



Decision free!

7-DAY Meal Plan

Featuring

Once-A-Week Prep





MENU:

Day 1: Health in a Glass Smoothie; Strawberry Poppyseed Salad; Chili; Mexican Shrimp & Salsa Salad

Day 2: Health in a Glass Smoothie; Strawberry Poppyseed Salad; Beef and Mushroom Stew; Grilled Vegetable Salad

Day 3: Beet Almond Detox Shake; Broccoli Soup; Chili; Grilled Vegetable Salad

Day 4: Spinach Lemon Ginger Smoothie; Strawberry Poppyseed Salad; Beef and Mushroom Stew; Mexican Shrimp & Salsa Salad

Day 5: Spinach Lemon Ginger Smoothie; Strawberry Poppyseed Salad; Chili; Mexican Shrimp & Salsa Salad

Day 6: Green Coconut Smoothie; Broccoli Soup; Beef and Mushroom Stew; Grilled Vegetable Salad

Day 7: Green Coconut Smoothie; Strawberry Poppyseed Salad; Beef and Mushroom Stew; Mexican Shrimp & Salsa Salad

Snack Options: Sweet Mini Peppers; Wholefood Simply Snack Bars

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SHOPPING LIST:

Produce:

- ☐ Spinach | 7 Cups
- ☐ Kale | 1 Cup
- ☐ Romaine Lettuce | 5 Cups
- ☐ Carrots | 3
- ☐ Stalk Celery | 1
- ☐ Beet | 1
- ☐ Avocados | 2.5
- ☐ Yellow/Brown Onions | 5
- ☐ Pearl Onions | 1 Cup
- ☐ Garlic Cloves | 23
- ☐ Red Bell Pepper | 1
- ☐ Sweet Mini Peppers | 1 Package
- ☐ Packed Lettuce (Your choice, not Iceberg) | 4 Cups
- ☐ Strawberries (Organic Strongly Recommended) | 1 Cup

- ☐ Broccoli | 1 Head
- ☐ Cauliflower | 1 Head
- ☐ Sliced Button Mushrooms | 1 Package
- ☐ Whole Shiitake Mushrooms | 1 Package
- ☐ Baby Portobello Mushrooms | 1 Package
- ☐ Sweet Potato | 1
- ☐ Diced Sweet Potato or Pumpkin | 3 Cups
- ☐ Jalapeño | 1
- ☐ Cilantro | 1 Bunch
- ☐ Apple | 1
- ☐ Ripe Pear | 1
- ☐ Ripe Bananas | 4
- ☐ Lemon | 1
- ☐ Blueberries | 1 Cup

Canned, Jarred and Frozen Vegetables:

- ☐ Pineapple Chunks | 1 Can
- ☐ Mandarin Oranges (in water) | 1 Can
- ☐ Kidney Beans | 1 Can
- ☐ Crushed Tomatoes | 1 Large Can
- ☐ Roasted Red Peppers - Sliced (I used roasted peppers in a jar) | 3
- ☐ Tomato Salsa
- ☐ Cooled Roast Pumpkin or Pumpkin Puree | 1 Cup (250 grams)

Nuts, Seeds and Grains:

- ☐ Chia Seeds | 2 Tbsp.
- ☐ Flax Seeds | 2 Tbsp.
- ☐ Almond Butter | 1/2 Cup and 1 Tbsp.
- ☐ Sesame Seeds | 1 Tbsp.
- ☐ Finely Shredded Dried Coconut | 3 Cups and 2 Tbsp.
- ☐ Almond Flakes | 6 Tbsp.
- ☐ Slivered Almonds | 1/4 Cup
- ☐ Cooked Quinoa | 2 Cups

Oil, Spices and Other Condiments:

- ☐ Sea Salt
- ☐ Pepper
- ☐ Olive oil
- ☐ Coconut Oil | 12 Tsp.
- ☐ Balsamic Vinegar | 1/3 Cup
- ☐ Red Wine Vinegar | 2 Tbsp.
- ☐ Chocolate Protein Powder | 1 Scoop
- ☐ Broth (Chicken or Beef) | 3.5 Cups
- ☐ Ground Ginger | 1 Tsp.
- ☐ Ground Turmeric | 1 Tsp.
- ☐ Bay Leaf | 1
- ☐ Onion Powder | 2 Tbsp.

- ☐ Dried Herbs of Choice (Thyme, Rosemary, Oregano or Sage is nice) | 2 Tsp.
- ☐ Dried Rosemary | 1 Tbsp.
- ☐ Dried Sage | 1 Tsp.
- ☐ Dried Parsley | 1 Tsp.
- ☐ Cumin | 1 Tbsp.
- ☐ Cayenne Pepper | 1 Tsp.
- ☐ Red Chili Flakes or Powder | 2 Tsp.
- ☐ Sweet Paprika | 2 Tsp.
- ☐ Ground Cumin | 2 Tsp.
- ☐ Cinnamon | 1 Tsp.
- ☐ Vanilla | 1 Tsp.

Dairy/Dairy Sub:

- ☐ Almond Milk | 2.5 Cups
- ☐ Cream | 1/4 Cup

Meat/Seafood:

- ☐ Beef Stew Meat | 1.5-2 lbs.
- ☐ Ground Meat (Beef, Turkey, Chicken) | 1 lb.
- ☐ Raw King Shrimp (peeled and deveined, pre-cooked or frozen shrimp can also be used) | 20



PREPARATION:

Breakfast Smoothies

Wash and chop the produce for your smoothies and refrigerate/freeze each recipe's ingredients in a Ziploc bag. Be sure to label them. Then just pop the content into your blender together with the liquid and seeds/spices and your breakfast is ready to go. For recipes with 2 servings, store the 2nd serving in the refrigerator for the following morning.

Lunch - Soup or Salad

Prepare your salads ahead of time. Layer all ingredients in the jar starting with the salad dressing and finishing with the greens. Refrigerate immediately. When you are ready to eat one, just shake and pour onto your plate. If lunch calls for soup, also prepare it ahead of time. Then just store in mason jars in the fridge. When you are ready to eat it, pour into a bowl and heat it.



PREPERATION:

Dinner

Prepare your dinners ahead of time and refrigerate individual servings in Ziploc bags or mason jars depending on the consistency. Once you are ready to eat, just pour into a bowl or plate and heat it. Prepare your salads also ahead of time. Layer all ingredients in the jar starting with the salad dressing and finishing with the greens. Refrigerate immediately. When you are ready to eat one, just shake and pour onto your plate.

Snacks

**Prepare your snacks for the week the weekend before.
Fill snacks into grab-and-go Ziploc bags.**



SMOOTHIES:

Health in a Glass Smoothie (2 servings)

INGREDIENTS:

- 1 Cup | Spinach
- 1 Cup | Kale
- 1 | Carrot
- 1 | Apple
- 1 | Ripe Pear
- 1 TBSP | Chia Seeds
- 1 TBSP | Flax Seeds
- 1 TSP | Coconut Oil

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender together with filtered water.
- Blend on high until smooth.

Beet Almond Detox Shake (1 serving)

INGREDIENTS:

- 1 Cup | Almond Milk
- 1 TBSP | Almond Butter
- 1 Scoop | Chocolate Protein Powder
- 1 | Beet - Sliced to Small Bits
- 1 Cup | Crushed Ice
- Optional: 1/2 | Frozen Banana

DIRECTIONS:

- Add all ingredients to a blender and blend until smooth.



SMOOTHIES:

Spinach Lemon Ginger Smoothie (2 servings)

INGREDIENTS:

- 1 Cup | Spinach
- 1 | Carrot
- 1 | Stalk Celery
- 1 | Banana, Peeled
- 1 | Lemon, Peeled
- 1 Tsp. | Ground Ginger
- 1 Tbsp. | Sesame Seeds
- 1 Tsp. | Coconut Oil

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender together with water.
- Blend on high until smooth.

Green Coconut Smoothie (2 servings)

INGREDIENTS:

- 2 Cups | Spinach
- 1 | Banana
- 1/2 Avocado
- 1 Tsp. | Ground Turmeric
- 10 oz. | Almond Milk
- 2 Tbsp. | Coconut Flakes
- 1 Tsp. | Ground Black Pepper

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender together with water.
- Blend on high until smooth.



SOUPS AND SALADS:

Broccoli Soup (2-3 servings)

INGREDIENTS:

- 1 | Small Onion, diced
- 1 | Carrot, diced
- 1 | Head of Broccoli, diced
- 2 Cups | Broth
- 1/4 Cup | Cream
- Olive Oil
- Salt and pepper

DIRECTIONS:

- In a pot, heat up the olive oil on medium-high. Sauté the onion and carrot.
- Add the broccoli and the broth.
- Turn down stove and let it simmer.
- Once all ingredients are soft, turn stove off, and let the soup cool.
- With a blender, blend the soup until it's smooth.
- Add the cream and season with salt and pepper.
- Divide up soup into mason jars and store in the refrigerator.



SOUPS AND SALADS:

Beef and Mushroom Stew (4 servings)

INGREDIENTS:

- 1.5-2 lbs. | Beef Stew Meat
- 1 Package | Sliced Button Mushrooms
- 1 Package | Whole Shiitake Mushrooms
- 1 Package | Baby Portobello Mushrooms
- 1 | Sweet Potato, chopped
- 4 | Garlic Cloves, peeled and smashed
- 1/3 Cup | Balsamic Vinegar
- 2 Tbsp. | Red Wine Vinegar
- 1 Cup | Pearl Onions, placed in warm water for 5 minutes then peeled
- 1 Cup | Chicken or Beef Broth (or water if you don't have that on hand)
- 1 | Bay Leaf
- 2 Tbsp. | Onion Powder
- 1 Tbsp. | Dried Rosemary
- 1 Tbsp. | Dried Sage
- 1 Tbsp. | Dried Parsley
- Salt and Pepper - To Taste

DIRECTIONS:

- Place all mushrooms, garlic, and pearl onions in the bottom of your crockpot.
- Top with the meat and sweet potato.
- Add the rest of your ingredients. I just put all the spices on top of the meat and sweet potatoes. The meat juices will run down onto the mushrooms while the sweet potatoes won't get mushy since they are on top of all the wet ingredients.
- Cook at low for 6-8 hours.



SOUPS AND SALADS:

chili (4 servings)

INGREDIENTS:

- 1 lb. | Ground Meat (Beef, Turkey, Chicken)
- 1 Large | Onion, chopped
- 5 | Cloves Garlic, minced
- 1 Red Bell Peppers, chopped
- 1 Can | Kidney Beans, drained
- 1 Large Can | Crushed Tomatoes
- 1 | Jalapeño, chopped
- 1 Tbsp. | Cumin
- 1 Tsp. | Cayenne Pepper
- 1/2 Cup | Broth

DIRECTIONS:

- Brown the ground meat in a pan.
- Add all ingredients, including cooked meat, to slow cooker.
- Cover and cook on high for 3-4 hours.



SOUPS AND SALADS:

Strawberry Poppyseed Salad (5 servings)

INGREDIENTS:

- 5 Cups | Romaine Lettuce, shredded
- 2 Cups | Cooked Quinoa, cooled
- 1 Cup | Blueberries
- 1 Cup | Strawberries, sliced
- 1 Can | Pineapple Chunks, canned – drained
- 1 Can | Mandarin Oranges (in water)- drained
- 1/4 Cup | Slivered Almonds
- 1 Tbsp. | Ground Flaxseed (optional)
- 1 Tbsp. | Chia Seeds (optional)

DIRECTIONS:

- In a large bowl, combine strawberries, blueberries, pineapple, and mandarins. If using, sprinkle the fruit with flaxseed and chia, then lightly toss with a spoon to coat. Set aside.
- Using your 5 quart mason jars, divide the ingredients evenly and begin layering in the following order: salad dressing (2-3 tablespoons), quinoa (I used three heaping spoonfuls per jar), fruit salad, almonds, romaine lettuce.
- Cover tightly with lids and store in refrigerator for up to 10 days.
- When ready to serve, shake the jar to distribute the dressing, then pour salad onto a plate. Enjoy!



SOUPS AND SALADS:

Grilled Vegetable Salad (3 servings)

INGREDIENTS:

- 6 Tsp. | Coconut Oil
- 3 | Brown Onion, sliced thick
- 1 Cauliflower head, broken into florets
- 3 Cups | Diced Sweet Potato or Pumpkin
- 6 | Garlic Cloves, diced
- 6 Tbsp. | Almond Flakes
- 2 Tsp. | Sea Salt
- 2 Tsp. | Dried Herbs of Choice (Thyme, Rosemary, Oregano or Sage is nice)
- 3 Cups | Baby Spinach
- 3 Roasted Red Peppers, sliced (I used roasted peppers in a jar)

DIRECTIONS:

- To grill, heat coconut oil in a large frying pan to medium-high. Add onion, cauliflower and sweet potato and pan-fry for about 12-15 minutes, stirring occasionally. I cover the pan with a lid for half of the time to speed up the cooking. Towards the end, add diced garlic, dried herbs and sea salt and cook for about 2 minutes.
- In a separate pan or saucepan, cook almond flakes on medium heat until golden brown. Make sure to stir very frequently to prevent burning. Add almonds to the grilled vegetables. Slice red peppers. Pack balsamic and olive oil in a separate container.
- Place the vegetables on the bottom of three pint sized mason jar followed by the peppers, and then the spinach.
- Refrigerate until ready to eat.



SOUPS AND SALADS:

Mexican Shrimp & Salsa Salad (4 servings)

INGREDIENTS:

- 4 Tsp. | Coconut Oil
- 20 | Raw King Shrimp (peeled and deveined, pre-cooked or frozen shrimp can also be used)
- 8 | Garlic Cloves, finely diced
- 2 Tsp. | Red Chili Flakes or Powder
- 2 Tsp. | Sweet Paprika
- 2 Tsp. | Ground Cumin
- 2 Tsp. | Sea Salt
- Tomato Salsa
- 4 Cups | Packed Lettuce (Your Choice, Not Iceberg)
- 2 | Avocados - in bite size chunks or diced
- 1 | Lime for Garnish
- Cilantro - If Desired

DIRECTIONS:

- Heat coconut oil in a large frying pan.
- Toss peeled shrimp with garlic, spices and sea salt.
- Pan fry for 3-4 minutes, stirring a couple of times to ensure even cooking.
- Set aside to cool before packing the salad.
- If cooking pre-cooked shrimp, just warm them up with garlic and spices for 2 minutes.
- In 4 quart sized mason jars, add ingredients starting with the salsa, followed by the shrimp, lettuce, avocado, lime wedges and extra cilantro (if desired).
- Refrigerate until ready to eat. When ready to eat, remove lime wedges, shake salad in jar then pour into a bowl.
- Squeeze the fresh lime on top to add to the flavor.



SNACKS:

Sweet Mini Peppers

INGREDIENTS:

- 41 Package | Sweet Mini Peppers
- Drizzle of Extra-Virgin Olive Oil
- Sea Salt
- Black Pepper

DIRECTIONS:

- Wash and dry the peppers.
- Put them in a one-gallon microwavable zip plastic bag. Lightly drizzle with olive oil, salt, and pepper. Close bag and mix it around to distribute oil and seasonings.
- Take out of bag and stir-fry until tender-crisp.
- Divide up evenly among 7 Ziploc bags and refrigerate.



SNACKS:

Wholefood Simply Snack Bars

INGREDIENTS:

- 1/2 Cup | Almond Butter (you can use half hulled tahini and half honey in place of the nut butter.)
- 1 Cup (250 grams) | Cooled Roast Pumpkin or Pumpkin Puree
- 3 Cups | Finely Shredded Dried Coconut
- 1 (150 grams) | Ripe Banana
- 1 Tsp. | Cinnamon
- 1 Tsp. | Vanilla
- Pinch of salt

DIRECTIONS:

- Preheat oven to 350 F.
- Grease and line a 20cm x 20cm square cake tin with baking paper hanging over the sides for easy removal.
- Place all ingredients into your blender or food processor in the order listed, blend to combine.
- Press the mixture into the tin and cook for 30 minutes or until golden on top and an inserted skewer comes out cleanly.
- Remove from the oven, leave in the tin for five minutes, then carefully move the slice onto a cooling rack. Once it has cooled chop into bars.
- Pack individual bars into Ziploc bags and refrigerate.