

Week 2

SUNDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
 - see snack guide for ideas
- D** Turkey chili

MONDAY

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

TUESDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Smoked Salmon Salad

WEDNESDAY

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

THURSDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Fajita skillet

FRIDAY

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

SATURDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Shrimp sheet pan dinner

SHOPPING LIST

PRODUCE

- 1 garlic bulb
- 6 cups arugula or rocket
- 2 cups mixed greens
- 2 cups chopped broccoli
- 2.5 cups cherry tomatoes
- 1/2 cup baby carrots
- 3 small yellow onions
- 1 small red onion
- 4 red bell peppers
- 1 avocado
- 1 summer squash
- 1 small bundle asparagus
- 2 lemons
- 1 lime
- 2 ribs celery
- 1 vine ripe tomato
- 1 cup cauliflower rice
- 2 green bell pepper
- 1 yellow bell pepper
- 2 sweet potatoes

MEAT, FISH, AND DAIRY

- smoked salmon
- 6 oz skirt steak
- 12 oz ground turkey
- 6, 5 oz chicken breast
- 2 organic chicken sausages

NUTS

- Hemp hearts

MISCELLANEOUS

- Avocado oil
- Olive oil
- Coconut oil
- 14.5 oz can fire roasted tomatoes
- Tomato paste
- Chile powder
- Paprika
- Ground cumin
- can of black beans
- Cayenne pepper
- Onion powder
- Cinnamon
- Ground ginger
- Red pepper flakes
- Dried oregano
- Sea salt
- Black pepper
- Jicama wraps (or low carb wraps for fajitas)

DAILY AVERAGES

Carbohydrate: 44 grams, Protein: 114 grams, Fat: 59 grams

Fajita Skillet



SERVINGS: 2-3

PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

INGREDIENTS

- 4 oz boneless skinless chicken breast, sliced 1/2 inch thick
- 6 oz skirt steak, sliced 1/2 inch thick
- 2 tbsp olive oil
- 3 bell peppers (yellow, green, and red), sliced
- 1 medium red onion, sliced
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 2 tsp chili powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp crushed red pepper flakes
- juice from one lime
- Jicama wraps for serving
- can of organic black beans

DIRECTIONS

1. Warm a large skillet over medium heat with 1 tbsp olive oil.
2. Mix together cumin, chili powder, onion powder, salt, and crushed red pepper flakes.
3. Coat chicken and steak with half of the spice mixture and add to the skillet.
4. Cook chicken and steak for 2 minutes, flipping to cook both sides.
5. Add remaining olive oil, vegetables, and remaining spice mixture to the pan.
6. Mix occasionally and cook until chicken and beef is cooked through and vegetables are desired consistency.
7. Remove from heat and add lime juice.
8. Drain & rinse black beans, warm and serve as side.

Serve in a jicama wrap or on a bed of lettuce, black beans with diced tomatoes, avocado, & fresh cilantro

NUTRITION INFO

Calories: 329, Carbohydrate: 10, Protein: 42, Fat: 12

Smoked Salmon Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4 oz smoked, or baked, or even canned salmon
- 2 cups arugula or your choice of lettuce
- 1 handful halved cherry tomatoes.
- 1/2 small avocado, diced
- 1 tbsp hemp hearts
- 1/2 tbsp olive oil
- lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Combine salmon, arugula, cherry tomatoes, avocado, and hemp hearts together in a bowl.
2. Mix olive oil, lemon juice, salt, and pepper together and drizzle over salad.

NUTRITION INFO

Calories: 456, Carbohydrate: 20 grams, Protein: 31 grams, Fat: 30 grams

Turkey Chili



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 0.5 tbsp avocado oil
- 1/2 small onion, diced
- 1 small red bell pepper, diced
- 2 ribs celery, diced
- 1 clove garlic, minced (or 1 tsp garlic powder)
- 12oz ground turkey
- 1/2 14.5 oz can fire roasted tomatoes
- 1/2 tbsp tomato paste
- 1 1/2 tsp Chile powder
- 1/2 tbsp paprika
- 1/4 tsp ground cumin
- Dash of cayenne pepper
- Dash of salt and pepper

DIRECTIONS

1. Heat avocado oil in a large pan.
2. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
3. Add turkey, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, stirring and turning the turkey frequently.
4. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
5. Turn to low and simmer for 15-20 minutes.
6. Remove from heat and serve warm.
7. Top with avocado.

NUTRITION INFO

Calories: 330, Carbohydrate: 16 grams Protein: 35 grams, Fat: 14 grams

Shrimp Sheet Pan Dinner



SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 12oz medium shrimp (peeled and deveined)
- Chicken Sausage
- 1 cup cherry tomatoes
- 1 medium summer squash (sliced 1/2 thick)
- 1 bundle asparagus (thin)
- 3 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp ground ginger
- 1 tsp dried oregano
- 1 tsp onion powder
- 1 tsp salt
- 2 tbsp lemon juice
- 2 cubed sweet potatoes

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix together olive oil, garlic powder, ground ginger, dried oregano, onion powder, and salt.
3. Place the shrimp, cherry tomatoes, summer squash, sweet potatoes, and asparagus in a large pan.
4. Pour over olive oil mixture and lightly toss with the shrimp and vegetables.
5. Bake for 6-8 minutes.

NUTRITION INFO

Calories: 296, Carbohydrate: 17, Protein: 28, Fat: 16