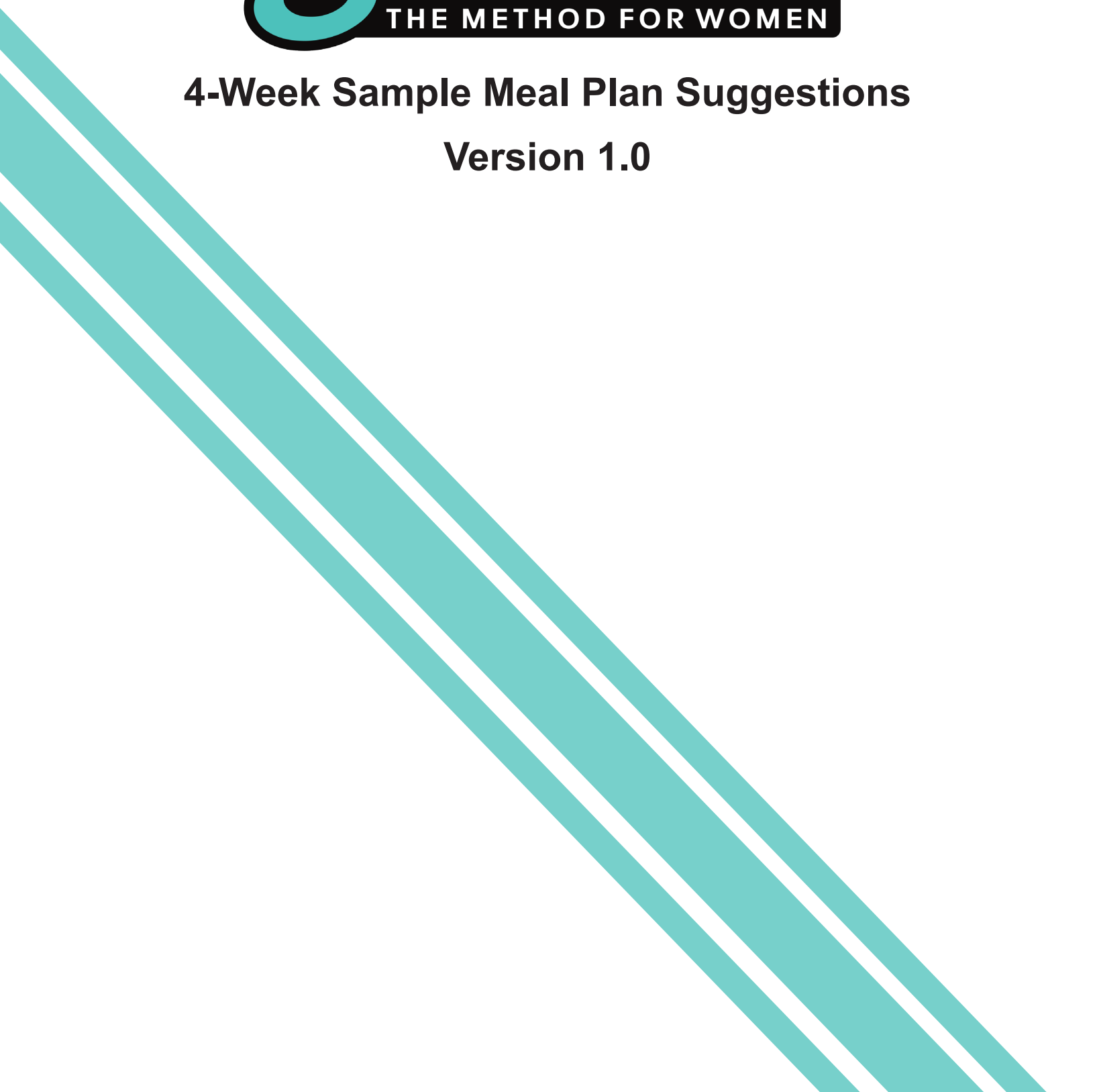




4-Week Sample Meal Plan Suggestions

Version 1.0



4-Week Sample Meal Plan Suggestions: Version 1.0



You are officially on a path to a stronger, healthier and better you!

With your exercise plan in place, you also want to consider your food and meal lifestyle habits - and whether or not they can use some “fine-tuning”...

This 4-week sample meal-plan is designed to give you a suggested approach to smarter food choices by guiding you through a month of healthy eating.

It is flexible, adjustable and also repeatable. And most importantly it can be modified to suit your preferences and substitutions, when and where desired.

All The Foods We’ve Needed Have Always Existed

“Healthy eating” is not rocket science.

Whether you believe humans were “created” or that we “evolved” into existence - one thing is for sure; the foods we needed/need to sustain a healthy life were all put on this earth for us, BY DESIGN.

Just knowing this one fact alone, makes proper nutrition so simple - that it is almost inexcusable for anyone to “eat badly”. However - with the 2 elements of “human nature” and “food sales” weighing in as powerful factors - it is easy to understand how so many people fall into misguided and self-destructive eating habits.

While this 4-Week sample meal plan provides a suggested framework to follow, it is also wise to be mindful of whether or not you’re challenged by the psychological aspects of “keeping yourself on track” and moving toward the goals you desire for yourself.

4-Week Sample Meal Plan Suggestions: Version 1.0

Mindful Eating Brings Improvements

If, by some chance, the psychological aspect is blocking you from the tactical (daily actions) aspect - then the possibility of food-focused, lifestyle habit coaching options may be worth exploring.

That is where mindset and accountability are specifically addressed, in a group - or one on one setting.

For our purposes here, though - we are focusing on the tactical aspects, which may very well be all you need.

These are balanced meals that should hold you over until your next meal so you won't be tempted to snack on the not so healthy stuff.

However, if you are working-out, active or just feel you need a little something, feel free to have a snack from the list provided (or something very similar) to give your body some clean fuel.

Don't feel as if you have to follow this to a T, if you want to mix up the days go right ahead, or if you don't like the veggies or protein in the meal then feel free to substitute from the list below.

Everybody is different so if there are foods in the plan that you know don't work well with you, feel free to substitute those out for something that does.

Here are a few simple tips to help you get started:

Food/M meal Preparation: Don't let this overwhelm you, if you just want to prep for a few days at a time that is fine.

If you feel you need to prep for the whole week in one day, that is fine too, do whatever works for YOUR schedule. This will help you be successful and stay on track, especially if you know you have a busy week.

Here are some simple ways you can prep:

- Wash and cut veggies
- Make ahead any meals you can such as soups, salads or breakfasts
- Make extra at meal time so you have leftovers

Portions: How much to put on my plate?

That is always a BIG question. And here's a simple, logical way to approach this...

You don't want too little because you will be hungry shortly after and you don't want too much so that you are "stuffed".

4-Week Sample Meal Plan Suggestions: Version 1.0

Here's a specific tip to implement.

It's from the Okinawans and it's called the "Hara Hachi Bu" rule. Essentially, the rule guides them to only eating until 80% full. That's it.

What this does is naturally makes them more "conscious" of the amount of food they are consuming and therefore the amount of calories. By backing off at 80% full, they prevent an excess of unneeded calories and allow their bodies to burn what they do eat.

So simple, yet so effective. Again - this is "not rocket science".

Here are some guidelines to follow. Remember everyone is different so you may have to play with some portions such as protein and fats, especially if you are active (which is most likely the case if you're reading this).

- Protein: About 4-6 ounces, this is typically the size of a deck of cards
- Veggies: Load up on this one, aim to fill half of your plate if you can.
- Healthy Fat: about 1 tablespoon of oils (size of a poker chip), $\frac{1}{4}$ - $\frac{1}{2}$ avocado, 6 olives
- Grains: $\frac{1}{2}$ cup of cooked rice, $\frac{1}{2}$ cup quinoa, 1 slice of whole-grain bread, etc.

Rotation: Be sure to rotate your foods so you get a wide variety of nutrients. This goes for your proteins and veggies. If you keep eating the same foods over and over again it could cause inflammation and nutrient deficiency by not getting other foods into your body.

Water: It is super important to get a good amount of water into your body each day (starting soon after awakening). If "plain water" isn't your thing - try adding lemon or frozen berries to it to liven it up a bit.

You should be drinking $\frac{1}{2}$ of your body weight in ounces each day. Again, one of the keys here is to start with about 6-8 ounces first thing in the morning to replace water lost during the night through respiration, perspiration and urination.

You will find that if you get the right amount of water each day, you will feel more energized, your skin will look better and you'll function better.

That about does it, it's time to get started. Get ready to feel more energized, clear-headed and invigorated, you are now on your way to a healthier you. Enjoy!

4-Week Sample Meal Plan Suggestions: Version 1.0

Proteins

- Chicken
- Beef, all cuts
- Salmon
- Haddock
- Tuna
- Egg
- Beans
- Turkey
- Chorizo
- Tofu
- Quinoa
- Nuts & seeds
- Bacon
- Pork
- Prosciutto
- Sausage
- Shrimp
- Clam
- Lamb
- Lobster
- Trout

Vegetables

- Green beans
- Peas
- Squash
- Zucchini
- Carrots
- Spinach
- Kale
- Broccoli
- Brussel sprouts
- Eggplant
- Onions
- Peppers
- Beets
- Arugula
- Artichoke
- Sweet potato
- Spaghetti squash
- Tomatoes
- Asparagus
- Potatoes

Healthy Fats

- Olive Oil
- Avocado
- Olives
- Coconut oil
- Avocado oil
- Nuts
- Ghee,
or grass fed
butter

Beverages

- Water
- Almond Milk
- Coffee
- Coconut milk
- Tea
- Sparkling water

4-Week Sample Meal Plan Suggestions: Version 1.0

Snacks

- Veggie Sticks w/ hummus
- Banana with nut butter
- Apple with nut butter
- Clean beef jerky
- Trail mix
- Nuts: cashews, almonds, walnuts
- 1/2 cup of fruit
- Piece of dark chocolate
- Lara bar (or similar bar - aim to stay under 200 calories)
- Fruit & veggie squeeze

Condiments

- Primal Kitchen mayo
- Stone ground mustard
- Coconut amino – substitute for soy sauce
- Balsamic vinegar
- Olive oil
- Ghee (clarified butter) or use grass fed butter

Herbs/Spices

- Garlic powder
- Onion powder
- Turmeric
- Salt
- Pepper
- Parsley
- thyme
- Basil
- Cilantro

Tips

- When cooking dinner make enough to have leftovers.
- Read ingredients, stay away from sugars.
- Applegate brand for sausage and hotdog

4-Week Sample Meal Plan

Week One

breakfast

lunch

dinner

Monday

2 eggs over spinach

Salad with grilled chicken and light dressing
(EVOO with red wine vinegar)

Hamburger (no bun) with guacamole and baked potato
(no russet potatoes)

Tuesday

Smoothie with chicken sausage

Chicken salad lettuce wrap with avocado

Grilled chicken with roasted veggies (zucchini, peppers, onions)

Wednesday

Chia seed pudding with hard-boiled egg (HBE)

Hot dog (Applegate) with leftover veggies

Chicken stir-fry over brown rice

Thursday

2 HBE with leftover veggies

Leftover grilled chicken with roasted veggies

Spaghetti squash and sautéed shrimp

Friday

Smoothie

Leftover chicken stir-fry

Fish (haddock or Mahi) with asparagus & peas

Saturday

Ezekiel bread toast with avocado, tomato & basil drizzled with balsamic

Salad with HBE and light dressing

Taco night - ground beef or turkey, peppers, onions, salsa, guacamole, shredded lettuce, black beans

Sunday

Banana pancakes*

Tuna salad

Paleo pizza*

4-Week Sample Meal Plan

Week Two

breakfast

lunch

dinner

Monday

Banana nut Fauxtmeal

Deli meat roll-up
with veggie sticks & hummus

Chicken tenders*
with sweet potato fries
& ranch dip

Tuesday

Basic Hash

Leftover Chili

NY Strip*
& roasted veggies

Wednesday

Scrambled eggs
with peppers & onions

Leftover hash

Salmon with mashed potatoes
& green beans

Thursday

Plain Greek yogurt
with berries
& drizzled with honey

Chicken tenders
with small side salad

Fajitas - chicken, peppers,
onions, paleo wrap

Friday

Grape Nuts granola Cereal
with almond milk

Salad with leftover NY strip

Frittata*

Saturday

Smoothie with HBE
or chicken sausage

Chicken salad wrap

Shepherd's Pie*

Sunday

2 Eggs with bacon
over greens

Leftover Shepherd's Pie

Chili

4-Week Sample Meal Plan

Week Three

breakfast

lunch

dinner

Monday

Chia pudding
with HBE

Leftover Chili

Zoodles with avocado pesto*

Tuesday

Smoothie paired with a protein
(HBE or chicken sausage)

Tuna salad
with veggie sticks & hummus

Chicken & roasted veggies

Wednesday

2 eggs with veggie sticks
(carrots, celery)

Deli meat wrap with lettuce &
tomato - use paleo wrap

Hamburger (no bun)
with broccoli and carrots

Thursday

Exekiel Bread with
avocado and tomato drizzled
with balsamic

Leftover chicken with salad

Chickpea, sweet potato &
spinach stew*

Friday

Smoothie with HBE

Leftover stew

Breakfast for dinner!
Banana pancakes
with chicken sausage

Saturday

Grape Nuts granola Cereal
with almond milk

Chicken salad
on Ezekiel bread with lettuce

Pulled Chicken from crockpot
with vegetables of choice

Sunday

2 eggs (anyway you like) over
bed of greens

Salad with either chicken
or HBE
and light dressing

Grilled chicken
with green beans & carrots

4-Week Sample Meal Plan

Week Four

breakfast

lunch

dinner

Monday

Smoothie paired with a protein
(HBE or chicken sausage)

Leftover chicken & veggies

Minestrone Soup*

Tuesday

Chia pudding
with chicken sausage or HBE

Hot dog (Applegate)
with veggie sticks & hummus

Fish with asparagus
& roasted or mashed potatoes
(no russet)

Wednesday

2 eggs over bed of spinach
with balsamic

Leftover soup

Taco night!

Thursday

Plain Greek yogurt
with added fruit
and chicken sausage or HBE

Tuna salad

Grilled Chicken
with broccoli & eggplant

Friday

Smoothie paired with a protein
(HBE or chicken sausage)

Salad
with leftover grilled chicken
and light dressing

Breakfast for dinner -
your choice

Saturday

Banana nut fauxtmeal

Deli meat with cucumber,
tomato & onion salad

Steak with spinach &
cauliflower

Sunday

Frittata with asparagus &
tomato

Chicken salad with celery,
onion, walnuts & cranberries

Chili

4-Week Sample Meal Plan

breakfast

lunch

dinner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday