

2 Week Meal Plan

Whole Foods



Macros for Plan

Fat: 53
Carbs 122
Protein: 147

Food Sensitivities or Preferences

None



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Beverage Suggestions



- Herbal Teas
- Green tea, unsweetened (not sugar-free)
- Black tea, unsweetened (not sugar-free)
- Black coffee
- Electrolytes
 - Ultima
 - Nuun
 - LMNT
- Carbonated Flavored Waters (you can add electrolytes to these as well)
 - Spindrift
 - Bubly
 - LaCroix
 - Klarbrunn
- Add fruit like limes, lemons or cucumbers to fresh water

Paleo Week 1



Nutritional Information

Nutrients per person:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Calories (kcal)	10901	1557	1616	1616	1444	1444	1594	1594	1594
Protein (g)	1031	147	148	148	140	140	152	152	152
Total fat (g)	380	54.3	54.0	54.0	47.5	47.5	59.1	59.1	59.1
Total Carbohydrates (g)	907	130	143	143	123	123	125	125	125
Net Carbohydrates (g)	764	109	125	125	105	105	102	102	102

Paleo Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie	Chocolate Banana Smoothie	Chocolate Banana Smoothie	Chocolate Banana Smoothie	Chocolate Banana Smoothie	Chocolate Banana Smoothie	Chocolate Banana Smoothie	Chocolate Banana Smoothie
Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage
Breakfast	Chicken Apple Sausage	Chicken Apple Sausage	Chicken Apple Sausage	Chicken Apple Sausage	Chicken Apple Sausage	Chicken Apple Sausage	Chicken Apple Sausage
	Cranberry Dream Muffin	Cranberry Dream Muffin	Cranberry Dream Muffin	Cranberry Dream Muffin	Cranberry Dream Muffin	Cranberry Dream Muffin	Cranberry Dream Muffin
Lunch	Steak Salad with Veggies	Steak Salad with Veggies	Steak Salad with Veggies	Steak Salad with Veggies	Steak Salad with Veggies	Steak Salad with Veggies	Steak Salad with Veggies
Dinner	Maple Balsamic Pork Tenderloin	Maple Balsamic Pork Tenderloin	Easy Shepherd's Pie	Easy Shepherd's Pie	Grilled Chicken with Pineapple-Mint Salsa	Grilled Chicken with Pineapple-Mint Salsa	Grilled Chicken with Pineapple-Mint Salsa
	Roasted Root Vegetables	Roasted Root Vegetables			Roasted Carrots with Lemon and Dill	Roasted Carrots with Lemon and Dill	Roasted Carrots with Lemon and Dill
Misc. Snacks							

Grocery List

Fruits

- Apple 2 medium
- Avocado 1 avocado(s)
- Cranberries 2 oz
- Frozen banana 4 medium
- Lemon 2 medium
- Pineapple 1 fruit

Canned Food

- Applesauce, unsweetened 5 oz
- Beef broth (stock) 6 oz
- Tomato paste, canned 1 small can

Vegetables

- Baby spinach 8 oz
- Beets, raw 2 beet(s)
- Carrots 10 medium
- Celery 1 medium stalk(s)
- Cherry Tomatoes 18 tomato
- Cucumber 1 cucumber(s)
- Garlic 1 bulb
- Green onion 1 bunch
- Green/yellow string beans, raw 2 oz
- Lettuce, spring mix (mesclun) 11 oz
- Red bell pepper 3 medium pepper(s)
- Russet potato 2 medium
- White onion 4 tbsp

Baking

- Baking soda 1 tsp
- Cassava flour 1 cup
- Cocoa powder, unsweetened 7 tbsp
- Coconut flour 6 tbsp
- Coconut sugar 8 tbsp
- Maple syrup 1 tbsp

Other

- Sweet potato* 6 oz
- Vanilla Bone Broth Protein Powder 11 scoop

Condiments

- Balsamic vinegar 9 oz
- Coconut aminos, Coconut Secret 9 oz
- Coconut oil 3 oz
- Extra virgin olive oil 1 oz
- Truffle oil 1 fl oz
- Vanilla extract, pure 1 fl oz

Meat

- Beef, flank, lean 2 lb
- Beef, ground, extra lean 8 oz
- Chicken breast, boneless, skinless 18 oz
- Chicken, ground, lean 32 oz
- Pork, tenderloin 12 oz

Spices & Herbs

- Black pepper 1 tsp
- Cinnamon 1 tsp
- Dill, fresh 3 sprig(s)
- Garlic powder 1 tsp
- Ginger, ground 1 tsp
- Mint, fresh 1 bunch
- Oregano, dried 1 tsp
- Rosemary, dried 7 tsp
- Salt 1 tsp
- Sea Salt 2 tsp
- Thyme, dried 1 tsp

Various Groceries

- Collagen peptides 11 scoop

Snacks & Nuts

- Flaxseed meal (ground) 5 tbsp

Dairy & Cheese

- Ripple Milk 56 oz



Prep	Cook	Ready in	Servings
1 min	1 min	2 min	1

Chocolate Banana Smoothie

Smoothie Everyday

Ingredients

- 1/2 medium Frozen banana
- 1 1/2 scoop Vanilla Bone Broth Protein Powder
- 1 tbsp Cocoa powder, unsweetened
- 1 cup Baby spinach
- 1 cup Ripple Milk
- 1 tbsp Flaxseed meal (ground)

Instructions

Add ice and blend until smooth. Enjoy!

Nutrition Facts	
Per Portion	
Calories	353
Calories from fat	86
Calories from saturated fat	4.7
Total Fat	9.6 g
Saturated Fat	0.5 g
Trans Fat	0
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	0.8 g
Cholesterol	0
Sodium	149 mg
Potassium	527 mg
Total Carbohydrate	26 g
Dietary Fiber	5.9 g
Sugars	7.4 g
Protein	44 g

COLLAGEN PEPTIDES

20g Collagen per Serving

Prep 1 min Cook 1 min Ready in 2 min Servings 1

Collagen Beverage

Beverage on Monday

Ingredients

1 1/2 scoop Collagen peptides

Instructions

Mix Collagen with your favorite beverage or mix in with a smoothie

Nutrition Facts	
Per Portion	
Calories	51
Calories from fat	0
Calories from saturated fat	0
Total Fat	0
Saturated Fat	0
Trans Fat	0
Polyunsaturated Fat	0
Monounsaturated Fat	0
Cholesterol	0
Sodium	48 mg
Potassium	1.1 mg
Total Carbohydrate	0
Dietary Fiber	0
Sugars	0
Protein	12.9 g



Prep	Cook	Ready in	Servings
30 min	30 min	1 h	7

Cranberry Dream Muffin

Breakfast on Monday

Leftovers: Breakfast on Tuesday, Breakfast on Wednesday, Breakfast on Thursday, Breakfast on Friday, Breakfast on Saturday, Breakfast on Sunday

Ingredients

- 2/3 cup Cassava flour
- 1/2 cup Coconut sugar
- 1/4 cup Coconut flour
- 1 tsp Baking soda
- 1/2 tsp Cinnamon
- 1/4 tsp Ginger, ground
- 1/4 tsp Sea Salt
- 1/3 cup Coconut oil
- 1 tsp Vanilla extract, pure
- 1/4 cup Water (cold is best)
- 1/2 cup Cranberries (or frozen)
- 1/2 cup Applesauce, unsweetened (or 1 pureed banana)

Instructions

1. Preheat the oven to 350 degrees F. Line w/ paper cups, 7 slots (or one per serving being made) of a standard muffin tin and set aside.
2. In a medium bowl, add the cassava flour, coconut sugar, coconut flour, baking soda, cinnamon, ginger, and salt and stir to combine. Set aside.
3. In a large bowl, add the oil, and vanilla and whisk to combine. Add to the dry mixture, give it a little stir, and then add the cold water, using a spatula to stir only until the mixture is combined.
4. Fold in the cranberries and applesauce.
5. Bake about 20min. Finished product will be soft but completely baked. Let cool 15 mint minimum.

Nutrition Facts

Per Portion

Calories	221
Calories from fat	97
Calories from saturated fat	81
Total Fat	10.8 g
Saturated Fat	9 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.8 g
Cholesterol	0
Sodium	276 mg
Potassium	87 mg
Total Carbohydrate	32 g
Dietary Fiber	3.6 g
Sugars	16.8 g
Protein	0.7 g



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	7

Chicken Apple Sausage

Breakfast on Monday

Leftovers: Breakfast on Tuesday, Breakfast on Wednesday, Breakfast on Thursday, Breakfast on Friday, Breakfast on Saturday, Breakfast on Sunday

Ingredients

- 2 lb Chicken, ground, lean
- 2 tbsp Rosemary, dried
- 1 medium Apple
- 1 dash Sea Salt
- 2 tbsp Coconut flour
- 2 tsp Coconut oil

Instructions

Combine all ingredients except oil and sauté. Enjoy!

Nutrition Facts	
Per Portion	
Calories	217
Calories from fat	110
Calories from saturated fat	39
Total Fat	12.2 g
Saturated Fat	4.4 g
Trans Fat	0.1 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	4.8 g
Cholesterol	111 mg
Sodium	124 mg
Potassium	738 mg
Total Carbohydrate	4.7 g
Dietary Fiber	1.6 g
Sugars	2.8 g
Protein	22.9 g



Steak Salad with Veggies

Lunch on Monday

Leftovers: Lunch on Tuesday, Lunch on Wednesday, Lunch on Thursday, Lunch on Friday, Lunch on Saturday, Lunch on Sunday

Ingredients

2 lb	Beef, flank, lean
10 oz	Lettuce, spring mix (mesclun)
1/2 cup	Coconut aminos, Coconut Secret
3 medium pepper(s)	Red bell pepper
2 cup	Cherry Tomatoes
1 cup	Balsamic vinegar (2 tbsp per day)

Instructions

1. Slice steak into bite sized pieces. Marinate in ½ c coconut aminos for 4-12 hours.
2. Sear for 5 minutes on grill or griddle. Lay atop other ingredients and top with dressing- a little goes a long way!

Nutrition Facts	
Per Portion	
Calories	303
Calories from fat	95
Calories from saturated fat	44
Total Fat	10.5 g
Saturated Fat	4.8 g
Trans Fat	0.3 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	5.0 g
Cholesterol	60 mg
Sodium	809 mg
Potassium	765 mg
Total Carbohydrate	23.5 g
Dietary Fiber	2.1 g
Sugars	21.0 g
Protein	29.7 g



Prep	Cook	Ready in	Servings
15 min	1 h	1 h 15 min	2

Roasted Root Vegetables

Dinner on Monday
Leftovers: Dinner on Tuesday

Ingredients

- 1 cup chopped Carrots (peeled)
- 1 cup Beets, raw (peeled and chopped)
- 1 cup Sweet potato* (peeled and chopped)
- 2 tsp Truffle oil
- 3/4 tsp Rosemary, dried
- 1/4 tsp Sea Salt

Instructions

1. Preheat oven to 425 degrees F.
2. Place chopped vegetables in baking dish or pan.
3. Drizzle with truffle (or olive oil), sea salt and rosemary.
4. Cover and bake at 425 degrees F for 45-60 minutes.

Nutrition Facts	
Per Portion	
Calories	187
Calories from fat	46
Calories from saturated fat	5.2
Total Fat	5.1 g
Saturated Fat	0.6 g
Trans Fat	0
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	3.4 g
Cholesterol	0
Sodium	408 mg
Potassium	415 mg
Total Carbohydrate	34 g
Dietary Fiber	4.2 g
Sugars	7.8 g
Protein	3 g



Prep	Cook	Ready in	Servings
7 min	3 min	10 min	2

Maple Balsamic Pork Tenderloin

Dinner on Monday
Leftovers: Dinner on Tuesday

Ingredients

- 12 oz Pork, tenderloin
- 1 dash Sea Salt
- 1 dash Black pepper (omit for AIP)
- 1 3/4 tsp Maple syrup
- 1/4 cup Coconut aminos, Coconut Secret
- 2 tsp Garlic (minced)

Instructions

1. Place meat in freezer bag. Whisk other ingredients and mixture in with pork. leave refrigerated overnight.
2. Place on grill or griddle 3min each side.

Nutrition Facts	
Per Portion	
Calories	285
Calories from fat	54
Calories from saturated fat	18.1
Total Fat	6.0 g
Saturated Fat	2.0 g
Trans Fat	0.1 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.3 g
Cholesterol	111 mg
Sodium	1468 mg
Potassium	693 mg
Total Carbohydrate	22.6 g
Dietary Fiber	0.1 g
Sugars	18.8 g
Protein	35 g



Prep	Cook	Ready in	Servings
10 min	40 min	50 min	2

Easy Shepherd's Pie

Dinner on Wednesday
Leftovers: Dinner on Thursday

Ingredients

1/2 lb	Beef, ground, extra lean (90% lean ground)	1/2 tsp	Coconut aminos, Coconut Secret
1 1/2 medium	Carrots	1/4 tsp	Salt
1/2 cup	Green/yellow string beans, raw	1 dash	Thyme, dried
1/4 cup	White onion (diced)	1 dash	Oregano, dried
1/2 large stalk(s)	Celery	2/3 lb	Russet potato (3-4 medium)
1/2 clove(s)	Garlic	1/4 tsp	Salt
1 tbsp	Tomato paste, canned	1 dash	Black pepper
2/3 cup	Beef broth (stock)	1 dash	Garlic powder

Instructions

1. Preheat your oven to 400°F (200°C).
2. Dice the onion, carrots and celery. Mince the garlic. Cut the green beans into 1/2 inch pieces.
3. Wash and peel the potatoes. Cut them into 2 inch cubes.
4. Add the potatoes to a large pot of salted water and bring to a boil until potatoes are soft.
5. Transfer to a large bowl, add 3/4 of the beef stock, salt and pepper. Use a potato masher or hand mixer to blend only until smooth.
6. Meanwhile, brown the ground beef, breaking apart as it cooks, for about 3-4 minutes.
7. Add the onion, carrot, celery, and garlic, and saute together for another 2-3 minutes.
8. Stir in the remaining beef stock, tomato paste, herbs, and salt. saute together for another 2-3 minutes.
9. Spread the mashed potatoes evenly on top of the mixture
10. Bake in the oven for 15-18 minutes or until the potatoes begin to get crispy on top.
11. Remove from the oven and sprinkle with fresh thyme and fresh cracked black pepper. Serve!

Nutrition Facts	
Per Portion	
Calories	299
Calories from fat	42
Calories from saturated fat	15.3
Total Fat	4.6 g
Saturated Fat	1.7 g
Trans Fat	0.3 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.8 g
Cholesterol	66 mg
Sodium	1041 mg
Potassium	1304 mg
Total Carbohydrate	37 g
Dietary Fiber	5.1 g
Sugars	7.0 g
Protein	29.8 g



Prep	Cook	Ready in	Servings
5 min	20 min	25 min	3

Roasted Carrots with Lemon and Dill

Dinner on Friday

Leftovers: Dinner on Saturday, Dinner on Sunday

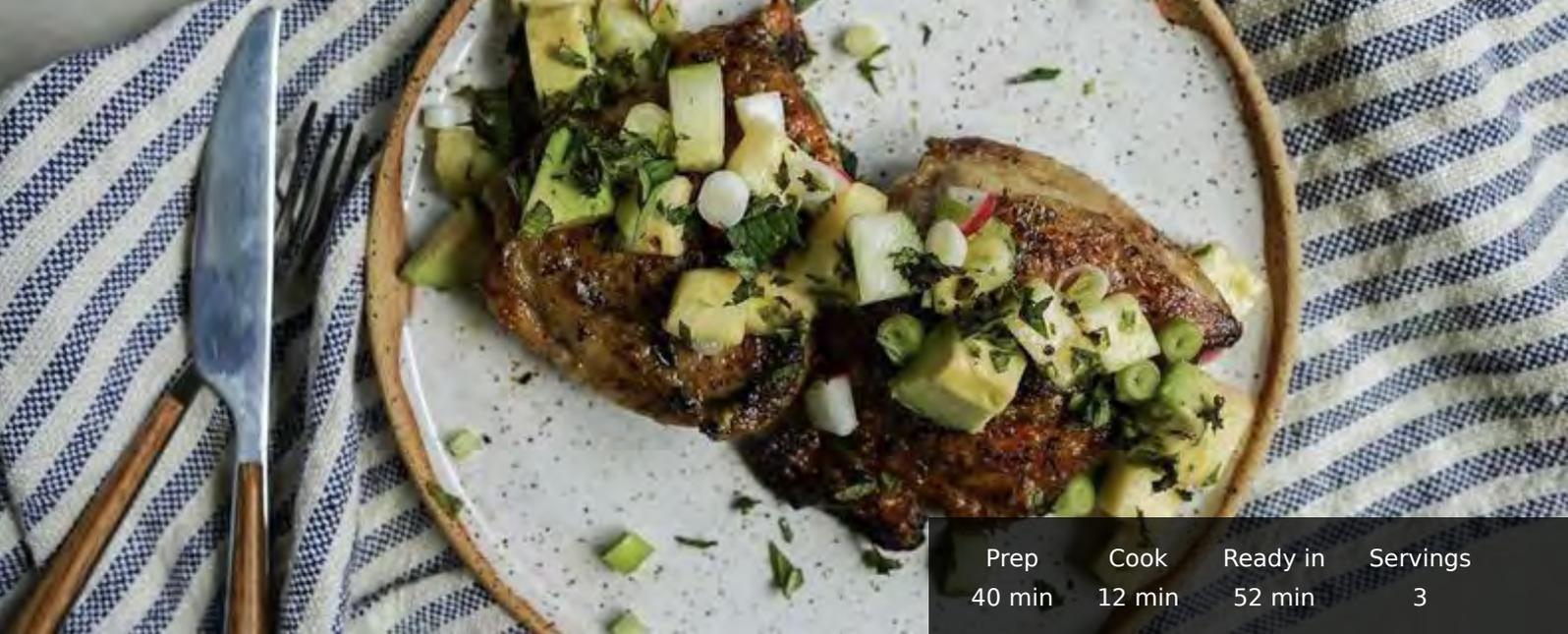
Ingredients

- 6 medium Carrots (peeled)
- 2 tsp Extra virgin olive oil
- 1 dash Sea Salt (or more to taste)
- 1 tbsp Dill, fresh
- 1 medium Lemon (juiced)

Instructions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Slice carrots diagonally into 1.5 inch slices. Toss carrots, oil, lemon juice and salt in a medium bowl. Spread across the baking sheet and roast for 20 minutes, or until slightly tender.
3. Remove the carrots from the oven and transfer to a bowl. Sprinkle the dill over top and serve immediately.

Nutrition Facts	
Per Portion	
Calories	94
Calories from fat	34
Calories from saturated fat	4.6
Total Fat	3.8 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.4 g
Cholesterol	0
Sodium	205 mg
Potassium	393 mg
Total Carbohydrate	15.9 g
Dietary Fiber	4.8 g
Sugars	6.7 g
Protein	1.6 g



Prep	Cook	Ready in	Servings
40 min	12 min	52 min	3

Grilled Chicken with Pineapple-Mint Salsa

Dinner on Friday

Leftovers: Dinner on Saturday, Dinner on Sunday

Ingredients

- 1/3 tsp Sea Salt (for the chicken)
- 1/3 tsp Ginger, ground (for the chicken)
- 1/3 tsp Garlic powder (for the chicken)
- 1 lb Chicken breast, boneless, skinless (for the chicken)
- 1/3 fruit Pineapple (for the salsa, cut into 1/2 inch chunks)
- 3/4 Cucumber (for the salsa, cut into 1/2 cucumber(s)inch chunks)
- 3/4 Avocado (for the salsa, cut into 1/2 inch avocado(s) chunks)
- 1/3 bunch Green onion (for the salsa, root and top ends removed and finely chopped)
- 3/4 oz Mint, fresh (for the salsa, finely chopped)
- 3/4 clove(s) Garlic (for the salsa, minced)
- 1/3 tsp Sea Salt (for the salsa)
- 1/3 tsp Ginger, ground (for the salsa)
- 1/3 Lemon (for the salsa, juiced) medium

Instructions

1. Pre-heat your grill.
2. Combine the salt and spices in a small bowl and set aside. Thoroughly dry the chicken using a piece of paper towel and set aside while the grill warms.
3. Just before cooking, cover the chicken with the spice mixture, using your fingers to rub in thoroughly.
4. When the grill is hot, cook 5-7 minutes then flip and cook another 5-7 minutes.
5. Combine the salsa ingredients and stir gently to combine.
6. Serve each piece of chicken with salsa on top.

Nutrition Facts	
Per Portion	
Calories	356
Calories from fat	112
Calories from saturated fat	18.8
Total Fat	12.4 g
Saturated Fat	2.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	6.1 g
Cholesterol	124 mg
Sodium	611 mg
Potassium	1075 mg
Total Carbohydrate	23.5 g
Dietary Fiber	5.7 g
Sugars	14.2 g
Protein	40 g

Paleo Week 2



Nutritional Information

Nutrients per person:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Calories (kcal)	10675	1525	1582	1582	1394	1394	1574	1574	1574
Protein (g)	1103	158	155	155	161	161	157	157	157
Total fat (g)	372	53.2	49.5	49.5	49.2	49.2	58.3	58.3	58.3
Total Carbohydrates (g)	801	114	139	139	86.8	86.8	117	117	117
Net Carbohydrates (g)	655	93.6	119	119	66.6	66.6	94.5	94.5	94.5

Paleo Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie	Peaches and Cream Smoothie	Peaches and Cream Smoothie	Peaches and Cream Smoothie	Peaches and Cream Smoothie	Peaches and Cream Smoothie	Peaches and Cream Smoothie	Peaches and Cream Smoothie
Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage	Collagen Beverage
Breakfast	Baked Sweet Potato						
	Fried Eggs						
Lunch	Old Fashioned Chicken Vegetable Soup						
Dinner	Cilantro Lime Quinoa	Cilantro Lime Quinoa	Tuna Steak with Herb Sauce	Tuna Steak with Herb Sauce	BBQ rubbed Pork Chops and Peaches	BBQ rubbed Pork Chops and Peaches	BBQ rubbed Pork Chops and Peaches
	Steamed Broccoli	Steamed Broccoli	Steamed Green Beans	Steamed Green Beans	Strawberry Cucumber Salad	Strawberry Cucumber Salad	Strawberry Cucumber Salad
Misc. Snacks							

Grocery List

Condiments

- Avocado oil 2 fl oz
- Balsamic vinegar 3 oz
- Coconut aminos, Coconut Secret 2 oz
- Coconut oil 1 oz
- Extra virgin olive oil 2 oz

Vegetables

- Baby spinach 8 oz
- Broccoli, raw 1 head
- Carrots 7 medium
- Cilantro (coriander) 1 bunch
- Cucumber 1 cucumber(s)
- Garlic 1 bulb
- Ginger root 1 piece, 2-inch
- Green cabbage 1 medium head
- Green onion 1 bunch
- Green/yellow string beans, raw 8 oz
- Parsley, fresh 2 oz
- Sweet potato 7 medium potato
- Zucchini 1 medium

Meat

- Beef, flank, lean 0.6 lb
- Chicken breast, boneless, skinless 40 oz

Spices & Herbs

- Black pepper 2 tsp
- Cinnamon 2 tsp
- Mint, fresh 1 bunch
- Rosemary, fresh 1 tsp
- Salt 1 tsp
- Sea Salt 2 tsp

Canned Food

- Bone broth, Organic 57 fl oz
- Vegetable stock/broth 1 box

Snacks & Nuts

- Coconut, shredded, unsweetened 8 tbsp
- Flaxseed meal (ground) 5 tbsp

Various Groceries

- Collagen peptides 11 scoop

Dairy & Cheese

- Egg 14 medium egg
- Ripple Milk 56 oz

Beverage

- Lemon juice 1 oz
- Lime juice (fresh) 1 tbsp

Fruits

- Peach 10 medium
- Strawberries 10 oz

Other

- Pork chops, boneless, raw 18 oz
- Pure Almond Extract 1 oz
- PurePaleo Vanilla Protein Powder 11 scoop
- Sweet Potato Glass Noodles 8 oz
- Unsweetened Coconut Yogurt 13 oz
- pizza seasoning 1 oz

Pasta & Rice

- Quinoa, uncooked 1 cup

Seafood

- Tuna, yellowfin, raw 0.8 lb



Peaches and Cream Smoothie

Smoothie everyday

Ingredients

- 1 1/2 scoop PurePaleo Vanilla Protein Powder
- 1/3 cup Unsweetened Coconut Yogurt (So Delicious)
- 1/2 tsp Pure Almond Extract
- 1 medium Peach (or 1 cup frozen peaches)
- 1 cup Ripple Milk (plain or vanilla)
- 1 cup Baby spinach
- 1 tbsp Flaxseed meal (ground)

Instructions

Blend all ingredients with ice and serve

Nutrition Facts	
Per Portion	
Calories	350
Calories from fat	93
Calories from saturated fat	0.4
Total Fat	10.4 g
Saturated Fat	0.0 g
Trans Fat	0
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	0.6 g
Cholesterol	0
Sodium	156 mg
Potassium	419 mg
Total Carbohydrate	23.7 g
Dietary Fiber	4.9 g
Sugars	11.0 g
Protein	43 g



Prep	Cook	Ready in	Servings
0 min	5 min	5 min	1

Fried Eggs

Breakfast on Monday

Ingredients

- 1 tsp Avocado oil (or butter)
- 2 medium Egg
- 1 pinch Sea Salt
- 1 dash Black pepper

Instructions

1. In a medium pan, heat the avocado oil over medium heat.
2. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Nutrition Facts	
Per Portion	
Calories	175
Calories from fat	125
Calories from saturated fat	32
Total Fat	13.9 g
Saturated Fat	3.5 g
Trans Fat	0.1 g
Polyunsaturated Fat	2.3 g
Monounsaturated Fat	6.6 g
Cholesterol	381 mg
Sodium	275 mg
Potassium	129 mg
Total Carbohydrate	1.2 g
Dietary Fiber	0.1 g
Sugars	0.7 g
Protein	11.6 g



Prep	Cook	Ready in	Servings
0 min	10 min	10 min	7

Baked Sweet Potato

Breakfast on Monday

Leftovers: Breakfast on Tuesday, Breakfast on Wednesday, Breakfast on Thursday, Breakfast on Friday, Breakfast on Saturday, Breakfast on Sunday

Ingredients

- 7 medium Sweet potato potato
- 1 3/4 tsp Cinnamon
- 1/2 cup Coconut, shredded, unsweetened

Instructions

Bake potato until soft. Add coconut and cinnamon. Enjoy!

Nutrition Facts	
Per Portion	
Calories	145
Calories from fat	33
Calories from saturated fat	12.8
Total Fat	3.6 g
Saturated Fat	1.4 g
Trans Fat	0
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.1 g
Cholesterol	0
Sodium	73 mg
Potassium	460 mg
Total Carbohydrate	28.0 g
Dietary Fiber	4.9 g
Sugars	5.8 g
Protein	2.4 g



Prep	Cook	Ready in	Servings
5 min	45 min	50 min	7

Old Fashioned Chicken Vegetable Soup

Lunch on Monday

Leftovers: Lunch on Tuesday, Lunch on Wednesday, Lunch on Thursday, Lunch on Friday, Lunch on Saturday, Lunch on Sunday

Ingredients

- 7 cup Bone broth, Organic (chicken)
- 3 cup diced Carrots
- 2 1/2 lb Chicken breast, boneless, skinless (chopped and diced)
- 1 medium Zucchini (diced)
- 2 tsp pizza seasoning
- 3 cup shredded Green cabbage
- 1/4 cup Green onion (chopped, green parts only)
- 7 oz Sweet Potato Glass Noodles

Instructions

1. All of these ingredients except noodles can be tossed into a large pot and cooked on medium heat for 45 minutes.
2. Cook sweet potato glass noodles separately and add at the end.

Nutrition Facts	
Per Portion	
Calories	386
Calories from fat	46
Calories from saturated fat	8.6
Total Fat	5.1 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	1.1 g
Cholesterol	118 mg
Sodium	575 mg
Potassium	896 mg
Total Carbohydrate	39 g
Dietary Fiber	3.6 g
Sugars	5.6 g
Protein	48 g



Prep	Cook	Ready in	Servings
2 h	15 min	2 h 15 min	2

Marinated Flank Steak

Dinner on Monday

Leftovers: Dinner on Tuesday

Ingredients

- 1/2 lb Beef, flank, lean
- 2 1/4 tbsp Coconut aminos, Coconut Secret
- 1/2 tsp Garlic

Instructions

1. Marinate flank sliced in coconut aminos, and garlic. Ideally this should marinate overnight but if you are like me that is too long to wait, 2-4 hours is fine.
2. Grill the steak to desired doneness.

Nutrition Facts	
Per Portion	
Calories	246
Calories from fat	92
Calories from saturated fat	39
Total Fat	10.2 g
Saturated Fat	4.4 g
Trans Fat	0.3 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	5.0 g
Cholesterol	60 mg
Sodium	785 mg
Potassium	423 mg
Total Carbohydrate	10.5 g
Dietary Fiber	0.0 g
Sugars	8.8 g
Protein	28.1 g



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	2

Cilantro Lime Quinoa

Dinner on Monday
Leftovers: Dinner on Tuesday

Ingredients

- 1/2 cup Quinoa, uncooked
- 1 cup Vegetable stock/broth
- 2 2/3 tbsp Cilantro (coriander)
- 1/2 tbsp Lime juice (fresh)

Instructions

1. Rinse quinoa and drain. Place it in a medium saucepan with veggie broth and bring to a boil, then reduce heat to medium-low for about 15 minutes.
2. In the meantime, roughly chop the cilantro and juice the lime.
3. When the quinoa has absorbed all the liquid, let it cool down a bit before adding the cilantro and lime juice.

Nutrition Facts	
Per Portion	
Calories	156
Calories from fat	23.3
Calories from saturated fat	2.7
Total Fat	2.6 g
Saturated Fat	0.3 g
Trans Fat	0
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	6.0 g
Cholesterol	0
Sodium	284 mg
Potassium	251 mg
Total Carbohydrate	28.6 g
Dietary Fiber	3.0 g
Sugars	1.1 g
Protein	6.0 g



Prep	Cook	Ready in	Servings
5 min	10 min	15 min	2

Steamed Broccoli

Dinner on Monday

Leftovers: Dinner on Tuesday

Ingredients

- 1 dash Black pepper
- 1 head Broccoli, raw (Florets only)
- 1/2 tbsp Extra virgin olive oil
- 1 dash Salt

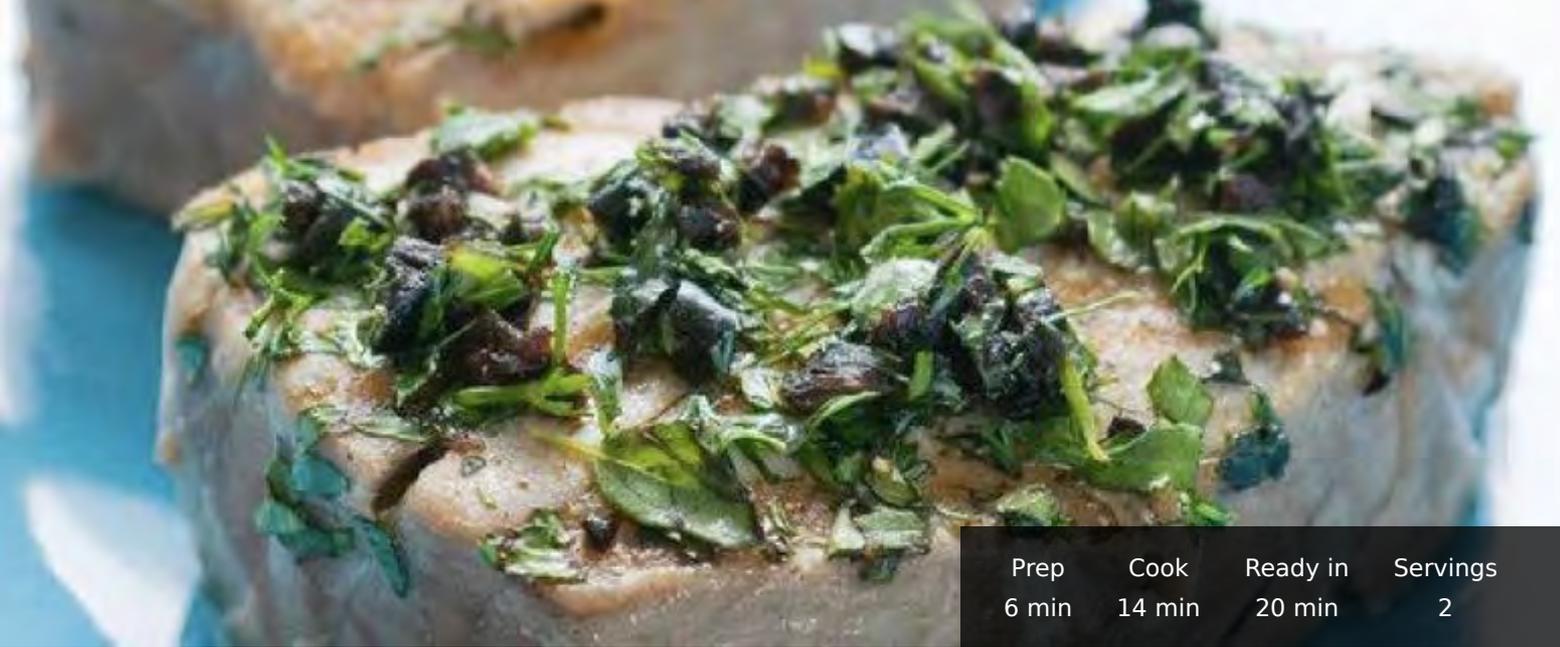
Instructions

1. Wash broccoli heads and cut off stalks. Cut into large bite-sized florets.
2. Fill a saucepan with 1 or 2 inches of water.
3. Place the steamer basket or a heat resistant colander in the sauce pan. Make sure the water is close to the bottom of the steamer basket/colander but not touching it.
4. Cover the saucepan and bring the water to a boil. Place broccoli on the steamer basket/colander and reduce the heat to medium. If the water is evaporating too quickly, add more water.
5. The broccoli is ready when it turns bright green and is tender enough to pierce with a fork.
6. Cook for 3 - 4 minutes for crisp-tender broccoli or for about 6-8 minutes for a fully tender broccoli.

Nutrition Facts

Per Portion

Calories	73
Calories from fat	35
Calories from saturated fat	4.7
Total Fat	3.9 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	2.5 g
Cholesterol	0
Sodium	194 mg
Potassium	382 mg
Total Carbohydrate	8.0 g
Dietary Fiber	3.0 g
Sugars	2.1 g
Protein	3.2 g



Prep	Cook	Ready in	Servings
6 min	14 min	20 min	2

Tuna Steak with Herb Sauce

Dinner on Wednesday
Leftovers: Dinner on Thursday

Ingredients

- 1/2 cup Parsley, fresh
- 1 1/2 tbsp Lemon juice
- 1/4 tsp Sea Salt
- 2 tbsp Extra virgin olive oil (divided)
- 12 oz Tuna, yellowfin, raw

Instructions

1. In a small bowl, add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
2. Add the remaining oil to a skillet and place the fish on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the fish.
3. Turn the fish over and cook for one minute more. Drizzle with herb sauce. Serve!

Nutrition Facts	
Per Portion	
Calories	306
Calories from fat	139
Calories from saturated fat	20.8
Total Fat	15.4 g
Saturated Fat	2.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	10.3 g
Cholesterol	77 mg
Sodium	368 mg
Potassium	850 mg
Total Carbohydrate	1.8 g
Dietary Fiber	0.5 g
Sugars	0.4 g
Protein	40 g



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	2

Steamed Green Beans

Dinner on Wednesday
Leftovers: Dinner on Thursday

Ingredients

- 1/2 lb Green/yellow string beans, raw (washed, ends removed)
- 1 pinch Salt (to taste)

Instructions

Steam until tender. Season as desired and Serve.

Nutrition Facts	
Per Portion	
Calories	36
Calories from fat	2.3
Calories from saturated fat	0.5
Total Fat	0.3 g
Saturated Fat	0.1 g
Trans Fat	0
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
Cholesterol	0
Sodium	46 mg
Potassium	239 mg
Total Carbohydrate	7.9 g
Dietary Fiber	3.1 g
Sugars	3.7 g
Protein	2.1 g



Prep	Cook	Ready in	Servings
15 min	30 min	45 min	3

BBQ rubbed Pork Chops and Peaches

Dinner on Friday

Leftovers: Dinner on Saturday, Dinner on Sunday

Ingredients

- 1 lb Pork chops, boneless, raw
- 1 tbsp Barbecue seasoning
- 1 1/2 tsp Coconut oil
- 1/3 bunch Green onion (tops)
- 3 medium Peach
- 3/4 tsp minced Ginger root
- 3/4 tsp Rosemary, fresh (minced)
- 3/4 tsp Sea Salt (to taste)

Instructions

1. Season pork chops generously on all sides with bbq rub. Sprinkle with salt and set aside.
2. Microwave the peaches and then cut them in half. Peel the halves and slice into 1/4 inch slices. Set aside.
3. Heat a skillet over medium-high heat. Add coconut oil to the skillet. Add green onion tops and saute for 3 - 5 minutes. Add peaches, ginger, and rosemary. Season with salt and saute for 5 minutes or until peaches are tender but not falling apart. Remove from heat and set aside.
4. Heat grill to medium heat, until you can hold your hand over the grill for 4 - 5 seconds. Place the pork chops on the grill on direct heat for 2 - 3 minutes each side. Move the chops to indirect heat and cover the grill. Cook the chops until they are firm to the touch or reach an internal temperature of 145 degrees, about 15 minutes.
5. Transfer chops to a platter and let rest for 10 minutes. Reheat the peaches. Serve chops topped with peaches.

Nutrition Facts	
Per Portion	
Calories	406
Calories from fat	222
Calories from saturated fat	85
Total Fat	24.7 g
Saturated Fat	9.4 g
Trans Fat	0.1 g
Polyunsaturated Fat	3.6 g
Monounsaturated Fat	9.3 g
Cholesterol	100 mg
Sodium	733 mg
Potassium	799 mg
Total Carbohydrate	10.1 g
Dietary Fiber	2.1 g
Sugars	8.4 g
Protein	37 g



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	3

Strawberry Cucumber Salad

Dinner on Friday

Leftovers: Dinner on Saturday, Dinner on Sunday

Ingredients

- 1 1/2 cup slices Strawberries
- 1 1/2 cup Cucumber (sliced)
- 1/3 cup Balsamic vinegar (Fruit flavored from Bodacious)
- 1/2 cup Mint, fresh

Instructions

Slice or chop cucumbers or strawberries. Drizzle with vinegar. Enjoy!

Blackberry ginger and Raspberry vinegar are both good Low FODMAP options!

Nutrition Facts	
Per Portion	
Calories	117
Calories from fat	2.3
Calories from saturated fat	0.6
Total Fat	0.3 g
Saturated Fat	0.1 g
Trans Fat	0
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.0 g
Cholesterol	0
Sodium	7.7 mg
Potassium	330 mg
Total Carbohydrate	29.4 g
Dietary Fiber	3.3 g
Sugars	24.9 g
Protein	1.1 g