

# MEAL-PLAN OPTIONS

Choose one meal-plan option below and follow the instructions.

## 4 MEALS PER DAY

### (Breakfast, Lunch, Dinner + 1 Snack)

- Pick one meal from Category A.
- Pick two meals from Category B.
- Pick one meal from Category C.

## 5 MEALS PER DAY

### (Breakfast, Lunch, Dinner + 2 Snacks)

- Pick one meal from Category A.
- Pick two meals from Category B.
- Pick two meals from Category D.

## CATEGORY A: BREAKFAST

### BERRY PROTEIN OATS

Makes 1 serving

*"Give your taste buds an extra treat – add a little cinnamon and stevia or some berry-flavored calorie-free drink mix!"*

#### INGREDIENTS

- 1/3 cup frozen mixed berries
- 1/3 cup rolled oats
- 4 egg whites
- 1/3 scoop vanilla whey protein powder
- 3/4 cup unsweetened vanilla almond milk
- 13 raw almonds

#### DIRECTIONS

In a small saucepan, combine berries, oats, egg whites, protein powder and water. Cook over low to medium heat, stirring constantly. Serve with almond milk and raw almonds.

Nutrition Facts: calories 393, carbs 41 g, fat 12 g, protein 34 g

### COCO-BANANA PROTEIN PANCAKES

Makes 1 serving

#### INGREDIENTS

- 1/2 cup FlapJacked Protein Pancake and Baking mix
- 3 egg whites
- 1/4 cup sliced bananas
- 2 tbsp unsweetened coconut flakes
- 2 tbsp Hershey's sugar-free chocolate syrup

#### DIRECTIONS

Prepare pancake batter according to package directions. Add egg whites to batter and whisk to combine. Coat a skillet with nonstick spray and heat to medium-high. Spoon batter onto skillet and cook until bubbles form, then flip and cook 1 to 2 more minutes. Serve topped with bananas, coconut and chocolate syrup.

Nutrition Facts: calories 401, carbs 40, fat 12 g, protein 35 g

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## PEANUT BUTTER TOAST AND EGG WHITE SCRAMBLE

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Makes 1 serving

### INGREDIENTS

- 2 slices 100 percent whole-wheat bread
- 2 tsp all-natural peanut butter
- 2 tbs sugar-free jam
- 2 medium strawberries, sliced
- 3 egg whites
- 3 slices uncured turkey bacon, cooked

### DIRECTIONS

Toast bread and spread with peanut butter and jam. Top with sliced strawberries. Scramble egg whites and add to a small pan coated with cooking spray. Cook until set. Serve with bacon and toast on the side.

Nutrition Facts: calories 394, carbs 42 g, fat 12 g, protein 41 g

## CATEGORY B: LUNCH/DINNER

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## BEEF, BROWN RICE AND GREENS

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Makes 1 serving

### INGREDIENTS

- 15 medium asparagus spears
- ½ cup chopped kale
- 3 oz cooked lean top sirloin
- ⅔ cup cooked brown rice

### DIRECTIONS

Steam or bake asparagus and kale until wilted and tender. Reheat meat and rice and plate together with veggies.

Nutrition Facts: calories 392, carbs 43 g, fat 10 g, protein 35 g

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## CHICKEN, SWEET POTATO AND BROCCOLI

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Makes 1 serving

### INGREDIENTS

- ½ tbs extra-virgin olive oil
- ¾ cup broccoli florets
- 4 oz grilled chicken breast, cubed
- 5 oz baked sweet potato with skin, cubed
- ½ cup cucumbers, sliced
- 1 cup cherry tomatoes

### DIRECTIONS

Add olive oil to a small skillet and place over medium heat. Add broccoli and saute until fork-tender. Add chicken and potatoes and cook until heated through. Serve with cucumbers and tomatoes on the side.

Nutrition Facts: calories 399, carbs 43 g, fat 12 g, protein 40 g

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# CHICKEN WITH BUTTERED PEA AND RICE SALAD

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Makes 1 serving

## INGREDIENTS

- 1 cup green peas
- $\frac{2}{3}$  tbsp unsalted butter
- $\frac{1}{2}$  cup cooked brown rice
- 3 oz grilled chicken breast, cooked and sliced

## DIRECTIONS

Add peas to a steamer and cook until bright green and tender. Add to a small bowl with butter and stir well. Add rice to a bowl and toss to combine. Heat chicken and enjoy with pea and rice salad.

Nutrition Facts: calories 390, carbs 41 g, fat 11 g, protein 35 g

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# SHRIMP AND QUINOA SALAD

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Makes 1 serving

## INGREDIENTS

- 4.5 oz raw shrimp (about 16 small),  
peeled and deveined
- 1 cup iceberg lettuce, chopped
- $\frac{1}{2}$  cup cooked quinoa
- 1 cup cherry tomatoes, sliced
- 1 cup cucumbers, sliced
- 1 cup romaine lettuce, chopped
- 1 cup spinach
- 3 tbsp light buffalo ranch salad dressing

## DIRECTIONS

Bring a large pot of water to a boil and add shrimp. Cook 2 minutes, or until pink, then drain and set aside. In a large bowl, combine remaining ingredients and toss well. Top with shrimp and enjoy.

Nutrition Facts: calories 396, carbs 40 g, fat 11 g, protein 34 g

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# SPAGHETTI SQUASH WITH TURKEY SAUCE

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Makes 1 serving

## INGREDIENTS

- 4.5 oz extra-lean ground turkey
- $\frac{2}{3}$  tbsp extra-virgin olive oil
- $\frac{2}{3}$  cup crushed tomatoes
- 3 cups cooked spaghetti squash, shredded
- fresh basil, to taste, optional

## DIRECTIONS

Heat a nonstick skillet to medium and add turkey and oil. Cook, breaking up with a wooden spoon, until lightly browned. Add crushed tomatoes, then cover and reduce heat to a simmer. Cook another 8 to 10 minutes. Top spaghetti squash with sauce and basil (if using).

Nutrition Facts: calories 401, carbs 41 g, fat 12 g, protein 35 g

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# TILAPIA WITH BRUSSELS SPROUTS

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Makes 1 serving

## INGREDIENTS

- 1 cup cooked Brussels sprouts
- ½ tbsp extra-virgin olive oil
- ½ cup cooked brown rice
- 4 oz tilapia, cooked
- ½ cup red bell pepper, sliced

## DIRECTIONS

Plate all ingredients except red peppers in the microwave and heat through. Serve with peppers on the side.

Nutrition Facts: calories 394, carbs 39 g, fat 12 g, protein 37 g

## CATEGORY C: SNACKS

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# BANANA-COCO SHAKE

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Makes 1 serving

*"I like to add extra crushed ice and calorie-free syrup like coffee, chocolate or any nut flavor to make it taste like ice cream!"*

## INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 1 tbsp unsweetened coconut flakes
- 1 scoop vanilla whey protein powder
- 1 medium banana
- handful ice

## DIRECTIONS

Place all ingredients in a blender cup and blend until smooth.

Nutrition Facts: calories 300, carbs 32 g, fat 8 g, protein 27 g

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# BERRY YOGURT WITH NUTS AND OATS

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Makes 1 serving

## INGREDIENTS

- 3 tbsp dry rolled oats
- ¾ cup strawberries, sliced
- 10 raw almonds
- 1 cup nonfat Greek yogurt

## DIRECTIONS

Combine all ingredients in a bowl and enjoy.

Nutrition Facts: calories 301, carbs 32 g, fat 8 g, protein 30 g

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## CRISPbread WITH ROTISserie CHICKEN

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Makes 1 serving

*"For a little flavor boost, sprinkle veggies with some salt-free seasoning like Mrs. Dash Garlic."*

### INGREDIENTS

- 4 pieces Wasa Crisp 'n' Light crackers
- ¼ cup nonfat cottage cheese
- 4 slices tomato
- ¼ medium avocado, sliced
- ½ medium red bell pepper, sliced
- 8 slices rotisserie chicken breast

### DIRECTIONS

Divide cottage cheese, tomatoes and avocado evenly between crackers. Top with bell peppers and chicken.

Nutrition Facts: calories 291, carbs 31 g, fat 8 g, protein 27 g

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## TUNA + AVOCADO RICE CAKES

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Makes 1 serving

### INGREDIENTS

- 3 brown rice cakes
- 4 oz canned tuna in water
- ⅛ avocado, sliced
- 5 slices tomato
- 10 pistachios

### DIRECTIONS

Spread tuna on rice cakes. Top with avocado and tomatoes. Enjoy with pistachios on the side.

Nutrition Facts: calories 300, carbs 30 g, fat 9 g, protein 27 g

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## VANILLA BERRY PROTEIN SHAKE

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Makes 1 serving

*"For a more intense berry flavor, add a little berry-flavored calorie-free drink mix!"*

### INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 1½ cups frozen mixed berries
- 8 raw almonds
- 2 egg whites
- ½ scoop protein powder

### DIRECTIONS

Place all ingredients in a blender cup and blend until smooth.

Nutrition Facts: calories 292, carbs 31 g, fat 9 g, protein 25 g

## **CATEGORY D: SNACKS**

### **BANANA-COCO SHAKE**

Makes 1 serving

*"I like to add extra crushed ice and calorie-free syrup like coffee, chocolate or any nut flavor to make it taste like ice cream!"*

#### **INGREDIENTS**

- ½ cup unsweetened vanilla almond milk
- ½ tbsp unsweetened coconut flakes
- ½ scoop whey protein powder
- ½ banana

#### **DIRECTIONS**

Place all ingredients in a blender cup and blend until smooth.

Nutrition Facts: calories 150, carbs 16 g, fat 4 g, protein 13 g

### **BERRY YOGURT WITH ALMONDS**

Makes 1 serving

#### **INGREDIENTS**

- ½ cup nonfat Greek yogurt
- 5 raw almonds
- 1 cup strawberries

#### **DIRECTIONS**

Combine all ingredients in a bowl and enjoy.

Nutrition Facts: calories 152, carbs 17 g, fat 4 g, protein 15 g

### **CRISPbread WITH DELI TURKEY**

Makes 1 serving

*"For a little flavor boost, sprinkle veggies with some salt-free seasoning like Mrs. Dash Garlic."*

#### **INGREDIENTS**

- 2 slices Wasa Crisp 'n' Light crackers
- ½ tbsp fat-free cream cheese
- ⅓ medium bell pepper, sliced
- ⅛ medium avocado, sliced
- 5 slices deli smoked turkey breast

#### **DIRECTIONS**

Spread cream cheese on crackers. Top with bell peppers, avocado and turkey.

Nutrition Facts: calories 149, carbs 15 g, fat 4 g, protein 13 g

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## RICE CAKES AND TUNA

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Makes 1 serving

### INGREDIENTS

- 2 brown rice cakes
- 2 oz canned tuna in water
- 9 pistachios

### DIRECTIONS

Spread tuna evenly on rice cakes. Enjoy with nuts on the side.

Nutrition Facts: calories 154, carbs 16 g, fat 4 g, protein 14 g

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## VANILLA BERRY SHAKE

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Makes 1 serving

*"For a more intense berry flavor, add a little berry-flavored calorie-free drink mix!"*

### INGREDIENTS

- ½ cup unsweetened vanilla almond milk
- ½ cup unsweetened coconut milk
- ¾ cup frozen mixed berries
- ½ scoop whey protein powder

### DIRECTIONS

Place all ingredients in a blender cup and blend until smooth.

Nutrition Facts: calories 148, carbs 15 g, fat 4 g, protein 13 g