

	Monday	Serving Size	Tuesday	Serving Size	Wednesday	Serving Size	Thursday	Serving Size	Friday	Serving Size	Saturday	Serving Size	Sunday	Serving Size
<b>Breakfast</b>														
Protein	Hard Boiled Eggs	2	Plain Greek Yogurt	3/4 cup	Cottage Cheese	6 oz	Black Beans	1 cup	Hard-Boiled Eggs	2	Plain Greek Yogurt	3/4 cup	Cottage Cheese	6 oz
Protein			Nuts (your choice)	1 oz							Nuts (your choice)	1 oz		
Carb	Whole Wheat Toast	1 Slice	Pineapple	1/2 cup	Whole Wheat Toast	1 Slice	Minute Brown Rice	1/2 cup	Whole Wheat Toast	1 slice	Pineapple	1/2 cup	Whole Wheat Toast	1 Slice
Vegetable	Optional				Guacamole	1/2 cup	Avocado	1/2 cup	Optional				Guacamole	1/2 cup
Fat	Butter	1 tsp	Coconut Flakes	3 Tbsp	Butter	1 tsp	Butter	1 tsp	Butter	1 tsp	Coconut Flakes	3 Tbsp	Butter	1 tsp
<b>Lunch</b>														
Protein	Diced Rotisserie Chicken	3 oz	Cooked Shrimp	6 oz	Tuna	6 oz	Diced Rotisserie Chicken	3 oz	Cooked Shrimp	6 oz	Tuna	6 oz	Diced Rotisserie Chicken	3 oz
Protein	Black Beans	1/2 cup					Black Beans	1/2 cup					Black Beans	1/2 cup
Carb	Minute Brown Rice	1/2 cup	Hummus	1/2 cup	Minute Quinoa	1/2 cup	Minute Brown Rice	1/2 cup	Hummus	1/2 cup	Minute Quinoa	1/2 cup	Minute Brown Rice	1/2 cup
Vegetable	Corn	1/2 cup	Carrot Sticks	1 cup	Mixed Salad Greens	1 cup	Corn	1/2 cup	Carrot Sticks	1 cup	Mixed Salad Greens	1 cup	Corn	1/2 cup
Vegetable	Guacamole	1/2 cup	Butternut Squash Veggie Spirals	1 cup	Grape Tomatoes	1 cup	Guacamole	1/2 cup	Butternut Squash Veggie Spirals	1 cup	Grape Tomatoes	1 cup	Guacamole	1/2 cup
Fat	Butter	1 tsp	Butter	1 tsp	Olive Oil & Vinegar	1 Tbsp & 1 Tsp	Butter	1 tsp	Butter	1 tsp	Olive Oil & Vinegar	1 Tbsp & 1 Tsp	Butter	1 tsp
<b>Dinner</b>														
Protein	Cheese	2 oz	Diced Rotisserie Chicken	6 oz	Cooked Shrimp	6 oz	Tuna	6 oz	Diced Rotisserie Chicken	6 oz	Shrimp	6 oz	Cooked Shrimp	6 oz
Protein	Shrimp	3 oz												
Carb	Fruit (your choice)	1/2 cup	Minute Brown Rice	1/2 cup	Hummus	1/2 cup	Fruit (your choice)	1/2 cup	Minute Brown Rice	1/2 cup	Fruit (your choice)	1/2 cup	Hummus	1/2 cup
Vegetable	Zucchini Veggie Spirals	1 cup	Broccoli	1 cup	Carrot Sticks	1 cup	Zucchini Veggie Spirals	1 cup	Broccoli	1 cup	Zucchini Veggie Spirals	1 cup	Carrot Sticks	1 cup
Vegetable	Pasta Sauce	1/2 cup	Cauliflower	1 cup	Riced Veggies	1 cup	Pasta Sauce	1/2 cup	Cauliflower	1 cup	Pasta Sauce	1/2 cup	Riced Veggies	1 cup
Fat	Olive Oil	1 Tbsp	Butter	1 tsp	Butter	1 tsp	Olive Oil	1 Tbsp	Butter	1 tsp	Olive Oil	1 Tbsp	Butter	1 tsp



## No Cook Meal Plan Notes

This week's Meal Plan is a "No Cook" plan. This means it contains ingredients that are purchased pre-cooked or require very little prep. This plan is more relaxed and gives you an option choose what you want to use. Although, the meal plan is already made up, do not be afraid to mix and match food items to your liking (as long as it still follows GOLO guidelines).

If you are able to find brown rice and quinoa in microwavable packets, that would be best. If you are unable to find packets, I would suggest cooking the amount needed, cooling properly, and storing in the fridge so you are able to scoop out ½ cup portions when needed.

You get to pick the vinegar of your choice for your salad dressing this week!

When buying fruits and vegetables you can choose to buy "already prepared", where it is cut or sliced in the grocery store. You can also choose to prepare this yourself at home (will be less expensive too).

After buying the food needed for this week's meal plan, I would suggest separating your protein portions into bags or containers labeling the protein and size amount (6 oz, 3 oz, etc). You can keep these either in your fridge or freezer and can easily be pulled out to thaw or to use.

If you are buying a bone in rotisserie chicken, be aware of the size and know that the bones add weight. If you shop at Costco, they usually sell an airtight bag of already picked rotisserie chicken. Costco also sells already portioned cups of hummus and guacamole.



## Themed Meal Plan Notes: No Cook Week

### Monday:

**Breakfast:** Hard Boiled Eggs served with Buttered Toast.

**Notes:** Toast 1 slice of toast, spread 1 tsp of butter. Serve buttered toast with 2 hard boiled eggs. Enjoy!

**Lunch:** Chicken Bowl.

**Notes:** You can choose to keep these items separate or mix together. Pick 3 oz of rotisserie chicken. In a bowl add, 3 oz of chicken, ½ cup black beans, ½ cup cooked brown rice, ½ cup corn. Add 1 tsp butter and mix. Top or mix in ½ cup guacamole. Enjoy!

**Dinner:** Shrimp Zoodles served with a side of Fruit.

**Notes:** In a bowl add 3 oz of cooked shrimp, 1 cup zucchini spirals, ½ cup pasta sauce, and 1 Tbsp olive oil. Heat to your liking if desired. Top with 2 oz cheese of your choice. Serve shrimp zoodles with ½ cup of fruit of your choice. Enjoy!

**Flavor Tip:** Add any desired seasonings to the pasta sauce (if needed)!

### Tuesday:

**Breakfast:** Pineapple Yogurt.

**Notes:** In a bowl, add ¾ cup of plain Greek yogurt, 1 oz nuts of your choice, ½ cup pineapple and mix. Top with 3 Tbsp coconut flakes. Enjoy!

**Lunch:** Shrimp Bowl.

**Notes:** You can choose to add these items together like a “buddha bowl” or keep separate and prepare to your liking. In a bowl add 1 cup butternut squash veggie spirals, 1 cup carrot sticks, and ½ cup hummus. In a separate bowl, add 6 oz of shrimp and 1 tsp butter. Add any desired seasonings and heat to your liking. Mix shrimp and add to vegetables and hummus bowl. Enjoy!

**Dinner:** Chicken served with Brown Rice and Vegetables.

**Notes:** Pick 6 oz of rotisserie chicken. Prepare 1 cup of broccoli and 1 cup cauliflower to your liking. You can choose how you want to use your butter. Serve the chicken with the vegetables and ½ cup cooked brown rice. Enjoy!

### Wednesday:

**Breakfast:** Cottage Cheese served with Guacamole & Buttered Toast.

**Notes:** Serve 6 oz of cottage cheese with 1 piece of toast. Add 1 tsp of butter to toast and serve ½ cup guacamole on the toast or keep on the side. Enjoy!

**Lunch:** Tuna Salad.

## Themed Meal Plan Notes: No Cook Week

**Notes:** You can choose to keep these items separate if you prefer. In a bowl, add 6 oz of tuna, ½ cup cooked quinoa, 1 cup of mixed greens, and 1 cup grape tomatoes. Add 1 Tbsp olive oil to 1 tsp vinegar of your choice. Mix well and pour over the salad. Enjoy!

**Dinner:** Shrimp Bowl.

**Notes:** You can choose to keep these items separate or prepare to your liking. In a bowl, add 1 cup riced veggies, 1 cup carrot sticks, and ½ cup hummus. In a separate bowl, add 6 oz of cooked shrimp, 1 tsp butter, and any desired seasonings. You can choose to heat the shrimp up or keep as is. Serve the shrimp with the vegetables and hummus. Enjoy!

### Thursday:

**Breakfast:** Black Bean Bowl.

**Notes:** In a bowl, add 1 cup black beans, ½ cup cooked rice, and 1 tsp butter. Heat to your liking, add any desired seasonings. Top with ½ cup avocado. Enjoy!

**Lunch:** Chicken Bowl.

**Notes:** You can choose to keep these items separate or prepare to your liking. Pick 3 oz of rotisserie chicken. In a bowl, add picked chicken, ½ cup black beans, ½ cup cooked rice, ½ cup corn, and 1 tsp butter. Mix and heat if desired. Top with ½ cup guacamole. Enjoy!

**Dinner:** Tuna Zoodles served with a side of Fruit.

**Notes:** In a bowl, add 1 cup zucchini noodles, ½ cup pasta sauce, 1 Tbsp olive oil, and any desired seasonings. You can choose to heat this up or keep as is. Top with 6 oz of tuna and serve with ½ cup fruit of your choice. Enjoy!

### Friday:

**Breakfast:** Hard Boiled Eggs served with Buttered Toast.

**Notes:** Toast 1 slice of toast, spread 1 tsp of butter. Serve buttered toast with 2 hard boiled eggs. Enjoy!

**Lunch:** Shrimp Bowl.

**Notes:** You can choose to add these items together like a “buddha bowl” or keep separate and prepare to your liking. In a bowl add 1 cup butternut squash veggie spirals, 1 cup carrot sticks, and ½ cup hummus. In a separate bowl, add 6 oz of shrimp and 1 tsp butter. Add any desired seasonings and heat to your liking. Mix shrimp and add to vegetables and hummus bowl. Enjoy!

**Dinner:** Chicken served with Brown Rice and Vegetables.

**Notes:** Pick 6 oz of rotisserie chicken. Prepare 1 cup of broccoli and 1 cup cauliflower to your liking. You can choose how you want to use your butter. Serve the chicken with the vegetables and ½ cup cooked brown rice. Enjoy!



## Themed Meal Plan Notes: No Cook Week

### Saturday:

**Breakfast:** Pineapple Yogurt.

**Notes:** In a bowl, add  $\frac{3}{4}$  cup of plain Greek yogurt, 1 oz nuts of your choice,  $\frac{1}{2}$  cup pineapple and mix. Top with 3 Tbsp coconut flakes. Enjoy!

**Lunch:** Tuna Salad.

**Notes:** You can choose to keep these items separate if you prefer. In a bowl, add 6 oz of tuna,  $\frac{1}{2}$  cup cooked quinoa, 1 cup of mixed greens, and 1 cup grape tomatoes. Add 1 Tbsp olive oil to 1 tsp vinegar of your choice. Mix well and pour over the salad. Enjoy!

**Dinner:** Shrimp Zoodles served with a side of Fruit.

**Notes:** In a bowl add 6 oz of cooked shrimp, 1 cup zucchini spirals,  $\frac{1}{2}$  cup pasta sauce, and 1 Tbsp olive oil. Heat to your liking if desired. Serve shrimp zoodles with  $\frac{1}{2}$  cup of fruit of your choice. Enjoy!

**Flavor Tip:** Add any desired seasonings to the pasta sauce (if needed)!

### Sunday:

**Breakfast:** Cottage Cheese served with Guacamole & Buttered Toast.

**Notes:** Serve 6 oz of cottage cheese with 1 piece of toast. Add 1 tsp of butter to toast and serve  $\frac{1}{2}$  cup guacamole on the toast or keep on the side. Enjoy!

**Lunch:** Chicken Bowl.

**Notes:** You can choose to keep these items separate or prepare to your liking. Pick 3 oz of rotisserie chicken. In a bowl, add picked chicken,  $\frac{1}{2}$  cup black beans,  $\frac{1}{2}$  cup cooked rice,  $\frac{1}{2}$  cup corn, and 1 tsp butter. Mix and heat if desired. Top with  $\frac{1}{2}$  cup guacamole. Enjoy!

**Dinner:** Shrimp Bowl.

**Notes:** You can choose to keep these items separate or prepare to your liking. In a bowl, add 1 cup riced veggies, 1 cup carrot sticks, and  $\frac{1}{2}$  cup hummus. In a separate bowl, add 6 oz of cooked shrimp, 1 tsp butter, and any desired seasonings. You can choose to heat the shrimp up or keep as is. Serve the shrimp with the vegetables and hummus. Enjoy!



Shopping List

No Cook Meal Plan

Protein	Qty		Vegetable	Qty		Carbohydrate	Qty	
Hardboiled Eggs	4		Guacamole	2.5 cups		Pineapple	1 cup	
Plain Greek Yogurt	2 cups		Avocado	2		Fruit (Your Choice)	2 cups	
Cottage Cheese	12 oz		Carrot Sticks	4 cups		Whole Wheat Bread		
Nuts (Your choice)	2 oz		Grape Tomatoes	2 cups		Minute Brown Rice	3 cups	
Rotisserie Chicken	1.5 lbs		Broccoli	2 cups		Minute Quinoa	1 cup	
Cooked Shrimp	2.5 lbs		Cauliflower	2 cups		Black Beans, canned	3 cups	
Tuna	1.5 lbs		Mixed Greens	1 bag		Hummus	2 cups	
Cheese (Your choice)	2 oz		Zucchini Veg. Spirals	3 cups				
			Butternut Squash Spirals	2 cups				
			Riced Vegetables	2 cups				
			Corn	2 cups				
			Clean Pasta Sauce	2 cups				

Misc.		Spices/Herbs	
Butter		Salt	
Olive Oil		Pepper	
Coconut Oil			
Unsweetened Coconut Flakes			
Vinegar (Your Choice)			