

A top-down photograph of a white ceramic bowl filled with a thick, orange-brown soup containing beans. The bowl sits on a light-colored, textured linen napkin, which is placed on a dark wooden table. A silver spoon rests on the napkin to the right of the bowl. A semi-transparent white rectangular box is centered over the bowl, containing the title and subtitle text.

Healthy Hormones Meal Plan

REBALANCE YOUR HORMONES
AND REBOOT YOUR HEALTH.

Week 1

	Breakfast	Lunch	Dinner
Sunday	Pumpkin Muffins with Blueberries (1 serving per person)	Berry Sexy Salad (1 serving per person)	Beef and Broccoli (1 serving per person)
Monday	Pumpkin Muffins with Blueberries (1 serving per person)	Chicken Bowl (1 serving per person)	Beef and Broccoli (1 serving per person)
Tuesday	Complete Smoothie (1 serving per person)	Chicken Bowl (1 serving per person)	Honey Dijon Salmon & Roasted Tri-Color Carrots (1 serving per person)
Wednesday	Hearty Eggs and Broccoli (1 serving per person)	Avocado Quinoa Bowl (1 serving per person)	Honey Dijon Salmon & Roasted Tri-Color Carrots (1 serving per person)
Thursday	Complete Smoothie (1 serving per person)	Avocado Quinoa Bowl (1 serving per person)	Weeknight Quick Pasta Dinner (1 serving per person)
Friday	Hearty Eggs and Broccoli (1 serving per person)	Pomegranate Quinoa Salad w/ Grilled Chicken (1 serving per person)	Weeknight Quick Pasta Dinner (1 serving per person)
Saturday	Greek Omelette w/ Avocado (1 serving per person)	Pomegranate Quinoa Salad w/ Grilled Chicken (1 serving per person)	Shrimp & Cabbage (1 serving per person)

DAILY AVERAGES

Calories : 1375.70

Fat : 66.76 g

Carbs : 117.47 g

Protein : 83.90 g

Fiber : 23.70 g

Sugar : 34.21 g

Shopping List

Number of people: 1

Beans / Nuts / Grains

- 2 tbsp [32 g] Almond Butter
- 0.4 cup [46.88 g] Brown Rice
- 1.5 tsp [5 g] Hemp Hearts
- 1 cup [168.3 g] Quinoa (uncooked)
- 3 tbsp [27 g] Sesame Seeds
- 1 tbsp [15 g] Tahini
- 0.4 cup [42 g] Almond Flour
- 1 cup [250 g] Chickpeas (canned and drained)
- 2 tbsp, chopped [16 g] Pecans
- 7 oz, dry [196 g] Red Lentil Pasta
- 2 tbsp [15 g] Slivered Almonds

Flour

- 0.25 tsp [1.15 g] Baking Soda

Seasoning

- 7 dash [0.7 g] Black Pepper
- 0.125 tsp [0.26 g] Cloves (Ground)
- 2.75 tsp [7.7 g] Garlic Powder
- 0.125 tsp [0.28 g] Nutmeg (Ground)
- 0.25 tsp [0.07 g] Parsley (Dried)
- 1 dash [0.4 g] Sea Salt
- 1 tsp [2.2 g] Turmeric (Ground)
- 0.5 tsp [1.15 g] Cinnamon
- 0.25 tsp [0.25 g] Dill (Dried)
- 0.75 tsp [1.35 g] Ginger (Ground)
- 0.25 tsp [0.6 g] Onion Powder
- 3.5 dash [1.4 g] Salt
- 0.25 tsp, ground [0.35 g] Thyme (Dried)

Eggs

- 11 large [550 g] Egg

Miscellaneous

- 1.5 tbsp [22.5 g] Apple Cider Vinegar
- 0.4 cup [70 g] Coconut Aminos
- 2.7 tbsp [44 g] Dijon Mustard
- 1 cup [226 g] Light Coconut Milk
- 0.3 cup [63 g] Olive Oil
- 0.3 cup [62.5 g] Pumpkin Puree
- 1 tbsp [9 g] Taco Seasoning
- 2 tbsp [28 g] Avocado Oil
- 2 scoop [40 g] Collagen Powder
- 3.2 tbsp [66.55 g] Honey
- 1.5 tbsp [30 g] Maple Syrup
- 3 tbsp [42 g] Pesto Sauce
- 2 tbsp [28 g] Red Wine Vinegar
- 0.5 cup [118.5 g] Water

Berries

- 0.8 cup [108.75 g] Blueberries
- 0.25 cup, sliced [41.5 g] Strawberries
- 0.8 cup [92.25 g] Raspberries

Salads

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens

Fruit

- 2.5 avocado [340 g] Avocado
- 0.6 cup [126 g] Kalamata Olives
- 2 fruit (2-5/8" dia) [262 g] Oranges
- 1 medium (7" to 7-7/8" long) [118 g] Banana
- 3 tbsp [42 g] Lemon Juice
- 0.4 cup [66 g] Pomegranate arils

Vegetables

- 4 cups [80 g] Arugula (Rocket)
- 3 cups [90 g] Baby Spinach
- 2 cup chopped [182 g] Broccoli
- 1 medium (7" long) [201 g] Cucumber
- 1 clove [3 g] Garlic
- 0.7 cup [37.5 g] Parsley

- 1 cup [113 g] Shredded Carrots

H a m b u r g e r s

- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)

P o t a t o e s

- 2 sweetpotato, 5" long [260 g] Sweet Potato

M e a t / F i s h / P o u l t r y

- 8 oz [227.2 g] Ground Chicken
- 10 oz [280 g] Skinless Chicken Breast

T o m a t o e s

- 1.5 cups [223.5 g] Cherry Tomatoes

S e e d s

- 16 g [16 g] Dry Roasted Hulled Sunflower Seeds

F i s h

- 12 oz, boneless, raw [340.2 g] Salmon

C h e e s e

- 2 oz [56.7 g] Goat Cheese

C a b b a g e

- 0.5 cup [71 g] Cooked Sauerkraut

D a i r y

- 1.5 tsp [6.4 g] Clarified Butter Ghee

L a m b

- 2 oz [56.7 g] Ground Lamb

- 2 cups [298 g] Baby Carrots
- 3 cup, florets [213 g] Broccoli
- 0.3 cup [5 g] Broccoli Sprouts
- 0.7 cup [112.2 g] Edamame (Shelled)
- 0.5 small [35 g] Onions
- 0.25 medium (approx 2-3/4" long, 2-1/2" dia) [28.5 g] Red Bell Pepper
- 1 cup [56.7 g] Shredded Green Cabbage

- 5 oz [142 g] Shrimp (Prawns)

How to Meal Prep Week 1

1. Sunday evening make chicken bowl to be had for lunch on Monday and Tuesday.
2. Tuesday evening cook quinoa to be had with lunch Wednesday, Thursday, Friday, and Saturday.
3. Save half of the dinner meals on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

Week 2

	Breakfast	Lunch	Dinner
Sunday	Spinach & Mushroom Egg Bake (1 serving per person)	Summer Salad (1 serving per person)	Crispy Chicken and Asparagus (1 serving per person)
Monday	Chocolate Nut Butter Overnight Oats (1 serving per person)	Lemon Dill Chicken Salad (1 serving per person)	Crispy Chicken and Asparagus (1 serving per person)
Tuesday	Smoked Salmon Avocado Toast (1 serving per person)	Lemon Dill Chicken Salad (1 serving per person)	Flaxseed Meatballs & Spaghetti Squash (1 serving per person)
Wednesday	Chocolate Nut Butter Overnight Oats (1 serving per person)	High-Protein Butternut Squash Soup (1 serving per person)	Flaxseed Meatballs & Spaghetti Squash (1 serving per person)
Thursday	Smoked Salmon Avocado Toast (1 serving per person)	High-Protein Butternut Squash Soup (1 serving per person)	Lemon Skillet Chicken with Olives (1 serving per person)
Friday	Pretty in Pink Smoothie (1 serving per person)	Cauliflower Taco Bowl (1 serving per person)	Lemon Skillet Chicken with Olives (1 serving per person)
Saturday	Spinach & Mushroom Egg Bake (1 serving per person)	Cauliflower Taco Bowl (1 serving per person)	Fish Tacos (1 serving per person)

DAILY AVERAGES

Calories : 1277.25

Fat : 64.80 g

Carbs : 86.17 g

Protein : 95.88 g

Fiber : 24.33 g

Sugar : 23.45 g

Shopping List

Number of people: 1

Dairy

- 0.3 cup [57.6 g] Clarified Butter Ghee
- 0.3 cup [56.75 g] Whole Milk Greek Yogurt Plain

Vegetables

- 2 cups [40 g] Arugula (Rocket)
- 4 cups [120 g] Baby Spinach
- 0.5 cup [10 g] Broccoli Sprouts
- 2 tbsp [2 g] Cilantro (Coriander)
- 1 small (6-3/8" long) [158 g] Cucumber
- 5 clove [15 g] Garlic
- 1 small [70 g] Onions
- 1 small [148 g] Red Onions
- 0.5 cup [23.5 g] Romaine Lettuce
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 1 small whole (2-2/5" dia) [91 g] Tomatoes
- 0.7 cup [158.4 g] Kefir (Whole Milk)
- 20 spear, medium (5-1/4" to 7" long) [320 g] Asparagus
- 6 large leaf [90 g] Boston Lettuce
- 3 cup, cubes [420 g] Butternut Winter Squash
- 1 medium (7" long) [201 g] Cucumber
- 1 cup [242 g] Diced Canned Tomatoes
- 1 cup, chopped [70 g] Mushrooms
- 0.3 cup [15 g] Parsley
- 2 cups [200 g] Riced Cauliflower
- 2 leaf [1 g] Sage
- 0.67 large [958 g] Spaghetti Winter Squash

Eggs

- 4.67 large [233.33 g] Egg
- 2 large [66 g] Egg White

Seasoning

- 4 leaves [2 g] Basil
- 1 tsp [2.6 g] Chili Powder
- 1.6666666666666665 tsp [4.67 g] Garlic Powder
- 0.18 tsp [0.32 g] Red or Cayenne Pepper
- 12.17 dash [4.87 g] Salt
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 1 tsp [4.2 g] Vanilla Extract
- 12.17 dash [1.22 g] Black Pepper
- 1 tsp [1 g] Dill (Dried)
- 0.6666666666666666 tsp [1.6 g] Onion Powder
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 2 dash [0.8 g] Sea Salt
- 1.5 tsp [3.4 g] Turmeric (Ground)

Berries

- 1 cup [145 g] Blueberries
- 1 cup [123 g] Raspberries

Melons

- 2 cup, diced [304 g] Watermelon

Cheese

- 2 oz [56.7 g] Goats Cheese (Soft)

Fruit

- 2.5 avocado [340 g] Avocado
- 1 medium Lemon
- 1 small lemon [30 g] Lemon Juice
- 0.5 small (6" to 6-7/8" long) [50.5 g] Banana
- 2 tbsp [28 g] Lemon Juice

Miscellaneous

- 1.5 tsp [7.5 g] Apple Cider Vinegar
- 4.3 cups [1020 g] Beef Bone Broth
- 3.2 tbsp [44.33 g] Olive Oil
- 0.7 cup [163.33 g] Tomato Sauce (no sugar added)
- 1 tbsp [14 g] Avocado Oil
- 1.5 scoop [30 g] Collagen Powder
- 1.33 tsp, ground [0.8 g] Oregano
- 0.3 cup [59.25 g] Water

Beans / Nuts / Grains

- 3 tbsp [48 g] Almond Butter
- 2 tbsp [14 g] Chopped Walnuts
- 1 tbsp [10 g] Hemp Hearts
- 2 medium (approx 5" dia) [26.6 g] Taco Shell (grain free)

M e a t / F i s h / P o u l t r y

- 28 oz [791 g] Boneless Skinless Chicken Thighs (raw)
- 6 oz [168 g] Cod

M i l k

- 1.4 cups [323.4 g] Almond Milk

C o c o a

- 2 tbsp [10.8 g] Cocoa Powder (Unsweetened)

N u t s

- 2 oz [56.7 g] Almonds

B r e a d

- 2 medium slice [60 g] Gluten Free Bread

H a m b u r g e r s

- 10.67 oz [302.4 g] Ground Beef (95% Lean / 5% Fat)

O l i v e s

- 3 oz [85.05 g] Green Olives

S a l a d D r e s s i n g

- 1.5 tbsp [22.5 g] Balsamic Vinegar

J u i c e

- 0.3 cup [56.7 g] Pomegranate Juice

P e a c h e s

- 1 small (2" dia) (approx 5 per lb) [79 g] Peach

B e a n s

- 1 cup [240 g] Black Beans (Canned)

- 0.5 cup [62.5 g] Brown Rice
- 3.33 tbsp, ground [21.67 g] Flaxseeds
- 1 cup [90 g] Rolled Oats Gluten Free

- 2 can (5 oz) yields [280 g] Canned Organic Chicken
- 6 oz, boneless [170.1 g] Smoked Salmon (Wild Caught)

- 1 oz [28.35 g] Macadamia Nuts

- 10 ounce [280 g] Ground Beef (95% Lean / 5% Fat)

How to Meal Prep Week 2

1. Sunday and Tuesday evening prepare overnight oats to be had for breakfast on Monday and Wednesday.
2. If you are cooking shredded chicken rather than using canned organic chicken, prepare this on Sunday evening to be had with lunch on Monday and Tuesday.
3. Option to pre-cook flaxseed meatballs earlier in the week and store in the freezer. These are to be had with dinner on Tuesday and Wednesday.
4. Tuesday evening make the high-protein butternut squash soup to be had for lunch on Wednesday and Thursday. Option to make this earlier in the week and store in the freezer.
5. Thursday evening make cauliflower taco bowls to be had with lunch on Friday and Saturday.
6. Save half of the dinner meals on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

Week 3

	Breakfast	Lunch	Dinner
Sunday	Spinach & Mushroom Egg Bake (1 serving per person)	Cucumber Beet Salad w/ Shrimp (1 serving per person)	Flaxseed Meatballs & Spaghetti Squash (1 serving per person)
Monday	Pumpkin Chia Pudding (1 serving per person)	Chicken Bowl (1 serving per person)	Flaxseed Meatballs & Spaghetti Squash (1 serving per person)
Tuesday	Greek Omelette w/ Avocado (1 serving per person)	Chicken Bowl (1 serving per person)	Detox Soup (1 serving per person)
Wednesday	Pumpkin Chia Pudding (1 serving per person)	Lemon Dill Chicken Salad (1 serving per person)	Detox Soup (1 serving per person)
Thursday	Greek Omelette w/ Avocado (1 serving per person)	Lemon Dill Chicken Salad (1 serving per person)	Weeknight Quick Pasta Dinner (1 serving per person)
Friday	Spinach & Mushroom Egg Bake (1 serving per person)	Coco Banana Yogurt Bowl (1 serving per person)	Weeknight Quick Pasta Dinner (1 serving per person)
Saturday	Smoked Salmon Avocado Toast (1 serving per person)	Coco Banana Yogurt Bowl (1 serving per person)	Beef and Broccoli (1 serving per person)

DAILY AVERAGES

Calories : 1360.33

Fat : 65.32 g

Carbs : 106.93 g

Protein : 91.87 g

Fiber : 31.52 g

Sugar : 28.88 g

Shopping List

Number of people: 1

Dairy

- 3 tbsp [38.4 g] Clarified Butter Ghee
- 1.5 cups [340.5 g] Whole Milk Greek Yogurt Plain

Vegetables

- 6 cups [180 g] Baby Spinach
- 6 large leaf [90 g] Boston Lettuce
- 0.5 cup [10 g] Broccoli Sprouts
- 0.5 small (6-3/8" long) [79 g] Cucumber
- 1 cup, chopped [70 g] Mushrooms
- 0.5 cup [30 g] Parsley

- 0.25 small [37 g] Red Onions

Eggs

- 8.67 large [433.33 g] Egg

Seasoning

- 9.17 dash [0.92 g] Black Pepper
- 1.5 tsp [1.5 g] Dill (Dried)
- 0.75 tsp [1.35 g] Ginger (Ground)
- 0.5 tsp [0.15 g] Parsley (Dried)
- 1 dash [0.4 g] Sea Salt
- 0.5 tsp [1.1 g] Turmeric (Ground)

Berries

- 1 cup [145 g] Blueberries

Beans / Nuts / Grains

- 0.8 cup [150 g] Brown Lentils
- 0.3 cup [56 g] Chia Seed
- 1.33 tbsp, ground [8.67 g] Flaxseeds
- 2 tbsp [14 g] Pumpkin Seeds
- 1.5 tsp [4.5 g] Sesame Seeds

Seafood

- 4 oz, without shell, cooked [112 g] Steamed or Boiled Shrimp

Miscellaneous

- 1 tbsp [14 g] Avocado Oil
- 1.5 tbsp [21 g] Coconut Aminos
- 1.33 tsp, ground [0.8 g] Oregano
- 0.5 cup [125 g] Pumpkin Puree
- 1 tbsp [9 g] Taco Seasoning

Fruit

- 2 cups [480 g] Low Fat Greek Yogurt - Vanilla

- 1.5 beet (2" dia) [123 g] Beets
- 1.5 cup, florets [106.5 g] Broccoli
- 1.5 medium (7" long) [301.5 g] Cucumber
- 1 clove [3 g] Garlic
- 0.5 medium (2-1/2" dia) [55 g] Onions
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.67 large [958 g] Spaghetti Winter Squash

- 2 large [66 g] Egg White

- 0.5 tsp [1.15 g] Cinnamon
- 1.9166666666666665 tsp [5.37 g] Garlic Powder
- 1.1666666666666665 tsp [2.8 g] Onion Powder
- 9.17 dash [3.67 g] Salt
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 2 tsp [8.4 g] Vanilla Extract

- 2 cups [246 g] Raspberries

- 2 tbsp [19.2 g] Cacao Nibs
- 1 cup [250 g] Chickpeas (canned and drained)
- 2 tbsp, chopped [16 g] Pecans
- 7 oz, dry [196 g] Red Lentil Pasta
- 1.5 tbsp [11.25 g] Slivered Almonds

- 4 cups [960 g] Beef Bone Broth
- 3.2 tbsp [44.33 g] Olive Oil
- 3 tbsp [42 g] Pesto Sauce
- 1.5 tsp [7 g] Red Wine Vinegar
- 0.7 cup [163.33 g] Tomato Sauce (no sugar added)

H a m b u r g e r s

- 16.67 oz [472.5 g] Ground Beef (95% Lean / 5% Fat)

M e a t / F i s h / P o u l t r y

- 2 can (5 oz) yields [280 g] Canned Organic Chicken
- 3 oz, boneless [85.05 g] Smoked Salmon (Wild Caught)
- 8 oz [227.2 g] Ground Chicken

T o m a t o e s

- 1.5 cups [223.5 g] Cherry Tomatoes

L a m b

- 4 oz [113.4 g] Ground Lamb

P o t a t o e s

- 1 cup, cubes [133 g] Sweet Potato
- 1 sweetpotato, 5" long [130 g] Sweet Potato

N u t s

- 2 oz [56.7 g] Almonds

B r e a d

- 1 medium slice [30 g] Gluten Free Bread

How to Meal Prep Week 3

1. Sunday and Tuesday evening prepare chia seed pudding to be had for breakfast on Monday and Wednesday.
2. Sunday evening make chicken bowls to be had for lunch on Monday and Tuesday)
3. Option to precook detox soup earlier in the week and store in the refrigerator or freezer. This will be had for dinner on Tuesday and Wednesday.
4. If you are cooking shredded chicken rather than using canned organic chicken, prepare this early in the week to be had with lunch on Wednesday and Thursday.
5. Save half of the dinner meals on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

Week 4

	Breakfast	Lunch	Dinner
Sunday	Pumpkin Muffins with Blueberries (1 serving per person)	Pomegranate Quinoa Salad w/ Grilled Chicken (1 serving per person)	Chicken Stew (1 serving per person)
Monday	Pumpkin Muffins with Blueberries (1 serving per person)	Berry Sexy Salad (1 serving per person)	Chicken Stew (1 serving per person)
Tuesday	Hearty Eggs and Broccoli (1 serving per person)	Berry Sexy Salad (1 serving per person)	Fish Tacos (1 serving per person)
Wednesday	Complete Smoothie (1 serving per person)	Cauliflower Taco Bowl (1 serving per person)	Fish Tacos (1 serving per person)
Thursday	Hearty Eggs and Broccoli (1 serving per person)	Cauliflower Taco Bowl (1 serving per person)	Beef and Broccoli (1 serving per person)
Friday	Complete Smoothie (1 serving per person)	Avocado Quinoa Bowl (1 serving per person)	Beef and Broccoli (1 serving per person)
Saturday	Mushroom Omelette (1 serving per person)	Avocado Quinoa Bowl (1 serving per person)	Honey Dijon Salmon & Roasted Tri-Color Carrots (1 serving per person)

DAILY AVERAGES

Calories : 1317.70

Fat : 68.83 g

Carbs : 96.52 g

Protein : 85.36 g

Fiber : 24.76 g

Sugar : 31.09 g

Shopping List

Number of people: 1

Beans / Nuts / Grains

- 2 tbsp [32 g] Almond Butter
- 4 tbsp, chopped [32 g] Pecans
- 3 tbsp [27 g] Sesame Seeds
- 4 medium (approx 5" dia) [53.2 g] Taco Shell (grain free)
- 0.4 cup [42 g] Almond Flour
- 1.3 cups [204 g] Quinoa (uncooked)
- 2 tbsp [15 g] Slivered Almonds
- 1.5 tsp [7.5 g] Tahini

Flour

- 0.25 tsp [1.15 g] Baking Soda

Seasoning

- 7.5 dash [0.75 g] Black Pepper
- 0.5 tsp [1.15 g] Cinnamon
- 2.5 tsp [7 g] Garlic Powder
- 0.125 tsp [0.28 g] Nutmeg (Ground)
- 5 dash [2 g] Salt
- 1 tsp [2.6 g] Chili Powder
- 0.125 tsp [0.26 g] Cloves (Ground)
- 0.75 tsp [1.35 g] Ginger (Ground)
- 0.18 tsp [0.32 g] Red or Cayenne Pepper
- 1.25 tsp [2.75 g] Turmeric (Ground)

Eggs

- 14 large [700 g] Egg

Miscellaneous

- 1.5 tbsp [22.5 g] Apple Cider Vinegar
- 2 cups [480 g] Beef Bone Broth
- 2 scoop [40 g] Collagen Powder
- 1.5 tbsp [31.5 g] Honey
- 1.5 tbsp [30 g] Maple Syrup
- 0.25 tsp, ground [0.15 g] Oregano
- 1 tbsp [14 g] Red Wine Vinegar
- 2.5 tbsp [35 g] Avocado Oil
- 0.3 cup [56 g] Coconut Aminos
- 1.4 tbsp [22 g] Dijon Mustard
- 1 cup [226 g] Light Coconut Milk
- 0.4 cup [70 g] Olive Oil
- 0.3 cup [62.5 g] Pumpkin Puree
- 0.5 cup [118.5 g] Water

Berries

- 1 cup [145 g] Blueberries
- 0.5 cup, sliced [83 g] Strawberries
- 1 cup [123 g] Raspberries

Vegetables

- 2 cups [40 g] Arugula (Rocket)
- 1 cup [30 g] Baby Spinach
- 3 cup, florets [213 g] Broccoli
- 0.5 cup, chopped [64 g] Carrots
- 0.3 cup [4 g] Cilantro (Coriander)
- 2.5 clove [7.5 g] Garlic
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 1 small [148 g] Red Onions
- 0.5 cup [23.5 g] Romaine Lettuce
- 1 cup [56.7 g] Shredded Red Cabbage
- 1 cup [149 g] Baby Carrots
- 2 cup chopped [182 g] Broccoli
- 0.5 cup [10 g] Broccoli Sprouts
- 1.5 stalk, medium (7-1/2" - 8" long) [60 g] Celery
- 0.7 cup [112.2 g] Edamame (Shelled)
- 0.25 cup, chopped [17.5 g] Mushrooms
- 0.5 small [35 g] Onions
- 2 cups [200 g] Riced Cauliflower
- 1 cup [113 g] Shredded Carrots
- 1 small whole (2-2/5" dia) [91 g] Tomatoes

Fruit

- 3.5 avocado [476 g] Avocado
- 0.4 cup [70 g] Lemon Juice
- 3 tbsp [33 g] Pomegranate arils
- 1 medium (7" to 7-7/8" long) [118 g] Banana
- 2 fruit (2-5/8" dia) [262 g] Oranges

M e a t / F i s h / P o u l t r y

- 12 oz [336 g] Cod

S a l a d s

- 4 cup, shredded or chopped [220 g] Mixed Salad Greens

C h e e s e

- 2 oz [56.7 g] Goat Cheese

S e e d s

- 16 g [16 g] Dry Roasted Hulled Sunflower Seeds

D a i r y

- 1.5 tbsp [19.2 g] Clarified Butter Ghee

B e a n s

- 1 cup [240 g] Black Beans (Canned)

H a m b u r g e r s

- 10 ounce [280 g] Ground Beef (95% Lean / 5% Fat)

P o t a t o e s

- 2 sweetpotato, 5" long [260 g] Sweet Potato

C a b b a g e

- 0.5 cup [71 g] Cooked Sauerkraut

M e l o n s

- 1 cup, cubes [160 g] Cantaloupe Melons

F i s h

- 6 oz, boneless, raw [170.1 g] Salmon

- 11 oz [308 g] Skinless Chicken Breast

- 0.3 cup [56.75 g] Whole Milk Greek Yogurt Plain

- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)

How to Meal Prep Week 4

1. Sunday evening hard boil four eggs to be had with lunch on Monday and Tuesday.
2. Tuesday evening make cauliflower taco bowls to be had for lunch on Wednesday and Thursday.
3. Thursday evening pre-cook quinoa to be had with lunch on Friday and Saturday.
4. Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.