

MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: Spinach Scramble: Sauté ¼ cup chopped onion in 1 tbsp oil; add 2 cups baby spinach and sauté until wilted. Season with salt and pepper. Add 2 eggs and scramble with vegetables. Serve with ½ avocado, sliced.</p> <p>1 orange, peeled and chopped, over 1 cup yogurt</p> <p>SNACK: 1 cup strawberries with 2 tbsp almond butter</p> <p>LUNCH: Crispy Tofu over Quinoa with Almond Lime Sauce (p. 74; eat ½, save leftovers)</p> <p>SNACK: Garlic-Roasted Chickpeas (p. 75; save leftovers)</p> <p>DINNER: Ginger Turmeric Chicken: Sauté 8 oz chopped chicken in 1 tsp oil; season with ¼ tsp each turmeric and ginger, and salt and pepper to taste. (Eat ½; save leftovers.)</p> <p>Artichokes with Lemon Yogurt Dip (p. 79; save leftovers)</p>	<p>BREAKFAST: Quinoa Breakfast Bowl: Cook 1½ cups quinoa according to package directions. In a nonstick skillet, heat 1 tbsp oil. Sauté ¼ cup chopped onions. Add 2 cups baby spinach; season with pinch each salt and pepper and sauté until wilted. Set aside. Heat 1 tbsp oil and cook 2 eggs sunny side up. Serve ½ cup cooked quinoa (save leftovers to use throughout the week) topped with cooked veggies and eggs. Add salt and pepper, to taste.</p> <p>SNACK: 1 cup strawberries, chopped, over 1 cup yogurt</p> <p>LUNCH: Ginger Turmeric Chicken (leftovers)</p> <p>Spinach Strawberry Salad: Toss 2 cups baby spinach with ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75)</p> <p>DINNER: Halloumi Lettuce Tacos with Avocado Cilantro Mash (p. 77; save leftovers)</p>	<p>BREAKFAST: Stir 1 cup chopped strawberries and 1 tbsp each orange zest and almond butter into 1 cup yogurt.</p> <p>SNACK: 2 hard-boiled eggs; 1 orange</p> <p>LUNCH: Halloumi Lettuce Tacos with Avocado Cilantro Mash (p. 77; leftovers)</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75)</p> <p>DINNER: Crispy Tofu over Quinoa with Almond Lime Sauce (leftovers, p. 74)</p>	<p>BREAKFAST: Berry Quinoa Bowl: Stir together ½ cup cooked quinoa (leftovers), warmed, 2 tbsp almond butter and 1 cup chopped strawberries.</p> <p>SNACK: 2 hard-boiled eggs; 1 orange</p> <p>LUNCH: Turmeric Deviled Eggs (p. 78; eat ½, save leftovers) over bed of chopped butter lettuce</p> <p>Artichokes with Lemon Yogurt Dip (leftovers, p. 79)</p> <p>SNACK: Stir 1 tbsp lemon juice and 1 tsp lemon zest into 1 cup yogurt.</p> <p>DINNER: Chicken with Lemon Thyme Yogurt: Cook 8 oz chicken in 1 tbsp oil; season with salt and pepper. Transfer to a plate. Heat ½ tsp oil and add 2 cups chopped asparagus and ½ cup chopped onion; cook for 5 minutes. Whisk ½ cup yogurt with zest and juice of 1 lemon and 1 tsp dried thyme; serve over chicken. (Eat ½, save leftovers.)</p>
<p>NUTRIENTS: Calories: 1,828, Fat: 116 g, Sat. Fat: 21 g, Carbs: 128 g, Fiber: 41 g, Sugars: 47 g, Protein: 93 g, Sodium: 1,131 mg, Cholesterol: 540 mg</p>	<p>NUTRIENTS: Calories: 1,886, Fat: 134 g, Sat. Fat: 35 g, Carbs: 102 g, Fiber: 31 g, Sugars: 24 g, Protein: 89 g, Sodium: 2,393 mg, Cholesterol: 586 mg</p>	<p>NUTRIENTS: Calories: 1,942, Fat: 130 g, Sat. Fat: 39 g, Carbs: 127 g, Fiber: 38 g, Sugars: 47 g, Protein: 88 g, Sodium: 2,351 mg, Cholesterol: 538 mg</p>	<p>NUTRIENTS: Calories: 1,393, Fat: 67 g, Sat. Fat: 18 g, Carbs: 125 g, Fiber: 26 g, Sugars: 49 g, Protein: 88 g, Sodium: 906 mg, Cholesterol: 925 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: Quinoa Breakfast Bowl: In a nonstick skillet, sauté ¼ cup chopped onion in 1 tbsp oil on medium-high; add 2 cups baby spinach, juice of ½ lemon, salt and pepper. Sauté 2 minutes; set aside. Add 1 tbsp oil to pan and cook 2 eggs sunny side up. Serve with ½ cup cooked quinoa (leftovers) and top with cooked veggies and eggs. Add salt and pepper, to taste. Serve with ½ avocado, sliced.</p> <p>SNACK: 1 cup strawberries with 2 tbsp almond butter</p> <p>LUNCH: Chicken with Lemon Thyme Yogurt (leftovers)</p> <p>SNACK: Stir 1 tbsp lemon juice and 1 tsp lemon zest into 1 cup yogurt</p> <p>DINNER: Tuna Arugula Salad: Sear 10 oz ahi tuna in 1 tbsp oil on medium-high for 1 to 2 minutes per side, or to desired doneness. Whisk 2 tbsp each oil and lemon juice, 1 tsp dried thyme and salt and pepper to taste. Top 3 cups arugula with 1 orange, peeled and sliced, and sliced tuna. Drizzle with dressing before serving. (Eat ½; save leftovers, keeping components separate.)</p>	<p>BREAKFAST: Avocado Tofu "Toast": Slice 4 oz tofu into 4 planks lengthwise. Blot with paper towels to remove as much water as possible. In a skillet on medium-high, heat 1 tbsp oil; add tofu and season with salt and pepper. Cook 12 minutes, turning halfway, until golden and crispy on both sides. Transfer to a plate. Sauté 2 cups baby spinach; set aside. Cook 2 eggs any style. Mash 1 avocado and spread on top of tofu "toast." Top with spinach and eggs.</p> <p>SNACK: 1 cup strawberries with 2 tbsp almond butter</p> <p>LUNCH: Tuna Arugula Salad (leftovers)</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75)</p> <p>DINNER: Veggie-Packed Bone Broth (p. 78; eat ½, save leftovers)</p> <p>Spinach Strawberry Salad: Toss 2 cups baby spinach and ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.</p>	<p>BREAKFAST: Stir 1 cup chopped strawberries and 1 tbsp each orange zest and almond butter into 1 cup yogurt.</p> <p>SNACK: Turmeric Deviled Eggs (leftovers, p. 78)</p> <p>LUNCH: Veggie-Packed Bone Broth (leftovers, p. 78)</p> <p>Spinach Strawberry Salad: Toss 2 cups baby spinach with ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.</p> <p>SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75)</p> <p>DINNER: Tofu Arugula Salad: In 1 tsp oil, cook 4 oz tofu, chopped, until golden. Place in bowl; add 1 cup arugula, 1 carrot, shredded, and ½ avocado, chopped. Whisk together 1 tbsp oil and 1 tbsp lemon juice. Pour over arugula mixture and toss.</p>	
<p>NUTRIENTS: Calories: 1,652, Fat: 106 g, Sat. Fat: 20 g, Carbs: 94 g, Fiber: 22 g, Sugars: 40 g, Protein: 102 g, Sodium: 1,275 mg, Cholesterol: 602 mg</p>	<p>NUTRIENTS: Calories: 1,761, Fat: 108 g, Sat. Fat: 14 g, Carbs: 93 g, Fiber: 37 g, Sugars: 28 g, Protein: 121 g, Sodium: 2,484 mg, Cholesterol: 564 mg</p>	<p>NUTRIENTS: Calories: 1,500, Fat: 90 g, Sat. Fat: 17 g, Carbs: 96 g, Fiber: 28 g, Sugars: 39 g, Protein: 91 g, Sodium: 2,029 mg, Cholesterol: 491 mg</p>	