



# Family Friendly Meal Plan

NO NEED TO MAKE INDIVIDUAL  
MEALS FOR EACH MEMBER OF  
THE FAMILY WITH THESE CLEAN  
EATING, FAMILY FRIENDLY  
RECIPES.

# Week 1

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Beef and Cheese Breakfast Quesadilla		Homestyle Pot Roast w/ Potatoes & Carrots		Chicken Fajitas
Monday	Banana Walnut "Toast" and Eggs		More Than Crackers & Cheese		Honey Sesame Chicken w/ White Rice & Broccoli
Tuesday	Nova Breakfast Sandwich		Black Bean Veggie Burger w/ Sweet Potato Fries		Simple Salmon Dinner
Wednesday	Pumpkin Muffins		Chocolate Cherry Yogurt Bowl		Pasta and Turkey Meatballs
Thursday	Maple Walnut Oatmeal		Tuna and Such		Slow Cooker Chicken Tortilla Soup
Friday	Traditional Shakshuka Skillet		Ground Chicken Kofta with Side Salad		Baked Chicken Strips & Sweet Potato Fries
Saturday	Banana Almond Smoothie		Mason Jar Chopped Greek Salad		Pesto Chicken & Burrata Cauliflower Pizza

## DAILY AVERAGES

Calories : 1471.60

Fat : 72.78 g

Carbs : 119.70 g

Protein : 92.36 g

Fiber : 20.81 g

# Shopping List

Number of people: 1

## *Hamburgers*

- 0.13 lb [56.7 g] Ground Beef (95% Lean / 5% Fat)

## *Miscellaneous*

- 0.75 tsp [3.75 g] Apple Cider Vinegar
- 0.5 pumps [0.5 g] Avocado Oil Cooking Spray
- 1.5 tsp [7.5 g] Balsamic Glaze
- 0.5 leaf [0.3 g] Bay Leaf
- 1.5 tsp [8.25 g] Dijon Mustard
- 2 serving (17 crackers) [70 g] Gluten Free Crackers
- 1 tbsp [16 g] Ketchup No Sugar Added
- 1.5 tbsp [21 g] Olive Oil
- 0.25 tbsp, ground [0.45 g] Oregano
- 2.5 tbsp [35 g] Red Wine Vinegar
- 1.125 tsp [5.1 g] Sesame Oil
- 1.5 tbsp [21 g] Avocado Oil
- 0.25 tsp [1.15 g] Baking Powder
- 0.75 tsp [0.53 g] Basil (Dried)
- 1.5 tsp [7 g] Coconut Aminos
- 0.75 tsp [2.25 g] Fajita Seasoning
- 1 tbsp [21 g] Honey
- 1.5 tbsp [22.5 g] Mayonnaise (made with avocado oil)
- 0.5 tsp, ground [0.3 g] Oregano
- 1 tbsp [14 g] Pesto Sauce
- 0.75 tsp [3.5 g] Rice Vinegar

## *Eggs*

- 9 large [450 g] Egg

## *Seasoning*

- 5.5 dash [0.55 g] Black Pepper
- 2.25 tsp [5.7 g] Chili Powder
- 0.125 tsp [0.26 g] Cloves (Ground)
- 1 tbsp [3.1 g] Dill (Dried)
- 1 tbsp [12 g] Minced Garlic
- 0.5 tsp [1.2 g] Onion Powder
- 0.25 tsp [0.07 g] Parsley (Dried)
- 0.25 tsp [0.17 g] Rosemary
- 0.5 tsp [3 g] Salt
- 0.25 tsp [0.2 g] Thyme
- 0.5 tsp [2.1 g] Vanilla Extract
- 0.25 tsp [0.53 g] Black Pepper
- 0.75 tsp [1.72 g] Cinnamon
- 1.25 tsp [2.63 g] Cumin
- 2.75 tsp [7.7 g] Garlic Powder
- 0.0625 tsp [0.14 g] Nutmeg (Ground)
- 2.5 tsp [5.55 g] Paprika
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 5.25 dash [2.1 g] Salt
- 1 dash [0.4 g] Sea Salt
- 0.25 tsp, ground [0.35 g] Thyme (Dried)

## *Beans/Nuts/Grains*

- 1 tbsp [16 g] Almond Butter
- 2 tbsp [11.5 g] Chickpea Flour
- 1 tbsp [7 g] Chopped Walnuts
- 2 tortilla [86 g] Gluten Free Tortilla Wraps
- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 0.8 cup [67.5 g] Rolled Oats Gluten Free
- 0.4 cup [60 g] Wild Rice, uncooked
- 0.6 cup [63 g] Almond Flour
- 0.4 cup [93.75 g] Chickpeas (canned and drained)
- 2 small tortilla [30 g] Corn Tortilla
- 2 tbsp [20 g] Hemp Hearts
- 3 oz, dry [84 g] Red Lentil Pasta
- 0.3 cup [46.25 g] White Rice (Uncooked)

## *Cheese*

- 0.25 cup, shredded [28.25 g] Cheddar Cheese
- 0.13 cup, crumbled [18.75 g] Feta Cheese
- 1 oz [28.35 g] Cheddar Cheese

## *Vegetables*

- 0.5 cup, florets [35.5 g] Broccoli
- 1 head (5" dia) [163 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- 6 tomato [102 g] Cherry Tomatoes
- 2.25 tsp [0.75 g] Cilantro (Coriander)
- 0.25 cup slices [26 g] Cucumber (with Peel)
- 1.5 tsp [4.2 g] Garlic
- 0.25 cup, chopped [16.75 g] Kale
- 0.5 cup [24.9 g] Parsley
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.13 onion (small) [18.5 g] Red Onions
- 0.5 medium [59.5 g] Red Sweet Pepper
- 0.5 head (small) [47.5 g] Romaine Lettuce
- 1 cup [30 g] Spinach
- 0.25 cup, chopped or sliced [45 g] Tomatoes
- 1.38 onion [151.25 g] Yellow Onions
- 0.25 can [85 g] Yellow Sweet Corn (canned, 15.5 oz)

#### *Fruit*

- 1 avocado [136 g] Avocado
- 0.75 cup, seedless [120 g] Grapes
- 1 medium Lemon

#### *Dairy*

- 2 oz [56 g] Burrata Cheese
- 1 tbsp [15 g] Plain Non Fat Greek Yogurt
- 1 tbsp [28 g] Whole Milk Greek Yogurt Plain

#### *Beef*

- 5.5 oz [155.93 g] Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat, Choice Grade)

#### *Broth*

- 0.5 cup [120 g] Beef Broth (Home Recipe)

#### *Meat/Fish/Poultry*

- 4 oz [113 g] Boneless Skinless Chicken Thighs (raw)
- 4 oz [112 g] Ground Turkey
- 14.5 oz [406 g] Skinless Chicken Breast

#### *Syrup*

- 3.4 tbsp [66.69 g] Maple Syrup

#### *Nuts*

- 0.13 cup, chopped [15 g] Walnuts

#### *Seeds*

- 0.75 tsp [2.25 g] Dried Whole Sesame Seeds

#### *Salmon*

- 3 oz, boneless [85.05 g] Smoked Salmon

#### *Bread*

- 2 medium slice [60 g] Gluten Free Bread

#### *Beans*

- 11.25 oz [321.41 g] Black Beans (Canned)

#### *Vegetable Oil*

- 1 tablespoon [13.5 g] Extra Virgin Olive Oil

#### *Oats*

- 0.5 cup [10 g] Broccoli Sprouts
- 0.75 medium [45.75 g] Carrots
- 2 tbsp [2 g] Cilantro
- 0.4 cup [22.88 g] Crushed Tomatoes
- 0.25 can (28oz) [198.5 g] Diced Canned Tomatoes
- 2 clove [6 g] Garlic
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 0.3 cup [64 g] Pico de Gallo
- 1 tbsp, chopped [5 g] Red Onions
- 0.13 cup, chopped [18.63 g] Red Sweet Pepper
- 14 oz [396.9 g] Red Tomatoes (Canned)
- 2 tbsp [14.13 g] Shredded Carrots
- 2 tbsp [30 g] Sundried Tomatoes
- 0.25 lb [113.4 g] White Potatoes (Flesh and Skin)
- 0.13 cup, chopped [20 g] Yellow Onions

- 2 medium [236 g] Banana
- 1 cup, chopped [177 g] Honeydew Melon
- 0.33 cup, without pits [47.85 g] Sweet Cherries

- 1.8 tbsp [22.4 g] Clarified Butter Ghee
- 1 cup [227 g] Whole Milk Greek Yogurt - Vanilla

- 6 oz [170.4 g] Ground Chicken
- 4 slice [220 g] Organic Oven Roasted Turkey Breast

- 2.25 tablespoon [30.38 g] Olive Oil

- 0.3 cup [20.25 g] Oats

#### *Sauces*

- 1.5 tsp [9 g] Soy Sauce (Tamari)

#### *Potatoes*

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

#### *Fish*

- 5 oz, boneless, raw [141.75 g] Salmon

- 5 oz [141.75 g] Tuna in Water (Canned)

#### *Flour*

- 0.25 tsp [1.15 g] Baking Soda

#### *Pumpkins*

- 3 tbsp [46.88 g] Pumpkin Puree

#### *Butter*

- 1 tablespoon [16 g] Almond Butter

#### *Chocolate*

- 1 30 chips [15 g] Extra Dark Chocolate Chips (Guittard)

#### *Milk*

- 1.3 cups [306.25 g] Almond Milk

#### *Chicken Soup*

- 2 cup (8 fl oz) [486 g] Chicken Stock

#### *Wraps*

- 1 small tortilla (approx 4" dia) [10.7 g] Corn Tortilla

#### *Yogurt*

- 0.5 cup [120 g] Greek Yogurt

#### *Olives*

- 0.13 cup, sliced [16.88 g] Black Olives

#### *Chicken*

- 2.5 oz, boneless, cooked, skinless [70 g] Skinless Chicken Breast

#### *Pizza*

- 0.5 whole crust [165 g] Cauliflower Pizza Crust

# Week 2

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Maple Walnut Oatmeal		Tuna and Such		Slow Cooker Chicken Tortilla Soup
Monday	Yogurt Parfait		Hummus Platter		Chicken and Caprese Salad
Tuesday	Scrambled Eggs & Fruit		Pesto Pasta Salad		Mild Beef & Bean Chili
Wednesday	Mango Cottage Cheese Bowl		Chicken with Cucumber Melon Salad		Classic Tacos
Thursday	Banana Walnut "Toast" and Eggs		More Than Crackers & Cheese		Honey Sesame Chicken w/ White Rice & Broccoli
Friday	Nova Breakfast Sandwich		Black Bean Veggie Burger w/ Sweet Potato Fries		Simple Salmon Dinner
Saturday	Pumpkin Muffins		Chocolate Cherry Yogurt Bowl		Pasta and Turkey Meatballs

*DAILY AVERAGES*

Calories : 1490.09

Fat : 67.88 g

Carbs : 132.00 g

Protein : 89.85 g

Fiber : 21.72 g



- 0.5 cup [74.5 g] Baby Carrots
- 0.5 cup, florets [35.5 g] Broccoli
- 1 head (5" dia) [163 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- 0.5 cup [50 g] Cauliflower
- 1.6 tbsp [1.58 g] Cilantro (Coriander)
- 1.75 cucumber (8-1/4") [526.75 g] Cucumber (with Peel)
- 1.5 tsp [4.2 g] Garlic
- 1 tbsp [3 g] Mint
- 0.13 cup, chopped [18.63 g] Red Sweet Pepper
- 0.67 onion [73.33 g] Yellow Onions
- 0.25 can [85 g] Yellow Sweet Corn (canned, 15.5 oz)

#### *Fruit*

- 1.17 avocado [158.67 g] Avocado
- 0.75 cup, seedless [120 g] Grapes
- 1.25 medium Lemon
- 0.5 cup, sliced [82.5 g] Mangos

#### *Meat/Fish/Poultry*

- 4 oz [113 g] Boneless Skinless Chicken Thighs (raw)
- 4 slice [220 g] Organic Oven Roasted Turkey Breast

#### *Vegetable Oil*

- 1 tablespoon [13.5 g] Extra Virgin Olive Oil

#### *Beans*

- 11.25 oz [321.41 g] Black Beans (Canned)

#### *Chicken Soup*

- 2 cup (8 fl oz) [486 g] Chicken Stock

#### *Wraps*

- 1 small tortilla (approx 4" dia) [10.7 g] Corn Tortilla

#### *Yogurt*

- 0.5 cup [120 g] Low Fat Greek Yogurt

#### *Berries*

- 0.25 cup, sliced [41.5 g] Strawberries

#### *Olives*

- 1 4 olives [15 g] Kalamata Olives (Peloponnese)

#### *Cheese*

- 1 oz [28.35 g] Cheddar Cheese
- 2 oz [56.7 g] Feta Cheese
- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 3.5 oz [99.23 g] Mozzarella Cheese (Whole Milk)

#### *Dried Fruit*

- 2 date, pitted [48 g] Medjool Dates

#### *Eggs*

- 7.5 large [375 g] Egg

#### *Bread*

- 4 medium slice [120 g] Gluten Free Bread

#### *Pasta*

- 3.5 oz dry [192.5 g] Gluten Free Pasta

#### *Garlic*

- 1.5 clove [4.5 g] Garlic

#### *Hamburgers*

- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [59.5 g] Bell Peppers
- 0.5 cup [10 g] Broccoli Sprouts
- 0.5 medium [30.5 g] Carrots
- 6 tomato [102 g] Cherry Tomatoes
- 0.8 cup [45.75 g] Crushed Tomatoes
- 0.25 can (28oz) [198.5 g] Diced Canned Tomatoes
- 1 clove [3 g] Garlic
- 0.3 cup [15 g] Parsley
- 1.33 medium [197.33 g] Tomatoes (Roma)
- 0.13 cup, chopped [20 g] Yellow Onions

- 1.5 medium [177 g] Banana
- 1.5 cup, chopped [265.5 g] Honeydew Melon
- 0.8 cup [123.75 g] Mango
- 0.33 cup, without pits [47.85 g] Sweet Cherries

- 4 oz [112 g] Ground Turkey
- 7 oz [196 g] Skinless Chicken Breast

- 0.75 tablespoon [10.13 g] Olive Oil

- 0.4 cup [90 g] Black Beans (Canned)



- 6 oz [170.1 g] Ground Beef (95% Lean / 5% Fat)

#### *Sauces*

- 1.5 tsp [9 g] Soy Sauce (Tamari)

#### *Chicken*

- 1 can (5 oz) yields [125 g] Canned Chicken (Meat Only)

#### *Mayonnaise*

- 1 tbs [13 g] Avocado Oil Mayonnaise (Sir Kensington)

#### *Bison*

- 4 oz [113.4 g] Ground Bison Meat

#### *Nuts*

- 0.13 cup, chopped [15 g] Walnuts

#### *Seeds*

- 0.75 tsp [2.25 g] Dried Whole Sesame Seeds

#### *Dairy*

- 1.5 tbs [19.2 g] Clarified Butter Ghee
- 1 tbs [28 g] Whole Milk Greek Yogurt Plain

#### *Salmon*

- 3 oz, boneless [85.05 g] Smoked Salmon

#### *Oats*

- 0.3 cup [20.25 g] Oats

#### *Potatoes*

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

#### *Flour*

- 0.25 tsp [1.15 g] Baking Soda

#### *Pumpkins*

- 3 tbs [46.88 g] Pumpkin Puree

#### *Butter*

- 1 tablespoon [16 g] Almond Butter

#### *Chocolate*

- 1 30 chips [15 g] Extra Dark Chocolate Chips (Guitard)

- 0.495 tsp [2.64 g] Tomato Paste

- 1 cup [227 g] Whole Milk Greek Yogurt - Vanilla

# Week 3

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Banana Walnut "Toast" and Eggs		More Than Crackers & Cheese		Honey Sesame Chicken w/ White Rice & Broccoli
Monday	Traditional Shakshuka Skillet		Ground Chicken Kofta with Side Salad		Baked Chicken Strips & Sweet Potato Fries
Tuesday	Banana Almond Smoothie		Mason Jar Chopped Greek Salad		Pesto Chicken & Burrata Cauliflower Pizza
Wednesday	Beef and Cheese Breakfast Quesadilla		Homestyle Pot Roast w/ Potatoes & Carrots		Chicken Fajitas
Thursday	Yogurt Parfait		Hummus Platter		Chicken and Caprese Salad
Friday	Scrambled Eggs & Fruit		Pesto Pasta Salad		Mild Beef & Bean Chili
Saturday	Mango Cottage Cheese Bowl		Chicken with Cucumber Melon Salad		Classic Tacos

## DAILY AVERAGES

Calories : 1458.16

Fat : 76.41 g

Carbs : 106.00 g

Protein : 87.59 g

Fiber : 17.38 g

# Shopping List

Number of people: 1

## *Fruit*

- 1.17 avocado [158.67 g] Avocado
- 0.75 cup, seedless [120 g] Grapes
- 1.75 medium Lemon
- 0.5 cup, sliced [82.5 g] Mangos
- 2.5 medium [295 g] Banana
- 0.5 cup, chopped [88.5 g] Honeydew Melon
- 0.8 cup [123.75 g] Mango

## *Syrup*

- 1.4 tbsp [26.57 g] Maple Syrup

## *Seasoning*

- 4 leaves [2 g] Basil
- 0.75 tsp [1.59 g] Black Pepper
- 0.5 tsp [1.15 g] Cinnamon
- 1.75 tsp [4.9 g] Garlic Powder
- 1 tsp [2.35 g] Onion Powder
- 0.25 tsp [0.07 g] Parsley (Dried)
- 5.25 dash [2.1 g] Salt
- 0.25 tsp [0.2 g] Thyme
- 4.75 dash [0.48 g] Black Pepper
- 0.25 tsp [0.65 g] Chili Powder
- 1 tsp [2.1 g] Cumin
- 1.5 tsp [6 g] Minced Garlic
- 1 tbsp [6.7 g] Paprika
- 0.25 tsp [0.17 g] Rosemary
- 0.6666666666666666 tsp [4 g] Salt
- 0.25 tsp [1.05 g] Vanilla Extract

## *Miscellaneous*

- 0.75 tsp [3.75 g] Apple Cider Vinegar
- 0.5 pumps [0.5 g] Avocado Oil Cooking Spray
- 1.5 tbsp [22.5 g] Balsamic Glaze
- 0.5 leaf [0.3 g] Bay Leaf
- 1.5 tsp [7 g] Coconut Aminos
- 0.75 tsp [2.25 g] Fajita Seasoning
- 1.5 tbsp [31.5 g] Honey
- 1.5 tsp [7.5 g] Mayonnaise (made with avocado oil)
- 0.5 tsp, ground [0.3 g] Oregano
- 0.5 cup [56 g] Paleo Mix Granola
- 2 tbsp [28 g] Red Wine Vinegar
- 1.125 tsp [5.1 g] Sesame Oil
- 2.5 tbsp [35 g] Avocado Oil
- 0.25 tsp [1.15 g] Baking Powder
- 0.75 tsp [0.53 g] Basil (Dried)
- 0.8 cup [180 g] Beef Bone Broth
- 1.5 tsp [8.25 g] Dijon Mustard
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1 tbsp [16 g] Ketchup No Sugar Added
- 1.5 tbsp [21 g] Olive Oil
- 0.42 tbsp, ground [0.75 g] Oregano
- 1.8 tbsp [24.5 g] Pesto Sauce
- 0.75 tsp [3.5 g] Rice Vinegar

## *Beans/Nuts/Grains*

- 1 tbsp [16 g] Almond Butter
- 2 tbsp [11.5 g] Chickpea Flour
- 2 small tortilla [30 g] Corn Tortilla
- 2 tortilla [86 g] Gluten Free Tortilla Wraps
- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 1 Taco shell [40 g] Soft Shell Taco (gluten free)
- 2 tbsp [14 g] Almond Flour
- 0.4 cup [93.75 g] Chickpeas (canned and drained)
- 2 tbsp [16 g] Dry roasted shelled pistachios
- 3 tbsp [45 g] Hummus
- 0.3 cup [30 g] Slivered Almonds
- 0.3 cup [46.25 g] White Rice (Uncooked)

## *Nuts*

- 0.13 cup, chopped [15 g] Walnuts

## *Eggs*

- 8.5 large [425 g] Egg

## *Meat/Fish/Poultry*

- 6 oz [170.4 g] Ground Chicken
- 18.5 oz [518 g] Skinless Chicken Breast
- 4 slice [220 g] Organic Oven Roasted Turkey Breast

## *Vegetables*

- 0.5 cup [74.5 g] Baby Carrots
- 0.5 cup, florets [35.5 g] Broccoli
- 1.25 medium [76.25 g] Carrots
- 2 tbsp [2 g] Cilantro
- 0.4 cup [22.88 g] Crushed Tomatoes
- 1.75 cucumber (8-1/4") [526.75 g] Cucumber (with Peel)
- 1 clove [3 g] Garlic
- 1 tbsp [3 g] Mint
- 2.7 tbsp [9.9 g] Parsley
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.13 onion (small) [18.5 g] Red Onions
- 14 oz [396.9 g] Red Tomatoes (Canned)
- 2 tbsp [14.13 g] Shredded Carrots
- 2 tbsp [30 g] Sundried Tomatoes
- 1.33 medium [197.33 g] Tomatoes (Roma)
- 1.54 onion [169.58 g] Yellow Onions

#### *Cheese*

- 1 oz [28.35 g] Cheddar Cheese
- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 2 oz [56.7 g] Feta Cheese

#### *Seeds*

- 0.75 tsp [2.25 g] Dried Whole Sesame Seeds

#### *Vegetable Oil*

- 2.5 tablespoon [33.75 g] Olive Oil

#### *Potatoes*

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

#### *Yogurt*

- 0.5 cup [120 g] Greek Yogurt

#### *Olives*

- 0.13 cup, sliced [16.88 g] Black Olives

#### *Chicken*

- 1 can (5 oz) yields [125 g] Canned Chicken (Meat Only)

#### *Pizza*

- 0.5 whole crust [165 g] Cauliflower Pizza Crust

#### *Dairy*

- 2 oz [56 g] Burrata Cheese
- 1 tbsp [15 g] Plain Non Fat Greek Yogurt

#### *Hamburgers*

- 0.13 lb [56.7 g] Ground Beef (95% Lean / 5% Fat)

#### *Beef*

- 5.5 oz [155.93 g] Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat, Choice Grade)

#### *Broth*

- 0.5 cup [120 g] Beef Broth (Home Recipe)

#### *Berries*

- 0.25 cup, sliced [41.5 g] Strawberries

- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [59.5 g] Bell Peppers
- 1 head (5" dia) [163 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- 0.5 cup [50 g] Cauliflower
- 1.9 tbsp [1.83 g] Cilantro (Coriander)
- 0.25 cup slices [26 g] Cucumber (with Peel)
- 1.5 tsp [4.2 g] Garlic
- 0.25 cup, chopped [16.75 g] Kale
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 0.3 cup [64 g] Pico de Gallo
- 1 tbsp, chopped [5 g] Red Onions
- 0.5 medium [59.5 g] Red Sweet Pepper
- 0.5 head (small) [47.5 g] Romaine Lettuce
- 1 cup [30 g] Spinach
- 0.25 cup, chopped or sliced [45 g] Tomatoes
- 0.25 lb [113.4 g] White Potatoes (Flesh and Skin)

- 0.25 cup, shredded [28.25 g] Cheddar Cheese
- 0.13 cup, crumbled [18.75 g] Feta Cheese
- 3.5 oz [99.23 g] Mozzarella Cheese (Whole Milk)

- 0.5 cup [120 g] Low Fat Greek Yogurt

- 1.4 olives [15 g] Kalamata Olives (Peloponnese)

- 2.5 oz, boneless, cooked, skinless [70 g] Skinless Chicken Breast

- 0.75 tsp [3.2 g] Clarified Butter Ghee

- 6 oz [170.1 g] Ground Beef (95% Lean / 5% Fat)

#### *Dried Fruit*

- 2 date, pitted [48 g] Medjool Dates

#### *Bread*

- 2 medium slice [60 g] Gluten Free Bread

#### *Pasta*

- 3.5 oz dry [192.5 g] Gluten Free Pasta

#### *Garlic*

- 1.5 clove [4.5 g] Garlic

#### *Sauces*

- 0.495 tsp [2.64 g] Tomato Paste

#### *Beans*

- 0.4 cup [90 g] Black Beans (Canned)

#### *Mayonnaise*

- 1 1 tbsp [13 g] Avocado Oil Mayonnaise (Sir Kensington)

#### *Bison*

- 4 oz [113.4 g] Ground Bison Meat

# Week 4

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Yogurt Parfait		Hummus Platter		Chicken and Caprese Salad
Monday	Nova Breakfast Sandwich		Black Bean Veggie Burger w/ Sweet Potato Fries		Simple Salmon Dinner
Tuesday	Pumpkin Muffins		Chocolate Cherry Yogurt Bowl		Pasta and Turkey Meatballs
Wednesday	Maple Walnut Oatmeal		Tuna and Such		Slow Cooker Chicken Tortilla Soup
Thursday	Traditional Shakshuka Skillet		Ground Chicken Kofta with Side Salad		Baked Chicken Strips & Sweet Potato Fries
Friday	Banana Almond Smoothie		Mason Jar Chopped Greek Salad		Pesto Chicken & Burrata Cauliflower Pizza
Saturday	Beef and Cheese Breakfast Quesadilla		Homestyle Pot Roast w/ Potatoes & Carrots		Chicken Fajitas

## DAILY AVERAGES

Calories : 1473.12

Fat : 75.51 g

Carbs : 112.39 g

Protein : 92.10 g

Fiber : 22.07 g

# Shopping List

Number of people: 1

## *Yogurt*

- 0.5 cup [120 g] Greek Yogurt
- 0.5 cup [120 g] Low Fat Greek Yogurt

## *Miscellaneous*

- 2 tbsp [28 g] Avocado Oil
- 0.75 tsp [0.53 g] Basil (Dried)
- 1.5 tsp [8.25 g] Dijon Mustard
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.5 tsp, ground [0.3 g] Oregano
- 0.5 cup [56 g] Paleo Mix Granola
- 2.5 tbsp [35 g] Red Wine Vinegar
- 1.5 tbsp [22.5 g] Balsamic Glaze
- 0.5 leaf [0.3 g] Bay Leaf
- 0.75 tsp [2.25 g] Fajita Seasoning
- 1 tbsp [16 g] Ketchup No Sugar Added
- 1.5 tbsp [21 g] Olive Oil
- 0.25 tsp, ground [0.45 g] Oregano
- 1 tbsp [14 g] Pesto Sauce

## *Berries*

- 0.25 cup, sliced [41.5 g] Strawberries

## *Fruit*

- 1 avocado [136 g] Avocado
- 1 cup, chopped [177 g] Honeydew Melon
- 0.33 cup, without pits [47.85 g] Sweet Cherries
- 1.5 medium [177 g] Banana
- 1 medium Lemon

## *Beans/Nuts/Grains*

- 1 tbsp [16 g] Almond Butter
- 0.4 cup [93.75 g] Chickpeas (canned and drained)
- 2 small tortilla [30 g] Corn Tortilla
- 2 tortilla [86 g] Gluten Free Tortilla Wraps
- 3 tbsp [45 g] Hummus
- 3 oz, dry [84 g] Red Lentil Pasta
- 0.4 cup [60 g] Wild Rice, uncooked
- 0.6 cup [63 g] Almond Flour
- 1 tbsp [7 g] Chopped Walnuts
- 2 tbsp [16 g] Dry roasted shelled pistachios
- 2 tbsp [20 g] Hemp Hearts
- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 0.8 cup [67.5 g] Rolled Oats Gluten Free

## *Vegetables*

- 0.5 cup [74.5 g] Baby Carrots
- 0.75 medium [45.75 g] Carrots
- 6 tomato [102 g] Cherry Tomatoes
- 2.25 tsp [0.75 g] Cilantro (Coriander)
- 0.5 cucumber (8-1/4") [150.5 g] Cucumber (with Peel)
- 0.25 can (28oz) [198.5 g] Diced Canned Tomatoes
- 0.25 cup, chopped [16.75 g] Kale
- 0.5 cup [24.9 g] Parsley
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.13 cup, chopped [18.5 g] Red Onions
- 0.5 medium [59.5 g] Red Sweet Pepper
- 0.5 head (small) [47.5 g] Romaine Lettuce
- 1 cup [30 g] Spinach
- 0.25 cup, chopped or sliced [45 g] Tomatoes
- 0.25 lb [113.4 g] White Potatoes (Flesh and Skin)
- 1.38 onion [151.25 g] Yellow Onions
- 0.5 cup [10 g] Broccoli Sprouts
- 0.5 cup [50 g] Cauliflower
- 2 tbsp [2 g] Cilantro
- 0.4 cup [22.88 g] Crushed Tomatoes
- 0.25 cup slices [26 g] Cucumber (with Peel)
- 2 clove [6 g] Garlic
- 0.25 medium (2-1/2" dia) [27.5 g] Onions
- 0.3 cup [64 g] Pico de Gallo
- 1 tbsp, chopped [5 g] Red Onions
- 0.13 cup, chopped [18.63 g] Red Sweet Pepper
- 14 oz [396.9 g] Red Tomatoes (Canned)
- 2 tbsp [14.13 g] Shredded Carrots
- 2 tbsp [30 g] Sundried Tomatoes
- 1 medium [148 g] Tomatoes (Roma)
- 0.13 cup, chopped [20 g] Yellow Onions
- 0.25 can [85 g] Yellow Sweet Corn (canned, 15.5 oz)

## *Olives*

### *Cheese*

- 0.25 cup, shredded [28.25 g] Cheddar Cheese
- 0.13 cup, crumbled [18.75 g] Feta Cheese
- 1 oz [28.35 g] Feta Cheese
- 2 oz [56.7 g] Mozzarella Cheese (Whole Milk)

### *Dried Fruit*

- 2 date, pitted [48 g] Medjool Dates

### *Meat/Fish/Poultry*

- 4 oz [113 g] Boneless Skinless Chicken Thighs (raw)
- 4 oz [112 g] Ground Turkey
- 6 oz [170.4 g] Ground Chicken
- 15.5 oz [434 g] Skinless Chicken Breast

### *Seasoning*

- 4 leaves [2 g] Basil
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 tsp [1.15 g] Cinnamon
- 1.25 tsp [2.63 g] Cumin
- 2.75 tsp [7.7 g] Garlic Powder
- 0.0625 tsp [0.14 g] Nutmeg (Ground)
- 2.5 tsp [5.55 g] Paprika
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 5.75 dash [2.3 g] Salt
- 1 dash [0.4 g] Sea Salt
- 0.25 tsp, ground [0.35 g] Thyme (Dried)
- 6 dash [0.6 g] Black Pepper
- 2.25 tsp [5.7 g] Chili Powder
- 0.125 tsp [0.26 g] Cloves (Ground)
- 1 tbsp [3.1 g] Dill (Dried)
- 1 tbsp [12 g] Minced Garlic
- 0.5 tsp [1.2 g] Onion Powder
- 0.25 tsp [0.07 g] Parsley (Dried)
- 0.25 tsp [0.17 g] Rosemary
- 0.5 tsp [3 g] Salt
- 0.25 tsp [0.2 g] Thyme
- 0.25 tsp [1.05 g] Vanilla Extract

### *Eggs*

- 8 large [400 g] Egg

### *Dairy*

- 2 oz [56 g] Burrata Cheese
- 1 tbsp [15 g] Plain Non Fat Greek Yogurt
- 1 tbsp [28 g] Whole Milk Greek Yogurt Plain
- 1.8 tbsp [22.4 g] Clarified Butter Ghee
- 1 cup [227 g] Whole Milk Greek Yogurt - Vanilla

### *Salmon*

- 3 oz, boneless [85.05 g] Smoked Salmon

### *Bread*

- 2 medium slice [60 g] Gluten Free Bread

### *Beans*

- 11.25 oz [321.41 g] Black Beans (Canned)

### *Vegetable Oil*

- 1 tablespoon [13.5 g] Extra Virgin Olive Oil
- 2.25 tablespoon [30.38 g] Olive Oil

### *Oats*

- 0.3 cup [20.25 g] Oats

### *Sauces*

- 1.5 tsp [9 g] Soy Sauce (Tamari)

### *Potatoes*

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

### *Fish*

- 5 oz, boneless, raw [141.75 g] Salmon
- 5 oz [141.75 g] Tuna in Water (Canned)

### *Flour*

- 0.25 tsp [1.15 g] Baking Soda

### *Pumpkins*

- 3 tbsp [46.88 g] Pumpkin Puree

### *Syrup*

- 2 tbsp [40.13 g] Maple Syrup

### *Butter*



- 1 tablespoon [16 g] Almond Butter

#### *Chocolate*

- 1 30 chips [15 g] Extra Dark Chocolate Chips (Guittard)

#### *Milk*

- 1.3 cups [306.25 g] Almond Milk

#### *Chicken Soup*

- 2 cup (8 fl oz) [486 g] Chicken Stock

#### *Wraps*

- 1 small tortilla (approx 4" dia) [10.7 g] Corn Tortilla

#### *Chicken*

- 2.5 oz, boneless, cooked, skinless [70 g] Skinless Chicken Breast

#### *Pizza*

- 0.5 whole crust [165 g] Cauliflower Pizza Crust

#### *Hamburgers*

- 0.13 lb [56.7 g] Ground Beef (95% Lean / 5% Fat)

#### *Beef*

- 5.5 oz [155.93 g] Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat, Choice Grade)

#### *Broth*

- 0.5 cup [120 g] Beef Broth (Home Recipe)