

50-25-25 Meal Plan –Week 2

Meal Prep Helpful Suggestions

On the day before you start following this meal plan, consider doing the following:

- Hard-boil one egg per person following the diet
- Make the Broccoli Frittata recipe for Day 8 (p.5)
- Make the salmon dressing for the Greens with Salmon Dressing recipe for Day 8 (p.6)
- Make the Dijon Dressing for day 11 (p.20)
- Cook 5 slices of bacon to be used on Day's 11 & 12 (make 6 slices if two people are following the meal plan)

Are you very short on time during the week? Here are some additional items that can be made ahead of time to reduce the amount of cooking you need to do during the week.

- Make the Easy Baked Chicken recipe you'll be eating on Day 8 (p.7)
- Make the Breaded Herb & Cream Cheese Chicken recipe that you'll be eating on Days 9 & 10 (p.11)
- Make the Cherry Apple Fruit Bake you'll be eating on Day 10 (p.14)
- Make the Bacon Cheeseburger Quiche you'll be eating on Days 11 & 12 (p.21)
- Make the Beef & Bean Burritos you'll be eating on Day 12 a day early (p. 25)
- Make the Zesty Avocado Dressing you'll be eating on Day13 a day early (p.30)

TIPS:

Avocados: You'll need two ripe avocados. Try to find avocados that are slightly ripe (i.e. they give slightly when gently squeezed). Hard avocados will typically ripen within three to five days when stored at room temperature. If the avocado is ripe before it is needed, store it your refrigerator to prevent spoiling.

Note about the Grocery List: You'll notice that the recipes for most breakfasts and lunchtime salads are set up to feed one person while the dinners are set up to feed two or more people. If you have a partner who is following this meal plan with you, then you will need to adjust the grocery list accordingly (i.e. double the leafy greens and fresh fruit).

Leftovers: Whenever possible, I tried to minimize waste by including leftovers in later meals within the week. You might find it helpful to look over the full week before you start so you are aware of recipes that utilize leftovers.

Salad Dressing: If you desire additional salad dressing without the calories, you can add a sugar-free vinaigrette to any salad. I recommend [Maple Grove Farms Sugar-Free Balsamic Vinaigrette](#)

Nuts: You can substitute raw nuts used in the recipes. The best choices for nuts include walnuts, pine nuts, almonds, pecans, and macadamia nuts.

50-25-25 Meal Plan - Week 2 At-A-Glance

DAY	BREAKFAST	LUNCH	DINNER
DAY 8 Calories: 1,240 Fat: 86g Carbs: 46.4g Fiber: 12.6g Protein: 77.1g	Broccoli Frittata Strawberries	Greens with Salmon Dressing	Easy Baked Chicken Roasted Veggies w/ Walnuts
DAY 9 Calories: 1,287 Fat: 82.1g Carbs: 71.2g Fiber: 21.3g Protein: 75.4g	leftover Broccoli Frittata Strawberries	Apple Walnut Salad	Breaded Herb & Cream Cheese Chicken Low-Carb Zucchini Noodles
DAY 10 Calories: 1,196 Fat: 78.6g Carbs: 76.2g Fiber: 22.6g Protein: 60.1g	Cherry Apple Fruit Bake	Simple Salad w/ Black Beans & Pecans	leftover Breaded Herb & Cream Cheese Chicken Sauteed Mushrooms & Onions
DAY 11 Calories: 1,271 Fat: 76.3g Carbs: 71.5g Fiber: 22.1g Protein: 79.7g	Simply Berries, Nuts, & Seeds	Nutty BAM Salad Dijon Dressing	Bacon Cheeseburger Quiche Broccoli & Cauliflower w/ Pine Nuts
DAY 12 Calories: 1,262 Fat: 77.6g Carbs: 76.2g Fiber: 22.7g Protein: 73g	leftover Bacon Cheeseburger Quiche leftover Sauteed Mushrooms & Onions	Strawberry Walnut Chopped Salad w/ Bacon Balsamic Vinaigrette	Beef & Bean Burritos Cheesy Poblano Peppers
DAY 13 Calories: 1,192 Fat: 76.2g Carbs: 62.9g Fiber: 26.9g Protein: 75.4g	Chocolate & Strawberry Smoothie	Avocado Caesar Salad with Chicken	Shrimp Stir Fry with Pine Nuts
DAY 14 Calories: 1,309 Fat: 94.8g Carbs: 66.9g Fiber: 19.3g Protein: 62.3g	Black Bean & Egg Breakfast Mash	Simple Salad with Feta Cheese Blueberries	Portabella Salmon Melt Cauliflower Mash

50-25-25 Meal Plan –Day 8

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
Broccoli Frittata	255	18.9g	5.5g	1.4g	15.7g
Strawberries, 1 cup (152g) <i>subs other berries</i>	49	0.5g	11.7g	3g	1g
Lunch					
Greens with Salmon Dressing	428	35.4g	7.4g	1.6g	21.5g
Dinner					
Easy Baked Chicken	260	14.2g	1g	0g	31.1g
Roasted Veggies w/ Walnut, 2 servings	248	17g	20.8g	6.6g	7.8g
NUTRITION TOTALS:	1,240	86g	46.4g	12.6g	77.1g

Day 8 Recipes

Broccoli Frittata

Serving: 4

Ingredients:

- 8 large (50g each) **Eggs**
- 2 tablespoons (28g) **Butter**
- ¼ cup (49g) **Red Onion** *chopped into small pieces*
- 2 cups (182g) **Broccoli** *chopped into small pieces*
- ¼ teaspoon (1.5g) **Salt**
- ¼ teaspoon (0.6g) **Ground Black Pepper**
- ¼ cup (28g) **Sharp Cheddar Cheese** *shredded (optional)*

Directions:

Preheat oven broiler.

Scramble eggs and set aside.

In a medium-sized, ovenproof, nonstick skillet, over medium-high heat, sauté the onions and broccoli in butter until the vegetables soften, about 7 to 10 minutes.

Pour the egg mixture over the cooked vegetables covering them evenly.

Season with salt and pepper.

Reduce the heat to medium-low, cover, and let cook until the egg mixture has set around the edges but is somewhat liquid in the middle, about 8 minutes.

Sprinkle with the cheese.

Place the skillet under the broiler until the surface is set and browned, 1 to 2 minutes.

Serve

Tip:

You can use frozen broccoli, but you may need to increase your cooking time.

Nutrient Facts per Serving:

Calories: 255

Fat: 18.9g

Carbohydrate: 5.5g

Fiber: 1.4g

Protein: 15.7g

Greens with Salmon Dressing

Serving: 1

Ingredients:

- 2.5 oz. (71g) **Canned or Packaged Salmon** *preferably not packaged in oil*
- 2 tablespoons (30g) **Full-Fat Mayonnaise** *preferably mayo made with avocado oil*
- 2 medium-sized slices (28g) **Onion** *chopped*
- ¼ cup (28g) **Sharp Cheddar Cheese** *shredded*
- ¼ teaspoon (0.6g) **Ground Black Pepper**
- 2 cups (85g) **Mixed Salad Greens** *choose Spring mix or other greens; add additional greens if you prefer a larger salad.*
- 1 tablespoon (15g) **Sugar-Free Balsamic Vinaigrette**

Directions:

Prepare the salmon dressing: In a medium-size bowl, mix together the salmon, mayonnaise, onion, cheese, and pepper.

Place the leafy greens in a bowl and mix in the vinaigrette. Top the salad with the salmon mixture.

Tip:

You can use any flavored vinegar or Maple Grove Farms Sugar Free Balsamic Vinaigrette (found in your grocery store or on Amazon.com)

Nutritional Information

Calories: 428

Fat: 35.4g

Carbohydrate: 7.4g

Fiber: 1.6g

Protein: 21.5g

Easy Baked Chicken

Serving: 4

Ingredients:

- 1 pound (454g) **Boneless Chicken Breast with Skin** *rinsed and patted dry*
- 2 tablespoons (28g) **Butter** *substitute avocado oil or melted coconut oil*
- 1 teaspoon (2.8g) **Mrs. Dash Original Blend** *substitute other favorite herbal seasoning*
- 1 dash **Salt**
- 1 dash **Ground Black Pepper**

Directions:

Preheat oven to 400°F (204°C).

Spray a shallow baking dish with no-stick cooking spray.

Place chicken on baking dish.

Brush each breast with melted butter.

Sprinkle with seasonings

Bake for 50 minutes or until chicken reaches an internal temperature of 165°F (74°C).

Nutrient Facts per Serving:

Calories: 260

Fat: 14.2g

Carbohydrate: 1g

Fiber: 0g

Protein: 31.1g

Roasted Veggies with Walnuts

Serving: 4

Ingredients:

- 2 cups (182g) **Broccoli Florets** *chopped; substitute frozen -see note below*
- 2 cups (214g) **Cauliflower Florets** *chopped*
- ½ cup (78g) **Carrots** *chopped*
- 2 cloves (6g) **Garlic** *minced*
- 2 tablespoons (32g) **Balsamic Vinegar**
- 1 tablespoon (14g) **Avocado Oil**
- 1 teaspoon (5g) **Bragg Liquid Aminos** *substitute soy sauce*
- 4 tablespoons (29g) **Walnuts** *chopped; substitute slivered almonds or pine nuts*

Directions:

Preheat oven to 375°F (191°C).

Place all ingredients except the walnuts into a large bowl and toss together until the vegetables are coated.

Spread vegetables onto a sprayed baking pan.

Cover with aluminum foil and bake for 30 minutes.

Stir, and then return to the oven for an additional 20-30 minutes or until the vegetables have reached the desired tenderness.

Sprinkle the walnuts on top before serving.

Tips:

The walnuts can be toasted before eating by placing in the oven for 1-2 minutes.

You can substitute frozen vegetables. Defrost first or increase the time in the oven.

Nutrient Facts per Serving:

Calories: 124

Fat: 8.5g

Carbohydrate: 10.4g

Fiber: 3.3g

Protein: 3.9g

50-25-25 Meal Plan –Day 9

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
leftover Broccoli Frittata	255	18.9g	5.5g	1.4g	15.7g
Strawberries, 1 cup (152g) <i>subs. other berries</i>	49	0.5g	11.7g	3g	1g
Lunch					
Apple Walnut Salad	437	25.1g	43.4g	14.5g	14.4g
Dinner					
Breaded Herb & Cream Cheese Chicken	444	30g	3.6g	0.2g	41.7g
Low-Carb Zucchini Noodles, 2 servings	102	7.6g	7g	2.2g	2.6g
NUTRITION TOTALS:	1,287	82.1g	71.2g	21.3g	75.4g

Day 9 Recipes

Apple Walnut Salad

Serving: 1

Ingredients:

- 2-4 cups (128g) **Mixed Salad Greens** *choose Spring Mix or other greens*
- ½ cup (86g) **Black Beans**
- ½ medium (91g) **Apple** *chopped*
- 1 tablespoon (9g) **Feta Cheese Crumbles** *substitution goat cheese or blue cheese*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts*
- 1 tablespoon (7g) **Raw Pumpkin Seeds** *substitute raw sunflower seeds or another seed*
- 1 tablespoon (14g) **Avocado Oil** *substitute olive oil*
- ½ tablespoon (8g) **Balsamic Vinegar**

Directions:

Mix together in a bowl and enjoy.

Nutrients per Serving:

Calories: 437

Fat: 25.1g

Carbohydrate: 43.4g

Fiber: 14.5g

Protein: 14.4g

Breaded Herb & Cream Cheese Chicken

Serving: 4

Ingredients:

- 1 pound (454g) **Boneless, Skinless Chicken Thighs**
- 4 ounces (112g) **Cream Cheese** *softened*
- 1 tablespoon (0.2g) **Dried Chives**
- ½ teaspoon (1.3g) **Dried Thyme**
- 2 large (50g each) **Eggs**

Breading

- 1.5 ounces (42g) **Pork Rinds** (a.k.a. Chicharrones, Cracklings)
- ⅓ cup (33g) **Grated Parmesan Cheese**
- ¼ teaspoon (1.5g) **Salt**
- ¼ teaspoon (0.6g) **Ground Black Pepper**
- ¼ teaspoon (0.8g) **Garlic Powder**

Directions:

Preheat the oven to 350°F (177°C). Spray an oven-safe baking dish w/ non-stick cooking spray.

Prepare the breading by placing the pork rinds in a plastic bag and pounding with a mallet until they are broken into small pieces that resemble breadcrumbs. Add the Parmesan cheese, salt, pepper, and garlic powder to the bag and mix together. Pour the "breading" onto a large plate and set aside.

Place each chicken thigh in a separate plastic bag and pound with a mallet until about 1/2 inch thick.

Spread equal amounts of cream cheese, chives, and thyme down the center of each thigh. Roll each thigh as you would a jelly roll and secure with a toothpick, if necessary.

In a large bowl, beat the eggs. Place a rolled chicken thigh into the eggs, and then into the breading. Repeat for each of the remaining thighs.

Place the breaded chicken thighs onto the prepared baking dish and cook for about 25 minutes or until the chicken is cooked through.

Note: You can substitute chicken breasts for chicken thighs, but it will reduce the fat content per serving by about 6 grams.

Nutritional Info: Calories: 444; Fat: 30g; Carbohydrate: 3.6g; Fiber: 0.2g; Protein: 41.7g

Low-Carb Zucchini Noodles

Serving: 4

Ingredients:

- 2 medium (392g total weight) **Zucchini** (*a.k.a. green squash*)
- 1 tablespoon (14g) **Avocado Oil**
- 1 clove (3g) **Garlic** *minced*
- 1 teaspoon (0.9g) **Dried Thyme** *optional*
- ¼ cup (60ml) **Water**
- 1 dash **Salt**
- 1 dash **Ground Black Pepper**

Directions:

Use a vegetable spiralizer to cut the zucchini into spaghetti-like noodles.

If you don't have a spiralizer, you can cut the zucchini by hand. Make repeated lengthwise cuts down each zucchini using a vegetable peeler. Stop when you reach the seeds, and then turn the zucchini over and continue on the other side. The seeds can be discarded. You can leave the zucchini strips wide or cut them into spaghetti-like noodles.

In a skillet, heat the oil over medium heat. Add the zucchini noodles, garlic, and thyme and heat for one minute. Pour in the water and continue to cook until the noodles are tender, about 5 to 7 minutes.

Season with salt and pepper and serve.

Nutrients per Serving:

Calories: 51

Fat: 3.8g

Carbohydrate: 3.5g

Fiber: 1.1g

Protein: 1.3g

50-25-25 Meal Plan –Day 10

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
Cherry Apple Fruit Bake	164	6.3g	29.6g	5.8g	1.4g
Lunch					
Simple Salad with Black Beans & Pecans	466	34.1g	32.2g	13.8g	13.2g
Dinner					
Leftover Breaded Herb & Cream Cheese Chicken	444	30g	3.6g	0.2g	41.7g
Sautéed Mushrooms & Onions, 2 servings	122	8.2g	10.8g	2.8g	3.8g
NUTRITION TOTALS:	1,196	78.6g	76.2g	22.6g	60.1g

Day 10 Recipes

Cherry Apple Fruit Bake

Serving: 2

Ingredients:

- 1 tablespoon (14g) **Butter**
- 1 cup (154g) **Cherries** *cut and pitted*
- 1 small (149g) **Apple** *chopped*
- 1 tablespoon (9g) **Raisins** *regular or golden (optional); substitute dates*
- 1 tablespoon (8g) **Cinnamon**
- ½ teaspoon (1.2g) **Nutmeg**

Directions:

Preheat oven to 375°F (79°C).

Grease the bottom of an oven-safe baking dish with the butter.

Place all ingredients into the dish and cover with foil.

Bake for 45 minutes or until apples soften

Serve warm or cold

Note: If you avoid butter to stay dairy-free, you can substitute avocado oil or coconut oil.

Nutrients per Serving:

Calories: 164

Fat: 6.3g

Carbohydrate: 29.6g

Fiber: 5.8g

Protein: 1.4g

Simple Salad with Black Beans & Pecans

Serving: 1

Ingredients:

Salad & Toppings

- 2-4 cups (128g) **Mixed Salad Greens** *choose Spring Mix or other greens*
- ½ cup (86g) **Black Beans** canned or cooked dry beans, rinsed and drained
- 2 tablespoons (15g) **Walnuts** *chopped*
- 2 tablespoons (14g) **Raw Pecans** *chopped; substitute other raw nuts or seed*

Dressing

- 1 tablespoon (14g) **Extra Virgin Olive Oil**
- 1 teaspoon (5g) **Balsamic Vinegar**
- 1 teaspoon (5g) **Dijon Mustard**
- 1 dash **Salt**
- 1 dash **Ground Black Pepper**

Directions:

In a small bowl, mix together the oil, vinegar, mustard, salt, and pepper.

Place the salad greens into a large bowl. Top with the beans, walnuts, pecans, and dressing.

Tips:

Substitute avocado oil or walnut oil.

Substitute a flavored vinegar, red wine vinegar, or apple cider vinegar.

Substitute other raw nuts and seeds (i.e. almonds, macadamia nuts, pumpkin seeds, sunflower seeds, etc.)

Nutrients per Serving:

Calories: 466

Fat: 34.1g

Carbohydrate: 32.2g

Fiber: 13.8g

Protein: 13.2g

Sautéed Mushrooms and Onions

Serving: 6

Ingredients:

- 2 tablespoons (28g) **Butter**
- 16 ounces (454g) **Fresh Mushrooms** *sliced*
- 1 large (150g) **Onion** *sliced*
- ¼ teaspoon (0.8g) **Garlic Powder**
- ¼ teaspoon (1.5g) **Salt**
- ¼ teaspoon (0.6g) **Ground Black Pepper**

Directions:

Melt the butter in a large skillet over medium-high heat.

Add the sliced mushrooms and onions and sauté for about 8-10 minutes stirring frequently. The vegetables should be slightly tender when pierced with a fork.

As the vegetables cook, season them with the garlic powder, salt, and pepper.

Nutrients per Serving:

Calories: 61

Fat: 4.1g

Carbohydrate: 5.4g

Fiber: 1.4g

Protein: 1.9g

50-25-25 Meal Plan –Day 11

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
Simply Berries, Nuts, & Seeds	183	9.8g	24.2g	4.8g	4g
Lunch					
Nutty BAM Salad	417	18.8g	23.7g	9.3g	40.2g
Dijon Dressing	78	4.6g	8.1g	1.1g	2.3g
Dinner					
Bacon Cheeseburger Quiche	421	32.1g	2.9g	0.5g	29.4g
Broccoli & Cauliflower w/ Pine Nuts, 2 servings	172	11g	12.6g	6.4g	3.8g
NUTRITION TOTALS:	1,271	76.3g	71.5g	22.1g	79.7g

Day 11 Recipes

Simply Berries, Nuts, & Seeds

Serving: 1

Ingredients:

- 1 cup (148g) **Blueberries** *fresh or frozen; substitute other berries*
- 1 tablespoon (7g) **Walnuts** *roughly chopped; substitute other raw nuts*
- 1 tablespoon (7g) **Raw Sunflower Seeds** *substitute other raw seeds*

Directions:

In a bowl, combine the ingredients and serve.

Serve warm or cold

Tips:

You can substitute different fresh or frozen berries (i.e. strawberries, raspberries).

You can substitute different nuts and seeds (i.e. slivered almonds, pecans, hemp seeds, chia seeds).

Nutrients per Serving:

Calories: 183

Fat: 9.8g

Carbohydrate: 24.2g

Fiber: 4.8g

Protein: 4g

Nutty BAM Salad

Serving: 1

B.A.M. (Beans, Assorted Veggies, Meat)

Ingredients:

- 2-4 cups (128g) **Mixed Salad Greens** *choose Spring Mix or other greens*
- ¼ cup (43g) **Black Beans** *canned or cooked dry beans; drained and rinsed*
- 5 (40g total weight) **Grape Tomatoes** *halved; substitute other varieties*
- 2 medium slices (28g) **Onion** *chopped*
- ½ small (37g) **Green Bell Peppers** *chopped*
- 4 ounces (113g) **Pre-Cooked Chicken Breast** *chopped*
- 2 tablespoon (15g) **Walnuts** *chopped; substitute other raw nuts or seeds*

Directions:

Combine all ingredients and serve.

Tip:

You can purchase a pre-cooked Rotisserie Chicken from most grocery stores or cook a chicken breast at home.

An easy way to cook chicken:

1. Cut raw chicken into 2-inch (5cm) chunks and place in a medium-sized saucepan.
2. Add enough water just to cover the chicken.
3. Heat to boiling, and then reduce the heat and simmer for 8-10 minutes until the chicken is no longer pink inside (internal temperature should be 165°F (74°C))

Nutrients per Serving:

Calories: 417

Fat: 18.8g

Carbohydrate: 23.7g

Fiber: 9.3g

Protein: 40.2g

Dijon Dressing

Serving: 10

Ingredients:

- 1 cup (237g) **Water**
- $\frac{3}{4}$ cup (97g) **Raw Cashews** *substitute $\frac{1}{2}$ cup Cashew Butter*
- 4 tablespoons (64g) **Balsamic Vinegar**
- 2 tablespoons (17g) **Mixed Seasoning Spice** *such as Mrs. Dash seasoning blen*
- 2 tablespoons (30g) **Dijon Mustard**
- 5 (36g total weight) **Dates** *pitted*
- 2 cloves (6g) **Garlic** *minced*

Directions:

Blend all ingredients in a high-powered blender or food processor until smooth.

Note: You can use Mrs. Dash Original Seasoning Blend or any other favorite mixed seasoning spice blend

Nutrients per Serving:

Calories: 78

Fat: 4.6g

Carbohydrate: 8.1g

Fiber: 1.1g

Protein: 2.3g

Bacon Cheeseburger Quiche

Serving: 8

Ingredients:

- 1 pound (454g) **Ground Beef**
- ¼ cup (49g) **Onion** *chopped*
- ¼ cup (37g) **Green Bell Pepper** *chopped*
- 4 thick-sliced (48g total weight) **Pan-Fried Bacon Slices**, *chopped*
- 8 large (50g each) **Eggs**
- ½ cup (120g) **Heavy (Whipping) Cream**
- 2 cups (8oz; 226g) **Shredded Sharp Cheddar Cheese**
- 1 tablespoon (7g) **Coconut Flour**
- ¼ teaspoon (0.8g) **Garlic Powder**
- ¼ teaspoon (1.5g) **Salt**
- ¼ teaspoon (0.6g) **Pepper**

Directions:

Preheat the oven to 350°F (177°C).

Spray a deep quiche or pie dish with cooking spray and set aside.

In a skillet, cook the meat over medium-high heat until brown.

Add the onions and peppers and cook over medium heat until soft, about 3 to 5 minutes.

Chop the already cooked bacon and add it to the meat mixture.

Press the meat mixture into the bottom of the prepared quiche dish and set aside.

In a large bowl, whisk the eggs for one to two minutes. Add the remaining ingredients to the eggs and whisk until blended.

Carefully pour the egg mixture over the meat and bake for 40-45 minutes or until the middle of the quiche is set.

Cool for 10-15 minutes before serving.

Nutrient Facts per Serving:

Calories: 421

Fat: 32.1g

Carbohydrate: 2.9g

Fiber: 0.5g

Protein: 29.4g

Broccoli & Cauliflower w/ Pine Nuts

Servings: 4

Ingredients:

- 1 pound (454g) bag **Frozen Broccoli & Cauliflower** *substitute fresh*
- 1 tablespoon (14g) **Butter** *substitute avocado oil*
- 2 tablespoons (17g) **Raw Pine Nuts** *substitute walnuts*
- 1 dash **Salt**
- 1 dash **Ground Black Pepper**
- 1 dash **Mrs. Dash Original Blend** *substitute other herb blends*

Directions:

In a large skillet, melt the butter over high heat and then add the frozen vegetables.

Stir the vegetables until they are somewhat coated in butter and then reduce the heat to medium and cover. Cook for 5 minutes.

Uncover and add the raw pine nuts. Stir and return the heat to high.

Stir often until the vegetables reach their desired tenderness, about 3 to 5 minutes.
Season as desired and serve

Nutritional Information

Calories: 86

Fat: 5.5g

Carbohydrate: 6.3g

Fiber: 3.2g

Protein: 1.9g

50-25-25 Meal Plan –Day 12

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
Leftover Bacon Cheeseburger Quiche	421	32.1g	2.9g	0.5g	29.4g
Leftover Sautéed Mushrooms & Onions	61	4.1g	5.4g	1.4g	1.9g
Lunch					
Strawberry Walnut Chopped Salad	137	5.6g	21.5g	6.9g	5.1g
Bacon, 1 thick slice (12g)	56	4.2g	0.2g	0g	4.1g
Sugar-Free Balsamic Vinaigrette, 2 Tbsp. (30g)	10	0g	1g	0g	0g
Dinner					
Beef & Bean Burritos, 1 burrito	433	18.4g	42.9g	13.5g	25.6g
Cheesy Poblano Peppers, 1 half pepper	144	13.2g	2.7g	0.4g	6.9g
NUTRITION TOTALS:	1,262	77.6g	76.6g	22.7g	73g

Day 12 Recipes

Strawberry Walnut Chopped Salad

To complete today's lunch, add one slice of bacon and a sugar-free vinaigrette, such as [Maple Grove Sugar-Free Balsamic Vinaigrette](#).

Serving: 1

Ingredients:

- 2 cups (60g) **Spinach**
- 1 cups (89g) **Green Cabbage** *shredded (can use bagged shredded cabbage or substitute other greens)*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 1-½ tablespoon (18g) **Lime Juice**
- 1 cup (152g) **Fresh Strawberries** *sliced; substitute other berries or apple*

Directions:

Put Spinach, cabbage, walnuts, and lime juice in a food processor and chop very coarsely (4 or 5 pulses) with the S-shaped blade. As an alternative, you can chop the vegetables and walnuts with a knife.

Put the greens into a serving bowl. Top the salad with the strawberries.

Nutrients per Serving of the salad without the bacon or dressing:

Calories: 137

Fat: 5.6g

Carbohydrate: 21.5g

Fiber: 6.9g

Protein: 5.1g

Beef & Bean Burritos

Serving: 4

Serving Size: 1 burrito

Ingredients:

- ½ pound (227g) **Ground Beef**
- 1 cup (172g) **Black Beans** *canned or cooked dry beans; drained and rinsed*
- 4 ounces (113g) **Green Chilies** *canned or fresh; diced*
- 3 medium (45g total weight) **Green Onions (a.k.a. Spring Onions/Scallions)** *chopped*
- 1.5 tablespoon (1.5g) **Dried Cilantro** *substitute fresh*
- ¼ teaspoon (1.5g) **Salt**
- ¼ teaspoon (0.6g) **Ground Black Pepper**
- 4 6-inch (228g total weight) **Sprouted Grain Tortillas**
- ½ cup (130g) **Salsa**
- 1 cup (47g) **Romaine Lettuce** *shredded*
- 1 medium-sized (136g) **Avocado** *diced*

Directions:

Preheat the oven to 350°F (177°C).

In a large saucepan, cook the ground beef until no longer pink.

Add the beans, green chilies, green onions, cilantro, salt, and pepper to the skillet and heat until warm through.

Divide the beef & bean mixture evenly among the tortillas. Roll up and place in an oven-safe dish. Top with salsa.

Warm in the oven for 10-20 minutes until heated through. Serve with lettuce and avocado.

Tip:

You may find sprouted grain tortillas in the freezer of your local grocery stores health food area, such as Ezekiel 4:9 Sprouted Grain Tortillas

Nutrients per Serving:

Calories: 433

Fat: 18.4g

Carbohydrate: 42.9g

Fiber: 13.5g

Protein: 25.6g

Cheesy Poblano Peppers

Serving: 4

Serving Size: ½ of a pepper

Ingredients:

- 2 medium-sized (4.5-inch long; 92g total weight) **Poblano Peppers**
- 3 ounces (85g) **Monterey Jack Cheese** *shredded*
- 3 ounces (85g) **Cream Cheese** *softened*

Directions:

Preheat the oven to broil.

Spray a baking sheet with cooking spray.

Cut each pepper in half and remove the seeds.

Place the peppers on the baking sheet with cut-side down and broil for 5 minutes, or until browned.

Meanwhile, mix the softened cream cheese with shredded Monterey Jack Cheese and set aside.

Carefully remove the baking sheet from the oven and flip the peppers over, so the cut side is facing up. Fill each cavity with the cheese mixture distributing the cheese evenly among the peppers.

Return the peppers to the broiler and cook for 5 additional minutes, or until the cheese is melted.

Nutrients per Serving:

Calories: 144

Fat: 13.2g

Carbohydrate: 2.7g

Fiber: 0.4g

Protein: 6.9g

50-25-25 Meal Plan –Day 13

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
Chocolate & Strawberry Smoothie	178	7.5g	29.4g	10.4g	6.9g
Lunch					
Avocado Caesar Salad with Chicken	639	49.5g	16.6g	10.3g	36.9g
Dinner					
Shrimp Stir Fry with Pine Nuts	375	19.2g	16.9g	6.2g	31.6g
NUTRITION TOTALS:	1,192	76.2g	62.9g	26.9g	75.4g

Day 13 Recipes

Chocolate & Strawberry Smoothie

Serving: 1

Ingredients:

- 1.5 cups (45g) **Baby Spinach**
- 1 cup (140g) **Frozen Strawberries**
- 1 cup (240g) **Unsweetened Almond Milk** *substitute hemp milk or another nut milk*
- 1 (7g) **Date pitted**
- 2 tablespoons (11g) **Unsweetened Cacao Powder**
- 1 tablespoon (7g) **Ground Flaxseed** *substitute hemp seeds or chia seeds*

Directions:

Blend all ingredients in a high-powered blender until smooth.

I use Hershey's brand 100% Cacao Natural Unsweetened

Nutrients per Serving:

Calories: 178

Fat: 7.5g

Carbohydrate: 29.4g

Fiber: 10.4g

Protein: 6.9g

Avocado Caesar Salad with Chicken

Serving: 1

Ingredients:

- 2-4 cups (140g) **Romaine Lettuce** *torn*
- ½ medium-size (68g) **Avocado**
- ¼ cup (20g) **Parmesan Cheese** *shredded*
- 3 ounces (85g) **Pre-Cooked Chicken** *substitute fish, anchovies, meat, or cheese*
- 2 tablespoons (14g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 1 serving **Zesty Avocado Dressing** (see recipe below)

Directions:

Toss all ingredients in a bowl and serve.

If you don't have pre-cooked chicken handy, you can substitute another protein source such as fish, anchovies, meat, or cheese.

Nutrients per Serving:

Calories: 639

Fat: 49.5g

Carbohydrate: 16.6g

Fiber: 10.3g

Protein: 36.9g

Zesty Avocado Dressing

Serving: 3

Ingredients:

- ½ medium-size (68g) **Avocado**
- 1 teaspoon (5g) **Worcestershire Sauce**
- 3 tablespoons (41g) **Olive Oil**
- 2 tablespoons (30g) **Water**
- 1 tablespoon (15g) **Lemon Juice**
- 1 tablespoon (15g) **Dijon Mustard**
- 1 clove (3g) **Garlic** *minced*
- ⅛ teaspoon (0.8g) **Salt**
- ⅛ teaspoon (0.3g) **Ground Black Pepper**

Directions:

Place all of the ingredients into a food processor or high-speed blender and blend until smooth.

Amount Per Serving:

Calories: 167

Fat: 17.3g

Carbohydrate: 3.4g

Fiber: 1.8g

Protein: 0.8g

Shrimp Stir Fry with Pine Nuts

Serving: 2

Ingredients:

- 2 tablespoon (27g) **Avocado Oil** *substitute coconut oil or sesame oil*
- 2 tablespoons (17g) **Raw Pine Nuts** *substitute walnuts*
- 1 pound (454g) bag **Frozen Stir Fry Vegetables**
- 8-ounces (227g) **Pre-Cooked Shrimp**
- $\frac{1}{4}$ cup (59g) **Water**
- 1 tablespoon (10g) **Ginger** *grated; optional*
- 2 cloves (6g) **Garlic** *minced*
- 1 tablespoon (16g) **Soy Sauce**

Directions:

Heat one tablespoon (14g) of the oil in a large skillet over medium-high heat. Once the oil is hot, add the pine nuts and cook for 1 to 2 minutes, or until they are golden brown.

Using a slotted spoon, remove the pine nuts and set aside.

Add the frozen vegetables to the skillet and sauté them for about 5 minutes, or until they are just starting to get tender.

Meanwhile, in a small bowl, whisk together the remaining tablespoon of oil, water, grated ginger, minced garlic, and soy sauce.

Add the shrimp and sauce mixture to the vegetables and continue cooking until the vegetables reach your desired level of tenderness.

Top with the pine nuts.

Tip:

You can buy a 2 to 3 inch (5 to 7.5cm) long piece of fresh ginger and grate it yourself.

Nutrients per Serving:

Calories: 375

Fat: 19.2g

Carbohydrate: 16.9g

Fiber: 6.2g

Protein: 31.6g

50-25-25 Meal Plan –Day 14

FOODS	Calories	Fat	Carbs	Fiber	Protein
Breakfast					
Black Bean & Egg Breakfast Mash	260	10.6g	24.5g	9.3g	16.9g
Lunch					
Simple Salad with Feta Cheese	383	34.3g	9.9g	3.5g	11.9g
Blueberries, 1 cup (148g) (subs. other berries)	84	0.5g	21.4g	3.6g	1.1g
Dinner					
Portabella Salmon Melts	497	42g	6.8g	1.4g	28.1g
Cauliflower Mash	85	7.4g	4.3g	1.5g	4.3g
NUTRITION TOTALS:	1,309	94.8g	66.9g	19.3g	62.3g

Day 14 Recipes

Black Bean & Egg Breakfast Mash

Serving: 1

Ingredients:

- 1 large (50g) **Hard-Boiled Egg** *chopped*
- ½ cup (86g) **Black Beans** *canned or cooked dry beans; drained and rinsed*
- ½ ounce (14g) **Shredded Cheddar Cheese**
- 1 tablespoon (16g) **Salsa**

Directions:

Combine egg and beans in a microwave-safe bowl. Top with cheese and microwave for 45 to 60 seconds, until warmed.

Top with salsa.

Nutrients per Serving:

Calories: 260

Fat: 10.6g

Carbohydrate: 24.5g

Fiber: 9.3g

Protein: 16.9g

Simple Salad with Feta Cheese

Serving: 1

Ingredients:

- 2-4 cups (128g) **Mixed Salad Greens** *choose Spring Mix or other greens*
- 1/3 cup (50g) **Feta Cheese Crumbles**
- 2 tablespoons (15g) **Walnuts** *chopped; substitute other raw nuts or seeds*

Dressing

- 1 tablespoon (14g) **Olive Oil**
- 1 teaspoons (5g) **Balsamic Vinegar**
- 1 teaspoon (5g) **Dijon Mustard**
- 1 dash **Salt**
- 1 dash **Ground Black Pepper**

Directions:

In a small bowl, mix together the oil, vinegar, mustard, salt, and pepper.

Place the salad greens into a large bowl. Top with the cheese, walnuts and dressing.

Tips:

Substitute avocado oil or walnut oil.

Substitute a flavored vinegar, red wine vinegar, or apple cider vinegar.

Substitute other raw nuts and seeds (i.e. almonds, pecans, macadamia nuts, pumpkin seeds, sunflower seeds, etc.)

Nutrients per Serving:

Calories: 383

Fat: 34.3g

Carbohydrate: 9.9g

Fiber: 3.5g

Protein: 11.9g

Portabella Salmon Melts

Serving: 2

Ingredients:

- 2 large (168g total weight) **Portabella Mushroom Caps**
- 5 oz. (142g) **Canned or Packaged Salmon in Water**
- ¼ cup (60g) **Full-Fat Mayonnaise** *preferably mayo made with avocado oil*
- ¼ cup (49g) **Onion** *chopped*
- ¾ cup (85g) **Sharp Cheddar Cheese** *shredded*
- ¼ teaspoon (0.6g) **Ground Black Pepper**

Directions:

Preheat the oven to 350°F (177°C).

Line a baking sheet with aluminum foil and spray the foil with no-stick cooking spray.

Remove the gills and stems from the mushroom caps and place them upside-down on the foil.

In a medium-size bowl, mix together the salmon, mayonnaise, onion, pepper, and half of the cheese.

Evenly distribute the mixture between the two mushroom caps, and then top them with the remaining cheese.

Bake for 15 minutes or until the cheese is melted.

Nutrients per Serving:

Calories: 497

Fat: 42g

Carbohydrate: 6.8g

Fiber: 1.4g

Protein: 28.1g

Cauliflower Mash (Mock Mashed Potatoes)

Serving: 6

Ingredients:

- 1 pound (454g) **Cauliflower Florets** *fresh or frozen*
- 3 tablespoons (43g) **Butter**
- 3 tablespoons (43g) **Sour Cream**
- $\frac{1}{4}$ teaspoon (0.8g) **Garlic Powder**
- $\frac{1}{4}$ teaspoon (1.5g) **Salt**
- $\frac{1}{4}$ teaspoon (0.6g) **Ground Black Pepper**

Directions:

To cook frozen cauliflower in the microwave: Put the frozen florets in a bowl and microwave for about 8 minutes or until they are tender.

To cook cauliflower on the stove: Fill the bottom of a large saucepan with 1 inch of water. Place a steamer basket in saucepan and then add the cauliflower florets to the basket. Cover and steam for about 5 to 7 minutes or until the cauliflower is just soft enough to easily poke it with a fork. Do not overcook.

Transfer the cooked florets to a food processor. Blend until somewhat smooth and fluffy.

Add the butter, sour cream, garlic powder, salt, and pepper and blend until the mixture starts to resemble the consistency of mashed potatoes.

Nutrients per Serving:

Calories: 85

Fat: 7.4g

Carbohydrate: 4.3g

Fiber: 1.5g

Protein: 1.7g

Below you'll find two grocery lists. The first list provides you with special ingredients that you'll need to make the week two recipes. The second list includes staples that are needed for both weeks of the 50-25-25 Meal Plan Series. You should have those staples/items in your kitchen before starting the meal plans.

CATEGORY	50-25-25 MEAL PLAN - WEEK 2 GROCERY LIST	QUANTITY
Bakery	Sprouted Grain Tortillas	4 6-inch (228g total weight)
Canned Goods	Black Beans <i>subs. dry beans</i>	2 15-ounce (425g) cans
	Green Chilies	4 ounces (113g)
	Canned or Packaged Salmon in Water	7.5 ounces (213g)
Dairy	Cream Cheese	7 ounces (197g)
	Feta Cheese	½ cup (123g)
	Monterey Jack Cheese	3 ounces (85g)
	Parmesan Cheese, <i>grated</i>	1/3 cup (33g)
	Parmesan Cheese, <i>shredded</i>	¼ cup (20g)
	Shredded Sharp Cheddar Cheese	3.5 cups (14oz; 392g)
	Heavy (Whipping) Cream	1/2 cup (120g)
	Sour Cream	3 tablespoons (43g)
	Egg	19 large
Frozen	Blueberries (<i>disregard if buying fresh</i>)	2 cups (296g)
	Frozen Strawberries	1 cup (140g)
	Frozen Broccoli & Cauliflower	1 pound (454g) bag
	Frozen Stir Fry Vegetables	1 pound (454g) bag
Meat	Bacon	5 thick slice
	Ground Beef	1.5 pound (681g)
	Boneless Chicken Breast with Skin	1 pound (454g)
	Boneless, Skinless Chicken Thighs	1 pound (454g)
	Rotisserie Chicken or Pre-Cooked Chicken	7 ounces (198g)
	Pre-Cooked Shrimp	8 ounces (227g)
Miscellaneous	Pork Rinds	1.5 ounces (42g)
	Bragg Liquid Aminos, <i>subs. soy sauce</i>	1 teaspoon (5g)
Nuts & Seeds	Raw Cashews, <i>subs. cashew butter</i>	3/4 cup (97g)
	Ground Flaxseed, <i>subs. chia or hemp seeds</i>	1 tablespoon (7g)
	Pecans, <i>subs. other raw nuts</i>	2 tablespoons (14g)
	Raw Pine Nuts, <i>subs. walnuts</i>	4 tablespoons (34g)
	Raw Pumpkin Seeds, <i>subs. other raw nuts or seeds</i>	1 tablespoon (7g)
	Raw Sunflower Seeds, <i>subs. other raw nuts or seeds</i>	1 tablespoon (7g)
	Walnuts; <i>subs. other raw nuts or seeds</i>	12 tablespoon (105g)
Produce	Apples	2 medium
	Avocado	2 medium-sized (136g each)
	Blueberries (<i>disregard if buying frozen</i>)	2 cups (296g)
	Broccoli <i>substitute frozen</i>	4 cups (364g)

	Green Cabbage, <i>can use shredded bagged cabbage</i>	1 cup (89g)
	Carrots	1/2 cup (78g)
	Cauliflower Florets <i>subs. frozen</i>	1.5 pounds (680g)
	Cherries	1 cup (154g)
	Garlic <i>subs. pre-minced garlic</i>	8 cloves (24g)
	Ginger root, fresh <i>optional</i>	1 tablespoon (10g)
	Fresh Mushrooms	16 ounces (454g)
	Green Onions	3 medium-sized (45g)
	Onions	2 large (300g total weight)
	Red Onion	1 medium-sized
	Green Bell Pepper	1 small
	Poblano Peppers	2 medium-sized (92g total wt.)
	Portabella Mushroom Caps	2 large (168g total weight)
	Romaine Lettuce	4-5 cups (187g)
	Mixed Salad Greens (Spring Mix)	about 15 cups (640g)
	Spinach	3.5 cups (105g)
	Fresh Strawberries, <i>substitute other berries</i>	3 cups (456g)
	Grape Tomatoes <i>substitute another variety</i>	5 (40g total weight)
	Zucchini	2 medium-sized (392g total wt.)

**50-25-25 MEAL PLAN SERIES
STAPLES AND OPTIONAL INGREDIENTS**

OPTIONAL INGREDIENTS	
	Collagen Hydrolysate (or Protein Powder)
	Dried Cranberries
	Flavored Balsamic Vinegar
	1 Lemons, <i>preferably organic, subs. lemon juice</i>
	MCT Oil
	Mrs. Dash Original Blend Seasoning, <i>subs. other seasoning</i>
	Potato Starch, <i>subs. flour</i>
	Raisins, <i>can subs. dates</i>
	Unsweetened Full-Fat Coconut Milk, <i>subs heavy cream or nut milk</i>
	Unsweetened Shredded Coconut

STAPLES TO HAVE ON HAND FOR THE 50-25-25 MEAL PLAN SERIES	
Spices	Cayenne Pepper
	Chili Powder
	Cinnamon
	Crushed Red Pepper Flakes
	Dried Basil
	Dried Chives
	Dried Cilantro
	Dried Dill Weed
	Dried Oregano
	Dried Parsley Leaves
	Garlic Powder
	Ground Cumin
	Paprika
	Onion Powder
	Nutmeg
	Salt & Ground Black Pepper
	Sea Salt
	Dried Thyme
	Oils
Coconut Oil	
Extra Virgin Olive Oil	
Miscellaneous	Balsamic Vinegar
	Balsamic Vinaigrette Salad Dressing, sugar-free
	Butter
	100% Cacao Natural Unsweetened
	Chicken Broth
	Dates, pitted <i>small container</i>
	Dijon Mustard
	Full-fat Mayonnaise, <i>best if made with avocado oil</i>
	Full-fat Salad Dressing, <i>such as Primal Kitchen brand</i>
	Kalamata (Greek) Olives, <i>can subs. other olives</i>
	Lemon Juice
	Lime Juice
	Red Wine Vinegar
	Salsa
	Soy Sauce
	Unsweetened Almond Milk, <i>can subs. other nut milks</i>
Unsweetened Hemp Milk, <i>can subs. other nut milks</i>	
Worcestershire Sauce	