



## Simple Meal Plan

# Welcome to the NourishNow Diet Simple Meal Plan

This is our simplest meal plan ever. We've designed it based on member feedback, and the goal is to make losing weight as easy as possible. Rather than lots of different recipes that require more time and preparation, here we've selected our easiest, assembly-style meals that use just a few shortcut ingredients and simple flavors.

## What to expect from the menu

- **Few shortcut ingredients**

You'll notice a short ingredients list with most meals including less than 5 ingredients. We've also repeated ingredients across multiple meals to keep the grocery list short and reduce food waste. We've kept the prep work to a minimum by using convenient shortcut ingredients like pre-prepared veggies, salad and stir-fry mixes, and pre-cooked protein. Look out for supermarket specials on these shortcut items and feel free to opt for the variety that is well-priced each week.

- **Assembly-style meals with simple flavors**

This menu was specifically designed with simplicity in mind. The recipes are quick and easy with basic cooking methods, short cooking times and simple flavors. If you're happy eating the same meals on repeat and are OK with simple flavors, this is a great meal plan to start with. But, if you're a foodie who loves lots of variety and loves to cook, you may prefer one of our other menus such as the Mediterranean or the Original Mayo Clinic Diet Meal Plan. You can preview all the meal plan options under [Account & Settings](#).

- **Ability to swap meals and ingredients**

If you prefer to have less repetition and more variety, simply click the "Swap" button to customize your meal plan. You are also free to substitute ingredients within each food group. For example, if you prefer bran flakes to muesli for your Carbohydrate serving at breakfast – swap it! Or if you enjoy your cereal with yogurt instead of milk, simply replace it. If you don't like sandwiches every day, go ahead and rotate between bread, wraps or crackers. You are also free to choose whatever variety of salad or stir-fry vegetables blend you like. Just remember to stick to your recommended food group servings, and if you eat the toppings, dressing, or sauces included in the veggie bags don't forget to add them to your tracker.



# Meal Plan

	Breakfast	Lunch	Dinner	Snack
Wed, Jul 6	Berries with yogurt & cereal	Tuna mayo & cucumber sandwich	Rotisserie chicken with kale salad mix	Vegetables & fruits
Thu, Jul 7	Banana & peanut butter toast with milk	Rotisserie chicken sandwich	White fish with sweet kale salad mix & rice	Vegetables & fruits
Fri, Jul 8	Berries with yogurt & cereal	Tuna mayo & cucumber sandwich	Rotisserie chicken with kale salad mix	Vegetables & fruits
Sat, Jul 9	Banana & peanut butter toast with milk	Grilled cheddar & tomato sandwich	Simple hoisin beef stir-fry	Vegetables & fruits
Sun, Jul 10	Berries with yogurt & cereal	Rotisserie chicken sandwich	White fish with sweet kale salad mix & rice	Vegetables & fruits
Mon, Jul 11	Scrambled egg on toast	Grilled cheddar & tomato sandwich	Leftover Simple hoisin beef stir-fry	Vegetables & fruits
Tue, Jul 12	Banana & peanut butter toast with milk	Leftover Simple hoisin beef lunch stir-fry	Cheese & spinach omelet	Vegetables & fruits



# Prep steps and tips for this week

## Here's your checklist to help you prepare for the week:

1. **Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe. You can also use the search function to find other recipes to add to your meal plan.
2. **Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Chop the rotisserie chicken.** Remove the chicken meat from the bones, chop it, divide into four equal servings, and store in airtight containers in the fridge. This will help when making the Rotisserie chicken sandwich\* and Rotisserie chicken with kale salad mix\*.
4. **Slice and marinate the beef.** Thinly slice the beef and add the peanut oil and hoisin sauce for the Simple hoisin beef stir-fry\*. Store in an airtight container in the fridge.
5. **Prepare your fruits and vegetables.** Most meals call for pre-prepared vegetables, except for ingredients such as cucumber and tomatoes. Feel free to wash and slice these ahead of time. You may also want to buy unprepared veggies and shred, chop or dice them yourself.
6. **Make the tuna mayo.** Make a double batch of tuna mayo for the Tuna mayo & cucumber sandwiches\*. Store in an airtight container in the fridge until ready to use.
7. **Cook once, eat twice (or three times!).** When preparing the White fish with sweet kale salad mix & rice\* make a double batch. Prepare a triple batch of the Simple hoisin beef stir-fry\*. Store the remaining servings in separate airtight containers in the fridge for quick reheat-and-eat meals later in the week.
8. **Freeze leftover ingredients.** Store any leftover ingredients like bread or shredded cheese in the freezer to use in future weeks.

## Extra options:

1. **Hoisin sauce.** Feel free to use an alternate stir-fry sauce such as teriyaki, sesame, or sweet and sour sauce.
2. **Peanut oil.** Peanut oil is great for high heat stir-frying. You can replace with avocado oil for a more neutral flavor, or canola oil which is budget-friendly.
3. **Add your own flavor.** Fresh and dried herbs and spices, along with aromatics like garlic, ginger and chili are all free foods, so feel free to add these or use what you have in your pantry to boost flavor.

\*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.



# Breakfast meals

## Berries with yogurt & cereal

Bran flakes, ½ cup(s) (0.7oz)

Nonfat plain Greek yogurt, 7 oz(s), about a cup (7oz)

Berries, any type, 1¼cup(s), use frozen if fresh not available (6.3oz)

Almonds, unsalted, 6 almond(s) (0.3oz)

### Method

Serve cereal with yogurt, berries and top with almonds.

**Makes 1 serve.** Each serve provides: 1.0 Fruit, 0.9 Carbohydrates, 1.1 Protein/Dairy, 1.0 Fats, 283 calories, 24.9g protein.



# Lunch meals

## Rotisserie chicken sandwich

Rotisserie chicken, 2 oz, chopped (2oz)

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Avocado, 2 tbsp(s), mashed (1.1oz)

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Whole grain bread, 2 slice(s) (2.3oz)

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Tomato, 1 medium, whole, sliced (4.3oz)

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Baby spinach, raw, 1 large handful(s) (1.6oz)

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### Method

In a small bowl, combine the chicken and mashed avocado.

Spread one slice of bread with chicken avocado mixture. Top with a few slices of tomato and the spinach. Close with remaining slice of bread.

Serve remaining slices of tomato alongside the sandwich.

**Makes 1 serve.** Each serve provides: 1.2 Vegetables, 2.3 Carbohydrates, 0.9 Protein/Dairy, 1.1 Fats, 344 calories, 26.4g protein.



# Dinner meals

## Rotisserie chicken with kale salad mix

Rotisserie chicken, 2 oz, chopped (2oz)

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Chopped salad kit, sweet kale, 1 cup(s) (3½oz)

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Corn, canned, ½ x 8¾ oz can(s), drained (4.4oz)

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### Method

In a serving bowl, combine the chicken, salad mix and corn. Toss to combine.

**Makes 1 serve.** Each serve provides: 3.1 Vegetables, 1.4 Carbohydrates, 1.2 Protein/Dairy, 0.7 Fats, 341 calories, 21.1g protein.





# Snack meals

## Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

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Fruit, any type, 2 small piece(s) (7.1oz)

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### Method

Enjoy unlimited servings of vegetables & fruits throughout the day.

**Makes 1 serve.** Each serve provides: 1.0 Vegetables, 2.1 Fruit, 148 calories, 2.6g protein.





# Grocery List

## Fruits & Vegetables

- ☐ Avocado 3.2oz
- ☐ Baby spinach, raw 3.8oz
- ☐ Banana, 3 extra small (8.6oz)
- ☐ Berries, any type, 3¾ cup(s) (1.2lb)
- ☐ Chopped salad kit, sweet kale, 4 cup(s) (14.1oz)
- ☐ Cucumber, 2 small (11.1oz)
- ☐ Fruit, any type, 14 small piece(s) (3.1lb)
- ☐ Garlic, minced 0.1oz
- ☐ Lemon, 1 medium (3oz)
- ☐ Stir-fry vegetables blend, 5 cup(s) (1.1lb)
- ☐ Tomato, 5 medium, whole (1.4lb)
- ☐ Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)

## Pantry Items

- ☐ Almonds, unsalted 0.8oz
- ☐ Black pepper
- ☐ Bran flakes 2oz
- ☐ Corn, canned 8.7oz
- ☐ Extra virgin olive oil 0.2oz
- ☐ Hoisin sauce 1.7oz
- ☐ Instant brown rice, cooked, 3 x 4.4 oz cup(s) (13.2oz)

- ☐ Light mayo 1.6oz
- ☐ Olive oil spray 0.6oz
- ☐ Peanut butter, reduced sugar & salt 0.8oz
- ☐ Peanut oil 0.5oz
- ☐ Tuna, canned in water 6oz

## Bread & Bakery

- ☐ Whole grain bread, 17 slice(s) (1.2lb)

## Meat, Poultry, Seafood

- ☐ Beef tenderloin steak, any grade, very lean, 9 oz(s) (9oz)
- ☐ Eggs, 3 large (5.3oz)
- ☐ Rotisserie chicken 8oz
- ☐ Whitefish, raw 6oz

## Chilled & Frozen Goods

- ☐ 1% milk, 3 cup(s) (1.5pt)
- ☐ Cheddar cheese, reduced fat, shredded 3.4oz
- ☐ Nonfat plain Greek yogurt 1.3lb