

MEALPLAN

Breakfast

Snacks

Lunch

Dinner

<p><u>Protein Berry Workout Smoothie</u> 1 c frozen berries ½ banana 1 scoop vegan protein powder (soy or plant) 1 c unsweetened soy or almond or cashew milk 1 t. Flax Seed</p> <ul style="list-style-type: none"> • Essential Fatty Acid “GOOD FAT” • High in Fiber <p>1 t. Chia Seeds</p> <ul style="list-style-type: none"> • Stabilizes sugar • Improves brain function • Aids weight loss • Reduces inflammation • Aids digestion 	<p><u>AM Snack</u> Shouldn’t need one. Protein shake is filling. Hydrate- 2 liters of water daily</p> <p><u>NUTRITIONAL INFO</u> Cal. 0 Protein 0 Carbs 0g Fats 0g Sugars 0g Sod. 0mg</p> <p><u>PM Snack</u> 1 - Apple Weight Watchers Lite String Cheese 1 c Air-popped popcorn</p> <p><u>NUTRITIONAL INFO</u> Cal. 146 Protein g Carbs 24g Fats 3g Sugars 13g Sod. 142mg</p>	<p><u>Power Chicken Hummus Bowl</u> 4 oz. chicken breast ½ tbsp.. olive oil Dash paprika ½ tsp poultry seasoning (Place chicken in a zip lock bag and marinate) 1 c baby spinach (bed) 1 diced tomato ¼ c diced red onion ½ lemon ¼ cucumber sliced Homemade Hummus Food Processor:</p> <ul style="list-style-type: none"> • 2 cloves garlic • 2 tbsp. tahini • 3 tbsp. lime • 4 tbsp. water • ½ c cilantro • ½ jalapeno (opt) • ½ tsp salt • ¼ tsp cumin • 2 tbsp. olive oil 	<p><u>Hot and Sour Soup</u> 5 dried shitake mushrooms (soak for 10 minutes hot water)</p> <p>32 oz. fat free, reduced sodium vegetable broth 1 tbsp. peeled/grated ginger 1 tsp minced garlic ¼ c rice wine vinegar 1 tbsp. low sodium soy sauce Pinch pepper 1 container non-gmo tofu (cut into ¼ “ cubes) 2 ½ tbsp. cornstarch 4 egg whites (beaten) ½ c cilantro ½ c chopped green onions 1 tsp sesame oil Combine 1st 8 ingredients Bring to a boil/simmer 8m Combine cornstarch with ¼ c water and add Add last 4 ingredients *Serves 4</p>
<p><u>NUTRITIONAL INFO</u> Cal. 233 Protein 18g Carbs 35g Fats 5g Sugars 20g Sod. 326mg</p>	<p><u>REMINDERS</u> Keep your water intake up!</p>	<p><u>NUTRITIONAL INFO</u> Cal. 424 Protein 38g Carbs 31g Fats 19g Sugars 7g Sod. 682 mg</p>	<p><u>NUTRITIONAL INFO</u> Cal. 374 Protein 38g Carbs 47g Fats 6g Sugars 9g Sod. 818mg</p>

Shopping List

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| <input type="checkbox"/> Frozen berries | <input type="checkbox"/> Chicken breast | <input type="checkbox"/> Shitake mushrooms | <input type="checkbox"/> Vegetable broth |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Paprika | <input type="checkbox"/> Ginger | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Vegan protein | <input type="checkbox"/> Poultry seasoning | <input type="checkbox"/> Rice wine vinegar | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Powder | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tofu | <input type="checkbox"/> Cornstarch |
| <input type="checkbox"/> Soy, Almond milk | <input type="checkbox"/> Tomato | <input type="checkbox"/> Egg whites | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Flax/Chia | <input type="checkbox"/> Red onion | <input type="checkbox"/> Green onions | <input type="checkbox"/> Sesame oil |
| <input type="checkbox"/> Lemon, Cucumber, Tahini, Lime, Jalapeno, Salt, Pepper, Cumin, Olive oil | | | |

