

A white ceramic plate is centered on a light-colored woven placemat. The plate contains a meal consisting of a pink salmon patty, a fried egg with a runny yolk, and a golden-brown fried chicken patty. A light-colored sauce is drizzled over the chicken patty. The background is a close-up of the woven placemat's texture.

# Protein Forward Meal Plan

ELEVATE YOUR NUTRITION WITH  
THESE HIGH PROTEIN MEALS  
AND POWER UP YOUR DAY.

# Week 1

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Protein Forward Pancakes		Chicken Nuggets and Ranch Dipping Sauce		Healthy Chicken Milanese
Monday	Avocado Delight Omelette		Chicken Caprese Pasta Salad		Steak & Potatoes
Tuesday	Pineapple Cottage Cheese with Matcha Latte		Tuna Salad with Garlic and Rosemary		Salmon with White Beans and Broccoli
Wednesday	Colombian Style Eggs With Onion & Tomato		Harvest Sweet Potato Salad		Butternut Squash & White Bean Soup w/ Chicken
Thursday	Protein Packed Yogurt Bowl		Smoked Salmon With Arugula & Artichoke		Steak Fajitas
Friday	Berry Bliss Smoothie		Mediterranean Orzo Salad		Asian Shrimp Rice Bowl
Saturday	Nut Butter Banana Greek yogurt		Savory Dip and Veggie Platter		Baked Turkey and Acorn Squash

## DAILY AVERAGES

Calories : 1463.53

Fat : 66.47 g

Carbs : 116.00 g

Protein : 108.44 g

# Shopping List

## Beans/Nuts/Grains

- 2 tbsp [32 g] Almond Butter
- 1 cup + 2 tbsp [293.63 g] Canned White Beans
- 3 oz [84 g] Chickpea Pasta
- 1 tbsp + 0.75 tsp [12.5 g] Hemp Hearts
- 2 tbsp [17 g] Peanuts
- 2 tbsp [17.2 g] Pine Nuts
- 8 tbsp [56 g] Almond Flour
- 2.25 tsp [10.5 g] Chia Seeds
- 2 tbsp [2 8.5] Dry Roasted Cashew Nuts
- 1 oz [28 g] Orzo
- 3 tbsp, chopped [24 g] Pecans
- 2 tbsp + 1.92 tsp [30.53 g] White Rice (Uncooked)

## Eggs

- 6.5 large [325 g] Egg
- 3 large [99 g] Egg White
- 4 tbsp [60.75 g] Egg White

## Fruit

- 2 apple Apples
- 2.5 medium (7" to 7-7/8" long) [295 g] Bananas
- 1 tbsp [14 g] Kalamata Olives
- 1.5 tsp [7 g] Lemon Juice
- 1 cup, diced [155 g] Pineapple
- 2 tbsp [5 g] Unsweetened Dried Cranberries
- 0.75 avocado [102 g] Avocado
- 1 cup, chopped [177 g] Honeydew Melon
- 0.5 medium Lemon
- 0.5 cup, sliced [82.5 g] Mangos
- 2 tbsp [22 g] Pomegranate arils

## Seasoning

- 3 leaves [1.5 g] Basil
- 0.75 tsp [1.6 g] Black Pepper
- 0.5 tsp [1.05 g] Cumin
- 1 tbsp + 1.25 tsp [11.9 g] Garlic Powder
- 1 tsp [4 g] Minced Garlic
- 0.5 tsp, ground [0.9 g] Oregano
- 1.5 tsp [5.4 g] Ranch Seasoning Mix
- 0.5 tsp [0.35 g] Rosemary
- 6.5 dash [2.6 g] Salt
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 6 dash [0.6 g] Black Pepper
- 0.13 tsp [0.29 g] Cinnamon
- 1 tsp [1 g] Dill (Dried)
- 0.88 tsp [1.58 g] Ginger (Ground)
- 1.75 tsp [4.05 g] Onion Powder
- 2.5 tsp [5.7 g] Paprika
- 0.38 tsp [0.68 g] Red or Cayenne Pepper
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 2.25 tsp [13.5 g] Salt
- 0.25 tsp, leaves [0.25 g] Thyme (Dried)

## Miscellaneous

- 1.5 tsp [7.5 g] Apple Cider Vinegar
- 1 tbsp + 1.5 tsp [22.5 g] Balsamic Glaze
- 1 tbsp + 1.5 tsp [21 g] Coconut Aminos
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1 tsp [2 g] Matcha Tea Powder
- 0.75 scoop (20 g) [15 g] Protein Powder - Vanilla
- 1 tbsp + 2.5 tsp [25.67 g] Avocado Oil
- 4 tbsp [60 g] Beef Bone Broth
- 1.5 tsp [8.25 g] Dijon Mustard
- 1.5 tsp [2.7 g] Italian Seasoning
- 5 tbsp [70 g] Olive Oil

## Dairy

- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 3 cups + 6 tbsp [810 g] Plain Non Fat Greek Yogurt
- 1 tbsp + 1.5 tsp [19.2 g] Clarified Butter Ghee

## Chicken

- 4 oz, boneless, cooked [113.4 g] Chicken Breast
- 4 oz [113.4 g] Shredded Chicken

## Cheese

- 0.13 cup, shredded [14.13 g] Cheddar Cheese
- 2 oz [56.7 g] Goats Cheese (Soft)
- 1 cup + 4 tbsp [282.5 g] Lowfat (1-2% Fat) Cottage Cheese
- 1 oz [28.35 g] Mozzarella Cheese (Whole Milk)
- 0.5 oz [14.18 g] Feta Cheese
- 0.5 oz [14.18 g] Hard Parmesan Cheese
- 1 slice (1 oz) [28.35 g] Mozzarella Cheese

## Vegetables

- 0.5 squash (4 inch dia) [215.5 g] Acorn Winter Squash
- 4 tbsp [5 g] Arugula Lettuce
- 1 cup + 8 tbsp [45 g] Baby Spinach
- 1 cup, cubes [140 g] Butternut Winter Squash
- 2 stalk, small (5" long) [34 g] Celery
- 2 tbsp [2 g] Cilantro
- 0.5 medium (7" long) [100.5 g] Cucumber
- 4 tbsp [42.5 g] Edamame (Shelled)
- 1 clove [3 g] Garlic
- 1 cup, chopped [67 g] Kale
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 0.25 onion (small) [37 g] Red Onions
- 0.5 cup, chopped or sliced [90 g] Tomatoes

#### *Meat/Fish/Poultry*

- 5 oz [141.75 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 4 oz [113.6 g] Shrimp (Prawns)

#### *Tomatoes*

- 1 cup [149 g] Cherry Tomatoes

#### *Potatoes*

- 1.5 sweetpotato, 5" long [195 g] Sweet Potato

#### *Vegetable Oil*

- 1 tablespoon [13.5 g] Olive Oil

#### *Beef*

- 4 oz [113.4 g] Beef Top Sirloin (Trimmed to 1/8" Fat)

#### *Mushrooms*

- 1 cup, pieces or slices [70 g] Mushrooms

#### *Chicken Soup*

- 2.5 cup (8 fl oz) [607.5 g] Chicken Stock

#### *Milk*

- 2 cups [490 g] Almond Milk

#### *Fish*

- 4 oz, boneless, raw [113.4 g] Salmon

#### *Beans*

- 10 tbsp [163.75 g] Great Northern Beans (Canned)

#### *Garlic*

- 0.5 clove [1.5 g] Garlic

#### *Bread*

- 1 medium slice (4-3/4" x 4" x 1/2") [25 g] Sour Dough Bread

#### *Nuts*

- 0.25 oz, shelled [7.09 g] Peanuts

#### *Berries*

- 8 tbsp [61.5 g] Raspberries
- 0.5 cup, halves [76 g] Strawberries

#### *Syrup*

- 1.5 tsp [10.5 g] Honey

#### *Salmon*

- 5 oz, boneless [141.75 g] Smoked Salmon

#### *Sour Cream*

- 1 tbsp [14.4 g] Sour Cream

#### *Wraps*

- 3 small tortilla (approx 4" dia) [32.1 g] Corn Tortilla

#### *Butter*

- 3 tablespoon [48 g] Almond Butter

#### *Olives*

- 0.5 10 small [14.5 g] Green Olives

#### *Asparagus*

- 3 cups [60 g] Arugula (Rocket)
- 1 cup [149 g] Baby Carrots
- 1 cup, florets [71 g] Broccoli
- 1.5 medium [91.5 g] Carrots
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery
- 0.88 cup, hearts [227.5 g] Cooked Artichoke (Canned/Jarred)
- 0.5 small (6-3/8" long) [79 g] Cucumber
- 12 tbsp [123.75 g] Fingerling Potatoes
- 0.25 pepper [5.5 g] Jalapeno Peppers
- 0.5 small [35 g] Onions
- 1.5 medium (approx 2-3/4" long, 2-1/2" dia) [171 g] Red Bell Pepper
- 3 oz [84 g] Roasted Red Peppers
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes

- 6 oz [168 g] Ground Turkey
- 15 oz [420 g] Skinless Chicken Breast

- 5 cherry [85 g] Cherry Tomatoes

- 4 oz [113.4 g] Tuna in Water (Canned)

- 0.75 oz [21.26 g] Pistachio Nuts

- 0.5 cup, sliced [83 g] Strawberries

- 6 medium spear (5-1/4" to 7" long) [96 g] Asparagus

*Salad Dressing*

- 0.75 tsp [3.38 g] Sesame Oil

*Juice*

- 0.5 lime yields [19 g] Lime Juice

*Peas*

- 0.5 cup, whole [31.5 g] Snow or Sugar Snap Peas



# Week 2

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Protein Packed Yogurt Bowl		Smoked Salmon With Arugula & Artichoke		Steak Fajitas
Monday	Ricotta Breakfast Bowl		Loaded Chopped Salad		Orange Chicken Bowls
Tuesday	Blueberry Breakfast Cookies		Simple Chicken & Hummus Wrap		Thai Chicken Curry With Jasmine Rice
Wednesday	Mushroom Frittata w/ Roasted Red Potatoes		Salmon Edamame Bowl		Tuscan Pork and Bean Salad
Thursday	Avocado Delight Omelette		Chicken Caprese Pasta Salad		Steak & Potatoes
Friday	Pineapple Cottage Cheese with Matcha Latte		Tuna Salad with Garlic and Rosemary		Salmon with White Beans and Broccoli
Saturday	Colombian Style Eggs With Onion & Tomato		Harvest Sweet Potato Salad		Butternut Squash & White Bean Soup w/ Chicken

## DAILY AVERAGES

Calories : 1506.85

Fat : 68.97 g

Carbs : 114.48 g

Protein : 112.60 g

# Shopping List

## *Dairy*

- 1 tbsp [12.8 g] Clarified Butter Ghee
- 1 cup + 4 tbsp [300 g] Plain Non Fat Greek Yogurt

## *Beans/Nuts/Grains*

- 4 tbsp [28 g] Almond Flour
- 1.5 tsp [7 g] Chia Seeds
- 8 tbsp [125 g] Chickpeas (canned and drained)
- 2 tbsp [2 8.5] Dry Roasted Cashew Nuts
- 1 tbsp [14 ml] Organic Unsweetened Almond Milk
- 1 tbsp, chopped [8 g] Pecans
- 2 tbsp + 1.92 tsp [14.85 g] Rolled Oats Gluten Free
- 1 wrap [43 g] Sprouted Grain Wrap
- 1 cup + 2 tbsp [293.63 g] Canned White Beans
- 3 oz [84 g] Chickpea Pasta
- 2 tbsp [14 g] Chopped Walnuts
- 1.5 tsp [5 g] Hemp Hearts
- 2 tbsp [17 g] Peanuts
- 2 tbsp [17.2 g] Pine Nuts
- 1 tbsp [9 g] Sesame Seeds
- 4 tbsp [46.25 g] White Rice (Uncooked)

## *Nuts*

- 0.5 oz [14.18 g] Pistachio Nuts
- 15 g [15 g] Pistachio Nuts

## *Berries*

- 5 tbsp + 0.84 tsp [47.52 g] Blackberries
- 0.5 cup, sliced [83 g] Strawberries

## *Fruit*

- 0.75 avocado [102 g] Avocado
- 1 cup, chopped [177 g] Honeydew Melon
- 1 tbsp [14 g] Lemon Juice
- 1.5 medium (2-5/8" dia) [196.5 g] Orange
- 2 tbsp [22 g] Pomegranate arils
- 2 tbsp [16.25 g] Dried Wild Blueberries
- 2 tbsp [28 g] Kalamata Olives
- 0.5 cup, sliced [82.5 g] Mangos
- 1 cup, diced [155 g] Pineapple

## *Syrup*

- 2 tbsp [42 g] Honey

## *Salmon*

- 5 oz, boneless [141.75 g] Smoked Salmon

## *Vegetables*

- 3 cups [60 g] Arugula (Rocket)
- 0.5 cup, sliced [46 g] Bell Peppers
- 1 cup, cubes [140 g] Butternut Winter Squash
- 2 tbsp [2 g] Cilantro
- 4 tbsp [38.5 g] Corn
- 1 small (6-3/8" long) [158 g] Cucumber
- 12 tbsp [123.75 g] Fingerling Potatoes
- 1.5 stalk [22.5 g] Green Onions
- 1 cup, chopped [67 g] Kale
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 0.5 piece whole [42 g] Portabella Mushrooms
- 0.5 onion (small) [74 g] Red Onions
- 2 cups [94 g] Romaine Lettuce
- 1.25 cup, chopped or sliced [225 g] Tomatoes
- 1 cup + 8 tbsp [45 g] Baby Spinach
- 2.5 cup, florets [177.5 g] Broccoli
- 1 medium [61 g] Carrots
- 0.25 cup, hearts [65 g] Cooked Artichoke (Canned/Jarred)
- 0.5 medium (7" long) [100.5 g] Cucumber
- 1 cup [170 g] Edamame (Shelled)
- 1 clove [3 g] Garlic
- 0.25 pepper [5.5 g] Jalapeno Peppers
- 2 tbsp [27.5 g] Marinated Artichoke Hearts
- 0.5 small [35 g] Onions
- 1.5 medium (approx 2-3/4" long, 2-1/2" dia) [171 g] Red Bell Pepper
- 2 tbsp, chopped [10 g] Red Onions
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes
- 0.25 onion [27.5 g] Yellow Onions

## *Tomatoes*

- 5 cherry [85 g] Cherry Tomatoes
- 8 tbsp [74.5 g] Cherry Tomatoes

## *Miscellaneous*

- 1 tbsp [15 g] Apple Cider Vinegar
- 2 tbsp + 1 tsp [32.67 g] Avocado Oil
- 4 tbsp [60 g] Beef Bone Broth
- 1.5 tsp [6.8 g] Coconut Oil
- 1 tbsp [15 g] Green Curry Paste
- 1 tsp [2 g] Matcha Tea Powder
- 4 tbsp [28 g] Paleo Mix Granola
- 0.63 tsp [1.13 g] Red Pepper Flakes
- 2 tbsp + 1.5 tsp [20 g] Arrowroot Starch
- 1 tbsp + 1.5 tsp [22.5 g] Balsamic Glaze
- 2 tbsp [28 g] Coconut Aminos
- 1 tbsp [16.5 g] Dijon Mustard
- 8 tbsp [113 g] Light Coconut Milk
- 5 tbsp + 0.75 tsp [73.5 g] Olive Oil
- 0.75 scoop (20 g) [15 g] Protein Powder
- 2 tbsp [28 g] Rice Vinegar

## *Seasoning*

- 1 tbsp [2.65 g] Basil
- 3 leaves [1.5 g] Basil

- 0.13 tsp [0.29 g] Cinnamon
- 0.5 tsp [0.5 g] Dill (Dried)
- 1.13 tsp [4.5 g] Minced Garlic
- 0.5 tsp, ground [0.9 g] Oregano
- 0.38 tsp [0.68 g] Red or Cayenne Pepper
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 2.25 tsp [13.5 g] Salt
- 0.5 tsp [1.05 g] Cumin
- 2.25 tsp [6.3 g] Garlic Powder
- 1.5 tsp [3.45 g] Onion Powder
- 2.5 tsp [5.7 g] Paprika
- 0.5 tsp [0.35 g] Rosemary
- 7.5 dash [3 g] Salt
- 1 tsp, ground [1.4 g] Thyme (Dried)

#### *Meat/Fish/Poultry*

- 5 oz [141.75 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 23 oz [644 g] Skinless Chicken Breast
- 6 oz [169.5 g] Boneless Skinless Chicken Thighs (raw)

#### *Sour Cream*

- 1 tbsp [14.4 g] Sour Cream

#### *Wraps*

- 3 small tortilla (approx 4" dia) [32.1 g] Corn Tortilla

#### *Cheese*

- 1 oz [28.35 g] Goat Cheese
- 0.5 oz [14.18 g] Hard Parmesan Cheese
- 1 cup + 4 tbsp [282.5 g] Lowfat (1-2% Fat) Cottage Cheese
- 1 oz [28.35 g] Mozzarella Cheese (Whole Milk)
- 12 tbsp [184.5 g] Ricotta Cheese (Part Skim Milk)
- 2 oz [56.7 g] Goats Cheese (Soft)
- 4 tbsp [56.5 g] Low Sodium Lowfat Cottage Cheese
- 1 slice (1 oz) [28.35 g] Mozzarella Cheese
- 2.25 tsp [3.75 g] Parmesan Cheese (Grated)

#### *Beverages*

- 0.13 cup (8 fl oz) [29.63 g] Water

#### *Flour*

- 0.13 tsp [0.57 g] Baking Soda

#### *Butter*

- 1 tablespoon [16 g] Almond Butter
- 0.5 tablespoon [6.4 g] Clarified Butter Ghee

#### *Eggs*

- 8.5 large [425 g] Egg
- 3 large [99 g] Egg White

#### *Dips*

- 1 tbsp [15 g] Hummus

#### *Sauces*

- 1.5 tsp [9 g] Fish Sauce

#### *Potatoes*

- 1.5 potato small (1-3/4" to 2-1/4" dia) [255 g] Red Potatoes (Flesh and Skin)
- 0.5 sweetpotato, 5" long [65 g] Sweet Potato

#### *Fish*

- 7 oz, boneless, raw [198.45 g] Salmon
- 4 oz [113.4 g] Tuna in Water (Canned)

#### *Pork*

- 2.5 oz, boneless, cooked [70.88 g] Pork

#### *Beans*

- 1 cup + 2 tbsp [294.75 g] Great Northern Beans (Canned)

#### *Salads*

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens

#### *Olives*

- 0.75 oz [21.26 g] Green Olives

#### *Vegetable Oil*

- 1 tablespoon [13.5 g] Olive Oil

#### *Beef*

- 4 oz [113.4 g] Beef Top Sirloin (Trimmed to 1/8" Fat)

#### *Mushrooms*

- 1 cup, pieces or slices [70 g] Mushrooms

#### *Chicken Soup*

- 2.5 cup (8 fl oz) [607.5 g] Chicken Stock

#### *Milk*

- 1 cup + 8 tbsp [367.5 g] Almond Milk

#### *Garlic*

- 0.5 clove [1.5 g] Garlic



*Bread*

- 1 medium slice (4-3/4" x 4" x 1/2") [25 g] Sour Dough Bread

*Chicken*

- 4 oz, boneless, cooked [113.4 g] Chicken Breast

# Week 3

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Avocado Delight Omelette		Chicken Caprese Pasta Salad		Steak & Potatoes
Monday	Berry Bliss Smoothie		Mediterranean Orzo Salad		Asian Shrimp Rice Bowl
Tuesday	Nut Butter Banana Greek yogurt		Savory Dip and Veggie Platter		Baked Turkey and Acorn Squash
Wednesday	Protein Forward Pancakes		Chicken Nuggets and Ranch Dipping Sauce		Healthy Chicken Milanese
Thursday	Ricotta Breakfast Bowl		Loaded Chopped Salad		Orange Chicken Bowls
Friday	Blueberry Breakfast Cookies		Simple Chicken & Hummus Wrap		Thai Chicken Curry With Jasmine Rice
Saturday	Mushroom Frittata w/ Roasted Red Potatoes		Salmon Edamame Bowl		Tuscan Pork and Bean Salad

## DAILY AVERAGES

Calories : 1542.18

Fat : 70.95 g

Carbs : 128.49 g

Protein : 106.15 g

# Shopping List

## Eggs

- 7 large [350 g] Egg
- 4 tbsp [60.75 g] Egg White
- 2 large [66 g] Egg White

## Cheese

- 0.13 cup, shredded [14.13 g] Cheddar Cheese
- 1 oz [28.35 g] Goat Cheese
- 4 tbsp [56.5 g] Low Sodium Lowfat Cottage Cheese
- 2.25 tsp [3.75 g] Parmesan Cheese (Grated)
- 0.5 oz [14.18 g] Feta Cheese
- 1 oz [28.35 g] Goats Cheese (Soft)
- 1 slice (1 oz) [28.35 g] Mozzarella Cheese
- 12 tbsp [184.5 g] Ricotta Cheese (Part Skim Milk)

## Seasoning

- 3 leaves [1.5 g] Basil
- 6.5 dash [0.65 g] Black Pepper
- 0.25 tsp [0.57 g] Cinnamon
- 1 tbsp + 0.5 tsp [9.8 g] Garlic Powder
- 0.13 tsp [0.5 g] Minced Garlic
- 1.5 tsp [3.45 g] Paprika
- 7 dash [2.8 g] Salt
- 0.25 tsp, leaves [0.25 g] Thyme (Dried)
- 1 tbsp [2.65 g] Basil
- 0.75 tsp [1.6 g] Black Pepper
- 1.5 tsp [1.5 g] Dill (Dried)
- 0.88 tsp [1.58 g] Ginger (Ground)
- 1.75 tsp [4.05 g] Onion Powder
- 1.5 tsp [5.4 g] Ranch Seasoning Mix
- 2.25 tsp [13.5 g] Salt

## Miscellaneous

- 1.5 tsp [7.5 g] Apple Cider Vinegar
- 1 tbsp + 2.5 tsp [25.67 g] Avocado Oil
- 3 tbsp + 1.5 tsp [49 g] Coconut Aminos
- 1.5 tsp [8.25 g] Dijon Mustard
- 1 tbsp [15 g] Green Curry Paste
- 8 tbsp [113 g] Light Coconut Milk
- 4 tbsp [28 g] Paleo Mix Granola
- 0.75 scoop (20 g) [15 g] Protein Powder - Vanilla
- 2 tbsp [28 g] Rice Vinegar
- 2 tbsp + 1.5 tsp [20 g] Arrowroot Starch
- 1.5 tsp [7.5 g] Balsamic Glaze
- 1.5 tsp [6.8 g] Coconut Oil
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1.5 tsp [2.7 g] Italian Seasoning
- 4 tbsp + 0.75 tsp [59.5 g] Olive Oil
- 0.75 scoop (20 g) [15 g] Protein Powder
- 0.63 tsp [1.13 g] Red Pepper Flakes

## Fruit

- 2 apple Apples
- 2.5 medium (7" to 7-7/8" long) [295 g] Bananas
- 1 cup, chopped [177 g] Honeydew Melon
- 0.5 medium Lemon
- 1.5 medium (2-5/8" dia) [196.5 g] Orange
- 0.5 avocado [68 g] Avocado
- 2 tbsp [16.25 g] Dried Wild Blueberries
- 3 tbsp [42 g] Kalamata Olives
- 1.5 tsp [7 g] Lemon Juice
- 2 tbsp [5 g] Unsweetened Dried Cranberries

## Vegetables

- 0.5 squash (4 inch dia) [215.5 g] Acorn Winter Squash
- 1 cup [149 g] Baby Carrots
- 0.5 cup, sliced [46 g] Bell Peppers
- 1.5 medium [91.5 g] Carrots
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery
- 4 tbsp [38.5 g] Corn
- 1 cup + 4 tbsp [212.5 g] Edamame (Shelled)
- 1.5 stalk [22.5 g] Green Onions
- 0.5 piece whole [42 g] Portabella Mushrooms
- 2 tbsp, chopped [10 g] Red Onions
- 2 cups [94 g] Romaine Lettuce
- 0.25 onion [27.5 g] Yellow Onions
- 4 tbsp [5 g] Arugula Lettuce
- 1 cup + 8 tbsp [45 g] Baby Spinach
- 1.5 cup, florets [106.5 g] Broccoli
- 2 stalk, small (5" long) [34 g] Celery
- 0.63 cup, hearts [162.5 g] Cooked Artichoke (Canned/Jarred)
- 1.5 small (6-3/8" long) [237 g] Cucumber
- 12 tbsp [123.75 g] Fingerling Potatoes
- 2 tbsp [27.5 g] Marinated Artichoke Hearts
- 0.25 onion (small) [37 g] Red Onions
- 3 oz [84 g] Roasted Red Peppers
- 0.75 cup, chopped or sliced [135 g] Tomatoes

## Beans/Nuts/Grains

- 2 tbsp [32 g] Almond Butter
- 0.75 tsp [3.5 g] Chia Seeds
- 8 tbsp [125 g] Chickpeas (canned and drained)
- 1 tbsp + 2.25 tsp [17.5 g] Hemp Hearts
- 1 oz [28 g] Orzo
- 2 tbsp + 1.92 tsp [14.85 g] Rolled Oats Gluten Free
- 1 wrap [43 g] Sprouted Grain Wrap
- 12 tbsp [84 g] Almond Flour
- 3 oz [84 g] Chickpea Pasta
- 2 tbsp [14 g] Chopped Walnuts
- 1 tbsp [14 ml] Organic Unsweetened Almond Milk
- 2 tbsp, chopped [16 g] Pecans
- 1 tbsp [9 g] Sesame Seeds
- 6 tbsp + 1.92 tsp [76.78 g] White Rice (Uncooked)

- 6 oz [169,5 g] Boneless Skinless Chicken Thighs (raw)
- 4 oz [113,6 g] Shrimp (Prawns)

#### *Tomatoes*

- 1 cup [149 g] Cherry Tomatoes

#### *Vegetable Oil*

- 0.5 tablespoon [6.75 g] Olive Oil

#### *Beef*

- 4 oz [113,4 g] Beef Top Sirloin (Trimmed to 1/8" Fat)

#### *Mushrooms*

- 1 cup, pieces or slices [70 g] Mushrooms

#### *Chicken Soup*

- 0.5 cup (8 fl oz) [121,5 g] Chicken Stock

#### *Dairy*

- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 2 cups + 2 tbsp [510 g] Plain Non Fat Greek Yogurt

#### *Milk*

- 8 tbsp [122,5 g] Almond Milk

#### *Butter*

- 4 tablespoon [64 g] Almond Butter

#### *Berries*

- 5 tbsp + 0.84 tsp [47,52 g] Blackberries
- 0.5 cup, halves [76 g] Strawberries

#### *Nuts*

- 0.25 oz, shelled [7,09 g] Peanuts
- 15 g [15 g] Pistachio Nuts

#### *Olives*

- 0.5 10 small [14,5 g] Green Olives

#### *Asparagus*

- 6 medium spear (5-1/4" to 7" long) [96 g] Asparagus

#### *Salad Dressing*

- 0.75 tsp [3,38 g] Sesame Oil

#### *Juice*

- 0.5 lime yields [19 g] Lime Juice

#### *Peas*

- 0.5 cup, whole [31,5 g] Snow or Sugar Snap Peas

#### *Chicken*

- 4 oz [113,4 g] Shredded Chicken

#### *Potatoes*

- 1.5 potato small (1-3/4" to 2-1/4" dia) [255 g] Red Potatoes (Flesh and Skin)
- 1 sweetpotato, 5" long [130 g] Sweet Potato

#### *Syrup*

- 1 tbsp + 1.5 tsp [31,5 g] Honey

#### *Beverages*

- 0.13 cup (8 fl oz) [29,63 g] Water

#### *Flour*

- 0.13 tsp [0,57 g] Baking Soda

#### *Dips*

- 1 tbsp [15 g] Hummus

#### *Sauces*

- 1.5 tsp [9 g] Fish Sauce

#### *Fish*

- 3 oz, boneless, raw [85,05 g] Salmon

#### *Pork*

- 2.5 oz, boneless, cooked [70,88 g] Pork

#### *Beans*

- 8 tbsp [131 g] Great Northern Beans (Canned)

- 6 oz [168 g] Ground Turkey
- 25 oz [700 g] Skinless Chicken Breast

- 1 tbsp + 1.5 tsp [19,2 g] Clarified Butter Ghee

- 0.5 tablespoon [6,4 g] Clarified Butter Ghee

- 8 tbsp [61,5 g] Raspberries

- 0.25 oz [7,09 g] Pistachio Nuts

- 0.75 oz [21,26 g] Green Olives

*Salads*

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens

# Week 4

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Ricotta Breakfast Bowl		Loaded Chopped Salad		Orange Chicken Bowls
Monday	Pineapple Cottage Cheese with Matcha Latte		Tuna Salad with Garlic and Rosemary		Salmon with White Beans and Broccoli
Tuesday	Colombian Style Eggs With Onion & Tomato		Harvest Sweet Potato Salad		Butternut Squash & White Bean Soup w/ Chicken
Wednesday	Protein Packed Yogurt Bowl		Smoked Salmon With Arugula & Artichoke		Steak Fajitas
Thursday	Berry Bliss Smoothie		Mediterranean Orzo Salad		Asian Shrimp Rice Bowl
Friday	Nut Butter Banana Greek yogurt		Savory Dip and Veggie Platter		Baked Turkey and Acorn Squash
Saturday	Protein Forward Pancakes		Chicken Nuggets and Ranch Dipping Sauce		Healthy Chicken Milanese

*DAILY AVERAGES*

Calories : 1455.07

Fat : 64.30 g

Carbs : 117.17 g

Protein : 110.20 g



# Shopping List

## *Cheese*

- 0.13 cup, shredded [14.13 g] Cheddar Cheese
- 1 oz [28.35 g] Goat Cheese
- 0.5 oz [14.18 g] Hard Parmesan Cheese
- 1 oz [28.35 g] Mozzarella Cheese (Whole Milk)
- 0.5 oz [14.18 g] Feta Cheese
- 1 oz [28.35 g] Goats Cheese (Soft)
- 1 cup + 4 tbsp [282.5 g] Lowfat (1-2% Fat) Cottage Cheese
- 12 tbsp [184.5 g] Ricotta Cheese (Part Skim Milk)

## *Beans/Nuts/Grains*

- 2 tbsp [32 g] Almond Butter
- 1 cup + 2 tbsp [293.63 g] Canned White Beans
- 8 tbsp [125 g] Chickpeas (canned and drained)
- 1 tbsp + 2.25 tsp [17.5 g] Hemp Hearts
- 2 tbsp [17 g] Peanuts
- 2 tbsp [17.2 g] Pine Nuts
- 8 tbsp [56 g] Almond Flour
- 2.25 tsp [10.5 g] Chia Seeds
- 2 tbsp [2 8.5] Dry Roasted Cashew Nuts
- 1 oz [28 g] Orzo
- 3 tbsp, chopped [24 g] Pecans
- 2 tbsp + 1.92 tsp [30.53 g] White Rice (Uncooked)

## *Nuts*

- 0.25 oz, shelled [7.09 g] Peanuts
- 0.75 oz [21.26 g] Pistachio Nuts
- 15 g [15 g] Pistachio Nuts

## *Berries*

- 5 tbsp + 0.84 tsp [47.52 g] Blackberries
- 0.5 cup, sliced [83 g] Strawberries
- 8 tbsp [61.5 g] Raspberries
- 0.5 cup, halves [76 g] Strawberries

## *Miscellaneous*

- 1 tbsp [15 g] Apple Cider Vinegar
- 2 tbsp + 1.5 tsp [35 g] Avocado Oil
- 4 tbsp [60 g] Beef Bone Broth
- 1 tbsp [16.5 g] Dijon Mustard
- 1.5 tsp [2.7 g] Italian Seasoning
- 5 tbsp [70 g] Olive Oil
- 0.75 scoop (20 g) [15 g] Protein Powder - Vanilla
- 2 tbsp [28 g] Rice Vinegar
- 2 tbsp + 1.5 tsp [20 g] Arrowroot Starch
- 1 tbsp [15 g] Balsamic Glaze
- 3 tbsp + 1.5 tsp [49 g] Coconut Aminos
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1 tsp [2 g] Matcha Tea Powder
- 4 tbsp [28 g] Paleo Mix Granola
- 0.13 tsp [0.23 g] Red Pepper Flakes

## *Meat/Fish/Poultry*

- 5 oz [141.75 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 4 oz [113.6 g] Shrimp (Prawns)
- 6 oz [168 g] Ground Turkey
- 22 oz [616 g] Skinless Chicken Breast

## *Vegetables*

- 0.5 squash (4 inch dia) [215.5 g] Acorn Winter Squash
- 4 tbsp [5 g] Arugula Lettuce
- 2.5 cup, florets [177.5 g] Broccoli
- 0.5 medium [30.5 g] Carrots
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery
- 0.88 cup, hearts [227.5 g] Cooked Artichoke (Canned/Jarred)
- 0.5 medium (7" long) [100.5 g] Cucumber
- 4 tbsp [42.5 g] Edamame (Shelled)
- 0.25 pepper [5.5 g] Jalapeno Peppers
- 0.5 small [35 g] Onions
- 1.5 medium (approx 2-3/4" long, 2-1/2" dia) [171 g] Red Bell Pepper
- 3 oz [84 g] Roasted Red Peppers
- 1 cup, chopped or sliced [180 g] Tomatoes
- 3 cups [60 g] Arugula (Rocket)
- 1 cup [149 g] Baby Carrots
- 1 cup, cubes [140 g] Butternut Winter Squash
- 2 stalk, small (5" long) [34 g] Celery
- 2 tbsp [2 g] Cilantro
- 4 tbsp [38.5 g] Corn
- 0.5 small (6-3/8" long) [79 g] Cucumber
- 1 clove [3 g] Garlic
- 1 cup, chopped [67 g] Kale
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 0.25 onion (small) [37 g] Red Onions
- 2 cups [94 g] Romaine Lettuce
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes

## *Fruit*

- 2 apple Apples
- 2.5 medium (7" to 7-7/8" long) [295 g] Bananas
- 0.5 medium Lemon
- 0.5 cup, sliced [82.5 g] Mangos
- 1 cup, diced [155 g] Pineapple
- 2 tbsp [5 g] Unsweetened Dried Cranberries
- 0.25 avocado [34 g] Avocado
- 1 tbsp [14 g] Kalamata Olives
- 1 tbsp [14 g] Lemon Juice
- 0.5 medium (2-5/8" dia) [65.5 g] Orange
- 2 tbsp [22 g] Pomegranate arils

## *Seasoning*

- 5 dash [0.5 g] Black Pepper
- 0.5 tsp [1.05 g] Cumin
- 2.75 tsp [7.7 g] Garlic Powder
- 1.13 tsp [4.5 g] Minced Garlic
- 0.5 tsp, ground [0.9 g] Oregano
- 1.5 tsp [5.4 g] Ranch Seasoning Mix
- 0.5 tsp [0.35 g] Rosemary
- 5.5 dash [2.2 g] Salt
- 0.25 tsp, leaves [0.25 g] Thyme (Dried)

#### *Syrups*

- 1 tbs [21 g] Honey

#### *Seasonings*

- 0.13 cup (8 fl oz) [29.63 g] Water

#### *Milk*

- 2 cups [490 g] Almond Milk

#### *Fish*

- 4 oz, boneless, raw [113.4 g] Salmon

#### *Beans*

- 10 tbs [163.75 g] Great Northern Beans (Canned)

#### *Garlic*

- 0.5 clove [1.5 g] Garlic

#### *Eggs*

- 4.5 large [225 g] Egg
- 4 tbs [60.75 g] Egg White

#### *Vegetable Oil*

- 0.5 tablespoon [6.75 g] Olive Oil

#### *Bread*

- 1 medium slice (4-3/4" x 4" x 1/2") [25 g] Sour Dough Bread

#### *Potatoes*

- 1.5 sweetpotato, 5" long [195 g] Sweet Potato

#### *Chicken Soup*

- 2 cup (8 fl oz) [486 g] Chicken Stock

#### *Chicken*

- 4 oz, boneless, cooked [113.4 g] Chicken Breast

#### *Dairy*

- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 3 cups + 6 tbs [810 g] Plain Non Fat Greek Yogurt

#### *Salmon*

- 5 oz, boneless [141.75 g] Smoked Salmon

#### *Tomatoes*

- 5 cherry [85 g] Cherry Tomatoes

#### *Sour Cream*

- 1 tbs [14.4 g] Sour Cream

#### *Wraps*

- 3 small tortilla (approx 4" dia) [32.1 g] Corn Tortilla

#### *Butter*

- 3 tablespoon [48 g] Almond Butter

#### *Olives*

- 0.5 10 small [14.5 g] Green Olives

#### *Asparagus*

- 6 medium spear (5-1/4" to 7" long) [96 g] Asparagus

#### *Salad Dressing*

- 0.75 tsp [3.38 g] Sesame Oil

#### *Juice*

- 0.5 lime yields [19 g] Lime Juice

#### *Poss*

- 0.13 tsp [0.29 g] Cinnamon
- 1 tsp [1 g] Dill (Dried)
- 0.88 tsp [1.58 g] Ginger (Ground)
- 0.25 tsp [0.6 g] Onion Powder
- 1 tsp [2.25 g] Paprika
- 0.38 tsp [0.68 g] Red or Cayenne Pepper
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 1 tsp, ground [1.4 g] Thyme (Dried)

- 4 oz [113.4 g] Tuna in Water (Canned)

- 1 large [33 g] Egg White

- 4 oz [113.4 g] Shredded Chicken

- 1.5 tsp [6.4 g] Clarified Butter Ghee

- 8 tbs [74.5 g] Cherry Tomatoes

- 0.5 cup, whole [31.5 g] Snow or Sugar Snap Peas