

GROCERY LIST



BREAKFAST

- Oatmeal
- Whole wheat bread
- Eggs
- Fruits

LUNCH/DINNER

- Chicken breast
- Turkey breast
- Fish
- Vegetables: asparagus, green beans, broccoli, cauliflower, tomato, spinach, carrots, lemon, avocado
- Lettuce
- Sweet potato

SNACKS

- Peanut butter or almond butter
- Dried fruits
- Rice cake
- Kind bars/Quest bars
- Greek yogurt

MENU #1

DRINK A BIG CUP OF WATER WITH LEMON BEFORE EACH MEAL
(a gallon per day)



You can also add:

- Cucumber
- Ginger
- Menth

MEAL #1: BREAKFAST

- Oatmeal
- Berries
- Black coffee or tea (no sugar)



MEAL #2: SNACK

- Handful of dried fruit



MEAL #3: LUNCH

- 4 oz. turkey patty
- Vegetables of your choice
- Sweet potato (no white potato)



MEAL #4: SNACK

- 1 greek yogurt with berries



MENU #1 (CONTINUED)

MEAL #5: DINNER

- Bowl of lettuce
- Shrimp
- 1/4 avocado
- Spinach
- Tomato



MEAL #6: SNACK - OPTIONAL

If you are still hungry before bed time.

- 3 egg whites



MENU #2

MEAL #1: BREAKFAST

- 1 slice of whole wheat bread
- 3 egg whites & 1 yolk
(with avocado, tomato & ricotta cheese or mozzarella)
- Orange juice
- Black coffee or tea (no sugar)



MEAL #2: SNACK

- 1 tablespoon of peanut butter or almond butter
- 1 rice cake
- Half banana (optional)



MEAL #3: LUNCH

- 4 oz. salmon
- 1 cup of brown rice
(3 big spoons when you boil it)
- Vegetables (of your choice)



MEAL #4: SNACK

- 1 Quest bar or Kind bar
www.questnutrition.com



MEAL #5: DINNER

- 4 oz. chicken breast
- 1/4 avocado
- Tomato
- Peppers



MEAL #6: SNACK - OPTIONAL

If you are still hungry before bed time.

- Cucumber



MENU #3

MEAL #1: BREAKFAST

- Protein pancakes

RECIPE:

- Oatmeal
 - 1 whole egg & 2 egg whites
 - 1 banana
 - 1 spoon whey protein isolate
- www.RSPnutrition.com
use code **RSPSafia** at checkout for discount
- Mix everything



MEAL #2: SNACK

- Fruit bowl



MEAL #3: LUNCH

- 4 oz. grilled fish
- Vegetable (of your choice)



MEAL #4: SNACK

- Carrots
- Hummus (3 tablespoons)



MEAL #5: DINNER

- 4 oz. chicken breast
- Brussel sprouts
(or your choice of vegetables)



MEAL #6: SNACK - OPTIONAL

If you are still hungry before bed time.

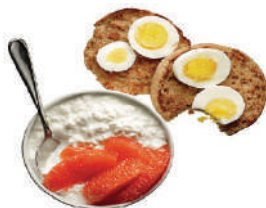
- 3 egg whites
- Spinach



MENU #4

MEAL #1: BREAKFAST

- 1 whole wheat english muffin
- 1 hard boiled egg, sliced
- 1 cup nonfat cottage cheese
- 1/2 medium grapefruit



MEAL #2: SNACK

- Grilled zucchini with a touch of balsamic vinegar & spices

Ingredients:

- 2 small (approx. 8”) zucchini, washed and dried
- 1/4 cup olive oil
- 1/4 balsamic vinegar
- 1/2 teaspoon sugar
- 1/2 teaspoon Italian seasoning
- Fresh ground pepper, to taste



MEAL #3: LUNCH

- 1 Chicken whole wheat wrap

Ingredients:

- 1 skinless, boneless chicken breast
- 4 teaspoons olive oil
- 1/2 seedless cucumber, halved lengthwise sliced
- 3 teaspoons chopped fresh cilantro
- 1 whole wheat tortilla



MEAL #4: SNACK

- Cucumber sesame salad

Ingredients:

- 2 medium cucumbers, peeled if desired, sliced very thinly
- 2 tablespoons vinegar
- 1 tablespoon sesame oil
- Crushed red pepper flakes, to taste



MENU #4 (CONTINUED)

MEAL #5: DINNER

- Poached Ginger Chicken

Ingredients:

- 4 oz. boneless, skinless chicken breast
- 1 piece of ginger (2 inches), peeled
- 1 large shallot
- 2 tablespoons peanut oil
- 1 tablespoon toasted sesame oil
- 1 cucumber, halved lengthwise, seeded & thinly sliced
- 1 bunch radishes, thinly sliced
- Juice of 1 lime



MENU #5

MEAL #1: BREAKFAST

- Eggs and greens

Ingredients:

- 1 tablespoon olive oil
- 2 cups spinach
- 1 egg
- 1 tablespoon sriracha sauce

Add half the olive oil to a heated skillet, sauté mushrooms and spinach, and remove. Add remaining olive oil to the skillet and cook egg sunny-side up. Add egg to cooked vegetables. Drizzle with sriracha sauce.



MEAL #2: SNACK

- Peanut butter apple combo



MEAL #3: LUNCH

- Linguine & zucchini noodles with shrimp

Ingredients:

- 1 pound large shrimp
- 2 tablespoons extra virgin olive oil
- 4 large cloves garlic, peeled & pressed or minced
- Freshly ground black pepper
- 3 medium sized zucchini
- 1 lemon
- 1 teaspoon red chili flakes
- 1/2 cup grated parmesan cheese



MEAL #4: SNACK

- 10 Almonds

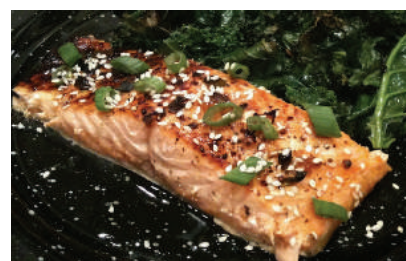


MEAL #5: DINNER

- Ginger salmon

Ingredients:

- 1 fresh salmon filet
- 1 stalk of green onions, chopped & divided into 2 groups
- 2 tablespoons of fresh grated ginger
- 2 tablespoons vinegar
- 1 teaspoon of chili paste



MENU #6

MEAL #1: BREAKFAST

- Poached eggs with broccoli, tomatoes & whole wheat flat bread

Ingredients:

- 100g thin-stemmed broccoli
- 2 medium free-range eggs
- 1 whole wheat flat bread
- 2 teaspoons mixed seeds (sunflower, pumpkin, sesame, linseed)
- 1 teaspoon oil



MEAL #2: SNACK

- Strawberry banana kiwi stick



MEAL #3: LUNCH

- Steamed fish with ginger

Ingredients:

- 1 inch piece ginger, peeled & cut into matchsticks
- 2 cloves garlic, thinly sliced
- 6 scallions, sliced
- 4 oz. firm white fish filets
- Ground pepper
- 4 teaspoons toasted sesame oil
- 1/3 snow peas, trimmed
- 2 tablespoons vegetable oil



MEAL #4: SNACK

- Nuts (handful)



MEAL#5: DINNER

- Ground turkey lettuce wrap

Ingredients:

- 1.25 lbs organic lean ground turkey
- 2 teaspoons olive oil
- 1.5 tablespoons dijon mustard
- 2 large cloves garlic, minced
- 1 teaspoon onion powder
- 1/2 teaspoon of each: granulated garlic, black pepper, yellow sweet onion (finely chopped)
- 1/4 cup fresh flat leaf parsley, finely chopped
- 1 tablespoon milder hot sauce (I use sriracha)

