

	Monday	Serving Size	Tuesday	Serving Size	Wednesday	Serving Size	Thursday	Serving Size	Friday	Serving Size	Saturday	Serving Size	Sunday	Serving Size
Breakfast														
Protein	Plain Greek Yogurt	1 cup	Hard Boiled Eggs	2	Cottage Cheese	6 oz	Hard Boiled Eggs	2	Plain Greek Yogurt	1 cup	Hard Boiled Eggs	2	Cottage Cheese	6 oz
Protein														
Carb	Blueberries	1/2 cup	Brown Rice	1/2 cup	Pineapple	1/2 cup	Toast	1 piece	Blueberries	1/2 cup	Brown Rice	1/2 cup	Pineapple	1/2 cup
Vegetable	<i>Optional</i>		Avocado	1/2 cup	<i>Optional</i>		<i>Optional</i>		<i>Optional</i>		Avocado	1/2 cup	<i>Optional</i>	
Fat	Coconut Flakes	3 Tbsp	Butter	1 tsp	Coconut Flakes	3 Tbsp	Butter	1 tsp	Coconut Flakes	3 Tbsp	Butter	1 tsp	Coconut Flakes	3 Tbsp
Lunch														
Protein	Hard Boiled Eggs	2	Blue Cheese	2 oz	Rotisserie Chicken	3 oz	Rotisserie Chicken	6 oz	Hard Boiled Eggs	2	Blue Cheese	2 oz	Tuna	6 oz
Protein			Pecans	2 oz	Black Beans	1/2 cup					Pecans	2 oz		
Carb	Cooked Quinoa	1/2 cup	Strawberries	1/2 cup	Tortilla	1	Hummus	1/2 cup	Cooked Quinoa	1/2 cup	Strawberries	1/2 cup	Brown Rice	1/2 cup
Vegetable	Spinach	1 cup	Romaine	1 cup	Corn, Tomatoes & Avocado	1/2 cup each	Kale	1 cup	Spinach	1 cup	Romaine	1 cup	Corn, Tomatoes & Avocado	1/2 cup each
Vegetable	Mushrooms & Avocado	1/2 cup each	Spinach	1 cup			Cucumbers & Carrots	1/2 cup each	Mushrooms & Avocado	1/2 cup each	Spinach	1 cup		
Fat	Vinaigrette	2 Tbsp	Vinaigrette	2 Tbsp	Olive Oil	1 Tbsp	Vinaigrette	2 Tbsp	Vinaigrette	2 Tbsp	Vinaigrette	2 Tbsp	Butter or Oil	1 tsp or 1 Tbsp
Dinner														
Protein	Rotisserie Chicken	3 oz	Shrimp	6 oz	Tuna	6 oz	Shrimp	3 oz	Rotisserie Chicken	3 oz	Shrimp	6 oz	Rotisserie Chicken	3 oz
Protein	Parmesan Cheese	2 oz					Parmesan Cheese	2 oz	Black Beans	1/2 cup			Parmesan Cheese	2 oz
Carb	Bread	1 piece	Brown Rice	1/2 cup	Brown Rice	1/2 cup	Bread	1 piece	Tortilla	1	Hummus	1/2 cup	Bread	1 piece
Vegetable	Zucchini Noodles	1 cup	Corn, Tomatoes & Avocado	1/2 cup each	Romaine	1 cup	Zucchini Noodles	1 cup	Corn, Tomatoes & Avocado	1/2 cup each	Kale	1 cup	Zucchini Noodles	1 cup
Vegetable	Tomato Sauce	1/2 cup			Tomatoes & Cucumbers	1/2 cup each	Tomato Sauce	1/2 cup			Cucumbers & Carrots	1/2 cup each	Tomato Sauce	1/2 cup
Fat	Butter	1 tsp	Butter or Oil	1 tsp or 1 Tbsp	Vinaigrette	2 Tbsp	Butter	1 tsp	Olive Oil	1 Tbsp	Vinaigrette	2 Tbsp	Butter	1 tsp

Disclaimer: As a part of your GOLO lifestyle, you are not required to follow this meal plan. We offer them to give you ideas and variety each week. You are always welcome to create your own meal plan that meets your personal tastes.



Themed Meal Plan Notes: No Cook Vol. 2

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.

Monday:

Breakfast: Blueberry Yogurt.

Notes: In a bowl mix, 1 cup plain Greek yogurt, ½ cup blueberries, 1 tsp honey. Top with 3 Tbsp unsweetened coconut flakes. Enjoy!

Lunch: Lunch Bowl.

Notes: In a bowl, add 2 hard-boiled eggs, 1 cup spinach, ½ cup sliced mushrooms, ½ avocado (or guacamole), ½ cup cooked quinoa. Use a vinaigrette of choice for your fat serving. Enjoy!

Dinner: Chicken Zoodles.

Notes: In a bowl mix, 1 cup zucchini noodles, 3 oz picked rotisserie chicken, ½ cup clean tomato sauce. Top with 2 oz of parmesan cheese. Serve chicken zoodles with 1 piece of bread with 1 tsp butter. Enjoy!

Tuesday:

Breakfast: Hard-Boiled Egg Breakfast Bowl.

Notes: In a bowl, add ½ cup cooked brown rice with 1 tsp butter mixed in. Top with ½ cup sliced avocado and 2 hard-boiled eggs. Season with salt and pepper. Enjoy!

Flavor Tip: Add a couple drops of hot sauce for some added heat!

Lunch: Spinach Salad.



Themed Meal Plan Notes: No Cook Vol. 2

Notes: In a bowl add, 1 cup (packed) spinach, 1 cup chopped romaine, ½ cup sliced strawberries, 2 oz blue cheese crumbles, 2 oz pecans. Use a vinaigrette of choice for your fat serving. Enjoy!

Dinner: Shrimp served with Brown Rice and Corn Salad.

Notes: In a bowl mix, ½ cup corn, ½ cup sliced cherry tomatoes, ½ cup sliced avocado, season with salt, pepper, and any other desired seasonings. Serve corn salad with 6 oz of cooked shrimp and ½ cup cooked brown rice. Use your choice of 1 tsp butter or 1 Tbsp oil to mix with the salad, brown rice, or shrimp for a fat serving. Enjoy!

Wednesday:

Breakfast: Cottage Cheese Bowl.

Notes: In a bowl, add 6 oz of cottage cheese and ½ cup chopped pineapple. Top with 3 Tbsp of unsweetened coconut flakes. Enjoy!

Lunch: Chicken Wrap.

Notes: Pick 3 oz of rotisserie chicken. In a bowl add 1 Tbsp of olive oil, season with salt, pepper, paprika, and chili powder. Squeeze half a lime and whisk together (add other half of lime juice if you think it is needed). Add picked chicken, ½ cup black beans, and ½ cup corn to lime juice mixture, toss together. On a tortilla, add the chicken, black bean, and corn mixture. Top with ½ cup sliced tomatoes, and ½ cup sliced avocado (or guacamole). Garnish chicken wrap with some plain Greek yogurt, salsa, and chopped lettuce if desired. Roll up into a wrap. Enjoy!

Note: You can drizzle the olive oil if you do not want to make the lime juice mixture.

Dinner: Tuna Fish served with Brown Rice and Side Salad.

Notes: Serve 6 oz of tuna fish with ½ cup cooked brown rice. Serve with a side salad of 1 cup chopped romaine, ½ cup cucumbers, and ½ cup sliced cherry tomatoes. Use a vinaigrette of choice for your fat serving. Enjoy!

Note: You can choose to serve the tuna fish on the side or add on top of the side salad.

Thursday:

Breakfast: Boiled Eggs and Toast.

Notes: Serve 2 hard-boiled eggs with 1 piece of toast buttered with 1 tsp butter. Enjoy!

Lunch: Chicken Hummus Bowl.

Notes: In a bowl add 6 oz of picked rotisserie chicken, ½ cup cucumbers, 1 cup kale, ½ cup carrot sticks, and ½ cup hummus. Use a vinaigrette of choice for your fat serving or top with 1 Tbsp oil of choice. Enjoy!

Dinner: Shrimp Zoodles.

Themed Meal Plan Notes: No Cook Vol. 2

Notes: In a bowl mix, 1 cup zucchini noodles, 3 oz cooked shrimp, ½ cup clean tomato sauce. Top with 2 oz of parmesan cheese. Serve shrimp zoodles with 1 piece of bread with 1 tsp butter. Enjoy!

Friday:

Breakfast: Blueberry Yogurt.

Notes: In a bowl mix, 1 cup plain Greek yogurt, ½ cup blueberries, 1 tsp honey. Top with 3 Tbsp unsweetened coconut flakes. Enjoy!

Lunch: Lunch Bowl.

Notes: In a bowl, add 2 hard-boiled eggs, 1 cup spinach, ½ cup sliced mushrooms, ½ avocado (or guacamole), ½ cup cooked quinoa. Use a vinaigrette of choice for your fat serving. Enjoy!

Dinner: Chicken Wrap.

Notes: Pick 3 oz of rotisserie chicken. In a bowl add 1 Tbsp of olive oil, season with salt, pepper, paprika, and chili powder. Squeeze half a lime and whisk together (add other half of lime juice if you think it is needed). Add picked chicken, ½ cup black beans, and ½ cup corn to lime juice mixture, toss together. On a tortilla, add the chicken, black bean, and corn mixture. Top with ½ cup sliced tomatoes, and ½ cup sliced avocado (or guacamole). Garnish chicken wrap with some plain Greek yogurt, salsa, and chopped lettuce if desired. Roll up into a wrap. Enjoy!

Note: You can drizzle the olive oil if you do not want to make the lime juice mixture.

Saturday:

Breakfast: Hard-Boiled Egg Breakfast Bowl.

Notes: In a bowl, add ½ cup cooked brown rice with 1 tsp butter mixed in. Top with ½ cup sliced avocado and 2 hard-boiled eggs. Season with salt and pepper. Enjoy!

Flavor Tip: Add a couple drops of hot sauce for some added heat!

Lunch: Spinach Salad.

Notes: In a bowl add, 1 cup (packed) spinach, 1 cup chopped romaine, ½ cup sliced strawberries, 2 oz blue cheese crumbles, 2 oz pecans. Use a vinaigrette of choice for your fat serving. Enjoy!

Dinner: Shrimp Hummus Bowl.

Notes: In a bowl add 6 oz of cooked shrimp, ½ cup cucumbers, 1 cup kale, ½ cup carrot sticks, and ½ cup hummus. Use a vinaigrette of choice for your fat serving or top with 1 Tbsp oil of choice. Enjoy!



Themed Meal Plan Notes: No Cook Vol. 2

Sunday:

Breakfast: Cottage Cheese Bowl.

Notes: In a bowl, add 6 oz of cottage cheese and ½ cup chopped pineapple. Top with 3 Tbsp of unsweetened coconut flakes. Enjoy!

Lunch: Tuna fish served with Brown Rice and Corn Salad.

Notes: In a bowl mix, ½ cup corn, ½ cup sliced cherry tomatoes, ½ cup sliced avocado, season with salt, pepper, and any other desired seasonings. Serve corn salad with 6 oz of tuna fish and ½ cup cooked brown rice. Use your choice of 1 tsp butter or 1 Tbsp oil to mix with the salad, brown rice, or tuna fish for a fat serving. Enjoy!

Dinner: Chicken Zoodles.

Notes: In a bowl mix, 1 cup zucchini noodles, 3 oz picked rotisserie chicken, ½ cup clean tomato sauce. Top with 2 oz of parmesan cheese. Serve chicken zoodles with 1 piece of bread with 1 tsp butter. Enjoy!



Shopping List
No Cook Meal Plan 2

Protein	Qty		Vegetable	Qty		Carbohydrate	Qty	
Hard Boiled Eggs	10		Romaine	1 head		Limes	2	
Plain Greek Yogurt	2 cups		Kale	2 cups		Pineapple	1 cup	
Cottage Cheese	12 oz		Spinach	4 cups		Strawberries	1 cup	
Parmesan Cheese	6 oz		Carrot Sticks	1 cup		Blueberries	1 cup	
Blue Cheese Crumbles	4 oz		Cucumbers	1 lrg.		Whole Wheat Bread		
Rotisserie Chicken	2		Mushrooms, sliced	1 cup		Tortillas		
Shrimp, cooked	15 oz		Zucchini Noodles	3 cups		Brown Rice		
Tuna Fish	12 oz		Tomatoes	1 cup		Quinoa		
Black Beans, canned	1		Cherry Tomatoes	2 cups		Hummus	1 cup	
Pecans	4 oz		Avocado (or Guacamole Cups)	5				
			Corn	2 cups				
			Tomato Sauce (clean)	1 1/2 cups				
			Salsa (optional, for garnish)					

Misc.		Spices/Herbs	
Butter		Salt	
Olive Oil		Pepper	
Honey		Chili Powder	
Unsweetened Coconut Flakes		Paprika	
Vinegar of choice (for salads)			
Hot Sauce (optional)			