



FREE 2700 Calorie Sample Meal Plan

Week of November 25th, 2018



Groceries

- Foil Roaster Pans (\$3.98)
- 3 Sweet Italian Chicken Sausages (\$4.47)
- 4 Apple Chicken Sausages (\$6.08)
- 2 lbs. 90% Lean/10% Fat Ground Beef (\$10.98)
- 1 lb. 93% Lean/7% Fat Ground Turkey (\$4.29)
- 5 Oikos Vanilla Greek Yogurt (\$5.00)
- Head of Lettuce (\$0.99)
- 1 - 1.25 lbs. Asparagus (\$7.98) Expensive because they were pre-cut.
- 1 Red Onion (\$0.88)
- 1 White Onion (\$0.87)
- 1 Package Tomatoes (\$0.99)
- 2 Cucumbers (\$1.58)
- 4 Bananas (\$0.87)
- Blueberries (\$3.99)
- 2 Packages Strawberries (\$6.98)
- 2 Packages Raspberries (\$5.00)
- 2 Packages Blackberries (\$5.00)
- 3 lb. Bag Red Potatoes (\$2.99)
- Blue Diamond Almond/Coconut Milk Blend (\$3.19)
- Smart Water (\$1.59)

Tax: \$0.28

Total: \$77.98



Cooking Instructions

Southwest Chipotle Red Potatoes

1. Rinse and wipe/scrub off dirt from potatoes.
2. Slice potatoes into smaller chunks. (try to make them all about the same size so they cook more evenly)
3. Place potatoes into baking pan or on cookie sheet. (try not to overcrowd the pan too much)
4. Add the following seasonings below:
 - a. Few splashes of Extra Virgin Olive Oil (2-3 tbsp.)
 - b. Coarse Sea Salt (lightly season)
 - c. Mrs. Dash Southwest Chipotle Seasoning (use as much as you would like)
 - d. Feel free to add additional seasonings, if you would like.
5. Bake at 400 degrees for 50-55 minutes.
6. At about 20 minutes, pull potatoes out of the oven and mix them around.
7. Place them back in the oven for the remainder of the time.
8. OPTIONAL – Broil them for the last 4-5 minutes to get crispier potatoes.

Healthier Meatloaf (Lean Ground Beef & Lean Ground Turkey)

1. In a baking pan (or large mixing bowl, if you prefer), place the 2 lbs. of Ground Beef and 1 lb. of Ground Turkey.
2. Dice up a medium-large White Onion and add it to the baking pan.
3. Grab your Old-Fashioned Oats and measure out about 1 ¼ - 1 ½ cups.
4. Add the Oats to a blender and blend until they are a somewhat fine powder. (should only need to blend for about 10-15 seconds)
5. Add the blended oats to the pan with the meat and the onions.
6. Crack 2 eggs into the pan.
7. Add the following seasonings below:
 - a. 2 tbsp. Worcestershire sauce
 - b. Salt and Pepper
8. Mix all the ingredients together thoroughly, I use my hands, works the best.
9. Form it into the pan, so it is flat and spread evenly.
10. Bake at 375 degrees for 55 minutes to an 1 hour.

Chicken Sausages

1. Place the Chicken Sausages in a baking pan or on a cookie sheet. (make sure there is some separation between each sausage, so they cook evenly, don't overcrowd the pan)
2. OPTIONAL – Lightly coat each sausage with Extra Virgin Olive Oil. (helps them to crisp up and adds some flavor)
3. Bake at 400 degrees for 40-45 minutes.
4. After about 20 minutes, take the sausages out of the oven and flip each one.
5. Place them back in the oven for the remaining time.
6. OPTIONAL – Broil for the last 3-4 minutes to add a crisp to the sausage.



Asparagus

1. Rinse Asparagus.
2. Place Asparagus in a baking pan or on a cookie sheet. (try not to overcrowd the pan)
3. Add the following seasonings:
 - a. Few splashes of Extra Virgin Olive Oil (2-3 tbsp.)
 - b. Salt & Pepper
 - c. Feel free to add additional seasonings, if you would like.
4. Bake at 400 degrees for 8-10 minutes.
5. OPTIONAL - Broil for an additional 2-3 minutes for crispier Asparagus.

Simple Side Salad

1. Rinse the Head of Lettuce and cut off the stem end.
2. Cut the Head of Lettuce into smaller pieces. (or you could also shred with your hands pulling off the lettuce leaves)
3. Rinse the Cucumbers.
4. Cut the cucumbers into smaller bite size pieces.
5. Rinse the Tomatoes.
6. Cut the Tomatoes into smaller bite size pieces.
7. Rinse the Red Onion.
8. Dice the Red Onion into smaller bite size pieces.

That's it, for the cooking instructions.



Packaging The Meals

Meal 1 (Lunch)

- 6-7 oz. Chicken Sausage
- 115 – 120g Red Potatoes
- Side Salad
 - o Lettuce
 - o Cucumber
 - o Tomatoes
 - o Red Onion

Protein(g):30

Carbs(g):47

Fat(g):19

Total Calories:470

Meal 2 (Dinner)

- 10 – 11 oz. Meatloaf
- $\frac{3}{4}$ - 1 Cup Asparagus

Protein(g):63.8

Carbs(g):23.8

Fat(g):27.6

Total Calories:598.8

NOTE: To calculate the macros for the Meatloaf, I added up all the ingredients and divided them by the number of servings. This recipe made about 5 servings, for me.

Daily Meal Breakdown

For the daily breakdown, the meals listed below are example meals you could eat in a day along with the Lunch and Dinner meals you prepped. This is just an example of the meals I would be eat in a day.

Breakfast Smoothie (8 – 9 am)

- 1 Cup Frozen Strawberries
- 1 Frozen Medium Banana
- 1 Container, Triple Zero Oikos Vanilla Greek Yogurt
- 1 Scoop Optimum Nutrition Vanilla Whey Protein Powder
- 1 – 1 $\frac{1}{2}$ Cups Almond/Coconut Milk

Protein(g): 42

Carbs(g): 60

Fat(g): 6

Total Calories: 462



Lunch (11am – 12pm)

- 6-7 oz. Chicken Sausage
- 115 – 120g Red Potatoes
- Side Salad
 - o Lettuce
 - o Cucumber
 - o Tomatoes
 - o Red Onion

Protein(g): 30

Carbs(g): 47

Fat(g): 19

Total Calories: 470

Snack (2 – 2:30pm)

- 1 Serving Almonds
- 1 Granny Smith Apple or Red Delicious Apple
- 2 Baby Bella Miniround

Protein(g): 18

Carbs(g): 28

Fat(g): 21

Total Calories: 373

Pre-Workout Snack (4 – 4:30pm)

- 1 – 1 ½ Cups 1% Milk
- 2 Cups Special K Protein Cereal
- ½ Cup Fresh Raspberries

Protein(g): 35

Carbs(g): 71

Fat(g): 6

Total Calories: 478

Post-Workout Shake (6:30 – 7pm)

- 1 Cup Almond/Coconut Milk
- 1 Scoop Optimum Nutrition Vanilla Whey Protein

Protein(g): 25

Carbs(g): 4

Fat(g): 4

Total Calories: 152



Dinner (7 – 7:30pm)

- 10 – 11 oz. Meatloaf
- ¾ - 1 Cup Asparagus

Protein(g): 63.8

Carbs(g): 23.8

Fat(g): 27.6

Total Calories: 598.8

Bedtime Snack (9:30 – 10pm)

- 1 Cup Low-Fat Cottage Cheese
- ½ Cup Blueberries

Protein(g): 25

Carbs(g): 19

Fat(g): 5

Total Calories: 221

Total Daily Calories

Protein(g): 238.8

Carbs(g): 252.8

Fat(g): 88.6

Total Calories: 2754.8

Additional Notes For Plan

Reheating Meals

When it comes to reheating the meals, I usually just reheat them in the microwave for 2-3 minutes. Sometimes I will also reheat the meals on the stove in a skillet.

Storing Meals

I store all the meals in the fridge for 4-5 days. You could also freeze a few of the meals if you would like though. I've never personally froze any of my meals but I have had subscribers tell me they freeze some of theirs, so could freeze some if you would like.