

14 Day Meal Plan #2 (1750 Calories/ Day)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Day 1</p> <p>M1: B.E.S.T. Scramble</p> <p>S1: Chocolate Peanut Butter Balls</p> <p>M2: Mediterranean Chicken Salad</p> <p>WO: Peak 90 Workout Shake</p> <p>M3: Steak with Mushrooms & Onions</p>	<p>Day 2</p> <p>M1: B.E.S.T. Scramble</p> <p>S1: Tomato, Basil, & Mozzarella</p> <p>M2: Mediterranean Chicken Salad</p> <p>M3: Salmon w/Pineapple Salsa</p>	<p>Day 3</p> <p>M1: Greek Yogurt & Berries</p> <p>S1: Tomato, Basil, & Mozzarella</p> <p>M2: Roasted Turkey Sandwich</p> <p>WO: Peak 90 Workout Shake</p> <p>M3: Pot Roast</p>	<p>Day 4</p> <p>M1: Denver Omelet</p> <p>S1: Pistachios</p> <p>M2: Bibb Lettuce Burger</p> <p>M3: Salmon w/Pineapple Salsa</p>	<p>Day 5</p> <p>M1: Scrambled Eggs & Sausage</p> <p>S1: Chocolate Peanut Butter Balls</p> <p>M2: Roasted Turkey Sandwich</p> <p>WO: Peak 90 Workout Shake</p> <p>M3: Pot Roast</p>	<p>Day 6</p> <p>M1: Scrambled Eggs & Sausage</p> <p>S1: Green Eggs</p> <p>M2: Carb Control Cobb Salad</p> <p>M3: Scallops w/Spinach Salad</p>	<p>Day 7</p> <p>M1: Greek Yogurt & Berries</p> <p>S1: Green Eggs</p> <p>M2: Carb Control Cobb Salad</p> <p>M3: Chicken & Asparagus</p>
<p>Day 8</p> <p>M1: Denver Omelet</p> <p>S1: Peanut Butter & Celery</p> <p>M2: Napa Cabbage Salad w/ Turkey Burger</p> <p>WO: Peak 90 Workout Shake</p> <p>M3: Pot Roast</p>	<p>Day 9</p> <p>M1: Scrambled Eggs & Sausage</p> <p>S1: Chocolate Peanut Butter Balls</p> <p>M2: Coconut Spinach with Moroccan Chicken</p> <p>M3: Napa Cabbage Salad w/Turkey Burger</p>	<p>Day 10</p> <p>M1: B.E.S.T. Scramble</p> <p>S1: Tomato, Basil, & Mozzarella</p> <p>M2: Napa Cabbage Salad w/Turkey Burger</p> <p>WO: Peak 90 Workout Shake</p> <p>M3: Coconut Spinach with Moroccan Chicken</p>	<p>Day 11</p> <p>M1: Lox & Cream Cheese Omelet</p> <p>S1: Tomato, Basil, & Mozzarella</p> <p>M2: Coconut Spinach with Moroccan Chicken</p> <p>M3: Scallops w/Spinach Salad</p>	<p>Day 12</p> <p>M1: Avocado Omelet</p> <p>S1: Chocolate Peanut Butter Balls</p> <p>M2: Napa Cabbage Salad w/Turkey Burger</p> <p>WO: Peak 90 Workout Shake</p> <p>M3: Steak with Mushrooms & Onions</p>	<p>Day 13</p> <p>M1: Avocado Omelet</p> <p>S1: Pistachios</p> <p>M2: Carb Control Cobb Salad</p> <p>M3: Chicken & Asparagus</p>	<p>Day 14</p> <p>M1: Lox & Cream Cheese Omelet</p> <p>S1: Peanut Butter & Celery</p> <p>M2: Chicken & Asparagus</p> <p>S2: Free Meal</p> <p>M3: Free Meal</p>

Breakfast

Lox & Cream Cheese Omelet (500 kcal)

3 whole eggs
2 oz smoked salmon
2 TBSP cream cheese
2 thin slices of red onion
1 TBSP capers (optional)
Servings: 1

How to Prepare: Mix together in a bowl the eggs. Coat non stick pan with non stick cooking spray over a medium heat. After pan is heated (~1 minute) add egg mixture and let cook, occasionally lifting with a spatula so that the uncooked portion of the egg mixture will be exposed to the pan. Once egg mixture is solidified (but not necessarily completely cooked through), spread on cream cheese and top with smoked salmon, red onion, and capers (if you opted to use them). Fold omelet in half on top of itself covering the cheese; reduce heat, and let cook until cheese is melted and eggs cooked through (~1-2 minutes).

Denver Omelet (500 kcal)

3 whole eggs
1/3 cup shredded cheddar cheese
2 big handfuls of baby spinach
½ red bell pepper diced
2oz Turkey Ham, cubed (Jenny-O brand)
2 scallions chopped
Servings: 1

How to Prepare: Scramble eggs in a bowl with a pinch of salt and pepper. Next, microwave spinach and ham in a bowl, covered, for 1 ½ minutes to slightly wilt spinach. Coat non stick pan with fat free cooking spray over a medium heat. After pan is heated (~1 minute) add egg mixture and let cook, occasionally lifting with a spatula so that the uncooked portion of the egg mixture will be exposed to the pan. Once egg mixture is solidified (but not necessarily completely cooked through), add cheese, scallions, sliced red bell pepper, spinach, ham and fold omelet in half on top of itself covering the cheese. Reduce heat and let cook until cheese is melted and eggs cooked through (~1- 2 minutes).

Greek Yogurt Parfait (500 kcal)

1 cup fat free Greek yogurt
½ cup blueberries
1 TBSP chia seeds
3 TBSP chopped pecans
1 scoop vanilla protein powder
Servings: 1

How to Prepare: Layer ½ cup Greek yogurt, blueberries, chia seeds, remaining Greek yogurt, and walnuts.

Scrambled Eggs & Sausage (500 kcal)

3 Whole eggs
4 small Al fresco chicken sausages TBSP pesto

1 apple
Servings: 1

How to Prepare: Mix together in a bowl the egg whites and eggs. Coat non stick pan with non stick cooking spray over a medium heat. After pan is heated (~1 minute) add eggs, sausage, and a pinch of salt & pepper; scramble until eggs are cooked through. Eat the apple on the side.

B.E.S.T. (Bacon, Egg, Spinach, & Tomato) Scramble (500 kcal)

3 Whole eggs
¼ cup shredded cheddar cheese
1 big handful baby spinach
3 slice turkey bacon
1 medium tomato, chopped
Servings: 1

How to Prepare: Place a non stick pan over medium heat. Chop up the bacon and add to the heated pan along with the spinach, chopped tomato, and a pinch of salt & pepper. Cook until spinach is wilted and bacon is cooked through. Remove from the pan and place in a bowl. Coat non stick pan with fat free cooking spray and re-place over a medium heat. Scramble eggs in a bowl and add to frying pan; scramble until eggs are beginning to harden. Next add spinach mixture from bowl and continue to scramble until the eggs are cooked through.

Snacks & Shakes

Chocolate Peanut Butter Balls (250 kcal)

3 scoops chocolate protein powder
¼ cup flaxseed meal
1/3 cup natural peanut butter
Servings: 4

How to Prepare: Thoroughly mix all the ingredients in a bowl (add a little water if necessary – 1 TBSP at a time). Use a Tablespoon to form half-spheres and place in freezer for 2 hours before eating (if time is an issue you can eat them right away but they taste better when frozen).

Tomato, Basil, and Mozzarella (250 kcal)

2 ounces of part skim mozzarella cheese
1 tomato
1 tsp extra virgin olive oil
Salt & pepper
Servings: 1

How to Prepare: Slice the mozzarella cheese and tomato. Stack cheese, basil leaf, and tomato slice. Sprinkle with olive oil, salt, and pepper

Green Eggs (250 kcal)

3 TBSP Avocado Puree
3 hard boiled eggs
1 TBSP minced cilantro
1 tsp hot sauce

Servings: 1

How to Prepare: Place eggs in saucepan big enough to hold them in single layer. Fill with cold water, enough to cover eggs by approximately 1 inch. Heat on high until water begins to boil; once boiling remove from heat and let eggs stand in water for 15 minutes. Remove pour hot water out of saucepan and place under cold running water until the eggs cool. Peel eggs and half. Remove yolks (discard one) and mix with avocado puree, hot sauce, and cilantro. Fill egg halves with avocado mixture.

Roasted Pistachios (250 kcal)

1.5 ounces (~70 nuts)

Servings: 1

How to Prepare: Shell and eat.

Peanut Butter Celery Sticks (250 kcal)

2 TBSP natural peanut butter

2 stalks celery (halved)

Servings: 1

How to Prepare: Spread peanut butter evenly across celery sticks.

Double Chocolate Dark Cherry Smoothie (250 kcal)

1 scoop chocolate protein powder

½ cup pitted cherries (frozen cherries normally come pitted)

1 TBSP walnuts

1 TBSP cocoa powder, unsweetened

1 TBSP flaxseed meal

1 ½ cups water

4 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add less water or more ice cubes.

Fat Burning Power Shake (250 kcal)

1 scoop vanilla protein powder

2 TBSP walnuts

1 TBSP flaxseed meal

1/3 cup blueberries

1 tsp powdered green tea (optional)

1 ½ cups water

3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add less water or more ice cubes.

Chocolate Mocha Pick Me Up (250 kcal)

1 scoop chocolate protein powder

1 TBSP flax meal

6 almonds

1 cups *So Delicious* Coconut Milk (Original Flavor)
1 TBSP unsweetened cocoa powder
3 ice cubes
1 packet Starbucks Via
Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Banana Coconut Pudding Smoothie (250 kcal)

1 scoop vanilla protein powder
¼ packet sugar free banana pudding
2 TBSP coconut milk
1 TBSP walnuts
1/2 cup water
2 ice cubes
Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. This shake comes out a very thick pudding-like consistency. You might opt for eating it with a spoon (which is fine). If you prefer you shakes not to be as thick, just add more water.

Strawberry Pistachio Smoothie (LC) (250 kcal)

1 scoop vanilla protein powder
2 TBSP pistachio
1/3 cup strawberries
1 tsp strawberry banana flavored flaxseed oil
3 ice cubes
1 ½ cups water
Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Peak Performance Recovery Shake (250 kcal)

1 scoop vanilla protein powder
3/4 cup mixed berries
1 1/2 TBSP Honey
1 tsp creatine
2 cups water
3 ice cubes
Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Lunches & Dinners

Cobb Salad (400 kcal)

3oz Turkey breast, sliced
2 slices natural turkey bacon, chopped
1/2 avocado, cubed
1 small tomato, diced
1/2 cup cucumber, chopped
3 cups romaine lettuce, shredded or chopped
2 TBSP crumbled blue cheese
1 TBSP red wine vinegar
Servings: 1

How to Prepare: Place the bacon in a non stick pan over medium heat for 3 minutes, flip and heat until cooked through. Chop up the turkey bacon and set aside. Toss lettuce in a bowl with red wine vinegar. Place on plate and top with turkey slices, avocado, tomato, cucumber, bacon, and crumbled blue cheese. Add salad toppings in pie shaped wedges for an authentic Cobb Salad look.

Roasted Turkey Sandwich (Bibb Wrap) (400 kcal)

5 oz roasted turkey slices
2 slices red onion
1 TBSP canola mayonnaise
1 slice cheddar cheese
1 tomato, sliced
1 tsp Dijon mustard
2 Bibb lettuce leaves
Servings: 1

How to Prepare: Using the 2 lettuce leaves as 'bread' for your sandwich spread mayonnaise and mustard onto each leaf. Layer roasted sliced turkey, tomato slices, cheddar cheese, and red onion.

Bibb Burger (400 kcal)

4 oz 95% lean ground beef
2 Bibb lettuce leaves.
2 slices red onion
1 slice cheddar cheese
1 TBSP pickled, sliced jalapeno peppers
2 tsp Ranch Dressing (Annie's Natural Cowgirl Ranch recommended)
1 cup cucumbers, chopped
1 tomato, chopped
1 TBSP Balsamic vinegar
1 splash Worcestershire sauce
½ tsp salt
1 tsp pepper
Servings: 1

How to Prepare: Mix extra lean ground beef, Worcestershire sauce, salt, and pepper together and form into a patty. Broil or cook burger on electric grill (i.e. George Foreman Grill) to desired doneness. Using the 2 lettuce leaves as 'bread' for your sandwich spread cowgirl ranch on to each leaf. Add the burger and layer with cheddar cheese, jalapenos, and red onion. In a bowl, toss cubed cucumbers, chopped tomato, Balsamic vinegar, salt, and pepper.

Ginger Napa Cabbage Salad w/Turkey Burgers (400 kcal)

12 oz 99% fat free ground turkey
2 TBSP sesame seeds

4 TBSP toasted sesame seed oil
1/3 cup minced ginger root
½ cup sliced or slivered almonds
1 whole egg
1 ½ cup grated carrots
1 Napa cabbage
3 TBSP rice wine vinegar
4 scallions chopped
2 TBSP Soy sauce
1 TBSP ground ginger
2 cloves garlic
Servings: 4

How to Prepare: Mix extra lean ground turkey, soy sauce, sesame seed oil (1 TBSP), sesame seeds, chopped scallions, salt, and pepper together and form into a patty. Broil or cook burger on electric grill (i.e. George Foreman Grill) to desired doneness. Next you'll need to chop up the Napa cabbage. To do this cut it in half lengthwise, then for each half make 3 more lengthwise cuts, finally chop it up. This method of cutting makes nice bite sized pieces of cabbage. In a large bowl mix together the cabbage, fresh ginger, carrots, and slivered almonds. To make the dressing, mix together the toasted sesame seed oil, rice wine vinegar, minced garlic, and powdered ginger

Mediterranean Chicken Salad Lettuce Wraps (400 kcal)

10 oz boneless skinless chicken breasts
2 small tomatoes, seeds removed & diced
1/3 cup crumbled feta cheese
½ red onion, finely diced
1 TBSP + 1 tsp extra virgin olive oil
20 pitted kalamata olives, chopped
½ cup parsley, chopped
4 Bibb lettuce leaves
2 cloves garlic, minced.
1 tsp salt
1 tsp pepper
1 TBSP dried basil
Servings: 4

How to Prepare the Chicken: Rub chicken thighs with cumin, turmeric, salt, pepper, and cinnamon. Place in slow cooker, cover with onions, canned tomatoes, and chicken broth; cook for 6-8 hours. If you don't have a slow cooker, this can be cooked in the oven at 375 degrees, covered, for 45-60 minutes.

How to Prepare the Spinach: In a non-stick pan, over medium heat, add garlic and canola. Let cook until the garlic turns light brown. Add the spinach and mix occasionally until the spinach is wilted down. Add 1-3 tsp of Thai Garlic-Chili Sauce (this stuff is very hot so if you haven't used it before use less) and the coconut milk. Reduce heat to low and stir until the coconut milk is completely mixed in with the spinach.

Flank Steak with Mushrooms & Onions (400 kcal)

5 oz flank steak
1 onion, halved & thinly sliced
1 ½ cups mushrooms, sliced
1 TBSP extra virgin olive oil

1 TBSP soy sauce
2 tsp black pepper
2 tsp garlic powder
2 tsp salt
Servings: 1

How to Prepare: Place onions, mushrooms, soy sauce, and olive oil in a non-stick pan over a medium heat, stirring occasionally. Cook until the onions become translucent/brown and the mushrooms soften and become a deeper brown; 20 minutes (the volume of the onions and mushrooms will greatly reduce as they cook). While the mushroom and onions are cooking, rub steak with garlic powder, salt, and pepper on both sides. Heat frying pan over medium/high heat. Once pan is heated, place steak on pan for 4 minutes. After 4 minutes, flip and cook for another 3 minutes. Depending on the thickness of the flank steak, this cooking method will produce a steak cooked to a medium doneness. Once you remove the steak from the pan, let it sit for at least 5 minutes before cutting and eating. Finish the dish by pouring the onion/mushroom mixture over the steak.

Roasted Parmesan Chicken with Steamed Asparagus (400 kcal)

4 oz boneless skinless chicken breast
1 TBSP butter
2 tsp extra virgin olive oil
8 asparagus spears
2 TBSP grated parmesan cheese
1 tsp dried parsley
Servings: 1

How to Prepare: Preheat oven to 400 degrees. Toss chicken in a Ziploc bag with olive oil, parsley, and parmesan cheese until the chicken is thoroughly coated. Place chicken in a baking dish and roast for 20-25 minutes (until internal temperature is 165 degrees). Cut the bottom 1 inch off asparagus (this part is very hard and not tasty). Place trimmed asparagus in a microwave safe bowl with 3 TBSP water and a splash of lemon juice. Cover tightly and microwave for 2 minutes. Place asparagus and chicken on plate and top asparagus with butter.

Super Simple Pot Roast (400 kcal)

2 lb beef chuck shoulder/clod roast
1 TBSP extra virgin olive oil
2 onions, chopped
2 cups turnips, chopped
4 cup baby carrots
4 cloves of garlic, minced
1 tsp salt
1 tsp pepper
1 TBSP dried thyme
2 tsp dried rosemary
1 ½ cups of beef broth (low sodium) or red wine
Servings: 5

How to Prepare: Preheat oven to 350 degrees. Place a large oven safe pot or Dutch oven over medium high heat. Add roast and brown on all sides. Remove roast from the pan and pour out liquid. Add olive oil, onions, turnips, and carrots. Rub roast with salt, pepper, thyme, and rosemary on all sides. Cook until onions begin to become translucent. Add roast back to pan, also adding broth or red wine. Cover tightly and simmer for 5 minutes. Place pot/Dutch oven in the oven and roast for 2 ½ to 3 hours. When cooked the roast should be able to be easily pulled apart with a fork.

Alternative Cooking method: Once you brown the roast, place in a slow cooker with vegetables, olive oil, and broth and cook for 4-6 hours.

Baked Salmon with Pineapple Salsa (400 kcal)

10 oz salmon filets (Two 5oz filets)

1 ½ cups pineapple, chopped

1 jalapeno, diced (remove seeds and white pieces on inside to reduce heat)

3 TBSP minced cilantro

2 small tomatoes, diced

3 pinches of salt & pepper

Servings: 2

How to Prepare: Preheat oven to 350 degrees. Place salmon filets in the middle of a piece of tin foil. Add a splash of lemon juice and a pinch of salt and pepper to each filet. Cover filets with another piece of tin foil and roll the edges of the two pieces of tin foil together to form a sealed packet. Bake in oven for 25 minutes.

While the salmon is baking, it is time to make the pineapple salsa. Combine in a bowl, pineapple, cilantro, tomatoes, 1 tsp lemon juice, jalapeno, and a pinch of salt/pepper. When the salmon is finished cooking, top with the pineapple salsa.

Seared Scallops with Spinach Salad (400 kcal)

5 oz scallops

3 cups baby spinach

1 cup sliced mushrooms

1 tomato, diced

2 TBSP crumbled blue cheese

1 tsp extra virgin olive oil

1 tsp butter

Salt & Pepper

Servings: 1

How to Prepare: Place frying pan over high heat. While pan is heating, pat scallops dry with paper towel and sprinkle with salt and pepper. Add scallops to hot pan and cook for 2-3 minutes; flip and cook for another 2-3 minutes (cooking time may be longer depending on the size of the scallops). While the scallops are cooking, melt butter in the microwave. Construct the spinach salad with the remaining ingredients. When the scallops are finished cooking, top with melted butter and eat with salad.