**Week One Meal Plan**

### Monday
**BREAKFAST**
- Protein Pancakes: Beat 3 egg whites + 1 oz skim milk + dash cinnamon + dash sea salt + 1/4 cup oat bran + 1/4 cup vanilla whey protein powder; cook in pan, then flip, top with 2 tbsp almond butter

**SNACK 1**
- 1/4 cup low-fat cottage cheese + 1/2 tsp pink grapefruit + 2 tbsp almonds

**LUNCH**
- 3 oz grilled chicken breast + 1 low-calorie whole wheat wrap + romaine lettuce, tomatoes, onions + 1/4 cup avocado

**DINNER**
- 3 oz broccoli, brown rice + 2 slices whole-grain bread; toasting bread in 2 egg whites + dashboard sea salt

### Tuesday
**BREAKFAST**
- Tri-Berry Shake: Blend 1 scoop vanilla whey protein powder + 1/2 cup frozen blueberries + 1/2 cup frozen blackberries + 1/2 cup frozen strawberries + 1 cup water + ice

**SNACK 1**
- 1/4 cup nonfat plain Greek yogurt + 1 tsp olive oil + 1 packet unsweetened cocoa powder + 1 tsp vanilla extract + 1/4 cup skim milk + ice

**LUNCH**
- 3 oz grilled chicken breast + 1/4 cup cooked quinoa + 1 cup steamed broccoli drizzled with 1 tbsp low-sodium soy sauce

**Snack 2**
- 1 cup tuna (mixed with mustard) + 2 rice cakes; 1 cup baby carrots + sliced celery; 1 part-skim mozzarella string cheese

**DINNER**
- 4 oz grilled chicken breast + 1 cup romaine lettuce + sliced tomatoes, cucumbers, onions, green peppers + 4 green olives + 1 oz fat-free feta cheese dressed with lemon juice + 1/2 tbsp olive oil + greek herbs and spices

**DINNER**
- Frittata: Whisk 1 egg + 3 egg whites + dash sea salt + pepper; pour into skillet with broccoli, brown 1 to 2 minutes, place in oven and bake at 375°F for 20 minutes. Let cool for 2 minutes to set and serve with 1 slice whole-grain toast

### Wednesday
**BREAKFAST**
- Egg Quinoa Parfait: 4 scrambled egg whites + 4 tsp cooked quinoa + 1/4 cup sliced strawberries + 1/4 cup sliced banana + 1/4 cup sliced pineapple

**SNACK 1**
- 1/4 cup nonfat plain Greek yogurt + 1 cup strawberries + 2 tbsp walnut halves

**LUNCH**
- 3 oz grilled chicken breast + 1/3 cup cooked quinoa + 1 cup steamed broccoli drizzled with 1 tbsp low-sodium soy sauce

**SNACK 2**
- 1 scoop whey protein powder + 1/3 cup skim milk

**DINNER**
- Frittata: 1 egg + 3 egg whites + dash sea salt + pepper; pour into skillet with broccoli, brown 1 to 2 minutes, place in oven and bake at 375°F for 20 minutes. Let cool for 2 minutes to set and serve with 1 slice whole-grain toast

### Thursday
**BREAKFAST**
- 4 hard-boiled egg whites + 1/4 cup rolled oats cooked in water + 1 tbsp natural peanut butter + 1 cup sliced banana

**SNACK 1**
- 1 can tuna (mixed with mustard) + 2 rice cakes; 1 cup baby carrots + sliced celery

**LUNCH**
- 3 oz beef burger + low-calorie whole wheat wrap + 1 oz blue cheese + romaine lettuce, tomatoes, onions

**SNACK 2**
- Tri-Berry Shake: Blend 1 scoop vanilla whey protein powder + 1/4 cup frozen blueberries + 1/4 cup frozen blackberries + 1/4 cup frozen strawberries + 1 cup water + ice

**DINNER**
- Leftover Sweet Potato and Kale Quinoa (check out our January issue!)

**DINNER**
- Halibut with Sweet Potato and Kale Quinoa (check out our January issue!)

### Friday
**BREAKFAST**
- Winter Morning Quinoa (check out our January issue!)

**SNACK 1**
- 1 scoop chocolate whey protein powder + 1 cup skim milk

**LUNCH**
- 4 slices turkey breast deli meat + lettuce, tomato, banana peppers + 1 tsp mustard + 2 slices toasted whole-grain bread

**SNACK 2**
- 1/4 cup nonfat plain Greek yogurt + 1 orange + 2 tbsp silivered almonds

**DINNER**
- 4 oz broiled salmon + 1 cup steamed asparagus + 1 cup cooked brown rice

### Saturday
**BREAKFAST**
- French Toast: Soak 2 slices whole-grain bread in 2 egg whites beaten with a splash of skim milk, and brown in a skillet, top with 1/4 cup nonfat plain Greek yogurt and strawberries

**SNACK 1**
- 1/4 cup nonfat plain Greek yogurt + 1 orange + 2 tbsp silivered almonds

**LUNCH**
- Frittata: Whisk 1 egg + 3 egg whites + dash sea salt + pepper; pour into skillet with broccoli, brown 1 to 2 minutes, place in oven and bake at 375°F for 20 minutes. Let cool for 2 minutes to set and serve with 1 slice whole-grain toast

### Sunday
**BREAKFAST**
- French Toast: Soak 2 slices whole-grain bread in 2 egg whites beaten with a splash of skim milk, and brown in a skillet, top with 1/4 cup nonfat plain Greek yogurt and strawberries

**SNACK 1**
- 1/4 cup nonfat plain Greek yogurt + 1 orange + 2 tbsp silivered almonds

**LUNCH**
- Frittata: Whisk 1 egg + 3 egg whites + dash sea salt + pepper; pour into skillet with broccoli, brown 1 to 2 minutes, place in oven and bake at 375°F for 20 minutes. Let cool for 2 minutes to set and serve with 1 slice whole-grain toast

**DINNER**
- 4 oz Crock-Pot chicken (cooked all day in chicken broth, sea salt and pepper to taste) + 4 oz baked sweet potato + sautéed onions and kale in 1 tsp olive oil

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**Calories: 1,565**  
Protein: 145 g  
Carbs: 127 g  
Fats: 63 g

**Calories: 1,571**  
Protein: 142 g  
Carbs: 115 g  
Fats: 51 g

**Calories: 1,620**  
Protein: 155 g  
Carbs: 134 g  
Fats: 60 g

**Calories: 1,727**  
Protein: 157 g  
Carbs: 134 g  
Fats: 67 g

**Calories: 1,665**  
Protein: 150 g  
Carbs: 123 g  
Fats: 59 g

**Calories: 1,637**  
Protein: 158 g  
Carbs: 162 g  
Fats: 46 g

**Calories: 1,622**  
Protein: 144 g  
Carbs: 134 g  
Fats: 61 g

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Save the leftover Sweet Potato and Kale Quinoa for dinner tomorrow night.
**Monday**

**Breakfast**
- Biltong: 3 slices turkey bacon + romaine lettuce + 2 slices tomato + 2 slices whole-grain bread

**Snack 1**
- 1 part-skim mozzarella string cheese; 1 scoop whey protein powder + water

**Lunch**
- Halibut with Sweet Potato and Kale (check our January issue!)

**Snack 2**
- 1 hard-boiled egg + 1 hard-boiled egg whites; 1 small apple

**Dinner**
- 4 oz broiled tilapia + 2 cups steamed spinach + 1 tsp olive oil + dash sea salt + ¾ cup cooked brown rice

**Breakfast**
- Cook 4 hard-boiled egg whites + ¼ cup dry rolled oats + water + 2 tbsp blueberries + 1 tsp walnuts

**Snack 1**
- 1 scoop chocolate whey protein powder + 1 cup skin milk; 2 tbsp cashews

**Lunch**
- Leftover Sweet Potato and Kale Quinoa (check our January issue!)

**Snack 2**
- 1 can tuna (mixed with mustard) + 2 rice cakes; 1 cup baby carrots + sliced celery

**Dinner**
- 4 oz grilled chicken breast + 1 cup romaine lettuce + sliced tomatoes, cucumbers, onions, green peppers + 4 green olives + 1 oz fat-free feta cheese dressed with lemon juice + 1 tbsp olive oil + greek herbs and spices

**Breakfast**
- Egg Quinoa Parfait: 4 scrambled egg whites + 1 cup cooked quinoa + ½ cup sliced strawberries + ½ cup sliced banana + ½ cup sliced pineapple

**Snack 1**
- Chocolate Mint Protein Shake: Blend 1 scoop chocolate whey protein powder + 1 tsp mint extract + ½ cup skim milk + ½ cup water + ice, 1 oz carob chips to top

**Lunch**
- Salmon Avocado Sushi (check our January issue!)

**Snack 2**
- 1 tsp olive oil + sautéed kale in 1 tsp olive oil

**Dinner**
- One-Pot Chicken and Spinach (check our January issue!)

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**You’re halfway there!**

Now go back to Week One and repeat the entire plan.

**Time-Saving Tip:** Make up the Sweet Potato and Kale Quinoa in advance.

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**GOOF-PROOF QUINOA**

**Three steps to perfect quinoa.**

**Step 1:** Rinse. Remove any left-over saponin residue (a natural insect repellent) that leaves a bitter taste

**Step 2:** Cook in a pot on the stove or in a rice cooker, with a one-to-two ratio of quinoa to water or broth. Bring to a boil.

**Step 3:** Simmer. Lower the heat and cover for 10 to 15 minutes, or until quinoa is fluffy and has absorbed all of the liquid.