

MEAL PLAN

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Cauli-Rice Bowl:</i> Sauté 1 cup riced cauliflower in ½ tbsp avocado oil. Add 2 cups baby greens, season with ⅛ tsp salt and ¼ tsp each pepper and turmeric. Transfer to a plate and cook 2 eggs, sunny side up. Top greens with eggs and 1 avocado, cubed, and 1 tbsp hemp seeds.</p> <p>1 apple</p> <p>LUNCH: <i>Smoked Salmon Poke Bowl:</i> Place 2 cups baby greens in a bowl and top with ½ cup chopped cucumber, ⅓ mango, chopped, 3 oz chopped smoked salmon and 2 tbsp chopped green onions. Drizzle with 2 tbsp Sesame Dressing (below; save leftover dressing). Top with ½ avocado, cubed, and 1 tbsp sesame seeds.</p> <p><i>Sesame Dressing:</i> Whisk together 3 tbsp each coconut aminos and rice vinegar, ½ tsp toasted sesame oil, ¼ tsp garlic powder and ⅛ tsp ginger powder.</p> <p>DINNER: <i>Sea Bass with Green Beans & Potatoes:</i> Place 2 5-oz sea bass fillets on a baking sheet with 8 oz each green beans and quartered baby new potatoes. Drizzle with 1 tbsp avocado oil and season with ⅛ tsp each salt, pepper and garlic powder. Roast 10 minutes. Remove fish and roast an additional 10 minutes, until vegetables are tender (eat ½, save leftovers).</p>	<p>BREAKFAST: Purple Potato Latkes (p. 76; save leftovers) with 2 slices bacon, cooked, and 2 eggs cooked sunny-side up</p> <p>LUNCH: Sea Bass with Green Beans & Potatoes (leftovers)</p> <p>DINNER: <i>Stir-Fry Cashew Chicken:</i> In 1 tbsp avocado oil, stir-fry 2 5-oz chicken thighs, chopped, until cooked through. Transfer to a plate. To pan, add ½ yellow onion, chopped, 1 bell pepper, chopped, 1½ cups sliced cremini mushrooms and 2 baby bok choy, chopped; stir-fry until tender. Meanwhile, whisk together 2 tbsp coconut aminos, 1 tsp arrowroot starch, ½ tsp sesame oil and ½ tsp garlic powder. Return chicken to pan and pour sauce over top. Cook 1 minute, or until sauce thickens. Top with ½ cup chopped cashews (eat ½; save leftovers).</p>	<p>BREAKFAST: 2 Egg & Veggie Muffins (p. 74; save leftovers), heated, if desired, with ½ avocado</p> <p>1 pear</p> <p>LUNCH: Curry Butternut Squash Soup with Spiced Pepitas (p. 75; save leftovers)</p> <p><i>Garlic Shrimp:</i> Sauté 8 oz shrimp in ½ tbsp avocado oil with 1 clove minced garlic and pinch each salt and pepper (eat ½, save leftovers).</p> <p>DINNER: Stir-Fry Cashew Chicken (leftovers)</p>
<p>TOTAL NUTRIENTS: Calories: 1,264, Fat: 71 g, Sat. Fat: 11 g, Carbs: 100 g, Fiber: 32 g, Sugars: 38 g, Protein: 71 g, Sodium: 2,693 mg, Cholesterol: 482 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,253, Fat: 69 g, Sat. Fat: 14 g, Carbs: 82 g, Fiber: 12 g, Sugars: 19 g, Protein: 88 g, Sodium: 1,425 mg, Cholesterol: 731 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,239, Fat: 67 g, Sat. Fat: 20 g, Carbs: 92 g, Fiber: 19 g, Sugars: 42 g, Protein: 79 g, Sodium: 1,180 mg, Cholesterol: 722 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Purple Potato Latkes (leftovers, p. 76) with 2 slices bacon, cooked, and 2 eggs cooked sunny-side up</p> <p>LUNCH: Curry Butternut Squash Soup with Spiced Pepitas (leftovers, p. 75) and Garlic Shrimp (leftovers)</p> <p>DINNER: Ginger Turkey Meatballs with Coconut Cauli-Rice (p. 70; save leftovers)</p>	<p>BREAKFAST: 2 Egg & Veggie Muffins (leftovers, p. 74), heated, if desired, with ½ avocado</p> <p>1 orange</p> <p>LUNCH: <i>Smoked Salmon Poke Bowl:</i> Place 2 cups baby greens in a bowl and top with ½ cup chopped cucumber, ⅓ mango, chopped, 3 oz chopped smoked salmon and 2 tbsp chopped green onions. Drizzle with 2 tbsp Sesame Dressing (leftovers). Top with ½ avocado, cubed, and 1 tbsp sesame seeds.</p> <p>1 apple</p> <p>DINNER: Ginger Turkey Meatballs with Coconut Cauli-Rice (leftovers; p. 70)</p>	<p>BREAKFAST: 2 Egg & Veggie Muffins (leftovers; p. 74), heated, if desired, with ½ avocado</p> <p>1 apple</p> <p>LUNCH: Ginger Turkey Meatballs with Coconut Cauli-Rice (leftovers; p. 70)</p> <p>1 pear</p> <p>DINNER: <i>Smoked Salmon Poke Bowl:</i> Place 2 cups baby greens in a bowl and top with ½ cup chopped cucumber, ⅓ mango, chopped, 3 oz chopped smoked salmon and 2 tbsp chopped green onions. Drizzle with 2 tbsp Sesame Dressing (leftovers). Top with ½ avocado, cubed, and 1 tbsp sesame seeds.</p>	<p>BREAKFAST: Purple Potato Latkes (leftovers, p. 76) with 2 slices bacon, cooked, and 2 eggs cooked sunny-side up</p> <p>LUNCH: Curry Butternut Squash Soup with Spiced Pepitas (leftovers, p. 75).</p> <p><i>Garlic Shrimp:</i> Sauté 4 oz shrimp with ½ tbsp avocado oil and 1 clove minced garlic and pinch each salt and pepper</p> <p>DINNER: Ginger Turkey Meatballs with Coconut Cauli-Rice (leftovers; p. 70)</p>
<p>TOTAL NUTRIENTS: Calories: 1,369, Fat: 85 g, Sat. Fat: 30 g, Carbs: 87 g, Fiber: 13 g, Sugars: 33 g, Protein: 79 g, Sodium: 1,982 mg, Cholesterol: 815 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,259, Fat: 70 g, Sat. Fat: 19 g, Carbs: 112 g, Fiber: 29 g, Sugars: 70 g, Protein: 64 g, Sodium: 3,146 mg, Cholesterol: 572 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,251, Fat: 70 g, Sat. Fat: 19 g, Carbs: 111 g, Fiber: 28 g, Sugars: 68 g, Protein: 63 g, Sodium: 3,147 mg, Cholesterol: 572 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,402, Fat: 88 g, Sat. Fat: 31 g, Carbs: 88 g, Fiber: 13 g, Sugars: 33 g, Protein: 79 g, Sodium: 2,107 mg, Cholesterol: 815 mg</p>