

Produce

- avocado, 3
- baby spinach, 6 cups
- basil, 6 tbsp
- cucumber, 2
- eggplant, 1 medium
- garlic, 4 cloves
- green bell pepper, 1
- green onions, 4
- *jicama, (1)
- *limes, 2, (1)
- *lemon, (1)
- *mint, 1 sprig, (3 sprigs)
- onion, 1
- plantains (very ripe), 2
- purple cabbage, 4 cups thinly sliced
- romaine lettuce, 4 cups chopped
- tomato, 4
- watermelon, 3 cups cubed
- zucchini, 1½ lb.

Perishables

- mayonnaise, 6 tbsp
- eggs, 6
- non-dairy milk, 2 tbsp
- *pineapple juice or lemon juice, (2 tbsp)
- sauerkraut, ½ cup

Pantry Goods

- *alcohol-free stevia, 16 drops, (15 drops)
- *almond flour, (¼ cup)
- apple cider vinegar, 6 tbsp
- avocado oil, 1½ cup
- black olives, 6 oz. canned
- brewed coffee or tea (regular or decaf), 24 oz.
- cacao butter, 3 tbsp
- *cayenne pepper, (¼ tsp)
- coconut aminos, 2 tbsp
- coconut cream, ½ cup
- *coconut oil, (2 tbsp)
- chili flakes, ¼ tsp
- chili powder, ½ tsp
- collagen peptides/protein, 3 tbsp
- Dijon mustard, 1 tsp
- dried dill, ¼ tsp
- dried oregano, 2½ tsp
- dried parsley, 1 tsp
- *full-fat coconut milk, 6 tbsp, (6 tbsp)
- garlic powder, ½ tsp
- gelatin, 2 tbsp
- *ground chia seeds, (2 tbsp)
- ground cumin, 1½ tsp
- hot sauce, 1 tbsp (optional)
- maca powder, 2½ tsp or 1 tbsp hemp hearts
- MCT oil, 3 tbsp
- mustard, 2 tbsp
- nutritional yeast, ½ tbsp
- onion powder, 1 tsp
- *paprika, (1 tsp)
- sardines, 8 oz. canned
- *shredded, unsweetened coconut, (1 cup)
- vanilla extract, 1 tsp
- white wine vinegar, 2½ tbsp

Meat/Deli

- bacon, 10 strips
- chicken breasts, 2 (approx. ½ lb. total)
- chicken thighs (boneless and skinless), 6
- chorizo, 12 oz.
- flank steak, 1 lb.

Since snacks are optional, ingredients that are needed to make snack recipes are marked with an asterisk for easy identification. The value before the parentheses indicates how much of the ingredient you will need for breakfast, lunch, or dinner, and the value within the parentheses indicates the amount of the ingredient needed for snack. If you do not want to include snack in your meal plan, only shop for ingredients indicated by the value before the parentheses. If you want to include snacks in your meal plan, add both values together to get the total amount of ingredient needed.

For example, if Sally does NOT want to include snacks in her meal plan and the shopping list says *bacon, 4 (3) strips, then Sally would only purchase **4 strips** of bacon. Alternatively, if Sally does want to include snacks in her meal plan, she would purchase **7 strips** of bacon.

	Breakfast	Lunch	Dinner	Snack
Day 1	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water
Day 2	2 Veggie Frittata	2 Vanilla Creme Gummies	2 Slaw with Chicken & Bacon	2 Tropical Coconut Balls
Day 3	3 Eggplant & Bacon Sauté	3 Sardine Salad	3 Chorizo Bowl	3 Jicama Fries
Day 4	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water
Day 5	3 Eggplant & Bacon Sauté	2 Vanilla Creme Gummies	3 Chorizo Bowl	3 Jicama Fries
Day 6	2 Veggie Frittata	3 Sardine Salad	2 Slaw with Chicken & Bacon	2 Tropical Coconut Balls
Day 7	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water

Match the corresponding number and meal type (breakfast, lunch, dinner, or snack) in the chart to find the recipe below.



Give Your Body
The **Nutrients** It Needs
It's Easy

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Breakfast

1 ROCKET FUEL LATTE WITH MACA (1 serving - make 3 times)

- 8 oz. brewed coffee or tea
- 1 tbsp MCT oil
- 1 tbsp cacao butter
- ½ - ¾ tsp maca powder (alternatively, use 1 tbsp hemp hearts)
- 1-2 drops alcohol-free stevia
- 1 tbsp collagen peptides/protein

Instructions

Brew coffee or tea, add all ingredients except collagen to your high-powered blender. Blend on high for 1 minute. Add collagen during the last 10 seconds. Transfer to a cup and enjoy

2 VEGGIE FRITTATA (2 servings)

- 3 tbsp avocado oil, divided
- 6 eggs
- 2 tbsp non-dairy milk
- Sea salt and black pepper, to taste
- ½ tbsp nutritional yeast
- ½ tsp ground cumin
- ⅛ - ¼ tsp chili powder
- 1 clove garlic, minced
- ¼ onion, diced
- 1 avocado, chopped
- 2 cups baby spinach
- 1 tomato, chopped
- Hot sauce, to taste (optional)

Instructions

1. Preheat oven to 350F. Grease an 8x8 (or smaller) dish with a small amount of the avocado oil. Set aside
2. In a medium bowl, combine the eggs, non-dairy milk, salt, pepper, nutritional yeast, ground cumin, and chili powder together. Whisk until the eggs are frothy
3. Heat the remaining avocado oil in a pan over medium-high heat. Add the garlic and onions, and season with salt and pepper
4. Once the garlic and onions are fragrant, add the avocado. Sauté for about 3-5 minutes, then add the baby spinach. Stir around until the spinach is just wilted
5. Pour the sautéed veggies into the baking dish and top with chopped tomato. Pour the egg mixture over the veggies and place in the oven. Bake for about 20-25 minutes, or until the eggs puff up and are cooked-through
6. Serve the frittata topped with your favorite hot sauce

3 EGGPLANT & BACON SAUTÉ (2 servings)

6 strips bacon, chopped
¼ onion, diced
1 clove garlic, minced
1 medium eggplant, chopped (approx. 2 cups)
Sea salt and black pepper, to taste
½ tsp dried oregano
¼ tsp chili flakes
¼ cup fresh basil, thinly sliced
1 tomato, chopped

Instructions

1. Cook bacon over medium-high heat
2. Once the bacon is almost complete, add the onion, garlic, and eggplant to the pan. Season with salt, pepper, oregano, and chili flakes. Cook for about 5-7 minutes, until the eggplant is tender
3. During the last 1-2 minutes of cooking, add the basil and tomatoes. Toss together just until the basil is lightly wilted
4. Transfer to a bowl and enjoy



Lunches

1 ZUCCHINI PASTA SALAD & CHICKEN (3 servings)

Chicken

¼ cup avocado oil
6 chicken thighs (boneless and skinless)
1 tsp dried oregano
¼ tsp garlic powder
¼ tsp onion powder
Sea salt and black pepper, to taste

Salad

1½ lb. zucchini, spiralized
1 tomato, chopped
2 green onions, sliced
6 oz. canned black olives, halved or sliced
2 tbsp fresh basil, finely chopped
⅓ cup avocado oil
2½ tbsp white wine vinegar
1 tsp dried parsley
1 tsp dried oregano
¼ tsp garlic powder
¼ tsp onion powder
Sea salt and black pepper, to taste

Instructions

1. For the chicken, heat the avocado oil over medium-high heat. Meanwhile, season the chicken thighs with oregano, garlic powder, onion powder, salt, and pepper. Cook the chicken for about 5 minutes on each side, or until their internal temperature reaches 165F
2. Once the chicken is complete, transfer to a plate, and set aside
3. In a large bowl, toss the zucchini, tomato, green onions, olives, and basil together
4. In a medium bowl, whisk all remaining ingredients together and toss with the bowl of veggies. Serve alongside the chicken thighs

2 VANILLA CREME GUMMIES (2 servings)

½ cup coconut cream, cream from the top of a chilled container of full-fat coconut milk
1 tsp vanilla extract
5-10 drops alcohol-free stevia, to taste
Pinch sea salt
2 tbsp gelatin
Silicon mold

Instructions

1. Add the cream, vanilla, stevia, and salt to a small saucepan and heat on low heat. You do not need to boil it, only heat it until the gelatin can be added and dissolved, about 2 minutes
2. Gradually whisk in the gelatin. Be sure to do it slowly, or your gummies will be lumpy.
3. Once the gelatin is added, pour the mixture into a mold of your choice and transfer to the fridge to cool for 2 hours
4. Once cooled, remove from the mold and enjoy! Can be stored in the fridge for up to 4 days

3 SARDINE SALAD (2 servings)

- 8 oz. canned sardines
- ¼ cup mayonnaise
- 1 tbsp mustard
- Sea salt and black pepper, to taste
- ¼ tsp dried dill
- ¼ onion, diced
- 4 cups romaine, chopped
- ½ cucumber, thinly sliced
- 2 tbsp avocado oil
- 2 tbsp apple cider vinegar

Instructions

1. Mix the sardines with the mayonnaise, mustard, dill, onions, salt, and pepper
2. To serve, top the romaine and cucumber with the sardine mixture. Drizzle with avocado oil and sprinkle with apple cider vinegar. Mix everything together and enjoy!



1 *CARB UP* FLANK STEAK, PLANTAINS & WATERMELON SALAD (3 servings)

Steak

- 1 lb. flank steak
- 2 cloves garlic, minced
- 2 tbsp coconut aminos
- ½ tbsp avocado oil
- ½ tbsp apple cider vinegar
- 1 tsp Dijon mustard
- Sea salt and black pepper, to taste

Plantains

- 2 very ripe plantains, peeled and sliced into ½ in. thick coins
- 1 tsp avocado oil
- Sea salt, to taste

Salad

- 3 cups cubed watermelon
- 2 cups baby spinach
- 1 cucumber, quartered and sliced
- 1 sprig of fresh mint, leaves removed and minced
- Zest and juice from 2 limes
- 1 tbsp avocado oil
- ¼ tsp chili powder (or more, to taste)
- Sea salt, to taste

Instructions

1. Whisk all steak ingredients together, except for the steak. Place the mixture in a ziplock bag with the steak and refrigerate for 4-6 hours
2. Preheat your barbecue or a pan to medium-high heat. Place the steak on the grill or in a pan, and cook for about 5 minutes per side, or to your preferred level of doneness
3. Once the steak is complete, transfer it to a plate and allow it to rest for 5-10 minutes before slicing it into thin strips, against the grain
4. Preheat oven to 450F. Toss the plantain coins with avocado oil and salt. Arrange on a parchment-lined baking sheet and bake for about 10 minutes. The plantains should be soft and slightly brown
5. Combine the watermelon, spinach, and cucumber in a large bowl. Whisk the mint, lime zest and juice, and avocado oil together. Pour it over the watermelon, spinach, and cucumber, and toss together. Sprinkle with the chili powder and salt. Enjoy chilled, alongside the flank steak and plantains

2 SLAW WITH CHICKEN & BACON (2 servings)

4 cups thinly sliced purple cabbage
½ cup sauerkraut
2 green onions, thinly sliced
2 chicken breasts (approx. ½ lb. total), fully cooked and chopped
4 strips bacon, fully cooked and chopped
¼ cup avocado oil
3 tbsp apple cider vinegar
1 tbsp mustard
Sea salt and black pepper, to taste

Instructions

1. Combine the cabbage, sauerkraut, onions, chicken, and bacon in a large bowl
2. Whisk the avocado oil, vinegar, mustard, salt, and pepper together. Toss with the cabbage mixture and enjoy

3 HORIZO BOWL (2 servings)

12 oz. chorizo
2 tbsp avocado oil
2 avocados, chopped
¼ onion, diced
1 green bell pepper, chopped
2 cups baby spinach
1 tomato, diced
2 tbsp mayonnaise
2 tbsp apple cider vinegar
1 tbsp water
1 tsp ground cumin
Sea salt and black pepper, to taste

Instructions

1. Cook the chorizo with avocado oil over medium high heat until crispy and heated through. Set aside and allow it to cool
2. Combine the avocado, onion, bell pepper, spinach, and tomato in a large bowl and toss with the cooled chorizo
3. In a small bowl, whisk the mayonnaise, vinegar, water, cumin, salt, and pepper together. Mix with the veggie-chorizo mixture and enjoy

Snacks

1 TROPICAL COCONUT BALLS (2 servings)

1 cup shredded, unsweetened coconut
¼ cup almond flour
2 tbsp ground chia seeds
6 tbsp full-fat coconut milk
10-15 drops alcohol-free stevia
1-2 tbsp coconut oil, melted
2 tbsp pineapple juice or lemon juice
zest of 1 lemon
⅛ tsp sea salt

Instructions

1. Preheat oven to 250F.
2. Mix all ingredients together. Form 1 tbsp size balls and place on a lined baking sheet. If the mixture is too dry, add 1 extra tbsp of coconut oil
3. Bake for 30 minutes and allow them to cool completely. Carefully transfer the balls to a container and place in the refrigerator to chill for about 30 minutes before serving

2 MOJITO WATER (3 servings)

½ cucumber, sliced
1 lime, sliced
3 fresh mint sprigs

Instructions

Fill a 1-liter mason jar with cucumber, lime, and mint. Fill to the top with water, secure the lid, chill for at least 12 hours. Enjoy!

3 JICAMA FRIES (2 servings)

1 jicama, skin removed and sliced into thin strips
2 tbsp avocado oil
1 tsp paprika
½ tsp onion powder
pinch sea salt
pinch cayenne pepper

Instructions

Toss all ingredients together in a large bowl until fries are well coated. Enjoy!

