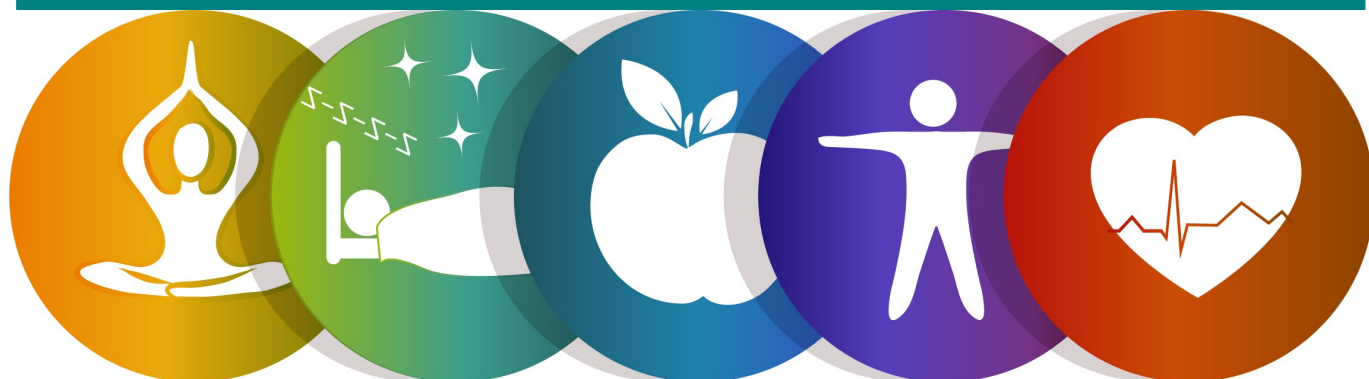


Welcome to:

# The New Year New Happy Healthy You Toolkit

January 6-February 1, 2020



Created by:  
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Famous Supply Co.

# New Year New Happy Healthy You.

**Welcome to the New Year New Happy Healthy You Toolkit.**

This is the first of many communications that you will be receiving from me over the next few weeks. I created this program to give you the support and tools to nourish your mind, body and spirit in the new year and beyond.

This program is 4 weeks long (28 days) and the focus of the program is creating a healthy, sustainable lifestyle that includes learning how to listen to your body, eat whole foods, meal prep, and move.

**This is not a program focused on short-term deprivation, dieting, detoxing, or cleansing. It is a way for you to maintain or create a lifestyle of nourishment, movement and mindfulness.**

I invite you to dream big for your health and wellness goals this year. If there's anything that I have learned it's that transformation is entirely possible when you become open, find direction and stay committed!

The New Year New Healthy You plan kicks off on **January 6, 2019.**

Each week you will receive meal plan, grocery shopping guide and workouts that can be done anywhere.

# Our Focus

## Nourishment

FOOD IS INFORMATION FOR THE BODY. Nothing feeds a person's health better than whole, nutrient-rich foods that come from the ground and can be found in nature. I will be providing you with a meal plan for the month + grocery shopping lists to make this as simple as possible. If you have any allergies, restrictions or sensitivities please reach out and I will adjust your plan accordingly. Nutrition above anything else is a practice and a journey. No one masters healthy living overnight! So focus less on perfection and more on consistent progress. The choices that you make around food should come from a place of respect and love for your body rather than a place of hate or controlling.

## Movement

Movement is medicine. It is what our bodies were DESIGNED to do. Movement every day combats chronic disease and creates stronger, healthier and more resilient humans. Together we will commit to at least 30 minutes 3x weekly. If you want to do more than that even better. We will make it our goal to move for at least **30 minutes 3x weekly**.

## Mindfulness

**5 minutes 5 times weekly.** In a world where we are constantly connected it is crucial to stop for a minute and tune in to your own thoughts. I recommend 5 minutes of meditation or journaling 5 times weekly.

## Connection

Motivation is contagious. Belonging to a community that supports, encourages and holds you accountable makes maintaining this lifestyle easier. It is also encouraging to hear how other people in a similar position to you "make it work". We are in this together.

# Tips

- Progress not perfection... small imperfect changes will take you much further than giving up because you aren't perfect.
- Eat as many whole foods from the earth as possible; fruits, vegetables, roots, legumes, herbs, eggs, meats etc.
- When possible buy grass fed meats and antibiotic/nitrate/hormone-free chicken/turkey, pasture raised cage free chicken, organic produce.
- Always have a container of greens such as spinach, spring mix or arugula on hand to add to everything.
- Always have your favorite type of berries on hand for sweet and healthy snacking rich in anti-oxidants.
- This is not an all or nothing mentality- if you eat off the meal plan today hop back on tomorrow, no sweat! This is a marathon not a sprint.
- If the entire meal plan doesn't work for you just pick one meal or just follow the snacks, once again, baby steps!
- Aim to take in at least 80 oz H2O daily.
- There are “eat out” days on the meal plan. On these days do your best to eat whole foods if possible. Even if you are having pizza pair it with a big green salad.
- Eat out days don't mean you have to eat out, you can repeat a meal from the plan, dig out some leftovers or even try a healthy recipe of your own discovery!
- You can have the perfect diet and the most intense workouts but with a negative mindset none of this matters. Be kind to yourself.





# SMART GOAL TEMPLATE



SMART stands for Specific, Measurable, Attainable, Relevant, and Time Oriented. Go through this list before implementing your SMART goal.

**WHO/WHAT**  
does your goal  
target?

Handwriting practice area for 'WHO/WHAT' with five horizontal lines.



**HOW**  
are you going to  
measure it?

Handwriting practice area for 'HOW' with five horizontal lines.



Is the goal you set  
**ACHIEVABLE?**

Handwriting practice area for 'ACHIEVABLE?' with five horizontal lines.



Does the  
expected result  
**ALIGN**  
to your business  
plan?

Handwriting practice area for 'ALIGN' with five horizontal lines.



**WHEN**  
will you reach your  
goal by?

Handwriting practice area for 'WHEN' with five horizontal lines.



New Year New Happy Healthy You.

STARTING  
WEIGHT :

STARTING  
MEASUREMENTS:

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

GOAL  
WEIGHT :

SPECIFIC MEASUREABLE ACHIEVABLE REALISTIC AND TIMELY GOALS :

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# Contract

I \_\_\_\_\_ (your name printed)

commit to finishing The New Year New You Plan to the best of my ability. There will be hiccups, but I will always pick back up where I left off when possible.

I commit to completing each workout and recognizing the change and growth both mentally and physically.

I commit to trying new things and letting go of the voice in my head that says I can't or that I don't deserve it.

I commit to letting go of excuses and bringing the best version of myself to life.

Most importantly, I commit to being kind to myself. This is a new journey and it takes courage to open myself up to change.

This will be MAGICAL.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# Mindful Minutes

## 5 minutes 5 times daily.

You can dedicate this time to meditating, journaling, yoga, reading or simply connecting with yourself and breathing.

When you are stressed your parasympathetic nervous system is switched into fat storage mode. When you are relaxed your body switches away from fat storage to fat burning mode. Allow meditation to create a calmer you while also progressing your health and wellness goals.

- Try taking 5 deep breaths in the count of 5 out the count of 5 repeat this at least 5 times. I also recommend doing this throughout the day.
- Use the headspace app which will guide you through meditation. Do it at the same time every day such as after brushing teeth.
- There are also many guided meditation videos for free on YouTube.
- Buy a journal and allow your thoughts dreams wishes goals to flow on to the pages.

# Connect

## Weekly Zoom Call:

On this call we will discuss a topic of importance. Think of it as a mini webinar. As a group we will also discuss any strengths or struggles for the week. You don't have to speak up if you don't want to. You can connect to zoom via phone or video. The mobile app can be downloaded to your smart phone so the call can be joined from anywhere. Call dates will be sent out via email.



## Group Chat:

Download the App “group me” and send me (knemunaitis@famous-supply.com) the phone number or email you used to sign up and I will add you to the group. This is a place you can share pictures of your meal prep, workouts, motivation or ask questions.

# Movement

This **isn't** about weight loss.

This is about building a **stronger, healthier, more resilient you.**

This is about decreasing your stress and **increasing your mood.**

This is about looking in the mirror and feeling **confident** in your own skin.


This is because your body was **designed** to move and you **owe it to yourself.**



**30 minutes of movement for 30 minutes daily**

You got this.

Print out the calendar at the back of this packet and color in the days that you exercise so you can keep track! It may also be helpful to write what you did each day such as upper body, lower body etc.



**The following exercises can be used as a guide to workout at home or at the gym.**

**Low Intensity Steady State Exercise: (LISS)** Working out at a relaxed pace that doesn't push your body to its limits. This is a low intensity but consistent for a longer period of time. Examples of LISS include walking, elliptical, biking, swimming or rowing.

**Beginners:** Only complete one of the following workouts 1x weekly with the other 2 days being LISS. You can also divide the 30 minute workout into two 15 minute workouts and do on different days with LISS for your other 15 minutes.

**Intermediate:** Do two of the following workouts 2x weekly with the 3rd day being LISS or another form of exercise you enjoy such as yoga or weight lifting.

**Advanced:** Perform all 3 of the following exercises adding to your current exercise regiment.

**Limited Mobility:** Contact me personally so we can arrange a plan that works for you most.

If you would like a more weight guided exercise regiment contact me personally.

Always contact your doctor before beginning a new exercise program.

Always give yourself rest days.

Progress as your body allows and feels right.

USE THE CALENDAR AT THE BACK OF THIS GUIDE TO COLOR IN



## Arms & Abs

### CIRCUIT ONE

15  
reps

Push ups



15  
reps

Medicine ball squat & press



15  
steps

Lay down push ups



15  
reps

Tricep dips



### CIRCUIT TWO

40  
reps

Mountain climbers (20 per leg)



40  
reps

Ab bikes (20 per side)



30  
reps

Sit ups with twist (15 each side)



15  
reps

Straight leg sit ups



Set timer for 7 minutes and perform the four moves in circuit 1 as many times as you can until time is up without rest. Then perform the four exercises in circuit 2 for seven minutes. Take a breather and repeat both circuits again. If you are doing this at home use the couch or a chair or floor for the tricep dips. Use a book or nothing at all if you don't have a medicine ball. If you can't do a pushup modify by dropping your knees to the floor or do them standing against the wall. This is a difficult workout. Take it at your own pace and by week 4 it will be cake!



## Legs & HIIT

### CIRCUIT ONE

15  
reps

Jump squats



15  
reps

Squats



24  
steps

Walking lunges (12 per leg)



24  
reps

Knee ups (12 per leg)



### CIRCUIT TWO

16  
reps

X Jumps (8 per leg)



10  
reps

Burpees



24  
reps

Weighted step ups (12 per leg)



15  
reps

Medicine ball squat & press



Set timer for 7 minutes and perform the four moves in circuit 1 as many times as you can until time is up without rest. Then perform the four exercises in circuit 2 for seven minutes. Take a breather and repeat both circuits again. If you are doing this at home do high knees in place instead of knee ups. Instead of weighted step ups do glute bridge. For squat and press you can use a book in place of medicine ball or nothing at all.

# Full Body

## CIRCUIT ONE

10  
reps

Burpees



30  
reps

Jump lunges (15 per leg)



15  
reps

Lay down push ups



15  
reps

Sumo squats



## CIRCUIT TWO

15  
reps

4 mountain climbers + 1 push up



15  
reps

Straight leg jackknifes



2  
mins

Skipping



24  
reps

Commandos (12 each side)



Set timer for 7 minutes and perform the four moves in circuit 1 as many times as you can until time is up without rest. Then perform the four exercises in circuit 2 for seven minutes. Take a breather and repeat both circuits again. If you do not have a jump rope do 30 jumping jacks instead.

Use the calendar at the end of this guide to color in the days that you are able to move. It may also be helpful to write down what you did on those days and how long you were able to meditate. The goal is to increase the frequency of both activities as you grow more

## January 2020

Calendarpedia  
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day	2	3	4
			Walked 2 miles hike	TAC - Shoulders/ arms	OTF run/row	TAC: Leggies
5	6	7	8	9	10	11
OFF	Orange Theory Upper body + hills Meditation: Bliss					
12	13	14	15	16	17	18
19	20 Martin Luther King Day	21	22	23	24	25
26	27	28	29	30	31	1

Week 1

New Year New Happy Healthy You

# Recipes

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1. Arugula Crust-less Quiche
2. Banana Protein Pancakes
3. Egg Roll in a Bowl
4. Taco Salad
5. Cauliflower Fried Rice
6. Zucchini Noodle Pasta with Meatballs

# Week 1: Grocery Shopping List

- 1 bottle coconut aminos
- 1 bottle lite rice wine vinegar
- 1 bottle sesame oil
- 1 can oil spray such as Avocado, coconut or olive
- Peanut Butter
- Protein Powder or 4-6 tbsp Coconut flour or 1 box kodiak cakes mix
- Sriracha (optional)
- Salsa or Ortega taco sauce
- Almond Milk
- Nutritional Yeast (optional)
- 2 dozen eggs
- 3 lbs Ground Chicken, Turkey or Grassfed ground Beef
- 2 chicken breast
- 2 bunches green onion
- 1 large head of garlic
- 2 large onion—sweet or yellow
- 1 box banza or other branch bean pasta noodles
- 3 bags frozen or fresh zucchini noodles or spiralize your own using 4 fresh zucchini
- 7 apples
- 4 Bananas
- Berries of choice (blueberries, blackberries strawberries etc.) to use as a fruit compote on your pancakes or as a snack when you have a sweet tooth
- 2 cup bell peppers chopped (or frozen mix)
- 2 large tomato
- 2 cups arugula
- 1 tbsp basil
- 4 Avocados
- 1/2 tsp ground or fresh ginger
- 14 ounce bag coleslaw mix
- 1 bag greens/lettuce of your choice (I prefer spring mix or romaine for this recipe)
- 1 can black, pinto or refried beans
- 1 bag frozen cauliflower rice (or you can steam and puree your own)
- 1/2 cup frozen peas
- 1/2 cup shredded or cubed carrots
- Almonds (optional)
- Marinara sauce of your choosing (look for one with as few ingredients as possible!)
- Smallest can tomato paste
- fresh parsley



## Week 1: Monday-Wednesday



### Breakfast:

Arugula Crust-less Quiche +  
1/2 Avocado



### Snacks:

1 apple + 2 TBSP peanut butter  
Or Protein Shake



### Lunch:

Egg Roll in a bowl



### Dinner:

Zucchini Noodle Pasta + Marinara  
and Meatballs

## Week 1: Thursday-Friday



### Breakfast:

**Arugula Crust-less Quiche +  
1/2 Avocado**



### Snacks:

**1 apple + 2 TBSP peanut butter  
Or Protein Shake**



### Lunch:

**Taco Salad**



### Dinner:

**Ground Turkey and Cauliflower  
Fried Rice**



## Week 1: Saturday-Sunday



**Brunch:**  
**Protein Banana Pancakes**



**Snacks:**  
**1 apple + 2 TBSP peanut butter**  
**Or Protein Shake**



**Dinner:**  
**Leftovers, take yourself out, or**  
**try a fun new healthy recipe of**  
**your own discovery. If its amaz-**  
**ing make sure you send it to**  
**me !**

# Arugula Crust-less Quiche

Servings: 6

## Instructions:

1. Preheat oven to 350 F
2. In a large skillet add oil and heat over medium heat. When oil heats, add onion and garlic and peppers.
3. When the onion starts to caramelize, add tomatoes.
4. After 2 minutes add arugula and basil and cook all vegetables for another 3 minutes.
5. Pour vegetable mixture into a 9x11 baking dish. Pat vegetables with a paper towel to remove excess water.
6. In a medium size bowl, whisk eggs, nut milk, red pepper flakes, garlic powder, salt, and black pepper.
7. Pour egg mixture over the vegetables in the baking dish.
8. Place in the oven for 25-30 minutes.

## Notes

Make this recipe with your Sunday meal prep. Cut 6 pieces of the quiche and store in individual containers for the week.

Serve each piece of quiche with ½ of an avocado.

## Ingredients:

1 tbsp. oil spray such as Avocado, coconut or olive

1/2 sweet or yellow onion chopped

1 garlic clove minced

1 cup bell peppers chopped

1 tomato diced

2 cups arugula

1 tbsp basil

10 large eggs  
Preferably pasture fed

1/4 cup almond milk  
Unsweetened

1/2 tsp red pepper flakes

1 tbsp garlic powder

3 Avocados

Salt/Pepper  
To taste



# 5 Ingredient Banana Pancakes

Serves: 6 pancakes

## Instructions

1. To a mixing bowl or blender, add bananas and mash until only small bits remain. Then add baking powder and vanilla extract and use a fork or whisk to mash until thoroughly combined.
2. Next add eggs, break yolks with a fork or whisk, and whisk thoroughly until well combined.
3. Lastly, add flour or protein powder 1 Tbsp at a time until a thick but scoopable batter is achieved (thicker than your average pancake batter, but not so thick that it appears dry). If you add too much coconut flour, add a little dairy-free milk to thin.
4. Heat a large skillet over medium heat. Once hot, add a little spray oil to coat the pan. Then spoon in roughly 3-Tbsp amounts of batter and reduce heat to low. These benefit from cooking slower and lower than your average pancakes. Cover with a lid to help the center cook through.
5. Cook for 3-4 minutes, then remove lid and flip carefully. Cook for 3-4 minutes more (lowering heat as needed if cooking too fast) or until the underside is golden brown.
6. To serve, top with desired toppings, such as nut butter, sliced bananas, fresh fruit, dairy-free yogurt or pure maple syrup. I also love a sprinkle of seeds such as chia or pumpkin for more fiber and healthy fats.

## Notes

These are more time intensive but delicious. This is something I typically save as a Saturday or Sunday morning post-workout breakfast. My favorite topping- heat fresh or frozen fruit in pan or microwave until warm and melty creating a fruit "compote" to top with instead of syrup. HACK: Rather than using protein powder or flour you can buy a box of Kodiak Cakes (protein pancakes).

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select it and hit delete.*

## Ingredients

2 bananas  
Medium size, ripe

2 tsp Baking powder (optional)

1 tsp Vanilla Extract

2 Large Eggs

1 scoop Protein Powder or 4-6 tbsp  
Coconut or Almond flour

Toppings:

Fruit

Nut Butters

Seeds (chia, pepita, hemp etc.)

Coconut Yogurt

Pure Maple Syrup (not Aunt Jemimah)



# Egg Roll in a bowl

Serves: 3-4 servings

## Instructions

1. Heat sesame oil in a large skillet over medium high heat.
2. Add the garlic, onion, and white portion of the green onions. Sauté until the onions are translucent and the garlic is fragrant. (3 minutes)
3. Add the ground meat, ginger, sea salt, black pepper and Sriracha. Sauté until the meat is cooked through.
4. Add the coleslaw mix, coconut aminos, and rice wine vinegar. Sauté until the coleslaw is tender.
5. Top with green onions before serving. Also tastes great with a bit of tamari drizzled on top or on a bed of cauliflower rice

## Notes:

This recipe requires only 1 pan and about 20 minutes to make. If you double the recipe it will make 6 small servings or 4 large. I highly recommend scrambling and adding in 4-6 eggs for additional protein. Almond slices also add a nice texture. Place on bed of cauli rice or greens to add more volume.

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select it and hit delete.*

## Ingredients:

- 1 lb ground turkey, chicken, beef (grass-fed/antibiotic free if possible)
- ½ med sweet onion chopped
- 2 Tbsp sesame oil
- 3 cloves garlic, minced
- 5 green onions, sliced on a bias (white and green parts)
- ½ tsp ground or fresh ginger
- Sea salt and black pepper to taste
- 1 tablespoon Sriracha or garlic chili sauce to taste (optional)
- 14 ounce bag coleslaw mix
- 3 tablespoons Coconut Aminos (or low sodium soy sauce)
- 1 tablespoon rice vinegar
- 4 eggs (optional)



# Fiesta Taco Salad

Serves: 2-3 servings

## Instructions

1. Spray pan using oil spray. Sautee bell peppers/onions until caramelized.
2. Sautee 2 sliced chicken breasts seasoning with chili powder and cumin to taste. You can also skip this step and simply maintain beans as your protein.
3. Assemble cool foods separately if possible with lettuce, tomato and avocado / dressing in one container.
4. Store chicken, beans and fajitas in separate container so it can be heated (or not!) before adding to salad.
5. Combine all ingredients after reheating and top with Salsa, Ortega taco sauce, sriracha, or Greek yogurt (sour cream replacement) to top. Garnish with cilantro if desired.

## Notes:

You can meal prep the peppers/onions with Sunday meal prep or wait until later in the week. Do not meal prep chicken until Wednesday at the soonest. This salad is customizable to your desires. You can also swap cauliflower rice as the base, turkey taco meat as the protein or keep it plant based using beans instead of a meat.

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## Ingredients:

**Base:** 1 bag greens/lettuce of your choice (I prefer spring mix or romaine for this recipe)

**2 chicken breast**

**1 large tomato, diced**

**1 bag frozen onions/bell pepper or 1 fresh bell pepper and 1 fresh onion**

**1 can black, pinto or refried beans**

**1 avocado**

**Topping:** Salsa, Ortega taco sauce, sriracha, or greek yogurt (sour cream replacement) to top





# Cauliflower Fried Rice

Serves: 2-3 servings

## Instructions

1. In a skillet over medium-high heat, sauté garlic in sesame oil for 30 seconds. Add ground chicken or turkey and cook until done.
2. Add riced cauliflower and cook for 1 minute.
3. Add peas and carrots and cook for another 3 to 5 minutes until everything is heated and cauliflower is tender.
4. Slide veggies to side of the pan, and scramble eggs on empty side. Stir veggies and cooked eggs together.
5. Place mixture in bowl, top with almonds and green onion, coconut aminos to taste and serve

## Notes:

If your grocery store carries cauliflower stirfry mix or cauliflower fried rice (Trader Joes and most Giant Eagle do) you can simply warm that up and add ground meat + egg. To make it vegetarian skip the meat and simply add almonds, edamame or shrimp as your protein.

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select it and hit delete.*

## Ingredients:

- 1 bag frozen cauliflower rice (or you can steam and puree your own)
- 1/2 cup frozen peas
- 1/2 cup shredded or cubed carrots
- 1 lb ground chicken or turkey
- 1 garlic clove, minced
- 2 teaspoons sesame oil
- 2 eggs, beaten
- 4 tbsp Coconut aminos- optional but honestly makes the recipe)
- 2 tablespoons almonds, chopped (optional)
- 1 green onion, chopped
- Optional: cooked chicken, shrimp or edamame,



# Zucchini Noodle Pasta

Serves: 3-4

## Instructions

1. Preheat the oven to 400 degrees. Line a baking sheet with foil and a little cooking spray.
2. Mix ground meat, diced onion, garlic, tomato paste, egg and parsley.
3. Roll the mixture into about 30 small balls. Place on baking sheet.
4. Bake for 25-30 minutes.
5. Cook bean pasta per box instructions.
6. Mix cooked pasta with cooked zucchini noodles topping with cooked meatballs and covering with marinara and some nutritional yeast.

## Notes:

Skip making your own meatballs by buying the frozen pre-made turkey meat balls sold at Target (or any other brand you might see so long as it has clean ingredients). Can sub tofu crumbles. Nutritional Yeast is a vegan cheese alternative high in protein and non-perishable.

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select it and hit delete.*

## Ingredients:

3 cups zucchini noodles  
(frozen, fresh, or spiralize  
your own using 3 fresh zucchi-  
ni)

1 box Banza, POW or other  
brand bean pasta

Nutritional Yeast to top

Marinara sauce of your choos-  
ing (look for one with as few  
ingredients as possible!)

1 lb ground chicken, turkey or  
grassfed beef

1/2 onion, diced

1 egg

3 tbsp tomato paste

2 garlic cloves minced

1/3 cup finely chopped parsley



Week 2



New Year New Happy Healthy You

# Recipes

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1. Protein Fruit Smoothie
2. Southwestern Breakfast Wrap
3. Green Goddess bowl
4. Baked Salmon with Lentils and Lemon Herb Sauce
5. Taco Chili
6. Healthy Peanut Butter Cups (Bonus)

# Week 2: Grocery Shopping List

- 3-4 banana ripe (freeze immediately)
- 3 cup frozen mixed berries (strawberries, blueberries, raspberries etc.)
- Fresh Berries of choice (blueberries, blackberries strawberries etc.) for snacking
- 1 small onion
- 3 avocado
- 1 small tomato
- 2 bunch parsley
- 1 bunch cilantro
- 2 jalapeño (ribs and seeds removed)
- 5 cloves garlic
- 2 limes
- Big box of greens (spring mix, spinach, etc.)
- 5 bell peppers (I used red)
- 1-2 bags fresh broccoli (or 1 whole head)
- 3rd veggie of choice-snap peas, green beans, carrots, mushrooms etc.
- 1-2 bundles of asparagus or other veggie as desired
- 2 bag frozen cauliflower rice
- 1 bag baby carrots
- 1/4 cup lemon juice (3-4 lemons)
- 2 blocks extra firm tofu-sprouted if available
- Protein powder
- Almond milk
- Tortillas (sprouted whole wheat variety)
- 2 cans black beans
- olive oil
- 1 cup pistachios (you can sub other nuts)
- 1 cup lentils (I used black)
- 1 cup quinoa (I used red)
- 4 cups chicken or veggie broth
- 12 oz salmon (aldis has good prices)
- Fermented local sauerkraut (optional)
- Quick Squeeze of honey
- 1 can organic low sodium pinto beans
- 1 can organic low sodium corn
- 2 can fire roasted tomatoes
- 1 can green chilies
- 1 package ranch seasoning mix
- 1 package low sodium taco seasoning
- Taco Sauce
- 4 eggs
- Peanut butter
- Hummus or Hummus Singles

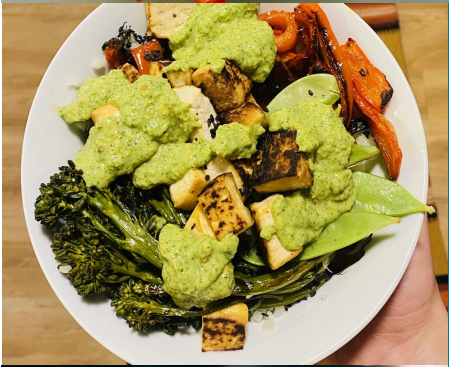
## Week 2: Monday-Wednesday



**Breakfast:**  
**Protein Fruit Smoothie**



**Snacks:**  
**Veggies + Hummus**  
**And/Or handful of nuts (almonds, walnuts etc.)**



**Lunch:**  
**Green Goddess Bowl**



**Dinner:**  
**Baked Salmon with Lentils and  
Lemon Herb Sauce**

## Week 2: Thursday-Friday



**Breakfast:**  
**Protein Fruit Smoothie**



**Snacks:**  
**Veggies + Hummus**  
**And/Or handful of nuts (almonds, walnuts etc.)**



**Lunch:**  
**Green Goddess Bowl**



**Dinner:**  
**Taco Chili**



## Week 2: Saturday-Sunday



**Brunch:**  
**Southwestern Breakfast Wraps**



**Snacks:**  
**Protein Smoothie or Berries +  
handful of nuts (almonds, wal-  
nuts etc.)**



**Dinner:**  
**Leftovers, take yourself out,  
or try a fun new healthy reci-  
pe of your own discovery. If  
its amazing make sure you send  
it to me !**

# Protein Fruit Smoothie

## Instructions

1. Save on prep time by pre-portioning fruit + greens in individual baggies if desired.
2. Mix all ingredients to desired consistency in blender
3. Eat out of bowl and add fresh fruit/seeds to top if desired.
4. See below for an actual smoothie bowl made by yours truly. Eating out of a bowl is so much more filling to me for some reason.



## Ingredients:

1/2 banana (I prefer frozen)

1/2 cup mixed berries  
(strawberries, blueberries,  
raspberries etc.)

1 handful greens (spring mix,  
spinach, etc.)

1 scoop protein powder

1/2 cup almond milk

1 spoonful peanut butter

## Optional add-ins/toppings:

Flax, chia seeds, fiber, avocado, coconut oil, turmeric, cauliflower, spirulina, greens powder, bee pollen, blue majik, cacao nibs, goji berries, nuts, seeds etc.



# Southwestern Breakfast Wrap

Servings: 2 Wraps

## Instructions

1. Chop veggies and add to heated pan that has been sprayed with avocado oil or other oil spray. Cook on medium-high until caramelized, set aside.
2. Scramble eggs with a handful of greens (such as spinach) added in until desired consistency.
3. Add eggs, veggie mix, avocado, tomato and beans to wrap.
4. If desired, fold wrap together and throw back on pan to lightly brown tortilla.
5. Top with taco sauce as desired.
6. These wraps can be frozen and saved for later if desired.

## Ingredients:

2 tortillas (sprouted whole wheat variety)

1 bell pepper

1 small onion

1 small avocado (sliced)

1 small tomato (diced)

1/2 cup black beans

Greens

4 eggs

Taco Sauce

## Products used:



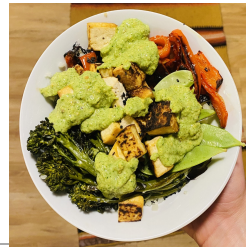


# Green Goddess Bowl

Serves: 5 servings

Prep Time: 20 minutes

Cook time: 30 minutes



## Instructions

1. Preheat oven to 425
2. Slice Bell Peppers into strips, chop off any stems of broccoli and place on baking sheet. Spray/drizzle with olive oil and season with salt/pepper.
3. Place in oven and roast 20-25 minutes. Watch broccoli as it tends to cook more quickly. You are welcome to add other veggies to this as you desire- green beans, mushrooms, snap peas, carrots etc. I added raw snap peas at the end.
4. Drain water from tofu and pat down with paper towel to remove water. Slice into cubes and season with salt/pepper. Add sesame oil or other oil to skillet and cook on high until most sides are browned and toasty.
5. In blender combine all sauce ingredients except pistachios and blend until well combined. Add pistachios last pulsing until desired texture is achieved.
6. Line Tupperware with riced cauliflower and top with veggies, tofu and sauce.

## Notes:

Sauce is not required but is DELICIOUS and makes this dish so AMAZING. If you don't want to add the sauce simply use coconut aminos. Left over sauce can be used as veggie dip or add water to thin and use as salad dressing. I garnished bowls with black sesame seeds. If you absolutely do not want to try tofu, go ahead and use salmon or chicken instead. Especially great with roasted chickpeas on top for a crunch.

## Ingredients:

2 bag frozen cauliflower rice  
(or you can steam and puree your own)

4 bell peppers (I used red)

1-2 bags fresh broccoli (or 1 whole head)

3rd veggie of choice-snap peas, green beans, carrots, mushrooms etc.

2 blocks extra firm tofu-sprouted if available

Sesame Oil

Sauce:

2 avocados

1 bunch parsley

1 bunch cilantro

2 jalapeño (ribs and seeds removed)

4 cloves garlic

Juice of 2 limes

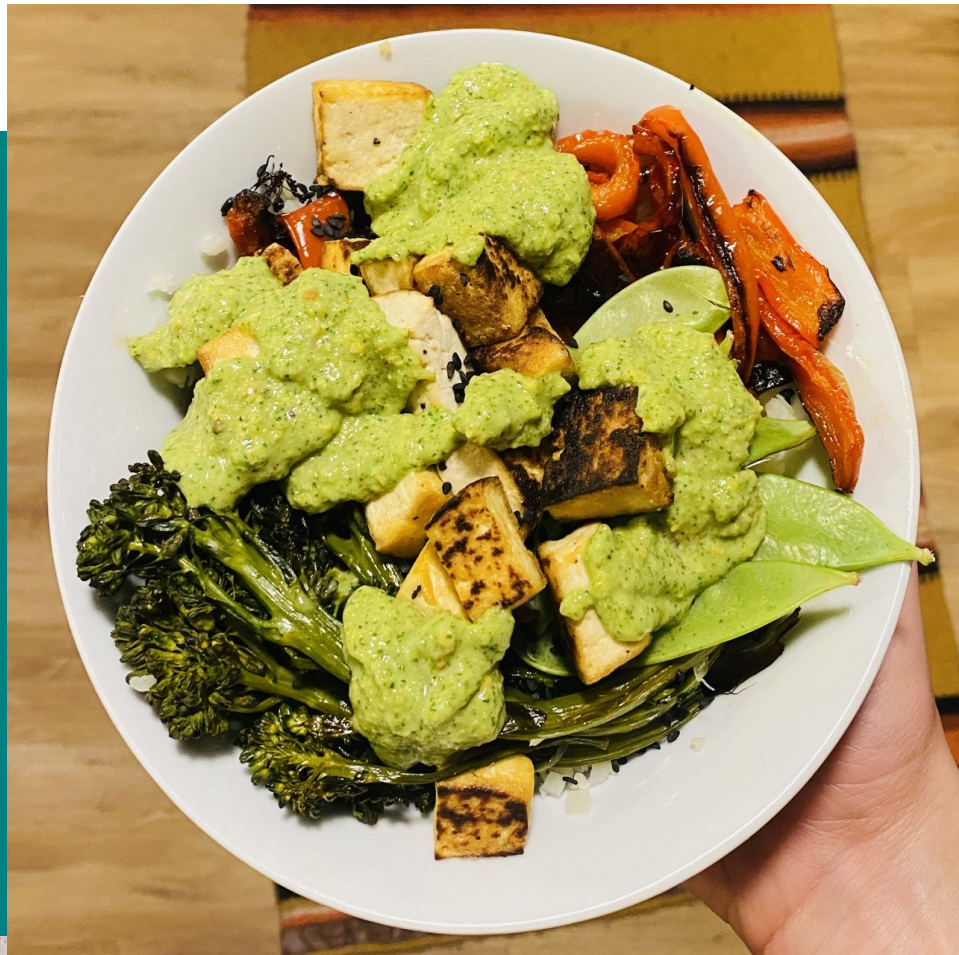
1 cup water

1 cup olive oil

2 tsp salt

1 cup pistachios (you can sub other nuts)











# Baked Salmon with Lentils and Lemon Herb Sauce

Serves:  
6 servings

Prep time: 15 mins  
Cook time: 1 hr

## Instructions

1. Lentils and Quinoa: Preheat oven to 450. Rinse lentils and quinoa. Place in large oven safe skillet or casserole dish with broth and bake for 45-50 minutes or until almost fully cooked. Fluff with fork.
2. Sauce: Make sauce by blending all ingredients in food processor/blender or shaking in jar. Set half aside.
3. Salmon: When the lentils and quinoa are done place salmon (skin side down) and Asparagus (or any veggies you want) on top. Drizzle with half of dressing and cook 10 mins. Broil for last 2 minutes. Turn off oven and let it sit in there a couple minutes depending on thickness.
4. Remove from oven and top with remaining lemon sauce + sauerkraut if desired.

## Notes:

Save time by buying microwaveable quinoa and lentils. Veggie choice is up to you, I listed asparagus but green beans or simply salad greens would be great as well. I also like cooking the salmon with sliced lemons on top for added zest.

## Ingredients:

1 cup lentils (I used black)  
1 cup quinoa (I used red)  
4 cups chicken or veggie broth  
12 oz salmon

1-2 bundles of asparagus or other veggie as desired

### Garnish:

Fermented local sauerkraut (optional)

### Lemon Herb Sauce:

1/2 cup olive oil  
1/4 cup lemon juice  
1 clove garlic

Quick Squeeze of honey

Chopped parsley (optional)



# Taco Chili

Serves:  
3 servings

Prep time: 5 mins  
Cook time: 20 mins

## Instructions

1. Drain and rinse beans and corn.
2. Add all ingredients in large pot and cook on medium-high until hot (15-20 minutes).
3. Garnish with Avocado, Non-Dairy Cheese or GF bean chip crumbles
4. I highly recommend doubling or tripling this recipe and can freeze any extra. Also makes a good dip for parties.



## Ingredients:

1 can organic low sodium black beans

1 can organic low sodium pinto beans

1 can organic low sodium corn

2 can fire roasted tomatoes (undrained)

1 can green chilis (undrained)

1 package ranch seasoning mix

Homemade Taco seasoning:

1/4 teaspoon EACH garlic powder, onion powder, dried oregano, 1.5 teaspoon ground cumin, 1/2 teaspoon paprika

OR

1 package low sodium taco seasoning

Optional:

1 can chicken or 1 lb ground chicken

Sliced Avocado

Non-dairy cheese

Bean Chips to crumble on top

# Healthy Peanut Butter Cups

Serves:  
3 mini cups

Prep time: 5 mins  
Cook time: 20 mins

## Instructions

1. Mix the Protein (or cacao powder) and the Coconut oil together in pan on low-medium heat until melted and mixed together.
2. Pour half of chocolate mixture in bottom of lined muffin tin, baking dish lined with parchment paper, or ice cube tray.
3. Freeze for 5-10 mins.
4. When the bottoms have hardened, spoon on top a small dollop of peanut or almond butter and then drizzle a small spoonful of the remaining coconut oil/protein mixture (enough to cover the almond butter)
5. Freeze for 15 mins.
6. =GUILT FREE AND DELICIOUS SNACKEROONI

## Ingredients:

2 tbsp chocolate protein powder or Raw Cacao Powder

3 tbsp Coconut Oil

Organic Peanut or Almond butter

Notes: This recipe is for only 3 mini cups.  
I recommend doubling or tripling.



Week 3

New Year New Happy Healthy You

# Recipes

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1. Butternut Squash Breakfast Hash
2. Jalapeño Turkey Burgers on Butter Lettuce
3. Spicy Lemon Garlic Baked Tilapia
4. Roasted Broccoli + Sweet Potatoes
5. Mediterranean Roasted Veggie Wrap
6. Pan Roasted Chicken and Veg
7. Berry Smoothie Bowl



# Week 3: Grocery Shopping List

## Produce:

- ◇ 3 cups butternut squash, cubed (save time buying the pre-cubed kind sold in the produce section)
- ◇ 8 Garlic Clove
- ◇ thyme (preferably fresh)
- ◇ 3 yellow or sweet onion
- ◇ 2 bell peppers (yellow)
- ◇ 2 cups fresh spinach
- ◇ 1 jalapeno seeded and minced
- ◇ 4 tbsp chopped green onion
- ◇ 4 tbsp chopped cilantro
- ◇ 3 avocado
- ◇ 2 limes
- ◇ 1 bag butter lettuce
- ◇ 1 small tomato
- ◇ 2 lemon cut into thin slices
- ◇ 2 tbsp fresh parsley chopped
- ◇ 4 head Broccoli or 4 bin pre-chopped broccoli
- ◇ 2 Large Sweet Potato
- ◇ Mushrooms (2-3 container)
- ◇ Spring Mix (smaller bag or box)
- ◇ 3-4 medium carrots peeled and cut into skinny sticks.
- ◇ 1 small red onion diced
- ◇ 1/2 cup cherry or grape tomatoes
- ◇ fresh basil
- ◇ Fresh or dried thyme
- ◇ 1 banana

- ◇ 1 cup mixed frozen berries

- ◇ 5 oranges or cuties

## Protein:

- ◇ 2-3 chicken apple sausage links (nitrate+hormone free)
- ◇ 2 lbs ground chicken
- ◇ Protein powder
- ◇ 2 dozen eggs
- ◇ 4-6 tilapia fillets
- ◇ 1 1/4 lbs boneless skinless chicken breast, tenders or thighs

## Extras:

- ◇ Almond milk
- ◇ Peanut butter
- ◇ Coconut Oil spray
- ◇ 2 tsp chili powder
- ◇ 1/2 tsp chipotle powder (this spice can be harder to find but is a game changer)
- ◇ 4 tbsp arrowroot or almond flour or GF bread crumbs
- ◇ Avocado or olive oil
- ◇ 3 tbsp grass-fed butter melted
- ◇ 4 Gluten Free Tortillas such as Siete Almond Flour Tortillas or sprouted whole wheat
- ◇ Hummus (atleast 8 oz container)
- ◇ Artichokes (in water, biggest jar you can find)
- ◇ Roasted bell peppers (biggest jar you can find or roast your own in the oven/grill)
- ◇ Balsamic Vinegar or Glaze
- ◇ Feta Cheese (optional)
- ◇ Almonds

# Tips for this week:

Meal prep butternut squash breakfast mixture, hard boiled eggs and chicken burgers on Sunday.

Wait to cook tilapia until Monday when you make dinner. It is best fresh.

Sweet potatoes can prepped in advance but roasted broccoli is best fresh.

If you prefer steamed broccoli go ahead and buy a couple steamable freezer bags instead of roasting.

You can swap any meal with one from a previous week if you would prefer.

We are half way through the month, you are doing great !

## Reflect:

What have been your strengths these past two weeks?

Struggles ?

What are you grateful for?

What is something you can do in the next 48 hours that you have been putting off and aligns with your wellness goals?

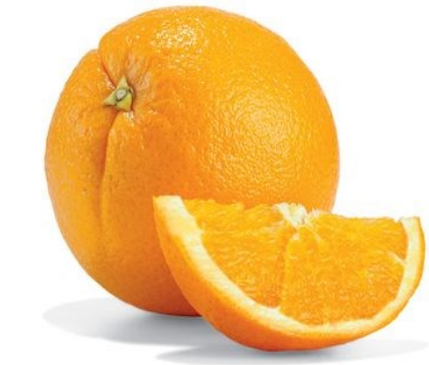
Recalibrate your goals if needed.

## Week 3: Monday-Wednesday



### Breakfast:

**Butternut Squash and Chicken  
Sausage Breakfast Hash**



### Snacks:

**Hard boiled egg + an Orange  
And/Or handful of nuts (almonds,  
walnuts etc.)**



### Lunch:

**Jalapeno Avocado Chicken Burgers  
on Butter Lettuce**



### Dinner:

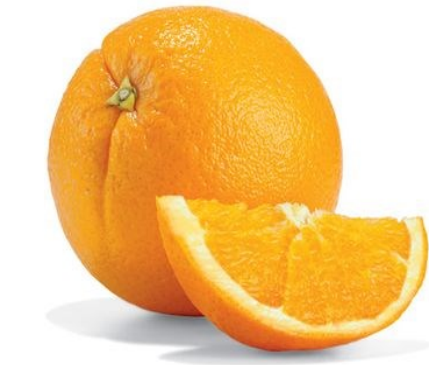
**Lemon Garlic Baked Tilapia with  
Roasted Broccoli and Sweet Pota-  
to**

## Week 3: Thursday-Friday



### Breakfast:

**Butternut Squash and Chicken  
Sausage Breakfast Hash**



### Snacks:

**2 Hard boiled egg + an Orange  
And/Or handful of nuts (almonds,  
walnuts etc.)**



### Lunch:

**Roasted Veggie Hummus Wrap**



### Dinner:

**One Pan Balsamic Chicken Veggie  
Bake**

## Week 3: Saturday-Sunday



**Brunch:**  
**Protein Smoothie Bowl**



**Snacks:**  
**2 hard boiled eggs + handful of  
nuts (almonds, walnuts etc.)**



**Dinner:**  
**Leftovers, take yourself out, or  
try a fun new healthy recipe of  
your own discovery. If its amaz-  
ing make sure you send it to  
me !**



# Butternut Squash Breakfast Hash

Serves:  
5 days

Prep time: 15 min  
Cook time: 40 mins

## Instructions

1. Preheat oven to 425.
2. Add cubed butternut squash to bowl coating evenly with coconut oil spray, salt and pepper.
3. Spread evenly onto a foil lined (for easy cleanup) baking sheet.
4. Bake 20-25 minutes.
5. In large Sautee pan on medium heat spray coconut oil and add minced garlic, onion, bell pepper and sliced chicken sausage. Cooking for 5 minutes.
6. Take butternut squash out of oven adding to pan in addition to spinach. Sautee 3 minutes. (At this point I typically pack this up in the fridge to add to eggs on a daily basis)
7. Use a spoon to create small holes to crack eggs into. Cover pan 5 minutes and cook until done.
8. Serve with 1/2-1/4 avocado.

**Notes:** Prep this recipe at the beginning of the week with your meal prep. Frozen butternut squash can be used but doesn't roast as well. Sweet potato can be swapped for butternut squash if you are unable to find it. Pairs well with brussels sprouts.

## Ingredients:

3 cups butternut squash, cubed  
10 eggs (at least)

2-3 chicken apple sausage links (nitrate+hormone free, use any flavor if you cant find chicken apple)

Coconut Oil spray

1 tbsp Garlic (minced)

1 tbsp thyme (preferably fresh)

1 yellow or sweet onion sliced

2 bell peppers (yellow)

2 cups fresh spinach

2 avocado



# Jalapeno Avocado Chicken Burger



Serves:  
About 4 burgers

Prep time: 5 mins  
Cook time: 20 mins

## Instructions

1. Heat oil over medium high heat in heavy bottom pan.
2. Add all burger ingredients to a large bowl and combine - be sure not to over mix!
3. Form chicken mixture into large balls - about the size of the palm of your hand. Then flatten to form patties.
4. Place in pan once hot and cover pan with lid. Cook for about 4-5 minutes on each side - or until internal temperature reaches 160 degrees.
5. While burgers are cooking prepare avo mash in small bowl. I also added leftover minced cilantro and onion to mine.
6. Cook onions in oil on high until caramelized. Do not sleep on these !
7. Place burger on a bed of butter lettuce. Top burger with Avo Mash, sliced tomato and caramelized onions. Other optional toppings include pickle slices and avocado mayo.

**Notes:** I basically ate this like a salad, chopping up my burger into my lettuce as I ate. The caramelized onions and avo mash are key components !! You can skip them but they really make this dish amazing.

## Ingredients:

### Burger Ingredients:

- 2 lbs ground chicken
- 1 jalapeno seeded and minced
- 4 cloves of garlic minced
- 4 tbsp chopped green onion
- 4 tbsp chopped cilantro
- Salt + Pepper
- 1 tsp chili powder
- 1/2 tsp chipotle powder (this spice can be harder to find but is a game changer)
- 4 tbsp arrowroot or almond flour or GF bread crumbs
- 2 tbsp avocado oil

### Avo Mash:

- 1 avocado
- ¼ tsp salt + pepper
- ¼ tsp garlic powder
- squeeze of lime juice

### Toppings:

- 1 bag butter lettuce
- 1 large sweet onion sliced
- 1 small tomato sliced





# Lemon Garlic Baked Tilapia

Serves:  
3-4 servings

Prep time: 5 mins  
Cook time: 15 mins

## Instructions

1. Preheat oven to 350.
2. Wash Tilapia filets and pat dry. Arrange on foil lined baking tray.
3. Mix lemon juice, butter, garlic, red chili powder, salt and pepper in a bowl.
4. Pour Mixture over tilapia and arrange lemon slices between fillets.
5. Bake for 15-20 mins until flesh is white and flakey. Garnish with fresh parsley.

## Ingredients:

4-6 tilapia fillets (wild caught/not from china)  
1 tbsp lemon juice  
3 tbsp grass-fed butter melted  
1 tsp garlic (minced)  
1/2 tsp red chili powder  
Salt  
1/2 tsp pepper  
1 lemon cut into thin slices  
2 tbsp fresh parsley chopped

**Notes:** You can use more lemon juice if you prefer it more tangy. Do not overcook fish or it will become dry. Use remaining liquid to pour over fish after it has been plated. If you don't like tilapia you can use any other white fish or even chicken. Eat with cauli rice, sweet potato and broccoli.



# Oven Roasted Broccoli and Sweet potatoes

Serves:

Prep time: 5 min

Cook time: 45 min

## Instructions

### Broccoli:

1. Preheat oven to 425
2. Rinse and chop off any leaves and ends of broccoli
3. Line baking sheet with foil and spray with oil. Place Broccoli on top and spray broccoli with oil as well.
4. Season broccoli with salt, pepper. Bake in oven 18-20 minutes until edges are golden and toasty.

### Sweet Potato

1. Preheat oven to 425 (or just put in with broccoli)
2. Rinse sweet potatoes well and stab multiple holes throughout.
3. Spray with oil spray (I prefer the taste of coconut) and wrap in foil.
4. Roast 45-50 minutes or until tender in the middle .

### Notes:

Meal prep sweet potatoes in advance so you can just pop in the microwave at meal time. Eat 1/2 potato with meal. Serve with peanut butter and cinnamon on top (I promise its amazing). If you would like to try something different toss broccoli in sesame oil and top with sesame seeds.

## Ingredients:

### For Broccoli:

1 Large head Broccoli or 1 bin pre-chopped fresh broccoli

Oil Spray or Sesame Oil

Salt/Pepper

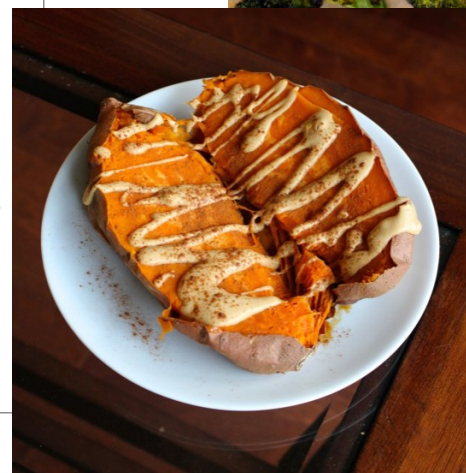
Foil

### For Sweet Potato:

2 Large Sweet Potato

Oil Spray

Foil





# Mediterranean Roasted Veggie Wrap

Serves:

Prep time: 10

Cook time: 10

## Instructions:

1. Heat Pan to Medium high heat, spray with oil and add sliced mushrooms and onions.
2. Add about 4 tbsp balsamic vinegar and cook until caramelized. (5-10 min)
3. Chop artichokes and roasted bell peppers in to smaller slices draining away any oil.
4. Toss about 2 cups spring mix with balsamic vinegar or glaze.
5. Lay out tortillas spreading on hummus (thick) and topping with balsamic greens, veggies and feta. Drizzle with additional balsamic glaze as desired.
6. Wrap them up and put in Tupperware (Eat 2 wraps for a meal)

## Ingredients:

4 Gluten Free Tortillas such as Siete Almond Flour Tortillas or sprouted whole wheat

Hummus (atleast 8 oz container)

Artichokes (in water, biggest jar you can find)

Roasted bell peppers (biggest jar you can find or roast your own in the oven/grill)

Mushrooms (1 container, sliced)

1 onion (sliced)

Spring Mix

Balsamic Vinegar or Glaze

Feta Cheese (optional)

**Notes:** Roasted Zucchini or Squash are also wonderful in these wraps if you have the time. I typically just chop up the veggies myself and take them out to the grill. I typically add feta to these although this plan is meant to be dairy-free so it is an optional ingredient.

You can add chicken to these if you wish.





# One Pan Balsamic Chicken Veggie Bake

Serves:  
4 servings

Prep time: 20 min  
Cook time: 25 min

## Instructions:

1. Preheat oven to 400 and line baking sheet with parchment paper or foil.
2. Combine balsamic vinegar, oil, garlic, basil, thyme, salt, and pepper. Whisk to make sauce.
3. Place chicken in zip-lock bag or glass dish with 1/2 balsamic mixture. Toss and move chicken around to coat. Place in fridge to marinate.
4. Meanwhile, chop veggies and place on sheet pan (except tomatoes). Pour remaining balsamic mixture over veggies and move around to coat using your hand. Make sure they are well coated especially broccoli.
5. Move veggies around to make space for chicken and place chicken on pan.
6. Place in oven and bake for 10 minutes. At 10 minutes toss veggies around and add tomatoes.
7. Place bake in oven for 5-10 mins until chicken is cooked through.

## Notes:



## Ingredients:

- 1 1/4 lbs boneless skinless chicken breast, tenders or thighs
- 3 small heads of broccoli chopped into pieces (4-5 cups)
- 3-4 medium carrots peeled and cut into skinny sticks.
- 2 cups button mushrooms halved if large
- 1 small red onion diced
- 1/2 cup cherry or grape tomatoes
- 1/4 cup balsamic vinegar
- 1/4 cup olive or avocado oil
- 4 garlic cloves minced
- 3-4 tbsp fresh basil chopped + additional for garnish
- 1 tsp fresh or dried thyme
- 1/2 tsp salt
- 1/2 tsp pepper





# Protein Fruit Smoothie Bowl

## Instructions

1. Mix all ingredients to desired consistency in blender
2. Eat out of bowl and add fresh fruit/seeds to top if desired.



## Ingredients:

1/2 banana (I prefer frozen)

1/2 cup mixed berries (strawberries, blueberries, raspberries etc.)

1 handful greens (spring mix, spinach, etc.)

1 scoop protein powder

1/2 cup almond milk

1 spoonful peanut butter

## Optional add-ins/toppings:

Flax, chia seeds, fiber, avocado, coconut oil, turmeric, cauliflower, spirulina, greens powder, bee pollen, blue majik, cacao nibs, goji berries, nuts, seeds etc.

Week 4

New Year New Happy Healthy You

# Recipes

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1. Avocado Toast
2. Heavenly Grain Bowl
3. Green Chile Turkey Chili
4. Strawberry-Vanilla Chia Puddin
5. Anti-Inflammatory, Anti-Oxidant Boost Salad
6. Pumpkin Pancakes
7. Roasted Veggie and Pesto Cauli Crust Pizza
8. 3 Ingredient Banana Nut Bread Cookies

# Week 4: Grocery Shopping List

## Produce:

- ◇ Berries (for salad and snacking)
- ◇ 4 Avocados
- ◇ Cherry Tomatoes
- ◇ 1 roma tomato
- ◇ 2 onion yellow
- ◇ 2 cups spinach
- ◇ 3 limes
- ◇ 2 cloves garlic
- ◇ 1 fresh pablano pepper
- ◇ 1 green bell pepper
- ◇ 1/4 cup chopped fresh cilantro
- ◇ 1 bin spring mix or baby kale
- ◇ 1 bin Brussel sprout blend or arugula
- ◇ 1 red onion
- ◇ 3 medium sweet potato

## Protein:

- ◇ 5 cans wild caught salmon
- ◇ 5 eggs
- ◇ 1 lb ground turkey
- ◇ 3 cups quinoa
- ◇ 2 15-oz cans cannellini/white kidney beans
- ◇ 2 can chickpeas
- ◇ 1 Large cucumber

## Other:

- ◇ 1/4 cup peanut butter
- ◇ 1/4 cup rice vinegar
- ◇ coconut aminos or soy sauce
- ◇ sriracha
- ◇ sesame oil
- ◇ 1 loaf sprouted bread such as Ezekiel
- ◇ olive oil
- ◇ Cumin
- ◇ 2 whole bay leaves
- ◇ 1 4-oz can diced green chiles
- ◇ 1 16-oz. jar salsa verde (your favorite green salsa)
- ◇ 32 oz. chicken stock
- ◇ Walnuts or Almonds
- ◇ Pepitas (pumpkin seeds)
- ◇ Dried Cranberries
- ◇ Balsamic Vinegar
- ◇ Apple Cider Vinegar
- ◇ oat flour (store-bought or make by blending quick oats)
- ◇ vanilla almond milk
- ◇ ½ cup pumpkin puree
- ◇ ¼ cup applesauce
- ◇ cinnamon
- ◇ honey
- ◇ vanilla extract
- ◇ maple syrup
- ◇ chia seeds



Week 3:

Monday-Wednesday

Breakfast:

Tomato Avocado Toast or Almond  
Butter Strawberry Toast



Snacks:

Canned Salmon + cucumber slices  
or

Protein Shake



Lunch:

Heavenly Grain Bowl



Dinner:

Green Chile Turkey Chili





Week 3:

Thursday-Friday



Breakfast:

Strawberry-Vanilla Chia Seed  
Pudding

Snacks:

Canned Salmon + Veggies or  
Protein Shake



Lunch:

Heavenly Grain Bowl



Dinner:

Anti-Inflammatory, Anti-Oxidant  
boost salad



## Week 3: Saturday-Sunday



**Brunch:**  
**Pumpkin Pancakes**



**Snacks:**  
Your favorite produce + protein  
combo (berries, almonds, hummus,  
cucumber, nut butter, banana  
etc.)



**Dinner:**  
**Cauliflower Crust Pizza**  
or  
**Leftovers/other recipe/  
night out**



Tomato Avocado Toast  
Or Strawberry Almond  
Butter Toast

Serves: 5 + Toasts  
1 Toast/Day recommended

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Instructions:

1. Toast Bread in toaster.
2. For Avocado Toast: Spread with 1/2 Avocado, 1-2 Eggs over easy, topped with cherry tomatoes, basil ribbons and balsamic glaze.
3. Strawberry ABT: spread 1-2 tbsp almond butter on toast topping with sliced strawberries and sprinkling with 1-2 tsp hemp seeds or pepitas. Bananas are great on this toast as well.
4. OR Put Strawberries on your Avocado toast !!!!! (top with hempseeds) SO MUCH YUM.



### Ingredients:

1 loaf sprouted whole wheat  
bread such as Ezekiel OR  
roasted and sliced sweet pota-  
to

### Avocado Toast:

3 Avocados (use half avocado for each toast)

5 eggs

## Cherry Tomatoes

To make it extra yummy: Balsamic glaze, basil, arugula

## Strawberry Almond Butter Toast:

1 container strawberries  
(washed & sliced)

## Almond Butter

## Hemp Seeds



# Heavenly Grain Bowl

Serves: 4 bowls

## Instructions

1. Dressing: In a small bowl whisk peanut butter, rice vinegar, water, soy sauce or coconut aminos, sriracha, and sesame oil.
2. In a medium bowl add chickpeas, roma tomato and onion.
3. Divide cooked quinoa evenly among 4 bowls.
4. Top evenly with chickpea mixture, spinach or shredded lettuce and 1 avocado.
5. Garnish with chopped peanuts, toasted sesame seeds, lime wedges and cilantro.
6. Dollop evenly with dressing.

Chicken or edamame are great additions to this recipe. Taken from Dan Buettner's Blue Zones recipe book. Blue zones are spots around the world with the highest percentage of centenarians. This grain bowl is eaten by Seventh-Day Adventists who live off of a plant-based diet in California.

## Ingredients:

- 1/4 cup peanut butter
- 1/4 cup rice vinegar
- 1/4 cup water
- 3 tbsp coconut aminos or soy sauce
- 1-2 tbsp sriracha
- 1 tsp sesame oil
- 1 can chickpeas or black beans (rinsed and drained)
- 1 roma tomato (chopped)
- 1/2 onion (finely chopped)
- 3 cups cooked barley, quinoa or brown rice
- 2 cups spinach (chopped)
- 1 avocado (diced)
- Garnish: Peanuts, lime, cilantro, toasted sesame seeds





# Green Chile Turkey Chili

Serves: 6

Prep Time: 20 minutes

Cook Time: 1 hour

## Instructions

1. Heat 2 Tbs of the oil in a stockpot over medium. Add the ground turkey and brown, turning and breaking up frequently to make it as fine as possible.
2. Once the turkey is no longer pink, transfer it to a bowl and set aside.
3. Add the remaining oil, diced onion and garlic. Cook, stirring frequently until translucent, about 3 minutes.
4. Add the poblano and bell pepper and stir until fragrant, about 2 minutes.
5. Add the cumin, oregano, cayenne and stir until combined.
6. Add the turkey, bay leaves, canned green chiles, salsa, chicken stock, water and salt. Stir to combine and then bring to a simmer.
7. Once simmering, cover and turn the heat down to low. Simmer for 30 minutes.
8. Uncover, add the beans, stir to combine and simmer for another 10 minutes.
9. Ladle into bowls and garnish with cilantro.

Double the recipe if desired, it freezes great !



## Ingredients:

- 3 Tbsp olive oil
- 1 lb ground turkey (optional)
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 fresh poblano pepper, diced
- 1 green bell pepper, diced
- 1 Tbs ground Cumin
- 2 tsp Mexican oregano
- 1/4 tsp Cayenne pepper
- 2 whole bay leaves
- 1 4-oz can diced green chiles
- 1 16-oz. jar salsa verde (your favorite green salsa)
- 32 oz. chicken stock
- 1 cup cold water
- 1-2 tsp Kosher-style flake salt
- 2 15-oz cans cannellini/white kidney beans
- 1/4 cup chopped fresh cilantro for garnish

# Strawberry-Vanilla Chia Seed Puddin

Serves:  
2 servings

## Instructions:

1. In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
3. In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

This pudding is all about the amazing talents of chia seeds. High in protein and full of fiber and omega-3 fatty acids, chia seeds are a deliciously healthy way to magically make a luscious pudding. Combine the ingredients the night before, and have it ready for the morning, or let the chia seeds work their magic while you sip your coffee. Top it off with a pile of fresh strawberries for a burst of fruity sweetness and Vitamin C in every bite!

## Ingredients:

3 cups unsweetened almond milk  
2 tsp vanilla extract  
3 tbsp maple syrup  
½ tsp cinnamon  
½ cup + 2 tbsp chia seeds  
3 cups fresh strawberries



# Anti-Inflammatory, Anti-Oxidant Boost Salad

Serves: 5 salads

Prep time: min

Cook time: mins

## Instructions

1. Assemble salads no more than 3 days at a time to prevent lettuce from going bad. Buy lettuce in plastic bins (such as organic girl brand) when possible as they tend to last longer. Always buy greens organic if possible, and rinse again before eating.
2. With your meal prep, roast 3 sweet potatoes for the week. Poke holes in sweet potato, spray with coconut oil and wrap in foil. Roast at 425 for 45 minutes or until fork tender. Cut into coins when done.
3. Pickled Red onion- slice red onion and place in jar covering with ACV. Add 2 tsp salt and let sit out for 1 hr before moving to fridge for at least 24 hours. Taste amazing on salads, burgers, tacos etc.
4. Assemble no more than 3 salads at a time. Take a handful of each type of lettuce + basil and fill the bottom of your salad bowl. Top with a handful of nuts, 1 tbsp pepitas, 1 tbsp dried cranberries, 3-4 sweet potato coins, a handful of berries and pickled red onion. Bring balsamic vinegar on side. Other great toppings: salmon and avo

**Notes:** I enjoy using this salad blend if you see it at the store- just don't recommend the poppyseed dressing. Look for something a bit more natural and lower in sugar such as topping with balsamic vinegar and some olive oil. Pickled onions are optional put don't recommend passing them up!

## Ingredients:

1 bin spring mix or baby kale

1 bin Brussel sprout blend or arugula

Fresh Basil (if desired) (in ribbons)

Walnuts or Almonds

Pepitas (pumpkin seeds)

Dried Cranberries

Berries (1-2 cups)

Balsamic Vinegar

3 medium Sweet Potato

1 red onion

Apple Cider Vinegar

Bonus:

Salmon to top

Avocado





Those are purple sweet potatoes !!!

If you have time:

### Raspberry Vinaigrette

- 1 1/2 cups raspberries, fresh or frozen
- 1/2 cup olive oil or avocado oil
- 1/4 cup red wine vinegar
- 1 small shallot, diced (about 2 tbsp)
- 1 tsp Dijon mustard
- 1/4 tsp salt and pepper, to taste

Blend all ingredients in food processor or blender



# Pumpkin Pancakes

## Instructions

1. In a large bowl, mix all dry ingredients together.
2. Add the wet ingredients and mix until combined.
3. Let batter sit for 3-4 minutes to thicken.
4. Heat a non-stick pan over medium heat. Once pan is hot, reduce heat to medium-low.
5. Oil pan lightly and gently pour batter into the circular size you want.
6. Flip and cook the other side after 1-2 minutes.
7. Repeat until batter is used up.

While pumpkins may be synonymous with fall, centenarians in the longest-lived places in the world eat squash year-round. Pumpkin pancakes pull together the warmth of cinnamon and sweetness of honey for a cozy combination.

## Ingredients:

- 1 cup oat flour (store-bought or make by blending quick oats)
- $\frac{1}{4}$  cup vanilla almond milk
- $\frac{1}{2}$  cup pumpkin puree
- $\frac{1}{4}$  cup applesauce
- 1 tsp cinnamon
- $\frac{1}{2}$  tbsp baking powder
- 1 tbsp apple cider vinegar
- 1  $\frac{1}{2}$  tbsp honey



# Pesto and Roasted Veggie Cauli Crust Pizza

Serves: 2

Prep time: 20 min

Cook time: 45 min

## Instructions

1. Cut up cauli and steam for 15 minutes or until tender.
2. Put cauli in a food processor or blender and puree. Add some water if its not blending well.
3. Place mashed cauli in nutmilk bag to squeeze out excess water.
4. Put strained cauli in bowl adding the rest of crust ingredients and mixing well.
5. Placed parchment paper on pizza pan with holes on it or if you will put parchment paper directly on oven rack when ready to cook.
6. Spread cauli mixture into circle keeping about 1/2 inch thick.
7. Bake 30-40 mins at 400 until crust is dry.
8. Simultaneously slice tomato, onion and broccoli, spray with oil and roast 20 minutes.
9. Pesto: put all ingredients in food processor or blender and blend.
10. Spread pesto on crust and top with veggies.
11. Place back in oven 10 mins.

This is an amazing vegan pizza option and this crust is light fluffy and will leave you wanting more. I did not include the ingredients in the grocery list for this one as it is more time consuming and involved, but 100% worth it !

## Ingredients:

### Crust:

- 1 whole head cauliflower
- 1/2 cup flax meal
- 2 eggs
- 1/2 tsp salt
- 1/2 tsp Italian seasoning
- 2 cloves of garlic (minced)

### Pesto:

- 2 handfuls basil
- 2 tbsp evoo
- 1/3 cup pine nuts
- 1 tsp salt
- 2 minced garlic cloves

### Toppings:

Onion, Tomato, Broccoli (baby or broccolini preferably)



# 3 Ingredient Banana Nut Bread Cookies

## Instructions

1. Preheat oven to 375
2. In a large bowl mash bananas, adding oats and chopped walnuts.
3. Mist cooking sheet with oil creating 9-16 small balls.
4. Bake 18-20 minutes.
5. Other possible add-ins: PB2, peanut butter, cacao nibs, raisins

## Ingredients:

2 Bananas

1 cup old fashioned oats

1/4 cup chopped walnuts

Oil Spray

Including the recipe for these cookies because they are simple, delicious and made from whole ingredients. Ingredients not included in recipe list. Highly recommend!



# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Day	21	22	23	24	25
26	27	28	29	30	31	1



**Disclaimer:** this plan is meant to give general guidelines. This is not created based on your specific nutritional needs and should not be viewed as medical advice or nutrition therapy. These workouts are designed to fit into a plan for most levels of exercise but may not work if you have injuries or limitations. Please consult your doctor before beginning a new exercise regiment.

**Sources:**

<https://www.whiskaffair.com/spicy-lemon-garlic-baked-tilapia-recipe/>

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