The Body Fuel System
How to Effortlessly Lose Fat and Become Insanely Healthy in 30 Days

PART II

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Putting it All Together

In Part 2 of the Body Fuel System, you get to plug in everything from Part 1 and start getting your body really dialed in.

**Before diving into the Meal Plans, I highly recommend you review the *Fit, Healthy and Confident Eater* and *Food Avengers* sections of Part 1 so you can adjust your daily meals to suit your needs around workouts and non workout days.**

Here’s what you have:

- ✓ 4 grocery lists – one for every week that corresponds to the daily menu and weekly recipes.
- ✓ Food prep steps for each week, so you can knock out your food prep in one power session.
- ✓ Over 50 of my fitness food recipes (gluten-free/dairy free) organized by week to work with your body to maximize fat burn, support lean muscle growth, and turn you into a Kitchen Ninja!
- ✓ Options below each of the fish/poultry/meat recipes if you have fish or shellfish allergies, would like to make the System Pescetarian or completely meatless.* Each of these alternative recipes includes the exact grocery store items you’ll want to swap out to make it simple and easy. Just plug your chosen entrée into the food prep and daily menu.
- ✓ 4 weekly menus for easy daily reference so you know exactly what to eat, what to pack up for the day, and what to plan for the next day.

*Notes for the meatless options: For best results and for maximum nutrient variety, I recommend a mixed diet, consisting of both plant and animal protein sources – but I also enjoy going meatless for a month on occasion, and respect all eating choices. As legumes contain more starch than animal protein sources, you may want to slightly decrease your serving size of other carbs (even as little as a ¼ cup), such as quinoa, oats, and sweet potatoes when including the alternative recipes.
Using the Grocery Lists

The grocery lists are written to correspond to the suggested daily menus. You will absolutely be able to customize this as you go through it. I recommend printing out your grocery lists if you’re planning to make changes or additions so you can write on them.

Be sure to familiarize yourself with Part 1, as each chapter about the nutrients gives you great suggestions for other foods that are similar - and I’ve included some ingredient swaps below to help you with foods you can’t find in your area or if you have a food allergy or intolerance.

You will be able to easily see the nutrients in your daily meals to help you identify creating a balanced plate - see the following section on How to Use the Daily Menus for additional reference.

If it’s your first time doing something like this, try it out pretty close to as it is written, then make adjustments as you go.

If there’s a recipe in my plan that you don’t care for, or just can’t find the ingredients for feel free to swap it out with something from my blog or something else entirely with a similar nutrient profile and whole food ingredients.
How to Use the Daily Menus

You can ALWAYS mix up the order of the meals to suit you – I have been known to have dinner for breakfast and a green smoothie for dinner many times.

Your recommended serving sizes are for women, and are a great place to start out. They can be adjusted up or down as you go. If you’re not hungry for everything on your plate, don’t force yourself to eat it all. Conversely if you’re still hungry, that’s a great time to add a little extra.

Your energy needs will change daily, and this is the part where you get to start practicing listening to your body’s biofeedback. Because you’re feeding it the right nutrients, your body will let you know when it’s hungry, and when it’s time to stop eating. Feel free to adjust the serving sizes as you go.

How to See the Nutrients in Your Meals

In each of your meals, I’ve used a letter to represent which nutrients are included to help you recognize them.

P: Protein
C: Carb
G: Greens/Veggies
F: Fat

V: the Vegetarian/meatless option - will include the nutrients for you as well.

This can be super helpful if you are trying to swap out different foods for the foods in your meals - if for example you are dining out, or haven’t done
all of your prep yet and looking for good alternatives that would work just as well as what’s on the daily menu.

If you can start to recognize the nutrients in foods you’re familiar with, you can more easily start putting together more balanced meals in general.

Say for example you are just starting with the plan and you haven’t done all the prep yet, but you did make breakfast and you have a green smoothie.

You go to work for the day, but don’t have lunch with you and end up going to a restaurant with your co-workers. You pull up the daily menu from your meal plan and see that you have a Turkey Burger (P), Wild Rice (C) and Avocado (F) listed. You can easily then order a lunch that resembles the nutrients in that meal.

While the restaurant may not have a burger with avocado and a side of rice listed on their menu, by looking through the items listed for all their dishes, you may see that they do have avocado, they do have a burger and they don’t have rice, but they do have quinoa and they also have a roasted potato option. You could ask for a burger with a side of avocado, no bun, and a side of quinoa or the roasted potato - as both would be great options.

Be aware that restaurant serving sizes are often larger than what we’d cook at home, and that what they’re cooking with and adding to the foods may also be different. But choosing the best option for the situation and including the nutrients you need is always the best way to go when you’re not able to eat your home cooked foods.

How about another example….say you didn’t make the protein muffins? No problem. Look for a protein bar with the least amount of additives and sugar in it.
This is actually quite tricky, as most “protein bars” are really just glorified candy bars by the time the manufacturer gets done with them. It’s best to use them as a backup only - but it’s better to eat something that skip eating entirely.

Again, just do the best you can with the situation you’re in, and start to work towards doing a little more food preparation each week so you can set yourself up for success on the go.

A great place to start if you’re new to all of this is to make sure you have a good breakfast each day, and are working on getting green smoothies in 4-5 days a week.

You can start adding in more and more of the good meals as you get comfortable with the recipes. Small daily changes really do add up to big results - don’t force yourself to learn all of this in four weeks just because this is a 30-day plan.

Give yourself time to get used to knowing what nutrients your body likes and responds well to. You’re going to do great!
Planning For More People

If you are doing this plan with someone else, I recommend that you go through the first week in the quantities prescribed rather than just doubling everything.

Because you can’t always tell how much each person will eat, it’s a good way to gauge how many extra ingredients you’ll actually need to buy for the next time around.

Even if you run out a little sooner, it’s better than spending double the money only to find out you didn’t need all that food (almost never the case anyway!).

Some things you’ll know for sure you might want extra of like your proteins and carbs, but just aimlessly buying double of everything will cause a lot of waste especially if it’s your first time doing this so be conservative.

When using this plan for a family, I can’t give you an exact amount for everything - but a good rule of thumb is to look for the entrees recipes or recipes you plan on making for the whole family and doubling those.
Approved Grocery List/Food Swaps

Whenever a recipe/meal calls for a specific protein, carb, fat, and vegetable/green, you may use any of these examples - and more whole foods not listed - to change the meal to your preferences.

Just remember to cover all of the macronutrients in the recipe/meal so that you don’t miss a key nutrient.

**Protein Swaps:**
- Eggs
- Liquid Egg Whites
- Beef
- Bison/Buffalo
- Lamb
- Game Meat (duck, venison, quail, etc.)
- Pork
- Chicken
- Turkey
- Fish
- Shellfish
- Tempeh
- Plain Greek Yogurt (if you tolerate dairy)
- High-Quality Protein Powder

**Carb Swaps:**
- Quinoa
- Rice (long-grain and wild varieties)
- Steel Cut Oat Groats
- Buckwheat

**Fat Swaps:**
- Avocado/Avocado Oil
- Olive Oil
- Coconut Oil
- Nuts/Seeds (almonds, walnuts, pecans, brazil nuts, hazelnuts, macadamia nuts, pumpkin seeds, sunflower seeds, chia seeds, flax seeds, hemp seeds)
- Nut/Seed Oils (any oils from the nuts/seeds listed)
- Nut/Seed Butters (any butters from the nuts/seeds listed)

Amaranth
- Millet
- Potatoes (any variety)
- Beans/Legumes

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Produce Swaps:
Apples
Pears
Berries
Grapes
Cherries
Bananas
Kiwi
Mango
Pineapple
Oranges
Lemons
Ginger
Spinach
Kale
Chard
Arugula
Mixed Spring Greens
Bok Choy
Dandelion Greens
Mustard Greens
Collard Greens
Cucumber
Tomatoes
Broccoli (or broccolini)
Cauliflower
Asparagus
Green Beans
Sugar Snap Peas
Edamame
Brussels Sprouts
Artichoke
Squash (any variety)
Carrots

Pantry Items/Additions:
Celery
Bell peppers
Mushrooms
Onions (any variety)
Garlic
Fresh Herbs/Spices
Coffee
Tea
Non-Dairy Milk (almond, coconut, rice, hemp, oat, flax, etc.)
Broth (vegetable, chicken, beef, turkey, etc.)
Sun-dried Tomatoes
Vinegar (apple cider, red wine, balsamic, etc.)
Pumpkin Puree
Cacao Powder
Cacao Nibs
Goji Berries
Dried Fruit (raisins, apricots, cherries, cranberries, etc.)
Unsweetened Shredded Coconut
Unsweetened Applesauce
Honey
Maple Syrup
Coconut Sugar
Almond Meal Flour
Coconut Flour
Arrowroot Powder
Baking Powder
Baking Soda
Vanilla Extract
Pasta Sauce (check for added sugars)
Canned Vegetables (in water)
Dried Herbs/Spices
Snack Swaps:

Greek yogurt with berries and nuts (if you handle dairy well) - and please don’t opt for the nonfat or low fat kind, get full fat Greek yogurt - if you start reading your labels you’ll see that 99% of those products have tons of added sugar to make up for the very negligible fat content removed just so they can say it’s “nonfat.”

Protein muffins with veggies of your choice

Protein bars with veggies of your choice

Trail mix (any mix of nuts, seeds, and dried fruit you like)

Protein shake with fruit

15 Healthy Snack Ideas - check out this post for more great ideas!

Specialty Items:

Goji berries can be swapped for another dried fruit like raisins

Hemp seeds aren’t always available everywhere, but you can order them online for a great price - usually less than what you’d pay in the store. They are an fat and protein rich seed - you can substitute other fats and proteins, or leave them out entirely.

You can find cacao nibs online if you can’t find them in the store.
Substitutions for Nut and Egg Allergies

Eggs

As a meal replacement:
Scrambled tofu with nutritional yeast and a little mustard.

In baking:
1 T flax seed meal plus 3 T water

½ banana or ¼ cup applesauce - Banana and applesauce work best as an egg replacer in recipes like pancakes, muffins and yeast-free quick breads, but they won’t help your recipe be as light and fluffy as they would with eggs. Just be sure to include a little baking soda or powder if the recipe doesn’t already call for it to help with this.

¼ cup Silken tofu replaces one egg. Blended with the liquid ingredients works best. It won’t change the flavor of your recipe, but it will increase the density. It works best in recipes like brownies and pancakes.

¼ cup of yogurt will also replace one egg. Similar to the notes on tofu, it will behave differently in different recipes.

Tree Nuts

As a meal replacement:

To get similar nutrient benefits to nuts, include seeds in your diet. Chia, hemp and flax all contain essential fatty acids and essential amino acids and digest easily.
In baking:

Try sunflower seeds, ground flaxseed meal, or pumpkin seeds for a larger seed that adds a good crunchy texture to baked goods. Sun Butter is also a good option and can replace almond butter or other nut butters in a recipe. You can also make a great pesto using a combination of sunflower and sesame seeds.

**Avocado**

I do get questions about what to substitute for avocado if you’re allergic. I recommend making Hemp Seed Mayo:

1 cup hemp seeds  
3 T Apple Cider Vinegar  
2 T olive oil  
1/2 cup water  
pinch of salt

Blend in your high speed blender (food processor could work too!) until creamy. Also delicious with 1-2 cloves of garlic, fresh or dried herbs, paprika or other seasonings.
1. **Look at the grocery lists and recipes ahead of time each week** to make substitutions, additions, or omissions.

2. **When you are making changes**, always try to substitute a food with similar nutrients to the one you are taking out as best you can (with regard to protein, carbohydrates, fat, fiber, and sugar content). When in doubt, try google.

3. **Be sure you have the necessary kitchen tools** for the recipes you’ll be making, plus whatever to-go containers you need to pack your daily food when you’re not at home.

4. **Set your alarm a little earlier in the morning** so you’ll have time to pack up your food for the day.

5. **Pre-make a smoothie and/or breakfast if you’re taking it with you**. Really want something? Make the time for it, and you WILL be successful.

6. **Use your phone alarm to remind yourself of things that will help you stay on track** throughout the day. My friend Jeff calls his smartphone his “life device” (haha) – it’s with you all day long and has simple features like an alarm you can set to keep you on track! Use it!

7. **You can ALWAYS mix up the order of the meals any day you like** to accommodate your workout schedule, your work schedule, and anything else you have going on. I have been known to eat dinner for breakfast and a green smoothie for dinner many times.
8. Even more important than exact portions and meal times is including nutrient-dense, whole foods in your life consistently and listening to your body - when you're full, when you're hungry and responding to those signals.

9. Don’t get stressed about calories or having perfect amounts – pay attention to how hungry you are, and how full you get from each meal, and keep track of what you experience. Every time we change our eating habits, our body goes through an adjustment.

10. Give yourself time to adjust to this kind of whole, healthy food and increase or decrease your food quantities as needed to support your activity level.
Week 1
Week 1: Groceries

Fruits and Vegetables:
✓ 2 bunches Kale
✓ 6 oz Baby spinach
✓ 6 oz Mixed greens
✓ NOTE on Greens: you can buy baby kale, mature kale, any variety of kale available or a different green altogether (check approved swaps for ideas). You can buy your greens in bunches fresh, or prepackaged - 2 bunches varies depending on where you’re shopping. Don’t worry about the “exact amount” - just start out with a nice variety of greens and play it by ear week to week to ensure you are getting a variety of them and can make your smoothies and salads.
✓ 2 bunches Parsley
✓ 1 Cucumber
✓ 1 bunch Asparagus
✓ 8 Carrots
✓ 1 Tomato
✓ 1 Avocado
✓ 1 Yellow onion
✓ 1 head Garlic - you need 8 cloves this week
✓ Fresh thyme - you need 12 sprigs this week - or 5 tsp dried thyme
✓ Fresh rosemary - you need 6 sprigs this week - or 2 tsp dried rosemary
✓ Fresh basil - enough for ½ cup
✓ 32 oz Strawberries
✓ 6 Apples
✓ 2 Oranges
✓ 4 Lemons
✓ 6 oz Raspberries
✓ 12 oz Blueberries
✓ Fresh ginger - enough for 5 inches worth
Grains, Seeds, Nuts:
✓ Quinoa - you need 2 cups this week
✓ Steel cut oat groats - you need 1 ½ cups this week
✓ 1 loaf of gluten free or sprouted grain bread — look for one that’s in the cold or frozen section, and read the label for the least amount of ingredients and mostly ingredients that you recognize. Get it pre-sliced and keep it cold. Sprouted grain bread is a good back-up option.
✓ Walnuts - 1 cup this week — you’ll need more in the coming weeks
✓ Almonds - 1 1/4 cup this week — you’ll need more in the coming weeks
✓ Sesame seeds - 1/4 cup
✓ Hemp seeds - 2 cups (find out what hemp seeds do for your body here!)

Meats and Protein:
**Determine what 1 serving of meat is for you in ounces based on the size of your fist. Women generally between 4-6 oz, men between 5-7 oz. Buy according to your needs.

✓ Eggs - you need 17 this week
✓ Egg whites - enough for 3 cups
✓ Boneless, skinless turkey or chicken breast - 2 lb
✓ Salmon Filets - 2 servings, wild caught preferable
✓ Frozen shrimp - enough for 2 servings
✓ 2 cans albacore tuna - no salt added, packed in water
✓ Vanilla chai spiced protein powder - 1 use Raw by Garden of Life Vanilla Chai Spice Protein Powder or similar - 4 servings
✓ Vanilla protein powder - 1/2 cup

Pantry Items:
✓ Apple cider vinegar - for washing fruits and veggies and in detox tea
✓ Cooking oil spray - I most often use organic, olive oil cooking spray
✓ Diced tomatoes - 2 (15 oz) cans
✓ Olive oil
✓ Almond milk
✓ Coconut flour (2/3 cup)
✓ Grainy mustard
✓ Raisins
✓ Cacao nibs
✓ Maple syrup or honey
✓ Baking powder
✓ Vanilla extract
✓ Salt
✓ Pepper
✓ Cinnamon
✓ Nutmeg
✓ Cardamom
✓ Cacao powder - specialty food item - may be available in bulk or in most health food stores
✓ 70% dark chocolate pieces
✓ Unsweetened coconut flakes

For more of the healthy ingredients I use, where to find some of them, and what they can do for YOU, click here.
Week 1: Food Prep

Tools you'll need this week:
✓ Food processor
✓ High-power blender
✓ Medium and large Saucepan (pot)
✓ Medium and small Sauté Pan
✓ Spatula — rubber and grill
✓ Cookie sheet
✓ Muffin tin
✓ Measuring cups — dry and liquid
✓ Measuring spoons
✓ Mixing bowls
✓ Tupperware containers (I prefer glass containers with any kind of top)
✓ Ziplock bags
✓ Lunchbox/food carrier
✓ Portable Smoothie/Drink carrier
✓ Grater or zester (optional)
✓ Potato peeler (optional)

Food Prep Power Session
Prepare these recipes together for the week after shopping. Refer to recipes below for complete preparation and additional recipes. There is a meatless option below each protein/entree recipe – follow the same prep guidelines for setting up your week and follow the recipe of your choice.

Greens:
Green Smoothie Set Ups
Mixed Green Salad Prep

Carbs:
Quinoa
Overnight Oatmeal

Proteins:
Eggs
Sesame Hemp Seed Turkey Bites
Tomato Turkey Soup

Sides:
Pesto
Asparagus
Trail Mix
Blueberry Protein Muffins

Suggested Food Prep Sequence

First, imagine you’re a chef. A chef has to think about and prepare dinner for multiple people, with multiple courses all night long. YOU only have to prepare food for yourself for the week for a couple hours, and then you’re done — with great-tasting, healthy food to support your goals!

You don’t have to prep everything I’ve suggested. You can alternatively wash your greens and fruits and set up your refrigerator like a prep station, to cook your food daily.

I personally prefer doing a specific amount of prep ahead of time - primarily staple carbs and proteins that keep well as it ensures my success day after day throughout the week, and gives me so much more free time to focus on other things.

Some of the meals work much better when you prepare them fresh. For example, fish is better prepared fresh and leftovers eaten the following day.
If I'm not doing batch prep for the week and cooking more often, I always make at least enough for leftovers the next day.

This is a suggested sequence of steps you could use to prep all of the items listed above. Whether you continue to practice this way or simply take away parts of it that work, organized cooking and food-prepping is a valuable lifestyle skill that you can use for years to come.

1. I like to begin my prep by starting with the things that need some time to cook, so I can use the time they’re cooking to work on other things. More gets done. For this week, start out by turning your oven to 350 F, and while it’s pre-heating, do the steps needed for the **Sesame- Hemp Seed Turkey Bites** and get them in the oven.

2. Once they’re in the oven, start prepping your **Blueberry Protein Muffins** and **Mixed Greens Salad**.

3. Once the green salad is finished, you can cook the **Scrambled Eggs** in a skillet, and at the same time cook your **Quinoa** and **Oatmeal**.

4. Package up the eggs, and wash and dry the skillet. Bring it back over to the stove and allow it to warm up while you prep the onions and garlic and get them in to start the **Tomato Turkey Soup** prep. The Quinoa will be about done by now, and you can pack it up and put it in the fridge.

5. When the turkey bites are done, remove them to cool. The soup will be cooking down and will only need an occasional stir — so at this point you can turn your attention to prepping your **Pesto**.

6. Assemble **Pesto** in the food processor, and then pack it in a small container. When the muffins are done, let them cool and freeze half of them (6 muffins) for another week.

7. When the soup is finished cooking, put it in the blender to finish steps. Then pack it up and refrigerate. Chop 1 1/2 cups of **Carrots** for snacks during the week.
8. Wash and cut the ends off the Asparagus, and get it set up to go in the pan. Mix and store the Trail Mix.

9. Do Green Smoothie set-ups, or simply wash fruit and greens. Chop greens into bite-sized pieces and bag up so you have the ingredients ready to go and can vary your smoothies as you like.

**Weekly Green Smoothie Prep:**

You have the option of either washing your fruits and vegetables and individually wrapping them to use with any smoothie, or as snacks, or to throw into different dishes - OR - you can set up individual bags for each smoothie with most of the ingredients included.

Here is a quick video to show you how to do green smoothie set-ups if you like that option. Use the recipes for this week’s green smoothies.

>>Click to Watch a Helpful Green Smoothie Set-Up Video
Green Smoothies

chai green smoothie

Yield: 1 large serving
You will need: blender, knife, measuring cups and spoons

5 large strawberries
1 apple
1/2 orange
1 1/2 cups kale - about 4-5 stalks, de-stemmed
1 1/2 tsp spice blend
1 inch fresh ginger peeled
1 scoop Raw Vanilla Chai Spice protein powder (or similar)
1 cup unsweetened almond milk or other milk
1/2 cup water - add more water as needed to make this the right consistency

1. Add greens and liquid to your blender, and blend until well combined.
2. Add in strawberries, apple, orange and ginger and blend.
3. Add in protein powder and spice blend and any needed additional liquid and blend.
the avenger green smoothie

**Yield:** 1 large serving  
**You will need:** blender, knife, measuring cups and spoons

5 strawberries  
1/2 apple  
1 cup packed mixed spinach and kale  
1/4 cucumber  
1/4 cup fresh parsley  
1/2 lemon (read the [Top 10 Health Benefits of Lemons](#))  
4 T hemp seeds  
1 cup water - *add more as needed to get the right consistency*

1. Add greens and liquid to your blender, and blend until well combined.  
2. Add in fruit and lemon and blend again.  
3. Add hemp seeds and any additional liquid needed and blend a last time.

**spice blend**

1 tsp cinnamon  
1 tsp nutmeg  
1 tsp cardamom  
2 tsp cacao powder

1. Measure ingredients into a small ziplock bag, and set aside to use in green smoothies as called for by the recipe.  
2. Makes a great topping for oatmeal, keeps very well and can also be sprinkled in your coffee!
Mixed Greens Salad

daily greens salad

Yield: 7 servings

You will need: large mixing bowl, cutting board and knife, medium skillet, cooking oil spray, tongs, grater or food processor

6 oz bag/package assorted mixed spring greens
2 large carrots
1 large tomato
1/4 cup chopped almonds
1/4 cup hemp seeds
1/2 lemon
3 T olive oil

1. Chop almonds in the food processor.
2. Chop carrots in the food processor, or use a grater.
3. Finely chop the large tomato.
4. Toss greens together in a large mixing bowl with hemp seeds, almonds, carrots and tomatoes. Cover and refrigerate.
5. Squeeze the juice of half a lemon and the olive oil into a small container. Add a little salt and pepper if you like.
6. Cover and store. The dressing can be added as you go, and can also be added to the salad if you throw it in the sauté pan and have it hot on the side of your breakfast or entree.
Good Beverages

- Water
- Morning, daily: hot water with 1/4 lemon and some peeled, fresh ginger
- Green tea
- Americano/espresso/coffee — keep it to 2-3 shots or 1.5 cups a day (I like mine before a workout — read why)

Pesto of the Week

parsley-thyme spinach pesto

Yield: About 1/2 cup
You will need: food processor (or blender), spatula, cutting board and knife, grater, measuring cups and spoons

2 cups spinach
2 cups parsley, de-stemmed
2 T fresh thyme (or 2 tsp dried)
1/2 cup walnuts
2-3 garlic cloves
Juice and zest of 1 whole lemon
1/4 tsp salt
Fresh black pepper to taste
1/2 cup olive oil

1. Remove the parsley from its stems. Measure it by packing it tightly into a cup — or just guess-timate. I'd go with about a head and a half.
2. Pack the spinach tightly to measure as well and add both to the food processor.
3. Pluck the leaves of thyme from its stems and add them along with the greens — if
   you don't feel like de-stemming, it will still be okay.
4. Pulse the greens together until they’ve formed a fine, even consistency. I
   like to use
   pulse mode to help the leaves settle, and occasionally open the top to
   scrape down
   the sides with a spatula.
5. Peel the garlic and add it along with the walnuts. Blend until sticky.
6. Remove the lid of the food processor and grate or zest half a lemon (this
   is easy, and you don't need a special zesting tool — you can just use a
   normal grater).
7. Squeeze the lemon's juice in. Run the processor again, and slowly add
   the olive oil. You may add a little more or a little less, depending on how
   you like your consistency — spreadable and maybe a little runny.
8. Scrape the pesto into a bowl or container, and add the salt and pepper
   last.
sautéed asparagus

Yield: 2 servings
You will need: sauté pan, garlic press (optional), cutting board and knife, tongs or spatula

1 bunch asparagus
1-2 cloves garlic
1-2 T olive oil

1. Wash asparagus and cut white or tough ends off.
2. Heat a skillet to medium, and add olive oil.
3. Mince or press garlic into the pan, and add asparagus.
4. Allow it cook for 5-7 minutes or desired doneness, turning several times with your tongs for an even sauté.

blueberry protein muffins

Yield: 16 muffins (8 servings)
You will need: muffin tins, cupcake liners or cooking spray, measuring cups and spoons, spatula, whisk

2/3 cup coconut flour
1/2 cup vanilla protein powder
1 tsp baking powder
4 eggs + egg whites, totaling 2 cups (you can also use 8 whole eggs if you don’t have egg whites separate)
2 tsp vanilla extract

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1/2 cup lemon juice (or the juice of 2 lemons) + 1/2 cup water
1/2 cup maple syrup or honey*
2/3 cup blueberries, fresh or frozen

1. Preheat oven to 350 F. Line two muffin tins with 16 liners (total).
2. Mix the coconut flour, protein powder, and baking powder. In a liquid measuring cup, mix up your eggs, vanilla, lemon juice, maple syrup (if using honey, make sure it’s liquid first), and vanilla. Stir the wet and dry ingredients together. Gently fold in the blueberries.
3. Pour evenly into the muffin liners and bake for 15-20 minutes or until you can insert a toothpick and it comes out clean. The muffins will have a slight golden brown top when they’re done. Freeze half (8) of the muffins to use another week.

trail mix

**Yield:** 3 servings (1/2 cup each)
**You will need:** measuring cups and spoons, mixing bowl, wooden spoon

1/2 cup almonds
1/2 cup walnuts
1/4 cup raisins
1/4 cup cacao nibs

1. Measure and mix in a bowl. Store in an airtight container

**Alternatively, you may use any combination of nuts, seeds, dried fruit that you like best**
Carbs

quinoa

Yield: approximately 6 servings*
You will need: medium sized pot, measuring cups

2 cups quinoa
4-5 cups water

Optional Soaked method – to partially predigest the grain - Place quinoa in a bowl and cover with water and 1 T apple cider vinegar. Cover and allow to soak for 8 hours. Drain through a cheesecloth or similar and cook in fresh water. This is easily accomplished by setting it out first thing in the morning, and cooking it when you come home, or start it at night and cook it the next day.

1. Add water to saucepan and measure in quinoa.
2. Cover and cook over medium heat until it comes to a low boil.
3. Reduce heat slightly and cook uncovered for 15-20 minutes or until quinoa has absorbed all the water and is light and fluffy.

*Quinoa will be one of your staple carbs this week. The amount you’re making here will be enough if 1/2 cup serving is adequate for you. Increase the amount to 3 cups, and 5-6 cups water if the right amount is 3/4-1 cup per serving (men, those with more muscle, and extremely active individuals).
old-fashioned oatmeal

Yield: 2 servings
You will need: large pot, liquid measuring cup, measuring cup

2 cups of water
1/2 cup oats
1/2 T vanilla extract

1. Measure water into large pot and add oats.
2. Bring water to a boil and allow to boil for 1-2 minutes.
3. Remove from heat, add vanilla.
4. Cover, and refrigerate.
5. The following day, stir the oats together with any foam that has accumulated on the top. All the water will be absorbed.
sesame-hemp seed turkey bites

Yield: 8 servings
You will need: cookie sheet, bowl with lid or large Ziplock bag, cooking oil spray

2 lb turkey tenderloin or breast, cubed
1/4 cup hemp seeds
1/4 cup sesame seeds
6 sprigs fresh rosemary (or 2 tsp dried rosemary)
10 sprigs fresh thyme (or 3 tsp dried thyme)
1 tsp sea salt
fresh pepper to taste

1. Preheat oven to 350.
2. Pull herbs from stems and chop fine.
3. Put cubed turkey in a bag or covered bowl with sesame seeds, hemp seeds, salt and pepper, and herbs. Shake until well coated.
4. Spray a cookie sheet with cooking oil spray. Spread turkey pieces out to distribute evenly.
5. Bake for 15-20 minutes.
meatless option: sesame-hemp seed white bean salad

Yield: 3-4 servings
You will need: mixing bowl and spoon, cutting board and knife, measuring cups and spoons

2 cups white beans (see below for natural cooking method, or buy organic, canned white beans)
1/4 cup hemp seeds
1/4 cup sesame seeds
3-4 sprigs fresh rosemary (or 1 tsp dried rosemary)
3-4 sprigs fresh thyme (or 1 tsp dried thyme)
1/2 tsp sea salt
Fresh pepper to taste
2 T sesame oil

Natural cooking method: In a large bowl, cover beans by 3 inches with cold water, cover and set aside at room temperature for 8 hours or overnight. Drain beans and transfer to a pot (add seasonings like quartered onion, bay leaf, salt if desired). Cover with water and bring to a boil for 1 minute. Reduce heat and allow them to simmer, stirring occasionally for 1 1/2 hours. Drain water and discard seasonings. Transfer to a container or bowl.

1. Pull herbs from stems and chop fine.
2. Combine herbs, salt and pepper, beans, seeds and sesame oil in a large bowl and stir to combine.

Add to Grocery List: 2 cups white beans, dry or canned, sesame oil
Remove from Grocery List: 2 lb chicken
fire roasted tomato turkey soup in the blender

Yield: 4 servings
You will need: large sauté pan, garlic press (optional), cutting board and knife, measuring cups

1/4-1/2 cup cold pressed extra virgin olive oil
1 medium yellow onion, diced
2-4 cloves of garlic, minced
2 cans organic diced tomatoes, undrained (I love the Muir Glen fire roasted tomatoes)
1/2 cup almonds
1 cup almond milk/hemp milk/coconut milk (choose one) - add more liquid as needed to achieve desired soup consistency
1/2 cup fresh basil (de-stemmed)
1/2 (1lb) of your pre-baked Sesame-Hemp Seed Turkey Bites

1. Heat the olive oil, onion, and garlic in a large skillet over medium heat for 5-10 minutes, stirring frequently until the onion is soft and translucent.
2. Reduce the heat to low, and add the tomatoes and almonds.
3. Heat for 30 minutes, stirring occasionally.
4. Remove the tomato mixture from the heat and transfer it to the blender using either a ladle or measuring cup to scoop it out of the skillet neatly.
5. Add the basil and almond/hemp/coconut milk and cover; then puree until smooth. If you have a very thick soup (which can happen if nearly all of the liquid has cooked out of your vegetables), add additional water, chicken broth or almond milk to a consistency you like.
6. Add pre-baked turkey bites and pulse the blender several times until it’s shredded but not completely blended.
meatless option: fire roasted tomato white bean soup in the blender

Follow above recipe, but do not add the Turkey Bites. Instead, blend half of the white bean salad into the soup at step 7. I like to leave the bean pieces partially whole to give the soup a nice texture but you can puree them in if you like.

tuna avocado salad

Yield: 2 servings
You will need: can opener, small bowl, fork, sharp knife

2 cans wild-caught, packed in water no salt added Tuna
1 ripe avocado
2-3 T grainy mustard

1. Drain tuna.
2. Mash in a bowl with ripe avocado.
3. Add grainy mustard and mix until combined.
4. Optional – add leftover fresh herbs

fish-less option: black bean avocado salad

Yield: 2 servings
You will need: food processor, knife, spoon, measuring spoons

15-oz (~1 3/4 cups) Organic, low-sodium Black Beans (canned, or cook your own recommended – see above for natural bean cooking method)
1 ripe avocado
1 tsp cumin
1/2 tsp salt

1. Blend all ingredients in food processor until well mixed (the riper the avocado the better).

Add to Grocery List: Black beans, cumin
Remove from Grocery List: tuna, mustard

baked pesto salmon

Yield: 2 servings
You will need: baking sheet, cooking oil spray, spatula

Salmon filets
2-3 T Pesto

1. Preheat oven to 350.
2. Spray a baking sheet with olive oil cooking spray, or line with aluminum foil.
3. Set filets on the sheet and top with pesto.
4. Bake for 15 minutes or until done.

fish-less option: baked pesto tempeh cubes

Yield: 2 servings
You will need: baking sheet, cooking oil spray, small bowl, measuring spoon

8 oz package Organic Tempeh (learn about tempeh)
3-4 T pesto
1. Preheat oven to 350.
2. Spray a baking sheet with cooking oil spray or line with parchment or foil.
3. Cube tempeh and place in the bowl.
4. Stir in pesto until well coated. Add a little extra olive oil to your pesto if it’s thick.
5. Spread evenly on baking sheet and bake for 30 minutes, or until browned.

Add to Grocery List: 8-10 oz package tempeh
Remove from Grocery List: Salmon Filets

steamed shrimp

*Yield:* 2 servings (determine this by size of shrimp - usually listed on the package)

*You will need:* small pot/saucepan, colander

2 servings of frozen shrimp
Water
Salt

1. Fill saucepan about half full with water and bring to a boil.
2. Add 2 servings of frozen shrimp and return to a boil.
3. Boil for 5-7 minutes, drain, rinse, add a pinch of salt and serve.
shellfish-less option: steamed edamame

**Yield:** 2 servings  
**You will need:** small pot/saucepan, steamer insert

1 1/2 cups (or 1 12-oz package) organic shelled edamame (*often easy to find frozen*)  
Water  
Salt

1. Fill a small saucepan about half full of water and add edamame.  
2. Bring to a boil and simmer for 7-10 minutes (or follow instructions on the package).  
3. Drain and serve with salt.

**Add to Grocery List:** Organic Shelled Edamame  
**Remove from Grocery List:** Frozen Shrimp
Breakfast

ginger french toast

Yield: 2 servings (2 slices per serving)
You will need: small mixing bowl, whisk or fork, shallow dish (wide enough to soak bread slices in), measuring cups and spoons

4 slices bread
1 egg
2 T egg whites
3 T almond milk
1 tsp fresh minced ginger (or 1/4 tsp ground)
1/2 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp vanilla extract

1. Beat egg, egg whites, and almond milk together.
2. Chop ginger into fine pieces and add to the eggs.
3. Add cinnamon, nutmeg, and vanilla.
4. Soak 2 pieces of bread pieces for a few minutes, turning to get them fully coated.
5. Cook evenly on each side on a sprayed skillet over medium heat.
scrambled eggs

Yield: 6 servings
You will need: medium sized skillet, mixing bowl, whisk or fork, silicone spatula

12 eggs
2 cups egg whites
1 tsp coarse sea salt
Fresh ground pepper to taste

1. Beat eggs and egg whites in a bowl.
2. Heat a skillet to medium, add cooking oil, and pour in eggs. I love to cook my eggs in the same skillet as my turkey bacon just after it’s finished to infuse them with some of that flavor.
3. Stir with spatula until evenly cooked.
snack bowl

This is okay to have as a reward for good behavior a couple times a week if you’re craving something sweet. It’s far more nutritious and good for you than any pre-made dessert, and it can help you stay on track.

2 T 70% dark chocolate pieces
1/4 cup blueberries
2 T walnuts or almonds
2 T unsweetened coconut flakes

If you are tolerant of dairy, another great snack option is Organic, unflavored full-fat Greek Yogurt (2% is fine also).

This is great stand-in for those nights you might have normally splurged on ice cream, and can help you stay on track. You can add your own natural flavors (like vanilla extract and a little honey) plus some unsweetened organic coconut flakes and fruit.

Don’t overdo it – but an occasional healthy treat is better than the alternatives!
Week 1: Daily Menu

KEY

T=tablespoon
L=leftover

Daily Action Steps — Like a Boss:

✔ Pack any meals needed when you’re away from home. Do this daily!
✔ Check out the meal plan ahead of time for the next day in case you want to set up breakfast or pack your lunch the night before.
✔ Wash your blender
✔ Mix up the order of the meals you eat daily to suit your exercise schedule
✔ Gauge your necessary intake on your activity level and adjust portion sizes to suit your hunger.
✔ All measured amounts are suggested servings to work from as a basis. As you go through, you’ll see whether you need more or less.
✔ If you’re dealing with cravings, review the chapter in Section 1: 5 Body Hacks to CRUSH Your Food Cravings

How to See the Nutrients in Your Meals

In each of your meals, I’ve used a letter to represent which nutrients are included to help you recognize them.

P: Protein
C: Carb
G: Greens/Veggies
F: Fat
V: the Vegetarian/meatless option - will include the nutrients for you as well.

This can be super helpful if you are trying to swap out different foods for the foods in your meals - if for example you are dining out, or haven’t done all of your prep yet and looking for good alternatives that would work just as well as what’s on the daily menu.
# Day 1

1. **Breakfast Salad**
   - 1 serving Scrambled Eggs (P, F)
   - 1 cup Mixed Greens Salad (G, F)
   - 1 or 2 slices GF or Sprouted Grain Toast (C)
   - 2 T Pesto (F, G)

2. **Chai Green Smoothie** (G, C, P)

3. **Pesto Shrimp**
   - 1 serving Steamed Shrimp (P)
   - 2 T Pesto (F, G)
   - 1/2 cup Quinoa (C)

   **V:** 1 serving Steamed Edamame (P, C) with Pesto (F, G)

4. **Muffins**
   - 2 Blueberry Protein Muffins (P, F, G)
   - 1/2 cup Carrots (G)

5. **Fire Roasted Tomato Turkey Soup** (P, F, G)
   - 1 cup Mixed Greens Salad (G, F)

   **V:** Fire Roasted Tomato White Bean Soup (P, C, F, G) with Mixed Greens Salad (G, F)
Day 2

1. Apple Cinnamon Oatmeal
   1/2 cup Oatmeal (C)
   1/4 an Apple, chopped (G)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)

2. The Avenger Green Smoothie (G, C, P)

3. Fire Roasted Tomato Turkey Soup (P, F, G)
   1/2 cup Quinoa (C)


4. Snack
   1/2 cup Trail Mix (F, P)

5. Baked Pesto Salmon (P, F, G)
   (make both servings and save half for tomorrow)
   1 serving Asparagus (G)

   V: Baked Pesto Tempeh (P, C, F, G) with Asparagus (G)
Day 3

1. Breakfast Salad
   1 serving Scrambled Eggs (P, F)
   1 cup Mixed Greens Salad (G, F)
   1 or 2 slices GF or Sprouted Grain Toast (C)
   2 T Pesto (F, G)

2. Chai Green Smoothie (G, C, P)

3. L Pesto Salmon (P, F, G)
   1 serving Asparagus (G)
   1/2 cup Quinoa (C)

V: L Baked Pesto Tempeh (P, C, F, G) with Asparagus (G)

4. Muffins
   2 Blueberry Protein Muffins (P, F, G)
   1/2 cup Carrots (G)

5. Fire Roasted Tomato Turkey Soup (P, F, G)

Day 4

1. Apple Cinnamon Oatmeal
   1/2 cup Oatmeal (C)
   1/4 an Apple, chopped (G)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)

2. The Avenger Green Smoothie (G, C, P)

3. Pesto Shrimp
   1 serving Steamed Shrimp (P)
   2 T Pesto (F, G)
   1/2 cup Quinoa (C)

   V: 1 serving Steamed Edamame (P, C) with Pesto (G, F)

4. Snack
   1/2 cup Trail Mix (F, P)

5. Turkey Bites Bowl
   1 serving Sesame-Hemp Seed Turkey Bites (P, F)
   1 cup Mixed Greens Salad (G, F)

   V: 1 serving White Bean Salad (P, C, F) with Mixed Greens (G, F)
Day 5

1. Ginger French Toast
   1 serving French Toast (C, F)
   1/2 cup Raspberries (thawed if frozen) (G)
   1 serving Scrambled Eggs (P, F)

2. Chai Green Smoothie (G, C, P)

3. Tuna Avocado Salad
   1 serving Tuna Avocado Salad (P, F, G)
   1 cup Mixed Greens Salad (G, F)
   1/2 cup Quinoa (C)

   V: 1 serving Black Bean Avocado Salad (P, C, F, G) with Mixed Greens Salad (G, F)

4. Muffins
   2 Blueberry Protein Muffins (P, F, G)
   1/2 cup Carrots (G)

5. Turkey Bites Bowl
   1 serving Sesame Hemp Seed Turkey Bites (P, F)
   1 cup Mixed Greens Salad (G, F)

   V: 1 serving White Bean Salad (P, C, F) with Mixed Greens Salad (G, F)
Day 6

1. Breakfast Salad
   1 serving Scrambled Eggs (P, F)
   1 cup Mixed Greens Salad (G, F)
   1 or 2 slices GF or Sprouted Grain Toast (C)
   2 T Pesto (F, G)

2. The Avenger Green Smoothie (G, C, P)

3. L Ginger French Toast
   1 serving French Toast (C, F)
   1/2 cup Raspberries (G)
   1 serving Scrambled Eggs (P, F)

4. L Tuna Avocado Salad
   1 serving Tuna Avocado Salad (P, F, G)
   1 cup Mixed Greens Salad (G, F)

V: L Black Bean Avocado Salad (P, C, F, G) with Mixed Greens Salad (G, F)

*Only 4 meals listed today and tomorrow, so you have some room for eating out.
### Day 7

<table>
<thead>
<tr>
<th>1. Turkey Bites Breakfast Bowl</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving Scrambled Eggs (P, F)</td>
</tr>
<tr>
<td>1 serving Sesame Hemp Seed Turkey Bites (P, F)</td>
</tr>
<tr>
<td>1/2 cup Quinoa (C)</td>
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</tbody>
</table>

| 2. Chai Green Smoothie (G, C, P) |

<table>
<thead>
<tr>
<th>3. Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup Trail Mix (F, P)</td>
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</tbody>
</table>

| 4. Fire Roasted Turkey Tomato Soup (P, F, G) |


*As Day 6 and 7 are the weekend for most people, I’ve left the evening meal option something that’s frozen and won’t perish in case you decide you want to go out to eat. You can easily and quickly make a single serving of it either day.*

I encourage you to include the green smoothie, even on your NSA meal day, because the fiber and nutrients will help your body process some of the other foods you’re eating.

If you go out to eat on a non-NSA day, stick to the guidelines in Part 1 about dining out, or try to order something similar to what you would have made.
Week 2
Week 2: Groceries

Fruits and Vegetables:
✓ 6 oz Mixed spring greens
✓ 6 oz Baby spinach (here’s a little insight into the chenopod family — members include spinach, Swiss chard, beets, and quinoa – and why you want variety in your daily greens)
✓ 2 heads Kale
✓ 1 bunch Parsley
✓ Fresh mint - enough for 3/4 cup
✓ Fresh basil - enough for 2 1/2 cups
✓ 2 Cucumbers
✓ 2 Zucchini squash
✓ 1 Tomato
✓ 12 Carrots
✓ 2 Yellow onions
✓ 1 head garlic - you need 5 cloves this week
✓ 3 Avocados
✓ 1 package Fresh rosemary - you need 2 stalks or 2 tsp dried rosemary
✓ 4 Apples
✓ 3 Pears
✓ 16 oz Strawberries
✓ 12 oz Blueberries
✓ 6 lemons (8 if you’re doing the tea)
✓ Fresh ginger root - about 3 inches worth

Grains, Seeds, Nuts:
✓ Quinoa: rainbow, white, or red - about 1 1/4 cups - more or less according to your needs
✓ Old-fashioned steel-cut oat groats - 3/4 cup - look for a tin, a package, or buy in bulk
- GF or sprouted grain bread - 6 slices
- Almonds - 1/4 cup
- Almond meal flour - 2 cups - here’s how to make your own
- Walnuts - 1/2 cup
- Peanuts* - 1/4 cup
- Pine nuts - 2 Tablespoons bulk is great if you can get it
- Hemp seeds - 1 1/2 cups this week
- Flaxseed meal - 1/4 cup
- Chia seeds — ground or milled - you can do this in your coffee grinder if you can’t find milled - 1/4 cup
- Peanut Butter (or other nut butter) look for an all-natural, no-sugar added brand. If the oil is on top just turn it upside down on the counter for a day or two before opening it, and it stirs up easily (WHY is Peanut Butter a SUPERFOOD? Get some great tips for choosing a good brand and some fun facts in this 2-minute video with me!)

Meats and Protein:
- Eggs - you need 7 this week
- Egg whites - you need 1 1/2 cups this week
- Ground buffalo - 1 lb
- Ground turkey - 1 lb
- White fish - 2 servings wild caught preferred of any: halibut, cod, bass, trout
- Frozen shrimp - 2 servings
- Vanilla protein powder - 5 servings
- Egg white protein powder - 4 scoops - the amount is 1 1/3 cups - egg white p.p. is ideal in the peanut butter protein bars - but you can definitely try whey or another one)

Pantry and Other Items:
- Almond milk
- Tomato sauce - 1 (15 oz) can - I look for the lowest amount of sodium, also check for potassium, you want this to be comparable in number to sodium as it helps your body regulate sodium
- Olive oil

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✓ Olive oil cooking spray
✓ Coconut oil
✓ Unsweetened coconut flakes
✓ Cacao nibs
✓ Pepper
✓ Salt
✓ Spicy mustard
✓ Vanilla
✓ Cinnamon
✓ Nutmeg
✓ Cacao powder
✓ Powdered ginger
✓ Honey or maple syrup — optional as pancake topping
Week 2: Food Prep

Tools you'll need this week:

- Food processor
- High-power blender (Vitamix, Blendtec, or comparable)
- Medium and large Sauce Pan (pot)
- Medium and large Sauté Pan or skillet
- Steamer basket
- Spatula – rubber and grill
- Cookie sheet
- 9x9" or 8x8" pan
- Measuring cups – dry and liquid - and Measuring spoons
- Mixing bowls
- Cutting board and Knives
- Tupperware containers (I prefer glass containers with any kind of top)
- Ziplock bags
- Lunchbox/food carrier
- Portable Smoothie/Drink Carrier
- Zester or Grater (optional)
- Garlic Press (optional)

Food Prep Power Session

After shopping, prepare these recipes together for the week. Refer to recipes below for complete preparation and additional recipes.

Greens:
Green Smoothie Set Ups
Mixed Green Salad Prep
Carbs:
Overnight Oats
Quinoa

Proteins:
Scrambled Eggs
Buffalo Burgers
Turkey Meatballs

Sides:
Peanut Butter Protein Bars
Herb-Roasted Squash
Pesto

Suggested Food Prep Sequence

Ok, you did this last week — and while it might still seem like a lot of work, keep your eye on the prize and remember that you were able to eat clean, healthy food all week that, even as you read these words, is working WITH your body to burn fat, boost your immune system, improve your overall health, and increase your body’s ability to build lean, sexy muscle.

1. Preheat oven to 425, prep Squash, and get it in the oven.
2. Get Oats and Quinoa started on the stovetop, as they don’t need much attention.
3. Prep the Buffalo Burgers and start cooking them. Remove the oatmeal once it boils, and put it in the fridge in its pot to soak overnight.
4. Make spice mix and do Green Smoothie prep while the burgers are cooking (see below). Do Green Smoothie set-ups, or simply wash fruit and greens. Chop greens into bite-sized pieces and bag up so you have the ingredients ready to go and can vary your smoothies as you like.
5. Finish quinoa and pack it up to put in the fridge.
6. When the squash is done and put away, turn the oven down to 350. Pack the burgers away.
7. Cook **Scrambled Eggs** in the burger pan to season them. Pack them away.
8. Prep **Turkey Meatballs**, and put them in the oven.
9. While the meatballs are baking, prep **Mixed Greens Salad** (no turkey bacon this week) and make **Pesto**. Pack them up.
10. Make **Peanut Butter Protein Bars**. When chilled, put in Ziplock bags and refrigerate. Freeze the remaining 5 for next week. Chop up 3 1/2 cups of **Carrots** for snacks during the week.
11. Pack up the turkey meatballs when they’re finished.

**Weekly Green Smoothie Prep:**

You have the option of either washing your fruits and vegetables and individually wrapping them to use with any smoothie, or as snacks, or to throw into different dishes - OR - you can set up individual bags for each smoothie with most of the ingredients included.
Week 2: Recipes

KEY

T=tablespoon
GF=gluten free

Green Smoothies

ginger pear green smoothie

Yield: 1 large smoothie
You will need: blender, knife, measuring cups and spoons

3-4 stalks kale, stems removed
1/4 cup fresh mint
1/4 cucumber
1 pear
1 lemon, juice of
4 T hemp seeds
1 chunk fresh ginger root, peeled
1-1.5 cups water (more as needed)

1. Blend liquid, kale, and mint until well combined.
2. Add in pear, cucumber, hemp seeds and ginger and finish the blend.
   Add extra liquid if needed.
**captain america**

*Yield:* Makes 1 large smoothie  
*You will need:* blender, knife, measuring cups and spoons

1.5 cups mixed kale and baby spinach  
1/4 cup parsley  
1/4 cucumber  
1/2 lemon, juice of  
1 apple  
5 strawberries  
1 scoop protein powder  
1 tsp spice blend – see below  
1-1.5 cups water (more as needed)

1. Blend greens and liquid together in your blender.  
3. Add spices and protein powder last.

**spice blend**

2 tsp cinnamon  
2 tsp ginger  
1 tsp nutmeg  
1/2 tsp cacao powder

1. Measure and mix all ingredients in a ziplock bag.  
2. Set aside to use in green smoothies, on oatmeal and wherever else you’re looking for a little zing!
**Mixed Greens Salad**

**daily greens salad**

You can serve your weekly mixed greens salads hot or cold - once it’s mixed, you can either toss it in some dressing and have it as it is, or throw it in your sauté pan and have it hot with your dish.

**Yield:** 8 servings

**You will need:** large mixing bowl, cutting board and knife, medium skillet, cooking oil spray, tongs, grater or food processor

6 oz assorted mixed spring greens
2 large carrots
1 large tomato
1/4 cup chopped almonds
1/2 lemon
3 T olive oil

1. Chop almonds in the food processor.
2. Chop carrots in the food processor or use a grater.
3. Finely chop large tomato.
4. Toss greens together in a large mixing bowl with almonds and tomatoes and carrots, cover and refrigerate.
5. Squeeze the juice of half a lemon and the olive oil into a small container and add a little salt and pepper. Cover and store to use on top of the salad when you serve it, or toss into it if you sauté it.
Pesto of the Week

basil garlic pesto

Yield: About 1/2 cup

You will need: food processor, measuring cups and spoons, knife, small bowl, grater or zester, spatula or fork to stir

2 cups fresh basil, loosely packed (you can add some spinach in place of basil)
2 T pine nuts
2 T walnuts
2-4 garlic cloves
1/2 fresh lemon, zest and juice
1/4 cup extra virgin olive oil

1. Clean and dry the basil and spinach (if using).
2. Peel the garlic cloves, and give them a quick whack with the flat side of a knife to open them up.
3. Put the greens in the food processor and pulse regularly until finely chopped. Pulsing helps the leaves settle and helps prevent an uneven consistency.
4. Add the garlic and nuts, and pulse again. Remove the top a few times and scrape the sides down with a spatula to make sure everything is mixed evenly.
5. Transfer mixture to a bowl and zest about half a fresh lemon directly in. Squeeze the juice of the half lemon in as well and mix together.
6. Add olive oil. Add a 1/4 cup to start and mix in. It will absorb into the greens and garlic. You may add up to a 1/2 cup more olive oil to get a thinner consistency.

Make it with me in [this video].
no-bake nut butter cacao chip protein bars

Yield: 12 bars
You will need: microwave safe bowl, measuring cups and spoons, cutting board and knife, 9×9” pan, mixing fork

1 cup all natural Organic Peanut Butter*
1/4 cup organic Coconut Oil
1 1 1/3 cups (or approximately 4 scoops) Egg White Protein Powder (vanilla, unflavored or chocolate)
1 cup Almond Meal Flour
1/4 cup milled/ground Chia Seeds (whole chia seeds will not work in this recipe)
1/4 cup shredded unsweetened Coconut Flakes
1/4 cup peanuts*, chopped
1/4 cup cacao nibs

*Sub almond butter and almonds if you’re allergic to peanuts.

1. Measure peanut butter and coconut oil into a microwave safe bowl. Microwave the ingredients together for 1 minute. You could also heat them on your range the old fashioned way. Either way is fine.
2. Remove from heat and mix the two ingredients together with a fork until evenly blended.
3. Add egg white protein*, almond meal flour**, ground chia seeds, unsweetened coconut flakes, and cacao nibs to the mixture and stir until
well mixed. You’ll get a consistency that’s slightly sticky but dry enough to handle.

4. Scoop the batter into an un-greased 9×9″ pan and press it down evenly.

5. Sprinkle the chopped peanuts over top and press them into the batter with a spatula (or your hands).

6. Cover and freeze for 20 minutes or overnight, then cut into 12 bars. Wrap 7 of them individually and refrigerate. Freeze the rest for next week.

**This recipe works best with egg white protein powder. It’s sticky and holds the batter together well. You can definitely try it with a whey protein powder, but you may get a slightly different consistency. Definitely do not do it with the Raw or sprouted grain-based protein powders, as they tend to crumble.**

***Substituting wheat flour or coconut flour for almond flour will yield poor results. This holds true for any of the recipes that call for almond flour. It is a nut flour and has a different density than a grain or coconut does. Keep in mind that substituting flours out only works with the same kind of flour – i.e. nut flour for other nut flour. **Here’s how to make your own almond meal flour.***

For suggestions on baking with gluten-free flours and subbing them out in recipes that call for wheat flour, visit my Guide to Gluten Free Flour and Gluten-free Flour Recipes on my blog.
roasted squash

Yield: 2 servings
You will need: mixing bowl, cutting board, knife, brownie pan, casserole dish or baking pan, aluminum foil.

2 zucchini squash
1 T olive oil
2 stalks fresh rosemary (or 2 tsp dried rosemary)
Fresh ground pepper to taste
1/8 tsp sea salt

1. Preheat oven to 425.
2. Wash squash and cut off ends.
3. Chunk squash up into 1-inch pieces.
4. De-stem and chop rosemary.
5. Toss squash, rosemary, pepper, salt, and olive oil together in a bowl.
6. Spread evenly in pan and cover with aluminum foil.
7. Bake for 20 minutes or until squash is easily pierced with a fork.
quinoa

**Yield:** 5 servings

**You will need:** measuring cups, pot

1 1/4 cups quinoa *(more if your servings are larger, and always use twice as much water to quinoa)*

2 1/2 cups water

*Soaked method – to partially predigest the grain* - Place quinoa in a bowl and cover with water and 1 T apple cider vinegar. Cover and allow to soak for 8 hours. This is easily accomplished by setting it out first thing in the morning, and cooking it when you come home, or start it at night and cook it the next day.

**Method:**

1. In a medium sized saucepan, combine water and quinoa.
2. Cover and cook over medium heat to a low boil, then simmer for 15-20 minutes or until all water has absorbed into grain.

Find out more about why Quinoa is a SUPERFOOD in this fun little video with me!
old-fashioned oatmeal

Yield: 3 Servings
You will need: large pot, liquid measuring cup, measuring cup

3 cups of water
3/4 cup oats
1 T vanilla extract

1. Measure water into large pot and add oats.
2. Bring water to a boil and allow it to boil for 1-2 minutes.
3. Remove from heat, add in vanilla and cover and refrigerate overnight.
4. Reheat and cook 5-10 minutes.
5. Store in a separate container.

Watch this short video to learn more about how soaking your oats overnight makes a big difference to your body, and make this recipe with me!
Entrees

buffalo burgers

 Yield: 3 servings
 You will need: mixing bowl, cutting board, knife, sauté pan, spatula

1 lb ground buffalo (or lean ground beef)
1 small yellow onion
2 T olive oil
1/4 cup almond meal flour
2 stalks fresh basil – leaves
Salt and fresh ground pepper to taste

1. Chop onion and sauté in olive oil over medium heat until translucent.
2. Chop basil and set aside.
3. Mix ground buffalo with almond meal flour and a little salt and pepper.
   Add the onion (with any remaining olive oil) and fresh basil.
4. Form into 2 patties.
5. Cook evenly on both sides to desired doneness.

meatless option: black bean and quinoa veggie burgers

 Yield: 7 servings
 You will need: skillet, knife, cutting board, spatula, food processor, measuring cups and spoons, baking sheet, parchment paper, garlic press

1 yellow onion, chopped
2 tsp olive oil
2 cans black beans, rinsed and drained, divided
2 tsp dried steak seasoning
2 cloves garlic, minced
1 1/2 cups cooked quinoa, divided
1 cup water

1. Preheat the oven to 375 F.
2. Heat a skillet to medium and pour in the olive oil. Sauté the onions for about 5 minutes.
3. Stir in 1 cup of the black beans, the steak seasoning, and garlic. Add 1 cup of water and stir.
4. Let it come to a boil, then reduce to a simmer for 10 minutes, or until most of the liquid is absorbed.
5. In a food processor, place the bean-onion mixture along with 1/2 cup of the quinoa and process until smooth.
6. Stir in the remaining beans and quinoa. Form into 7 patties and place them on a parchment-lined baking sheet.
7. Bake in the top 1/3 of the oven for 20 minutes. Flip them and bake for about 10 more minutes, until they are crispy.

Add to Grocery List: 2 cans black beans, dried steak seasoning, extra quinoa (dry)
Remove from Grocery List: Ground buffalo

steamed shrimp

Yield: 2 servings
You will need: pot

2 serving frozen or fresh shrimp
Water
Sea salt

1. Fill a medium or small pot with water and bring to a boil.
2. Add shrimp and bring back to a boil.
3. Cook for 5-7 minutes.
4. Drain, sprinkle with a pinch of salt and serve.

**shellfish-less option: steamed edamame**

*Yield: 2 servings*

*You will need: small pot/saucepan*

1 1/2 cups (or 1 12-oz package) organic shelled edamame (often easy to find frozen)

1. Fill a small saucepan about half full of water and add edamame. Bring to a boil and simmer for 7-10 minutes (or follow instructions on the package)
2. Drain and serve.

**Add to Grocery List: Organic Shelled Edamame**

**Remove from Grocery List: Frozen Shrimp**
turkey meatballs

Yield: 12 meatballs, about 3 servings.
You will need: grater (or food processor), garlic press (optional), medium-sized mixing bowl, knife and cutting board, measuring cups, cookie sheet, olive oil cooking spray

1 lb ground turkey
1/3 cup almond flour
1 egg
1 small yellow onion
1/3 cup baby carrots, grated
3-4 cloves of garlic, peeled and pressed (or minced)
1/3 cup parsley
1/3 cup fresh basil
1/4 tsp salt
Fresh black pepper to taste

1. Preheat oven to 350.
2. Prepare vegetables: peel the onions and grate them. Grate the carrots. Finely chop parsley and basil. Peel and mince garlic. Optionally, simply peel onions and carrots and process them in the food processor with the herbs and garlic.
3. Add ground turkey to a medium sized bowl, and add in the onions, carrots, parsley, basil, and garlic. Season with fresh ground pepper and a little salt.
4. Beat the eggs in a separate bowl and add them to the meat mixture.
5. Add the almond flour, and mix everything together.
6. Form meat mixture into 12 evenly sized meatballs.
7. Spray a cookie sheet with olive oil cooking spray and evenly distribute meatballs.
8. Bake for 35-40 minutes.

**meatless option:**

Replace the Turkey Meatballs (and the Buffalo Burgers) with Black Bean Quinoa Burgers in this week’s daily menu, as the recipe makes enough.

Simply have the Black Bean Burger (with the side called for in the daily menu) in place of either meat option.

**Remove from Grocery List:** Ground turkey, 1 onion, check almond flour supplies for other recipes, Pasta Sauce
baked white fish with pesto

_Yield:_ 2 servings  
_You will need:_ cooking oil spray, baking sheet

2 cod (or other white fish) filets — approximately 1/3 lb each  
3-4 T basil-garlic pesto

1. Preheat oven to 350.  
2. Spray a baking sheet with olive oil cooking spray or line with aluminum foil.  
3. Lay filets onto sheet and spread with Pesto.  
4. Bake for 10-12 minutes.

fish-less option: smoky tempeh with pesto

(adapted from [My New Roots](#))  
_Yield:_ 2 servings  
_You will need:_ cutting board, knife, baking dish, measuring spoons

8 oz Tempeh  
1 T Tamari  
1 T maple syrup (optional) 1 tsp melted coconut oil  
1 tsp smoked paprika  
3-4 T pesto (to serve with)

1. Preheat the oven to 375.  
2. Slice the tempeh in half, then into even sized strips.  
3. Mix the tamari, maple syrup, coconut oil and smoked paprika in an oven-proof baking dish and lay tempeh on top. Turn to coat evenly on both sides.  
4. Bake for 20-30 minutes, or until marinade is absorbed. Remove from oven.
5. Reserve 2 T pesto per serving and spread it on the tempeh when you are ready to eat it.

Add to Grocery List: 8 oz organic Tempeh, tamari, maple syrup, paprika
Remove from Grocery List: White fish filets
Breakfast

blueberry protein pancakes

Yield: 6 pancakes
You will need: medium size mixing bowl, whisk or fork, measuring cups and spoons, sauté pan, spatula, cooking oil spray

1/4 cup flaxseed meal
1/4 cup almond meal flour
1/4 cup vanilla, plain, egg white, or raw protein powder (I like using a vanilla protein powder by Garden of Life)
1/2 tsp cinnamon
1/2 tsp vanilla extract
1/2 cup egg whites
2 T coconut oil
1/2 cup blueberries

1. Mix the flaxseed meal, protein powder, almond flour, and cinnamon together in a bowl.
2. Add in the egg whites and vanilla.
3. Melt coconut oil and add it to the mixture; stir everything together.
4. Add blueberries.
5. Heat a sauté pan or skillet to medium heat and spray with cooking oil.
6. Ladle batter onto heated skillet and cook evenly on both sides until done.

**Notes: this is a thick batter. I use the ladle to flatten the batter out a bit once I’ve got it in the pan. Be sure to cook them all the way through. I keep the heat on medium so they don’t burn on the outside.**
scrambled eggs

**Yield:** 3 servings

**You will need:** skillet, measuring cup, spatula

6 eggs
1 cup egg whites

1. Mix eggs and egg whites in a medium sized mixing bowl.
2. Heat a skillet and season with cooking oil. For week 2, I like to cook the eggs in the same skillet I used to make the burgers and bacon to flavor them a bit.
3. Pour the eggs into the pan and stir with a silicone spatula until evenly cooked.
Week 2: Daily Menu

KEY

T=tablespoon
L=leftover

Daily Action Steps — Like a Boss

✔ Pack any meals needed when you’re away from home. Do this daily!
✔ Check out the meal plan for the next day ahead of time in case you want to set up breakfast or pack your lunch the night before
✔ Wash your blender
✔ Mix up the order of the meals you eat daily to suit your exercise schedule.
✔ Gauge your necessary intake on your activity level, and adjust to suit your hunger – add a larger serving of carbs in your meals than what I’ve written, for example if you find yourself hungry at the end of the day. All measured amounts are suggested servings to work from as a basis. As you go through, you’ll see whether you need more or less.
✔ If you’re craving more or something sweet, check out the snack option and read the chapter in part 1, 5 Body Hacks to CRUSH Your Food Cravings

How to See the Nutrients in Your Meals

In each of your meals, I’ve used a letter to represent which nutrients are included to help you recognize them.

P: Protein
C: Carb
G: Greens/Veggies
F: Fat

V: the Vegetarian/meatless option - will include the nutrients for you as well.

This can be super helpful if you are trying to swap out different foods for the foods in your meals - if for example you are dining out, or haven’t done all of your prep yet and looking for good alternatives that would work just as well as what’s on the daily menu.
Day 1

1. Breakfast Salad
   1 serving Scrambled Eggs (P, F)
   1 cup Mixed Greens Salad (G, F)
   1-2 Slices GF or Sprouted Grain Toast (C)
   1-2 T Pesto (F, G)

2. Captain America Green Smoothie (G, C, P)

3. Buffalo Burger (P, F)
   1/2 cup Quinoa (C)
   1/4 of an Avocado (F, G)

   V: Black Bean Quinoa Burger (P, C, F) with Avocado (F, G)

4. Snack
   Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

5. Whitefish (P, F)
   2 T Basil Pesto (F, G)
   1 cup Mixed Greens Salad (G, F)

   V: Pesto Tempeh (P, C, F, G) and Mixed Greens Salad (G, F)
# Day 2

1. **Overnight Oatmeal**
   - 1/2 cup Oatmeal (C)
   - 1/4 tsp Cinnamon
   - 3 T Hemp Seeds (P)
   - 1/3 cup Blueberries (G)

   *1 serving will vary from person to person. For me, it’s 1/2 cup cooked oatmeal. For others it will be 2/3 cup cooked or even slightly more.

2. **Ginger Pear Green Smoothie (G, C, P)**

3. **L Whitefish (P, F)**
   - 2 T Pesto (F, G)
   - 1 serving Squash (G)

   **V:** L Pesto Tempeh (P, C, F, G) with Squash (G)

4. **Snack**
   - Peanut Butter Protein Bar (P, F)
   - 1/2 cup Carrots (G)

5. **Meatballs**
   - 1 serving Turkey Meatballs (P, F, G)
   - 1/4 cup Tomato Sauce (G)
   - 1 cup Mixed Greens Salad (G, F)

   **V:** Black Bean Quinoa Burger (P, C, F, G) with Mixed Greens Salad (G, F)
Day 3

1. **Breakfast Salad**
   - 1 serving Scrambled Eggs (P, F)
   - 1 cup Mixed Greens Salad (G, F)
   - 1-2 slices GF or Sprouted Grain Toast (C)
   - 1-2 T Pesto (F, G)

2. **Captain America Green Smoothie** (G, C, P)

3. **Meatballs**
   - 1 serving Turkey Meatballs (P, F, G)
   - 1/4 cup Tomato Sauce (G)
   - 1/2 cup Quinoa (C)

   **V**: Black Bean Quinoa Burger (P, C, F, G)

4. **Snack**
   - Peanut Butter Protein Bar (P, F)
   - with 1/2 cup Carrots (G)

5. **Pesto Shrimp**
   - 1 serving Steamed Shrimp (P)
   - 2 T Pesto (F, G)
   - 1 serving Squash (G)
   - 1/4 Avocado (F, G)

   **V**: Steamed Edamame with Pesto (P, C, F, G), Squash and Avocado (F, G)
Day 4

1. Overnight Oatmeal
   1/2 cup Oatmeal (C)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)
   1/3 cup Blueberries (G)

2. Ginger Pear Green Smoothie (G, C, P)

3. Pesto Shrimp
   1 serving Steamed Shrimp (P)
   2 T Pesto (F, G)
   1/2 cup Quinoa (C)

   V: Steamed Edamame (P, C) with Pesto (F, G)

4. Snack
   1 Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

5. Buffalo Burger (P, F)
   with 1 T Spicy Mustard
   1 cup Mixed Greens Salad (G, F)
   1/4 Avocado (F, G)

   V: Black Bean Quinoa Burger (P, C, F) with Mixed Greens Salad (G, F) and Avocado (F, G)

Optional: pre-make Blueberry Protein Pancake batter for tomorrow morning.
Day 5

1. **Blueberry Protein Pancakes**  
   1 serving Blueberry Pancakes (P, F, G)  
   1-2 T Maple Syrup or Honey (optional) (C)  
   (make both servings and save half for tomorrow)

2. **Captain America Green Smoothie** (G, C, P)

3. **Buffalo Burger** (P, F)  
   1/4 Avocado (F, G)  
   1/2 cup Quinoa (C)  
   **V:** Black Bean Quinoa Burger (P, C, F) with Avocado (F, G)

4. **Snack**  
   Peanut Butter Protein Bar (P, F)  
   1/2 cup Carrots (G)

5. **Meatballs**  
   1 serving Turkey Meatballs (P, F, G)  
   1/4 cup Tomato Sauce (G)  
   1 cup Mixed Greens Salad (G, F)  
   **V:** Black Bean Quinoa Burger (P, C, F) and Mixed Greens Salad (G, F)
Day 6

1. Breakfast Salad
   1 serving Scrambled Eggs (P, F)
   1 cup Mixed Greens Salad (G, F)
   1-2 slices GF of Sprouted Grain Toast (C)
   1-2 T Pesto (F, G)

2. Ginger Pear Green Smoothie (G, C, P)

3. Snack
   Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

4. L Blueberry Protein Pancakes
   1 serving Blueberry Pancakes (P, F, G)
   1-2 T Maple Syrup or Honey (optional) (C)

*Only 4 meals listed today and tomorrow, so you have some room for eating out.
Day 7

1. Overnight Oatmeal
   1/2 cup Oatmeal (C)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)
   1/3 cup Blueberries (G)

2. Captain America Green Smoothie (G, C, P)

3. Snack
   Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

4. Meatballs
   1 serving Turkey Meatballs (P, F, G)
   1/4 cup Tomato Sauce (G)
   1 cup Mixed Greens Salad (G, F)

V: Black Bean Quinoa Burger (P, C, F) with Mixed Greens Salad (G, F)

*Days 6 and 7 are the weekend for most people, so you have just 4 meals scheduled rather than 5, as we usually eat out at least one of those days.

It will give you a little flexibility with finishing up leftovers too, and not feeling like you have too much food.

If you go out to eat on a non-NSA day, stick to the guidelines in Part 1 about Dining Out, or try to order something similar to what you would have made.
Week 3: Groceries

**Reminder:** You may have some of these items already. I’ve included quantities so if you’re running low, you’ll know exactly how much you need for this week, or have the option to buy that exact amount in bulk. Go through your supplies and check them against this list to ensure you don’t buy anything you don’t need.

**Fruits and Vegetables:**

- 2 heads Kale
- 10 oz Baby spinach
- 6 oz mixed Baby or spring greens — not lettuce
- 1 bunch Parsley
- 1 bunch Celery - you need 5 stalks this week
- 1 Cucumber
- 1 lb Brussels sprouts
- 8 oz Mushrooms - you need 1 cup this week
- 8 Carrots
- 1 large Tomato
- 4 Avocados
- 2 Sweet potatoes
- 1 Yellow onion
- 1 Shallot
- 1 Leek
- 1 head of garlic - you need 8 cloves
- Fresh rosemary - you need 6 stalks or 2 tsp dried rosemary
- Fresh sage - you need 2 T or 2 tsp dried sage
- Fresh basil - you need 1/2 cup
- 2 Lemons (4 if you’re doing the daily cleansing tea)
- 32 oz Blueberries - frozen or fresh
- 32 oz Strawberries - frozen or fresh
- 4 apples
- 3 pears
✓ 1 Banana
✓ Fresh ginger - *enough for about 3 inches worth*

**Grains, Seeds, Nuts:**
✓ Quinoa - *1 1/2 cups*
✓ GF or Sprouted Grain Bread - *you need 4 slices this week*
✓ Walnuts - *3/4 cup*
✓ Almonds - *3/4 cup*
✓ Flaxseed meal - *1/4 cup*
✓ Almond meal flour - *1/2 cup*
✓ Hemp seeds - *1 cup*
✓ Sesame seeds - *1/4 cup*

**Meats and Protein:**
✓ Eggs - *you need 8 this week*
✓ Egg whites - *you need 2 cups this week*
✓ Ground buffalo - *1 lb*
✓ Boneless, skinless chicken breast - *1 lb*
✓ Albacore tuna – *2 cans, packed in water, no salt added*
✓ Frozen shrimp - *enough for 2 servings*
✓ Vanilla chai spice protein powder - *3 servings*
✓ Vanilla protein powder - *1/4 cup*

**Pantry Items**
✓ Sun-dried tomatoes in oil – *8.5 oz jar*
✓ Spicy mustard
✓ Olive oil
✓ Coconut oil
✓ Grapefruit Seed Extract (GSE) - *You can use GSE to wash vegetables, sponges, disinfect counter surfaces and, and use it as an immune booster in smoothies or water*
✓ Blackstrap molasses
✓ Raisins
✓ Baking soda
✓ Vanilla extract
✓ Sea salt
✓ Fresh pepper
✓ Cumin
✓ Cayenne pepper
✓ Chili powder
✓ Balsamic vinegar
✓ Cinnamon
✓ Nutmeg
✓ Cacao powder
✓ Honey or maple syrup — optional
Tools you'll need this week:
✓ Food processor
✓ High-power blender (Vitamix, Blendtec, or comparable)
✓ Medium and large sauce pan (pot)
✓ Medium and large sauté pan or skillet
✓ Steamer basket
✓ Spatula — rubber and grill
✓ Cookie sheet (2 if you cook everything below at once, 1 if you take turns)
✓ Pie dish (or optionally you can use an 8x8" or 9x9" pan)
✓ Measuring cups — dry and liquid- and Measuring spoons
✓ Mixing bowls
✓ Cutting board and Knives
✓ Tupperware containers (I prefer glass containers with any kind of top)
✓ Ziploc bags
✓ Lunchbox/food carrier
✓ Portable smoothie/drink Carrier
✓ Garlic Press (optional)
✓ Potato Peeler (optional)
✓ Grater or zester (optional)

Food Prep Power Session
Prepare these recipes together for the week after shopping if you are batching your cooking. Refer to recipes below for complete preparation and additional recipes.

Greens:
Mixed Greens Salad
Green Smoothie Set-ups
Carbs:
Sweet Potato Tots
Quinoa

Proteins:
Breakfast Quiche
Sesame Chicken Bites
Buffalo Burgers

Sides:
Brussels Sprouts
Pesto

Suggested Food Prep Sequence

1. Preheat the oven to 350.
2. Get the Quinoa started on the stovetop.
3. While that is cooking, prep the Sweet Potatoes and get them in the oven.
4. Prep the vegetables for the Breakfast Quiche, and use a pan to sauté them.
5. Assemble the Breakfast Quiche in a pie plate, and put it in the oven with the Sweet Potatoes. Be sure to set a separate timer.
7. Prep the Buffalo Burgers and cook them. Pack them up when you’re done. Quinoa should also be done by now; pack it away.
9. Make Pesto. Chop 2 1/2 cups of Carrots for your snacks this week.
11. While they’re baking do your Green Smoothie set-ups, or simply wash fruit and greens. Chop greens into bite-sized pieces and bag up so you have the ingredients ready to go and can vary your smoothies as you like.

**Transfer 5 leftover Peanut Butter Protein Bars from last week to the refrigerator. You can wrap or bag them individually for this week’s snacks.**
Weekly Green Smoothie Prep:

You have the option of either washing your fruits and vegetables and individually wrapping them to use with any smoothie, or as snacks, or to throw into different dishes - OR - you can set up individual bags for each smoothie with most of the ingredients included.
Week 3: Recipes

KEY
T=tablespoon
GF=gluten free

Green Smoothies

blueberry chai green smoothie

Yield: 1 large smoothie
You will need: blender, knife, measuring cups and spoons

3-4 stalks kale, stems removed
1 stalk celery
1 cup blueberries
1 pear
1 scoop vanilla chai protein powder
1 T coconut oil (if you’re having your green smoothie after a workout, leave out the coconut oil)
1 inch fresh ginger root
1 tsp spice blend
1 cup almond/hemp/coconut milk

1. Blend greens and liquid.
2. Add in celery, pear, blueberries and ginger and blend.
3. Add coconut oil, protein powder and spice and blend a final time, adding any additional liquid needed to achieve the desired consistency.
green lantern

Yield: 1 large smoothie
You will need: blender, knife, measuring cups and spoons

1.5 cups mixed spinach and kale
1/4 cucumber
1/4 cup fresh parsley
1/4 lemon
1 apple
3/4 cup mixed berries or strawberries
4 T hemp seeds
8-10 drops GSE (grapefruit seed extract)
1-1.5 cups water

1. Blend greens and liquid until well combined.
2. Add cucumber, lemon, apple and berries and blend again.
3. Add hemp seeds and GSE and any additional liquid to blend to desired consistency.

spice blend:

2 tsp cinnamon
2 tsp nutmeg
1 tsp cacao

1. Measure and mix in a ziplock bag.
2. Set aside to add to smoothies as needed.
Good Beverages

- Water
- Morning daily: hot water with 1/4 lemon and some peeled, fresh ginger
- Green tea
- Americano/espresso/coffee — keep it to 2-3 shots or 1.5 cups a day (I like mine before a workout).

Mixed Greens Salad

daily greens salad

Yield: 8 servings
You will need: large mixing bowl, cutting board and knife, medium skillet, cooking oil spray, tongs, grater or food processor

- 6 oz bag/package assorted mixed spring greens
- 2 large carrots
- 1 large tomato
- 1/4 cup chopped almonds
- 1/2 lemon
- 3 T olive oil

1. Chop almonds in the food processor.
2. Chop carrots in the food processor or use a grater.
3. Once the bacon has cooled, chop it into bits by hand or blend in the food processor until evenly sized.
4. Finely chop large tomato.
5. Toss greens together in a large mixing bowl with bacon, almonds, carrots and tomatoes, cover and store.
6. Squeeze the juice of half a lemon into a small container with oil, and add a little salt and pepper. Use it with your mixed greens salad as you go through the week, or drizzle it in the pan if you want to sauté it.
7. Cover and store.

Pesto of the Week

sun-dried tomato pesto

Yield: about 1 1/4 cups
You will need: food processor, sauté pan, cooking oil spray, measuring cups and spoons

1 cup (1-8.5 oz jar is fine) sun-dried tomatoes, drained
1/2 cup fresh basil leaves
1/2 cup almonds
1/4 cup walnuts
4-5 cloves garlic
1/4 tsp salt
3/4-1 cup olive oil
1/4 fresh lemon — zest and juice of

1. Drain tomatoes and pat dry.
2. Toast almonds in a sauté pan over medium heat in a little olive oil until slightly brown.
3. Add tomatoes, basil, almonds, walnuts, and garlic to the food processor and blend. Remove the top several times and scrape down the sides with a spatula.
to ensure
everything is mixed evenly.
4. Stop the food processor and add lemon juice, zest, and salt and blend again briefly.
5. With the processor running, slowly add olive oil. You may use a little more or a little less, just get it to a consistency you like.

**This makes enough for 2 weeks, so freeze half of it to use in next week’s lasagna sauce.**

## Sides and Carbs

### quinoa

**Yield:** 6 servings  
**You will need:** measuring cups, pot

1 1/2 cups quinoa (more if your servings are larger, and always use twice as much water to quinoa)  
3 cups water

Optional Soaked method – to partially predigest the grain - you can also find sprouted quinoa for sale, or skip this entirely. Place quinoa in a bowl and cover with water and 1 T apple cider vinegar. Cover and allow to soak for 8 hours. This is easily accomplished by setting it out first thing in the morning, and cooking it when you come home, or start it at night and cook it the next day.

**Method:**

1. In a medium sized saucepan, combine water and quinoa.  
2. Cover and cook over medium heat to a low boil, then simmer for 15-20 minutes or
until all water has absorbed into grain.

sweet potato tots or discs

Yield: 4 servings
You will need: potato peeler, measuring spoons, medium sized mixing bowl, aluminum foil, baking sheet

2 medium-large sweet potatoes
1 T coconut oil, melted
1 T cumin
2 tsp chili powder (more if you like)
1 tsp sea salt
fresh ground pepper to taste

1. Preheat the oven to 350.
2. Peel sweet potatoes and chop them into small chunks. Put them in the bowl.
3. Melt coconut oil and drizzle it over the sweet potatoes.
4. Mix in cumin, chili powder, sea salt, and a few grinds of fresh pepper.
5. Toss together until the spices have evenly coated the potatoes.
6. Cover a cookie sheet with aluminum foil, and spread the sweet potatoes over it evenly.
7. Bake for 30-45 minutes or until tender. Cooking time will vary depending on size.

Disc Method:
1. Removing the skins is optional. Wash well, and slice sweet potatoes into even sized thin discs.
2. Melt coconut oil and mix in spices and salt.
3. Lay discs on a baking sheet covered with aluminum foil, and drizzle with spice mixture.
4. Bake for 15-20 min. I love this method, as they cook really quickly with minimal prep. In the future you can also leave off the spice mix and just blast them with a little cooking spray, salt and pepper and bake. They make great “buns” for burgers and bases for tuna salad and dipping in Guacamole.

Visit Whole Foods with me and learn about the amazing health benefits of sweet potatoes, and more ideas about how to cook them in this fun 2 minute video.

the best brussels sprouts ever

Yield: 2 servings
You will need: large sauté pan, cutting board, knife, measuring spoons

1 lb brussels sprouts
3 T molasses
3 T coconut oil
1 tsp cayenne or chili powder

1. Wash the brussels sprouts and cut off their ends if they are tough. Halve them.
2. Heat your sauté pan and coconut oil and add the brussels sprouts to the pan. Cook for several minutes, stirring regularly.
3. Add the molasses and mix it through the brussels sprouts.
4. Continue to cook for 5 more minutes or so, adding the cayenne pepper. When the sprouts are tender (but not mushy,) they are done.
breakfast quiche

Yield: 4 servings
You will need: sauté pan, garlic press, measuring cups and spoons, olive oil cooking spray, medium sized mixing bowl, whisk, 9” pie plate (you could also make it in a square 8x8 or 9x9” baking dish if you don’t have a pie plate)

1 leek
1 cup sliced mushrooms, loosely packed
4 cloves garlic
1 T olive oil
2 cups tightly packed spinach
1 cup egg whites
3 eggs
1 T fresh rosemary

1. Preheat oven to 350.
2. Chop leeks and mushrooms. Sauté in olive oil over medium heat for 5-7 minutes.
3. Press or mince garlic, and add it, along with the spinach to the mushrooms and leeks. Sauté for another 2-3 minutes.
4. Remove from heat.
5. Finely chop rosemary.
6. Beat eggs and egg whites in a medium sized bowl with pepper, salt, and rosemary.
7. Allow the vegetables to cool slightly and add them to the eggs.
8. Pour mixture into a 9” pie plate, sprayed with a little cooking oil spray.
9. Bake for 45 minutes.
strawberry-flaxseed protein pancakes

Yield: 2 servings
You will need: mixing bowl, whisk or fork, measuring cups and spoons, sauté pan, spatula

1/4 cup flax seed meal
1/4 cup vanilla or plain raw protein powder
1/4 cup almond flour
1/2 tsp baking soda
1/2 tsp cinnamon
1/2 tsp vanilla extract
1 egg
1/4 cup egg whites
2 T coconut oil, melted
1/2 cup strawberries

1. Mix the flax seed meal, protein powder, almond flour, baking soda, and cinnamon together in a bowl.
2. Beat the egg and egg whites in a separate bowl. Add them to the dry mixture along with the vanilla. Melt the coconut oil and add it in.
3. Finely chop the strawberries and add them to the batter.
4. Oil a skillet and heat to medium.
5. Ladle pancake batter into skillet and cook pancakes evenly on each side. These are somewhat dense pancakes, so be sure to cook them all the way through.
sesame chicken bites

Yield: 4 servings
You will need: cookie sheet, bowl with lid or large Ziplock bag, cooking oil, cutting board and knife

1 lb boneless, skinless chicken breast
1/4 cup sesame seeds
4-5 stalks fresh rosemary
1 tsp sea salt

1. Preheat oven to 350.
2. Cut chicken into 1" cubes, discarding any tendinous pieces. As always, using a meat-specific cutting board is a great idea.
3. De-stem rosemary and finely chop it.
4. Place cubed chicken in a large Ziplock bag or bowl that you can cover. Add sesame seeds, rosemary, and salt. Shake until well coated.
5. Oil a cookie sheet. Spread turkey pieces out evenly.

meatless option: sesame-hemp seed white bean salad

1 cup white beans (see below for natural cooking method, or buy organic, canned white beans)
1/4 cup hemp seeds
1/4 cup sesame seeds
3-4 sprigs fresh rosemary 1/2 tsp sea salt
Fresh pepper to taste
2 T sesame oil
1. Pull herbs from stems and chop fine. Combine herbs, salt and pepper, beans, seeds and sesame oil in a large bowl and stir to combine.

Optional natural cooking method: In a large bowl, cover beans by 3 inches with cold water, cover and set aside at room temperature for 8 hours or overnight. Drain beans and transfer to a pot (add seasonings like quartered onion, bay leaf, salt if desired). Cover with water and bring to a boil for 1 minute. Reduce heat and allow them to simmer, stirring occasionally for 1 1/2 hours. Drain water and discard seasonings. Transfer to a container or bowl.

Add to Grocery List: 1 cup white beans, dry or canned, sesame oil, check hemp seed stock
Remove from Grocery List: 1 lb chicken

**tuna avocado salad**

**Yield:** 2 servings

**You will need:** small mixing bowl, sharp knife, fork

2 cans tuna, no salt added, packed in water
1 avocado, ripe
1 small shallot
2 stalks celery
1/4 cup parsley
3-4 T spicy mustard

1. Chop celery, shallot and parsley.
2. Mash tuna and avocado together in a small bowl with spicy mustard, shallot, and parsley.
fish-less option: black bean avocado salad

You will need: food processor, knife, spoon, measuring spoons, cutting board

15-oz (~1 3/4 cups) Organic, low-sodium Black Beans
1 ripe avocado
1 tsp cumin
1/2 tsp salt
1/4 cup parsley
2 stalks celery

1. Blend beans, cumin, salt parsley and avocado in food processor until well mixed (the riper the avocado the better).
2. Chop celery and parsley and add at the end doing several quick pulses to combine.

Add to grocery list: Black beans, cumin
Remove from grocery List: tuna, mustard
buffalo burgers

Yield: 4 servings
You will need: mixing bowl, sauté pan or grill, spatula

1 lb ground buffalo (or beef)
Fresh sage – 2-3 T (if you buy a small package, save half for next week’s lasagna recipe)
Fresh rosemary
Salt and pepper
1 small yellow onion or 1/2 regular to large
1 T balsamic vinegar
1/4 cup almond meal flour

1. Dice onion and remove stems from sage and rosemary. Finely chop the herbs.
2. Mix ground buffalo in a bowl with onions, herbs, almond meal flour, salt and pepper, and balsamic vinegar.
3. Form into even-sized flat patties.
4. Grill or heat a sauté pan to medium heat with a little cooking oil. Cook on both sides until done. If you’re using ground buffalo, keep in mind that it's very lean and may take longer to cook than ground beef.
meatless option: balsamic tempeh burgers
adapted from Slate

Yield: 3 servings
You will need: cutting board, knife, measuring cups and spoons, small bowl, mixing fork or whisk, baking dish

1 lb Organic Tempeh
1 small yellow onion
3 garlic cloves
1 T honey or maple syrup
1 T fresh sage (or leftover thyme if you have some)
1/2 cup balsamic

1. Preheat the oven to 375°F.
2. Mince onion and garlic.
3. Divide tempeh into 3 equal pieces.
4. In a small bowl, mix together balsamic, honey or syrup, onion, garlic and thyme.
5. Whisk together the soy sauce, oil, shallot, garlic, honey, and thyme in a medium bowl.
6. Lay the tempeh pieces in a baking dish in one layer and pour the marinade over them.
7. Bake for 20-25 minutes, then turn them over and spoon the mixture over the pieces to coat the other side.
8. Bake for another 20-25 minutes or until marinade is absorbed.

Add to Grocery List: 1 lb Tempeh
Remove from Grocery List: Ground Buffalo, sage (if you’re using another spice), you only need 1/4 cup of almond meal flour for your pancakes, so no need for that if you have some left over.
steamed shrimp

*Yield:* 1 serving  
*You will need:* pot

1 serving frozen or fresh shrimp (about 15 small, 10-12 large)  
water

1. Fill a medium or small pot with water and bring to a boil.  
2. Add shrimp and bring back to a boil.  
3. Cook for 5-7 minutes.  
4. Drain, add a little salt, and serve.

shellfish-less option: steamed edamame

*Yield:* 2 servings  
*You will need:* small pot/saucepan

1 1/2 cups (or 1 12-oz package) organic shelled edamame (often easy to find frozen)

1. Fill a small saucepan about half full of water and add edamame.  
2. Bring to a boil and simmer for 7-10 minutes (or follow instructions on the package).  
3. Drain and serve.

Add to Grocery List: Organic Shelled Edamame  
Remove from Grocery List: Frozen Shrimp
Week 3: Daily Menu

KEY

T=tablespoon
L=leftover

Daily Action Steps — Like a Boss

✔ Pack any meals needed when you're away from home. Do this daily!
✔ Check out the meal plan for the next day ahead of time in case you want to set up breakfast or pack your lunch the night before.
✔ Wash your blender
✔ Keep your kitchen area clean
✔ Mix up the order of the meals you eat daily to suit your exercise schedule
✔ Gauge your necessary intake on your activity level, and adjust to suit your hunger — all measured amounts are suggested servings as a basis to work with. As you go through, you’ll see whether you need more or less.
✔ If you're craving more or something sweet, read the section in Part 1: 5 Body Hacks to CRUSH Your Food Cravings

How to See the Nutrients in Your Meals

In each of your meals, I’ve used a letter to represent which nutrients are included to help you recognize them.

P: Protein
C: Carb
G: Greens/Veggies
F: Fat
V: the Vegetarian/meatless option - will include the nutrients for you as well.

This can be super helpful if you are trying to swap out different foods for the foods in your meals - if for example you are dining out, or haven’t done all of your prep yet and looking for good alternatives that would work just as well as what’s on the daily menu.
Day 1

1. **1/4 Breakfast Quiche** (P, F, G)
   1/2 cup Sweet Potato Tots (C, G)

2. **Green Lantern Smoothie** (G, C, P)

3. **Buffalo Burger** (P, F)
   2 T Pesto (F, G)
   1/4 Avocado (F, G)
   1/2 cup Quinoa (C)

   **V**: Balsamic Tempeh Burger (P, C, F) + Pesto (F, G) and Avocado (F, G)

4. **Snack**
   1 Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

5. **Sesame Chicken Bites** (P, F)
   1 cup Mixed Greens Salad (G, F)

   **V**: Sesame White Bean Salad (P, C, F) with Mixed Greens Salad (G, F)
Day 2

1. Omelette
   2 Eggs + 1/3 cup Egg Whites (P, F)
   1 cup Mixed Greens Salad (cooked) to fill (G, F)
   1-2 T Pesto (on omelette or toast) (F, G)
   1-2 slices GF or Sprouted Grain Toast (C)

2. Blueberry Chai Green Smoothie (G, C, P)

3. Sesame Chicken Bowl (P, F)
   1/2 cup Sweet Potato Tots (C, G)
   1/4 Avocado (F, G)

   V: Sesame White Bean Salad (P, C, F) with Avocado (F, G)

4. Snack
   Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

5. Tuna Avocado Salad (P, F, G)
   1 cup Mixed Greens Salad (F, G)
   (mix both servings and save half for tomorrow)

   V: Black Bean Avocado Salad (P, C, F, G) with Mixed Greens Salad (G, F)
# Day 3

1. **1/4 Breakfast Quiche** (P, F, G)
   - 1/2 cup Quinoa (C)

2. **Green Lantern Smoothie** (G, C, P)

3. **Lunch Bowl**
   - L Tuna Avocado Salad (P, F, G)
   - 1/2 cup Sweet Potatoes (C, G)
   - 1 cup Mixed Greens Salad (G, F)

   **V:** L Black Bean Avocado Salad (P, C, F, G) with Mixed Greens Salad (G, F)

4. **Snack**
   - Peanut Butter Protein Bar (P, F)
   - 1/2 cup Carrots (G)

5. **Buffalo Burger** (P, F)
   - 2 T Pesto (F, G)
   - 1 serving Brussels Sprouts (G)

   **V:** Balsamic Tempeh Burger (P, C, F) with Pesto (F, G) and Brussels Sprouts (G)
Day 4

1. Omelette
   2 Eggs + 1/3 cup Egg Whites (P, F)
   1 cup Mixed Greens Salad (cooked) to fill (G, F)
   1-2 T Pesto (on omelette or toast) (F, G)
   1-2 slices GF or Sprouted Grain Toast (C)

2. Blueberry Chai Green Smoothie (G, C, P)

3. Buffalo Burger (P, F)
   1/4 Avocado (F, G)
   1 serving Brussels Sprouts (G)

   V: Balsamic Tempeh Burger (P, C, F) with Avocado (F, G) and Brussels Sprouts (G)

4. Snack
   1 Banana (G, C)
   1/4 cup Walnuts (F, P)

5. Pesto Shrimp
   1 serving Steamed Shrimp (P)
   2 T Pesto (F, G)
   1 cup Mixed Greens Salad (G, F)

   V: Steamed Edamame (P, C) with Pesto (F, G) and Salad (G, F)

**Optional Prep: Mix up your Pancake Batter for tomorrow morning**
1. Strawberry Flaxseed Protein Pancakes (P, F, G)
   (cook both servings - store the leftovers)

2. Green Lantern Smoothie (G, C, P)

3. L Pesto Shrimp
   1 serving Steamed Shrimp (P)
   2 T Pesto (F, G)
   1/2 cup Quinoa (C)

   V: L Steamed Edamame (P, C) with Pesto (F, G)

4. Snack
   1 Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

5. Sesame Chicken Bowl (P, F)
   1/4 Avocado (F, G)
   1 cup Mixed Greens Salad (G, F)

   V: Sesame White Bean Salad (P, C, F) with Avocado (F, G) and Mixed Greens (G, F)
Day 6

1. 1/4 Breakfast Quiche (P, F, G)
   1/2 cup Sweet Potato Tots (C, G)

2. Blueberry Chai Green Smoothie (G, C, P)

3. L Strawberry Flaxseed Protein Pancakes (P, F, G)

4. Buffalo Burger (P, F)
   2 T Pesto (F, G)
   1/4 Avocado (F, G)
   1 cup Mixed Greens Salad (G, F)

V: Balsamic Tempeh Burger (P, C, F) with Pesto (F, G), Avocado (F, G) and Mixed Greens (G, F)

*Only 4 meals listed today to leave room for eating out.
Day 7

1. 1/4 Breakfast Quiche (P, F, G)
   1/2 cup Quinoa (C)

2. Green Lantern Smoothie (G, C, P)

3. Snack
   1 Peanut Butter Protein Bar (P, F)
   1/2 cup Carrots (G)

4. Sesame Chicken Bowl (P, F)
   2 T Pesto (F, G)
   1 cup Mixed Greens Salad (G, F)

V: Sesame White Bean Salad (P, C, F) with Pesto (F, G) and Mixed Greens Salad (G, F)

*As Day 6 and 7 are the weekend for most people, I’ve left at least one meal option something that’s frozen or very easy and won’t perish in case you decide you want to go out to eat.

I encourage you to include the green smoothie, even on your NSA meal day because the fiber and nutrients will help your body process some of the other foods you’re eating.

If you go out to eat on a non-NSA day, stick to the guidelines in Part 1 about Dining Out, or try to order something similar to what you would have made.
Week 4
Week 4: Groceries

Fruits and Vegetables:
✓ 10-12 oz Mixed baby or spring greens
✓ 2 heads Kale
✓ 5 Zucchini Squash – assorted, yellow and green
✓ 1 Cucumber
✓ 12 carrots
✓ 1 large Tomato
✓ 4 stalks celery - you should have leftover from last week
✓ 1 Avocado (find out how avocados are a fat-loss ninja food)
✓ 2 Yellow onions
✓ 1 Shallot
✓ 1 head of Garlic - you need 6 cloves this week
✓ 2 bunches Parsley
✓ Fresh sage - or dried
✓ Fresh rosemary - or dried
✓ Fresh mint - you need 14 stalks this week
✓ 4 Sweet potatoes
✓ 24 oz fresh or frozen Blueberries
✓ 4 Apples
✓ 3 Bananas (less ripe is preferred)
✓ 1 bunch Grapes
✓ 1 Lemon (3 if you’re doing your tea)

Grains, Seeds, Nuts:
✓ Oat bran – 1/4 cup
✓ Oat Groats - 1 cup
✓ GF or Sprouted Grain Bread - 2 slices
✓ Walnuts - 1/2 cup
✓ Pecans - 1/4 cup
✓ Almonds - 1/4 cup
✓ Almond Meal Flour – 3/4 cup
✓ Hemp Seeds - 2 cups
✓ Flaxseed Meal - 3/4 cup
✓ Chia Seeds - 1/4 cup

Meats and Protein:
✓ Eggs - you need 15 this week
✓ Egg whites - you need 1 2/3 cup this week
✓ Ground buffalo or grass-fed beef - 1 lb
✓ Salmon filets - 2 servings (wild caught preferred)
✓ Albacore tuna - 2 cans, packed in water, no salt added
✓ Vanilla protein powder - 3 servings

Pantry Items:
✓ Pasta/marinara sauce - 16 oz, I like a Basil-Tomato for the lasagna
✓ Unsweetened coconut flakes
✓ Almond milk
✓ Spicy mustard
✓ Olive oil
✓ Avocado oil
✓ Cooking oil spray
✓ Raisins
✓ Balsamic Vinegar
✓ Honey
✓ Vanilla extract
✓ Baking Soda
✓ Cream of Tartar
✓ Sea salt
✓ Black pepper
✓ Cinnamon
✓ Ginger
✓ Cloves
✓ Nutmeg
✓ Cacao Powder

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Tools you'll need this week:

- Food processor
- High-power blender (Vitamix, Blendtec, or comparable)
- Medium and large Sauce pan (pot)
- Medium and large Sauté Pan or skillet
- Steamer basket
- Spatula — rubber and grill
- Baking sheet/Cookie Sheet
- Mini Loaf Pans (2) - you can find disposable, single use mini loaf pans easily
- 9x13” Baking dish
- Measuring cups — dry and liquid - and Measuring spoons
- Mixing bowls
- Cutting board and Knives
- Tupperware containers (I prefer glass containers with any kind of top)
- Ziplock bags
- Lunchbox/food carrier
- Portable Smoothie/Drink Carrier

**Food Prep Power Session**

Prepare these recipes together for the week after shopping if you’re batching your cooking.

**Greens:**
- Mixed Greens Salad
- Green Smoothie Set-ups

**Carbs:**
- Overnight Oatmeal
Baked Sweet Potato Tots

**Proteins:**
Scrambled Eggs  
Zucchini Noodle Lasagna  
Pesto Baked Salmon

**Sides:**
Ninja Nut Bread  
Roasted Zucchini

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**Suggested Food Prep Sequence**

1. Thaw **Sun-dried Tomato Pesto** (from last week).
2. Preheat Oven to 350.
3. Peel and chop **Sweet Potatoes** and get them in the oven.
4. Measure **Oats** and get them started on the stovetop.
5. Cook **Eggs** in a skillet (if you have time or prefer to make your eggs in the morning, you can skip this step).
6. Package up the eggs, and transfer oatmeal to refrigerator to soak overnight.
7. Sauté onions and garlic for **Lasagna**. Add the meat and herbs.
8. Take the sweet potatoes out of the oven and wrap them up. Complete prep for lasagna and build it. Put it in the oven.
9. Assemble **Mixed Greens Salad** — you’ll only use half of the pre-mix this week, the other half is for the lasagna — chop carrots and almonds and toss together with greens. Finish with lemon and oil.
10. Assemble **Ninja Nut Bread** and **Roasted Zucchini**. When lasagna is finished, bake both of them. Package them up.
11. Do **Green Smoothie set-ups**, or simply wash fruit and greens. Chop greens into bite-sized pieces and bag up so you have the ingredients ready to go and can vary your smoothies as you like.
Weekly Green Smoothie Prep:

You have the option of either washing your fruits and vegetables and individually wrapping them to use with any smoothie, or as snacks, or to throw into different dishes - OR - you can set up individual bags for each smoothie with most of the ingredients included.
Green Smoothies

blueberry banana green smoothie

Yield: Makes 1 large smoothie
You will need: blender, knife, measuring cups and spoons

3-4 stalks kale, stems removed
1/2 – 2/3 cup blueberries (fresh or frozen)
1 banana
1/4 cucumber
1/4 cup parsley
2-3 stalks of fresh mint
1 tsp spice blend
1 scoop vanilla protein powder
1 T chia seeds
1 cup water (more as needed)

1. While you can simply throw your chia seeds into this blend, another fun way to do this is to soak them in about 1/2 cup of water for a few minutes so they absorb the water. I would add the spice blend, and even
a little vanilla extract to the liquid so they absorb that as well. They’ll form a nice gel.

2. Blend greens and water until well mixed.
3. Add fruit and cucumber and blend again.
4. Add protein powder, chia seeds and any additional liquid to blend to desired consistency.

**iron man green smoothie**

*Yield: 1 large smoothie*

*You will need: blender, knife, measuring cups and spoons*

3-4 stalks kale
1 apple
8-10 grapes
2-3 stalks fresh mint
1/4 cup parsley
1 stalk celery
4 T hemp seeds
1 cup water or more as needed

1. Blend greens and water.
2. Add fruit and celery.
3. Add hemp seeds and any additional water and blend to desired consistency.

**spice blend:**

2 tsp cinnamon
1 tsp nutmeg
1 tsp cacao
1. Mix in a small ziplock bag and store.
2. Makes an excellent topping for oatmeal, coffee and of course, in your smoothies!

**Good Beverages**

- ✔ Water
- ✔ Morning Daily: Hot water with 1/4 lemon and some peeled, fresh ginger
- ✔ Green Tea
- ✔ Americano/Espresso/Coffee: keep it to 2-3 shots or 1.5 cups a day (I like mine before a workout).

**Mixed Greens Salad**

**daily greens salad**

*Yield: 7 servings*

*You will need:* large mixing bowl, cutting board and knife, medium skillet, cooking oil spray, tongs, grater or food processor

6 oz mixed spring greens
2 carrots
1 large tomato
1/4 cup chopped almonds
1/2 lemon
2 T olive oil

1. Chop almonds in the food processor.
2. Chop carrots in the food processor or use a grater.
3. Finely chop large tomato.
4. Toss greens together in a large mixing bowl with almonds, carrots and tomatoes. Cover and refrigerate.
5. Squeeze the juice of half a lemon and the avocado or olive oil into a small container and store to use on the greens when you serve or cook them.
6. Cover and store.

Pesto of the Week

sun-dried tomato basil pesto
Frozen from last week. Thaw.

Carbs

baked sweet potatoes

Yield: 8 servings
You will need: sharp knife, potato peeler, aluminum foil, baking sheet

4 large sweet potatoes

1. Preheat oven to 350.
2. Wash and peel sweet potatoes.
3. Cut them into even-sized chunks, about an inch to an inch and a half in size.
4. Wrap in foil and place on a baking sheet.
5. Bake for 45-50 minutes – or until easily pierced by a fork.
If you prefer the faster method and want to make sweet potato discs from last week’s alternate recipe, try that again. You can simply rub them with a little coconut oil, or spritz them with cooking spray and a little salt if you like.

old-fashioned oatmeal

**Yield:** 4 servings  
**You will need:** large pot, liquid measuring cup, measuring cup

4 cups of water  
1 cup oats  
1 T vanilla extract

1. Measure water into large pot and add oats.  
2. Bring water to a boil and allow to boil for 1-2 minutes.  
3. Remove from heat, add vanilla.  
4. Cover, and refrigerate.  
5. The following day, stir the oats together with any foam that has accumulated on the top. All the water will be absorbed.
ninja nut bread

Inspired by Elana’s Pantry

Yield: 6 servings (2 slices is a serving. Mini loaves yield about 6 slices per loaf. So 6 servings in 2 loaves - you have 5 servings this week in your meal plan so be sure to share with a friend :).)

You will need: 2 mini loaf pans, food processor, medium sized mixing bowl, whisk or fork, cooking oil spray, measuring cups and spoons

1/2 cup walnuts
1/2 cup almond meal flour
3/4 cup flaxseed meal
1/2 teaspoon sea salt
1/2 teaspoon baking soda
3/4 teaspoon cream of tartar
3 eggs
2 T olive oil
1/4 cup water
1-2 tsp honey

1. Preheat oven to 350.
2. Place walnuts in the food processor. Blend until very fine.
3. In a medium size bowl, mix walnuts, almond flour, flax, salt, baking soda and cream of tartar.
4. Add eggs, oil, water, and honey, and stir until mixed.
5. Spray 2 mini loaf pans with cooking oil spray and evenly distribute batter.
6. Bake for 30-35 minutes
7. Allow loaves to sit for a few minutes before transferring them to a cooling rack or paper towel. Store in Ziplock bags.

Once you’ve made this recipe once and have a good baseline for what it tastes like, you should definitely play around with the ingredients and flavors you add next time. Try adding raisins and cinnamon, add a little more honey, add 1 tsp vanilla - or for a more savory bread, sprinkle with sesame seeds, fresh herbs and salt before baking.

roasted zucchini

*Yield:* 2 servings  
*You will need:* knife, cutting board, baking sheet, mixing bowl, spoon

1 zucchini  
1 tsp olive oil  
salt + pepper

1. Preheat the oven to 350. Wash your zucchini well.  
2. Slice the zucchini in half lengthwise and then cut each half into half moons.  
3. In a mixing bowl, toss the zucchini with the olive oil, salt and pepper.  
4. Place on a baking sheet and roast for 15-20 minutes.
sweet potato pecan pancakes

Yield: 2 servings

You will need: blender, measuring cups and spoons, sauté pan, rubber spatula, and grill spatula

1/2 cup baked sweet potato
2 eggs
1/2 cup almond milk (you can add a splash more if the batter is too thick)
1/4 cup oat bran (or flax seeds)
1/4 cup almond meal flour
1/2 tsp baking soda
1/2 tsp cinnamon
1/4 tsp cloves
1/4 tsp ginger
A couple shakes of sea salt

Topping (per serving):

2 T chopped pecans
1 T honey

1. Add all ingredients to your blender and blend until creamy and well-mixed.
2. Have your skillet at medium heat and coated with a little cooking oil.
3. Because the sweet potato is a dense, tuberous vegetable, the pancakes will take a little longer to cook through than you might be used to.
Allow them to cook on the first side until the color/texture of the top starts to change slightly, or small indented bubbles form. Then flip.
4. Cook completely on other side — not quite as long — and serve hot.
5. Top with pecans and honey.

scrambled eggs

_Yield:_ 5 servings

_You will need:_ skillet, silicone spatula

10 eggs
1 2/3 cup egg whites

1. Mix eggs and egg whites in a medium sized mixing bowl.
2. Heat a skillet and season with cooking oil. For week 4, I like to cook the eggs in the same skillet I used to make the turkey bacon to flavor them a bit.
3. Pour the eggs into the pan and stir with a silicone spatula until evenly cooked.
Proteins

zucchini noodle lasagna

Yield: 8-12 Servings - you can freeze some for next week
You will need: 9x13” baking dish, cooking oil spray, knives, large sauté pan, tongs, wooden spoon, spatula

3-4 yellow and green zucchini
3-4 cups mixed baby greens and spinach
2 cups marinara or pasta sauce — get a flavor that compliments your choice of herbs
1 lb ground buffalo or grass-fed beef
2-3 medium yellow onions
5-6 garlic cloves
3-4 T assorted fresh herbs — rosemary, sage, parsley (or 3-4 tsp dried herbs)
2 T balsamic vinegar
2 T olive oil

1. Chop onions, and finely chop rosemary, sage, and parsley.
2. Sauté the onions over medium heat in olive oil. Press or mince the garlic and add it after the onions have cooked for a few minutes on their own.
3. When the onions are translucent, add the ground buffalo and stir to break it up evenly. Add the spices. Cook until evenly browned.
4. Preheat oven to 400.
5. Slice zucchini in thin, even strips. You can also just cut it in discs.
6. Spray the baking dish with cooking oil spray. Begin by layering zucchini into the bottom.
7. Next, add a third of the sauce. For best results, sprinkle sauce around the zucchini, then use a spatula to spread it evenly.
8. Top with half of the meat mixture.
9. Layer half the greens.
10. Cover the greens with a second layer of zucchini.
11. Top with a third of the sauce.
12. Layer the rest of the meat mixture.
13. Top with remaining greens.
14. Top greens with the rest of the zucchini and spread with remaining sauce.
15. Bake for 40 minutes.

*Hot tip: add a few tablespoons of the leftover Sun-dried Tomato Pesto to the sauce to make it even more delicious.

After baking, refrigerate overnight, and when it’s completely cooled you can opt to freeze half of it for the following week. To freeze, slice into desired single serving pieces and store in freezer-safe container.

**meatless version of zucchini noodle lasagna**

1. Substitute tempeh in place of ground buffalo.
2. To prepare the tempeh, simply chop it up into small pieces, and sauté it with the onions, garlic and herbs following the sequence above.
3. Complete the recipe following the above sequence.

**Add to Grocery List:** 1 lb organic Tempeh
**Remove from Grocery List:** Ground Buffalo
baked pesto salmon

Yield: 2 servings
You will need: baking sheet, spatula

2 salmon filets
1/4 cup Sun-dried Tomato Pesto

1. Preheat oven to 350.
2. Prepare filets by brushing with pesto.

fish-less option: baked pesto tofu

Yield: 2 servings
You will need: baking sheet, cooking oil spray, small bowl, measuring spoon

8 oz package Organic, fermented or sprouted Tofu
3-4 T pesto

1. Preheat oven to 350.
2. Spray a baking sheet with cooking oil spray or line with parchment or foil.
3. Cube tofu and place in the bowl.
4. Stir in pesto until well coated. Add a little extra olive oil to your pesto if it’s thick so it won’t break the tofu when you mix it in.
5. Spread evenly on baking sheet and bake for 15 minutes, or until browned.

Add to Grocery List: 8-10z package tofu
Remove from Grocery List: Salmon Filets

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tuna avocado salad

Yield: 2 servings
You will need: can opener, measuring spoon, knife and cutting board, small bowl, and fork

2 cans Albacore Tuna
1 ripe Avocado
3-4 T spicy Mustard
1 small Shallot
2-3 T finely chopped Parsley

1. Drain tuna and add to bowl.
2. Scoop avocado out of its shell and discard seed. Mash it into the tuna with the mustard.
3. Finely chop parsley and dice shallot. Add to tuna mixture and stir together.

fish-less option: black bean avocado salad

Yield: 2 servings
You will need: food processor, measuring spoon

15 oz Organic Black Beans
1 ripe Avocado
1 small shallot
2-3 T parsley
1 tsp cumin,
1/2 tsp sea salt

1. Peel shallot and place in food processor with parsley. Blend until chopped.
2. Add beans, cumin, salt and avocado.
3. Blend until smooth.

Add to Grocery List: 15 oz can Organic Black Beans, cumin
Remove From Grocery List: Tuna
Week 4: Daily Menu

KEY

T=tablespoon
L=leftover

Daily Action Steps — Like a Boss

✓ Pack any meals needed when you're away from home. Do this daily!
✓ Check out the meal plan for the next day ahead of time in case you want to set up breakfast or pack your lunch the night before
✓ Wash your blender
✓ Keep your kitchen area clean
✓ Mix up the order of the meals you eat daily to suit your schedule
✓ Gauge your necessary intake on your activity level, and adjust to suit your hunger.
   All measured amounts are suggested servings to work from as a basis. As you go through, you’ll see whether you need more or less.

How to See the Nutrients in Your Meals

In each of your meals, I’ve used a letter to represent which nutrients are included to help you recognize them.

P: Protein
C: Carb
G: Greens/Veggies
F: Fat

V: the Vegetarian/meatless option - will include the nutrients for you as well.
This can be super helpful if you are trying to swap out different foods for the foods in your meals - if for example you are dining out, or haven’t done all of your prep yet and looking for good alternatives that would work just as well as what’s on the daily menu.
Day 1

1. Breakfast Salad
   1 serving Scrambled Eggs (P, F)
   1 cup Mixed Greens Salad (G, F)
   1/2 cup Sweet Potatoes (C, G)

2. Iron Man Green Smoothie (G, C, P)

2. Second Breakfast
   1/2 cup Overnight Oatmeal (C)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)
   2 T Raisins (G, C)

4. Snack
   2 slices Ninja Nut Bread (F, P)
   1/2 cup Carrots (G)

5. Zucchini Noodle Lasagna (P, F, G)
   V: Tempeh Lasagna (P, C, F, G)
Day 2

1. Overnight Oatmeal
   1/2 cup Overnight Oatmeal (C)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)
   2 T Raisins (G, C)

2. Blueberry Banana Green Smoothie (G, C, P)

3. Zucchini Noodle Lasagna (P, F, G)
   V: Tempeh Lasagna (P, C, F, G)

4. Snack
   2 slices Ninja Nut Bread (F, P)
   1/2 cup Sweet Potatoes (C, G)
   2 T Coconut Flakes (F)

5. Baked Salmon with Pesto (P, F, G)
   1 cup Mixed Greens Salad (G, F)
   V: Baked Tofu with Pesto (P, C, F, G) and Mixed Greens Salad (G, F)
## Day 3

### 1. Breakfast Salad
1 serving Scrambled Eggs (P, F)
1 cup Mixed Greens Salad (G, F)
2 slices GF or Sprouted Grain Toast (C)
2 T Pesto (F, G)

### 2. Iron Man Green Smoothie (G, C, P)

### 3. L Pesto Salmon Salad (P, F, G)
1 cup Mixed Greens Salad (G, F)
1/2 cup Sweet Potato (C, G)

V: L Baked Tofu (P, C, F, G) with Pesto (F, G), and Mixed Greens Salad (G, F)

### 4. Snack
2 slices Ninja Nut Bread (F, P)
1/2 cup Carrots (G)

### 5. Zucchini Noodle Lasagna (P, F, G)

V: Tempeh Lasagna (P, C, F, G)
Day 4

1. Overnight Oatmeal
   1/2 cup Overnight Oatmeal (C)
   1/4 tsp Cinnamon
   3 T Hemp Seeds (P)
   2 T Raisins (G, C)

2. Blueberry Banana Green Smoothie (G, C, P)

3. Zucchini Noodle Lasagna (P, F, G)
   1/2 cup Sweet Potatoes (C, G)
   V: Tempeh Lasagna (P, C, F, G)

4. Snack
   2 slices Ninja Nut Bread (F, P)
   1/2 cup Carrots (G)

5. Pesto Egg Scramble
   1 serving Scrambled Eggs (P, F)
   2 T Pesto (G, F)
   1 serving Roasted Zucchini (G)

*Mix up pancake batter for tomorrow morning — optional
Day 5

1. Sweet Potato Pecan Pancakes (C, F)
   1 serving Scrambled Eggs (P, F)
   (make both servings and save the rest for tomorrow)

2. Iron Man Green Smoothie (G, C, P)

3. Tuna Avocado Salad
   1 serving Tuna Salad (P, F, G)
   1/2 cup Sweet Potatoes (C, G)
   (make both servings, pack the rest up for tomorrow)

   V: Black Bean Avocado Salad (P, C, F, G)

4. Snack
   2 slices Ninja Nut Bread (F, P)
   1/2 cup Carrots (G)

5. Zucchini Noodle Lasagna (P, F, G)
   1 cup Mixed Greens Salad (G, F)

   V: Tempeh Lasagna (P, C, F, G) with Mixed Greens Salad (G, F)
### Day 6

1. **Breakfast Salad**
   - 1 serving Scrambled Eggs (P, F)
   - 1 cup Mixed Greens Salad (G, F)
   - 1/2 cup Sweet Potatoes (C, G)

2. **Blueberry Banana Green Smoothie** (G, C, P)

3. **L Sweet Potato Pecan Pancakes** (C, F)

4. **L Tuna Avocado Salad** (P, F, G)
   - 1 cup Mixed Greens Salad (G, F)

V: **L Black Bean Avocado Salad** (P, C, F, G) with Mixed Greens Salad (G, F)

*Just 4 Meals today to leave room for catching up and eating out!*
Day 7

1. Overnight Oatmeal
   1/2 cup Oatmeal (C)
   1/4 tsp Cinnamon
   2 T Raisins (G, C)
   3 T Hemp Seeds (P)

2. Iron Man Green Smoothie (G, C, P)

3. Snack
   2 slices Ninja Nut Bread (F, P)
   1/2 cup Carrots (G)

4. Zucchini Noodle Lasagna (P, F, G)
   V: Tempeh Lasagna (P, C, F, G)

**As Day 6 and 7 are the weekend for most people, I've left at least one meal option something that's frozen or very easy and won't perish in case you decide you want to go out to eat.

I encourage you to include the green smoothie, even on your NSA meal day, because the fiber and nutrients will help your body process some of the other foods you’re eating.

If you go out to eat on a non-NSA day, stick to the guidelines in Part 1 about Dining Out, or try to order something similar to what you would have made.
Step 1: **7 Day Meal Plan**: the perfect place to start, complete beginner’s guide to nutrition and 7 day meal plan!

Step 2: **The Body Fuel System**: Take your nutrition and body knowledge to the next level with the **BODY FUEL SYSTEM** - a 30-day done for you Meal Plan and complete guide to making balanced eating a long-term lifestyle.

Step 3: **The 30-Day Challenge Meal Plan**: continue to progress and master healthy nutrient-dense cooking and healthy eating with this 30-day done for you Meal Plan and 4 additional cookbooks!

Step 4: **The 90 Day Challenge**: Add workouts! This program is a perfect compliment to either of the 30 day guides, as it comes with an **8-week done for you meal plan** (meal plans are different in each program) and a **12-Week Home Workout Program**!

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