

PRE-BREAKFAST**Iaso® Tea, NutraBurst® Mimosa & NRG****NutraBurst® Mimosa**

1 serving - 35 calories.

**Ingredients**

- 1 tbsp NutraBurst®
- 1/4 cup organic orange juice
- Splash of sparkling water/LaCroix

**BREAKFAST****Breakfast Burrito**Serving size: 1 burrito | Makes 2 servings
460 calories per serving.**Ingredients**

- 1 teaspoon cooking oil
- 1/4 small red onion, diced
- 1/2 red bell pepper, seeded and diced
- 1/2 cup drained, rinsed canned black beans
- Pinch teaspoon chili flakes
- 1/4 cup shredded pepper jack cheese (optional)
- Salt and pepper
- 2 eggs and 2 egg whites
- Nonstick cooking spray
- 2 10-inch tortillas
- 1 small tomato, seeded and diced
- Hot sauce and salsa to taste





Breakfast Burrito

Preparation

Heat oil in one large skillet over medium-high heat.

Cook onions and peppers until peppers are slightly charred. Add black beans and chili flakes. Heat until warmed.

Whisk the eggs and egg whites together, then add the cheese (optional).

Spray another skillet with cooking spray, and heat. Add eggs, stirring until cooked.

Spoon salsa onto the tortilla, then layer with 1/2 of the black beans, 1/2 of the scrambled eggs, and some diced tomato.

Season with hot sauce.

Roll up burrito-style and serve.

LUNCH



Pesto Tuna Wrap

Serving size: 1 wrap | Makes 1 serving | 292 calories per serving.



Ingredients

- 1 pouch tuna
- 1 whole wheat tortilla
- 2 lettuce leaves
- 1/2 cup tomato, chopped
- 2 tablespoons onion, chopped
- 1 tablespoon pesto
- 1 tablespoon light mayonnaise



Preparation

Transfer tuna to a bowl.

Add tomatoes, onion, mayonnaise, and pesto. Mix well.

Place lettuce leaves over tortilla.

Spoon on tuna mixture.

Roll the tortilla.

OPTIONAL SNACK

Vanilla Raspberry Smoothie

Makes 2 servings.

**Ingredients**

- 1/4 cup sugar
- 1/4 cup water
- 1/2 cup plain Greek yogurt
- 1/2 cup frozen raspberries
- 1/4 cup apple juice or cider
- 1/2 teaspoon vanilla extract
- 1 cup ice
- 1/2 scoop whey protein shake mix

**Directions**

In a small saucepan, bring sugar and water to a boil over medium-high heat.

Simmer, stirring occasionally, until the sugar has dissolved. Cool for 20 minutes.

Pour the cooled syrup into a blender. Add the yogurt, raspberries, apple juice, vanilla, shake mix and ice, and blend.

DINNER

**Ingredients****For the eggplant:**

- 2 large eggs, beaten lightly
- 1 tablespoon water
- 2 cups whole-wheat panko
- 1/4 cup fresh Parmesan cheese, grated
- 2 large eggplants, peeled and cut crosswise into 1/2-inch-thick slices
- Cooking spray

**Eggplant Parmesan**

Serving size: 1 slice
Makes 10 servings
318 calories per serving.



Eggplant Parmesan



Ingredients

For the filling:

- 1/2 cup fresh basil, torn
- 1/4 cup fresh Parmigiano Reggiano cheese, grated
- 1/2 teaspoon crushed red pepper
- 1 1/2 teaspoons garlic, minced
- 1/4 teaspoon salt
- 1 16 oz container low-fat ricotta cheese
- 1 large egg, beaten lightly

Remaining ingredients:

- 1 24 oz jar pasta sauce
- 1/4 teaspoon salt
- 8 oz mozzarella cheese, thinly sliced
- 3/4 cup fontina cheese, finely grated



Preparation

Preheat the oven to 375 degrees.

For eggplant:

Combine 2 eggs and 1 tablespoon water in a shallow dish.

Combine panko and 1/4 cup Parmesan in a second shallow dish.

Dip eggplant in egg mixture, then into panko mixture, pressing gently and then shaking off excess.

Place eggplant 1 inch apart on baking sheets coated with cooking spray.

Bake at 375 degrees for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.

For filling:

Combine basil, Parmesan cheese, pepper, garlic, salt, ricotta cheese, and egg in a bowl.

Spoon 1/2 cup pasta sauce in bottom of a 13-inch by 9-inch glass baking dish coated with cooking spray. Layer half of eggplant slices over pasta sauce. Sprinkle eggplant with salt.

Top with 3/4 cup pasta sauce.

Spread half of ricotta mixture over sauce, and top with a third of mozzarella and 1/4 cup fontina.

Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray. Bake at 375 degrees for 35 minutes.

Remove foil and top with remaining third of mozzarella and 1/4 cup fontina. Bake at 375 for 10 minutes or until sauce is bubbly and cheese melts.





DAY 1

GROCERY LIST

NutraBurst®

Organic Orange Juice

Sparkling Water

Olive Oil

Nonstick Cooking Spray

Hot Sauce

Salsa

Chili Flakes

Salt and pepper

Pesto

Light Mayonnaise

Sugar

Apple Juice or Cider

Vanilla Extract

Fresh Basil

Crushed Red Pepper

Garlic, minced

24 oz jar Pasta Sauce

Small Red Onion

Red Bell Pepper

1 Small Tomato

Lettuce

Large eggplants

Black Beans

Eggs

Egg Whites

Shredded Pepper Jack

Cheese

Tuna

Plain Greek yogurt

Whey protein shake mix

Parmigiano-Reggiano cheese

16 oz container low-fat ricotta cheese

8 oz mozzarella cheese

Fontina cheese

10-inch tortillas

Frozen Raspberries

Panko Bread Crumbs

PRE-BREAKFAST _____

Iaso® Tea, NutraBurst® Mimosa & NRG.

BREAKFAST _____**Overnight Oats**

Serving size: 1 jar | Makes 1 serving
350 calories per serving.

**Ingredients**

- 3/4 cup nonfat milk
- 1/2 cup old-fashioned rolled oats
- 1/3 cup blueberries or choice of fruit
- 1 teaspoon packed light brown sugar
- 1/4 teaspoon finely grated lemon zest
- 1/8 teaspoon pure vanilla extract
- Pinch Kosher salt
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey or agave nectar

**Preparation**

In a glass pint jar or other container with lid, combine milk, oats, fruit, brown sugar, lemon zest, vanilla, and salt. Secure the lid and shake.

Refrigerate at least 6 hours, up to overnight. In the morning, top with the almonds and honey.

Remove lid and microwave to warm up, if desired.

LUNCH



Ingredients

- 1 15 oz can low sodium chickpeas
- 1 celery stalk
- 2 tablespoons red onion
- 1 teaspoon garlic salt
- 3 tablespoons honey mustard
- 4 leaves butter or romaine lettuce



Preparation

Drain and rinse the chickpeas and place them in a large bowl.

Thinly slice the celery and onions.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 servings
347 calories per serving.

OPTIONAL SNACK

Peanut Butter & Jelly Anytime Smoothie

Makes 2 servings.

**Ingredients**

- 10 oz unsweetened almond milk
- 1/2 cup frozen strawberries or blueberries
- 1 heaping tablespoon smooth peanut butter
- 1 scoop of whey protein shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

DINNER

Chicken Enchiladas

Serving size: 2 enchiladas

Makes 6 servings

374 calories per serving.



DINNER



Chicken Enchiladas

Ingredients

- 1 cup onion, chopped
- 1 cup unsalted chicken stock
- 1 tablespoon all-purpose flour
- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 15 oz can unsalted tomato sauce
- 3 cups shredded skinless, boneless rotisserie chicken breast
- 1 15 oz can unsalted black beans, rinsed and drained
- 12 6-inch whole wheat tortillas
- Cooking spray
- 3/4 cup shredded 4-cheese Mexican blend cheese
- 1 cup chopped tomato
- 1/4 cup fresh cilantro, chopped
- 6 tablespoons sour cream



Preparation

Preheat broiler to high.

In a sauce pan, combine onion, chicken stock, flour, chili powder, cumin, garlic powder, salt, and tomato sauce. Bring to a boil and allow to thicken. Reserve 1 1/2 cups of sauce.

Add beans and chicken to pan and heat.

Heat tortillas. Spoon some the chicken mixture into the center of each tortilla and roll.

Place rolls, seam down, into a baking dish treated with cooking spray. Top with remaining sauce and cheese.

Cook under broiler until cheese is melted.





DAY 2

GROCERY LIST

1 cup onion, chopped
 1 cup unsalted chicken stock
 1 tablespoon all-purpose flour
 1 1/2 tablespoons chili powder
 2 teaspoons ground cumin
 3/4 teaspoon garlic powder
 1/2 teaspoon crushed red pepper
 1/4 teaspoon salt
 1 15 oz can unsalted tomato sauce
 3 cups shredded skinless, boneless rotisserie chicken breast
 1 15 oz can unsalted black beans, rinsed and drained
 12 6-inch whole wheat tortillas
 Cooking spray
 3/4 cup shredded 4-cheese Mexican blend cheese
 1 cup chopped tomato
 1/4 cup fresh cilantro, chopped
 6 tablespoons sour cream
 10 oz unsweetened almond milk
 1/2 cup frozen strawberries or blueberries

1 heaping tablespoon smooth peanut butter
 1 scoop whey protein shake mix
 1 15 oz can low sodium chickpeas
 1 celery stalk
 2 tablespoons red onion
 1 teaspoon garlic salt
 3 tablespoons honey mustard
 4 leaves butter or romaine lettuce
 3/4 cup nonfat milk
 1/2 cup old-fashioned rolled oats
 1/3 cup blueberries or choice of fruit
 1 teaspoon packed light brown sugar
 1/4 teaspoon finely grated lemon zest
 1/8 teaspoon pure vanilla extract
 Pinch kosher salt
 1 tablespoon toasted sliced almonds
 2 teaspoons honey or agave nectar



PRE-BREAKFAST

Iaso® Tea, NutraBurst® Mimosa & NRG.

NutraBurst® Mimosa

1 serving - 35 calories.

**Ingredients**

- 1 tbsp NutraBurst®
- 1/4 cup organic orange juice
- Splash of sparkling water/LaCroix

**BREAKFAST**



Sweet Potato Chicken Hash

Serving size: 1 bowl | Makes 1 serving
261 calories per serving.



Sweet Potato Chicken Hash



Ingredients

- 1/4 cup diced sweet potatoes
- 1/2 cup left-over cooked chicken, chopped
- 1/4 teaspoon paprika
- Salt and pepper to taste
- 1 large egg



Preparation

In a bowl, microwave sweet potatoes with 1 tbsp water 2 - 5 mins.

Add chicken, paprika, salt + pepper to taste. Microwave 1 min. Crack egg on top.

Add a few drops of water to egg and microwave about 45 secs.

LUNCH

Vegetable Sandwich

Serving size: 1 sandwich | Makes 1 serving
300 calories per serving.



Ingredients

- 2 slices whole-grain bread
- 2 slices tomato
- 1/2 small cucumber, sliced
- 1 tablespoon hummus
- 1 slice low-fat cheese
- Salt and pepper to taste



Preparation

Place veggies on 1 bread slice. Cover with cheese. Spread hummus on other slice. Season to taste.



OPTIONAL SNACK

Key Lime Not-So Pie Smoothie

Makes 2 servings.

**Ingredients**

- 1/2 cup cottage cheese
- 1 tablespoon lime juice
- 1 cup ice cubes
- 1/2 cup unsweetened almond milk
- 1 tablespoon non-sugar sweetener
- 1/2 cup spinach
- 1 scoop whey protein shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

DINNER

**Easy Clean-Up Pork & Potatoes Dinner**

Serving size: 1 pork chop, 1/4 of potatoes & asparagus

Makes 4 servings | 486 calories per serving.



DINNER

Easy Clean-Up Pork & Potatoes Dinner



Ingredients

- 1/4 cup olive oil
- 3 cups new potatoes, diced
- 3 cups fresh asparagus, cut into 1-inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large gala or Honeycrisp apple, peeled and cut into 1-inch wedges
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 4 boneless pork loin chops (1-inch thick and about 6 ounces each)
- Salt and pepper
- 2 teaspoons of your favorite BBQ or Southwest seasoning



Preparation

Preheat oven to 425 degrees.

Line a 15 x 10 baking pan with foil.

Brush with 2 tsps oil.

In a large bowl, toss potatoes with 1 tbsp oil. Place in 1 corner of pan. In same bowl, toss asparagus with 1 tbsp oil. Place in other corner of pan.

In same bowl, toss apple with 1 tsp oil.

In a small bowl, mix sugar, cinnamon + ginger. Add apples; mix. Add to free area of pan.

Brush chops with 1 tbsp oil. Season both sides. Move chops to free area of pan.

Bake 20-25 mins or until thermometer reads 145 degrees + potatoes/ apples are tender.





DAY 3

GROCERY LIST

1/4 cup olive oil
3 cups new potatoes, diced
3 cups fresh asparagus,
cut into 1-inch pieces
1 large gala or honeycrisp
apple, peeled and cut into
1-inch wedges
2 teaspoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
4 boneless pork loin chops
(1-inch thick and about 6
ounces each)
Salt and pepper
2 teaspoons of your favorite
BBQ or Southwest seasoning
1/2 cup cottage cheese

1 tablespoon lime juice
1/2 cup unsweetened almond
milk
1 tablespoon non-sugar
sweetener
1/2 cup spinach
1 scoop whey protein shake
mix
2 slices whole-grain bread
2 slices tomato
1/2 small cucumber, sliced
1 tablespoon hummus
1 slice low-fat cheese
1/4 cup diced sweet potatoes
1/2 cup left-over cooked
chicken, chopped
1/4 teaspoon paprika
1 large egg

PRE-BREAKFAST _____

Iaso® Tea, NutraBurst® Mimosa & NRG.

BREAKFAST _____**Huevos Rancheros**

Serving size: 1 tortilla | Makes 2 servings
360 calories per serving.

**Ingredients**

- Salsa
- 2 tablespoons extra-virgin olive oil
- 1/2 15.5-ounce can black beans, drained and rinsed
- 2 large eggs
- 2 6-inch corn tortillas, warmed
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped fresh cilantro

**Preparation**

Heat a medium skillet over low heat. Add 1 tbsp oil. Fry salsa in oil; let it thicken. Add to bowl and set aside. (Optional: Purchase salsa if preferred.)

Add beans to same pan with 1/4 cup of warm water. Cook over low heat until warm.

Heat tbsp of oil in new skillet. Fry the eggs sunny-side up, add pepper to taste.

Add ingredients to tortilla and serve!



LUNCH



Lemony Herb Rice Salad

Serving size: 1 salad | Makes 6 servings
378 calories per serving.



Ingredients

- 2 lemons
- Salt and pepper to taste
- 1/2 medium red onion, sliced
- 1 medium carrot, shredded
- 1/4 cup vegetable oil
- 2 cups whole-grain rice
- 2 tablespoons rice wine vinegar
- 2 teaspoons packed light brown sugar
- 1 cucumber, seeded and diced
- 1/2 cup salted roasted peanuts, chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh mint, chopped
- 1/2 cup fresh basil, chopped
- 1 bunch watercress, stems removed, leaves torn



Preparation

Peel 2 strips of zest from 1 lemon. Add 1 strip to oil in small saucepan over medium heat. Cook until edges turn golden. Set aside lemon oil to cool.

Cook rice as the package directs. Add remaining lemon strip to water.

Place rice in large bowl, discard zest, and fluff with a fork. Set aside to cool to room temp.

In a medium bowl, juice both lemons. Add vinegar, brown sugar, 1 1/4 tsp salt and 1/2 tsp pepper. Whisk until sugar dissolves. Discard zest from lemon oil and whisk oil into dressing. Add onion; marinate 15 mins.

Mix carrot, cucumber, peanuts, cilantro, mint, basil + watercress with rice.

Top with the dressing mixture and toss.

OPTIONAL SNACK

Lemon Ginger Smoothie

Makes 2 servings.

**Ingredients**

- 1 1/2 oz collard greens
- 4 oz grape tomatoes
- 5 oz cucumbers, chopped
- 1 lemon, juiced
- 1/2 inch ginger root, peeled and chopped
- 1 tablespoon chia seeds
- 1 cup water
- 1 cup ice
- 1/2 scoop whey protein shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

DINNER

No Noodle Pumpkin Zucchini Lasagna

DINNER

No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings

405 calories per serving.



Ingredients

- 2 cups butternut pumpkin, peeled and thinly sliced
- Cooking spray
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/3 cup sundried tomatoes, chopped
- 28 oz can crushed tomatoes
- 1 cup dried red lentils, rinsed, drained
- 2 large zucchinis, peeled, sliced into ribbons
- 2 tablespoons fresh oregano, chopped
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 1/2 cups ground beef
- 15 oz low-fat ricotta
- 1 egg, lightly beaten
- 1/2 cup parmesan cheese, grated



Preparation

Preheat oven to 400 degrees. Line 2 large baking trays with parchment paper.

Put pumpkin on trays. Spray with oil. Roast for 10 mins; move to a plate.

Put zucchini on trays. Spray with oil. Roast 5 mins.

Heat oil in a large saucepan over medium-high heat. Add onion. Cook until translucent. Add garlic. Cook until fragrant. Add beef and cook until browned. Add cinnamon, allspice, all tomatoes, lentils, + 2 1/2 cups water. Bring to boil. Reduce heat to medium-low. Simmer partially covered for 10 mins. Uncover. Cook additional 10 mins. Remove from heat; add oregano.

Add ricotta, egg + 1/2 the parmesan cheese in a bowl. Season with salt + pepper.

Spray 8 x 10 baking dish with cooking spray. Spread 2 cups of meat mix over pan. Spread 1/2 the ricotta mix over meat. Layer 1/2 the pumpkin and 1/2 the zucchini. Top with remaining meat mix, ricotta mix, pumpkin + zucchini. Add last of parmesan.

Cover with parchment paper, then foil. Bake for 20 mins. Remove foil and parchment paper. Bake for another 10-15 mins or until golden. Let stand for 10 mins before slicing.



DAY 4

GROCERY LIST

1 tbsp NutraBurst®
1/4 cup organic orange juice
Splash of sparkling water
1 small tomato
1 small onion
1 small jalapeno pepper, chopped
1 clove garlic, chopped
Hot sauce to taste
1/2 teaspoon ground cumin
Salt and pepper to taste
2 tablespoons extra-virgin olive oil
1/2 15.5-ounce can black beans, drained and rinsed
2 large eggs
2 6-inch corn tortillas, warmed
1/4 cup crumbled feta cheese
1/4 cup chopped fresh cilantro
1 1/2 oz collard greens
4 oz grape tomatoes
5 oz cucumbers, chopped
1 lemon, juiced
1/2 inch ginger root, peeled and chopped
1 tablespoon chia seeds
1 cup water
1 cup ice
1/2 scoop whey protein shake mix
2 lemons
Salt and pepper to taste
1/2 medium red onion, sliced

1 medium carrot, shredded
1/4 cup vegetable oil
2 cups whole-grain rice
2 tablespoons rice wine vinegar
2 teaspoons packed light brown sugar
1 cucumber, seeded and diced
1/2 cup salted roasted peanuts, chopped
1/2 cup fresh cilantro, chopped
1/2 cup fresh mint, chopped
1/2 cup fresh basil, chopped
1 bunch watercress, stems removed, leaves torn
2 cups butternut pumpkin, peeled and thinly sliced
Cooking spray
2 large zucchinis, peeled, sliced
1 tablespoon extra-virgin olive oil
1 onion, finely chopped
3 garlic cloves, crushed
1 1/2 cups ground beef
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/3 cup sundried tomatoes, chopped
28 oz can crushed tomatoes
1 cup dried red lentils, rinsed, drained
2 tablespoons fresh oregano, chopped
15 oz low-fat ricotta
1 egg, lightly beaten
1/2 cup parmesan cheese, grated



PRE-BREAKFAST _____

Iaso® Tea, NutraBurst® Mimosa & NRG.

BREAKFAST _____

Egg & Tomato Sandwich

Serving size: 1 sandwich | Makes 1 serving

203 calories per serving.



Ingredients

- 1 whole grain roll
- 1 tbsp chopped scallions
- 1 large hard-boiled egg, sliced
- 1 tbsp light mayonnaise
- 1 thick slice ripe tomato
- Salt and pepper to taste



Preparation

Add egg on roll, then tomato.
Add scallions.
Add salt/pepper to taste; add mayo.



LUNCH



Lentil Bowl

Serving size: 3/4 of a cup | Makes 2 servings | 294 calories per serving.



Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/2 cup tomatoes, chopped
- 1 tablespoon cilantro, minced
- 2 garlic cloves, minced
- 1 cup dried brown lentils, rinsed
- 1 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon paprika
- Pinch pepper
- 1 1/2 cups water
- 1/4 cup lemon juice
- 2 tablespoons tomato paste
- 1/2 cup fat-free plain Greek yogurt



Preparation

In a large saucepan, heat oil over medium-high heat. Cook onions until translucent. Add garlic; cook for 1 min. Add lentils, seasonings + water. Bring to a boil. Reduce heat.

Simmer, covered, 25-30 minutes.

Add lemon juice + tomato paste; heat through.

Move to bowl. Top with yogurt, tomatoes, and cilantro.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.



OPTIONAL SNACK

Oatmeal Shake**Ingredients**

- 1/4 cup dry oats
- 1/2 teaspoon ground cinnamon
- 1 teaspoon pure maple syrup
- 1 1/2 cups water or almond milk
- Handful of ice cubes
- 1 scoop whey protein shake mix

**Directions**

Place ingredients into a blender and blend until smooth.



DINNER

**One-Pan Tilapia with Veggies**

DINNER

One-Pan Tilapia with Veggies

Serving size: 1 piece of fish and 1/2 the vegetables

Makes 2 servings | 555 calories per serving.



Ingredients

- 2 medium Yukon Gold potatoes, cut into chunks
- 3 large fresh Brussels sprouts, sliced
- 3 large radishes, sliced
- 1 cup fresh sugar snap peas, cut into 1/2-inch pieces
- 1 small carrot, thinly sliced
- 2 tablespoons butter, melted
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 2 tilapia fillets (about 6 ounces each)
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
- 1/8 teaspoon salt
- 1 tablespoon butter, softened
- Lemon (optional)
- Cooking spray



Preparation

Preheat the oven to 450 degrees. Line a 15x10 sheet pan with foil; spray foil with cooking spray.

In a bowl combine veggies. Add butter, garlic salt, pepper; toss to coat. Place veggies in a single layer on a pan and bake for 20 mins.

Remove from oven; preheat broiler. Put veggies on 1 side of the pan. Add fish to the other & season; top with butter. Broil 4-5 inches from heat for 5 mins.

Add a squeeze of lemon, to taste.





DAY 5

GROCERY LIST

1 tablespoon olive oil
 1 medium onion, chopped
 1/2 cup tomatoes, chopped
 1 tablespoon cilantro, minced
 2 garlic cloves, minced
 1 cup dried brown lentils, rinsed
 1 teaspoon salt
 1/4 teaspoon ground ginger
 1/4 teaspoon paprika
 Pinch pepper
 1 1/2 cups water
 1/4 cup lemon juice
 2 tablespoons tomato paste
 1/2 cup fat-free plain Greek yogurt
 1 whole grain roll or gluten-free bread
 1 tbsp chopped scallions
 1 large hard-boiled egg, sliced
 1 tbsp light mayonnaise
 1 thick slice ripe tomato
 Salt and pepper to taste
 2 medium Yukon Gold potatoes, cut into chunks

3 large fresh Brussels sprouts, sliced
 3 large radishes, sliced
 1 cup fresh sugar snap peas, cut into 1/2-inch pieces
 1 small carrot, thinly sliced
 2 tablespoons butter, melted
 1/2 teaspoon garlic salt
 1/2 teaspoon pepper
 2 tilapia fillets (about 6 ounces each)
 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
 1/8 teaspoon salt
 1 tablespoon butter, softened
 Lemon (optional)
 Cooking spray
 1/4 cup dry oats
 1/2 teaspoon ground cinnamon
 1 teaspoon pure maple syrup
 1 1/2 cups water or almond milk
 Handful of ice cubes
 1 scoop whey protein shake mix

PRE-BREAKFAST

**Shot of NutraBurst® & NRG
Cleansing Tea Smoothie****Cleansing Tea Smoothie**

**Ingredients**

- 1 1/2 oz spinach
- 1 apple, chopped
- 1 cucumber, chopped
- 1/2 lemon, juiced
- 1/2 inch ginger root, peeled and chopped
- 1/2 sachet Iaso® Instant Tea
- 3 tablespoons walnuts
- 1 cup water
- 1 cup ice

**Directions**

Place ingredients into a blender and blend until smooth.



BREAKFAST

Breakfast Frittata Cup

Serving size: 1 breakfast frittata

Makes 12 servings

82 calories per serving.



Ingredients

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste
- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese
- Cooking spray



Preparation

Preheat the oven to 350°F. Spray 12-cup muffin tin with spray.

In a large bowl, whisk eggs/onion.

Season to taste.

Add egg mix halfway in each tin.

Divide 3 topping combos into 4 muffin cups each.

Bake for 15-20 mins, until set.

Cool slightly, then serve OR store in an airtight container in the fridge for up to 4 days; reheat when ready to serve.



LUNCH



Vegetarian Burrito

Serving size: 1 burrito | Makes 2 servings
387 calories per serving.



Ingredients

- 2 10-inch whole wheat tortillas
- 1/4 cup onion, chopped
- 2 tsp vegetable oil
- 1/3 tsp ground cumin
- 1/3 tsp chili powder
- 1/2 cup red bell pepper, chopped
- 1/3 cup frozen corn kernels, thawed
- 1 medium carrot, coarsely grated
- 1 cup canned black beans, rinsed, drained
- 1/3 cup drained canned Mexican-style stewed tomatoes
- 1 tsp jalapeño chile, seeded and chopped
- 4 tbsp Monterey Jack cheese, grated
- 2 tbsp nonfat sour cream
- 2 tbsp fresh cilantro, chopped



Preparation

Combine onion/oil in a large nonstick skillet. Stir over medium-high heat until the onion is translucent. Add cumin, chili powder. Add bell pepper, corn, and carrot. Cook until softened. Add beans, tomatoes, jalapeño. Simmer; season. Remove from heat.

Warm tortillas according to packaging.

Add filling to tortilla; wrap burrito-style.

OPTIONAL SNACK

Breakfast Frittata Cup with Salsa, Green Juice or Apple.



DINNER



Shrimp with Sweet Potatoes & Kale

Serving size: 1/4 of skillet | Makes 4 servings

265 calories per serving.



Ingredients

- 2 tbsp extra virgin olive oil
- 1/2 cup onions, diced
- Crushed red pepper to taste
- 2 cloves garlic, minced
- 2 cups sweet potatoes, diced
- 2 cups shrimp, peeled, deveined, and thawed if frozen
- 3 cups kale leaves, trimmed and coarsely chopped
- Salt and pepper to taste



Preparation

In a skillet, heat oil over medium heat.

Add onions + crushed red pepper. Cook until onions are translucent.

Add garlic and cook for 30 secs.

Add sweet potatoes and cook until soft.

Add shrimp and cook until pink.

Set heat to low. Add kale. Stir until wilted.

Season to taste.





DAY 6

GROCERY LIST

2 tablespoons extra virgin olive oil
1/2 cup onions, diced
Crushed red pepper to taste
2 cloves garlic, minced
2 cups sweet potatoes, diced
2 cups shrimp, peeled, deveined, and thawed if frozen
3 cups kale leaves, trimmed and coarsely chopped
2 10-inch whole wheat tortillas
1/4 cup onion, chopped
2 teaspoons vegetable oil
1/3 teaspoon ground cumin
1/3 teaspoon chili powder
1/2 cup red bell pepper, chopped
1/3 cup frozen corn kernels, thawed
1 medium carrot, coarsely grated
1 cup canned black beans, rinsed, drained
1/3 cup drained canned Mexican-style stewed tomatoes

12 large eggs
2 tablespoons finely chopped onion, (red, white or yellow/brown)
Salt and pepper, to taste
1/4 cup fresh spinach, roughly chopped
8 grape or cherry tomatoes, halved
1/4 cup shredded mozzarella cheese
1 1/2 oz spinach
1 apple, chopped
1 cucumber, chopped
1/2 lemon, juiced
1/2 inch ginger root, peeled and chopped
1/2 sachet Iaso® Instant Tea
3 tablespoons walnuts
1 teaspoon jalapeño chile, seeded and chopped
4 tablespoons Monterey Jack cheese, grated
2 tablespoons nonfat sour cream
2 tablespoons fresh cilantro, chopped

PRE-BREAKFAST

Iaso® Tea, NutraBurst® Mimosa & NRG

Cleansing Tea Smoothie



Ingredients

- 1/2 cup unsweetened almond milk
- 1/2 cup chai tea, chilled
- 1 frozen banana
- 1/4 teaspoon ground cinnamon
- 1 scoop whey protein shake mix



BREAKFAST



Breakfast Frittata Cup

Serving size: 1 breakfast frittata | Makes 12 servings
82 calories per serving.

LUNCH



Quinoa Bowl

Serving size: 1 bowl | Makes 1 serving
337 calories per serving.



Ingredients

- 1 cup quinoa, cooked according to the package
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 tsp olive oil
- 1 tsp fresh lemon juice
- Salt and pepper to taste



Preparation

Place all ingredients into a bowl and lightly toss.



OPTIONAL SNACK



French Toast Delight Smoothie (or small piece of fruit + 12 nuts)



Ingredients

- 1/2 cup unsweetened almond milk
- 1/2 cup cottage cheese
- 1 tsp maple extract
- 1/2 tsp cinnamon
- 1 cup ice
- 1 scoop whey protein shake mix



Directions

Place ingredients into a blender and blend until smooth.



DINNER



Pizza Burger

Serving size: 1 pizza burger | Makes 4 servings

451 calories per serving.



Ingredients

- 1 to 1 1/4 pounds lean ground turkey
- 1/4 cup onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 tsp dried oregano
- 1/2 tsp fennel seeds, crushed
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp crushed red pepper flakes
- 1 tbsp olive oil
- 4 slices pepperoni (optional)
- 4 slices mozzarella cheese (optional)
- 4 whole-grain buns, toasted
- 1/2 cup lightly packed fresh basil leaves
- 1/3-1/2 cup pizza sauce, warmed



Preparation

In a bowl, add turkey, onion, red pepper, oregano, fennel seeds, garlic powder, salt, and red pepper flakes. Make 4-inch-thick patties. Brush tops/bottom with oil.

Cook until no longer pink in the middle, 14-18 mins over medium heat. Top each patty with pepperoni + cheese slice for the last 1-2 mins of grilling, if desired.

Add patties to bun; top with basil, pizza sauce, and bun tops.





DAY 7

GROCERY LIST

1 to 1 1/4 pounds lean ground turkey
1/4 cup onion, finely chopped
1/4 cup red bell pepper, finely chopped
1 teaspoon dried oregano
1/2 teaspoon fennel seeds, crushed
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1 tablespoon olive oil
4 slices pepperoni (optional)
4 slices mozzarella cheese (optional)
4 whole-grain buns, toasted
1/2 cup lightly packed fresh basil leaves
1/3-1/2 cup pizza sauce, warmed
1/4 cup fresh spinach, roughly chopped
8 grape or cherry tomatoes, halved

1/4 cup shredded mozzarella cheese
1/2 cup unsweetened almond milk
1/2 cup cottage cheese
1 teaspoon maple extract
1/2 teaspoon cinnamon
1 cup ice
1 scoop whey protein shake mix
1 cup quinoa, cooked according to the package
1/3 cup canned low-sodium black beans, drained and rinsed
1 small tomato, chopped
1 scallion, sliced
1 teaspoon olive oil
1 teaspoon fresh lemon juice
12 large eggs
2 tablespoons finely chopped onion, (red, white or yellow/brown)



PRE-BREAKFAST _____

Iaso® Tea, Shot of NutraBurst® & NRG.

BREAKFAST _____

Overnight Oats

Serving size: 1 jar | Makes 1 serving
350 calories per serving.



Ingredients

- 3/4 cup nonfat milk
- 1/2 cup old-fashioned rolled oats
- 1/3 cup blueberries or choice of fruit
- 1 teaspoon packed light brown sugar
- 1/4 teaspoon finely grated lemon zest
- 1/8 teaspoon pure vanilla extract
- Pinch kosher salt
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey or agave nectar



Preparation

In a glass pint jar or other container with lid, combine milk, oats, fruit, brown sugar, lemon zest, vanilla, and salt. Secure the lid and shake.

Refrigerate at least 6 hours, up to overnight. In the morning, top with the almonds and honey.

Remove lid and microwave to warm up, if desired.



LUNCH



Pesto Tuna Wrap

Serving size: 1 wrap | Makes 1 serving | 292 calories per serving.



Ingredients

- 1 pouch tuna
- 1 whole wheat tortilla
- 2 lettuce leaves
- 1/2 cup tomato, chopped
- 2 tablespoons onion, chopped
- 1 tablespoon pesto
- 1 tablespoon light mayonnaise



Preparation

Transfer tuna to a bowl.
Add tomatoes, onion, mayonnaise, and pesto. Mix well.
Place lettuce leaves over tortilla.
Spoon on tuna mixture.
Roll the tortilla.

OPTIONAL SNACK

Peach and 12 Pecans

DINNER

No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings
405 calories per serving.



No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings

405 calories per serving.



Ingredients

- 2 cups butternut pumpkin, peeled and thinly sliced
- Cooking spray
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/3 cup sundried tomatoes, chopped
- 28 oz can crushed tomatoes
- 1 cup dried red lentils, rinsed, drained
- 2 large zucchinis, peeled, sliced into ribbons
- 2 tablespoons fresh oregano, chopped
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 1/2 cups ground beef
- 15 oz low-fat ricotta
- 1 egg, lightly beaten
- 1/2 cup parmesan cheese, grated



Preparation

Preheat oven to 400 degrees. Line 2 large baking trays with parchment paper.

Put pumpkin on trays. Spray with oil. Roast for 10 mins; move to a plate.

Put zucchini on trays. Spray with oil. Roast 5 mins.

Heat oil in a large saucepan over medium-high heat. Add onion. Cook until translucent. Add garlic. Cook until fragrant. Add beef and cook until browned. Add cinnamon, allspice, all tomatoes, lentils, and 2 1/2 cups water. Bring to boil. Reduce heat to medium-low. Simmer partially covered for 10 mins. Uncover. Cook additional 10 mins. Remove from heat; add oregano.

Add ricotta, egg, and 1/2 the parmesan cheese in a bowl. Season with salt and pepper.

Spray 8 x 10 baking dish with cooking spray. Spread 2 cups of meat mix over pan. Spread 1/2 the ricotta mix over meat. Layer 1/2 the pumpkin and 1/2 the zucchini. Top with remaining meat mix, ricotta mix, pumpkin and zucchini. Add last of parmesan.

Cover with parchment paper, then foil. Bake for 20 mins. Remove foil and parchment paper. Bake for another 10-15 mins or until golden. Let stand for 10 mins before slicing.





DAY 8

GROCERY LIST

2 cups butternut pumpkin,
peeled and thinly sliced

Cooking spray

2 large zucchinis, peeled,
sliced into ribbons

1 tablespoon extra-virgin
olive oil

1 onion, finely chopped

3 garlic cloves, crushed

1 1/2 cups ground beef

1/2 teaspoon ground
cinnamon

1/2 teaspoon ground allspice

1/3 cup sundried tomatoes,
chopped

28 oz can crushed tomatoes

1 cup dried red lentils, rinsed,
drained

2 tablespoons fresh oregano,
chopped

15 oz low-fat ricotta

1 egg, lightly beaten

1/2 cup parmesan cheese,
grated

1 pouch tuna

3/4 cup nonfat milk

1/2 cup old-fashioned rolled
oats

1/3 cup blueberries or choice
of fruit

1 teaspoon packed light
brown sugar

1/4 teaspoon finely grated
lemon zest

1/8 teaspoon pure vanilla
extract

Pinch kosher salt

1 tablespoon toasted sliced
almonds

2 teaspoons honey or agave
nectar

Peach

Pecans or other nuts

1 whole wheat tortilla

2 lettuce leaves

1/2 cup tomato, chopped

2 tablespoons onion,
chopped

1 tablespoon pesto

1 tablespoon light
mayonnaise



PRE-BREAKFAST _____

Iaso® Tea, Shot of NutraBurst® & NRG

BREAKFAST _____

Protein Muffin + Smoothie of Your Choice



Protein Muffin

Serving size: 1 muffin | Makes 1 serving
226 calories per serving.



Ingredients

- 2 large eggs
- 1 tsp stevia
- 1 tsp pure vanilla extract
- Avocado oil spray for muffin liners
- 1/2 cup plain whole milk Greek yogurt
- 1/2 cup blanched finely ground almond flour
- 2 scoops protein powder (46 grams)
- 1 tsp baking powder (gluten free if needed)
- 1/3 cup dark chocolate chips divided
- 1/4 cup butter, melted and slightly cooled



Preparation

Preheat the oven to 350 degrees. Line 6-cup muffin tin with foil liners + spray with oil.

In a large bowl, whisk eggs, yogurt, melted butter, stevia, vanilla.

Mix in almond flour, then protein powder, then baking powder. Whisk until smooth.

Add chocolate chips, saving 24 to put on top of muffins.

Add batter in cups, almost filling. Top each with 4 chocolate chips.

Bake for 17-19 mins or until a toothpick inserted comes out clean. They will not brown even when ready.



LUNCH



Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 servings
347 calories per serving.



Ingredients

- 1 15 oz can low sodium chickpeas
- 1 celery stalk
- 2 tablespoons red onion
- 1 teaspoon garlic salt
- 3 tablespoons honey mustard
- 4 leaves butter or romaine lettuce



Preparation

Drain and rinse the chickpeas and place them in a large bowl.

Thinly slice the celery and onions.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

OPTIONAL SNACK

Another Protein Muffin, Grapefruit or Raspberries



Easy Clean-Up Pork & Potatoes Dinner

Serving size: 1 pork chop, 1/4 of potatoes & asparagus

Makes 4 servings | 486 calories per serving.



Ingredients

- 1/4 cup olive oil
- 3 cups new potatoes, diced
- 3 cups fresh asparagus, cut into 1-inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large gala or honeycrisp apple, peeled and cut into 1-inch wedges
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 4 boneless pork loin chops (1-inch thick and about 6 ounces each)
- Salt and pepper
- 2 teaspoons of your favorite BBQ or Southwest seasoning



Preparation

Preheat oven to 425 degrees.

Line a 15 x 10 baking pan with foil.

Brush with 2 tsps oil.

In a large bowl, toss potatoes with 1 tbsp oil. Place in 1 corner of pan. In same bowl, toss asparagus with 1 tbsp oil. Place in other corner of pan.

In same bowl, toss apple with 1 tsp oil.

In a small bowl, mix sugar, cinnamon + ginger. Add apples; mix. Add to free area of pan.

Brush chops with 1 tbsp oil. Season both sides. Move chops to free area of pan. Bake 20-25 mins or until thermometer reads 145 degrees + potatoes/apples are tender.





DAY 9

GROCERY LIST

1/4 cup olive oil
3 cups new potatoes, diced
3 cups fresh asparagus, cut into 1-inch pieces
1/4 teaspoon salt
1/4 teaspoon pepper
1 large gala or Honeycrisp apple, peeled and cut into 1-inch wedges
2 teaspoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
4 boneless pork loin chops (1-inch thick and about 6 ounces each)
Salt and pepper
2 teaspoons of your favorite BBQ or Southwest seasoning
1 15 oz can low sodium chickpeas
1 celery stalk

2 tablespoons red onion
1 teaspoon garlic salt
3 tablespoons honey mustard
4 leaves butter or romaine lettuce
Raspberries or grapefruit
Avocado oil spray for muffin liners
2 large eggs
1/2 cup plain whole milk Greek yogurt
1/4 cup butter, melted and slightly cooled
1 teaspoon stevia
1 teaspoon pure vanilla extract
1/2 cup blanched finely ground almond flour
2 scoops protein powder (46 grams)
1 teaspoon baking powder (gluten free if needed)
1/3 cup dark chocolate chips divided

PRE-BREAKFAST

Iaso® Tea, NutraBurst® Mimosa & NRG

NutraBurst® Mimosa

1 serving - 35 calories.



Ingredients

- 1 tbsp NutraBurst®
- 1/4 cup Organic Orange Juice
- Splash of sparkling water/LaCroix



BREAKFAST

Breakfast Burrito

Serving size: 1 burrito | Makes 2 servings
460 calories per serving.



Ingredients

- 1 teaspoon cooking oil
- 1/4 small red onion, diced
- 1/2 red bell pepper, seeded and diced
- 1/2 cup drained, rinsed canned black beans
- Pinch teaspoon chili flakes
- 1/4 cup shredded pepper Jack cheese (optional)
- Salt and pepper
- 2 eggs and 2 egg whites
- Nonstick cooking spray
- 2 10-inch tortillas
- 1 small tomato, seeded and diced
- Hot sauce and salsa to taste

LUNCH



Quinoa Bowl

Serving size: 1 bowl | Makes 1 serving

337 calories per serving.



Ingredients

- 1 cup quinoa, cooked according to the package
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 tsp olive oil
- 1 tsp fresh lemon juice
- Salt and pepper to taste



Preparation

Place all ingredients into a bowl and lightly toss.

OPTIONAL SNACK

Green Juice or Another Protein Muffin



TOTAL LIFE CHANGES®



Shrimp with Sweet Potatoes & Kale

Serving size: 1/4 of skillet | Makes 4 servings

265 calories per serving.



Ingredients

- 2 tbsp extra virgin olive oil
- 1/2 cup onions, diced
- Crushed red pepper to taste
- 2 cloves garlic, minced
- 2 cups sweet potatoes, diced
- 2 cups shrimp, peeled, deveined, and thawed if frozen
- 3 cups kale leaves, trimmed and coarsely chopped
- Salt and pepper to taste



Preparation

In a skillet, heat oil over medium heat.

Add onions + crushed red pepper. Cook until onions are translucent.

Add garlic and cook for 30 secs.

Add sweet potatoes and cook until soft.

Add shrimp and cook until pink.

Set heat to low. Add kale. Stir until wilted.

Season to taste.





DAY 10

GROCERY LIST

1 teaspoon cooking oil
1/4 small red onion, diced
1/2 red bell pepper, seeded and diced
1/2 cup drained, rinsed canned black beans
Pinch teaspoon chili flakes
Salt and pepper
2 eggs and 2 egg whites
1/4 cup shredded pepper jack cheese
Nonstick cooking spray
2 10-inch tortillas
1 small tomato, seeded and diced
Hot sauce and salsa to taste
1 cup quinoa, cooked according to the package
1/3 cup canned low-sodium black beans, drained and rinsed

1 small tomato, chopped
1 scallion, sliced
1 teaspoon olive oil
1 teaspoon fresh lemon juice
Salt and pepper to taste

PRE-BREAKFAST _____

Iaso® Tea, Shot of NutraBurst® & NRG.

BREAKFAST _____

Chocolate Mocha Eye-Opener Smoothie



Ingredients

- 8 oz unsweetened almond milk
- 1/4 cup Delgada coffee, brewed and chilled
- 1 frozen banana
- 1/2 tbsp dark cocoa powder
- 1 scoop whey protein shake mix



Directions

Place ingredients into a blender and blend until smooth.

LUNCH

Vegetarian Burrito

Serving size: 1 burrito | Makes 2 servings
387 calories per serving.



Ingredients

- 2 10-inch whole wheat tortillas
- 1/4 cup onion, chopped
- 2 tsp vegetable oil
- 1/3 tsp ground cumin
- 1/3 tsp chili powder
- 1/2 cup red bell pepper, chopped
- 1/3 cup frozen corn kernels, thawed
- 1 medium carrot, coarsely grated
- 1 cup canned black beans, rinsed, drained
- 1/3 cup drained canned Mexican-style stewed tomatoes
- 1 tsp jalapeño chile, seeded and chopped
- 4 tbsp Monterey Jack cheese, grated
- 2 tbsp nonfat sour cream
- 2 tbsp fresh cilantro, chopped



Preparation

Combine onion/oil in a large nonstick skillet. Stir over medium-high heat until the onion is translucent. Add cumin and chili powder. Add bell pepper, corn, and carrot. Cook until softened. Add beans, tomatoes, and jalapeño. Simmer; season. Remove from heat.

Warm tortillas according to packaging.

Add filling to tortilla; wrap burrito-style.

OPTIONAL SNACK

Apple with Peanut or Almond Butter



Chicken Enchiladas

Serving size: 2 enchiladas | Makes 6 servings
374 calories per serving.



Ingredients

- 1 cup onion, chopped
- 1 cup unsalted chicken stock
- 1 tablespoon all-purpose flour
- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 15 oz can unsalted tomato sauce
- 3 cups shredded skinless, boneless rotisserie chicken breast
- 1 15 oz can unsalted black beans, rinsed and drained
- 12 6-inch whole wheat tortillas
- Cooking spray
- 3/4 cup shredded 4-cheese Mexican blend cheese
- 1 cup chopped tomato
- 1/4 cup fresh cilantro, chopped
- 6 tablespoons sour cream



Preparation

Preheat broiler to high.

In a sauce pan, combine onion, chicken stock, flour, chili powder, cumin, garlic powder, salt, and tomato sauce. Bring to a boil and allow to thicken.

Reserve 1 1/2 cups of sauce.

Add beans and chicken to pan and heat.

Heat tortillas. Spoon some the chicken mixture into the center of each tortilla and roll.

Place rolls, seam down, into a baking dish treated with cooking spray. Top with remaining sauce and cheese.

Cook under broiler until cheese is melted.



DAY 11

GROCERY LIST

8 oz unsweetened almond milk
1/4 cup Delgada coffee,
brewed and chilled
1 frozen banana
1/2 tablespoon dark cocoa
powder
1 scoop whey protein shake
mix
2 10-inch whole wheat tortillas
1/4 cup onion, chopped
2 teaspoons vegetable oil
1/3 teaspoon ground cumin
1/3 teaspoon chili powder
1/2 cup red bell pepper,
chopped
1/3 cup frozen corn kernels,
thawed
1 medium carrot, coarsely
grated
1 cup canned black beans,
rinsed, drained
1/3 cup drained canned
Mexican-style stewed
tomatoes
1 teaspoon jalapeño chile,
seeded and chopped
4 tablespoons Monterey Jack
cheese, grated
2 tablespoons nonfat sour
cream
2 tablespoons fresh cilantro,
chopped

Apple
Peanut butter
1 cup onion, chopped
1 cup unsalted chicken stock
1 tablespoon all-purpose flour
1 1/2 tablespoons chili powder
2 teaspoons ground cumin
3/4 teaspoon garlic powder
1/2 teaspoon crushed red
pepper
1/4 teaspoon salt
1 15 oz can unsalted tomato
sauce
3 cups shredded skinless,
boneless rotisserie chicken
breast
1 15 oz can unsalted black
beans, rinsed and drained
12 6-inch whole wheat tortillas
Cooking spray
3/4 cup shredded 4-cheese
Mexican blend cheese
1 cup chopped tomato
1/4 cup fresh cilantro,
chopped
6 tablespoons sour cream



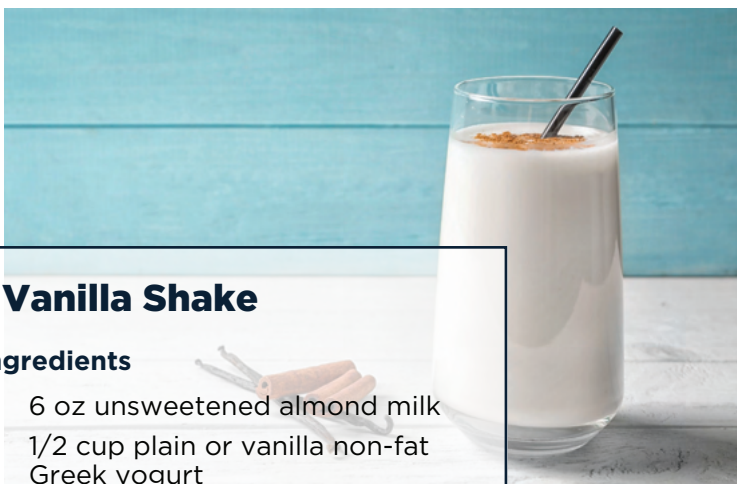
PRE-BREAKFAST _____

Iaso® Tea, Shot of NutraBurst® & NRG.

BREAKFAST _____**Breakfast:**

Very Vanilla Shake

Your Choice of 1: Breakfast Frittata Cup, Protein Pancake, or Protein Muffin

**Very Vanilla Shake****Ingredients**

- 6 oz unsweetened almond milk
- 1/2 cup plain or vanilla non-fat Greek yogurt
- 1 tsp vanilla extract
- 1 1/2 cups ice cubes
- 1 tsp low calorie sweetener
- 1 scoop whey protein shake mix

Directions

Place ingredients into a blender and blend until smooth.

OPTIONAL SNACK _____

12 Tortilla or Bean Chips with Guacamole



LUNCH



Lentil Bowl

Serving size: 3/4 of a cup | Makes 2 servings | 294 calories per serving.



Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/2 cup tomatoes, chopped
- 1 tablespoon cilantro, minced
- 2 garlic cloves, minced
- 1 cup dried brown lentils, rinsed
- 1 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon paprika
- Pinch pepper
- 1 1/2 cups water
- 1/4 cup lemon juice
- 2 tablespoons tomato paste
- 1/2 cup fat-free plain Greek yogurt



Preparation

In a large saucepan, heat oil over medium-high heat. Cook onions until translucent. Add garlic; cook for 1 min. Add lentils, seasonings + water. Bring to a boil. Reduce heat.

Simmer, covered, 25-30 minutes.

Add lemon juice + tomato paste; heat through.

Move to bowl. Top with yogurt, tomatoes, and cilantro.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.



One-Pan Tilapia with Veggies

Serving size: 1 piece of fish and 1/2 the vegetables

Makes 2 servings | 555 calories per serving.



Ingredients

- 2 medium Yukon gold potatoes, cut into chunks
- 3 large fresh brussels sprouts, sliced
- 3 large radishes, sliced
- 1 cup fresh sugar snap peas, cut into 1/2-inch pieces
- 1 small carrot, thinly sliced
- 2 tablespoons butter, melted
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 2 tilapia fillets (about 6 ounces each)
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
- 1/8 teaspoon salt
- 1 tablespoon butter, softened
- Lemon (optional)
- Cooking spray



Preparation

Preheat the oven to 450 degrees. Line a 15x10 sheet pan with foil; spray foil with cooking spray.

In a bowl combine veggies. Add butter, garlic salt, pepper; toss to coat. Place veggies in a single layer on a pan and bake for 20 mins.

Remove from oven; preheat broiler. Put veggies on 1 side of the pan. Add fish to the other & season; top with butter. Broil 4-5 inches from heat for 5 mins.

Add a squeeze of lemon, to taste.



DAY 12

GROCERY LIST

6 oz unsweetened almond milk
1/2 cup plain or vanilla non-fat Greek yogurt
1 teaspoon vanilla extract
1 teaspoon low calorie sweetener
1 scoop whey protein shake mix
1 tablespoon olive oil
1 medium onion, chopped
1/2 cup tomatoes, chopped
1 tablespoon cilantro, minced
2 garlic cloves, minced
1 cup dried brown lentils, rinsed
1/4 teaspoon ground ginger
1/4 teaspoon paprika
1/4 cup lemon juice
1/2 cup fat-free plain Greek yogurt

2 medium Yukon gold potatoes
3 large fresh brussels sprouts
3 large radishes, sliced
1 cup fresh sugar snap peas
1 small carrot, thinly sliced
2 tablespoons butter, melted
1/2 teaspoon garlic salt
2 tilapia fillets (about 6 ounces each)
2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
1/8 teaspoon salt
1 tablespoon butter, softened
Lemon (optional)
Cooking spray
2 tablespoons tomato paste



PRE-BREAKFAST**Iaso® Tea, Shot of Nutraburst® and NRG****Ingredients**

- 10 oz almond milk
- 1 tsp peanut butter
- 1/2 banana
- 1 tbsp honey
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 cup ice
- 1 scoop whey protein shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

BREAKFAST**Breakfast Frittata Cup**

Serving size: 1 breakfast frittata

Makes 12 servings

82 calories per serving.

LUNCH



Vegetable Sandwich

Serving size: 1 sandwich | Makes 1 serving
300 calories per serving.



Ingredients

- 2 slices whole-grain bread
- 2 slices tomato
- 1/2 small cucumber, sliced
- 1 tablespoon hummus
- 1 slice low-fat cheese
- Salt and pepper to taste



Preparation

Place veggies on 1 bread slice. Cover with cheese. Spread hummus on other slice. Season to taste.

OPTIONAL SNACK

Blueberries + Walnuts



Stir-Fry

Serving size: 1/4 Portion | Makes 4 servings | 390-450 calories per serving.



Ingredients

- 4 cups vegetables of your choice: bamboo shoots, peppers, carrots, zucchini, squash, watercress, shelled edamame
- 4 servings (about 14 oz) protein of your choice: chicken, lean steak, tofu, tempeh
- 2 cups brown rice or quinoa
- 4 tbsp soy sauce
- 4 tbsp peanut sauce
- 2 tbsp olive oil



Preparation

Heat oil in a large pan or wok.

Cook quinoa according to package.

Coat protein with marinade of 1 tbsp soy sauce and 1 tbsp peanut sauce.

Cook protein over medium heat for 5 mins; add veggies.

Coat veggie + protein combo with remaining sauce. Add spices you like such as ginger and garlic freely!

Serve over top 1/4 cup quinoa!



DAY 13

GROCERY LIST

- 10 oz almond milk
- 1 teaspoon peanut butter
- 1/2 banana
- 1 tablespoon honey
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 cup ice
- 1 scoop whey protein shake mix
- 2 cups brown rice or quinoa
- 4 tbsp soy sauce
- 4 tbsp peanut sauce
- 2 tbsp olive oil
- 2 slices whole-grain bread
- 2 slices tomato
- 1/2 small cucumber, sliced
- 1 tablespoon hummus
- 1 slice low-fat cheese
- Salt and pepper to taste
- 4 cups vegetables of your choice: bamboo shoots, peppers, carrots, zucchini, squash, watercress, shelled edamame
- 4 servings (about 14 oz) protein of your choice: chicken, lean steak, tofu, tempeh

PRE-BREAKFAST _____

Iaso® Tea, Shot of NutraBurst® & NRG

BREAKFAST _____

Tasty Chai Tea Smoothie and Breakfast Frittata Cup

**Cleansing Tea Smoothie****Ingredients**

- 1/2 cup unsweetened almond milk
- 1/2 cup chai tea, chilled
- 1 frozen banana
- 1/4 teaspoon ground cinnamon
- 1 scoop whey protein shake mix

OPTIONAL SNACK _____

Raspberries and Pecans

LUNCH

Lemony Herb Rice Salad

Serving size: 1 salad | Makes 6 servings
378 calories per serving.



Ingredients

- 2 lemons
- Salt and pepper to taste
- 1/2 medium red onion, sliced
- 1 medium carrot, shredded
- 1/4 cup vegetable oil
- 2 cups whole-grain rice
- 2 tablespoons rice wine vinegar
- 2 teaspoons packed light brown sugar
- 1 cucumber, seeded and diced
- 1/2 cup salted roasted peanuts, chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh mint, chopped
- 1/2 cup fresh basil, chopped
- 1 bunch watercress, stems removed, leaves torn



Preparation

Peel 2 strips of zest from 1 lemon. Add 1 strip to oil in small saucepan over medium heat. Cook until edges turn golden. Set aside lemon oil to cool.

Cook rice as the package direct. Add remaining lemon strip to water.

Place rice in large bowl, discard zest, and fluff with a fork. Set aside to cool to room temp.

In a medium bowl, juice both lemons. Add vinegar, brown sugar, 1 1/4 tsp salt and 1/2 tsp pepper. Whisk until sugar dissolves. Discard zest from lemon oil and whisk oil into dressing. Add onion; marinate 15 mins.

Mix carrot, cucumber, peanuts, cilantro, mint, basil + watercress with rice.

Top with the dressing mixture and toss.



Eggplant Parmesan

Serving size: 1 slice | Makes 10 servings | 318 calories per serving.



Ingredients

For the eggplant:

- 2 large eggs, beaten lightly
- 1 tablespoon water
- 2 cups whole-wheat panko
- 1/4 cup fresh Parmesan cheese, grated
- 2 large eggplants, peeled and cut crosswise into 1/2-inch-thick slices
- Cooking spray

Eggplant Parmesan



Ingredients

For the filling:

1/2 cup fresh basil, torn
1/4 cup fresh Parmigiano-Reggiano cheese, grated
1/2 teaspoon crushed red pepper
1 1/2 teaspoons garlic, minced
1/4 teaspoon salt
1 16 oz container low-fat ricotta cheese
1 large egg, beaten lightly

Remaining ingredients:

1 24 oz jar pasta sauce
1/4 teaspoon salt
8 oz mozzarella cheese, thinly sliced
3/4 cup fontina cheese, finely grated



Preparation

Preheat the oven to 375 degrees.

For eggplant:

Combine 2 eggs and 1 tablespoon water in a shallow dish.
Combine panko and 1/4 cup Parmesan in a second shallow dish.
Dip eggplant in egg mixture, then into panko mixture, pressing gently and then shaking off excess.
Place eggplant 1 inch apart on baking sheets coated with cooking spray.
Bake at 375 degrees for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.

For filling:

Combine basil, Parmesan cheese, pepper, garlic, salt, ricotta cheese, and egg in a bowl.
Spoon 1/2 cup pasta sauce in bottom of a 13-inch by 9-inch glass baking dish coated with cooking spray. Layer half of eggplant slices over pasta sauce. Sprinkle eggplant with salt.
Top with 3/4 cup pasta sauce.
Spread half of ricotta mixture over sauce. Top with a third of mozzarella and 1/4 cup fontina.
Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray. Bake at 375 degrees for 35 minutes.
Remove foil and top with remaining third of mozzarella and 1/4 cup fontina. Bake at 375 for 10 minutes or until sauce is bubbly and cheese melts.



DAY 14

GROCERY LIST

Raspberries
Pecans
2 large eggs, beaten lightly
2 cups whole-wheat panko
1/4 cup fresh
Parmigiano-Reggiano cheese,
grated
2 large eggplants, peeled and
cut crosswise into
1/2-inch-thick slices
1/2 cup fresh basil, torn
1/4 cup fresh
Parmigiano-Reggiano
cheese, grated
1/2 teaspoon crushed red
pepper
1 1/2 teaspoons garlic, minced
1/4 teaspoon salt
1 16 oz container low-fat
ricotta cheese
1 large egg, beaten lightly
1 24 oz jar pasta sauce
8 oz mozzarella cheese, thinly
sliced
3/4 cup fontina cheese, finely
grated

2 lemons
Salt and pepper to taste
1/2 medium red onion, sliced
1 medium carrot, shredded
1/4 cup vegetable oil
2 cups whole-grain rice
2 tablespoons rice wine
vinegar
2 teaspoons packed light
brown sugar
1 cucumber, seeded and diced
1/2 cup salted roasted
peanuts, chopped
1/2 cup fresh cilantro, chopped
1/2 cup fresh mint, chopped
1/2 cup fresh basil, chopped
1 bunch watercress, stems
removed, leaves torn
1/2 cup unsweetened almond
milk
1/2 cup chai tea, chilled
1 frozen banana
1/4 teaspoon ground cinnamon
1 scoop whey protein shake
mix



PRE-BREAKFAST _____

Iaso® Tea, Shot of NutraBurst® & NRG.

BREAKFAST _____

Tropical Bliss Smoothie and Breakfast Frittata Cup

**Tropical Bliss Smoothie****Ingredients**

- 1 cup frozen mixed berries
- 1 frozen banana
- 1 orange, peeled and divided
- 16 oz vanilla Greek yogurt
- 1 scoop whey protein shake mix

**Directions**

Place ingredients into a blender and blend until smooth.



LUNCH



Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 servings
347 calories per serving.



Ingredients

- 1 15 oz can low sodium chickpeas
- 1 celery stalk
- 2 tablespoons red onion
- 1 teaspoon garlic salt
- 3 tablespoons honey mustard
- 4 leaves butter or romaine lettuce



Preparation

Drain and rinse the chickpeas and place them in a large bowl.

Thinly slice the celery and onions.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

OPTIONAL SNACK

Hummus and Carrots





Pizza Burger

Serving size: 1 pizza burger | Makes 4 servings

451 calories per serving.



Ingredients

- 1 to 1 1/4 pounds lean ground turkey
- 1/4 cup onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 tsp dried oregano
- 1/2 tsp fennel seeds, crushed
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp crushed red pepper flakes
- 1 tbsp olive oil
- 4 slices pepperoni (optional)
- 4 slices mozzarella cheese (optional)
- 4 whole-grain buns, toasted
- 1/2 cup lightly packed fresh basil leaves
- 1/3-1/2 cup pizza sauce, warmed



Preparation

In a bowl, add turkey, onion, red pepper, oregano, fennel seeds, garlic powder, salt, and red pepper flakes. Make 4-inch-thick patties. Brush tops/bottom with oil.

Cook until no longer pink in the middle, 14-18 mins over medium heat. Top each patty with pepperoni + cheese slice for the last 1-2 mins of grilling, if desired.

Add patties to bun; top with basil, pizza sauce, and bun tops.



DAY 15

GROCERY LIST

<p>1 15 oz can low sodium chickpeas</p> <p>1 celery stalk</p> <p>2 tablespoons red onion</p> <p>1 teaspoon garlic salt</p> <p>3 tablespoons honey mustard</p> <p>4 leaves butter or romaine lettuce</p> <p>1 cup frozen mixed berries</p> <p>1 frozen banana</p> <p>1 orange, peeled and divided</p> <p>16 oz vanilla Greek yogurt</p> <p>1 scoop whey protein shake mix</p> <p>1/2 cup lightly packed fresh basil leaves</p> <p>1/3-1/2 cup pizza sauce, warmed</p>	<p>1 to 1 1/4 pounds lean ground turkey</p> <p>1/4 cup onion, finely chopped</p> <p>1/4 cup red bell pepper, finely chopped</p> <p>1 teaspoon dried oregano</p> <p>1/2 teaspoon fennel seeds, crushed</p> <p>1/2 teaspoon garlic powder</p> <p>1/4 teaspoon salt</p> <p>1/4 teaspoon crushed red pepper flakes</p> <p>1 tablespoon olive oil</p> <p>4 slices pepperoni (optional)</p> <p>4 slices mozzarella cheese (optional)</p> <p>4 whole-grain buns, toasted</p>
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