

THE 28-DAY HOLISTIC MEAL PLAN

1250 CALORIES PER DAY

We hope you enjoy this 28-day holistic meal plan! Here are some pointers to help you along the way. If you have any further questions, please don't hesitate to reach out at kirsty@bodyhappiness.com. We're here to support you!

NOTES:

- Use the ingredients and calorie counts to **educate** yourself about balancing meals, and which foods are higher in calories, and which ones you can be more liberal with.
- Choose **Organic** wherever possible, and refer to the 'Clean 15' lists at ewg.org to learn which fruits and vegetables are safer to eat as non-organic (conventional) options.
- **Diary products** such as sour cream should be organic, if possible, and cheese should come from a block of natural cheese, not a bag of pre-shredded which has a lot of additives.
- Start every day with a large glass of **hot water** with a squeeze of lemon and a few slices of ginger.
- **Drink** at least six 8oz. glasses of water or herbal tea a day.
- Holistic eating is about eating food as close to the natural source as possible. Some **vegetables** are cooked, but you can eat them raw if you like them that way.
- **Condiments** such as mayonnaise and mustard should be used sparingly, and either homemade or from a reputable brand which prides itself in low processing and quality ingredients.
- Feel free to **substitute** meals and snacks for each other. The calorie counts on the right will help you determine if this is a suitable substitution.

WEEK 1			
DAY 1	Recipe		Calories
Breakfast	Overnight oats Combine 1 cup rolled oats and 2 tablespoons ground flax with 1 cup unsweetened almond milk overnight. Makes your breakfast for Day 5 too, plus a snack or two!	1/2 cup overnight oats	198
		1 tbsp ground flaxseed	35
		1/2 cup unsweetened almond milk	15
		1/4 cup blueberries	21
		1/4 cup plain yogurt	38
Breakfast Calories			307
Lunch	Heat tomato soup (store bought or homemade), add quinoa and baby spinach at end of cooking time to warm through.	1 cup tomato soup	250
		1/2 cup cooked quinoa	114
		1/2 cup baby spinach	7
Lunch Calories			371
Snack	Pear slices with almond butter	1 medium pear sliced,	102
		1 tbsp almond butter	98
Snack Calories			200
Dinner	Baked Salmon Filet Brush and season a 4oz. salmon filet, bake at 350F for 12-15 minutes. Serve with a side of asparagus, 1/2 cup cooked brown rice, side of leafy greens with oil & vinegar dressing.	4oz. Salmon filet	158
		1 tsp olive oil	40
		8 asparagus stems, roasted or steamed	24
		1/2 cup brown rice	107
		1 cup leafy greens	7
		1 tbsp vinaigrette	72
Dinner Calories			408
DAY 1 Calories			1286

DAY 2	Recipe		Calories
Breakfast	Huevos rancheros 2 fried or poached eggs with your favorite salsa and 1/2 avocado.	2 large eggs	156
		2 tbsp salsa	10
		1/2 medium avocado	130
Breakfast Calories			296
Lunch	Chicken Mozzarella Sun-Dried Tomato Salad with 1/2 ball fresh mozzarella, chives and 1 tablespoon sliced sun-dried tomato. Balsamic dressing.	2oz. cooked chicken breast	93
		2oz. fresh mozzarella	144
		1tablespoon fresh chives	1
		2 sun dried tomatoes, sliced	12
		1 tbsp Balsamic vinaigrette	90
Lunch Calories			340
Snack	Red Smoothie Place in blender and add water until just reaches the top of the fruit. Blend until smooth.	1/2 banana, frozen	52
		1/2 cup pitted cherries, frozen	48
		1 orange	45
		2 sticks celery	20
		1 beet, peeled	59
Snack Calories			224
Dinner	Taco Bowl Tuesday! Salad with ground beef cooked with natural taco seasoning. Add guacamole, 1 tablespoon each shredded cheese & sour cream, salsa, and scallions.	2 cups leafy greens	14
		3 oz. ground beef	282
		2 tbsp guacamole	45
		1 tbsp shredded cheese	22
		1 tbsp sour cream	23
		2 tbsp salsa	10
Dinner Calories			396
DAY 2 Calories			1256

DAY 3	Recipe		Calories
Breakfast	Green Smoothie Spinach, pear, pineapple, celery, flax, almond milk. Add more water and ice for preferred consistency.	1 cup baby spinach	23
		1/2 pear	51
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
		1 cup unsweetened almond milk	30
Breakfast Calories			179
Lunch	Chopped Salad with greens, chickpeas, egg, olives, tomato, peppers and up to 2 tablespoons oil & vinegar dressing.	2 cups leafy greens	14
		2 tbsp chickpeas	90
		1 hard boiled egg	78
		5 olives + 1/2 avocado	190
		1 tomato + 1/2 pepper	40
		1 tbsp vinaigrette	72
Lunch Calories			484
Snack	Crunchy Roasted Chickpeas & Carrot sticks Drain & dry chickpeas. Spray with oil, add seasoning of choice (garlic powder and/or za'atar are great options), salt & pepper. Bake 20 minutes at 400F.	1/2 cup chickpeas	190
		1 carrot	25
Snack Calories			215
Dinner	Chicken, Roasted Broccoli & Herbed Mayo Cooked chicken with 1 cup broccoli roasted (with a drizzle of olive oil) at 375F for 20 mins. Combine 1 tbsp mayo with chopped fresh herbs of choice.	4 oz. chicken breast	186
		1 cup broccoli	31
		1 tsp olive oil	40
		1 tbsp mayonnaise	94
		1 tbsp fresh herbs	2
Dinner Calories			353
DAY 3 Calories			1231

DAY 4	Recipe		Calories
Breakfast	2 Egg Omelet or Egg Scramble Add a handful of baby spinach, 1 small chopped tomato and 2 tablespoons of hard cheese.	2 eggs	156
		1 cup baby spinach	23
		1 chopped tomato	22
		2 tbsp shredded hard cheese such as parmesan	44
Breakfast Calories			245
Lunch	1 bowl broccoli soup (not broccoli & cheese!) with quinoa a small side salad.	2 cups broccoli soup	160
		1/2 cup cooked quinoa	114
		1 cup leafy greens	22
		1/2 avocado	130
		1 tbsp dressing	72
Lunch Calories			498
Snack	1/2 serving over night oats with berries of choice.	1/2 cup overnight oats	198
		2 tbsp blueberries	11
		2 tbsp plain yogurt	17
Snack Calories			226
Dinner	Turkey Meatballs in Marinara Sauce Combine 1 lb. ground turkey with chopped onion, 1 clove garlic (or 1/2 teaspoon garlic powder), 2 tablespoons oat flour, 1 teaspoon dried oregano salt & pepper. Shape into golf ball sized rounds and bake at 375F for 25-30 minutes until the internal temperature reads 160F. Serve with sautéed zoodles and freshly grated parmesan cheese. Freeze leftovers.	(Per serving)	
		4oz. ground turkey	167
		1 tbsp onion, chopped	4
		1 small garlic clove, crushed	2
		1/2 tbsp oats, (blended to flour)	18
		1/2 tsp dried oregano	2
		1 small zucchini	33
2 tbsp parmesan, freshly grated	44		
Dinner Calories			270
DAY 4 Calories			1239

DAY 5	Recipe		Calories
Breakfast	Overnight oats with & cherries Frozen cherries are great to have on hand. Just thaw overnight with the oats or give them a quick blitz in the microwave.	1/2 cup overnight oats	198
		1 tbsp ground flaxseed	35
		1/2 cup unsweetened almond milk	15
		1/4 cup cherries	21
		1/4 cup plain yogurt	38
Breakfast Calories			307
Lunch	Leafy Wrap (Collard Greens are great for this, just remove fibrous stems!) with organic sliced turkey, sliced peppers, hummus, avocado and dressing.	2 collard green leaves	11
		6 slices organic roasted turkey	150
		1/2 red pepper	18
		1/2 avocado	130
		2 tbsp hummus	50
Lunch Calories			359
Snack	Sliced Apple with 1oz. hard cheese.	1 apple, sliced	95
		1 oz. hard cheese such as parmesan or manchego	122
Snack Calories			217
Dinner	Oven Roasted Shrimp Toss shrimp in 1 teaspoon olive oil and season with salt, pepper and other spices if desired. Bake at 350 for 8-10 minutes. Serve with sautéed cauliflower rice (in 1 tsp olive oil) and unlimited steamed green beans with a vinaigrette.	4oz. shrimp	112
		2 tsp olive oil	80
		1 cup cauliflower rice	25
		approx. 10 green beans	17
		2 tbsp vinaigrette	144
Dinner Calories			378
DAY 5 Calories			1261

DAY 6	Recipe		Calories
Breakfast	Green Smoothie 1 handful of baby spinach, 1/2 pear, 1/4 cup pineapple cubes, 2 sticks celery, 1 tablespoon ground flaxseed, 1 cup almond milk. Add more water and ice for preferred consistency.	1 cup baby spinach	23
		1/2 pear	51
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
Breakfast Calories		1 cup unsweetened almond milk	30
Breakfast Calories			179
Lunch	Pasta-less Minestrone Soup with 1/4 cup cannellini beans, 1/2 avocado cubed, and handful of shredded kale.	2 cups Minestrone Soup - no pasta	210
		1/4 cup cannellini beans	56
		1/2 avocado	130
		1/2 cup shredded kale	16
Lunch Calories			412
Snack	Veggie Sticks with Guacamole	1 carrot	25
		1 bell pepper, sliced	31
		2 tbsp guacamole	45
Snack Calories			101
Dinner	Steak Night! Flank Steak sliced with roasted peppers, pico de gallo and 1/2 cup cooked brown rice. Side salad with oil & vinegar dressing.	3oz. flank steak	163
		1 pepper, sliced and roasted	30
		2 tsp olive oil	80
		1/4 cup pico de gallo	20
		1/2 cup brown rice	108
		1 cup leafy greens	22
Dinner Calories		2 tbsp vinaigrette	144
Dinner Calories			567
DAY 6 Calories			1259

DAY 7	Recipe		Calories
Breakfast	Weekend Full Breakfast! 2 eggs cooked your way, with organic bacon. Add a few mushrooms and a tomato to the pan for a 'full English'!	2 eggs	156
		3 organic bacon rashers	129
		6 mushrooms	24
		1 tomato	22
		1 tsp olive oil for cooking	40
Breakfast Calories			371
Lunch	Your favorite lunch from this week!	average calorie count of 400	400
Lunch Calories			400
Snack	Carrots, Hummus & Olives	2 carrots	50
		3 tbsp hummus	75
		5 olives	30
Snack Calories			155
Dinner	Turkey Meatball "Sub" on Roasted Sweet potato slices. Topped with a slice of fresh mozzarella and broiled to perfection. Top with a handful of arugula.	3 turkey meatballs	126
		1/2 roasted sweet potato	114
		1 slice fresh mozzarella	78
		1/2 cup arugula	3
Dinner Calories			321
DAY 7 Calories			1247

WEEK 2			
DAY 8	Recipe		Calories
Breakfast	Overnight oats with chia seeds & 1/2 grated apple & Greek yogurt Cover 1 cup rolled oats and 2 tablespoons chia seeds with 1 cup unsweetened almond milk overnight. Makes your breakfast for another day too, plus a snack or two! 1 serving = 1/2 to 2/3 cup overnight oats plus apple and Greek Yogurt.	1/2 cup overnight oats 1 tbsp chia seeds 1/2 cup unsweetened almond milk 1/2 apple 1/4 cup plain Greek yogurt	198 58 15 47 25
Breakfast Calories			343
Lunch	1 bowl Mushroom soup with 1/2 cup cooked brown rice and a handful of baby kale or baby spinach added at the end of cooking time.	1-1/2 cups mushroom soup 1/2 cup brown rice 1/2 cup baby spinach	213 108 5
Lunch Calories			326
Snack	Pear slices with almond butter	1 medium pear sliced, 1 tbsp almond butter	102 98
Snack Calories			200
Dinner	Baked Cod Filet Bake a 4 oz. filet (drizzle with 1tsp oil and season with salt & pepper) at 350F for 12-15 minutes until done. Serve with a side of cauliflowerer, 1/2 cup cooked quinoa, and a side of leafy greens with dressing.	4oz. cod filet 1 tsp olive oil 1 cup cauliflower 1/2 cup cooked quinoa 1 cup leafy greens 1 tbsp vinaigrette dressing	93 40 27 111 22 72
Dinner Calories			365
DAY 8 Calories			1234

DAY 9	Recipe		Calories
Breakfast	2 boiled eggs sliced pear and almond butter	2 eggs 1 medium pear 2 tbsp almond butter	156 102 196
Breakfast Calories			454
Lunch	Cucumber, Avocado & Chicken Salad Chop cucumber, avocado and chicken. Combine with any fresh herbs and a dressing made of 1 tablespoon mayonnaise thinned with red wine vinegar and a drop of honey.	1/2 seedless cucumber 1/2 avocado 2oz. cooked chicken breast 1 tbsp mayonaise drop (less than 1/4 tsp) honey	15 130 93 94 5
Lunch Calories			337
Snack	Red Smoothie 1/2 frozen banana, 1/2 cup frozen pitted cherries, 1 orange, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1/2 banana, frozen 1/2 cup pitted cherries, frozen 1 orange 2 sticks celery 1 beet, peeled	52 48 45 20 59
Snack Calories			224
Dinner	Taco Bowl Tuesday! Salad with ground turkey cooked with natural taco seasoning. Add up to 1/4 cup guacamole, 1 tablespoon each shredded cheese & sour cream. Unlimited salsa, and scallions. Sliced peppers on the side.	2 cups leafy greens 3 oz. ground turkey 2 tbsp guacamole 1 tbsp shredded cheese 1 tbsp sour cream 2 tbsp salsa	14 116 45 22 23 10
Dinner Calories			230
DAY 9 Calories			1245

DAY 10	Recipe		Calories
Breakfast	Green Smoothie 1 handful of baby spinach, 1/2 pear, 1/4 cup pineapple cubes, 2 sticks celery, 1 tablespoon flax, 1 cup almond milk. Add more water and ice for preferred consistency.	1 cup baby spinach	23
		1/2 pear	51
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
	1 cup unsweetened almond milk	30	
Breakfast Calories			179
Lunch	Chopped Salad with greens, chicken, mozzarella, tomato, radishes and up to 2 tablespoons vinaigrette.	2 cups leafy greens	14
		2oz. cooked chicken	82
		2oz. fresh mozzarella	156
		5 radishes	5
		1 tomato	22
	1 tbsp vinaigrette	72	
Lunch Calories			351
Snack	Crunchy Roasted Chickpeas Drain & dry 1 can of chickpeas. Spray with oil, add seasoning of choice (garlic powder and/or za'atar are great options), salt & pepper. Bake 20 minutes at 400F.	1/2 cup chickpeas	190
		1 carrot	25
Snack Calories			215
Dinner	Chicken Meatballs (makes 4 servings, freeze the rest for later) Combine 1 lb. ground chicken with 1/2 cup chopped mushrooms, 2 tablespoons chopped onion (or 1 teaspoon onion powder), 1 clove garlic (or 1/2 teaspoon garlic powder), 2 tablespoons whole wheat flour, salt & pepper. Shape into golf ball sized rounds and bake at 375F for 25-30 minutes until the internal temperature reads 160F. Serve with a side salad of leafy greens with avocado and balsamic dressing.	4 chicken meatballs	301
		1 cup leafy greens	14
		1/2 avocado	130
		1 tbsp balsamic vinaigrette	72
Dinner Calories			517
DAY 10 Calories			1262

DAY 11	Recipe		Calories
Breakfast	Overnight oats with chia seeds & 1/2 grated apple & Greek yogurt Left from Day 8	1/2 cup overnight oats	198
		1 tbsp chia seeds	58
		1/2 cup unsweetened almond milk	15
		1/2 apple	47
		1/4 cup plain Greek yogurt	25
Breakfast Calories			343
Lunch	Charcuterie Plate 4oz. total of your favorite cheeses and sliced prosciutto. Serve with pear and endive leaves instead of crackers, and a side salad.	e.g.	
		2oz. hard cheese	144
		4 slices prosciutto	120
		1/2 pear	51
	1 small endive	22	
Lunch Calories			337
Snack	Crunchy Roasted Chickpeas from yesterday	1/2 cup chickpeas	190
		1 carrot	25
Snack Calories			215
Dinner	Shaved Steak Stir Fry Marinate 1 lb shaved steak (makes 4 servings of steak). Place in a ziplock bag with 1/4 cup coconut aminos, 1 clove of crushed garlic, 1 sliced onion, 1 inch grated ginger. Leave in the fridge for 1 hour if possible. Can be made ahead. Remove the steak and onions from the marinade, keeping the marinade for later. Saute the steak in a hot pan until just cooked, remove. Add broccoli florets, when cooked, add the cooked steak back to the pan and add the reserved marinade until warmed through.	4oz. marinated steak	308
		1 tsp olive oil	40
		1 cup broccoli florets, cooked	31
Dinner Calories			379
DAY 11 Calories			1274

DAY 12	Recipe		Calories
Breakfast	Banana Pancakes Blend together 1 banana (mashed), 1 egg, 1 tablespoon ground flax, 1 tablespoon almond butter. Cook pancakes in hot skillet in coconut oil. Serve with blueberries.	1 small banana	90
		1 egg	78
		1 tbsp ground flax meal	37
		1 tbsp almond butter	98
		1/4 tsp coconut oil	10
		2 tbsp blueberries	10
Breakfast Calories			323
Lunch	Leafy Wrap (Collard Greens are great for this!) with mozzarella, pesto, tomato, avocado.	2 collard green leaves	11
		3 slices fresh mozzarella	234
		1 tbsp pesto	60
		1 tomato	22
		1/2 avocado	130
Lunch Calories			453
Snack	Veggie Sticks with guacamole	1 carrot	25
		1 bell pepper, sliced	31
		2 tbsp guacamole	45
Snack Calories			101
Dinner	Oven Roasted Shrimp Toss 4oz. shrimp in 1 teaspoon olive oil and season with salt and pepper. Bake at 350F for 8-10 minutes. Toss with 1/2 avocado, 1/4 cucumber and leafy greens. For dressing, combine 1 tablespoons mayonnaise, 1 tablespoon greek yogurt, 1 teaspoon apple cider vinegar and 1/2 teaspoon hot sauce.	4oz. shrimp	112
		1 tsp olive oil	40
		1/2 avocado	130
		1/4 seedless cucumber	7
		1 cup leafy greens	14
		dressing	96
			-
Dinner Calories			399
DAY 12 Calories			1276

DAY 13	Recipe		Calories
Breakfast	Green Smoothie 1 handful of baby spinach, 1/2 pear, 1/4 cup pineapple cubes, 2 sticks celery, 1 tablespoon flax, 1 cup almond milk. Add more water and ice for preferred consistency.	1 cup baby spinach	23
		1/2 pear	51
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
		1 cup unsweetened almond milk	30
Breakfast Calories			179
Lunch	Cheeseburger Salad 1 bowl leafy greens, chopped tomato, 4oz. ground turkey, 2 tablespoons cheese, and special sauce dressing made with 2 tablespoons mayonnaise, 1 teaspoon ketchup, 1 teaspoon apple cider vinegar, 1 teaspoon mustard, sprinkle onion powder, drizzle over salad.	2 cups leafy greens	28
		1 tomato	22
		4oz. ground turkey	167
		2 tbsp shredded cheese	57
		2 tbsp dressing	200
Lunch Calories			474
Snack	1/2 cup Greek yogurt with berries and a tablespoon of almonds	1/2 cup Greek yogurt	60
		1/4 cup raspberries	16
		1 tbsp almonds	62
Snack Calories			138
Dinner	Quinoa Veggie Bowl Add 1 cup cooked quinoa (from 1/4 cup dry) to a bowl and top with your choice of roasted and raw veggies (recommend broccoli, cauliflower, radishes, microgreens, shredded carrots, scallions, cucumber, pickled ginger). The more colorful the better! Can you get the rainbow? Every good bowl needs a great sauce: Mix 2 tablespoons tahini with 1-2 tablespoons water, a squeeze of lemon or apple cider vinegar and a bit of sriracha or other hot sauce to taste.	1 cup quinoa, cooked	222
		1 cup mixed veggies	100
		2 tbsp dressing	178
Dinner Calories			500
DAY 13 Calories			1291

DAY 14	Recipe		Calories
Breakfast	Egg, Cheese & Spinach Scramble 2 scrambled eggs with 2 tablespoons grated cheese and a handful of chopped baby spinach added in at the end. Serve with a sliced tomato on the side.	2 eggs	156
		2 tbsp grated cheese	74
		1/2 cup baby spinach	12
		1 small tomato	22
Breakfast Calories			264
Lunch	Your favorite lunch from this week!	Calculate 400 calories	400
Lunch Calories			400
Snack	Veggie Sticks & Guacamole	1 carrot	25
		1 bell pepper, sliced	31
		3 tbsp guacamole	67
Snack Calories			123
Dinner	Baked Cod Filet Bake a 4 oz. filet (drizzle with 1tsp oil and season with salt & pepper) at 350F for 12-15 minutes until done. Serve with a side of cauliflower, 1/2 cup cooked quinoa, and a side of leafy greens with dressing.	4oz. cod filet	93
		1 tsp olive oil	40
		1 cup cauliflower	27
		1/2 cup cooked quinoa	111
		1 cup leafy greens	22
	2 tbsp vinaigrette dressing	144	
Dinner Calories			437
DAY 14 Calories			1224

WEEK 3			
DAY 15	Recipe		Calories
Breakfast	Scrambled eggs (2) with chives and 2 slices of smoked salmon	2 eggs	156
		2 slices smoked salmon	58
Breakfast Calories			214
Lunch	1 bowl tomato soup (not creamy!) with 1/2 cup cooked quinoa and a handful of baby spinach added at the end of cooking time.	1 cup tomato soup	250
		1/2 cup cooked quinoa	114
		1/2 cup baby spinach	7
Lunch Calories			371
Snack	blueberries and a spoon of almond butter	1/2 cup blueberries	42
		1 tbsp almond butter	98
Snack Calories			140
Dinner	Veggie Fajita Bowl brown rice combined with pinto beans. Roasted peppers and onions, sliced avocado, pico de gallo, fresh herbs such as cilantro and shredded cotija cheese or monterey jack. Dress with a dressing made of 1 tablespoon mayonnaise, 1 tablesspon sour cream, 1 teaspoon lime juice.	3/4 cup cooked brown rice	162
		2 tbsp pinto beans	84
		1/2 cup roasted veggies	27
		1/4 avocado	65
		2 tbsp pico de gallo	10
		2 tbsp grated cheese	74
		dressing	120
Dinner Calories			542
DAY 15 Calories			1267

DAY 16	Recipe		Calories
Breakfast	Overnight oats with flax & 1/2 grated apple & Greek yogurt Cover 1 cup rolled oats and 2 tablespoons ground flax with 1 cup unsweetened almond milk overnight. Makes your breakfast for another day too, plus a snack or two! 1 serving = 1/2 to 2/3 cup overnight oats.	1/2 cup overnight oats	198
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		1/2 apple	47
		1/4 cup plain Greek yogurt	25
Breakfast Calories			322
Lunch	Chicken Mozzarella Avocado Salad cooked chicken with fresh mozzarella, chives and 1/2 avocado. Add 1 tablespoon dressing.	2oz. cooked chicken breast	93
		2oz. fresh mozzarella	144
		1 tbsp fresh chives	1
		1/4 avocado	65
		1 tbsp Balsamic vinaigrette	90
Lunch Calories			393
Snack	Red Smoothie 1/2 frozen banana, 1/2 cup frozen pitted cherries, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1/2 banana, frozen	52
		1/2 cup pitted cherries, frozen	48
		2 sticks celery	20
		1 beet, peeled	59
		Snack Calories	
Dinner	Baked Dijon Salmon Filet Combine 1 tablespoon Dijon mustard, 1 teaspoon freshly chopped parsley, 1 small crushed clove of garlic, 1 teaspoon of olive oil, a squeeze of lemon and a pinch of salt and pepper. Spread on top of a 4 oz. salmon filet, bake at 350F for 12-15 minutes until done. Serve with a side of cauliflower, and a side of leafy greens with dressing.	4oz. salmon filet	236
		Marinade	50
		1/2 cup cauliflower	13
		1 cup leafy greens	14
		1 tbsp dressing	72
Dinner Calories			385
DAY 16 Calories			1279

DAY 17	Recipe		Calories
Breakfast	Chocolate Peanut Butter Smoothie Blend 1 cup unsweetened almond milk, 2 tablespoons natural peanut butter (no added sugar), 1 tablespoon unsweetened cocoa powder, 1/2 frozen banana, 1/2 cup ice.	1 cup unsweetened almond milk	30
		2 tbsp natural peanut butter	180
		1/2 frozen banana	52
		1 tbsp cocoa powder	12
		Breakfast Calories	
Lunch	Chopped Greek Salad with greens, feta, olives, tomato, cucumber and 2 tablespoons oil & lemon vinaigrette.	1 cup leafy greens	14
		1/4 cup feta	99
		6 olives	36
		1 tomato	22
		1/4 cucumber	7
Lunch Calories			322
Snack	1/2 cup Roasted Chickpeas with a side of carrot sticks	1/2 cup chickpeas	190
		1 carrot	25
Snack Calories			215
Dinner	Chicken Meatballs (from freezer, made last week) served on a bed of zoodles with a side salad and oil & vinegar dressing.	4 chicken meatballs	301
		2 cups zucchini noodles, sauteed	66
		1 cup leafy greens	14
		1 tbsp balsamic vinaigrette	72
		Dinner Calories	
DAY 17 Calories			1264

DAY 18	Recipe		Calories
Breakfast	3 slices smoked salmon with a hard boiled egg on the side. 1/4 cup blueberries.	3 slices smoked salmon	87
		1 egg	78
		1/4 cup blueberries	21
Breakfast Calories			186
Lunch	1 bowl Mushroom soup with 1/2 cup cooked brown rice and a handful of baby kale or baby spinach added at the end of cooking time.	2 cups mushroom soup	284
		1/2 cup brown rice	108
		1/2 cup baby spinach	14
Lunch Calories			406
Snack	Almonds with cheese	2 tbsp almonds	124
		1oz. parmesan reggiano	122
Snack Calories			246
Dinner	Sauteed Steak & Mushrooms Slice steak into strips, season with salt & pepper. Saute in a hot pan with a spray of oil. When done, set steak aside and cook 1/2 sliced onion and 1/2 cup mushrooms in a little oil with a pinch of salt, pepper and paprika. When cooked, about 3 minutes, add the steak back to the pan. Add 1/4 cup beef stock and 1 tablespoon cream. Serve with cauliflower rice.	4oz. steak	307
		1/2 small onion	22
		1/2 cup mushrooms	8
		1/4 cup beef stock	12
		1 tbsp heavy cream	52
		1 cup cauliflower rice	25
Dinner Calories			426
DAY 18 Calories			1264

DAY 19	Recipe		Calories
Breakfast	Overnight oats with flax & blueberries & 1/4 cup Greek yogurt	1/2 cup overnight oats	198
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		2 tbsp blueberries	10
		1/4 cup plain Greek yogurt	25
		Breakfast Calories	
Lunch	BLT Green Wrap (Collard Greens or large lettuce leaves are great for this!) with 3 strips cooked natural bacon, tomato, avocado, dressing made with 1 tablespoon mayonnaise, 1 teaspoon apple cider vinegar and 1/2 teaspoon hot sauce.	2 collard green leaves	11
		3 strips organic natural bacon	132
		1 tomato	22
		1/2 avocado	130
		1 tbsp dressing	94
		Lunch Calories	
Snack	Pear slices with almond butter	1 medium pear sliced,	102
		1 tbsp almond butter	98
Snack Calories			200
Dinner	Oven Roasted Shrimp Toss 4oz. shrimp in 1 teaspoon olive oil and season with salt and pepper. Bake at 350F for 8-10 minutes. Serve on zoodles sauteed with cherry tomatoes and garlic.	4oz. shrimp	112
		1 tsp olive oil	40
		1 cup zucchini noodles	33
		1/2 avocado	130
		dressing	96
		Dinner Calories	
DAY 19 Calories			1285

DAY 20	Recipe		Calories
Breakfast	Red Smoothie 1/2 frozen banana, 1/2 cup frozen pitted cherries, 1 orange, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1/2 banana, frozen	52
		1/2 cup pitted cherries, frozen	48
		1 orange	45
		2 sticks celery	20
		1 beet, peeled	59
Breakfast Calories			224
Lunch	Pasta-less Minestrone Soup with 1/4 cup cannellini beans, 1/2 avocado cubed, and handful of shredded kale.	2 cups Minestrone Soup - no pasta	210
		1/4 cup cannellini beans	56
		1/2 avocado	130
		1/2 cup shredded kale	16
Lunch Calories			412
Snack	Greek yogurt with berries	1/2 cup Greek yogurt	50
		1/4 cup raspberries	16
Snack Calories			66
Dinner	Burger Night! Go completely bun-less with either lettuce leaves as 'buns'. Add cheese, avocado, pickled onions, and whatever else you love on your burger. Enjoy with a side salad with oil & vinegar dressing.	4oz. beef burger patty	230
		1 slice cheese	113
		1/4 avocado	65
		1 tbsp condiments	50
		1 tbsp dressing for green salad	96
Dinner Calories			554
DAY 20 Calories			1256

DAY 21	Recipe		Calories
Breakfast	Weekend Huevos! 2 fried eggs cooked, 2 cooked bacon strips crumbled, with salsa.	2 eggs	156
		2 strips bacon	86
		2 tbsp salsa	14
Breakfast Calories			256
Lunch	Your favorite lunch from this week!	calculate 400 calories	400
Lunch Calories			400
Snack	Celery sticks with cream cheese and everything bagel seasoning.	2 sticks of celery	20
		2 tbsp cream cheese	98
Snack Calories			118
Dinner	Cauliflower crust pizza (2 slices). Buy one ready made or just buy the crust and add your favorite toppings. Pile high with arugula to get your greens in!	1/3 cauliflower crust (2 slices)	160
		1/2 cup shredded cheese	228
		Various vegetable toppings	75
		6 olives	30
		1 cup arugula	5
Dinner Calories			498
DAY 21 Calories			1272

WEEK 4			
DAY 22	Recipe		Calories
Breakfast	2 Egg Scramble Add a handful of baby spinach, 1 small chopped tomato and 2 tablespoons of hard cheese.	2 eggs	156
		1/2 cup baby spinach	14
		1 small tomato	22
		2 tbsp parmesan	40
Breakfast Calories			232
Lunch	1 bowl cauliflower soup with 1/2 cup cooked brown rice and a handful of baby spinach added at the end of cooking time.	1 cup cauliflower soup	210
		1 tbsp heavy cream	59
		1/2 cup brown rice	108
		1/2 cup baby spinach	14
Lunch Calories			391
Snack	Apple slices with almond butter	1 apple, sliced	95
		2 tbsp almond butter	199
Snack Calories			294
Dinner	Turkey Meatballs in Marinara Sauce Combine 1 lb. ground turkey with 2 tablespoons chopped onion (or 1 teaspoon onion powder), 1 clove garlic (or 1/2 teaspoon garlic powder), 2 tablespoons whole wheat flour, 1 teaspoon dried oregano salt & pepper. Shape into golf ball sized rounds and bake at 375F for 25-30 minutes until the internal temperature reads 160F. Serve with sautéed zoodles and freshly grated parmesan cheese.	4 meatballs per serving	193
		1 small zucchini	33
		2 tbsp parmesan, freshly grated	44
		1 cup leafy greens	14
		1 tbsp vinaigrette	72
Dinner Calories			356
DAY 22 Calories			1273

DAY 23	Recipe		Calories
Breakfast	Overnight oats with flax & grated pear & Greek yogurt Cover 1 cup rolled oats and 2 tablespoons ground flax with 1 cup unsweetened almond milk overnight. Makes your breakfast for another day too, plus a snack or two! 1 serving = 1/2 to 2/3 cup overnight oats.	1/2 cup overnight oats	198
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		1/4 pear	25
		1/4 cup plain Greek yogurt	25
Breakfast Calories			300
Lunch	Tuna Salad with Capers 4oz. tuna in olive oil, mayonnaise, sour cream, capers, 1 chopped scallion. Salt & Pepper to taste. Combine and serve on a bed of lettuce leaves.	4oz. tuna in olive oil	225
		2 tbsp mayonaise	188
		2 tbsp sour cream	46
		1 tbsp capers + 1 scallion	9
		1 cup leafy greens	14
Lunch Calories			482
Snack	1/2 cup Greek yogurt with berries	1/2 cup Greek yogurt	50
		1/4 cup raspberries	16
Snack Calories			66
Dinner	Veggie Fajita Bowl brown rice combined with 2 tbsp pinto beans. Roasted peppers and onions, sliced avocado, pico de gallo (or sub a red salsa), fresh herbs such as cilantro and shredded cotija cheese. Dress with a dressing made of 1 tablespoon mayonnaise, 1 tablespoon sour cream, 1 teaspoon lime juice.	1/2 cup cooked brown rice	108
		2 tbsp pinto beans	84
		1/2 cup roasted veggies	27
		1/4 avocado	65
		2 tbsp pico de gallo	10
		2 tbsp grated cotija cheese dressing	20
Dinner Calories			434
DAY 23 Calories			1282

DAY 24	Recipe		Calories
Breakfast	Green Smoothie 1 handful of baby spinach or kale, 1/2 pear, 1/4 cup pineapple cubes, 2 sticks celery, 1 tablespoon flax or hemp seeds, 1 cup almond milk. Add more water and ice for preferred consistency.	1 cup baby spinach	23
		1/2 pear	51
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
	1 cup unsweetened almond milk	30	
Breakfast Calories			179
Lunch	Chicken Caesar Salad Ready-made from the produce aisle (leave out the croutons and sub crumbled bacon), add cooked chicken. Alternatively combine 2 cups romaine lettuce with chicken, parmesan shavings and Caesar Salad Dressing: in a small blender combine 1/2 cup mayonnaise; 1 tablespoon Dijon mustard, juice of 1/2 lemon, 2 tbsp parmesan cheese, 1 tablespoon anchovy paste, 1 small grated garlic clove, salt & pepper. Reserve extra dressing for another day.	2 cups romaine lettuce	16
		3oz. cooked chicken	123
		2 tbsp parmesan shavings	44
		2 tbsp dressing	150
Lunch Calories			333
Snack	1/2 cup Crispy Roasted Chickpeas Drain & dry 1 can of chickpeas. Spray with oil, add seasoning of choice (garlic powder and/or za'atar are great options), salt & pepper. Bake 20 minutes at 400F.	1/2 cup chickpeas	190
		6 olives	30
		1 carrot	25
Snack Calories			245
Dinner	Baked Fish Filet with tzatziki Bake a 4 oz. filet of cod or haddock at 350F for 12-15 minutes until done. Serve with a side of cauliflowerer, 1/2 cup cooked quinoa, 1/2 cup tzatziki, and a side of leafy greens, avocado and dressing.	4oz. cod filet	138
		1 cup cauliflower	27
		1/2 cup quinoa, cooked	111
		1/2 cup tzatziki	36
		1 cup leafy greens	14
		1/2 avocado	130
		1 tbsp dressing	75
Dinner Calories			531
DAY 24 Calories			1288

DAY 25	Recipe		Calories
Breakfast	Banana Pancakes Blend together 1 banana (mashed), 1 egg, 1 tablespoon ground flax, 1 tablespoon almond butter. Cook pancakes in hot skillet in coconut oil. Serve with blueberries.	1 small banana	90
		1 egg	78
		1 tbsp ground flax meal	37
		1 tbsp almond butter	98
		1/4 tsp coconut oil	10
		2 tbsp blueberries	10
Breakfast Calories			323
Lunch	Pasta-less Minestrone Soup with 1/4 cup cannellini beans, 1/2 avocado cubed, and handful of shredded kale.	2 cups Minestrone Soup - no pasta	210
		1/4 cup cannellini beans	56
		1/2 avocado	130
		1/2 cup shredded kale	16
Lunch Calories			412
Snack	2 tablespoons nuts with 1oz. hard cheese.	2 tablespoons almonds	135
		1 oz. hard cheese, such as parmesan	22
Snack Calories			157
Dinner	Shaved Steak Stir Fry Marinate 1 lb shaved steak. Place in a ziplock bag with 1/4 cup coconut aminos, 1 clove of crushed garlic, 1 sliced onion, 1 inch grated ginger. Leave in the fridge for 1 hour if possible. Can be made ahead. Remove the steak and onions from the marinade, keeping the marinade for later. Saute the steak in a hot pan until just cooked, remove. Add broccoli florets, when cooked, add the cooked steak back to the pan and add the reserved marinade until warmed through.	4oz. marinated steak	308
		1 tsp olive oil	40
		1 cup broccoli florets, cooked	31
Dinner Calories			379
DAY 25 Calories			1271

DAY 26	Recipe		Calories
Breakfast	Overnight oats with flax & blueberries & Greek yogurt	1/2 cup overnight oats	198
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		2 tbsp blueberries	10
		1/4 cup plain Greek yogurt	25
Breakfast Calories			285
Lunch	Charcuterie Plate your favorite cheeses and sliced prosciutto. Serve with pear and endive leaves instead of crackers, and a side salad.	e.g.	
		2oz. hard cheese	144
		4 slices prosciutto	120
		1/2 pear	51
		1 small endive	22
	6 olives	36	
Lunch Calories			373
Snack	Celery sticks with cream cheese and everything bagel seasoning.	2 sticks of celery	20
		2 tbsp cream cheese	98
Snack Calories			118
Dinner	Chicken Meatballs (from freezer, made previously) served on a bed of zoodles with a side salad and oil & vinegar dressing.	4 chicken meatballs	301
		2 cups zucchini noodles, sauteed	66
		1 cup leafy greens	14
		1 tbsp balsamic vinaigrette	72
Dinner Calories			453
DAY 26 Calories			1229

DAY 27	Recipe		Calories
Breakfast	Red Smoothie 1/2 frozen banana, 1/2 cup frozen pitted cherries, 1 orange, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1/2 banana, frozen	52
		1/2 cup pitted cherries, frozen	48
		1 orange	45
		2 sticks celery	20
		1 beet, peeled	59
Breakfast Calories			224
Lunch	Taco Bowl Tuesday! Salad with ground beef cooked with natural taco seasoning. Add guacamole, 1 tablespoon each shredded cheese & sour cream, salsa, and scallions.	2 cups leafy greens	14
		3 oz. ground beef	282
		2 tbsp guacamole	45
		1 tbsp shredded cheese	22
		1 tbsp sour cream	23
		2 tbsp salsa	10
Lunch Calories			396
Snack	Pear slices with almond butter	1 medium pear sliced,	102
		1 tbsp almond butter	98
Snack Calories			200
Dinner	Chicken bowl Chicken tossed with cauliflower rice, 1/2 chopped avocado, 1/2 chopped red pepper and balsamic dressing.	3oz. chicken breast	140
		1 cup cauliflower rice	28
		1/2 avocado	130
		1/2 red pepper	18
		2 tbsp balsamic dressing	144
Dinner Calories			460
DAY 27 Calories			1280

DAY 28	Recipe		Calories
Breakfast	2 Egg Omelet or Egg Scramble Add a handful of baby spinach, 1 small chopped tomato and 2 tablespoons of hard cheese.	2 eggs	156
		1 cup baby spinach	23
		1 chopped tomato	22
		2 tbsp shredded hard cheese such as parmesan	44
Breakfast Calories			245
Lunch	Cheeseburger Salad 1 bowl leafy greens, chopped tomato, 4oz. ground turkey, 2 tablespoons cheese, and special sauce dressing made with 2 tablespoons mayonnaise, 1 teaspoon ketchup, 1 teaspoon apple cider vinegar, 1 teaspoon mustard, sprinkle onion powder, drizzle over salad.	2 cups leafy greens	28
		1 tomato	22
		4oz. ground turkey	167
		2 tbsp shredded cheese	57
		2 tbsp dressing	200
Lunch Calories			474
Snack	1/2 cup greek yogurt with berries	1/2 cup Greek yogurt	50
		1/4 cup raspberries	16
Snack Calories			66
Dinner	YOU DID IT! Your last meal on this challenge can be any meal you like from this plan.	calculate 450 calories	450
Dinner Calories			450
DAY 28 Calories			1235

MY NOTES