



5 Day Meal Plan

Notes:

- *You'll notice there aren't any quantities on this meal plan. We believe WHAT you eat is much more important than HOW MUCH you eat.*
- *Follow this plan to fuel your body with whole, nutrient dense foods.*
- *If you follow this plan + train hard with us, practice listening to your body's cues on what quantities you need. Each body is different and has different caloric demands.*
- *Please note when dressings, cheeses, etc. are included here, they should be used sparingly as they will quickly add unnecessary calories to your meals'*
- *You'll notice water included in every meal and snack- proper hydration is a huge part of properly fueling your body. Aim to drink half your weight in ounces of water per day (E.g. If you weigh 150 lbs., drink 75 ounces of water per day)*

Contact us if you'd like to take your nutrition to the next level with NOURISH- our 6 week custom nutrition coaching, which boasts fat loss of 2-5% within 6 weeks.

DAY ONE

Breakfast

212 BERRY SHAKE (Ratios – adjust to desired size)

- 1 scoop vanilla whey protein
- 1 cup fresh or frozen berries
- 1 1/2 cups unsweetened coconut milk

Whole egg, fried

Snack

Apple with skin, raw

Raw almonds

Water

Lunch

Chicken breast, boneless, roasted, meat only

Romaine lettuce

Parmesan cheese

Olive Oil + Lemon Juice Dressing

Water

Snack

Baby peeled carrots

Celery, raw

Hummus

Water

Dinner

Water

Wild salmon

RAINBOW RED CABBAGE SALAD (Ratios – adjust to desired size)

- 1 TB macadamia nut, dried
- 2 TB extra virgin olive oil

- 2 TB lime juice
- 1/2 cups broccoli stalks, raw, sliced
- 1/2 cups carrot, raw, sliced
- 1/2 fruit mango, raw, chopped
- 1 cups red cabbage, raw, sliced

Snack

Peach, raw
Raspberries, raw
Water

DAY TWO

Breakfast

212 BERRY SHAKE (Ratios – adjust to desired size)

- 1 scoop vanilla whey protein
- 1 cup fresh or frozen berries
- 1 1/2 cups unsweetened coconut milk

Whole egg, fried

Snack

Water
Apple w/skin, raw
String cheese

Lunch

Turkey breast, roasted, lower sodium, skinless
Tomato, raw
Cheddar cheese
Spinach, raw
Mustard
Wheat bread
Mayo-type salad dressing
Water

Snack

Almonds
Clementines
Water

Dinner

Chicken breast, skinless, grilled
Mushrooms, white, stir-fried
Quinoa, cooked
Asparagus, raw
Water

Snack

Banana
Almond Butter
Water

DAY THREE

Breakfast

212 BERRY SHAKE (Ratios – adjust to desired size)

- 1 scoop vanilla whey protein
- 1 cup fresh or frozen berries

- 1 1/2 cups unsweetened coconut milk

Whole egg, fried

Snack

Grapes
String Cheese
Water

Lunch

Tomato
Whole Wheat Wrap
Roasted Turkey
Dijon mustard
Romaine lettuce
Cucumber, raw
Salad dressing, mayo-type, nonfat
Water

Snack

Almonds
Apple
Water

Dinner

Marinara sauce, low sodium
93% lean ground beef
Spaghetti squash, baked
Romaine lettuce
Salad dressing, balsamic vinaigrette, light

Snack

Raspberry
Mango
Water

DAY FOUR

Breakfast

212 BERRY SHAKE (Ratios – adjust to desired size)

- 1 scoop vanilla whey protein
- 1 cup fresh or frozen berries
- 1 1/2 cups unsweetened coconut milk

Snack

Apple
Almond Butter
Water

Lunch

Atlantic wild salmon, cooked
Wild Rice
RAINBOW RED CABBAGE SALAD (Ratios – adjust to desired size)

- 1 TB macadamia nut, dried
- 2 TB extra virgin olive oil
- 2 TB lime juice
- 1/2 cups broccoli stalks, raw, sliced
- 1/2 cups carrot, raw, sliced
- 1/2 fruit mango, raw, chopped

Snack

1% Cottage Cheese
Banana
Water

Dinner

Chicken breast, grilled, skinless
Baked sweet potato
KALE CHIPS (Ratios – adjust to desired size)

- 2 TB extra virgin olive oil
- 2 TB sea salt
- 1/2 teaspoons garlic powder
- 4 cups kale

Snack

Grapefruit
Almonds
Water

DAY FIVE**Breakfast**

212 BERRY SHAKE (Ratios – adjust to desired size)

- 1 scoop vanilla whey protein
- 1 cup fresh or frozen berries
- 1 1/2 cups unsweetened coconut milk

Snack

Almond Butter
Apple

Lunch

Spinach/Power Greens
Chicken breast strips, grilled
Tomatoes, raw, chopped
Avocado
Cheddar Cheese
Balsamic vinaigrette salad dressing
Water

Snack

Blueberries, raw
1% cottage cheese
Water

Dinner

ITALIAN STYLE STUFFED PEPPERS (Ratios – adjust to desired size)

- 3/4 pounds beef, ground, lean, pan-fried
- 1 TB basil, dried
- 1/2 cups tomato, raw
- 1 oz garlic, minced (3 cloves)
- 1 medium onion, raw
- 1 TB extra virgin olive oil
- 2 cups red bell pepper, medium
- 1/2 cup organic mixed vegetables

Water

Snack

Strawberries

Almonds

Water

RECIPES

Rainbow Red Cabbage Salad

Ingredients

- 1 tablespoons Macadamia Nut, Dried (bushnut)
- 2 tablespoons Extra Virgin Olive Oil
- 2 lime-yield Lime Juice, Raw
- 1/2 cups Broccoli Stalks, Raw
- 1/2 cups Carrot, Baby, Raw
- 1/2 fruit Mango, Raw
- 1 cups Red Cabbage, Raw

Instructions

Shred the cabbage, carrots and broccoli stalks, finely chop the mango and macadamia nuts. In large mixing bowl, combine the red cabbage, carrots, broccoli and mango. Top the vegetable mixture with lime juice, olive oil, sea salt and black pepper to taste. Toss to coat the mixture well with dressing. Top with chopped nuts.

Kale Chips

Ingredients

- 2 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Sea Salt
- 1/2 teaspoons Garlic Powder
- 4 cups Kale

Instructions

Rinse kale leaves and pat dry. Remove stems and roughly chop leaves into large pieces. Place leaves in bowl and massage oil into leaves. Arrange kale in single layer on a baking sheet and sprinkle with garlic powder, sea salt and black pepper to taste. Bake @ 350 for 10-15 minutes until leaves are crispy.

Italian Style Stuffed Peppers

Ingredients

- 3/4 pounds Beef, Ground, Lean, Pan-fried, Medium
- 1 tablespoons Basil, Dried
- 1/2 cups Tomato, Raw
- 1 oz Garlic, Minced (3 Cloves)
- 1 medium Onion, Raw
- 1 tablespoons Extra Virgin Olive Oil
- 2 cups Red Bell Pepper, Medium

Instructions

Heat olive oil in large skillet over medium high heat. Sauté onion, adding sea salt and black pepper to taste, until they're translucent and slightly browned on the edges. Add the tomatoes and garlic to the onions and simmer for about two minutes. Add the beef and cook until fully done. Mix in the chopped. Spoon stuffing mixture into bell pepper halves and bake for 15-20 minutes @ 275.