

# Weekly Meal Plan (IF/Clean Eating)

Happy Healthy Fit  
 Empowered

	Meal#1	Meal#2	Meal#3	Snack/Or Add To A Meal
Monday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	2 scrambled eggs, sweet potato, spinach	Teriyaki Chicken/Pineapple skewers with rice and broccoli *make enough for 1-2 left over meals	Fruit bowl
Tuesday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	Left overs from last night dinner or Chicken Cobb Salad, 1/4 Sweet Potato	Dinner Out /Left Overs	rice cake, 1 tbsp almond butter, 1/2 banana
Wednesday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	Egg Salad Lettuce Wraps, 1/4 Sweet Potato	Chicken Cordon Bleu, broccoli and brussel sprouts *make enough for 1-2 left over meals	1/2 quest bar, 1/2 pear
Thursday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	Left overs from last night dinner or Salmon or chicken salad, 1/4 Sweet Potato	Dinner Out or Left Overs	Fruit bowl
Friday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	Egg Salad Lettuce Wraps, 1/4 Sweet Potato	Fuji apple chicken salad, sweet potato	rice cake, 1 tbsp almond butter, 1/2 banana
Saturday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	2 scrambled eggs, sweet potato, spinach	Chicken Wings (seasoned, (air fyer cooked or grilled), Ceasar Salad	1/2 quest bar, 1/2 pear
Sunday	Shake: Vega scoop, spinach, 1/2 banana, almond butter, almond milk, cinnamon	Chicken Apple Salad 1/4 c Quinoa	Dinner at Moms	rice cake, 1 tbsp almond butter, 1/2 banana

**TIPS for Intermittent Fasting: STOP eating by 7pm, drink water through evening. START eating between 10-12 next day or longer to get max benefits of daily**

# Grocery List

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## PROTEIN/MEATS:

Vega protein vanilla or chocolate

Chicken breasts

Ground Chicken (I get mine frozen and then grill, crock pot or air fry)

Frozen Chicken wings

Eggs; hard boiled and regular

Wild caught salmon (I get mine frozen)

Black Forest ham

Provolone Cheese

Sharp Cheddar Cheese

Parmesan cheese shaved

Pork Rinds (you will crush these for the cordon bleu)

## VEGES:

Broccoli (I get mine frozen)

Romaine or butter lettuce

Spinach lettuce

2 Sweet potatoes

### Salad Dressing Recipe:

3 Tbsp Olive Oil

1 Tbsp Balsamic Vinegar

1/2 fresh Squeezed Lemon

Pinch of Sea Salt

\*Make in bulk to use through week

## ITEMS YOU CAN MEAL PREP AHEAD OF TIME:

Hardboiled eggs

Grill chicken

Grill, bake or air fryer salmon

\*\*\*WHEN IN DOUBT of what to have for a meal, have a giant yummy salad with protein, veges, seeds.

Always have these items on hand so you can whip it up in 3 minutes. When you have grilled up or ready to go protein meats, this makes it easy.

TIPS:

- When making dinners plan for extra meals for left over lunches and dinners depending on your busy schedule
- LIGHT on the cheeses and heavy dressing. Go for light dressings
- Fruit is not bad
- Get enough protein
- Drink 1 gallon of water

## FRUITS:

Banana

Apples

Pears

Strawberries

Kiwi

Pineapple

## OTHER:

Vanilla Unsweetened Almond Milk

Almond Butter

Cinnamon

Balsamic or lemon vinaigrette dressing or make yourself

Quinoa

1-2 Quest bars