



TRIUMPH

STRENGTH & CONDITIONING

4-WEEK KICKSTART MEAL PLAN WEEK 1:8



NUTRITIONAL INFORMATION:

based on 7 servings

- Calories: 230 kcals
- Fat: 12
- Protein: 28g
- Carbs: 8g
- Fiber: 2g

WEEK 1 BREAKFAST

Oven Baked Denver Omelet: Makes 7-8 servings

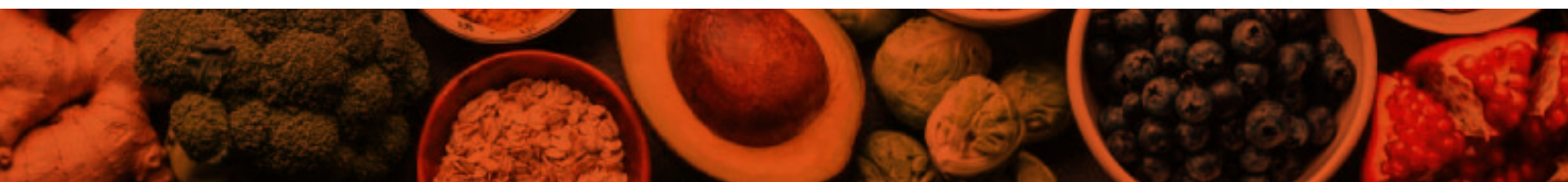
Prep Time: 10 mins | Cook Time: 25 mins | Total Time: 35 mins

Ingredients

- 1 dozen eggs
- 1 pound of low-sodium ham
- 1 cup of fat free cheddar cheese
- 1 cup of fat free plain Greek yogurt
- 1 cup chopped onion
- 1 cup chopped green peppers
- ½ cup chopped green onions for garnish

Instructions

1. Preheat oven to 400 degrees. In a medium sized mixing bowl whisk together eggs and yogurt. Add in cheese, ham, onion and green pepper.
2. Pour into a greased (using cooking spray) 9x9 (or larger) inch pan. Bake for 25 minutes or until golden brown.
3. Cut into 7 or 8 large squares, garnish with green onions and serve.





NUTRITIONAL INFORMATION:

per serving

- Calories: 550 kcal
- Fat: 26g
- Protein: 32g
- Carbs: 47g
- Fiber: 8g

WEEK 1 LUNCH

Homemade "Chipotle" bowls: makes 7-8 servings

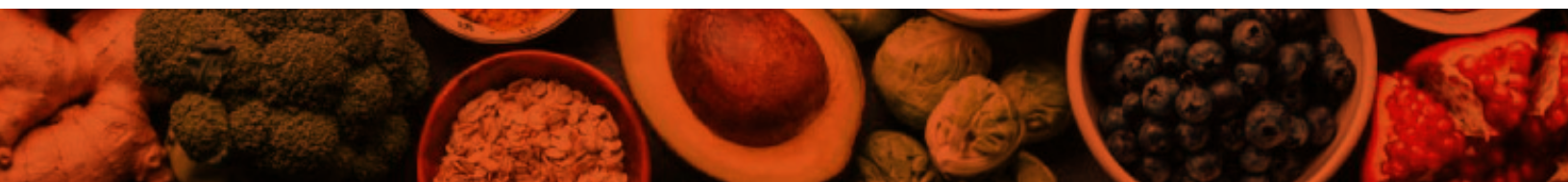
Prep Time: 15 mins | Cook Time: 45 hour | Total Time: 1 hour

Ingredients

- 2 lbs boneless, skinless chicken breast
- 2 cups of white or brown rice (nutrition facts will be for white rice)
- 3 cups of black or pinto beans, drained
- 3 cups of pico de gallo (any brand is fine)
- 2 cups of shredded Monterey jack cheese
- 2 TBSP of coconut oil
- 1 Lime
- 1 cup adobo sauce
- 1 tsp garlic powder
- 1 tsp ground cumin
- ½ tsp dried oregano
- ½ tsp black pepper
- 1tsp salt
- 1 cup chopped cilantro

Instructions

- Cut up raw chicken into small cubes and place in a large refrigerator safe container and mix together with adobo sauce, cumin, garlic powder, black pepper, and salt. Place in fridge to chill.
- Place 2 cups of uncooked rice into a microwave safe container or on the stove top and add in 4 cups of water for white rice, or 4 and ½ cups of water for brown rice. Cook rice until all the water is absorbed and it has a soft texture. Cut up the lime into slices, place 1 TBSP of coconut oil into the rice mixture, 2 TBSP of the chopped cilantro, and salt and lime juice to taste. Mix together and set aside.
- Heat up large skillet with 1 TBSP coconut oil and sauté chicken until fully cooked. Place ½ cup of rice into a bowl or Tupperware container, top with ½ cup of beans, 4 oz of cooked chicken, ½ cup of pico de gallo, and 1/4th cup of shredded cheese. (You can assemble these bowls in any way that you like, adding in, or substituting ingredients at your leisure. Just be aware that doing so will alter the nutrition facts.)



WEEK 1 DINNER

Ultimate Beef Stew: Makes 7-8 servings

Prep Time: 30 mins | Cook Time: 4 hours | Total time: 4.5 hours

Ingredients

- ¼ Cup of Extra Virgin Olive Oil
- 1 cup Whole Wheat Flour (or all purpose is fine)
- 3 lbs. beef chuck shoulder cut into 1 inch cubes
- 1 bottle good quality dry red wine (Burgundy is great choice or any red cooking wine is fine)
- 8 fresh thyme sprigs
- 6 garlic cloves, smashed
- Juice from 1 orange, and zest from the skin
- ¼ tsp ground cloves
- 2 bay leaves
- 2 ½ cups low sodium beef stock
- 10 small potatoes (any type will work, can use sweet potatoes if desired but nutritional content will be for white)
- ½ pound baby carrots
- 2 white onions
- 1 lb of white mushrooms, sliced
- ½ pound of frozen peas
- Fresh parsley chopped for garnish
- Salt and pepper to taste and season

Instructions

- Preheat a large heavy-bottomed saucepan or Dutch oven over medium-high heat with the oil.
- While the pan is heating, arrange the flour on a large dish. Season the cubed beef with some salt and freshly ground black pepper and then toss in the flour to coat. Shake off the excess flour and add the beef chunks in a single layer to the hot pan, being careful not to over crowd the pan, you might have to work in batches. Thoroughly brown all of the cubes on all sides. Once all the meat has been browned remove it to a plate and reserve.
- Add the wine to the pan and bring up to a simmer while you scrape the bottom of the pan with a wooden spoon being sure to loosen up all those tasty bits. Once the wine has gotten hot add the browned meat, thyme, smashed garlic, orange zest strip, ground cloves, freshly ground black pepper and salt, to taste, bay leaves and beef stock. Bring the mixture up to a boil and then reduce the heat to a simmer and cook uncovered until the liquids start to thicken, about 15 to 20 minutes. Cover and cook on low heat for 2 1/2 hours.
- After 2 hours add halved potatoes, sliced carrots, pearl onions and mushrooms, along with the orange juice to balance out the acid from the red wine. Turn the heat up slightly and simmer, uncovered, for 30 minutes more, until the vegetables and meat are tender. Add the frozen peas during the last minute of cooking. Season with salt and pepper and remove the thyme sprigs.
- To serve, place the stew in a soup bowl or refrigerator safe container separated into 7-8 servings, garnish with parsley and enjoy.



NUTRITIONAL INFORMATION:

- per serving (makes 7-8 servings)
- Calories: 580 kcal
- Fat: 30g
- Protein: 29g
- Carbs: 48g
- Fiber: 7g





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STRENGTH & CONDITIONING

4-WEEK KICKSTART MEAL PLAN WEEK 2:8

WEEK 2 BREAKFAST

Bacon, Egg and Cheese “McMuffins”: Makes 8 servings
Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins

Ingredients

- 1 pound of bacon cooked
- 1 cup of egg whites
- 8 whole wheat English muffins
- 8 slices of low-fat mozzarella cheese

Instructions

1. Heat up large skillet and cook bacon until crispy. Set aside.
2. Heat up large skillet and spray with cooking spray. Once heated, pour in egg whites and cooked until scrambled. Set aside.
3. Toast all 8 whole wheat muffins.
4. Assemble sandwiches with servings of egg whites, one slice of cheese, and 2-3 slices of bacon evenly over all 8 servings. Serve.

NUTRITIONAL INFORMATION:

- based on 8 servings
- Calories: 340 kcal
- Fat: 13g
- Protein: 28g
- Carbs: 28g
- Fiber: 4g





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STRENGTH & CONDITIONING

4-WEEK KICKSTART MEAL PLAN WEEK 2:8



WEEK 2 LUNCH

Seafood Paella: makes 7-8 servings

Prep Time: 20 mins | Cook Time: 30 min | Total Time: 50 min

Ingredients

- 2 lbs. chicken breast (boneless, skinless)
- 1 lb jumbo shrimp (peeled, de-veined)
- 2 TBSP coconut oil
- 4 cups of cooked, white or brown rice
- 2 cups low sodium chicken broth
- 1 red onion, chopped
- 3 diced roma tomatoes
- 2 ½ cups of frozen peas
- Juice from 1 lemon
- 2 tbsp garlic paste (or minced garlic)
- 1 ½ TBSP smoked paprika
- ½ tsp of saffron
- Salt and pepper to taste
- 1 cup fresh parsley chopped

Instructions

1. Cook rice according to the instructions given and set aside. If you have a rice cooker, this can help you save time and space in the kitchen.
2. Chop raw chicken and shrimp into small pieces and set aside. Be sure to thoroughly wash the cutting board before chopping the different protein sources to avoid cross contamination.
3. In a large skillet (preferably cast iron if possible) add the 2 TBSP of coconut oil and melt on high heat. Once melted, add red onions and garlic paste. Stir and cook until onions have browned on the edges. Toss in the raw chicken and cook until it is about 75% done and then toss in the raw shrimp and cook until the shrimp is about 75% done.
4. Add in paprika and salt and continue to stir. Add in cooked rice and diced tomatoes and continue to stir but reduce the heat to medium. Pour in the chicken broth, add the saffron in and allow the contents to simmer slowly and gently continuing to stir for about 5-7 minutes. Add in the lemon juice at this time.
5. Lastly, add in the frozen peas and continue to stir another 5 minutes. Garnish with fresh parsley and separate into 7 or 8 servings and enjoy.

NUTRITIONAL INFORMATION:

- based on 8 servings
- Calories: 430 kcal
- Fat: 10g
- Protein: 41g
- Carbs: 45g
- Fiber: 5g





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4-WEEK KICKSTART MEAL PLAN WEEK 2:8



NUTRITIONAL INFORMATION:

- per serving (makes 7-8 servings)
- Calories: 522 kcal
- Fat: 19g
- Protein: 41g
- Carbs: 47g
- Fiber: 6g

WEEK 2 DINNER

Jambalaya: Makes 7-8 servings

Prep Time: 30 mins | Cook Time: 30 min | Total time: 1 hour

Ingredients

1 lb. chicken or turkey sausage
2 lbs. boneless, skinless chicken breast
2 TBSP olive oil
2 cups onions, diced
1 cup celery, diced
4 garlic cloves, minced
1 bay leaf
2 tsp creole seasoning
1 tsp dried thyme
1 tsp dried oregano
2-10 oz. cans diced tomatoes
3 cups low sodium chicken broth
3 cups cooked, white or brown rice
1 lb. jumbo shrimp, peeled and de-veined
½ cup chopped flat leaf parsley
Chopped green onions for garnish
Salt and pepper to taste

Instructions

- Cook rice according to instructions on package or bag. Set aside for later. Slice sausage into 1 inch slices and cook in a large skillet using 1 TBSP of olive oil. Remove sausage and set aside. Do the same for the chicken, slicing it into 1 inch cubes and browning in a pan and setting aside.
- Add diced onion and sauté for 5 mins until golden brown. Pour in the broth, then stir in tomatoes, celery, garlic, seasonings and parsley and bring to a boil for about 20 mins.
- Add in shrimp, chicken, and sausage and continue to cook for another 3-5 mins. Then add in the rice and continue to cook for 5 more minutes stirring regularly. Remove from heat, separate into 7-8 bowls or refrigerator safe containers, top with chopped green onions and serve.





WEEK 3 BREAKFAST

Sweet Potato Protein Pancakes: Makes 8 servings
Prep Time: 15 mins | Cook Time: 25 mins | Total Time: 40 mins

Ingredients

- 8 whole eggs
- ½ cup egg whites
- 4 cups of canned, unsweetened, mashed sweet potato
- ½ tsp baking powder
- ½ cup of skim milk or almond milk
- 1 tsp baking soda
- 1 Tbsp cinnamon
- 1 tbsp vanilla extract
- Stevia to taste
- Sugar free syrup to drizzle

Instructions

- In a large mixing bowl, mix together sweet potato, eggs and egg whites, and almond milk until thoroughly combined.
- Mix in cinnamon, baking powder, baking soda, vanilla extract, and stevia (use enough to sweeten the batter to your liking, will require taste test)
- Heat large skillet and spray with cooking spray. Pour batter into skillet in desired amount until all pancakes are cooked. (Recipe will vary depending on the size of the pancakes you make. Just remember to make all of them and then divide into 8 total servings)
- Garnish with sugar free maple syrup. (Recommended brands are Cary's, or Walden Farms)

NUTRITIONAL INFORMATION:

- based on 8 servings
- Calories: 280 kcal
- Fat: 6g
- Protein: 14g
- Carbs: 35g
- Fiber: 2g





NUTRITIONAL INFORMATION:

- per serving (makes 7-8 servings)
- Calories: 568 kcal
- Fat: 30g
- Protein: 26g
- Carbs: 41g
- Fiber: 4g

WEEK 3 LUNCH

Shrimp and Cheese Grits: makes 7-8 servings

Prep Time: 20 mins | Cook Time: 35 min | Total Time: 55 min

Ingredients

- 2 lbs. jumbo shrimp (peeled, de-veined)
- 2 cups uncooked grits (can use instant, but will need to alter recipe and cooking instructions)
- 2 TBSP unsalted butter
- 1 tsp salt
- 1 cup shredded cheddar cheese
- 1 tsp black pepper
- ½ cup parmesan cheese
- ½ cup chopped green onions
- 1 TBSP coconut oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ tsp cayenne pepper
- 1 cup chopped fresh parsley

Instructions

1. Cook grits according to the directions listed on the package and set aside. Once finished, remove from heat or microwave and stir in butter, both cheeses, green onions, salt, and black pepper.
2. Heat up a large skillet and melt the 1 TBSP of coconut oil. Toss in shrimp and cook until 75% done. Turn heat down to medium and add in all spices into the skillet with the shrimp (paprika, garlic powder, thyme, oregano, cayenne pepper, salt and pepper to taste) and stir until combined.
3. Portion out grits into 7-8 bowls or containers to be saved for later and evenly distribute shrimp across all 8 servings. Sprinkle with fresh parsley for garnish and serve.





WEEK 3 DINNER

Chicken Madeira : Makes 7-8 servings

Prep Time: 30 mins | Cook Time: 45 min | Total time: 1 hour 15min

Ingredients

- 2 ½ lbs boneless, skinless, chicken breast
- 2 lbs asparagus, blanched (cooked in boiling water for 1-2 minutes, then immediately placed in an ice bath to halt the cooking process)
- 2 tsp salt
- 2 tsp black pepper
- 2 TBSP unsalted butter
- 2 TBSP olive oil
- 1 lb. button mushrooms, sliced
- 1 large white onion, thinly sliced
- 3 garlic cloves, minced
- 4 TBSP fresh parsley, chopped (more to garnish if desired)
- 2 cups Madeira wine (sweet white wine)
- 2 cups low sodium chicken broth
- ½ cup heavy whipping cream
- 1 cup shredded mozzarella cheese

NUTRITIONAL INFORMATION

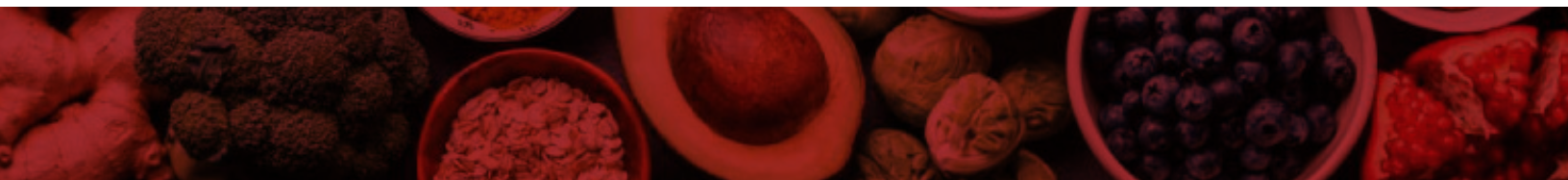
per serving (makes 7-8 servings)

Calories: 582 kcal

- Fat: 34g
- Protein: 39g
- Carbs: 15g
- Fiber: 3g

Instructions

1. Blanch asparagus in large pot by adding about 6 cups of water, bringing to a boil and adding 1 tsp of salt. Add asparagus and boil uncovered for about 2-3 minutes until crisp, tender, and a light green and remove and place in an ice bath to cool. Set aside.
2. Place a large, oven safe pan (large enough to hold all 2 ½ lbs. of chicken breast) over medium to high heat and melt 2 TBSP of butter and 1 TBSP olive oil. Place chicken breast (cut in half) into pan and brown both sides. Remove from the pan but add the last TBSP of olive oil to the pan. Add in sliced mushrooms and cook for 5 minutes. Then add in sliced onions and cook for about 3 minutes until they are golden brown.
3. Add in minced garlic cloves, season with salt, pepper and add in 2 TBSP of parsley. Cook 2 minutes and then set aside on a separate plate. Add the 2 cups of wine to the pan, and bring to a boil. Reduce wine by half (about 5 min of continuous boiling) and continue to scrape the bottom of the pan. Add the 2 cups of chicken broth and boil until about 2/3 of the liquid remains (about 10 minutes).
4. Reduce the heat to medium, add the ½ cup of heavy whipping cream and simmer until the sauce thickens. (about 2 mins) Return the chicken, and mushroom and onions mixture to the pan and turn and stir to coat everything in the sauce.
5. Add the asparagus to the pan and stir. The top with mozzarella cheese, salt and pepper, and garnish with the rest of the fresh parsley. Separate into 7-8 servings and enjoy.





WEEK 4 BREAKFAST

Sausage and Gravy Casserole: Makes 8 servings

Prep Time: 20 mins | Cook Time: 40 mins | Total Time: 1 hour

Ingredients

- 8 whole wheat biscuits (can be store bought or homemade)
- 1 ½ cup or turkey sausage crumbles
- 1 Cup of Almond Milk
- 8 oz of Fat-Free Cream Cheese
- 1 Cup of Chicken Broth
- 1 Tbsp of coconut oil
- 1 Tbsp Italian seasoning
- 1 tsp sage
- 1 tsp salt
- 1 tbsp garlic powder
- 1 ½ tsp potato starch

Instructions

- Preheat oven to 400 degrees. Bake biscuits for 15-18 mins or until about ¾ of the way cooked. If using store bought biscuits, spray large 12x12 or larger baking dish with cooking spray, cut biscuits in half, and place in baking dish.
- Heat up large skillet. Melt coconut oil in skillet and once heated, pour in turkey sausage and cook. Add in all seasonings EXCEPT potato starch (which is NOT a seasoning) and mix in well.
- In a small bowl, mix together the almond milk and potato starch and whisk together well.
- Turn the heat to medium on the skillet and then add in the broth, the cream cheese, and the almond milk/potato starch mixture. Continue to stir and mix together until all ingredients are combined and form a gravy. (If the gravy is not as thick as you would like, you can add additional potato starch. Add 1 tsp at a time, stir for 5 mins and then re-evaluate thickness)
- Pour gravy on top of biscuits in baking tray. Cut into 7-8 servings and serve.



NUTRITIONAL INFORMATION:

- per serving, based on 8 servings
- Calories: 340 kcal
- Fat: 15g
- Protein: 16g
- Carbs: 31g
- Fiber: 2g





WEEK 4 LUNCH

Cashew Chicken: makes 7-8 servings

Prep Time: 20 mins | Cook Time: 25 min | Total Time: 45 min

Ingredients

- 2 ½ lbs. boneless, skinless chicken breast
- White or Brown Rice to Serve (Nutrition facts will be for JUST THE CASHEW CHICKEN, IF YOU ADD RICE, YOU NEED TO ACCOUNT FOR THAT NUTRITIONALLY)
- 1 cup raw cashews
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 4 cups broccoli florets
- 3 garlic cloves, minced
- 1 TBSP minced ginger
- 2 TBSP sesame oil
- 3 TBSP honey
- 2 TBSP rice vinegar
- 2 TBSP hoisin sauce
- 8 TBSP soy sauce or tamari (if gluten free) (try to use low sodium if possible)
- 1 ½ cup chopped green onion for garnish
- 2 TBSP sesame seeds for garnish
- 1 TBSP potato starch



NUTRITIONAL INFORMATION:

- per serving, based on 7-8 servings
- Calories: 565 kcal
- Fat: 25g
- Protein: 40g
- Carbs: 45g
- Fiber: 7g

Instructions

1. In a medium bowl, combine the hoisin sauce, honey, soy sauce, rice vinegar, 1 TBSP sesame oil, ginger and garlic and set aside. In a separate medium bowl, combine the chicken with salt, pepper, and toss in the potato starch and ensure all of the chicken is coated well with the starch. (You might need to use a little more than 1 TBSP)
2. Heat a large skillet and add in 1 TBSP sesame oil. Add the chicken and cook for about 6-7 minutes until the chicken is nicely browned. Set aside on separate plate. To the skillet, add broccoli florets, and peppers, and cook until nicely browned.
3. Pour in the sauce and add the cashews and stir to combine until the sauce begins to thicken. Then add the chicken back into the mixture and cook for another 3-4 minutes. Remove from the heat. Serve over rice or by itself and garnish with green onions and sesame seeds.





WEEK 4 DINNER

Japanese Yakatori Chicken Skewers: Makes 7-8 servings
Prep Time: 30 mins | Cook Time: 45 min | Total time: 1 hour 15min

Ingredients

- 2 lbs. boneless, skinless chicken breast
- 12 green onions (scallions)
- 2 TBSP coconut oil or olive oil
- ½ cup soy sauce (low sodium or tamari if gluten free)
- ½ cup mirin
- ¼ cup sake
- ¼ cup low sodium chicken broth
- 1 ¼ TBSP packed brown sugar
- Bamboo skewers (soaked in water to prevent burning in oven)

NUTRITIONAL INFORMATION:

- 2 skewers (makes 7-8 servings)
- Calories: 260 kcal
- Fat: 9g
- Protein: 29g
- Carbs: 15g



Instructions

1. Cut chicken breast into small, 1 inch cubes. In a small sauce pan, add the oil, mirin, soy sauce, sake, water, and brown sugar, and the green portion of 6 scallions and bring to a boil over high heat. Also, pre-heat an oven to 400 degrees and line a large baking pan with foil or use a large baking dish sprayed with cooking spray.
2. Once boiling, reduce the heat to low and simmer, uncovered, until the liquid is reduced by half. This will take about 30 mins. The sauce will be thick and glossy. Let it cool to room temperature before cooking. Reserve 1/3rd of the sauce into a separate bowl for a final coating.
3. Cut the rest of the scallions into 1 inch pieces. Next, assemble the skewers by adding 1 piece of chicken, and 1 piece of scallion until all the chicken and scallions have been used up. Brush the sauce over each of the skewers after they have been placed onto the baking pan or baking dish.
4. Place in the oven until the chicken is fully cooked. Remove from oven, and coat with remaining sauce left over in the separate bowl from earlier.
5. Separate into 7-8 servings, serve and enjoy. (Goes great with cooked white or brown rice. Nutritional content is for chicken recipe only!)

