



thisfitmum



You Choose

MEAL PLAN 3

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.



CUCUMBER KALE AVOCADO SMOOTHIE

INGREDIENTS: AVOCADO, CUCUMBER, APPLE, KALE, VANILLA PROTEIN POWDER, MCT OIL (OR COCONUT OIL).

CALORIES = 420
CARBOHYDRATE = 16 G
FAT = 28 G
PROTEIN = 26 G



KIWI OATMEAL

INGREDIENTS: COOKED STEEL CUT OATMEAL (1/2 CUP UNCOOKED) WITH COCONUT MILK (1 CUP), ALMOND BUTTER (1 TBSP), HEMP SEEDS (1 TBSP), SLICED KIWI (1 SMALL).

CALORIES = 425
CARBOHYDRATE = 42 G
FAT = 22.5 G
PROTEIN = 13.5 G



SPINACH AND TOMATO OMELETTE OR EGG SCRAMBLE

INGREDIENTS: EGGS (THREE), SLICED TOMATO (1/4 CUP), SPINACH (1/2 CUP), HERBED GOAT CHEESE (1 OZ).

CALORIES = 325
CARBOHYDRATE = 4.5 G
FAT = 23 G
PROTEIN = 25 G



HARD BOILED EGGS AND TOAST

INGREDIENTS: SPROUTED GRAIN TOAST (1 SLICE), SLICED HARD BOILED EGGS (TWO), MASHED OR SLICED AVOCADO (1/2 MEDIUM).

CALORIES = 380
CARBOHYDRATE = 23.5 G
FAT = 24 G
PROTEIN = 18 G



GREEK YOGURT AND BERRIES

INGREDIENTS: PLAIN GREEK OR COCONUT YOGURT (1 CUP), SLICED ALMONDS (1 TBSP), CHIA SEEDS (1 TBSP), BERRIES OF CHOICE (1/4 CUP).

CALORIES = 370
CARBOHYDRATE = 23.5 G
FAT = 20.5 G
PROTEIN = 23.5 G



WESTERN SCRAMBLED EGGS

INGREDIENTS: EGGS (TWO), CHOPPED BELL PEPPER (1/4 CUP), CHOPPED YELLOW ONION (1/4 CUP), CHEDDAR CHEESE (1 OZ), BLACK BEANS (1/4 CUP), GARLIC, BLACK PEPPER.

CALORIES = 325
CARBOHYDRATE = 13.5 G
FAT = 18 G
PROTEIN = 27 G



GREEN SMOOTHIE

INGREDIENTS: FROZEN MANGO, FROZEN PEACHES, KALE, ALMOND MILK, FRESH GINGER, CINNAMON, HONEY.

CALORIES = 224
CARBOHYDRATE = 43.5 G
FAT = 5.5 G
PROTEIN = 5 G



COCONUT FLOUR PANCAKES

INGREDIENTS: COCONUT FLOUR, EGGS, OLIVE OIL, MAPLE SYRUP, BAKING POWDER, VANILLA EXTRACT, SEA SALT. TOP WITH BERRIES.

CALORIES = 96 (PER PANCAKE)
CARBOHYDRATE = 3 G
FAT = 7 G
PROTEIN = 3 G

LUNCH

You Choose

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



SHREDDED CHICKEN SALAD

INGREDIENTS: SHREDDED CHICKEN (4 OZ), MIXED GREENS (2 CUPS), CHOPPED WALNUTS (1 TBSP), CHERRY TOMATOES, RED ONION BLUEBERRIES (1/4 CUP EACH), OLIVE OIL (1 TBSP), LEMON JUICE, SALT, PEPPER.

CALORIES = 380
CARBOHYDRATE = 15 G
FAT = 27.5 G
PROTEIN = 19 G



SMOKED SALMON TOAST

INGREDIENTS: SPROUTED GRAIN TOAST (1 SLICE), GOAT CHEESE (1 OZ), SMOKED SALMON (3 OZ), PARSLEY, CAPERS. SERVE WITH A PEAR (1 MEDIUM).

CALORIES = 395
CARBOHYDRATE = 43 G
FAT = 13 G
PROTEIN = 26 G



WATERCRESS SALAD

INGREDIENTS: WATERCRESS (2 CUPS), SLICED RADISHES (1/4 CUP), SLICED GREEN APPLE (1/2 MEDIUM), CHOPPED WALNUTS (1 TBSP), AND BAKED CHICKEN (4 OZ). SERVE WITH DRESSING OF CHOICE (CALORIES FROM DRESSING NOT INCLUDED).

CALORIES = 275
CARBOHYDRATE = 20 G
FAT = 13.5 G
PROTEIN = 19 G



YOGURT GRANOLA BOWL

INGREDIENTS: FULL FAT PLAIN GREEK YOGURT (1 CUP), PALEO GRANOLA (2 TBSP), UNSWEETENED COCONUT SHREDS (1 TBSP), CACAO NIBS (1TBSP), SLICED PEACHES (1 SMALL)

CALORIES = 440
CARBOHYDRATE = 32 G
FAT = 25 G
PROTEIN = 22 G



MEDITERRANEAN WRAP

INGREDIENTS: SPROUTED GRAIN OR GRAIN FREE WRAP (1 WRAP), HUMMUS (2 TBSP), FETA (1 TBSP), KALAMATA OLIVES (1 TBSP), SLICED RED ONION (1/8 CUP), CUCUMBER (1/4 CUP), PARSLEY, SLICED RED PEPPER (1/4 CUP).

CALORIES = 330
CARBOHYDRATE = 32 G
FAT = 14.5 G
PROTEIN = 16 G



SMOKED SALMON SALAD

INGREDIENTS: ARUGULA OR MIXED GREENS (2 CUPS), SMOKED SALMON (3 OZ), CHOPPED CHERRY TOMATOES, SPROUTS, GREEN ONIONS (1/4 CUP EACH), OLIVE OIL (1TBSP), LEMON, SALT, PEPPER.

CALORIES = 270
CARBOHYDRATE = 6 G
FAT = 18 G
PROTEIN = 17 G



TURKEY AVOCADO WRAP

INGREDIENTS: SLICED ORGANIC TURKEY (3 SLICES), SPROUTED GRAIN OR GRAIN FREE WRAP (1 WRAP), AVOCADO (1 MEDIUM), ARUGULA (1 CUP), SLICED TOMATO (1/4 CUP), SLICED RED ONION (1/4 CUP).

CALORIES = 355
CARBOHYDRATE = 31.5 G
FAT = 15.5 G
PROTEIN = 23 G



HARD BOILED EGG SALAD

INGREDIENTS: ARUGULA (2 CUPS), HARD BOILED EGGS (TWO), BLUEBERRIES, RED ONION, SPROUTS (1/4 CUP EACH), PARSLEY, MOZZARELLA (1 OZ), OLIVE OIL MIXED WITH DIJON MUSTARD (1 TBSP EACH).

CALORIES = 385
CARBOHYDRATE = 14 G
FAT = 27 G
PROTEIN = 19 G

DINNER

You Choose

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



PESTO PASTA WITH SHRIMP

INGREDIENTS: COOKED LENTIL PASTA (1 CUP), SAUTÉED SHRIMP (4 OZ) IN PESTO SAUCE (1 TBSP), STEAMED BROCCOLI (1 CUP).

CALORIES = 470

CARBOHYDRATE = 39 G

FAT = 15 G

PROTEIN = 45 G



BAKED SALMON AND ASPARAGUS (SERVE WITH BAKED SQUASH)

INGREDIENTS: SALMON FILETS, ASPARAGUS, SALT, PEPPER, OLIVE OIL, LEMON, BUTTER, GARLIC, PARSLEY. SERVE WITH BAKED BUTTERNUT OR ACORN SQUASH (1/4 CUP).

CALORIES = 400

CARBOHYDRATE = 17 G

FAT = 29 G

PROTEIN = 19 G



TACO BOWL

INGREDIENTS: COOKED BROWN RICE (1/2 CUP COOKED) TOPPED WITH COOKED GROUND BEEF OR CHICKEN (4 OZ), CANNED CORN, BLACK BEANS, CHOPPED TOMATO, CHOPPED RED ONION, CHOPPED GREEN PEPPER, GREEK YOGURT (1/2 CUP EACH), SHREDDED CHEESE (OPTIONAL).

CALORIES = 455

CARBOHYDRATE = 46 G

FAT = 12.5 G

PROTEIN = 35 G



LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS

INGREDIENTS: SKINLESS BONELESS CHICKEN THIGHS, GREEN BEANS, BUTTER, GARLIC, PAPRIKA, ONION POWDER, SALT, PEPPER, LEMON, CHICKEN STOCK, HOT SAUCE, CRUSHED RED CHILI PEPPER, PARSLEY.

CALORIES = 615

CARBOHYDRATE = 17.5 G

FAT = 45 G

PROTEIN = 36 G



SHEET PAN STEAK TIPS AND VEGGIES

INGREDIENTS: BALSAMIC VINEGAR, GARLIC, ROSEMARY, SEA SALT, PEPPER, DIJON MUSTARD, OLIVE OIL, SIRLOIN STEAK TIPS, RED ONION, BABY POTATOES, RED BELL PEPPER, ASPARAGUS, ZUCCHINI, AVOCADO OIL.

CALORIES = 368

CARBOHYDRATE = 21 G

FAT = 21.4 G

PROTEIN = 27 G



BEEF STIR FRY

INGREDIENTS: SKIRT STEAK, BLACK PEPPER, SOY SAUCE, CHILE PEPPER, LIME JUICE, OLIVE OIL, GARLIC, SCALLIONS, MUSHROOMS, SNOW PEAS, CANNED BABY CORN, BELL PEPPER. OMIT SUGAR.

CALORIES = 440

CARBOHYDRATE = 19 G

FAT = 22 G

PROTEIN = 41 G



GROUND TURKEY SKILLET

INGREDIENTS: ZUCCHINI, GROUND TURKEY, CHOPPED ONION, TOMATO PASTE, BLACK BEANS, FRESH OR FROZEN CORN KERNELS, DICED JALAPENO (OPTIONAL), GARLIC, CILANTRO, CUMIN, SALT, LIME (OPTIONAL).

CALORIES = 266

CARBOHYDRATE = 22.5 G

FAT = 8.5 G

PROTEIN = 28 G



EASY FISH TACOS

INGREDIENTS: GREEN CABBAGE, RED ONION, SOUR CREAM, LIME, SALT, TILAPIA FILLETS, CAYENNE PEPPER, GARLIC POWDER, CUMIN, SALT, PEPPER, CORN TORTILLAS, CILANTRO.

CALORIES = 280

CARBOHYDRATE = 30 G

FAT = 8 G

PROTEIN = 24 G

MEAL PLANNER

From: / / to: / /

	BREAKFAST	LUNCH	DINNER	OTHER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				