

Sample Meal Plan #1

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Rising	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water
Breakfast	Egg Crepe + Fruit	2 Protein Pancakes	Egg Crepe + Fruit	2 Protein Pancakes	2 Protein Pancakes	Veggie Omelet + Fruit
Snack <i>Optional</i>	Almonds	Apple + String Cheese	Almonds	Apple + String Cheese	Almonds	Yogurt + Berries
Lunch	*Fiesta Chicken Salad Wrap + Carrots	Bento Box: cucumber slices + turkey slices + olives + fruit	*Fiesta Chicken Salad Wrap + Carrots	Bento Box: cucumber slices + turkey slices + olives + fruit	Leftover Bowl	Turkey-Avocado Lettuce Wrap + Coconut-Banana Frappuccino
Snack <i>Optional</i>	Yogurt + Berries	*Smoothie	Yogurt + Berries	*Smoothie	Veggies & Hummus	Veggies & Hummus
Dinner	Cheesy Chicken & Broccoli Casserole + Green Salad	Grilled Zucchini + Grilled Shrimp + *Rosemary Tahini Sauce	*BBQ Tempeh Bowl	*Veggie Tomato Soup + Green Salad	Zucchini Walnut Salad + *Rosemary Tahini Sauce + Lemon Chicken Breast	Mahi Mahi over *Citrus Slaw + Avocado
Evening	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa

Always reference your Recommended Foods List for Portion Sizes

*These recipes can be found in your REACH Workbook.

Zucchini Walnut Salad

Makes 4 servings

Ingredients

2 zucchini, spiralized or cut into slivers

1 Tbls olive oil

1 head romaine lettuce

4oz arugula

¼ cup chives

¾ cup chopped walnuts

Optional: 1 cup other veggies, such as mushrooms



1. Heat oil in a medium pan and add zucchini (+ any other veggies of choice), stirring until softened and browned.
2. Add walnuts to the pan and heat an additional 1-3 minutes until nuts are warmed though.
3. Mix lettuce, arugula and chives in a bowl and top with cooked veggies & walnuts. Drizzle with Rosemary Tahini Sauce & pair with favorite protein (we like it with grilled shrimp!)

Cheesy Chicken & Broccoli Casserole

Makes 4 servings

Ingredients

1 Tbls. olive oil

4 cups broccoli florets

1 small onion, diced

8oz mushrooms, sliced

3 cups cooked chicken, shredded or cubed

1 cup chicken broth

1 cup coconut milk

2 eggs

½ cup shredded parmesan cheese

½ tsp. nutmeg

Salt & pepper



1. Preheat oven to 375.
2. Heat oil in a pan and saute mushrooms and onions until slightly softened. Mix with broccoli and chicken and transfer into a greased baking dish.
3. Whisk coconut milk, eggs, broth, nutmeg, salt and pepper. Pour over contents in baking dish so evenly covered.
4. Sprinkle parmesan cheese over the top and bake 35 minutes until bubbly.

Egg Crepe

Makes 1 serving

Ingredients

1 egg

1 Tbls. arrowroot powder

1 Tbls. water



Sweet Filling Options: fruit, cinnamon, Chia Berry Jam (workbook), cocoa powder, coconut flakes, almond butter, cinnamon apples

Savory Filling Options: sautéed spinach & mushrooms, beans and Protein-Packed guacamole (workbook), Oil-free Hummus (workbook) & Chicken

*Recipe is easily doubled, tripled, etc. and will stay in the fridge without fillings for 2-3 days.

1. Heat an edged saute pan and coat in non-stick spray.
2. Whisk together ingredients and pour in a thin layer to coat the pan.
3. Cook approx. 2 minutes per side and add fillings of choice.

Coconut-Banana Frappuccino

Makes 2 drinks

Ingredients

1 can light coconut milk

½ cup cold coffee, poured into ice cube trays and frozen

2 small bananas, sliced and frozen

1-2 scoops chocolate or vanilla protein powder



1. Place all ingredients into a blender and pulse until smooth and frothy.

Bento Boxes

