

THE 28-DAY HOLISTIC MEAL PLAN

2000 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!	3/4 cup overnight oats	297
		1 tbsp ground flaxmeal	35
		3/4 cup unsweetened almond milk	22
		1/4 cup blueberries	21
		1/4 banana	26
		1/2 cup plain yogurt	76
	1 tbsp almonds, chopped	62	
Breakfast Calories			539
Snack	Mixed nuts	2 tbsp mixed nuts	102
Snack Calories			102
Lunch	Heat tomato soup (store bought or homemade), add quinoa and baby spinach at end of cooking time to warm through.	2 cups tomato soup	500
		1/2 cup cooked quinoa	114
		1/2 cup baby spinach	7
		2 tbsp grated parmesan cheese	44
Lunch Calories			665
Snack	Pear slices with almond butter	1 medium pear sliced, 1 tbsp almond butter	102 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
		2 tbsp vinaigrette	144
Dinner Calories			480
DAY 1 Calories			1986

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
Breakfast Calories			130
			296
Snack	Parmesan crisps	12 parmesan crisps	236
Snack Calories			236
Lunch	Chicken Mozzarella Sun-Dried Tomato Salad with 1/2 ball fresh mozzarella, chives and 1 tablespoon sliced sun-dried tomato. Balsamic dressing.	3oz. cooked chicken breast	140
		2oz. fresh mozzarella	144
		1 tablespoon fresh chives	1
		4 sun dried tomatoes, sliced	24
		2 tbsp Balsamic vinaigrette	180
Lunch Calories			489
Snack	Red Smoothie Place in blender and add water until just reaches the top of the fruit. Blend until smooth.	1 banana, frozen	104
		1/2 cup pitted cherries, frozen	48
		1 tbsp flaxmeal	35
		1 orange	45
		2 sticks celery	20
1 beet, peeled	59		
Snack Calories			311
Dinner	Taco Bowl Tuesday! Salad with ground beef cooked with natural taco seasoning. Add guacamole, black beans, 1 tablespoon each shredded cheese & sour cream, salsa, and scallions.	2 cups leafy greens	14
		4oz. ground beef	376
		1/4 cup guacamole	90
		1/4 cup black beans	56
		3 tbsp shredded cheese	66
		2 tbsp sour cream	46
1/4 cup salsa	22		
Dinner Calories			670
DAY 2 Calories			2002

DAY 3	Recipe		Calories
Breakfast	Green Smoothie & Egg 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
		2 hard boiled eggs on the side	156
Breakfast Calories			335
Snack	Greek yogurt & berries	1/2 cup Greek yogurt	50
		1/2 cup raspberries	32
Snack Calories			82
Lunch	Chopped Salad with greens, feta, egg, olives, tomato, peppers and up to 2 tablespoons oil & vinegar dressing.	2 cups leafy greens	14
		1/4 cup chickpeas	180
		1/4 cup feta	99
		5 olives + 1/2 avocado	190
		1 tomato + 1/2 pepper	40
2 tbsp vinaigrette	144		
Lunch Calories			667
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
		2 carrot	50
		6 olives	36
Snack Calories			276
Dinner	Chicken, Roasted Broccoli & Herbed Mayo Cooked chicken with brown rice, 1 cup broccoli roasted (with a drizzle of olive oil) at 375F for 20 mins. Combine 2 tbsp mayo with chopped fresh herbs of choice.	4 oz. chicken breast	186
		3/4 cup brown rice	162
		1 cup broccoli	31
		1 tsp olive oil	40
		2 tbsp mayonnaise	188
		1 tbsp fresh herbs	2
Dinner Calories			609
DAY 3 Calories			1969

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
		3 tbsp shredded hard cheese such as parmesan	66
Breakfast Calories			267
Snack	Bell pepper, guacamole & olives	1 bell pepper	31
		1/4 cup guacamole	91
		6 olives	36
Snack Calories			158
Lunch	1 bowl broccoli soup with quinoa a small side salad. NOTE: Cook double the amount of quinoa so you have some for dinner.	2 cups broccoli soup	160
		1/2 cup cooked quinoa	114
		3 tbsp parmesan, grated	66
		1 cup leafy greens	22
		1/2 avocado	130
		2 tbsp dressing	144
Lunch Calories			636
Snack	1/2 serving over night oats with apple & berries of choice.	3/4 cup overnight oats	296
		1/2 apple	47
		1/4 cup blueberries	22
		1/4 cup plain yogurt	35
		2 tbsp chopped almonds	124
Snack Calories			524
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 quinoa, 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 tsp oats, (blended to flour)	18
		1/2 tsp dried oregano	2
		1 small zucchini	33
		3 tbsp parmesan, freshly grated	66
		1/2 cup quinoa	114
Dinner Calories			406
DAY 4 Calories			1991

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.	3/4 cup overnight oats	296
		1 tbsp ground flaxseed	35
		1/2 cup unsweetened almond milk	15
		1/4 cup cherries	21
		1/4 cup plain yogurt	38
		1 tbsp almonds	62
Breakfast Calories			467
Snack	Celery & peanut butter	3 sticks celery	30
		2 tbsp natural almond butter	196
Snack Calories			216
Lunch	Leafy Wrap with turkey & egg (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
		8 slices organic roasted turkey	200
		2 hard boiled eggs, chopped	156
		1/2 red pepper	18
		1/2 avocado	130
		2 tbsp hummus	50
Lunch Calories			565
Snack	Sliced Apple with 1oz. hard cheese.	1 apple, sliced	95
		1 oz. hard cheese such as parmesan or manchego	122
		2 tbsp almonds	124
Snack Calories			341
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
		15 green beans	26
		2 tbsp vinaigrette	144
Dinner Calories			387
DAY 5 Calories			1976

DAY 6	Recipe		Calories
Breakfast	Green Smoothie & egg 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 pear	102
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
		1 cup unsweetened almond milk	30
	1 egg, hard boiled on the side	78	
Breakfast Calories			308
Snack	Cucumber slices with cream cheese and everything bagel seasoning. Mixed nuts.	1/4 cucumber, sliced into 1/2 inch rounds	15
		3 tbsp cream cheese seasoning	147
		2 tbsp mixed nuts	-
Snack Calories			102
Lunch	Pasta-less Minestrone Soup with 1/4 cup cannellini beans, 1/2 avocado cubed, and handful of shredded kale. Top with freshly grated parmesan.	2 cups Minestrone Soup - no pasta	210
		1/4 cup cannellini beans	56
		1/2 avocado	130
		1/2 cup shredded kale	16
		2 tbsp parmesan, freshly grated	44
Lunch Calories			456
Snack	Veggie Sticks with Hummus and Manchego	1 carrot	25
		1 bell pepper, sliced	31
		1 celery stick	10
		1/4 cup hummus	100
		1oz. Manchego cheese, sliced	116
Snack Calories			282
Dinner	Steak Night! Flank Steak sliced with roasted peppers, pico de gallo and 3/4 cup cooked brown rice. Side salad with oil & vinegar dressing.	4oz. flank steak	218
		1 pepper, sliced and roasted	30
		2 tsp olive oil	80
		1/4 cup pico de gallo	20
		3/4 cup brown rice	162
		1 cup leafy greens	22
	2 tbsp vinaigrette	144	
Dinner Calories			676
DAY 6 Calories			1986

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
		4 organic bacon rashers	172
		6 mushrooms	24
		2 tomatoes	44
		1 tsp olive oil for cooking	40
Breakfast Calories			436
Snack	Strawberries with Greek yogurt	1 cup strawberries	49
		3/4 cup Greek yogurt	75
		1 tbsp chopped almonds	62
Snack Calories			186
Lunch	Your favorite lunch from this week!	average calorie count of 400	400
Lunch Calories			400
Snack	Veggies, Hummus & Olives	2 carrots	50
		1 red pepper, sliced	36
		3 tbsp hummus	75
		6 olives	36
		Snack Calories	
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 and pesto.	6 turkey meatballs	252
		1 roasted sweet potato	228
		2 slices fresh mozzarella	156
		1/2 cup arugula	3
		1 tbsp pesto	174
Dinner Calories			813
DAY 7 Calories			2032

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.	3/4 cup overnight oats 1 tbsp chia seeds 1/2 cup unsweetened almond milk 1 apple 1/2 cup plain Greek yogurt	296 58 15 94 50
Breakfast Calories			513
Snack	Mixed nuts & cheese	2 tbsp mixed nuts 1oz. hard cheese, manchego or parmesan	102 120
Snack Calories			222
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 1/2 cup brown rice 1/2 cup baby spinach	284 108 5
Lunch Calories			397
Snack	Pear slices with almond butter	1 medium pear sliced, 2 tbsp almond butter	102 196
Snack Calories			298
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 avocado and dressing.	4oz. cod filet 1 tsp olive oil 1 cup cauliflower 1/2 cup cooked quinoa 1 cup leafy greens 1/2 avocado 2 tsp vinaigrette dressing	93 40 27 111 22 130 114
Dinner Calories			537
DAY 8 Calories			1967

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
Snack	Parmesan crisps	12 parmesan crisps	236
Snack Calories			236
Lunch	Cucumber, Avocado & Chicken Salad Chop cucumber, avocado and chicken. Combine with any fresh herbs and a dressing made of 2 tbsp mayonnaise thinned with red wine vinegar and a drop of honey.	1/2 seedless cucumber 1/2 avocado 4oz. cooked chicken breast 2 tbsp mayonnaise drop (less than 1/4 tsp) honey	15 130 186 188 5
Lunch Calories			524
Snack	Red Smoothie 1/2 frozen banana, 1/2 cup frozen pitted cherries, flaxmeal, 1 orange, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1 banana, frozen 1/2 cup pitted cherries, frozen 1 tbsp flaxmeal 1 orange 2 sticks celery 1 beet, peeled	104 48 35 45 20 59
Snack Calories			311
Dinner	Taco Bowl Tuesday! Salad with ground turkey cooked with natural taco seasoning. Add up to 1/4 cup guacamole, 1/4 cup black beans, 1 tablespoon each shredded cheese & sour cream. Unlimited salsa, and scallions. Sliced peppers on the side.	2 cups leafy greens 4 oz. ground turkey 3 tbsp guacamole 1/4 cup black beans 3 tbsp shredded cheese 1 tbsp sour cream 3 tbsp salsa	14 155 68 165 55 23 15
Dinner Calories			495
DAY 9 Calories			2020

DAY 10	Recipe		Calories
Breakfast	Green Smoothie 1 handful of baby spinach, 1 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 pear	102
		1/2 cup frozen pineapple cubes	40
		2 sticks celery	20
		1 tbsp ground flax	35
	1 cup unsweetened almond milk	30	
Breakfast Calories			250
Snack	Greek yogurt & berries	1/2 cup Greek yogurt	50
		1/2 cup raspberries	32
		1 tbsp almonds	62
Snack Calories			144
Lunch	Chopped Salad with greens, chicken, mozzarella, tomato, radishes and up to 2 tablespoons vinaigrette.	2 cups leafy greens	14
		4oz. cooked chicken	164
		2oz. fresh mozzarella	156
		5 radishes	5
		1 tomato	22
	2 tbsp vinaigrette	144	
Lunch Calories			505
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
		1oz. manchego or parmesan	120
Snack Calories			335
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 roasted cauliflower and a side salad of leafy greens with avocado and balsamic dressing.	4 chicken meatballs	301
		1 cup cauliflower, roasted	27
		1 roasted sweet potato	120
		1 cup leafy greens	14
		1/2 avocado	130
		2 tbsp balsamic vinaigrette	144
Dinner Calories			736
DAY 10 Calories			1970

DAY 11	Recipe		Calories
Breakfast	Overnight oats with chia seeds & grated apple & Greek yogurt Left from Day 8	3/4 cup overnight oats	296
		1 tbsp chia seeds	58
		1/2 cup unsweetened almond milk	15
		1 apple	94
		1/2 cup plain Greek yogurt	50
Breakfast Calories			513
Snack	2 hard boiled eggs & a spoon of almond butter	2 eggs	156
		1 tbsp almond butter	98
Snack Calories			254
Lunch	Charcuterie Plate A platter 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 pear	102
		1 small endive	22
		1 tbsp nuts	62
	6 olives	36	
Lunch Calories			486
Snack	Crunchy Roasted Chickpeas & carrot sticks from yesterday	1/2 cup chickpeas	190
		1 carrot	25
		1 red pepper	37
Snack Calories			252
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
		1/2 cup brown rice	108
Dinner Calories			487
DAY 11 Calories			1992

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
		1/4 cup blueberries	20
Breakfast Calories			333
Snack	Bell pepper, guacamole & olives	1 bell pepper	31
		1/4 cup guacamole	91
		6 olives	36
Snack Calories			158
Lunch	Leafy Wrap (Collard Greens are great for this!) with mozzarella, pesto, tomato, avocado & pine nuts.	2 collard green leaves	11
		4 slices fresh mozzarella	312
		2 tbsp pesto	120
		1 tomato	22
		1/2 avocado	130
		1 tbsp pine nuts	57
Lunch Calories			648
Snack	Veggie Sticks with guacamole	1 carrot	25
		1 bell pepper, sliced	31
		1/4 cup guacamole	90
		1oz. parmesan or manchego	72
Snack Calories			218
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 2 tablespoons mayonnaise, 1 tablespoon greek yogurt, 1 teaspoon apple cider vinegar and 1/2 teaspoon hot sauce. Serve with 1/2 cup brown rice.	4oz. shrimp	112
		1 tsp olive oil	40
		1/2 avocado	130
		1/4 seedless cucumber	7
		1 cup leafy greens	14
		2 tbsp dressing	192
		1/2 cup brown rice	108
		Dinner Calories	
DAY 12 Calories			1960

DAY 13	Recipe		Calories
Breakfast	Green Smoothie 1 handful of baby spinach, 1 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 pear	102
		1/4 cup frozen pineapple cubes	20
		2 sticks celery	20
		1 tbsp ground flax	35
		1 cup unsweetened almond milk	30
Breakfast Calories			230
Snack	Celery & peanut butter	3 sticks celery	30
		2 tbsp natural almond butter	196
Snack Calories			226
Lunch	Cheeseburger Salad 1 bowl leafy greens, chopped tomato, 4oz. ground turkey, 2 tablespoons cheese, avocado 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
		1/2 avocado	130
		2 tbsp dressing	200
Lunch Calories			604
Snack	Greek yogurt with berries and a tablespoon of almonds	3/4 cup Greek yogurt	90
		1/4 cup raspberries	16
		1 tbsp almonds	62
Snack Calories			168
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. Toss in leafy greens and avocado. Sprinkle with cashews.	1 cup quinoa, cooked	222
		1 cup mixed veggies	100
		2 tbsp dressing	178
		2 tbsp cashews, chopped	104
		1 cup leafy greens	14
		1/2 avocado	130
Dinner Calories			748
DAY 13 Calories			1976

DAY 14			
	Recipe		Calories
Breakfast	Egg, Cheese & Spinach Scramble 2 scrambled eggs with 2 tablespoons grated cheese, a bit of cream and a handful of chopped baby spinach added in at the end. Serve with a sliced tomato and apple on the side.	2 eggs	156
		1 tbsp heavy cream	56
		2 tbsp grated cheese	74
		1/2 cup baby spinach	12
		1 small tomato	22
	1 apple, sliced on the side	95	
Breakfast Calories			415
Snack	Mixed nuts & cheese	3 tbsp mixed nuts	153
		1oz. hard cheese, manchego or parmesan	120
Snack Calories			273
Lunch	Your favorite lunch from this week!	Calculate 500 calories	500
Lunch Calories			500
Snack	Veggie Sticks & Guacamole sprinkled with feta	2 carrots	50
		1 bell pepper, sliced	31
		1/4 cup guacamole	90
		2 tbsp feta crumbles	50
		Snack Calories	
Dinner	Chicken, Roasted Broccoli & Herbed Mayo Cooked chicken with brown rice, 1 cup broccoli roasted (with a drizzle of olive oil) at 375F for 20 mins. Combine 2 tbsp mayo with chopped fresh herbs of choice.	4 oz. chicken breast	186
		1/2 cup brown rice	108
		1 cup broccoli	31
		2 tsp olive oil	80
		2 tbsp mayonnaise	188
		1 tbsp fresh herbs	2
Dinner Calories			595
DAY 14 Calories			2004

WEEK 3					
	Recipe		Calories		
DAY 15					
Breakfast	Scrambled eggs (2) with chives and 3 slices of smoked salmon, arugula	2 eggs	156		
		3 slices smoked salmon	159		
		1/2 cup arugula	10		
		Breakfast Calories			325
		Snack	Parmesan crisps	12 parmesan crisps	236
Snack Calories					236
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.	2 cups tomato soup	500		
		1/2 cup cooked quinoa	114		
		1/2 cup baby spinach	7		
		Lunch Calories			621
		Snack	blueberries and a spoon of almond butter	1/2 cup blueberries	42
2 tbsp almond butter	196				
Snack Calories					238
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 tablespoon 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			1962		

DAY 16	Recipe		Calories
Breakfast	Overnight oats with flax & 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.	3/4 cup overnight oats	296
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		1 apple	94
		1/2 cup plain Greek yogurt	50
Breakfast Calories			492
Snack	Veggies, Hummus & Olives	2 carrots	50
		1 red pepper, sliced	36
		4 tbsp hummus	100
		6 olives	36
		Snack Calories	
Lunch	Chicken Mozzarella Avocado Salad cooked chicken with fresh mozzarella, chives and 1/2 avocado. Add 1 tablespoon dressing.	3oz. cooked chicken breast	139
		2oz. fresh mozzarella	144
		1 tbsp fresh chives	1
		1/2 avocado	130
		1 tbsp Balsamic vinaigrette	90
Lunch Calories			504
Snack	Red Smoothie 1 frozen banana, 1/2 cup frozen pitted cherries, 1 tbsp flaxmeal, 1 orange, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1 banana, frozen	104
		1/2 cup pitted cherries, frozen	48
		1 tbsp flaxmeal	35
		1 orange	45
		2 sticks celery	20
1 beet, peeled	59		
Snack Calories			311
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 cup cauliflower	27
		1 cup leafy greens	14
		2 tbsp dressing	144
Dinner Calories			471
DAY 16 Calories			2000

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 frozen banana	104		
		1 tbsp cocoa powder	12		
		Breakfast Calories			326
Snack	Cucumber slices with cream cheese and everything bagel seasoning. Mixed nuts.	1/4 cucumber, sliced into 1/2 inch rounds	15		
		3 tbsp cream cheese	147		
		seasoning	-		
		2 tbsp mixed nuts	102		
		Snack Calories			264
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		
		2 tomatoes	44		
		1/2 cucumber	14		
2 tbsp vinaigrette	144				
Lunch Calories			351		
Snack	1/2 cup Roasted Chickpeas with a side of veggie sticks	1/2 cup chickpeas	190		
		1 carrot	25		
		1 red pepper	37		
		Snack Calories			252
		Dinner	Chicken Meatballs (from freezer, made last week) served on a bed of zoodles with a side salad and oil & vinegar dressing.	6 chicken meatballs	450
2 cups zucchini noodles, sauteed	66				
1 cup leafy greens	14				
2 tbsp balsamic vinaigrette	144				
1/2 cup brown rice	108				
Dinner Calories			782		
DAY 17 Calories			1975		

DAY 18	Recipe		Calories
Breakfast	3 slices smoked salmon with hard boiled eggs on the side. 1/2 cup blueberries.	4 slices smoked salmon	116
		2 eggs	156
		1/2 cup blueberries	42
		1/2 cup raspberries	32
Breakfast Calories			346
Snack	Celery & peanut butter	3 sticks celery 2 tbsp natural almond butter	30 196
Snack Calories			216
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. Add 2 slices crumbled natural bacon.	2 cups mushroom soup	284
		1/2 cup brown rice	108
		1/2 cup baby spinach	14
		2 slices bacon, crumbled	86
		1/2 avocado on the side	130
Lunch Calories			622
Snack	Almonds with cheese	2 tbsp almonds 1oz. parmesan reggiano	124 122
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 and sweet potato.	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	27
		1 sweet potato, cooked	120
		Dinner Calories	
DAY 18 Calories			1978

DAY 19	Recipe		Calories
Breakfast	Overnight oats with flax & blueberries & 1/2 cup Greek yogurt	3/4 cup overnight oats	296
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		1/2 cup blueberries	40
		1/2 cup plain Greek yogurt	50
Breakfast Calories			438
Snack	Crunchy Roasted Chickpeas & carrot sticks from yesterday	1/2 cup chickpeas 1 carrot 1 red pepper	190 25 37
Snack Calories			252
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
		2 tbsp dressing	188
Lunch Calories			483
Snack	Pear slices with almond butter	1 medium pear sliced, 2 tbsp almond butter	102 196
Snack Calories			298
Dinner	Oven Roasted Shrimp Toss 4oz. shrimp in 2 teaspoons 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
		2 tsp olive oil	80
		1 cup zucchini noodles	33
		1/2 avocado	130
		2 tbsp dressing	182
		-	-
Dinner Calories			537
DAY 19 Calories			2008

DAY 20	Recipe		Calories
Breakfast	Red Smoothie & egg on the side 1 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 banana, frozen	104
		1/2 cup pitted cherries, frozen	48
		1 orange	45
		2 sticks celery	20
		1 beet, peeled	59
	1 egg, hard boiled on the side	78	
Breakfast Calories			354
Snack	Bell pepper, guacamole, olives & almonds	1 bell pepper	31
		1/4 cup guacamole	91
		6 olives	36
		1 tbsp almonds	62
Snack Calories			220
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
		2 tbsp feta crumbles	100
Lunch Calories			512
Snack	Greek yogurt with berries and almonds	1/2 cup Greek yogurt	50
		1/2 cup raspberries	32
		1 tbsp almonds	62
Snack Calories			144
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
		2 tbsp cheese	74
		1/2 avocado	130
		2 tbsp condiments	100
		2 tbsp dressing for salad	192
		1 cup leafy greens	22
Dinner Calories			748
DAY 20 Calories			1978

DAY 21	Recipe		Calories
Breakfast	Weekend Huevos! 2 fried eggs cooked, 4 cooked bacon strips crumbled, with salsa. Side of berries.	2 eggs	156
		4 strips bacon	152
		2 tbsp salsa	14
		1/2 cup blueberries	40
		Breakfast Calories	
Snack	Parmesan crisps	12 parmesan crisps	236
Snack Calories			236
Lunch	Your favorite lunch from this week!	calculate 450 calories	450
Lunch Calories			450
Snack	Celery sticks with cream cheese and everything bagel seasoning.	3 sticks of celery	30
		3 tbsp cream cheese	148
		6 olives	36
		Snack Calories	
Dinner	Cauliflower crust pizza (4 slices). Buy one ready made or just buy the crust and add your favorite toppings. Pile high with arugula to get your greens in!	2/3 cauliflower crust (4 slices)	320
		3/4 cup shredded cheese	342
		Various vegetable toppings	75
		6 olives	30
		1 cup arugula	5
Dinner Calories			772
DAY 21 Calories			1996

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 cheese	72
Breakfast Calories			264
Snack	Veggies, Hummus & Olives	2 carrots	50
		1 red pepper, sliced	36
		4 tbsp hummus	100
		6 olives	36
Snack Calories			222
Lunch	Cauliflower soup with 1/2 cup cooked brown rice and a handful of baby spinach.	2 cups cauliflower soup	420
		1/2 cup brown rice	108
		1/2 cup baby spinach	14
Lunch Calories			542
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.	6 meatballs per serving	290
		1 small zucchini	33
		2 tbsp parmesan, freshly grated	44
		1 cup leafy greens	14
		1/2 avocado	130
		2 tbsp vinaigrette	144
Dinner Calories			655
DAY 22 Calories			1977

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.	3/4 cup overnight oats	296
		1 tbsp flax meal	37
		1/2 cup unsweetened almond milk	15
		1/2 pear	50
		1/4 cup plain Greek yogurt	25
Breakfast Calories			423
Snack	Red Smoothie 1 frozen banana, 1/2 cup frozen pitted cherries, 1 tbsp flaxmeal, 1 orange, 2 sticks celery, 1 beet. Place in blender and add water until just reaches the top of the fruit.	1 banana, frozen	104
		1/2 cup pitted cherries, frozen	48
		1 tbsp flaxmeal	35
		1 orange	45
		2 sticks celery	20
		1 beet, peeled	59
Snack Calories			311
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 mayonnaise	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 and almonds	1/2 cup Greek yogurt	50
		1/4 cup raspberries	16
		1 tbsp almonds	62
Snack Calories			128
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 cup cooked brown rice	216
		1/4 cup pinto beans	168
		1/2 cup roasted veggies	27
		1/4 avocado	65
		2 tbsp pico de gallo	10
		2 tbsp grated cotija cheese	20
		dressing	120
Dinner Calories			626
DAY 23 Calories			1970

DAY 24	Recipe		Calories
Breakfast	Green Smoothie & egg on the side 1 handful of baby spinach or kale, 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 flaxmeal	35
		1 cup unsweetened almond milk	30
		1 egg, hard boiled	78
Breakfast Calories			257
Snack	Cucumber slices with cream cheese and everything bagel seasoning. Mixed nuts.	1/4 cucumber, sliced into 1/2 inch rounds	15
		3 tbsp cream cheese	147
		seasoning	-
		2 tbsp mixed nuts	102
Snack Calories			264
Lunch	Chicken Ceasar 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 Ceasar 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
		4oz. cooked chicken	164
		2 tbsp parmesan shavings	44
		2 tbsp dressing	150
		1/4 cup crispy chickpeas	80
		1/2 avocado on the side	130
Lunch Calories			584
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	36
		1 carrot	25
Snack Calories			251
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 cauliflower, 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
		2 tbsp dressing	150
Dinner Calories			606
DAY 24 Calories			1962

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 large banana	120
		1 egg	78
		1 tbsp ground flax meal	37
		1 tbsp almond butter	98
		1/2 tsp coconut oil	20
		1/2 cup blueberries	40
Breakfast Calories			393
Snack	blueberries and a spoon of almond butter	1/2 cup blueberries	42
		2 tbsp almond butter	196
Snack Calories			238
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, red pepper & olives	2 tablespoons almonds	135
		2 oz. hard cheese, such as parmesan	44
		6 olives	36
		1 red pepper	37
Snack Calories			252
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. Sauté 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. Side salad with vinaigrette.	4oz. marinated steak	308
		2 tsp olive oil	80
		1 cup broccoli florets, cooked	31
		1/2 cup brown rice	108
		1 cup leafy greens	22
		1 tbsp vinaigrette	72
		1 tbsp pine nuts	57
Dinner Calories			678
DAY 25 Calories			1973

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		
		1/2 cup plain Greek yogurt	50		
Breakfast Calories			310		
Snack	Veggies, Hummus & Olives	2 carrots	50		
		1 red pepper, sliced	36		
		4 tbsp hummus	100		
		6 olives	36		
		Snack Calories			222
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 pear	102		
		1 small endive	22		
6 olives	36				
Lunch Calories			475		
Snack	Celery sticks with cream cheese and everything bagel seasoning.	3 sticks of celery	30		
		3 tbsp cream cheese	146		
		2 tbsp almonds	124		
		Snack Calories			300
		Dinner	Chicken Meatballs (from freezer, made previously) served on a bed of zoodles with a side salad and oil & vinegar dressing.	6 chicken meatballs	451
2 cups zucchini noodles, sauteed	66				
1 cup leafy greens	14				
2 tbsp balsamic vinaigrette	144				
Dinner Calories					675
DAY 26 Calories			1982		

DAY 27	Recipe		Calories		
Breakfast	Red Smoothie & egg on the side 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 banana, frozen	104		
		1/2 cup pitted cherries, frozen	48		
		1 orange	45		
		2 sticks celery	20		
		1 beet, peeled	59		
1 egg, hard boiled	78				
Breakfast Calories			354		
Snack	Celery & peanut butter	3 sticks celery	30		
		2 tbsp natural almond butter	196		
		Snack Calories			216
		Lunch	Taco Bowl Tuesday! Salad with ground beef cooked with natural taco seasoning. Add guacamole, 1/4 cup pinto beans, 1 tablespoon each shredded cheese & sour cream, salsa, and scallions.	2 cups leafy greens	14
				4 oz. ground beef	376
1/4 cup pinto beans	78				
2 tbsp guacamole	45				
2 tbsp shredded cheese	44				
2 tbsp sour cream	46				
2 tbsp salsa	10				
Lunch Calories			613		
Snack	Pear slices with almond butter	1 medium pear sliced,	102		
		2 tbsp almond butter	196		
		Snack Calories			298
		Dinner	Chicken bowl Chicken tossed with cauliflower rice, 1/2 chopped avocado, 1/2 chopped red pepper and balsamic dressing.	4oz. chicken breast	186
				1 cup cauliflower rice	28
1/2 avocado	130				
1 red pepper	36				
2 tbsp balsamic dressing	144				
Dinner Calories			524		
DAY 27 Calories			2005		

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. Side of bacon.	2 eggs	156
		1 cup baby spinach	23
		1 chopped tomato	22
		2 tsp shredded hard cheese such as parmesan	44
		3 slices of bacon on the side	129
Breakfast Calories			374
Snack	Green Smoothie 1 handful of baby spinach, 1 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 pear	102
		1/2 cup frozen pineapple cubes	40
		2 sticks celery	20
		1 tsp flaxmeal	35
1 cup unsweetened almond milk	30		
Snack Calories			250
Lunch	Cheeseburger Salad 1 bowl leafy greens, chopped tomato, 4oz. ground turkey, 2 tablespoons cheese, avocado 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 tsp shredded cheese	57
		2 tsp dressing	200
1/2 avocado	130		
Lunch Calories			604
Snack	1/2 cup greek yogurt with berries	3/4 cup Greek yogurt	75
		1/2 cup raspberries	40
		1 tsp almonds	62
Snack Calories			177
Dinner	YOU DID IT! Your last meal on this challenge can be any meal you like from this plan. How about Breakfast for Dinner? Or treat yourself and order in?	calculate 550 calories	550
Dinner Calories			550
DAY 28 Calories			1955

MY NOTES