

	MON		TUE		WED		THU		FRI		SAT		SUN	
	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
Protein	Scrambled Eggs	2	Veggie and Quinoa Breakfast Bowl (Click for recipe)	1 serving	Hemp Seeds	3 Tbsp	Veggie and Quinoa Breakfast Bowl (Click for recipe)	1 serving	Scrambled Eggs	2	Hemp Seeds	3 Tbsp	Fried Eggs	2
Protein		Walnuts			1 oz	Walnuts			1 oz					
Carb	Quinoa	1/2 cup			Quinoa Strawberries	1/4 cup 1/4 cup			Strawberries	1/2 cup	Quinoa Strawberries	1/4 cup 1/4 cup	Roasted Potato	1/2 cup
Veggie (optional)	Optional				Optional				Optional		Optional		Optional	
Fat	Coconut Oil	2 tsp			Included in Nuts				Included in Nuts		Coconut Oil	2 tsp	Included in Nuts	Olive Oil
	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
Protein	Boiled Eggs	2	Baked Chicken	6 oz	Mexican Red Pepper Soup (Click for recipe)	1 serving	Mexican Red Pepper Soup (Click for recipe)	1 serving	Mexican Red Pepper Soup (Click for recipe)	1 serving	Boiled Eggs	2	Baked Salmon	6 oz
Protein				Apple							1/2 cup	Strawberries	1/2 cup	
Carb	Strawberries	1/2 cup	Roasted Sweet Potatoes	1/2 cup							Spinach	1 cup	Green Beans	1 cup
Veggie	Spinach	1 cup	Sauteed Red Cabbage	1 cup							Avocado Tomato	1/4 cup 1/2 cup	Green Peppers	1 cup
Veggie	Cucumbers	1 cup	Sauteed Green Peppers	1 cup							GOLO Dressing (click for recipe)	3 Tbsp	Olive Oil	1 tsp
Fat	GOLO Dressing (click for recipe)	3 Tbsp	Olive Oil	2 tsp	GOLO Dressing (click for recipe)	3 Tbsp	Olive Oil	1 tsp						
	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
Protein	Included in Recipe		Included in Recipe		Sauteed Shrimp	6 oz	Boiled Eggs	2	Baked Chicken	6 oz	Baked Salmon	6 oz	Baked Chicken	6 oz
Protein														
Carb	Black Beans	1/2 cup	Black Beans	1/2 cup	Black Beans	1/2 cup	Strawberries	1/2 cup	Roasted Red Potatoes	1/2 cup	Roasted Red Potatoes	1/2 cup	Black Beans	1/2 cup
Veggie	Shrimp and Avocado Taco Salad (Click for recipe)	1 serving	Shrimp and Avocado Taco Salad (Click for recipe)	1 serving	Sauteed Red Peppers	1 cup	Spinach	1 cup	Green Beans	1 cup	Green Beans	1 cup	Spinach	1 cup
Veggie					Sauteed Green Peppers	1 cup	Cucumbers	1 cup	Roasted Mushrooms	1 cup	Roasted Mushrooms	1 cup	Tomato	1 cup
Fat					Olive Oil	1 Tbsp	GOLO Dressing (click for recipe)	3 Tbsp	Olive Oil	1 Tbsp	Olive Oil	1 tsp	GOLO Dressing (click for recipe)	3 Tbsp

You are not required to follow this meal plan. We offer weekly ideas and variety, but we encourage you to create your own meal plan aligned with your personal tastes!

Proteins		
Eggs	1.5 dozen	
Shrimp	18 oz	
Ground Turkey	18 oz	
Hemp Seeds	6 Tbsp	
Walnuts	2 oz	
Chicken Breast	18 oz	
Salmon	12 oz	
Spices & Herbs		
Salt		
Pepper		
Garlic Salt		
Chili Powder		
Dried Basil		
Cumin		
Red Pepper Flakes		
Dried Oregano		

Vegetables		
Mushrooms	2 pints	
Spinach	7 cups	
Cilantro (fresh)		
Romaine Lettuce	1 head	
Red Cabbage	2 cups	
Grape or Cherry Tomatoes	1 pint	
Avocados	2	
Red Onions	1	
Red Bell Peppers	3	
Garlic	1 head	
Fire Roasted Diced Tomatoes	3 cups	
Green Peppers	2	
Green Beans	3 cups	
Tomatoes	1	
Cucumbers	1	
Notes		

Carbohydrates		
Quinoa, cooked	3.5 cups	
Limes	2	
Strawberries	2 pints	
Apples	1	
Black Beans	2 cups	
Sweet Potatoes	1 large	
Red Potatoes	1 cup	
Miscellaneous		
Olive Oil		
Coconut Oil		
Apple Cider Vinegar		
Honey		
Vegetable or Chicken stock	32 oz	

Monday

Breakfast

Scrambled Eggs served with a side of Quinoa

Whisk 2 eggs together. Scramble and cook in 2 tsp of coconut oil. Serve scrambled eggs with 1/2 cup cooked quinoa. Enjoy!

Tip: Add a splash of water when whisking eggs together. This will help eggs become fluffy when cooking.

Lunch

Strawberry Spinach Salad

Follow instructions for [GOLO Dressing](#) (Click for recipe)

In a medium bowl add 1 cup (packed) spinach, 1/2 cup sliced strawberries, 1 cup sliced cucumbers. Follow directions for the GOLO Dressing. Mix in 3 Tbsp of GOLO Dressing, top with 2 boiled eggs. Enjoy!

Note: If you do not want to eat all the ingredients as a salad you can keep the items separate.

Dinner

Shrimp and Avocado Taco Salad served with Black Beans

Follow instructions for [Shrimp and Avocado Taco Salad](#) (Click for recipe)

Serve with 1/2 cup black beans.

Tuesday

Breakfast

Veggie and Quinoa Breakfast Bowl

Follow instructions for [Veggie and Quinoa Bowl](#) (Click for recipe)

Lunch

Baked Chicken served with Roasted Sweet Potatoes and Sautéed Cabbage & Peppers

Season and bake 6 oz of chicken. Roast 1/2 cup sweet potatoes. While chicken and sweet potatoes are baking, sauté 1 cup sliced red cabbage and 1 cup sliced or diced green peppers. Serve sautéed cabbage and peppers with the baked chicken and 1/2 cup sweet potatoes.

Dinner

Shrimp and Avocado Taco Salad served with Black Beans

Follow instructions for [Shrimp and Avocado Taco Salad](#) (Click for recipe)

Serve with 1/2 cup black beans.

Wednesday

Breakfast

Quinoa & Strawberry bowl

In a bowl add 1/4 cup cooked quinoa, 1/4 cup sliced strawberries, 3 Tbsp hemp seeds, 1 oz walnuts.

Lunch

Mexican Red Pepper Soup

Follow instructions for [Mexican Red Pepper Soup](#) (Click for recipe)

Dinner

Sauteed Shrimp Bowl

In a pan, saute 1 cup diced red peppers and 1 cup diced green peppers in 1 Tbsp olive oil. When peppers are almost done cooking to your liking, add 6 oz of seasoned shrimp to the pan. Finish cooking peppers and shrimp until shrimp is fully cooked. Turn heat off and add 1/2 cup black beans to pan, stir in. Serve shrimp, pepper, and black bean mixture immediately.

Note: You can keep these items separate if you do not want to mix them all together.

Thursday

Breakfast

Veggie and Quinoa Breakfast Bowl

Follow instructions for [Veggie and Quinoa Bowl](#) (Click for recipe)

Lunch

Mexican Red Pepper Soup

Follow instructions for [Mexican Red Pepper Soup](#) (Click for recipe)

Dinner

Strawberry Spinach Salad

Follow instructions for [GOLO Dressing](#) (Click for recipe)

In a medium bowl add 1 cup (packed) spinach, 1/2 cup sliced strawberries, 1 cup sliced cucumbers. Mix in 3 Tbsp of GOLO Dressing, top with 2 boiled eggs. Enjoy!
Note: If you do not want to eat all the ingredients as a salad you can keep the items separate.

Friday

Breakfast

Scrambled Eggs served with Strawberries

Whisk 2 eggs together. Scramble and cook in 2 tsp coconut oil. Serve eggs with 1/4 cup avocado and 1/2 cup strawberries.

Tip: Add a splash of water when whisking eggs together. This will help eggs become fluffy when cooking.

Lunch

Mexican Red Pepper Soup

Follow instructions for [Mexican Red Pepper Soup \(Click for recipe\)](#)

Dinner

Baked Chicken served with Roasted Potatoes and Vegetables

Season 6 oz of chicken to your liking. Take 1/2 cup diced red potatoes, toss with 1/2 Tbsp olive oil and season to your liking. Bake chicken and potatoes until cooked. While chicken and potatoes are baking, sauté 1 cup green beans and 1 cup mushrooms in 1/2 Tbsp olive oil seasoned to your liking. Serve chicken and potatoes with the vegetables. Enjoy!

Note: You can also roast the mushrooms or both mushrooms and green beans in the oven.

Saturday

Breakfast

Quinoa & Strawberry bowl

In a bowl add 1/4 cup cooked quinoa, 1/4 cup sliced strawberries, 3 Tbsp hemp seeds, 1 oz walnuts.

Lunch

Apple Spinach Salad

Follow instructions for [GOLO Dressing \(Click for recipe\)](#)

In a bowl add 1 cup (packed) spinach, 1/2 cup diced apple, 1/4 cup sliced or diced avocado, and 1/2 cup tomatoes. Add 3 Tbsp of the GOLO Dressing to the bowl and mix. Top with 2 boiled eggs or pair on side for a complete GOLO meal.

Note: If you do not want to eat all the ingredients as a salad you can keep these items separate.

Dinner

Baked Salmon served with Red Potatoes and Vegetables

You can choose to bake or grill these items. In a baking dish or sheet pan, add 6 oz. seasoned salmon. Toss 1/2 cup potatoes with 1 tsp olive oil and season to your liking. Surround the salmon with the potatoes. You can choose to add the 1 cup mushrooms and 1 cup green beans with the salmon and potatoes or steam on the side. Cook salmon to your desired doneness and potatoes until fork tender. Serve with the vegetables.

