

2,000 Calorie Meal Plan
~ 20% carbs / 30% fat / 50% protein

Breakfast:

- 4 eggs
- 1 cup baby spinach raw
- 4 cherry tomatoes sliced in half

DIRECTIONS: Crack the eggs and scramble add the spinach and tomatoes and mix together season with Himalayan salt and pepper. Heat a skillet over medium heat and add egg mixture. Cook until eggs are cooked all the way through.

Snack:

- 1 cup Greek yogurt plain
- 1 cup sliced strawberries
- Stevia to taste
- Mix altogether

Lunch: Monday/ Wednesday

- 1/2 cup cooked brown rice
- 4 oz cooked chicken
- 1 cup fav veggies mixed
- 1-2 tsp low sodium soy sauce or brags liquid aminos

DIRECTIONS: Mix everything together and make a veggie stir fry

Tip: prepping all of this on Sunday makes it easy to just add together and heat up.

Lunch: Tuesday/Thursday/Sunday
Makes 4 servings

Strawberry spinach salad with 4 oz cooked chicken

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced.

POPPYSEED DRESSING INGREDIENTS:

- 1/3 cup avocado oil (or any oil, such as olive oil)
- 3 Tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper

DIRECTIONS: Mix all salad ingredient in a bowl. Next in separate bowl add the dressing ingredients and mix together. Add to salad and mix together.

Lunch: Friday/Saturday:

Chicken avocado wrap

Ingredients:

- 2 Tortillas
- 1 cooked & sliced chicken breast
- 1/2 cup guacamole
- 1/4 cup shred Lettuce
- 1 slice Bacon
- 1 slice Tomato in half

DIRECTIONS:

Lay tortillas flat. Place chicken flat in the center of tortilla. Scoop approximately 1/4 cup of Guacamole add lettuce, bacon, and tomato. Fold up tortilla like a burrito and slice in half.

Snack:

- 1/2 banana sliced
- 2 tsp natural peanut butter no sugar added

Dinner:

Monday: serves 1

- 1 sweet potato cooked or 1 cup brown rice or brown rice pasta
- 4 oz ground beef cooked
- 1/2 cup sliced onion
- 1/2 cup sliced peppers
- 1/2 cup sliced mushroom
- 1 sliced provolone
- 1 tsp Himalayan salt
- Dash of pepper
- 1/4 tsp garlic

DIRECTIONS: Bake sweet potato in oven on cookie sheet 450 degrees for 45-60 min. In a skillet add the veggies and sauté then add the meat and cook all the way through. Once potato and meat mixture is done cut potato in half and add mixture then the provolone add back into oven and cook 1-2 min until cheese is melted.

Tuesday: serves 1

- 1 cup cooked brown rice pasta
- 1 cup organic no sugar added pasta sauce
- 4-6 oz baked chicken breast
- 1 slice provolone cheese

DIRECTIONS: Cook pasta according to package. Bake chicken in oven 400 degrees with salt pepper and garlic. When done add the pasta to a dish with chicken, add sauce and cheese and bake for an addition 5 min.

Wednesday: meatloaves serve 6

Meatloaf with green beans and 1/2 sweet potato

- 1.5 pounds ground beef, 93% lean

- 1 egg
- 1 egg white
- 3/4 cup milk
- 1 cup shredded cheddar cheese
- 3/4 cup quick cooking oats
- 1 tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp Worcestershire sauce
- For Sauce:
 - 2/3 cup ketchup
 - 1/4 cup brown sugar
 - 2 tsp mustard
 - 1 cup steamed green beans
 - 1 cup baked sweet potato

DIRECTIONS: Preheat oven to 350 degrees F. Combine ingredients for the sauce and set aside. In a large mixing bowl, combine all of the other ingredients. Divide the mixture evenly among a muffin tin with 12 spots. Top each with the sauce. Bake for 35 minutes, or until center of the meatloaf is at least 155 degrees. Serve with green beans and sweet potato.

Thursday: serves 4

Roasted chicken with lemon garlic veggies

- 6 tbsp Olive oil
- 2 lemons 1 thinly sliced, 1 juiced
- 4 tsp minced garlic
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 3/4 lb asparagus trimmed
- 10 small red potatoes quartered
- 4 boneless skinless chicken breasts

DIRECTIONS: Coat a large baking dish with 1 TBSp of the olive oil. On the bottom of your dish, arrange lemon slices in a single layer. Combine the remaining oil, lemon juice, garlic, salt, and pepper In a large bowl. One by one, you will need to coat the asparagus , potatoes and chicken in the oil mixture. Start by adding the asparagus first. Toss to coat. Then, using tongs, remove the asparagus and place them on top of the lemon slices. Next, add the potatoes to the olive-oil mixture and toss to coat. Using your tongs again, arrange the potatoes over the asparagus , along the inside edge of the dish. Last, coat the chicken in the oil mixture and place in your dish. Pour any remaining olive-oil mixture over the chicken. Cook at 350 for 1 hour - 1 hour and 15 minutes (or until potatoes and veggies look soft and chicken cooked through). Serve warm.

Friday: serves 6

Buffalo chicken bowl

- 2 (15-oz.) cans organic corn
- 2 (15-oz.) cans organic black beans
- 3 avocados
- 2 tomatoes

- 6 chicken breasts
- 1 cup Franks Red Hot Buffalo Sauce
- 1 tablespoon garlic, minced
- 1 packet Hidden Valley Greek Yogurt Dressing
- 1-1/3 cups plain Greek yogurt
- 3 tablespoons milk

DIRECTIONS: Throw the chicken, garlic, and hot sauce into the crockpot and cook on low for 6 hours or on high for 3 hours. Once chicken is cooked through, shred it with 2 forks and set aside. In a separate bowl, mix together the Hidden Valley Greek Yogurt Dressing, Greek yogurt, and milk then stick it in the fridge. Next, drain and rinse your corn and black beans and add them to a bowl. Dice up the tomatoes and avocado and add them to the bowl as well. Assemble your bowl by adding in the 1 cup veggie mixture, topping with 1 cup chicken, and finishing them off with some healthy 1 Tbsp Greek yogurt ranch dressing.

Saturday: serves 6

Cheesy chicken broccoli casserole

- 1 3/4 cups low sodium chicken broth
- 2 cups — minute brown rice
- 1 pound broccoli florets — chopped into bite-sized pieces
- 1 teaspoon extra-virgin olive oil
- 1 pound boneless skinless chicken breasts — chopped into bite-size pieces
- 3/4 teaspoon kosher salt — divided
- 3/4 teaspoon garlic powder — divided
- 1/2 teaspoon black pepper — divided
- 2 tablespoons flour
- 2 cups milk — divided (I used skim)
- 3 tablespoons mustard
- 1/3 cup nonfat plain Greek yogurt
- 1 1/2 cups reduced-fat shredded cheddar cheese — divided (about 6 ounces)

DIRECTIONS: Place a rack in center of oven and preheat oven to 375 degrees F. Lightly grease a deep 9-inch-square baking dish or a 3-quart casserole dish. Bring the chicken stock to a boil in a large pot, then add the rice. Return to a boil, add the broccoli to the top of the rice (no need to stir it together), then cover, reduce the heat to low, and let cook 5 minutes. Remove the pot from heat and let sit, covered, for an additional 5 minutes. Most of the rice liquid should be absorbed. Meanwhile, heat the olive oil in a Dutch oven or other large deep pot over medium-high. Add the chicken, 1/2 teaspoon salt, 1/2 teaspoon garlic powder, and 1/4 teaspoon black pepper. Sauté until cooked through and no longer pink in the center, about 4 to 6 minutes, then remove to a plate. Being careful not to burn yourself, wipe the pot clean with a paper towel. Reduce the heat to medium. In a small bowl or large measuring cup, whisk together the flour and 1/2 cup milk. Pour the mixture into the pot, then add the remaining 1 1/2 cups milk. Cook, stirring constantly until thickened, 7 to 10 minutes. Remove from the heat and whisk in the Dijon, remaining 1/4 teaspoon salt, 1/4 teaspoon garlic powder, and 1/4 teaspoon black pepper. Stir in the Greek yogurt and 1 cup of the shredded cheese until smooth. Add the rice and broccoli mixture and the reserved chicken to the cheese sauce, stirring gently to coat. Spoon the mixture into the prepared dish and top with the remaining 1/2 cup cheese. Bake 25 minutes until hot and bubbly. Let stand 10 minutes, then serve.

Sunday: serves 4

One pan sausage and veggies

- 2 cups red potato
- 3/4 pound green beans
- 1 large head of broccoli (~ 1 and 1/2 cups)
- 1 and 1/2 cups chopped bell peppers 2 large or 6-7 mini sweet bell peppers
- 9 ounces smoked sausage
- 6 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup Parmesan cheese

DIRECTIONS: Preheat the oven to 400 degrees F. Line a large sheet pan with foil or parchment paper. Prep the veggies: chop the red potatoes (pretty small pieces here so they will be tender in time), trim the green beans and halve, chop the broccoli, chop the peppers into thick squares, and coin the sausage in thick slices. Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned. If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.