Lioness Meal Plan
Phase 2, Week 3

Bree Argetsinger
a.k.a The Betty Rocker
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Week 3: Groceries

Fruits and Vegetables:
✓ 6 oz Mixed Greens
✓ 2 cups Baby spinach
✓ 1 bunch Chard
✓ 2 bunches Kale
✓ 2 bunches Parsley
✓ 1 bunch Celery - you need 7 stalks this week
✓ 1 lb Asparagus
✓ 1 head Broccoli
✓ 1 Red bell pepper
✓ 2 Cucumbers
✓ 1 Tomato
✓ 8 large Carrots
✓ 1 large Red potato
✓ 1 Red onion
✓ 1 small Shallot
✓ 4 cloves Garlic
✓ 1 Avocado
✓ 4 Apples
✓ 1 bunch Grapes
✓ 16 oz Blueberries - fresh or frozen
✓ 3 Bananas
✓ 1 Pineapple - or buy 1 cup frozen chunks
✓ 1-2 Oranges - enough for 1/2 cup orange juice
✓ 2 Lemons
✓ Fresh ginger - enough for 3 inches worth
✓ 1 package fresh Mint - you need 15 stalks this week
✓ 1 large package Basil - you need 3 cups this week
✓ Fresh rosemary - you need 1/2 T this week, or 1/2 tsp dried

Grains, Nuts, and Seeds:
✓ 1 loaf GF or sprouted grain bread - you need 7-10 slices this week
✓ Quinoa - 3 cups
✓ Almond meal flour - 1/2 cup
✓ Almond or peanut butter - 1/2 cup
✓ Walnuts - 1/2 cup
✓ Pine nuts - 2 T
✓ Ground flaxseed - 2 T
✓ Hemp Seeds - 2 cups
Proteins:
✓ Eggs - *you need 15 this week*
✓ Egg whites - *you need 2 cups*
✓ Chicken breast - *1 lb*
✓ Ground turkey - *1 lb*
✓ Wild-caught tuna - *1 can*
✓ Chocolate protein powder - *you need 1 3/4 cup this week*

Pantry Items:
✓ Almond milk
✓ Coconut milk
✓ Chicken stock
✓ Spicy mustard
✓ Olive oil
✓ Coconut oil
✓ Rice wine vinegar
✓ Honey
✓ Vanilla extract
✓ Cacao powder
✓ Arrowroot flour
✓ Baking soda
✓ Sea salt
✓ Pepper
✓ Garlic powder
✓ Onion powder
✓ Red pepper flakes
✓ Cinnamon
✓ Nutmeg
Week 3: Recipes You’ll Make This Week

Breakfasts:
• Scrambled Eggs
• Chocolate Peanut Butter French Toast

Smoothies:
• Mint Green Protein Smoothie
• Blueberry Banana Green Smoothie

Pesto:
• Basil Garlic Pesto

Carbs:
• Coconut Basil Quinoa
• Roasted Potatoes

Sides/Snacks:
• Mixed Green Salad
• Steamed Asparagus
• Chocolate Fudge Protein Bars

Entrees:
• Turkey Stir-Fry  
  V: Kidney Bean Stir-Fry  
• Cream of Broccoli Soup
• Chicken Nuggets  
  V: Chickpea Nuggets
• Tuna Avocado Salad  
  V: Black Bean Avocado Salad
Week 3: Tools You’ll Need This Week

• High-power blender
• Food processor
• Baking sheets
• Square baking pan
• Medium and large pot
• Skillet
• Spatula - rubber and grill
• Whisk
• Ladle
• Mesh strainer
• Can opener
• Mixing Bowls
• Wooden spoon
• Cutting board and knives
• Measuring cups and spoons
• Parchment paper
• Ziploc bags
• Tupperware containers (I prefer glass containers with any kind of top)
• Lunchbox/food carrier
• Portable smoothie/drink carrier
• Garlic press (optional)
Week 3: Suggested Food Prep Sequence

1. Preheat the oven to 350. Get the **Roasted Potatoes** ready and put them in the oven.
2. Prepare the **Chicken Nuggets** and get it in the oven with the potatoes.
3. While those items are baking, get the **Coconut Basil Quinoa** on the stove.
4. Prep and start cooking the **Cream of Broccoli Soup**.
5. Prepare the **Basil Garlic Pesto** and set aside. Start preparing the **Turkey Stir-Fry** and get it cooking on the stove.
6. Start mixing up the **Chocolate Fudge Protein Bars** and get them in the oven.
7. Set up a pot with a steamer basket and cook the **Steamed Asparagus**.
8. Cook the **Scrambled Egg** if you wish, or alternatively you can cook them fresh each morning (2 whole eggs to 1/3 cup egg whites is 1 serving).
9. Mix and store the **Mixed Green Salad** and dressing separately. Cut up 3 cups of **Carrots** for your snacks.
10. Take the 2 remaining servings of **Buffalo White Bean Chili** out of the freezer to thaw.
11. 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.
Week 3: Recipes

Breakfast

**scrambled eggs**

*Yield: 6 servings*

*You will need: mixing bowl, whisk, large skillet, spatula, cooking oil spray*

- 12 eggs
- 2 cups egg whites
- sea salt + pepper

1. In a mixing bowl, whisk the eggs and egg whites together until uniform. Season with salt and pepper.
2. Heat a skillet to medium and spray with cooking oil.
3. Once the pan is hot, add the eggs and stir with a spatula until cooked.

**scrambled eggs (single serving)**

*Yield: 1 serving*

*You will need: mixing bowl, whisk, large skillet, spatula, cooking oil spray*

- 2 eggs
- 1/3 cup egg whites
- sea salt + pepper

1. In a mixing bowl, whisk the eggs and egg whites together until uniform. Season with salt and pepper.
2. Heat a skillet to medium and spray with cooking oil.
3. Once the pan is hot, add the eggs and stir with a spatula until cooked.
chocolate peanut butter french toast

Yield: 2 servings (2 slices each serving)
You will need: skillet, shallow baking dish, blender, measuring cups and spoons, saucepan or microwave, spoon, spatula

1 serving chocolate protein powder
2 tsp cacao powder
3/4 cup almond milk
2 T ground flaxseed
1/4 tsp vanilla extract
4 slices bread
2 T water (optional- only add if batter is too thick)

1. Mix everything except the bread and water in a blender until smooth.
2. If your batter is too thick, add a little water at a time until thin enough.
3. Soak the pieces of bread on both side in the batter.
4. Heat a skillet to medium and spray with cooking spray.
5. Cook on the skillet until browned on both sides.

Topping
1/4 cup peanut butter
2 tsp coconut oil

1. Heat on a skillet or in a microwave, stirring often, until melted.
mint green protein smoothie

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

1 cup chard
3/4 cup kale
1/2 cup parsley
1 stalk celery
1 apple
10 grapes
3 stalks fresh mint
3 T hemp seeds

1. Blend the greens and liquid together very well.
2. Add the celery, apple and grapes and blend well again.
3. Finally, add in the mint and hemp seeds and blend until everything is smooth.

blueberry banana green smoothie

Yield: 1 serving
You will need: blender, cutting board, measuring cups and spoons

1 cup kale, de-stemmed
1/4 cup parsley
1/2 cup almond milk
1/2 cup water
1 stalk celery
1/3 cucumber
1 chunk (inch) ginger
1/2 cup blueberries
1 banana
1 stalk mint
1/2 tsp cinnamon
1/4 tsp nutmeg
3 T hemp seeds

1. Blend the greens and liquid together very well.
2. Add the celery, cucumber, ginger, blueberries and banana and blend again.
3. Finally, add in the mint, spices and hemp seeds and blend until everything is smooth.
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 if you’re low on 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.
coconut basil quinoa

*Yield:* 8 servings

*You will need:* cutting board, knife, saucepan with a lid, wooden spoon, measuring cup

2 cups quinoa  
2 cups coconut milk  
2 cups chicken stock  
1 cup basil  
2 tsp sea salt

1. Pre-rinse quinoa and soak it for 4-6 hours in a bowl with 1 T apple cider vinegar (or buy sprouted quinoa).  
2. Drain and rinse the quinoa. Put it in a saucepan and add the coconut milk and chicken stock.  
3. Cook on medium heat at a simmer until all liquid has been absorbed, about 15-20 minutes.  
4. Chop basil and stir it in along with the salt.

roasted potatoes

*Yield:* 2 servings  

*You will need:* knife, cutting board, mixing bowl, wooden spoon, baking sheet, parchment paper, measuring spoons

1 large red potato  
2 tsp olive oil  
1/2 T fresh rosemary, chopped  
1/2 tsp sea salt  
1/2 tsp pepper

1. Preheat the oven to 400 F and line a baking sheet with parchment paper.  
2. Cut the potato into evenly sized cubes and place in a mixing bowl.  
3. Add the oil and seasonings - stir to coat. Lay the potatoes on the baking sheet and spread out evenly so they do not overlap.  
4. Bake for 15-20 minutes, until potatoes are golden and slightly crispy.
mixed greens salad

*Yield:* 6 servings

*You will need:* large mixing bowl, cutting board, knife, whisk

- 8 oz mixed salad greens
- 2 carrots, peeled and chopped
- 1 tomato, chopped
- 1/2 cucumber, chopped
- 1/4 cup olive oil
- 1 lemon, juice of
- sea salt and pepper

1. Add the salad greens to a large bowl.
2. Add the carrots, tomato and cucumber.
3. Keep in the refrigerator and add the dressing right before serving.
4. Whisk up the olive oil, lemon juice, salt and pepper and store separately.

steamed asparagus

*Yield:* 3 servings

*You will need:* large pot with steamer basket insert

- 1 lb asparagus
- water

1. Place 2 inches of water into a large pot and bring to a simmer.
2. Wash the asparagus and snap off the tough ends.
3. Place a steamer basket insert into the pot and put the asparagus in the basket. Cover with a lid.
4. Let the asparagus steam for about 10 minutes, until tender but not mushy.
chocolate fudge protein bars

Yield: 8 servings
You will need: square baking dish, microwave-safe bowl, mixing bowl, measuring cups and spoons, whisk or spatula, cooking oil spray or coconut oil for greasing

1 cup almond (or peanut) butter
1 cup honey (more if necessary)
2 eggs
1 tsp baking soda
1 tsp sea salt
2 tsp vanilla extract
1 1/2 cups chocolate protein powder
2 1/2 cups almond milk

1. Preheat the oven to 350 F. Spray (or grease with coconut oil) a 9x13 baking dish generously with cooking oil.
2. Measure the almond butter into a microwave-safe dish and heat it just enough to melt. Check it every 30 seconds to make sure it doesn't burn on the edges.
3. Put the honey, egg, baking soda, salt, vanilla and protein powder into a bowl and mix in the melted almond butter.
4. Slowly pour in the almond milk 1/4 cup at a time (you may not use all 2 1/2 cups) until you reach a cake batter consistency.
5. Pour the batter into the baking dish and bake for 22-23 minutes, until a toothpick inserted in the center comes out clean.
6. Let them cool for 10 minutes before slicing and storing in the refrigerator.
cream of broccoli soup

**Yield:** 4 servings  
**You will need:** measuring cups and spoons, cutting board, knife, a medium pot, blender

1 head of broccoli  
1/2 cup hemp seeds  
2 cloves garlic  
1-2 cups water (enough to cover broccoli in your pan)  
sea salt + pepper to taste

1. Wash and cut the broccoli into even sized pieces and place into a saucepan or skillet.  
2. Add just enough water to cover and place on the stovetop. Bring to a boil and cook until fork-tender - about 5-8 minutes.  
3. Add the broccoli and water to a blender (or food processor). Add the hemp seeds, garlic, salt and pepper. Blend until you get a smooth consistency.  
4. Taste and add more seasonings if you think it needs more.

chicken nuggets

**Yield:** 4 servings  
**You will need:** baking sheet, parchment paper, measuring cups and spoons, knife, cutting board, bowls, whisk or fork

1 lb chicken breast  
2 eggs  
1 cup almond meal flour  
1 cup unsweetened shredded coconut  
1 tsp garlic powder  
1 tsp onion powder  
sea salt + pepper to taste

1. Preheat the oven to 350. Line a baking sheet with parchment paper.  
2. Prepare the chicken by cutting it into even sized pieces.  
3. Set out 2 bowl. In the first bowl, beat the eggs together. In the second bowl, combine the almond meal flour, coconut and spices.  
4. Dip the chicken pieces into the egg and then dredge in the almond/coconut mixture. Lay on the baking sheet.  
5. Bake for 20-25 minutes, or until browned and cooked through.
meatless option: chickpea nuggets

Yield: 4 servings
You will need: food processor, baking sheet, shallow baking dish, measuring cups and spoons, can opener, mesh strainer

Nuggets:
2 cans chickpeas, rinsed and drained
1 tsp paprika
4 tsp Dijon mustard
pinch of cayenne pepper
sea salt and pepper

Coating:
1/2 cup sunflower seeds
1/2 cup almond flour
1 tsp paprika
pinch of cayenne pepper

1. Preheat the oven to 350 F.
2. Blend the chickpeas in the food processor until half and pureed. Mix it well with the rest of the nugget ingredients.
3. Mold the mixture into 12-16 evenly sized nuggets.
4. Pulse the sunflower seeds in the food processor and mix with the rest of the coating ingredients.
5. Roll the nuggets in the coating and bake on a baking sheet for 20-25 minutes.

Add to grocery list: 2 cans chickpeas, Dijon mustard, cayenne pepper, sunflower seeds
Remove from grocery list: 1 lb chicken breast, onion powder, garlic powder
**turkey stir-fry**

*Yield:* 4 servings  
*You will need:* cutting board, knife, measuring cups and spoons, pan, wooden spoon, saucepan

**For the stir-fry:**
2 T olive oil  
1 lb ground turkey  
1 red bell pepper, chopped  
1 red onion, sliced  
1 cup pineapple chunks  
2 cups baby spinach  
2 cups coconut basil quinoa (recipe in above section)

1. Add the olive oil to a large pan over medium heat.  
2. Add the ground turkey and brown until completely cooked.  
3. Add in the peppers and onions. Cook until slightly soft.  
4. Carefully pour the orange sauce (recipe below) over the turkey and vegetables, mixing to coat.  
5. Right before serving, stir in the pineapple to warm it and the spinach to wilt it.  
6. Serve with 1/2 cup coconut basil quinoa quinoa per serving.

**For the sauce:**
1/2 cup fresh orange juice  
2 T honey  
1/4 cup rice wine vinegar  
1/4 cup chicken stock  
1 tsp garlic powder  
1/2 tsp red pepper flakes  
sea salt + pepper to taste  
1 T arrowroot powder

1. In a small saucepan, combine all of the sauce ingredients and mix well.  
2. Bring to a simmer and then reduce to low, stirring occasionally.  
3. Continue to simmer until the sauce thickens.

**meatless option: kidney bean stir-fry**

*Yield:* 4 servings  
*You will need:* same as above plus: can opener and mesh strainer

Follow the same recipe as above, but replace the ground turkey with 2 cans kidney beans, rinsed and drained.

*Add to grocery list:* 2 cans kidney beans  
*Remove from grocery list:* 1 lb ground turkey
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 small shallot, chopped

1. Drain tuna.  
2. Mash in a bowl with ripe avocado.  
3. Add grainy mustard and shallot and mix until combined.

fish-less option: black bean avocado salad

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

15 oz can black beans  
1 ripe avocado  
1 tsp cumin  
1/2 tsp sea salt

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

Add to Grocery List: 1 can black beans  
Remove from Grocery List: 1 can tuna, spicy mustard
Week 3: Daily Menus

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
✓ 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 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.

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.
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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<tbody>
<tr>
<td>1 serving Scrambled Eggs + 1/2 cup Coconut Basil Quinoa + Steamed Asparagus</td>
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<td>1 serving Scrambled Eggs + 1 cup Salad + 2 T Pesto + 1-2 slices Toast</td>
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<td>Chocolate Peanut Butter French Toast</td>
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<td>Mint Green Protein Smoothie</td>
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<td>Turkey Stir-Fry + 1/2 cup Quinoa</td>
<td>Cream of Broccoli Soup + Chicken Nuggets</td>
<td>Turkey Stir-Fry + 1/2 cup Quinoa</td>
<td>Tuna Avocado Salad + 1 cup Salad + 1/2 cup Roasted Potatoes</td>
<td>Chocolate Peanut Butter French Toast</td>
<td>Tuna Avocado Salad + 1 cup Salad + 1/2 cup Roasted Potatoes</td>
<td>1 Chocolate Fudge Protein Bar + 1/2 cup Carrots</td>
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<td>V: Kidney Bean Stir-Fry + 1/2 cup Quinoa</td>
<td>Buffalo White Bean Chili</td>
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<td>V: Cream of Broccoli Soup + Chickpea Nuggets</td>
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<td>Turkey Stir-Fry + 1/2 cup Quinoa</td>
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<td>Buffalo White Bean Chili + 1 cup Salad</td>
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### Day 1

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<th>1. Breakfast Salad</th>
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<tr>
<td>1 serving Scrambled Eggs (P, F)</td>
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<tr>
<td>1 cup Mixed Greens Salad (G, F)</td>
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<td>2 T Pesto (F, G)</td>
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<tr>
<td>1-2 slices Toast (C)</td>
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| 2. Mint Green Protein Smoothie (G, C, P) |  |

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<tr>
<th>3. 1 serving Turkey Stir-Fry (P, F, G)</th>
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<tr>
<td>1/2 cup Quinoa (C)</td>
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V: 1 serving Kidney Bean Stir-Fry (P, C, F, G) + 1/2 cup Quinoa (C)

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<th>4. Snack</th>
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<tbody>
<tr>
<td>1 Chocolate Fudge Protein Bar (P, F, C)</td>
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<td>1/2 cup Carrots (G)</td>
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<th>5. Soup and Nuggets</th>
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<tr>
<td>1 serving Cream of Broccoli Soup (P, F, G) topped with 1 serving Chicken Nuggets (P, F)</td>
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V: 1 serving Cream of Broccoli Soup (P, F, G) + 1 serving Chickpea Nuggets (P, C, F)
Day 2

1. Thai Breakfast Bowl
   1 serving Scrambled Eggs (P, F)
   1/2 cup Coconut Basil Quinoa (C, F, G)
   1 serving Steamed Asparagus (G)

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

3. Soup and Nuggets
   1 serving Cream of Broccoli Soup (P, F, G)
   topped with 1 serving Chicken Nuggets (P, F)

V: 1 serving Cream of Broccoli Soup (P, F, G) + 1 serving Chickpea Nuggets (P, C, F)

4. Snack
   1 Chocolate Fudge Protein Bar (P, F, C)
   1/2 cup Carrots (G)

5. 1 serving Turkey Stir-Fry (P, F, G)
   1/2 cup Quinoa (C)

V: 1 serving Kidney Bean Stir-Fry (P, C, F, G) + 1/2 cup Quinoa (C)
Day 3

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

2. Mint Green Protein Smoothie (G, C, P)

3. 1 serving Buffalo White Bean Chili (P, C, F, G)
   V: 1 serving Black and White Bean Chili (P, C, F, G)

4. Snack
   1 Chocolate Fudge Protein Bar (P, F, C)
   1/2 cup Carrots (G)

5. Soup and Nuggets
   1 serving Cream of Broccoli Soup (P, F, G)
   topped with 1 serving Chicken Nuggets (P, F)
   V: 1 serving Cream of Broccoli Soup (P, F, G) + 1 serving Chickpea Nuggets (P, C, F)
Day 4

1. Thai Breakfast Bowl
   1 serving Scrambled Eggs (P, F)
   1/2 cup Coconut Basil Quinoa (C, F, G)
   1 serving Steamed Asparagus (G)

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

3. 1 serving Turkey Stir-Fry (P, F, G)
   1/2 cup Quinoa (C)

   V: 1 serving Kidney Bean Stir-Fry (P, C, F, G) + 1/2 cup Quinoa (C)

4. Snack
   1 Chocolate Fudge Protein Bar (P, F, C)
   1/2 cup Carrots (G)

5. 1 serving Buffalo White Bean Chili (P, C, F, G)
   1 cup Mixed Greens Salad (G, F)

   V: 1 serving Black and White Bean Chili (P, C, F, G) + 1 cup Salad (G, F)

**To save time, you can mix up your French toast batter for tomorrow morning**
Day 5

1. 1 serving Chocolate Peanut Butter French Toast (C, P, F)

make both servings today and save half for tomorrow

2. Mint Green Protein Smoothie (G, C, P)

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

V: 1 serving Black Bean Avocado Salad (P, C, F, G) + 1 cup Salad (G, F)

4. Snack
   1 Chocolate Fudge Protein Bar (P, F, C)
   1/2 cup Carrots (C)

5. Soup and Nuggets
   1 serving Cream of Broccoli Soup (P, F, G)
   topped with 1 serving Chicken Nuggets (P, F)

V: 1 serving Cream of Broccoli Soup (P, F, G) + 1 serving Chickpea Nuggets (P, C, F)
Day 6

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

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

3. L Chocolate Peanut Butter French Toast (C, P, F)

4. L Tuna Avocado Salad (P, F, G)
   - 1 cup Mixed Greens Salad (G, F)
   - 1/2 cup Roasted Potatoes (C)

   V: L Black Bean Avocado Salad (P, C, F, G) + 1 cup Salad (G, F)

Only 4 meals listed today and tomorrow, so you have some room for eating out.
As Day 6 and 7 are the weekend for most people, I've left the evening meal open 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, try to order something similar to what you would have made.