839 mg, Cholesterol: 370 mg</p>	<p>NUTRIENTS: Calories: 1,335, Fat: 90 g, Sat. Fat: 15 g, Carbs: 76 g, Fiber: 28 g, Sugar: 29 g, Protein: 71 g, Sodium: 1,418 mg, Cholesterol: 500 mg</p>	<p>NUTRIENTS: Calories: 1,284, Fat: 91 g, Sat. Fat: 19 g, Carbs: 61 g, Fiber: 21 g, Sugar: 18 g, Protein: 63 g, Sodium: 1,111 mg, Cholesterol: 252 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: 1 serving Apple Cinnamon Pancakes (leftovers)</p> <p>LUNCH: 1 serving Spinach Frittata (leftovers) with ½ avocado, sliced</p> <p>SNACK: 1 oz lox with ½ cucumber, sliced, and 2 grape tomatoes, halved</p> <p>DINNER: 1 serving Lamb with Mint Vinaigrette (leftovers) 1 serving Rosemary Potatoes (leftovers)</p>	<p>BREAKFAST: 1 serving Spinach Frittata (leftovers) with ½ avocado, sliced</p> <p>LUNCH: 1 serving Sheet Pan Lemon Trout & Asparagus (leftovers)</p> <p>SNACK: 1 serving Apple Cinnamon Pancakes (leftovers)</p> <p>DINNER: 1 serving Chile Orange Chicken Wings with Ranch Slaw (leftovers, p. 78)</p>	<p>BREAKFAST: <i>Breakfast Smoothie:</i> Blend 1 cup each milk, frozen strawberries and spinach, ½ frozen banana, juice of ½ lemon, 2 scoops collagen and 1 tbsp chia seeds with ice</p> <p>LUNCH: 1 serving Spinach Frittata (leftovers) with ½ avocado, sliced; 2 oz lox and 1 apple, sliced</p> <p>SNACK: ½ banana with 1 tbsp ground flaxseeds and 1 tsp cinnamon</p> <p>DINNER: 1 serving Chile Orange Chicken Wings with Ranch Slaw (leftovers, p. 78)</p>	
<p>NUTRIENTS: Calories: 1,310, Fat: 94 g, Sat. Fat: 28 g, Carbs: 52 g, Fiber: 10 g, Sugar: 12 g, Protein: 72 g, Sodium: 1,302 mg, Cholesterol: 660 mg</p>	<p>NUTRIENTS: Calories: 1,335, Fat: 94 g, Sat. Fat: 21 g, Carbs: 56 g, Fiber: 17 g, Sugar: 18 g, Protein: 77 g, Sodium: 1,295 mg, Cholesterol: 672 mg</p>	<p>NUTRIENTS: Calories: 1,159, Fat: 59 g, Sat. Fat: 10 g, Carbs: 92 g, Fiber: 25 g, Sugar: 48 g, Protein: 73 g, Sodium: 2,525 mg, Cholesterol: 513 mg</p>	