

thisfitmum



You Choose

MEAL PLAN 2

WE DON'T DO MEAL PLANS
BUT WE DO, DO INSPIRATION



*love from
thisfitmum*
x



BREAKFAST

You Choose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



ALMOND FLOUR PANCAKES WITH PEACHES

INGREDIENTS: ALMOND FLOUR, TAPIOCA FLOUR, BAKING POWDER, SEA SALT, EGGS, PEACH PUREE, VANILLA EXTRACT, COCONUT OIL OR GHEE, PEACHES, BLUEBERRIES, MAPLE SYRUP (OPTIONAL).

CALORIES = 137
CARBOHYDRATE = 12
FAT = 8.5 G
PROTEIN = 4.2 G



EGG MUFFIN TINS

INGREDIENTS: EGGS, COCONUT OIL, KALE, BABY SPINACH, ONIONS, TOMATOES, RED BELL PEPPERS, GREEN PEPPERS, MUSHROOMS, GOAT CHEESE, BASIL, MOZZARELLA, SALT, PEPPER, SALSA.

TWO EGG MUFFINS
CALORIES = 120
CARBOHYDRATE = 4 G
FAT = 8 G
PROTEIN = 12 G



OATMEAL WITH PEACHES AND BLUEBERRIES

INGREDIENTS: NONDAIRY MILK (1 CUP), CHOPPED PEACHES (1 SMALL PEACH), BLUEBERRIES (1/4 CUP), ALMOND BUTTER (1 TBSP), OATMEAL (1/2 CUP DRY).

CALORIES = 388
CARBOHYDRATE = 50 G
FAT = 15 G
PROTEIN = 12 G



LEMON COOKIE BE WELL SMOOTHIE

INGREDIENTS: VANILLA PROTEIN POWDER, COCONUT OIL, CHIA, LEMON JUICE, NUT MILK, LEMON ZEST.

CALORIES = 440
CARBOHYDRATE = 17.5 G
FAT = 26.5 G
PROTEIN = 30 G



APPLE MUFFINS WITH ALMOND BUTTER

INGREDIENTS: EGGS, APPLE SAUCE, BUTTER OR COCONUT OIL, PURE MAPLE SYRUP, OAT FLOUR, COCONUT FLOUR, BAKING POWDER, CINNAMON, SEA SALT, RAISINS, APPLES, ALMOND BUTTER (1TBSP).
ONE MUFFIN WITH NUT BUTTER
CALORIES = 206
CARBOHYDRATE = 21 G
FAT = 13 G
PROTEIN = 5.5 G



ANTI-INFLAMMATORY CHERRY AND SPINACH SMOOTHIE

INGREDIENTS: PLAIN KEFIR, FROZEN CHERRIES, SPINACH LEAVES, AVOCADO, ALMOND BUTTER, GINGER, CHIA SEEDS.

CALORIES = 410
CARBOHYDRATE = 46.5 G
FAT = 20 G
PROTEIN = 17.5 G



FRIED EGG PLATE

INGREDIENTS: TWO EGGS, ARUGULA (1/2 CUP), TOMATOES (1/2 CUP), ALMONDS (2 TBSP), SALT, AND PEPPER.

CALORIES = 355
CARBOHYDRATE = 21 G
FAT = 24 G
PROTEIN = 19 G



YOGURT WITH FRUIT, ALMONDS, AND FLAXSEED

INGREDIENTS: FULL FAT GREEK OR ICELANDIC YOGURT (1 CUP), KIWI (1 SMALL), BLUEBERRIES (1/4 CUP), ALMONDS (2 TBSP), CINNAMON, FLAXSEED (1/2 TSP).

CALORIES = 375
CARBOHYDRATE = 29 G
FAT = 24 G
PROTEIN = 25 G

LUNCH

You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



CHICKEN SALAD OVER WATERCRESS & CUCUMBERS

INGREDIENTS: ORGANIC CANNED CHICKEN, AVOCADO MAYO, EGGS, CELERY, RELISH, WATERCRESS (2 CUPS), CUCUMBERS (1/4 CUP), SALT, PEPPER.

CALORIES = 245
CARBOHYDRATE = 13 G
FAT = 9 G
PROTEIN = 27 G



CACAO OVERNIGHT OATS (ADD HEMP SEEDS & BERRIES)

INGREDIENTS: GLUTEN FREE OATS, NON DAIRY MILK, CACAO POWDER, PURE MAPLE SYRUP, HEMP HEARTS, BERRIES.

CALORIES = 380
CARBOHYDRATE = 48 G
FAT = 15 G
PROTEIN = 12 G



WATERCRESS AND ARUGULA SMOKED SALMON SALAD

INGREDIENTS: WATERCRESS (1 CUP), ARUGULA (1 CUP), SMOKED SALMON (3 OZ), TOMATOES (1/4 CUP), AVOCADO (1/2 MEDIUM), DILL, SEA SALT, OLIVE OIL (1 TBSP).

CALORIES = 400
CARBOHYDRATE = 9 G
FAT = 32.5 G
PROTEIN = 22.5 G



TURKEY PATTY ON SALAD

INGREDIENTS: GROUND TURKEY COOKED AS A PATTY (4 OZ), AVOCADO (1/2 MEDIUM), TOMATOES (1/4 CUP), RED ONION 1/4 CUP), ARUGULA (1 CUP), OLIVE OIL (1 TBSP), SALT, PEPPER.

CALORIES = 500
CARBOHYDRATE = 15 G
FAT = 38 G
PROTEIN = 28 G



ORANGE AND BEET SALAD

INGREDIENTS: ARUGULA (2 CUPS), ORANGE SLICES (1/2 ORANGE), PINE NUTS (OR PISTACHIOS, 2 TBSP), HEMP SEEDS (1 TBSP), COOKED BEETS (1/4 CUP), GOAT CHEESE (1 OZ), OLIVE OIL (1 TBSP).

CALORIES = 500
CARBOHYDRATE = 23 G
FAT = 41 G
PROTEIN = 18 G



EGG SALAD SANDWICH WITH CANTALOUPE AND CUCUMBERS.

INGREDIENTS: HARD BOILED EGGS (TWO), AVOCADO OIL MAYO (1 TBSP), DILL, SPROUTED GRAIN TOAST (1 SLICE), CUCUMBERS (1/2 CUP), CANTALOUPE (1/2 CUP).

CALORIES = 370
CARBOHYDRATE = 24 G
FAT = 23 G
PROTEIN = 17 G



QUINOA BOWL

INGREDIENTS: QUINOA (1/2 CUP COOKED), BROCCOLI (1/2 CUP), SHREDDED CARROTS (1/4 CUP), SPROUTS, AVOCADO (1/2 MEDIUM), POMEGRANATE (2 TBSP), LEMON JUICE, OLIVE OIL (1 TBSP), SALT, CHICKEN (4 OZ).

CALORIES = 670
CARBOHYDRATE = 60 G
FAT = 36.5 G
PROTEIN = 23.5 G



TUNA SALAD & CUCUMBERS

INGREDIENTS: CANNED TUNA (5OZ), AVOCADO OIL MAYO (1 TBSP), LEAFY GREENS OR PARSLEY, RED BELL PEPPER (1/4 CUP), SALT, PEPPER, CUCUMBERS (FOR DIPPING). OPTION TO ADD GLUTEN FREE CRACKERS.

CALORIES = 252
CARBOHYDRATE = 15 G
FAT = 12 G
PROTEIN = 21 G

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



CHICKEN STIR FRY

INGREDIENTS: CHICKEN THIGHS, ZUCCHINI, AVOCADO OIL, GRASS FED BUTTER, BROCCOLI, CARROTS, MUSHROOMS, RED BELL PEPPER, MINCED GARLIC, GINGER, ONION, CASHEWS, PRE-MADE STIR FRY SAUCE (OR CHICKEN BROTH, SOY SAUCE, HONEY, CORNSTARCH).

CALORIES = 523

CARBOHYDRATE = 25 G

FAT = 36 G

PROTEIN = 26 G



SEARED SALMON OVER 50/50 NOODLES (RECIPE MAKE 4 SERVINGS)

INGREDIENTS: PESTO, OLIVE OIL, GHEE OR GRASS FED BUTTER, CHERRY TOMATOES, GARLIC, THYME, SPAGHETTI, ZUCCHINI NOODLES, WILD CAUGHT SALMON, SALT, PEPPER, PARMESAN (OPTIONAL).

CALORIES = 370

CARBOHYDRATE = 19 G

FAT = 28 G

PROTEIN = 11 G



CROCKPOT CHICKEN FAJITAS

INGREDIENTS: CHICKEN BREAST, CANNED DICED TOMATOES, CANNED DICED GREEN CHILIS, BELL PEPPERS, YELLOW ONION, CHILI POWDER, CUMIN, SALT, GARLIC POWDER, OREGANO, PAPRIKA, GROUND CORIANDER, PEPPER, TORTILLAS, GUACAMOLE, SALSA.

CALORIES = 206

CARBOHYDRATE = 21 G

FAT = 13 G

PROTEIN = 5.5 G



GROUND BEEF TACOS

INGREDIENTS: CHILI POWDER, CUMIN, SALT, OREGANO, PAPRIKA, CAYENNE, OLIVE OIL, ONION, MINCED GARLIC, GROUND BEEF, TOMATO SAUCE, JALAPENO, TORTILLAS, ROMAINE LETTUCE, TOMATOES, CHEESE.

CALORIES = 387

CARBOHYDRATE = 37 G

FAT = 8 G

PROTEIN = 38 G



BEEF STIR FRY (SERVE OVER 1/2 CUP QUINOA)

INGREDIENTS: STEAK, OLIVE OIL, MINCED GARLIC, CARROTS, ASPARAGUS, RED AND YELLOW BELL PEPPER, SNAP PEAS, SESAME SEEDS, SEA SALT, PEPPER, COCONUT AMINOS, RICE VINEGAR, ORANGE, HONEY, CORNSTARCH, SESAME OIL.

CALORIES = 473

CARBOHYDRATE = 49 G

FAT = 17.5 G

PROTEIN = 32 G



QUINOA BOWL WITH SWEET POTATOES

INGREDIENTS: COOKED QUINOA (1/2 CUP), CANNED BLACK BEANS (1/4 CUP), ROASTED SWEET POTATOES (1/2 CUP) WITH OLIVE OIL (1 TBSP) AND SALT, AVOCADO (1/2 MEDIUM), SEASONING OF CHOICE.

CALORIES = 505

CARBOHYDRATE = 45.5 G

FAT = 30.5 G

PROTEIN = 16 G



MEDITERRANEAN SLOW COOKER CHICKPEA STEW

INGREDIENTS: DRIED OR CANNED CHICKPEAS, YELLOW ONION, CANNED DICED TOMATOES, TOMATO PASTE, GARLIC, BAY LEAF, CUMIN, PAPRIKA, CAYENNE, PEPPER, CHICKEN THIGHS, ARTICHOKE HEARTS, OLIVES, PARSLEY.

CALORIES = 206

CARBOHYDRATE = 21 G

FAT = 13 G

PROTEIN = 5.5 G



SHRIMP AND ASPARAGUS (SERVE WITH A BAKED SWEET POTATO)

INGREDIENTS: ASPARAGUS, OLIVE OIL, MINCED GARLIC, SALT, PEPPER, SHRIMP, PAPRIKA, RED PEPPER FLAKES (OPTIONAL), PARSLEY, LEMON, GHEE OR GRASS FED BUTTER, SWEET POTATOES.

CALORIES = 447

CARBOHYDRATE = 43 G

FAT = 15.3 G

PROTEIN = 33.6 G

MEAL PLANNER

From: / / to: / /

	BREAKFAST	LUNCH	DINNER	OTHER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				