

MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: Blueberry Ginger Smoothie: Blend 1 cup non-dairy milk, 1 cup spinach, 1 cup blueberries, 1 scoop protein power, 1 tbsp chia seeds and 1-inch piece ginger, peeled, with ice</p> <p>2 hard-boiled eggs</p> <p>SNACK: 12 crackers and 1 carrot, sliced, with ¼ cup salsa</p> <p>LUNCH: Asian Quinoa Salad: Cook 1 cup quinoa and 1 cup frozen edamame separately; in a large bowl, whisk 3 tbsp soy sauce, ½ tsp maple syrup and 1 tsp sesame oil; add quinoa, edamame, 1 cup grape tomatoes and ½ red onion, sliced; toss (eat one-third of salad; save leftovers)</p> <p>SNACK: 1 serving Raspberry Lime Squares (see recipe, right; save leftovers)</p> <p>DINNER: 1 serving Ginger Chicken Fajitas with Cashew Sour Cream (see recipe, right; save leftovers)</p> <p>1 peach</p>	<p>BREAKFAST: ¾ cup muesli with 1 tbsp chia seeds and ½ cup non-dairy milk</p> <p>SNACK: 1 serving Raspberry Lime Squares (leftovers, right)</p> <p>LUNCH: Veggie Chop Salad*</p> <p>SNACK: 1 apple, ½ oz almonds</p> <p>DINNER: Maple Pecan Salmon: Combine ¾ cup chopped pecans, ¼ cup maple syrup and ¼ tsp cayenne pepper; spread a thin layer of Dijon mustard over 3 salmon fillets, top with pecan mixture and bake, uncovered, at 425°F for 20 minutes (eat 1 fillet; save leftovers)</p> <p>2 cups broccoli florets, steamed, with ¼ tsp salt</p>	<p>BREAKFAST: Blueberry Ginger Smoothie: Blend 1 cup non-dairy milk, 1 cup spinach, 1 cup blueberries, 1 scoop protein power, 1 tbsp chia seeds and 1-inch piece ginger, peeled, with ice</p> <p>SNACK: 1 serving Raspberry Lime Squares (leftovers, right)</p> <p>LUNCH: 1 serving Asian Quinoa Salad (leftovers)</p> <p>SNACK: 2 hard-boiled eggs with 12 crackers 1 peach</p> <p>DINNER: 1 serving Ginger Chicken Fajitas with Cashew Sour Cream (leftovers, right)</p> <p>1 carrot and 1 stalk celery, sliced, with 2 tbsp salsa</p>
<p>TOTAL NUTRIENTS: CALORIES: 1,558, FAT: 67.5 g, SAT. FAT: 16 g, CARBS: 156 g, FIBER: 30 g, SUGARS: 51 g, PROTEIN: 95 g, SODIUM: 1,941 mg, CHOLESTEROL: 442 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,848, FAT: 104 g, SAT. FAT: 18 g, CARBS: 184 g, FIBER: 44 g, SUGARS: 74 g, PROTEIN: 64 g, SODIUM: 1,096 mg, CHOLESTEROL: 53 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,559, FAT: 68 g, SAT. FAT: 16 g, CARBS: 155 g, FIBER: 31 g, SUGARS: 50 g, PROTEIN: 95 g, SODIUM: 1,893 mg, CHOLESTEROL: 442 mg</p>



THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Eggs Over Spinach: Sauté ¼ red onion, chopped, in 1 tbsp coconut oil; add 2 cups spinach and sauté until soft; move to side of pan and add 2 eggs; cook over easy; serve with dash hot sauce</p> <p>SNACK: 1 apple, ½ oz almonds</p> <p>LUNCH: 1 serving Asian Quinoa Salad (leftovers)</p> <p>SNACK: 1 stalk celery and 1 carrot, sliced, with ½ cup hummus</p> <p>DINNER: 1 serving Maple Pecan Salmon (leftovers), reheated</p> <p>2 cups broccoli florets, steamed</p> <p>1 peach</p>	<p>BREAKFAST: Blueberry Ginger Smoothie: Blend 1 cup non-dairy milk, 1 cup spinach, 1 cup blueberries, 1 scoop protein powder, 1 tbsp chia seeds and 1-inch piece ginger, peeled, with ice</p> <p>SNACK: 1 apple, ½ oz almonds</p> <p>LUNCH: 1 serving Maple Pecan Salmon (leftovers), reheated</p> <p>2 cups broccoli florets, steamed</p> <p>SNACK: 1 serving Raspberry Lime Squares (leftovers, right)</p> <p>DINNER: Deconstructed Fajitas: In ½ tsp EVOO, sauté remaining Swiss chard, chopped, chicken and cashew cream (leftovers, right); stir in 2 tbsp salsa</p>	<p>BREAKFAST: ¾ cup muesli with 1 tbsp chia seeds and ½ cup non-dairy milk</p> <p>SNACK: 2 stalks celery with ½ cup hummus</p> <p>LUNCH: Veggie Chop Salad *</p> <p>SNACK: 1 hard-boiled egg with ½ tsp salt</p> <p>DINNER: 1 serving Herbed Skirt Steak Tacos with Beet & Fresno Chile Salsa (see recipe, p. 65)</p>	<p>BREAKFAST: Eggs Over Spinach: Sauté ¼ red onion, chopped, in 1 tbsp coconut oil; add 2 cups spinach and sauté until soft; move to side of pan and add 2 eggs; cook over easy and serve with dash hot sauce</p> <p>SNACK: 2 stalks celery with ½ cup hummus</p> <p>LUNCH: 1 serving Coconut Chicken Corn Chowder (see recipe, p. 74)</p> <p>SNACK: 1 serving Raspberry Lime Squares (leftovers, right)</p> <p>DINNER: Veggie Chop Salad *</p>
<p>TOTAL NUTRIENTS: CALORIES: 1,463, FAT: 74 g, SAT. FAT: 21 g, CARBS: 144 g, FIBER: 32 g, SUGARS: 59 g, PROTEIN: 71 g, SODIUM: 1,433 mg, CHOLESTEROL: 422 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,517, FAT: 79 g, SAT. FAT: 15 g, CARBS: 124 g, FIBER: 30 g, SUGARS: 65 g, PROTEIN: 96 g, SODIUM: 1,110 mg, CHOLESTEROL: 122 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,608, FAT: 83 g, SAT. FAT: 14 g, CARBS: 160 g, FIBER: 39 g, SUGARS: 40 g, PROTEIN: 65 g, SODIUM: 608 mg, CHOLESTEROL: 256 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,723, FAT: 115 g, SAT. FAT: 43.5 g, CARBS: 112 g, FIBER: 33 g, SUGARS: 36 g, PROTEIN: 75 g, SODIUM: 1,271 mg, CHOLESTEROL: 441 mg</p>



***Veggie Chop Salad:** Mix 3 cups romaine, ½ cup each grated carrot, diced red bell pepper, diced celery and chickpeas and ¼ cup almonds, chopped; top with mixture of 2 tbsp EVOO, 1 tbsp lemon juice, ½ tsp maple syrup and pinch each salt and pepper