

Week 1

SUNDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
 - see snack guide for ideas
- D Steak stir fry

MONDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
- D Left overs from the night before

TUESDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
- D Baked salmon and asparagus

WEDNESDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
- D Left overs from the night before

THURSDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
- D Cashew chicken

FRIDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
- D Left overs from the night before

SATURDAY

- B Protein Shake w/ greens & add-ons
- L Another shake w/ small snack & fizz
- D Asian sesame kabobs (make half batch for one person)

SHOPPING LIST

PRODUCE

- 3/4 cup baby spinach
- 2 avocados
- 1.5 cups cherry tomatoes
- 2 cups broccoli
- 3 red or orange bell pepper
- 2 green bell pepper
- 3 yellow onion
- 1 medium red onion
- 3 green onions
- 3 cups cauliflower rice
- 1 cucumber
- 8 cups mixed greens
- 1 head bibb or romaine lettuce
- 1 large bundle asparagus
- 2 lemons
- 1 bulb garlic

MEAT AND FISH

- 6, 4 oz chicken breasts
- 8 oz grass-fed sirloin steak
- 5 oz steak tips
- 2, 5 oz wild caught salmon filets

NUTS, GRAINS, AND SEEDS

- Cashews

MISCELLANEOUS

- Avocado oil
- Coconut oil
- Olive oil
- Toasted sesame oil
- Garlic salt
- Coconut or Bragg's aminos
- Dried rosemary
- Ground ginger
- Onion powder
- Salt
- Black pepper
- Red pepper flakes
- Grilling Skewers

DAILY AVERAGES

Carbohydrate: 39 grams, Protein: 120 grams, Fat: 68 grams

Steak Stir Fry



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 4 oz grass-fed sirloin steak, sliced 1/8 inch thick
- 1 cup broccoli, chopped
- 1 red or orange bell pepper, sliced
- 1/2 small yellow onion, sliced
- 2 tbsp tamari or coconut aminos
- 1 tbsp toasted sesame oil
- 1 tbsp sesame seeds
- 1 green onion, chopped
- cauliflower rice

DIRECTIONS

1. In a medium skillet heat sesame oil over medium heat.
2. Add steak and cook for 2 minutes, stirring occasionally.
3. Add in broccoli, bell pepper, yellow onion, and tamari.
4. Cook for 3-4 minutes, or until vegetables are desired texture.
5. Just before removing from heat, add in sesame seeds and green onion.
6. Serve over cooked rice.

NUTRITION INFO

Calories: 502, Carbohydrate: 22 grams, Protein: 45 grams, Fat: 29 grams

Baked Salmon and Asparagus



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 12 MIN

INGREDIENTS

- 1 large bundle asparagus, ends removed
- 2, 5 oz wild caught salmon filet, skin on
- Juice of one lemon
- 3 tbsp avocado oil
- 2 tsp dried rosemary
- 3-4 cloves garlic, minced
- Salt and pepper to taste
- Quinoa

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Mix together avocado oil, lemon juice, rosemary, garlic, salt, and pepper.
3. In a glass baking dish, coat the salmon and asparagus with the avocado oil mixture.
4. Cook in oven for 9-12 minutes.
5. Serve with quinoa

NUTRITION INFO

Calories: 386, Carbohydrate: 4 grams, Protein: 31 grams, Fat: 27 grams

Cashew Chicken



SERVINGS: 2

PREPPING TIME: 6 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1 tbsp coconut oil
- 10 oz chicken breast, cut into cubes
- 1 red or orange bell pepper, sliced
- 1 green bell pepper, sliced
- 1/2 small onion, sliced
- 1/8 cup coconut aminos
- 1 clove garlic, minced
- Dash of ground ginger
- Dash of red pepper flakes (optional)
- 2 tbsp cashews
- cooked brown rice

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, garlic, ginger, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews and cook for 1-2 minutes.
7. Remove from heat and serve warm with cooked rice.

NUTRITION INFO

Calories: 390, Carbohydrate: 13 grams, Protein: 48 grams, Fat: 16 grams

Asian Sesame Kabobs



SERVINGS: 2

PREPPING TIME: 10 MIN
(PLUS TIME TO MARINADE)

COOKING TIME: 10 MIN

INGREDIENTS

- 12oz steak tips
- 2 bell peppers, color of choice, cut into squares
- 1 small yellow onion, cut into squares
- 1/2 cup coconut aminos
- 3 tbsp avocado oil
- 1 tbsp sesame oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp ginger, minced (or 1 tsp ground ginger)
- 1 tsp onion powder
- Dash of salt
- Grilling skewers.

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Let grilling skewers soak in water for 5 minutes before preparing kabobs.
4. Heat grill to medium heat.
5. Add steak and vegetables to the skewers, alternating between each.
6. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
7. Once removing from the grill pour over remaining marinade.
8. Great with a mixed salad

NUTRITION INFO

Calories: 481, Carbohydrate: 11 grams, Protein: 38 grams, Fat: 33 grams