

# FitYou *Food Guide*

I am often asked, “What do you eat to stay fit?” The answer: I eat foods that serve a healthy purpose. Sounds simple, but healthy eating takes commitment, self-restraint and a plan. The plan has to be easy and it has to taste good, or it won’t work for my family and it won’t work for you!

This plan is designed as a four-week blueprint for healthy eating and weight loss. You now have access to dozens of my recipes – breakfast, lunch, dinner & snacks. These are the meals we eat in my house. You have my personal grocery list and several TIPS to simplify food prep. I also included planning calendars to help you prepare ahead for each week. I did the first one for you.

Things to note as we move forward: many recipes will leave you with leftovers, that’s good! They will come in handy. Also, if there’s an ingredient you don’t like, skip it! Soon you’ll be creating your own healthy variations and I hope you’ll share them with me on social media (Instagram: @FitElyse).

Dozens of my friends and clients have seen amazing results following this plan. It’s designed to last four weeks, but I hope you will incorporate these meals into your ongoing healthy lifestyle.

Thank you for allowing me to join you on this healthy journey!

*-Elyse*

# Grocery Store Guide

Clean eating starts at the grocery store, but you must have a plan! Just browsing the aisles, or going on an empty stomach are both recipes for disaster. Instead, know what you're after and stick to your mission.

Here are the types of foods I buy at the grocery store. These are items you'll need for your healthy recipes.

## Veggies

- Cucumber
- Brussel sprouts
- Celery
- Baby carrots
- Zucchini
- Yellow Squash
- Sweet onion
- Spinach
- Asparagus
- Sweet potatoes
- Mushrooms
- Cherry tomatoes
- Roma or vine tomatoes
- Bell peppers (green, yellow, red, orange)
- Cauliflower
- Broccoli slaw (raw shredded greens in a bag)

## Fruits

- Berries (fresh or frozen, no added sugar)
- Avocados
- Apples
- Mandarin oranges (Cuties)
- Bananas
- Limes
- Pineapple

## Meats and Protein

- Lean ground beef (look for 90%)
- Ground chicken
- Chicken breasts
- Plain Greek yogurt (no added sugar or flavoring)
- Eggs
- Cottage cheese

## Packaged Items

- Garbanzo beans (canned)
- Black beans (canned)
- Salsa
- Coconut oil
- Extra virgin olive oil
- Balsamic vinegar
- Steel cut oats
- Rolled quick oats
- Honey
- Mixed Nuts
- Marinara sauce (look for less than 6g sugar)
- Whole grain bread (try Dave's Killer, or Ezekiel Bread)
- Whole grain tortillas
- Peanut or almond butter
- Corn chips
- Vanilla extract
- 'Stevia' natural sweetener
- Organic or vegan protein powder  
(try [OrganicMuscle.com](https://www.OrganicMuscle.com) – discount code: "fitelyse")
- Unsweetened Vanilla Almond Milk (use skim milk if you prefer)
- Mozzarella string cheese
- Hummus
- Chia seeds
- Powdered cinnamon

*tip*

**Shop primarily in the outside aisles, that's typically where you find fresh fruits, veggies and unprocessed meats.**

# Breakfast

You've heard breakfast is the most important meal of the day. I say every meal is the most important... but it all starts with breakfast. Eating when you wake up will jumpstart your metabolism and get your mind focused on health first thing in the morning. These breakfasts are designed to make you feel light and energized.

## Fruit & Protein Smoothie

### Ingredients:

- ½ C pineapple
- ½ C strawberries (fresh or frozen)
- 1 scoop vanilla protein powder
- ½ C Greek yogurt

### Instructions:

Blend with water or unsweetened milk and ice cubes. Any mix of fruits will do.

Consider adding an omega oil blend for added health benefits. I like Udo's Oil 3/6/9 blend\*.

## Sweet Potato Breakfast Burrito

### Ingredients:

- 2 eggs
- ½ C cooked & cubed sweet potato
- 1 C spinach, tomato, peppers
- ¼ C salsa
- 1 whole grain tortilla

### Instructions:

Steam or bake sweet potato beforehand. Brown potato cubes in skillet, before adding eggs and veggies.

Remove when eggs are fully cooked. Pour into tortilla and top with salsa.

## Overnight Oats

### Ingredients:

- ¾ C uncooked rolled oats
- ¾ C unsweetened almond milk

### Instructions:

Add raw oats to milk and allow to sit overnight in refrigerator. It will be ready to eat by morning.

Add ½ TBSP of honey, cinnamon or stevia for flavoring. Also, consider adding 1 TBSP chia seeds for an added healthy boost of energy.

### Other flavors:

- PB Chocolate – mix 1 TBSP nut butter & 1 TBSP unsweetened cocoa powder\* or ½ scoop chocolate protein powder.
- Cinnamon Apple – mix ½ diced apple & cinnamon before refrigerating.
- Protein Packed – add ½ scoop protein powder in the morning
- Banana Nut – top w/ 2 TBSP of mixed nuts & ½ sliced banana

## Berry French Toast

### Ingredients:

- 2 slices whole grain bread
- 1 egg
- 1 tsp vanilla extract
- 1 C mixed berries (frozen or fresh)
- 2 TBSP Greek yogurt

### Instructions:

Whisk egg with vanilla, cinnamon & 1 TBSP water. Dip bread slices in egg mixture and cook evenly (both sides) on stove-top skillet. Top with thawed berries & 2 TBSP Greek yogurt.

## Egg Frittata Muffins

### Ingredients:

- 12 large eggs
- ½ C diced bell pepper
- 2 C chopped spinach
- ½ C chopped mushrooms
- ½ C diced tomato
- 1 ½ C shredded mozzarella

## Protein Pancakes

### Ingredients:

- 2 C rolled oats
- 2 C cottage cheese
- 12 egg whites
- 2 tsp vanilla
- 2 tsp cinnamon
- Topping options:
- 1 TBSP honey & ½ C berries
- 1 TBSP nut butter & ½ C berries
- 1 TBSP coconut oil, cinnamon & ½ sliced banana
- ½ C Greek yogurt, ¼ C berries, cinnamon & stevia

## Veggie Scramble

### Ingredients:

- 2 eggs
- ¼ C sliced bell pepper
- ¼ C sliced mushrooms
- ¼ C diced onion
- ½ C spinach
- ¼ sliced avocado

## Steel-cut Pumpkin Pie Oatmeal

### Ingredients:

- 2 C steel-cut oats
- 6 C water
- ½ tsp vanilla extract
- 1 tsp cinnamon
- 1 can unsweetened canned pumpkin pie mix\*

\*Ingredients not listed on the weekly grocery guide.

### Instructions:

Preheat oven to 375. Spray muffin pan with non-stick cooking spray (generous coating, these suckers really stick). Fill each muffin cup  $\frac{3}{4}$  full with mixed veggies. Beat eggs in a separate bowl with salt & pepper. Pour egg mixture over veggies, filling each muffin cup until nearly full. Top each muffin with mozzarella cheese. Consider trying feta cheese & olives for a Mediterranean twist.



Recipe makes 12, 4 = 1 serving.  
Refrigerate leftovers for quick meals.

### Instructions:

Blend ingredients until smooth. Heat griddle or skillet and coat with non-stick spray. Pour ¼ C batter into pan for one pancake. Can substitute cottage cheese for protein powder, but add ¼ C unsweetened almond milk & 1 additional egg (yoke included).



Recipe makes about 20, 4 = 1 serving. Refrigerate or freeze leftovers for quick meals.

### Instructions:

Combine eggs and veggies in a stovetop skillet. Remove when eggs are fully cooked. Add salt & pepper to taste. Top with sliced avocado

### Instructions:

Mix all ingredients in slow cooker. Cook on low heat 7-8 hours. Makes about 8 servings. Try topping with 1 TBSP crushed nuts or 2 TBSP Greek yogurt & 1 TBSP honey or stevia.

### Other flavors:

Substitute pumpkin for 2 C of mixed berries, apples or peach slices.



**If you don't have a slow cooker (or crock pot), get one. They make for easy meals that can last for days.**

# Lunch

Many people struggle with healthy eating in the middle of the day. If you're eating at work, juggling tasks, babies or appointments, you might opt for convenience – which is rarely the healthy option.

Here's my suggestion, prep ahead and bring lunch with you! You'll also need to pack self-restraint. Shunning an office donut or lunch with friends takes resolve, but you'll feel better for it. It's up to you to choose health over convenience.

And, Surprise! If weight-loss or fitness is your goal, you cannot skip lunch. You must eat!

## Avocado Chicken Salsa

### Ingredients:

- ½ avocado, halved, pit removed
- ½ C grilled chicken breast
- 2 TBSP salsa
- Lime wedge

### Instructions:

>Fill avocado with chicken breast, top w/ salsa & squeeze of lime. Suggest grilling extra chicken and using leftovers for quick lunches.

### Other options:

Substitute chicken breast for 2 TBSP Greek yogurt as protein-packed/low-fat substitute for sour cream. Eat w/ 1 serving tortilla chips.

tip

**Some of these recipes make several servings. I suggest dividing them into smaller containers after preparing, for an easy grab-and-go lunch. Many recipes call for grilled chicken breast, which can be prepared ahead of time and refrigerated for convenience (we use Sunday as a prep day to grill chicken breast for the week ahead).**

## Mozzarella Basil Salad

### Ingredients:

- 2 string cheeses
- 1 C cherry tomatoes
- ½ C cucumber slices
- 2-3 TBSP freshly chopped basil leaves\*
- 2 TBSP olive oil
- 2 TBSP balsamic vinegar
- Salt & pepper to taste

### Instructions:

>Slice cheese into small rounds, mix w/ all other ingredients.



Makes two servings. Split into two separate containers – save one for tomorrow.

## Grilled Chicken Wrap

### Ingredients:

- 1 grilled chicken breast, sliced
- 1 whole wheat tortilla
- Veggies: lettuce/spinach, tomato, cucumber.
- 1 TBSP hummus

### Instructions:

>Spread hummus on an open face tortilla, add sliced chicken & veggies... rock & roll. Add any and all veggies you enjoy – they are always welcome!

tip

**Make your own hummus. Combine 1 C drained garbanzo beans, 1 TBSP tahini paste\*, 1 clove of garlic\*, 1-2 tsp lemon juice\*, 1 tsp cumin\* & a pinch of sea salt. Blend all ingredients in processor until smooth. Consider adding jalapenos and cilantro for a spicy kick.**

## PB & Veg

### Ingredients:

- 2 slices whole grain bread
- 2 TBSP nut butter (peanut, almond etc...)
- 2 tsp honey
- 12 carrots

### Instructions:

Spread PB on toast, top with honey. Try adding slices of fresh strawberries instead of honey. Munch carrots for a healthy & hunger-satisfying side.

## Chicken Salad

### Ingredients:

- 1 grilled chicken breast sliced into small cubes
- 2 slices whole grain bread
- 1 TBSP Greek yogurt
- 1 TBSP crushed nuts
- 2 TBSP diced apple
- Salt & pepper to taste

### Instructions:

Mix ingredients in a bowl, spread mixture on toast or bread.



**Make your own healthy cinnamon nuts.** Place three cups of your favorite nuts in a slow cooker on low heat. Add ½ TBSP cinnamon and 1/3 C honey. Stir to coat all nuts. Cook 1 ½ hours. Eat as a snack, sprinkled on salads or on oatmeal.

## Avocado Bread

### Ingredients:

- 2 slices whole grain bread
- ¾ avocado
- Salt & pepper to taste
- Lime wedge
- ½ tomato, sliced

### Instructions:

Spread avocado on toast, top with salt & pepper, squeeze of lime and sliced tomato

Other options:

Consider any of the following: drizzle of hot sauce, ½ TBSP sunflower or pumpkin seeds, one fried egg, pinch of basil.

## French Toast Grilled Cheese

### Ingredients:

- 2 slices whole grain bread
- 2 eggs
- 1 string cheese
- Side of veggies: carrots, celery, cucumber tomatoes

### Instructions:

Scramble eggs in bowl. Dip bread into egg mixture, one side at a time. Brown each side in a skillet. Pull apart string cheese and arrange pieces between two slices to melt. Slice in half & serve w/ side of veggies.

## Mediterranean Chicken Salad

### Ingredients:

- 4 grilled chicken breasts
- 2 C lettuce or spinach
- 2 whole chopped tomatoes
- 1 can garbanzo beans
- 1 whole chopped cucumber
- 3 full celery stalks
- 1 chopped bell pepper

Optional: add ½ C sliced Kalamata olives\*

Dressing: 1 TBSP lemon juice, 2 TBSP balsamic vinegar, 1 TBSP olive oil\*, pepper to taste.

### Instructions:

Slice chicken breast and mix with all other ingredients in a large mixing bowl. Stir-in dressing.



Makes 4 servings. Hold off on adding dressing until meal time to keep lettuce crisp.

# Dinner

Dinner may be the easiest meal to get right, but people often get it wrong! If you skip meals throughout the day, you'll crave a feast by supertime. First off, don't do that! This is why it's important to eat breakfast, lunch and snacks during the day. You never want to sit down at the table, feeling like you could eat a whole cow, or a giant burrito, pizza, burger, etc...

Health studies show eating heavy foods late in the day contribute to obesity and poor sleep patterns. My dinners will make you feel light and satisfied. And they will leave you with leftovers to share or save for tomorrow.

## Zoodle Spaghetti

### Ingredients:

- 1 LB lean ground beef
- 1 green bell pepper
- ½ sweet onion
- 4 zucchini
- 1 C low-sugar marinara

### Instructions:

Use “zoodle maker” or vegetable spiralizer to twist zucchini into noodle shapes. Steam your zoodles for four minutes on stovetop for slightly soft, yet firm texture. You can also steam in the microwave (about 2 minutes per serving). Saute chopped onion and bell pepper for 3-5 minutes in large saucepan, stir-in thawed ground beef; add pinch of sea salt, pepper & oregano\* and cook until brown. Stir in sauce and serve 1 C meat mixture over 2 C zoodles for one serving.

**tip** Purchase a “zoodle maker”. It will come in handy for your new, healthy and lean lifestyle. You can pick one up for \$10.

## Chicken Kabobs

### Ingredients:

- 4 chicken breasts
- 2 zucchini or yellow squash
- 1 bell pepper
- 2 C mushrooms
- 1 TBSP olive oil
- 2 TBSP paprika\*
- 1 TBSP sea salt
- 1 TBSP pepper

### Instructions:

Slice chicken breasts and veggies into equal size chunks (about the size of the hole between your fingers when you make an ‘ok’ sign). Dump all ingredients into large bowl; drizzling oil over the top and sprinkling paprika, salt and pepper. Stir evenly to coat the chicken and veggies. Skewer each chunk, alternating between veggies and chicken. Place skewers on a grill at medium heat. Flip each skewer after about five minutes. Cook until chicken is no longer pink inside and veggies are slightly charred. Makes 4 servings. Serve over steamed brown rice or quinoa.

**tip** Don't like to grill? Use a wok or large skillet to sauté meals over high heat.



## Salsa Chicken Tacos

### Ingredients:

- 4 chicken breasts
- 1 green bell pepper
- 1 sweet onion
- 1 C salsa

### Instructions:

Place chicken breasts in a slow cooker pan, topped with salt & pepper to taste. Slice onion & bell pepper, arranging evenly through the pan. Cook on low heat for 6-8 hours. Once chicken is tender, remove from slow cooker and shred with a large fork. Dump chicken back into slow cooker and mix-in salsa. Cook for an additional 30 minutes. Makes 5 servings.

Serve in corn tortillas\*. Top with avocado slices and a squeeze of lime.

tip

Place ingredients in the slow cooker before you leave to work. It will be ready when you get home.

## Lean Bean Turkey Chili

### Ingredients:

- 1 LB lean ground turkey
- 1 sweet onion
- 1 green bell pepper
- 1 can black beans
- 1 can kidney beans\*
- 1 can crushed tomatoes\*
- 1 4.5 oz can chopped green chilies

### Instructions:

Spray large pot with non-stick cooking spray. Sauté bell pepper & onion for 5-7 minutes, until onion is translucent. Add meat and green chilies, sprinkle with salt & pepper, chili powder\* and cumin\*. Allow meat to brown before adding beans and tomatoes to pot. Reduce heat to simmer, stirring occasionally. Makes 5 servings.

Top with cilantro\*, sliced avocado and Greek yogurt (as sour cream substitute).

## Italian Stuffed Peppers

### Ingredients:

- 1 LB lean ground beef
- 2 C marinara sauce
- 4 bell peppers, any color
- 1 yellow onion
- 1 C chopped spinach leaves
- ½ C chopped mushrooms
- ½ TBSP oregano\*
- Salt & pepper

### Instructions:

Preheat oven to 350. Remove stems, cores and seeds from bell peppers and set aside. Coat skillet with non-stick spray and sauté onion. Add meat, salt & pepper and oregano to skillet. After about five minutes, add spinach and mushrooms. Cook until meat is browned. Remove from heat and add sauce. Stuff each bell pepper evenly with the meat mixture. Fill oven-safe dish with ½ inch of water and arrange peppers standing-up. Place into oven for 15-20 minutes, until tops of peppers are slightly browned.

Serve with steamed brown rice or quinoa

tip

Prepare parts of your dinner ahead of time: steam rice or quinoa, grill chicken, sauté veggies. By preparing these versatile foods ahead of time, you'll have a variety of healthy meals in just a few steps.



## Lime Chicken Burgers

### Ingredients:

- 1 LB ground chicken
- 1 yellow or orange bell pepper, diced
- ½ sweet onion, diced
- ¼ C chopped cilantro\*
- ½ TBSP chili powder
- Salt & pepper
- 1 lime

### Instructions:

Sauté chopped bell pepper and onion in a stovetop skillet. Remove veggies from skillet and allow a minute to cool, before combining with ground chicken, chopped cilantro and seasonings in a large mixing bowl. Cut lime in half and squeeze juice into mixture. Stir ingredients together. Grab handfuls of mixture and roll into ball. Coat skillet with non-stick spray and flatten one burger with a spatula. Cook on medium/high heat for three mins each side, until slightly brown and crispy, then flip to cook the other side. Repeat for each chicken burger patty. Makes approx. 4-5 burgers. Serve between two slices of toasted whole wheat bread. Top with three slices of avocado, spinach leaves and ketchup.



Try grilling tomatoes, beets, mushrooms, pineapple, peaches or other fruits and vegetables for a delicious topping for burgers or sandwiches.

## Steak Fajitas

### Ingredients:

- 1 ½ - 2 LB flank steak or skirt steak\*
- 1 bell pepper, sliced
- 1 sweet onion, sliced

Marinade: ¼ C lime juice, ¼ C orange juice\*, 1 TBSP olive oil, 1 TBSP minced garlic, Salt & pepper (approx. ½ TBSP each)

### Instructions:

Whisk together marinade ingredients in large mixing bowl or large plastic zip-lock bag. Soak steak in mixture for at least six hours (up to 24) in refrigerator. Once the steak is ready, heat a cast iron skillet on the stovetop on high heat for two minutes (if you don't have one, use a frying pan or grill). Sear steak for 3-4 minutes on each side at high heat. Slice against the grain. If too pink for your liking, toss back on the skillet. Remove the steak from heat and let it rest for 5-8 minutes. Sauté onions & peppers in same skillet, pan or on flat top grill until onions are translucent and peppers are seared. Makes 5 servings. Serve in warm tortillas. Top with cilantro, avocado slices, salsa and/or Greek yogurt (as sour cream).

## Hawaiian BBQ Chicken (w/cauliflower mash)

### Ingredients:

- 2 chicken breasts
- 1 sweet onion, chopped
- 2 C pineapple chunks\*
- 1 ½ C low-sugar BBQ sauce\* (5g or less sugar per serving)

### Instructions:

Season chicken with salt & pepper and combine with onion & sauce in slow-cooker. Cook on low heat for 6-8 hours. Once chicken is tender, remove from slow cooker and shred with a large fork. Dump chicken back into slow cooker adding additional ½ C BBQ sauce and pineapple chunks. Cook for an additional 30 minutes. Makes 4 servings.

Serve with Cauliflower Mash: take one head of cauliflower and cut into small florets. Place in a blender or food processor and season with salt & pepper. Whip until smooth (tastes like mashed potatoes, but less carbs).

Other options: serve chicken over steamed brown rice or quinoa, in a tortilla as a wrap, or on a salad loaded with veggies.



No slow cooker? Use a large pot. Cook over low-heat on stovetop until chicken is tender, repeating steps listed.

# Quick Dinner Options

- 2 eggs. Serve w/ veggies & toast or wrapped in tortilla.
- Chicken sausage. Brown on skillet or grill, mix w/ zoodles & marinara. Or serve on whole grain bread with ketchup, mustard & pickles.
- Rotisserie chicken. Pull apart and toss with salad or wrapped in tortilla w/ veggies.
- Salmon burgers. We love “Trident” brand from Costco. Eat burger-style on whole wheat bread, or slice and serve w/ salad or corn tortillas w/ cabbage & squeeze of lime.
- Black bean burrito. A can of black beans & a tortilla is all you need. Top with spinach, tomatoes and salsa.
- “Fried rice”. Throw 2 eggs & some veggies in a skillet. Add 1 C cooked brown rice (or cauliflower rice\*) and season with salt & pepper (try curry powder!)

# Snacks

A hungry person is more likely to make poor choices when it comes to healthy eating. Which is why it's important to have snacks handy at all times. I recommend eating two snacks each day, between meals. I try to eat every 3-4 hours. It's not practical to have a full meal that often, so here's a few recipes to try out. I also added a list of simple snack options to keep on hand.

## Spinach Applesauce

### Ingredients:

- 4-5 apples, peeled, chopped and cored
- 1 C spinach leaves
- 2 tsp cinnamon
- Greek yogurt

### Instructions:

Place apple chunks in stovetop pot, with a small amount of water. Steam until apples are slightly soft then add spinach, steaming until leaves are fully wilted. Dump mixture into a blender or food processor, add cinnamon and blend until smooth. Top with  $\frac{3}{4}$  C cottage cheese or Greek yogurt.

## Banana Oatmeal Balls

### Ingredients:

- 2 C rolled oats, uncooked
- 1 ripe banana
- 1 TBSP coconut oil
- 2 TBSP chia seeds
- $\frac{1}{4}$  C applesauce (use Spinach Applesauce, see recipe)

### Instructions:

Mash banana in bowl, slowly mixing-in other ingredients. Use hands to form into small balls. (think ping-pong ball size)



Store in air-tight container.

3 = 1 serving.

(meatball size, typically makes about 18).

## Snack Shake

### Ingredients:

- 1 scoop protein powder (suggest natural, organic, perhaps vegan)
- $\frac{1}{2}$  C frozen mixed berries
- 1 C water

### Instructions:

Blend all ingredients & serve. Try fresh berries or  $\frac{1}{2}$  banana (substitute  $\frac{1}{2}$  C water for  $\frac{3}{4}$  C ice).



Purchase a shaker bottle. Fill with one scoop of protein powder before leaving the house. When hunger calls, fill it with water, shake & drink.

## Greek Yogurt Parfait

### Ingredients:

- 1 C Greek yogurt
- 1 TBSP chia seeds
- ½ C fresh berries, orange wedges or sliced banana
- 1 TBSP honey

## Cinnamon Apple Pie

### Ingredients:

- 1 apple, sliced
- 1 TBSP crushed mixed nuts
- 1 tsp vanilla or ½ TBSP honey

### Instructions:

>Lay apple slices flat on microwave-safe platter, top w/ nuts & honey. Microwave 1:30-2 minutes.

## PB Yogurt

### Ingredients:

- 1 C Greek yogurt
- 1 TBSP peanut butter powder\*

## Other Healthy Snack Options

- 1/3 C mixed nuts
- Piece of fruit (or banana, apple, 3 mandarin oranges)
- 1 serving tortilla chips w ¼ C salsa
- Celery or carrots w/ 2 TBSP nut butter
- Snack bar – high fiber (+5g), high protein (+5g), low sugar (-10g)
- 1 string cheese
- 1 slice whole grain bread, topped with 1 TBSP coconut oil & cinnamon

# Meal Plan Calendar

**Weekly Meal Prep:** Make Steelcut Pumpkin Pie Oats, Banana Oat Balls & grill four chicken breasts for the week. Divide oats balls and mixed nuts into portions and put in baggies/tupperware. Double or triple dinner recipes if cooking for a family to have leftovers.

	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<i>Monday</i>	Steel Cut Pumpkin Pie Oats	Banana Oatmeal Balls	Avocado Chicken Salad	1/3 Cup Mixed Nuts	Steak Fajitas
<i>Tuesday</i>	Fruit and Protein Smoothie	1/3 Cup Mixed Nuts	Avocado Chicken Salad	Banana Oatmeal Balls	Steak Fajita Salad <i>*Skip the tortilla and serve it on a salad Try adding black beans</i>
<i>Wednesday</i>	Steel Cut Pumpkin Pie Oats	Banana Oatmeal Balls	Grilled Chicken Wrap	1/3 Cup Mixed Nuts	Hawaiian BBQ Chicken <i>*Tip: Put in the slow cooker in the morning. Prepare cauliflower mash before serving</i>
<i>Thursday</i>	Steel Cut Pumpkin Pie Oats	1/3 Cup Mixed Nuts	Grilled Chicken Wrap	Banana Oatmeal Balls	Hawaiian BBQ Chicken <i>*Serve on a salad with greek yogurt based dressing</i>
<i>Friday</i>	Fruit and Protein Smoothie	Celery & 1 TBSP Nut Butter	Veggie & Hummus Wrap <i>Here skip the chicken in above recipe &amp; add extra hummus or a slice of cheese. *Tip: Make your own healthy adaptations to meals.</i>	Banana Oatmeal Balls	Chicken Kabobs <i>*Meal Prep: Make brown rice as side. Double or triple the recipe so you don't have to cook the next couple nights.</i>
<i>Saturday</i>	Steel Cut Pumpkin Pie Oats	Greek Yogurt Parfait	PB & Veg	1/3 Cup Mixed Nuts	Chicken Kabobs & Brown Rice
<i>Sunday</i>	Fruit and Protein Smoothie <i>*Try using 1/2 banana and 1/2 TBSP nut butter</i>	Spinach Applesauce <i>*Meal Prep: make large batch to prep for next week</i>	Mediterranean Chicken Salad <i>*Meal Prep: Makes 5 portions, use leftovers as next week's lunches</i>	Greek Yogurt Parfait	Zoodle Spaghetti <i>*Meal Prep: Double or triple the recipe and take leftovers for lunches or save for dinners next week.</i>

# Meal Plan Calendar

	Breakfast	Snack	Lunch	Snack	Dinner
<i>Monday</i>					
<i>Tuesday</i>					
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<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					