

# WEEKLY MEAL PLAN

EAT KLEAN &  
STAY  
ORGANIZED

## NOTES:

Grocery list: (if possible everything should be organic/ non-GMO!)

- Spinach
- Almond milk (the newbarn, malk, or pacific) make sure its unsweetened and organic
- Bananas
- Culinary Matcha powder
- Chia or flax seeds
- Raw Almond butter
- Raw peanut butter
- Coconut oil
- Zoodles (pre-cut from whole foods or sprouts)
- Garbanzo beans
- Black beans
- Coleslaw or broccoli slaw
- cilantro
- Limes & lemons
- Raw cashews
- 2 sweet potatoes
- Siete almond flour tortillas
- Mint leaves
- Cacao nibs
- Carrots
- Avocados
- Hummus (check labels and avoid added sugars)
- Whole wheat or grain free bread
- Organic sprouted Quinoa or red lentil pasta from TJ's
- **Lean protein options:** White fish (sol, halibut, mahi mahi), ground turkey, organic chicken breasts, wild salmon
- **Vegetables:** broccolini, cauliflower, bok choy, asparagus, brussel sprouts
- **Sauces that are safe:** avocado or olive oil, primal kitchen (I use their honey mustard all the time), tessemæ's ketchup, trader joe's coconut aminos

Snacks: toast with almond butter, handful of almonds, protein balls, carrots & hummus, sweet potato fries, roasted chickpeas

M	<p>DATE 11/27/17</p> <p><b>Breakfast:</b> <i>Matcha smoothie</i> – 1 cup almond milk, ½ frozen banana, handful of ice, handful of spinach, 1 tbsp matcha powder, 1 scoop collagen, 1 scoop protein powder, 1 tbsp chia or flax seeds</p> <p><b>Lunch:</b> Spinach salad with lean protein (make your own dressing or use primal kitchen)</p> <p><b>Dinner:</b> zoodles + other veggies + turkey or chicken meatballs – can use homemade pesto or coconut aminos for a sauce</p>
T	<p>DATE 11/28/17</p> <p><b>Breakfast:</b> <i>Mint chocolate chip smoothie</i> – 1 cup almond milk, ½ frozen banana, handful of ice, handful of spinach, 1 scoop collagen, 1 scoop protein powder, 1 tbsp chia or flax seeds, 1 tbsp cacao nibs, 5-10 fresh mint leaves</p> <p><b>Lunch:</b> Egg and spinach scramble</p> <p><b>Dinner:</b> Fish tacos with broccolini (it's Taco Tuesday!)</p>
W	<p>DATE 11/29/17</p> <p><b>Breakfast:</b> <i>PB cacao nib smoothie</i>- 1 cup almond milk, 1 scoop vanilla or chocolate protein powder, 1 scoop collagen, 2 tbsp PB, 1 tbsp chia or flax seeds, 1 tsp cacao nibs</p> <p><b>Lunch:</b> salad or leftovers from dinner</p> <p><b>Dinner:</b> Sweet potato and black bean quesadillas (tip: put sweet potatoes in crock pot and cook during day so that they're ready to go when you get home! Make an extra one for lunch tomorrow!) top with cashew cream, avocado, cilantro and lime. Cumin, smoky paprika, and smoky turmeric are great spices to use with this dish. Serve with brussel sprouts</p>
T	<p>DATE 11/30/17</p> <p><b>Breakfast:</b> <i>Green smoothie</i> – 1 cup almond milk, ½ frozen banana, handful of ice, handful of spinach, 1 scoop collagen, 1 scoop protein powder, 1 tbsp chia or flax seeds, 1 tbsp MCT oil, almond butter, OR ¼-1/2 avocado</p> <p><b>Lunch:</b> loaded sweet potato (with black beans and cashew cream!)</p> <p><b>Dinner:</b> Turkey burger patties (1 lb ground turkey makes about 6 patties) &amp; coleslaw + sweet potato fries</p>
F	<p>DATE 12/1/17</p> <p><b>Breakfast:</b> <i>Lemon Cookie smoothie</i> – 1 cup almond milk, ½ frozen banana, handful of ice, juice of ½ lemon, 1 scoop collagen, 1 scoop vanilla protein powder, 1 tbsp chia or flax seeds, 1 tbsp coconut oil</p> <p><b>Lunch:</b> leftover turkey burgers</p> <p><b>Dinner:</b> Quinoa + veggies/beans or red lentil pasta</p>