



# aero ski

Fitness Avalanche

**4 WEEK**  
**MEAL PLAN**

# 1600 CALORIE MEAL PLAN

## HIGH PROTEIN OPTION LOW CARBOHYDRATE OPTION

This 4 weeks recipe book is based around 1600 calorie meals per day to support your exercise regimen with Aeroski and help you lose weight and body fat while maintaining muscle mass.

The benefits of following a well-planned diet while exercising is crucial for your body to perform efficiently, as well as helping you maintain muscle and bone health.

Each menu consists of whole grains, fruits, and vegetables, which serve as fuel power and include low carb options that will aid in weight loss. In order to help repair and strengthen muscle tissue after exercise, your body requires the proper amount of protein. Our menus include lean protein filled with essential amino acids and healthy fats. Our protein boost options promote muscle mass growth with the help of meat, poultry, fish, and plant-based proteins like legumes and soy.

Feeding your body good quality and well-balanced meals, along with a variety of vitamins and minerals, and using the right portions, will aid in your weight loss goals and help maintain energy for your body's needs.



## DAY 1

### BREAKFAST

**PROTEIN BOOST:** Add an extra egg (130 calories)

**LOW CARB:** Use 1 slice of whole wheat toast, add 1 cup of spinach

**AVOCADO TOAST** (360 calories)

- 2 slices whole wheat bread
- 1 egg
- 1 cup spinach
- 2 tbsp avocado, mashed

### SNACK

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute with one cup unsweetened almond milks

**SMOOTHIE** (185 calories)

- ½ cup blueberries
- ½ cup shredded beets
- 1 cup nonfat milk
- 1 teaspoon vanilla

### LUNCH

**PROTEIN BOOST:** Add ¼ cup feta cheese (75 calories)

**LOW CARB:** Substitute quinoa with 1 cup cauliflower rice

**GREEK BOWL** (515 calories)

- 1/3 cup cooked quinoa
- ½ cup garbanzos, cooked
- 1 cup cubed cucumber
- ½ cup cherry tomatoes
- 3 ounces chicken breast, grilled with salt and pepper
- Dressing: 1 tsp olive oil, 1 teaspoon red wine vinegar, ½ tsp garlic powder, ½ tsp onion powder, salt and pepper

### SNACK

**PROTEIN BOOST:** Add 1 tbsp almond butter (75 calories)

**YOGURT PARFAIT** (205 calories)

- ½ cup nonfat Greek yogurt
- 1 small apple, diced
- 6 almonds, chopped

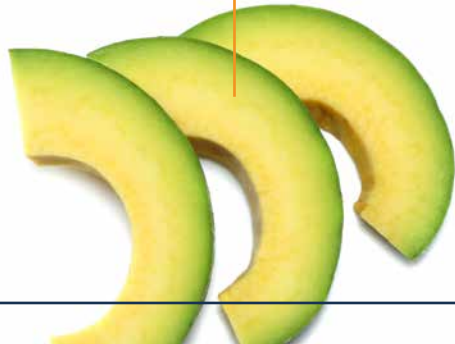
### DINNER

**PROTEIN BOOST:** Add 2 ounces ground turkey (90 calories)

**LOW CARB:** Substitute ½ cup pasta with ½ cup spiralized zucchini

**BOLOGNESE** (345 calories)

- 1 cup cooked pasta
- 2 ounces ground turkey
- Sauce: Blend 2 boiled tomatoes, 1 garlic clove, 1 tsp oregano, 1 tsp basil, salt and pepper
- 1 tsp olive oil



## DAY 2



### BREAKFAST

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute nonfat milk with one cup of unsweetened almond milk

**APPLE PIE OATS** (410 calories)

- ½ cup oats
- 2 teaspoons chia seeds, soaked 1 cup nonfat milk
- 1 teaspoon vanilla
- 1 small apple, shredded 6 pecans, chopped
- 1 tsp cinnamon
- ¼ tsp nutmeg

### SNACK

**PROTEIN BOOST:** Add 2 teaspoons of chia (44 calories)

**LOW CARB:** Substitute nonfat milk with almond milk

**SMOOTHIE** (230 calories)

- ½ banana
- 2 cups kale
- 1 tsp vanilla
- 1 cup nonfat milk
- 2 tsp almond butter

### LUNCH

**PROTEIN BOOST:** Add 2 ounces of grilled chicken breast (90 calories)

**LOW CARB:** Substitute barley with 3 cups of spinach

**CAPRESE BARLEY SALAD** (435 calories)

- 2/3 cup cooked barley
- 3 ounces cubed fresh mozzarella 1 cup cherry tomatoes, diced
- ¼ cup chopped basil leaves
- ½ cup bell peppers, chopped
- Dressing: 2 tsp olive oil, 1 tsp balsamic vinegar, salt, pepper

### SNACK

**YOGURT POPS** (205 calories) (prepare the night before)

- ½ cup nonfat Greek yogurt
- ½ cup pineapple, diced
- 16 pistachios, chopped
- 1 tsp cinnamon
- 1 tsp vanilla

### DINNER

**PROTEIN BOOST:** Add ½ cup edamame (45 calories)

**LOW CARB:** Substitute rice with 1 cup of cauliflower rice

**ASIAN SALMON** (300 calories)

- 2 ounces salmon filet
- Marinade: 1 tbsp soy sauce, ½ tsp powdered ginger, 1 tsp mustard
- ½ cup carrots, diced
- ½ cup snap peas
- ½ cup bell peppers, diced
- Stir fried with 1 tsp avocado oil
- 2/3 cups steamed brown rice



## DAY 3



### BREAKFAST

**PROTEIN BOOST:** Add 2 tsp almond butter (75 calories)

**LOW CARB:** Substitute nonfat milk with one cup unsweetened almond milk

**QUINOA PORRIDGE** (410 calories)

- 2/3 cup cooked quinoa
- 1 cup nonfat milk
- 2 tbsp raisins
- ½ tsp cinnamon
- 1 tsp vanilla
- 16 pistachios
- 2 tablespoons hemp seeds

### SNACK

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute nonfat milk with one cup unsweetened almond milk

**SMOOTHIE** (265 calories)

- 1 cup nonfat milk
- 1 cup frozen strawberries
- 2 tsp almond butter
- 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add 2 ounces of feta cheese (75 calories)

**LOW CARB:** Substitute butternut squash for 1 cup roasted broccoli

**CAESAR SALAD** (365 calories)

- 3 cups arugula
- ½ cup garbanzos, cooked
- 2 ounces chicken breast, grilled
- ¼ cup red onion, chopped
- Dressing: 1 tsp olive oil, 1 tbsp red wine vinegar, 2 tbsp nonfat Greek yogurt, ½ tsp onion powder, ½ tsp garlic powder, salt, pepper
- 1 cup butternut squash, roasted

### SNACK

**PROTEIN BOOST:** Add 2 tbsp hummus (45 calories)

**RICE CAKES** (240 calories)

- 2 ounces sliced turkey breast
- ½ cup cherry tomatoes
- 2 tbsp avocado, mashed
- 2 rice cakes

### DINNER

**PROTEIN BOOST:** Add ½ cup beans (123 calories)

**LOW CARB:** Substitute brown rice with 3 cups shredded lettuce

**FAJITA BOWL** (320 calories)

- 2 ounces ground turkey
- ½ cup bell pepper, sliced
- ½ cup onion, sliced
- ½ tsp onion powder, ½ tsp garlic powder, ¼ tsp ground cumin, salt, pepper
- Sautéed with 1 tsp of avocado oil
- 2/3 steamed brown rice



## DAY 4

### BREAKFAST

**PROTEIN BOOST:** Add 1 egg (130 calories)

**LOW CARB OPTION:** Omit english muffin, add 1 cup of spinach or kale

#### EGG MUFFIN

- (395 calories)
- 1 english muffin
  - 1 egg
  - 1 ounce feta cheese
  - ½ cup asparagus, chopped
  - 1 tsp avocado oil
  - salt, pepper

### SNACK

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

#### SMOOTHIE

- (205 calories)
- 1 cup nonfat milk
  - 1 small pear
  - ½ tsp powdered ginger
  - ½ tsp cinnamon
  - 2 tsp almond butter

### LUNCH

**PROTEIN BOOST:** Add ½ cup garbanzos, cooked (123 calories)

**LOW CARB:** Substitute quinoa with 3 cups of spinach

#### LEMON TUNA SALAD

- (390 calories)
- 3 ounces tuna, canned or filet
  - 1 cup arugula
  - ½ cup cucumber, chopped
  - ½ cup artichoke hearts, chopped
  - 2/3 cup quinoa, cooked
  - Dressing: 1 tsp olive oil, 2 tbsp Greek yogurt, 1 tbsp lemon juice, ½ tsp onion powder, ½ tsp garlic powder, salt, pepper

### SNACK

**BENTO SNACK BOX** (175 calories)

- 1 cup baby carrots
- 2 tsp peanut butter
- 3 cups air popped popcorn

### DINNER

**PROTEIN BOOST:** Add ½ cup lentils (123 calories)

**LOW CARB:** Substitute pita with 1 cup sautéed summer squash

#### LENTIL SALAD

- (378 calories)
- ½ cup lentils, cooked
  - ½ cup bell pepper, chopped
  - ½ cup celery, chopped
  - ½ pita bread, toasted
  - Dressing: 1 tsp olive oil, 1 tsp mustard, ½ tsp onion powder, ½ tsp garlic powder, ¼ tsp paprika, salt and pepper

## DAY 5

### BREAKFAST

**PROTEIN BOOST:** Add ½ cup nonfat Greek yogurt (100 calories)

**LOW CARB:** Only use one slice whole wheat bread

#### FRENCH TOAST

- (350 calories)
- 2 slices whole wheat bread
  - 1 egg
  - 1 tsp vanilla
  - ½ tsp cinnamon
  - ½ cup sliced strawberries

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

#### SMOOTHIE

- (300 calories)
- 1 cup nonfat milk
  - 1 cup raspberries
  - 1 tsp cacao powder
  - ¼ cup oats
  - 1 tsp vanilla

### LUNCH

**CHICKEN WITH CORN SALSA** (410 calories)

- 3 ounces chicken breast grilled with salt and pepper
- 1 cup corn
- 1 cup cherry tomatoes, chopped
- 1 cup spinach, chopped
- Dressing: 2 tsp olive oil, 1 tsp apple cider vinegar, ½ tsp garlic powder, ¼ tsp cumin powder, salt, pepper

### SNACK

**CUCUMBER CHIPS** (115 calories)

- 1 cup cucumber, sliced
- 2 tbsp hummus
- 2 tbsp avocado, mashed

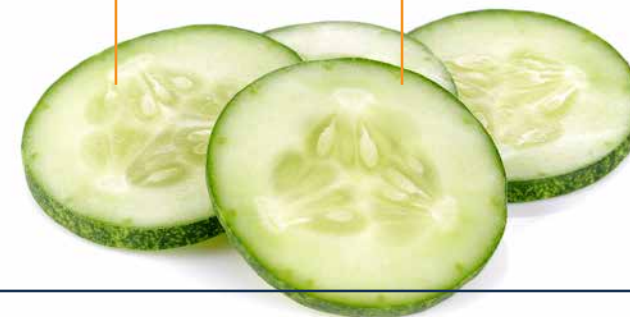
### DINNER

**PROTEIN BOOST:** Add 2 ounces of chicken breast, cooked (90 calories)

**LOW CARB:** Substitute potato with summer squash, cubed

#### MINISTRONE SOUP

- (380 calories)
- ½ cup garbanzos or red beans, cooked
  - 1 cup potato, cubed
  - ½ cup carrots, chopped
  - ½ cup mushrooms, chopped
  - 2 cups chicken broth or vegetable broth
  - 1 tsp olive oil
  - ½ tsp oregano
  - ½ tsp basil
  - salt and pepper to taste





## DAY 6

### BREAKFAST

**PROTEIN BOOST:** Add 1 egg (130 calories)

**LOW CARB:** Substitute ½ cup sweet potato with 2 cups of spinach

**SWEET POTATO HASH** (380 calories)

- 1 cup sweet potato, cubed
- ½ cup bell pepper, cubed
- ½ cup mushrooms, sliced
- 1/3 cup beans, cooked
- 2 tablespoons avocado, cubed
- salt, pepper
- ½ tsp cumin powder
- ½ tsp paprika

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (207 calories)

- ½ cup blueberries
- 6 almonds
- 1 cup nonfat milk
- 1 tsp turmeric
- 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add ½ cup garbanzos, cooked (123 calories)

**LOW CARB:** Substitute 2/3 cup of quinoa with ½ cup shredded brussels sprouts

**QUINOA DETOX SALAD** (425 calories)

- 2/3 cup quinoa, cooked
- ½ cup brussels sprouts, shredded
- 1 small apple cubed
- 3 ounces chicken breast, grilled
- Dressing: 1 tsp olive oil, 1 tbsp Dijon mustard, salt and pepper

### SNACK

**COTTAGE CHEESE TOAST** (150 calories)

- 1 slice whole wheat bread
- 2 tbsp cottage cheese
- ½ cup cucumber sliced

### DINNER

**PROTEIN BOOST:** Add 2 ounces ground turkey

**LOW CARB:** Substitute corn with ½ cup cauliflower rice

**CAULIFLOWER RISOTTO** (420 calories)

- ½ cup cauliflower rice
- ½ cup corn
- ½ cup peas, frozen
- 1 tsp olive oil
- 1 cup nonfat milk
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp mustard
- salt and pepper
- 2 ounces feta cheese



## DAY 7

### BREAKFAST

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk, substitute ¼ cup oats with ¼ cup cauliflower rice

**ZUCCHINI BREAD OATS** (390 calories)

- ½ cup oats
- ½ cup shredded zucchini
- ½ banana, mashed
- 2 tsp almond butter
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp vanilla
- 1 cup nonfat milk

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (245 calories)

- 1 cup nonfat milk
- 1 cup strawberries
- 1 tsp vanilla
- ½ cup shredded beets

### LUNCH

**PROTEIN BOOST:** Add ½ cup edamame (75 calories)

**LOW CARB:** Substitute rice with 1 cup steamed broccoli

**VEGGIE STIR FRY** (435 calories)

- ½ cup edamame
- ½ cup carrots, chopped
- ½ cup snap peas
- 1 tsp avocado oil
- 3 ounces tofu, cubed
- Sauce: 1 tbsp soy sauce, ½ tsp onion powder, ½ tsp garlic powder, ¼ tsp chili flakes
- 2/3 cups brown rice, steamed

### SNACK

**CELERY STICKS** (150 calories)

- 1 cup celery sticks
- 2 tsp peanut butter
- 3 cups air popped popcorn

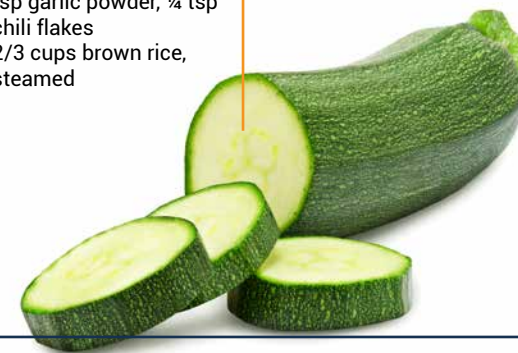
### DINNER

**PROTEIN BOOST:** Add 2 ounces feta cheese to brussels sprouts

**LOW CARB:** Use only ½ cup butternut squash

**STEAK AND BUTTERNUT SQUASH MASH** (310 calories)

- 3 ounces steak (lean)
- 1 cup butternut squash, cubed
- sautéed with 1 tsp olive oil, ½ tsp rosemary, salt and pepper. Mash.
- 1 cup brussels sprouts, roasted



## DAY 8

### BREAKFAST

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Use 2/3 cup muesli

**MUESLI YOGURT BOWL** (425 calories)

- 2/3 cup muesli
- 1 cup blueberries
- 1 cup nonfat Greek yogurt
- 6 almonds

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (185 calories)

- 1 cup nonfat milk
- ½ banana
- 1 cup spinach
- 1 tsp turmeric

### LUNCH

**PROTEIN BOOST:** Add ½ cup edamame (75 calories)

**LOW CARB:** Substitute quinoa with 1 cup broccoli steamed

**SPICY SALMON SALAD** (435 calories)

- ½ cup shredded cabbage
- ½ cup shredded carrot
- 4 ounces salmon, poached
- 2/3 cup quinoa, cooked
- Dressing: 1 tbsp Greek yogurt, 2 tbsp avocado mashed, 1 tsp spicy sauce, salt, pepper

### SNACK

**BENTO SNACK BOX** (150 calories)

- 1 cup bell peppers
- 2 tbsp hummus
- 3 cups air popped popcorn

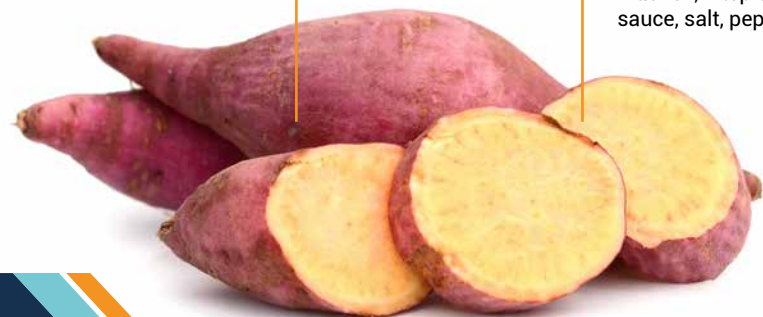
### DINNER

**PROTEIN BOOST:** Add 2/3 cup garbanzos (123 calories)

**LOW CARB:** Use 1 zucchini in place of the sweet potato

**STUFFED SWEET POTATO** (415 calories)

- 1 sweet potato, baked
- 3 ounces chicken breast, cooked and shredded
- 1 small can diced tomatoes
- ½ cup bell peppers, diced
- ½ cup onion, diced
- 1 tsp olive oil for sauteing vegetables
- salt, pepper
- ½ tsp onion powder
- ½ tsp garlic powder



## DAY 9

### BREAKFAST

**PROTEIN BOOST:** Add 2 tsp almond butter (75 calories)

**LOW CARB:** Use ¼ cup oats

**PEAR CRUMBLE** (365 calories)

- 1 pear, cubed
- ½ cup oats
- 1 tsp cinnamon
- 1 tsp vanilla
- 6 almonds, chopped
- Top with ½ cup nonfat Greek yogurt
- Heat in oven or skillet

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (185 calories)

- 1 cup nonfat milk
- ½ banana
- 1 cup spinach or kale
- 1 tsp turmeric

### LUNCH

**PROTEIN BOOST:** Add ½ cup peas (123 calories)

**LOW CARB:** Omit the pita

**LENTIL STEW** (403 calories)

- 1/3 cup lentils, cooked
- ½ cup tomato sauce
- ½ cup carrots, diced
- 1 cup spinach
- 1 cup chicken or veggie broth
- 1 tsp olive oil
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika
- salt, pepper
- ½ pita

### SNACK

**MEDITERRANEAN BOX** (175 calories)

- 2 ounces mozzarella cheese, cubed
- ½ cup cherry tomatoes
- 2 tbsp hummus

### DINNER

**PROTEIN BOOST:** Add 2/3 cup garbanzos (123 calories)

**LOW CARB:** Substitute quinoa with 1 cup cauliflower rice

**CHICKEN KABOBS AND SALAD** (480 calories)

- 4 ounces chicken breast in cubes in skewers
- marinade: 1 tsp avocado oil, salt, pepper, ½ tsp paprika, ½ tsp oregano
- 2/3 cup quinoa, cooked
- ½ cup cucumber, cubed
- ½ cup bell peppers, cubed
- 3 cups spinach
- Dressing: 1 tsp olive oil, 1 tsp red wine vinegar, salt, pepper, ½ tsp onion powder, ½ tsp garlic powder



## DAY 10

### BREAKFAST

#### GOLDEN PANCAKES

- (450 calories)
- ½ cup oats
  - 1 banana
  - 1 egg
  - 1 tsp vanilla
  - 1 tsp cinnamon
  - ½ tsp turmeric
  - Top with ½ cup nonfat Greek yogurt

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

#### SMOOTHIE

- (230 calories)
- 1 cup nonfat milk
  - ½ cup raspberries
  - 1 cup spinach
  - 1 tsp vanilla
  - 2 tsp almond butter

### LUNCH

**PROTEIN BOOST:** Add 2 ounces ground beef

**LOW CARB:** Substitute potato for 1 cup steamed cauliflower

#### BURGER BOWL

- (465 calories)
- 3 oz ground beef (lean)
  - 3 cups arugula
  - ½ cup cherry tomato, sliced
  - 1 ounce feta cheese
  - 1 small potato (3 ounces) in wedges, baked
  - Dressing: 1 tsp olive oil, 1 tbsp Dijon mustard

### SNACK

#### CRISPY GARBANZO

- (150 calories)
- 1/3 cup garbanzos roasted with 1 tsp avocado, ½ tsp paprika, ½ tsp onion powder, salt
  - 1 cup sliced cucumber

### DINNER

**PROTEIN BOOST:** Add ¼ cup ricotta cheese (75 calories)

**LOW CARB:** Substitute Spaghetti with 2/3 cups spiralized zucchini

#### SIMPLE SPAGHETTI

- (305 calories)
- 2/3 cooked spaghetti
  - ½ cup leeks, washed and sliced thinly
  - 1 cup swiss chard, thinly sliced
  - 1 tsp olive oil
  - ½ tsp chili flakes
  - salt, pepper
  - ¼ cup ricotta



## DAY 11

### BREAKFAST

**PROTEIN BOOST:** Add 1 ounce of feta cheese (75 calories)

**LOW CARB:** Substitute corn with ½ cup zucchini cubed

#### CRUSTLESS QUICHE

- (410 calories)
- 2 eggs
  - ½ cup asparagus, sliced
  - ½ cup corn
  - 1 tsp olive oil
  - salt and pepper

### SNACK

#### SMOOTHIE

- (205 calories)
- 1 cup nonfat milk
  - 1 pear
  - 6 almonds
  - 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add 2 ounces shrimp

**LOW CARB:** OMIT PITA

#### SHRIMP SALAD

- (335 calories)
- 3 ounces shrimp
  - 3 cups spinach
  - ½ cup snap peas
  - ½ cup cucumber, cubed
  - ½ pita
  - Dressing: 1 tsp olive oil, 2 tbsp nonfat Greek yogurt, salt, pepper, 1 tsp Dijon mustard

### SNACK

#### YOGURT PARFAIT

- (220 calories)
- ½ cup nonfat Greek yogurt
  - 1 cup blueberries

### DINNER

**PROTEIN BOOST:** Add 2/3 cup garbanzos

**LOW CARB:** Substitute rice with ½ cup cauliflower rice

#### MEDITERRANEAN FISH

- (390 calories)
- 3 ounces fish filet
  - ½ cup artichoke hearts, halved
  - ½ cup celery, chopped
  - ½ cup tomato sauce
  - salt, pepper
  - 1 tsp olive oil
  - ½ tsp oregano
  - ½ tsp basil
  - 2/3 cup brown rice, steamed



## DAY 12



### BREAKFAST

**PROTEIN BOOST:** Add ¼ cup cottage cheese (75 calories)

**LOW CARB:** Use one slice of toast, add 1 cup spinach

**BEET TOAST**  
(305 calories)

- 2 slices whole wheat toast
- ¼ cup cottage cheese
- ½ cup beet slices, boiled
- 1 cup spinach
- 6 pecans, chopped
- salt, pepper

### SNACK

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

**SMOOTHIE**  
(265 calories)

- 1 cup nonfat milk
- 2 dates
- 6 almonds
- 1 tsp vanilla
- 1 tsp turmeric

### LUNCH

**PROTEIN BOOST:** Add 3 ounces chicken breast, grilled

**LOW CARB:** Substitute quinoa with 1 cups of spinach

**BUTTERNUT SQUASH SALAD**  
(345 calories)

- 1 cup diced butternut squash, roasted
- 2/3 cup quinoa, cooked
- 1/2 cup carrots diced and roasted
- ½ cup bell peppers diced and roasted
- 1 cup edamame
- Dressing: 1 tsp olive oil, 1 tbsp soy sauce, 1 tsp mustard, ½ tsp onion powder, ½ tsp garlic powder

### SNACK

**YOGURT PARFAIT**  
(240 calories)

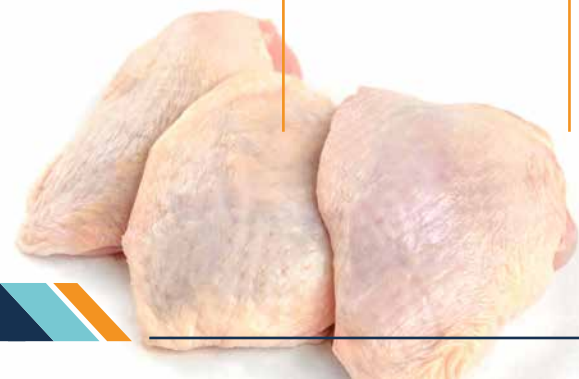
- ½ cup nonfat Greek yogurt
- 1 small apple cubed
- 1 tsp cinnamon
- 2/3 cup muesli

### DINNER

**LOW CARB:** Use small potato

**ROAST CHICKEN WITH LEMONY POTATOES**  
(410 calories)

- 4 ounces chicken breast, skinless
- Rub: ¼ tsp onion powder, ¼ tsp garlic powder, ¼ tsp paprika, ¼ tsp turmeric
- 2 small potatoes in wedges (3 ounces each) with 1 tsp lemon zest, 1 tsp olive oil, salt, pepper
- 1 cup steamed cauliflower, salt, pepper



## DAY 13



### BREAKFAST

**PROTEIN BOOST:** Add one egg (130 calories)

**LOW CARB:** Substitute potato with 1 cup zucchini, cubed

**BREAKFAST CASSEROLE**  
(460 calories)

- 1 egg
- 1 ounce feta cheese
- 1 cup kale, chopped
- ½ cup cherry tomatoes, chopped
- 1 tsp olive oil
- 1 small potato, cubed
- salt, pepper
- 1 slice whole wheat toast

### SNACK

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

**SMOOTHIE**  
(220 calories)

- 1 cup nonfat milk
- 1 cup blueberries
- ½ banana
- 1 tsp cinnamon
- 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add ¼ cup ricotta cheese

**LOW CARB:** Use 2/3 cup cooked pasta

**BURST TOMATO PASTA**  
(435 calories)

- 4 ounces cooked shrimp, salt and pepper
- 2/3 cup cooked pasta
- ½ cup cherry tomatoes
- ½ cup chopped asparagus
- 1 tsp olive oil
- salt, pepper
- lemon juice

### SNACK

**MOUSSE**  
(160 calories)

- ½ cup nonfat Greek yogurt
- 1 tsp cocoa powder
- 1 tsp vanilla
- ½ banana mashed

### DINNER

**LOW CARB:** Substitute peas with ½ cup cauliflower

**SUMMER SOUP**  
(325 calories)

- 2/3 cup garbanzos, cooked
- 2 cups chicken or vegetable broth
- ½ cup cauliflower, chopped
- ½ cup bell peppers, cubed
- ½ cup peas
- ½ cup tomato sauce
- 1 tsp olive oil
- Condiments: ½ tsp thyme, ½ tsp onion powder, ½ tsp garlic powder
- salt, pepper





## DAY 14



### BREAKFAST

**PROTEIN BOOST:** Add ¼ cup ricotta cheese (75 calories)

**LOW CARB:** Use only 1 whole wheat toast

#### RICOTTA TOMATO PEACH TOAST

- (365 calories)
- 2 slices whole wheat toast
  - ½ cup sliced tomato
  - ½ cup sliced peaches
  - ¼ cup ricotta cheese
  - 1 tsp olive oil
  - 1 tsp balsamic vinegar
  - salt, pepper

### SNACK

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

#### SMOOTHIE

- (205 calories)
- 1 cup nonfat milk
  - 1 small apple, chopped
  - 1 tsp vanilla
  - 1 tsp cinnamon
  - 6 almonds

### LUNCH

**PROTEIN BOOST:** Add 2 ounces salmon

**LOW CARB:** Substitute rice with 2/3 cups cauliflower rice

#### SUSHI BOWL

- (435 calories)
- 2/3 cups brown rice, steamed
  - 3 ounces salmon fillet, poached
  - ½ cup carrots, shredded
  - ½ cup cucumber, diced
  - 2 tbsp avocado, cubed
  - Sauce: 1 tbsp soy sauce, lemon juice

### SNACK

**BENTO SNACK BOX** (165 calories)

- 1 cup carrot sticks
- 2 tbsp raisins
- 2 rice cakes

### DINNER

**PROTEIN BOOST:** Add 2/3 cup garbanzos, cooked (123 calories)

#### MOROCCAN BOWL

- (380 calories)
- 1 cup cauliflower rice
  - ½ cup shredded carrot
  - ½ cup peas
  - ½ tsp turmeric
  - ½ tsp onion powder
  - 8 olives diced
  - Sautee in pan
  - ½ pita, toasted



## DAY 15



### BREAKFAST

**QUINOA FRUIT SALAD** (415 calories)

- 2/3 cup quinoa, cooked
- ½ cup strawberries, diced
- ½ cup blueberries
- ¼ cup basil leaves, chopped
- 16 pistachios, chopped
- 2 tablespoons hemp seeds

### SNACK

**PROTEIN BOOST:** Add tsp chia seeds

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

#### SMOOTHIE

- (185 calories)
- 1 cup nonfat milk
  - ½ cup raspberries
  - 2 cups spinach
  - 1 tsp vanilla
  - ½ tsp turmeric

### LUNCH

**PROTEIN BOOST:** Add 2 ounces ground turkey (90 calories)

**LOW CARB:** Substitute corn with ½ cup zucchini

#### GROUND TURKEY PICADILLO

- (310 calories)
- 3 ounces ground turkey
  - ½ cup carrots, chopped
  - ½ cup zucchini, chopped
  - ½ cup corn
  - 1/3 cup beans, cooked
  - 1 cup canned tomatoes, diced
  - 1 tsp avocado oil
  - ½ tsp garlic powder
  - ½ tsp onion powder
  - ¼ tsp cumin

### SNACK

**AVOCADO PUDDING** (245 calories)

- 1 cup nonfat Greek yogurt
- 2 tbsp avocado
- 1 tsp vanilla
- 1 tsp cocoa powder

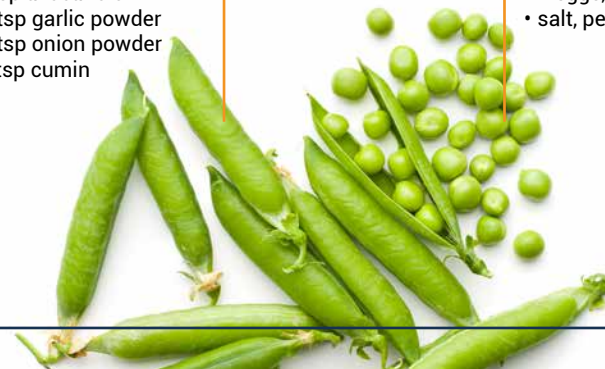
### DINNER

**PROTEIN BOOST:** Add 1 ounce feta cheese (75 calories)

**LOW CARB:** Omit sweet potato

#### GREEN BEAN HASH

- (485 calories)
- 1 cup green beans
  - ½ cup sweet potato, cubed
  - ½ cup asparagus, chopped
  - ½ cup red onion, sliced
  - 1 tsp olive oil
  - 1 tsp balsamic vinegar
  - 2 eggs, poached
  - salt, pepper



## DAY 16



### BREAKFAST

**BREAKFAST PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup unsweetened almond milk

**BLUEBERRY ALMOND OVERNIGHT OATS** (410 calories)

- 1 cup nonfat milk
- ½ cup oats
- 2 teaspoons chia seeds
- 1 tsp vanilla
- ½ tsp cinnamon
- ½ cup blueberries

### SNACK

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (185 calories)

- ½ cup beets, shredded
- ½ cup nonfat Greek yogurt
- ice cubes
- 1 small apple, cubed
- 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add 2 ounces chicken breast (90 calories)

**LOW CARB:** Substitute 2/3 cup barley with 2/3 cup cauliflower rice

**BROCCOLI CHICKEN BOWL** (490 calories)

- 1 cup broccoli, steamed
- 3 ounces chicken breast, grilled
- 2/3 cup barley, cooked
- 1/3 cup garbanzos, cooked
- Dressing: 1 tsp olive oil, 1 tbsp Dijon mustard, salt, pepper

### SNACK

**BELL PEPPER AND HUMMUS** (100 calories)

- 1 cup bell pepper, sliced
- 2 tbsp hummus

### DINNER

**DINNER TUNA MELT AND TOMATO SOUP** (345 calories)

- 2 slices whole wheat toast
- 2 ounces tuna filet, cooked
- 1 cup spinach sautéed with
- 1 tsp olive oil
- 1 cup tomato, boiled
- Blend with ½ tsp oregano, ½ tsp onion powder, ½ tsp garlic powder, 1 cup chicken broth or veggie broth



## DAY 17



### BREAKFAST

**PROTEIN BOOST:** Add 1 egg (130 calories)

**LOW CARB:** Only use ½ English muffin

**AVOCADO EGGS BENEDICT** (360 calories)

- 1 english muffin
- 1 egg, poached
- 2 tbsp avocado, mashed
- ½ cup tomato sliced
- ½ cup spinach, chopped

### SNACK

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

**SMOOTHIE** (220 calories)

- 1 cup nonfat milk
- ½ cup blueberries
- ½ banana
- 1 tsp vanilla
- 1 tsp cocoa powder, unsweetened

### LUNCH

**PROTEIN BOOST:** Add 2 ounces feta cheese (150 calories)

**LOW CARB:** Use 2/3 cup quinoa, cooked

**ARUGULA SALAD** (435 calories)

- 3 cups arugula
- 4 ounces tuna, grilled
- ½ cup artichoke hearts, chopped
- 8 olives chopped
- 2/3 cups quinoa, cooked
- Dressing: lemon juice, salt, pepper, chili flakes

### SNACK

**YOGURT BOWL** (225 calories)

- ½ cup nonfat Greek yogurt
- 6 almonds, chopped
- 1/3 cup muesli
- Cinnamon

### DINNER

**PROTEIN BOOST:** Add 3 ounces chicken breast, cooked

**RATATOUILLE** (345 calories)

- ½ cup red onions, diced
- ½ cup zucchini, diced
- ½ cup tomatoes, diced
- ½ cup eggplant, diced
- 1 tsp olive oil
- 2/3 cup garbanzos, cooked
- ½ tsp oregano, ½ tsp onion powder, salt and pepper



## DAY 18



### BREAKFAST

#### SPANISH TORTILLA

(435 calories)

- 2 eggs
- 1 small potato (3 ounces), cubed
- ½ cup bell pepper, cubed
- ½ cup onion, cubed
- 1 tsp olive oil
- salt, pepper

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

#### SMOOTHIE

(245 calories)

- 1 cup nonfat milk
- 1 banana
- 2 cups kale
- 1 tsp vanilla
- 1 tsp cocoa powder

### LUNCH

#### CHICKEN AND SWEET POTATO FRIES

(410 calories)

- 4 ounces chicken breast, grilled
- 1 medium sweet potato (6 ounces), wedges
- season with salt, ½ tsp paprika
- Baked in 375 °F oven for 30 minutes
- 1 cup steamed cauliflower puree with 1 tsp olive oil, salt, pepper

### SNACK

#### RICE CAKE

(100 calories)

- 2 tbsp avocado
- 1 rice cakes
- ½ cup cherry tomatoes, sliced
- salt, pepper

### DINNER

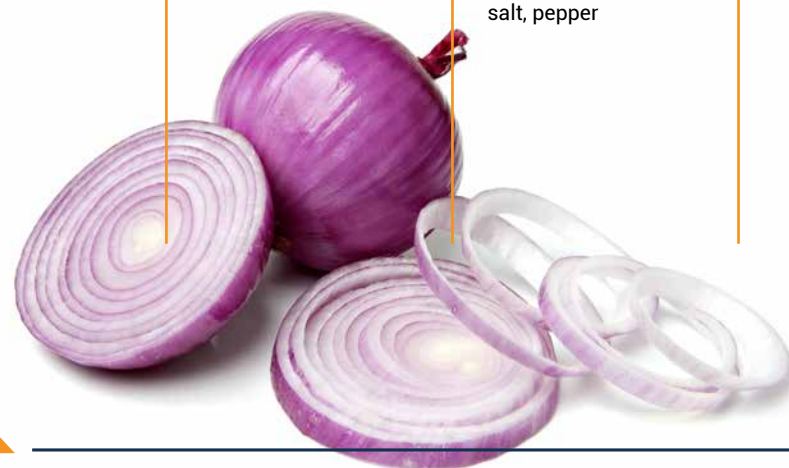
**PROTEIN BOOST:** Add 2 tbsp peanuts

**LOW CARB:** Substitute noodles for spiralized zucchini

#### VEGGIE LOW MEIN

(415 calories)

- 2/3 cups cooked pasta or soba noodles
- ½ cup broccoli, chopped
- ½ cup snap peas
- ½ cup onion sliced
- 1 tsp avocado oil
- Sauce: 1 tbsp soy sauce, ½ tsp powdered ginger, ½ tsp onion powder, ½ tsp garlic powder, ½ tsp chili flakes



## DAY 19



### BREAKFAST

**PROTEIN BOOST:** Add 2 tsp almond butter (75 calories)

#### COCOA CEREAL BOWL

(410 calories)

- 2/3 cups cooked quinoa
- 1 cup nonfat milk
- 1 tsp cocoa powder, unsweetened
- ½ banana, sliced
- 2 tablespoons hemp seeds
- 6 almonds, chopped

### SNACK

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds

#### SMOOTHIE

(185 calories)

- ½ cup nonfat Greek yogurt
- ½ cup raspberries
- 1 tsp vanilla
- 2 cups spinach

### LUNCH

**LOW CARB:** Substitute brown rice with ½ cup cauliflower rice

#### PEPPERS AND ONION STEW

(390 calories)

- 3 ounces ground beef, lean
- ½ cup peppers, sliced
- ½ cup onion, sliced
- ½ cup peas
- Seasonings: 1 tsp olive oil, ½ tsp onion powder, ½ tsp garlic powder, ½ tsp paprika
- 1/3 cup brown rice, steamed

### SNACK

#### SNACK PB BANANA

(185 calories)

- ½ banana
- 1 slice whole wheat toast
- 2 tsp peanut butter

### DINNER

**PROTEIN BOOST:** Add 1 ounce feta cheese (75 calories)

#### LEMON GARLIC PASTA

(405 calories)

- 2/3 cups cooked pasta
- 2 ounces shrimp
- 2 cups spinach
- ½ cup artichoke hearts, sliced
- 2 garlic cloves, minced
- 1 tsp olive oil, lemon juice, salt, pepper



## DAY 20



### BREAKFAST

**PROTEIN BOOST:** Add 2 teaspoon chia (45 calories)

**LOW CARB:** Substitute oats with ½ cup almond flour

#### CHOCO PANCAKES (495 calories)

- Blend:
- 1 egg
- ½ cup oats
- ½ banana
- 1 tsp cocoa powder, unsweetened
- 1 tsp vanilla
- Top with:
- ½ cup nonfat Greek yogurt
- 6 pecans chopped

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

#### SMOOTHIE (187 calories)

- ½ cup carrots, shredded
- 1 cup nonfat milk
- 1 tsp vanilla
- ½ cup pineapple
- ½ tsp cinnamon

### LUNCH

**PROTEIN BOOST:** Add 1 cup garbanzos (123 calories)

**LOW CARB:** Substitute corn kernels with ½ cup bell pepper, cubed and roasted

#### BBQ SPICE BOWLS (435 calories)

- 4 ounces chicken breast, grilled
- ½ cup corn kernels
- ½ cup sweet potato cubed, roasted
- 1 cup broccoli, roasted
- Seasoning: 1 tsp olive oil, ½ tsp paprika, ½ tsp onion powder, ½ tsp garlic powder, 1 tsp mustard

### SNACK

**SNACK BOX (180 calories)**

- 1 cup baby carrots
- 2 tbsp hummus
- 3 cups air popped popcorn

### DINNER

**LOW CARB:** Substitute quinoa with 2/3 cups cauliflower rice

#### BALSAMIC SALMON WITH ROSEMARY QUINOA (295 calories)

- 2 ounces salmon filet
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 2/3 cups quinoa, cooked
- 1 tsp rosemary, chopped
- 6 pecans, chopped
- salt, pepper



## DAY 21



### BREAKFAST

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute nonfat milk with unsweetened almond milk or use ¼ cup of oats

#### SUPERFOOD OVERNIGHT OATS (410 calories)

- ½ cup oats
- 1 cup nonfat milk
- 2 teaspoons chia seeds
- ½ tsp turmeric
- ½ tsp cinnamon
- ½ cup blueberries
- 1 tsp vanilla
- 6 almonds, chopped

### SNACK

**SMOOTHIE (245 calories)**

- ½ cup nonfat Greek yogurt
- 1 cup raspberries
- 1 tsp cocoa powder, unsweetened
- 1 tsp vanilla
- 1 cup kale

### LUNCH

**PROTEIN BOOST:** Add 3 ounces fish filet (135 calories)

#### CAULIFLOWER GARBANZO CURRY (370 calories)

- 1 cup cauliflower florets
- 2/3 cups garbanzos, cooked
- 1 cup chicken or veggie broth
- 1 cup bell peppers, diced
- 1 tsp curry powder
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 tbsp peanuts, unsalted

### SNACK

**HUMMUS RICE CAKES (150 calories)**

- 2 rice cakes
- 2 tbsp hummus
- ½ cup cherry tomatoes

### DINNER

**PROTEIN BOOST:** Add ½ cup edamame (75 calories)

**LOW CARB:** Substitute brown rice with 2/3 cup cauliflower rice, steamed

#### THAI SALAD (435 calories)

- 1 cup shredded cabbage
- ½ cup carrots, shredded
- 4 ounces chicken, cooked and shredded
- Dressing: 2 tsp peanut butter, 1 tbsp soy sauce, ½ tsp powdered ginger, ½ tsp onion powder, ½ tsp garlic powder
- 2/3 cups brown rice, steamed





## DAY 22



### BREAKFAST

**PROTEIN BOOST:** Add an extra egg (130 calories)

**LOW CARB:** Use 1 slice of whole wheat toast, add 1 cup of spinach

**AVOCADO TOAST** (360 calories)  
 • 2 slices whole wheat bread  
 • 1 egg  
 • 1 cup spinach  
 • 2 tbsp avocado, mashed

### SNACK

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

**LOW CARB:** Substitute with one cup unsweetened almond milks

**SMOOTHIE** (185 calories)  
 • ½ cup blueberries  
 • ½ cup shredded beets  
 • 1 cup nonfat milk  
 • 1 teaspoon vanilla

### LUNCH

**PROTEIN BOOST:** Add ¼ cup feta cheese (75 calories)

**LOW CARB:** Substitute quinoa with 1 cup cauliflower rice

**GREEK BOWL** (515 calories)  
 • 2/3 cup cooked quinoa  
 • ½ cup garbanzos, cooked  
 • 1 cup cubed cucumber  
 • ½ cup cherry tomatoes  
 • 3 ounces chicken breast, grilled with salt and pepper  
 • Dressing: 1 tsp olive oil, 1 teaspoon red wine vinegar, ½ tsp garlic powder, ½ tsp onion powder, salt and pepper

### SNACK

**PROTEIN BOOST:** Add 1 tbsp almond butter (75 calories)

**YOGURT PARFAIT** (205 calories)  
 • ½ cup nonfat Greek yogurt  
 • 1 small apple, diced  
 • 6 almonds, chopped

### DINNER

**PROTEIN BOOST:** Add 2 ounces ground turkey (90 calories)

**LOW CARB:** Substitute ½ cup pasta with ½ cup spiralized zucchini

**BOLOGNESE** (345 calories)  
 • 1 cup cooked pasta  
 • 2 ounces ground turkey  
 • Sauce: Blend 2 boiled tomatoes, 1 garlic clove, 1 tsp oregano, 1 tsp basil, salt and pepper  
 • 1 tsp olive oil



## DAY 23



### BREAKFAST

**PROTEIN BOOST:** Add ½ cup nonfat Greek yogurt (100 calories)

**LOW CARB:** Only use one slice whole wheat bread

**FRENCH TOAST** (350 calories)  
 • 2 slices whole wheat bread  
 • 1 egg  
 • 1 tsp vanilla  
 • ½ tsp cinnamon  
 • ½ cup sliced strawberries

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (300 calories)  
 • 1 cup nonfat milk  
 • 1 cup raspberries  
 • 1 tsp cacao powder  
 • ¼ cup oats  
 • 1 tsp vanilla

### LUNCH

**CHICKEN WITH CORN SALSA** (410 calories)  
 • 3 ounces chicken breast, grilled with salt and pepper  
 • 1 cup corn  
 • 1 cup cherry tomatoes, chopped  
 • 1 cup spinach, chopped  
 • Dressing: 2 tsp olive oil, 1 tsp apple cider vinegar, ½ tsp garlic powder, ¼ tsp cumin powder, salt, pepper

### SNACK

**CUCUMBER CHIPS** (115 calories)  
 • 1 cup cucumber, sliced  
 • 2 tbsp hummus  
 • 2 tbsp avocado, mashed

### DINNER

**PROTEIN BOOST:** Add 2 ounces of chicken breast, cooked (90 calories)

**LOW CARB:** Substitute potato with summer squash, cubed

**MINISTRONE SOUP** (380 calories)  
 • ½ cup garbanzos or red beans, cooked  
 • 1 cup potato, cubed  
 • ½ cup carrots, chopped  
 • ½ cup mushrooms, chopped  
 • 2 cups chicken broth or vegetable broth  
 • 1 tsp olive oil  
 • ½ tsp oregano  
 • ½ tsp basil  
 • salt and pepper to taste



## DAY 24



### BREAKFAST

**PROTEIN BOOST:** Add 1 ounce of feta cheese (75 calories)

**LOW CARB:** Substitute corn with ½ cup zucchini cubed

**CRUSTLESS QUICHE** (410 calories)

- 2 eggs
- ½ cup asparagus, sliced
- ½ cup corn
- 1 tsp olive oil
- salt and pepper

### SNACK

**SMOOTHIE** (205 calories)

- 1 cup nonfat milk
- 1 pear
- 6 almonds
- 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add 2 ounces shrimp

**LOW CARB:** OMIT PITA

**SHRIMP SALAD** (335 calories)

- 3 ounces shrimp
- 3 cups spinach
- ½ cup snap peas
- ½ cup cucumber, cubed
- ½ pita
- Dressing: 1 tsp olive oil, 2 tbsp nonfat Greek yogurt, salt, pepper, 1 tsp Dijon mustard

### SNACK

**YOGURT PARFAIT** (220 calories)

- ½ cup nonfat Greek yogurt
- 1 cup blueberries

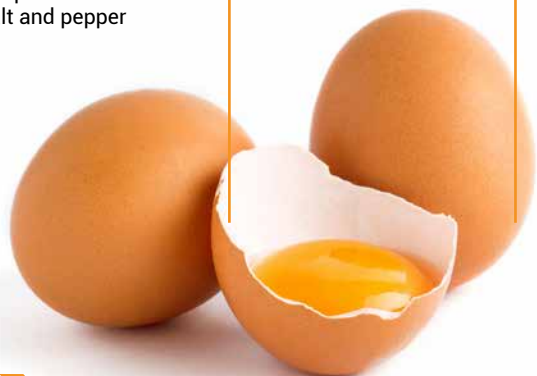
### DINNER

**PROTEIN BOOST:** Add 2/3 cup garbanzos

**LOW CARB:** Substitute rice with ½ cup cauliflower rice

**MEDITERRANEAN FISH** (390 calories)

- 3 ounces fish filet
- 1/2 cup artichoke hearts, halved
- ½ cup celery, chopped
- ½ cup tomato sauce
- salt, pepper
- 1 tsp olive oil
- ½ tsp oregano
- ½ tsp basil
- 2/3 cup brown rice, steamed



## DAY 25



### BREAKFAST

**SPANISH TORTILLA** (435 calories)

- 2 eggs
- 1 small potato (3 ounces), cubed
- ½ cup bell pepper, cubed
- ½ cup onion, cubed
- 1 tsp olive oil
- salt, pepper

### SNACK

**LOW CARB:** Substitute nonfat milk with 1 cup unsweetened almond milk

**SMOOTHIE** (245 calories)

- 1 cup nonfat milk
- 1 banana
- 2 cups kale
- 1 tsp vanilla
- 1 tsp cocoa powder

### LUNCH

**GRILLED CHICKEN AND SWEET POTATO FRIES** (410 calories)

- 4 ounces chicken breast, grilled
- 1 medium sweet potato (6 ounces), wedges
- season with salt, ½ tsp paprika
- Baked in 375 °F oven for 30 minutes
- 1 cup steamed cauliflower puree with 1 tsp olive oil, salt, pepper

### SNACK

**RICE CAKE** (100 calories)

- 2 tbsp avocado
- 1 rice cakes
- ½ cup cherry tomatoes, sliced
- salt, pepper

### DINNER

**PROTEIN BOOST:** Add 2 tbsp peanuts

**LOW CARB:** Substitute noodles for spiralized zucchini

**VEGGIE LOW MEIN** (415 calories)

- 2/3 cups cooked pasta or soba noodles
- ½ cup broccoli, chopped
- ½ cup snap peas
- ½ cup onion sliced
- 1 tsp avocado oil
- Sauce: 1 tbsp soy sauce, ½ tsp powdered ginger, ½ tsp onion powder, ½ tsp garlic powder, ½ tsp chili flakes



## DAY 26



### BREAKFAST

**PROTEIN BOOST:** Add one egg (130 calories)

**LOW CARB:** Substitute potato with 1 cup zucchini, cubed

**BREAKFAST CASSEROLE** (460 calories)

- 1 egg
- 1 ounce feta cheese
- 1 cup kale, chopped
- ½ cup cherry tomatoes, chopped
- 1 tsp olive oil
- 1 small potato, cubed
- salt, pepper
- 1 slice whole wheat toast

### SNACK

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

**SMOOTHIE** (220 calories)

- 1 cup nonfat milk
- 1 cup blueberries
- ½ banana
- 1 tsp cinnamon
- 1 tsp vanilla

### LUNCH

**PROTEIN BOOST:** Add ¼ cup ricotta cheese

**LOW CARB:** Use 2/3 cup cooked pasta

**BURST TOMATO PASTA** (435 calories)

- 4 ounces cooked shrimp, salt and pepper
- 2/3 cup cooked pasta
- ½ cup cherry tomatoes
- ½ cup chopped asparagus
- 1 tsp olive oil
- salt, pepper
- lemon juice

### SNACK

**MOUSSE** (160 calories)

- ½ cup nonfat Greek yogurt
- 1 tsp cocoa powder
- 1 tsp vanilla
- ½ banana mashed

### DINNER

**LOW CARB:** Substitute peas with ½ cup cauliflower

**SUMMER SOUP** (325 calories)

- 2/3 cup garbanzos, cooked
- 2 cups chicken or vegetable broth
- ½ cup cauliflower, chopped
- ½ cup bell peppers, cubed
- ½ cup peas
- ½ cup tomato sauce
- 1 tsp olive oil
- Condiments: ½ tsp thyme, ½ tsp onion powder, ½ tsp garlic powder
- salt, pepper



## DAY 27



### BREAKFAST

**QUINOA FRUIT SALAD** (415 calories)

- 2/3 cup quinoa, cooked
- ½ cup strawberries, diced
- ½ cup blueberries
- ¼ cup basil leaves, chopped
- 16 pistachios, chopped
- 2 tablespoons hemp seeds

### SNACK

**PROTEIN BOOST:** Add tsp chia seeds

**LOW CARB:** Substitute 1 cup nonfat milk with 1 cup almond milk

**SMOOTHIE** (185 calories)

- 1 cup nonfat milk
- ½ cup raspberries
- 2 cups spinach
- 1 tsp vanilla
- ½ tsp turmeric

### LUNCH

**PROTEIN BOOST:** Add 2 ounces ground turkey (90 calories)

**LOW CARB:** Substitute corn with ½ cup zucchini

**GROUND TURKEY PICADILLO** (310 calories)

- 3 ounces ground turkey
- ½ cup carrots, chopped
- ½ cup zucchini, chopped
- ½ cup corn
- 1/3 cup beans, cooked
- 1 cup canned tomatoes, diced
- 1 tsp avocado oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp cumin

### SNACK

**AVOCADO PUDDING** (245 calories)

- 1 cup nonfat Greek yogurt
- 2 tbsp avocado
- 1 tsp vanilla
- 1 tsp cocoa powder

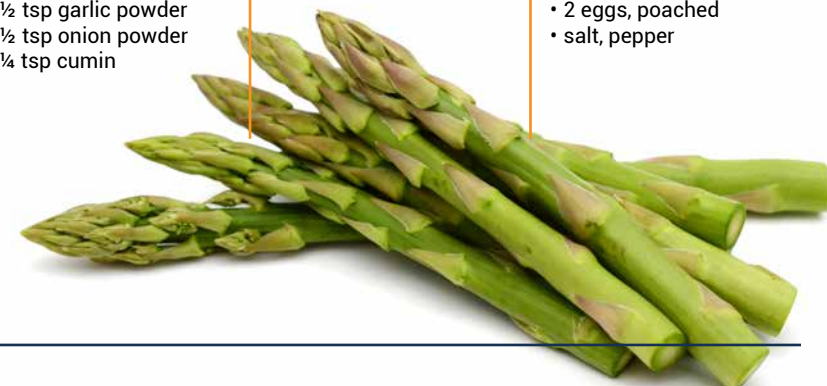
### DINNER

**PROTEIN BOOST:** Add 1 ounce feta cheese (75 calories)

**LOW CARB:** Omit sweet potato

**GREEN BEAN HASH** (485 calories)

- 1 cup green beans
- ½ cup sweet potato, cubed
- ½ cup asparagus, chopped
- ½ cup red onion, sliced
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- 2 eggs, poached
- salt, pepper





## BREAKFAST

**PROTEIN BOOST:** Add 1 egg (130 calories)

**LOW CARB OPTION:** Omit English muffin, add 1 cup of spinach or kale

### EGG MUFFIN

- 1 English muffin
- 1 egg
- 1 ounce feta cheese
- ½ cup asparagus, chopped
- 1 tsp avocado oil
- salt, pepper

## SNACK

**PROTEIN BOOST:** Add 2 tablespoons hemp seeds (114 calories)

### SMOOTHIE

- 205 calories)
- 1 cup nonfat milk
- 1 small pear
- ½ tsp powdered ginger
- ½ tsp cinnamon
- 2 tsp almond butter

## LUNCH

**PROTEIN BOOST:** Add ½ cup garbanzos, cooked (123 calories)

**LOW CARB:** Substitute quinoa with 3 cups of spinach

### LEMON TUNA SALAD

- 390 calories)
- 3 ounces tuna, canned or filet
- 1 cup arugula
- ½ cup cucumber, chopped
- ½ cup artichoke hearts, chopped
- 2/3 cup quinoa, cooked
- Dressing: 1 tsp olive oil, 2 tbsp Greek yogurt, 1 tbsp lemon juice, ½ tsp onion powder, ½ tsp garlic powder, salt, pepper

## SNACK

**BENTO SNACK BOX** (175 calories)

- 1 cup baby carrots
- 2 tsp peanut butter
- 3 cups air popped popcorn

## DINNER

**PROTEIN BOOST:** Add ½ cup lentils (123 calories)

**LOW CARB:** Substitute pita with 1 cup sautéed summer squash

### LENTIL SALAD

- 378 calories)
- ½ cup lentils, cooked
- ½ cup bell pepper, chopped
- ½ cup celery, chopped
- ½ pita bread, toasted
- Dressing: 1 tsp olive oil, 1 tsp mustard, ½ tsp onion powder, ½ tsp garlic powder, ¼ tsp paprika, salt and pepper

## LIST OF INGREDIENTS 4 WEEKS

### FRUITS

- blackberries
- Apple
- avocado
- banana
- pineapple
- fresh or frozen strawberries
- pear
- peach
- raisins

### VEGETABLES

- beetroot
- spinach
- tomato
- Cherry tomatoes
- cucumber
- kale
- fresh basil leaves
- red bell pepper
- peas in pod
- asparagus
- baby carrots
- arugula
- lemon
- artichoke hearts
- celery
- Brussels sprouts
- cauliflower rice
- butternut squash
- cabbage
- kale

- carrots
- leeks
- chard
- cauliflower
- zucchini
- purple Onion
- eggplant

### GRAINS AND CEREALS

- 100% whole wheat bread
- quinoa
- oats
- barley
- brown rice
- puffed rice cakes
- pita bread
- air popped popcorn
- natural muesli
- sweet potato
- integral spaghetti pasta
- E
- nglish muffins
- frozen corn
- potatoes

### LEGUMES

- Chickpeas (canned, rinse before use)
- prepared hummus
- lentils
- frozen peas
- edamame

### PROTEINS

- eggs
- chicken breast

- ground turkey (low fat)
- skim milk or unsweetened almond milk
- Greek yogurt without fat
- hemp seeds
- chia seeds
- low fat cottage cheese
- salmon fillets
- feta cheese
- tuna steaks
- Steak filet lean
- fresh mozzarella cheese
- ground beef (low fat)
- Ricotta cheese
- fresh medium shrimp
- fish filet

### MISCELLANEOUS

- olive oil
- avocado oil
- chicken or vegetable broth
- mustard
- balsamic vinegar
- soy sauce
- red wine vinegar
- cinnamon powder
- ginger powder
- vanilla extract
- garlic powder
- onion powder
- turmeric powder
- curry powder
- dried thyme
- unsweetened cocoa powder
- Dried oregano
- nutmeg powder

- cumin powder
- pecans in halves
- pistachios without shell
- whole almonds
- natural almond butter
- natural peanut butter
- diced canned tomato
- Salt
- Pepper







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Fitness Avalanche

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