

# Healthy Lifestyle Meal Planning Guide Week-9

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<i>Breakfast</i>	288 1 - BLT Egg Sandwich  *You can use Dave's Killer Bread	LEMON YOGURT BREAKFAST BOWLS  1 cup. Greek Yogurt or Kefir or plant based yogurt 20 2 Tbsp Rolled Oats 30 1/2 Tbsp Chia Seeds 67 1 Tbsp Lemon Curd 10 2 Strawberries, sliced	Protein Shake Homemade  1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk 80 4 oz. frozen berries 1 TBSP Vega One All-In-One Plain Nutritional Shake Powder 10 1 cup spinach or kale	LEMON YOGURT BREAKFAST BOWLS  1 cup. Greek Yogurt or Kefir or plant based yogurt 20 2 Tbsp Rolled Oats 30 1/2 Tbsp Chia Seeds 67 1 Tbsp Lemon Curd 10 2 Strawberries, sliced	Protein Shake Homemade  1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk 64 4 oz. frozen berries 1 TBSP Vega One All-In-One Plain Nutritional Shake Powder 10 1 cup spinach or kale	LEMON YOGURT BREAKFAST BOWLS  1 cup. Greek Yogurt or Kefir or plant based yogurt 20 2 Tbsp Rolled Oats 30 1/2 Tbsp Chia Seeds 67 1 Tbsp Lemon Curd 10 2 Strawberries, sliced	290 Starbucks - Spinach Feta & Egg White Breakfast Wrap  10 Unsweetened Green Tea	Total 300
	Total 288	Total 287	Total 304	Total 287	Total 304	Total 287	Total 300	
<i>Lunch</i>	307 Spicy Shrimp Fried Rice  *Use cauliflower rice	Meal Prep  4 Oz H E B Seasoned Garlic Peppercorn Pork Tenderloin 167 70 1.5 Cup. STRAWBERRY CUCUMBER SALAD	Meal Prep  4 Oz H E B Seasoned Garlic Peppercorn Pork Tenderloin 167 70 1.5 Cup. STRAWBERRY CUCUMBER SALAD	Meal Prep  4 Oz H E B Seasoned Garlic Peppercorn Pork Tenderloin 167 70 1.5 Cup. STRAWBERRY CUCUMBER SALAD	Meal Prep  4 Oz H E B Seasoned Garlic Peppercorn Pork Tenderloin 167 70 1.5 Cup. STRAWBERRY CUCUMBER SALAD	290 H E B Meal Simple Beef Taco Style Melt	307 Spicy Shrimp Fried Rice  *Use cauliflower rice	Total 307
	Total 307	Total 237	Total 237	Total 237	Total 237	Total 290	Total 307	
<i>Dinner</i>	Family Dinner  Cook or enjoy a healthy meal and share your choice with me at our next visit. Don't forget to take pictures.	160 4 oz Baked Chicken Breast 10 1 cup. Chopped cucumbers, diced 10 1/2 cup Tomatoes, diced and red onion 120 1 Tbsp Olive Oil plus Apple cider vinegar	145 4 Oz. Tilapia Fillet - Sauteed 95 1/2 Cup of roasted or sauteed potatoes 30 1 Cup. Green Beans - Baked 35 1 Tbsp. Ximena's Salsa Criolla Colombian Salsa	329 1 bowl - Salmon Avocado Salad	340 Amy's Cheddar Cheese Burrito 10 Siracha/ spicy sauce 60 1 orange	Enjoy a night out for dinner DIVIDE YOUR PORTION INTO 4! If you don't know the calories	310 Chick-fil-A Chick-n-Strips (6-count) 40 Buffalo Sauce or Honey Mustard Just the sandwich not the meal... Don't cheat!	Total 350
	Total 300	Total 300	Total 305	Total 329	Total 410	Total 350	Total 350	

## BLT Egg Sandwich

PREP TIME:  
5 mins

COOK TIME:  
10 mins

TOTAL TIME:  
15 mins

COURSE: Breakfast, Lunch  
CUISINE: American

*Breakfast BLT made with center cut bacon, lettuce, tomato and egg on whole wheat bread.*

### Ingredients

- 3 slices center cut bacon (such as oscar mayer)
- 1 large egg white
- 2 slices light whole wheat bread (such as Arnold light (or gluten-free bread))
- 2 to 3 iceberg lettuce leaves
- 2 thin slices beefsteak tomatoes
- 1 tablespoon light mayo (cut the fat by switching to mustard)

### Instructions

1. Heat a medium nonstick skillet over medium heat. Add the bacon and cook, 5 to 6 minutes, turning halfway until crisp. When cooked, set aside on a paper towel and wipe some of the fat, leaving a little to cook the egg. Crack the egg, cover and cook until the yolk is set.
2. Meanwhile, toast the bread. Assemble the sandwich by putting the mayo on the bottom, then the egg, then the lettuce, bacon and tomatoes. Cut in half and eat right away.

Serving: 1 sandwich, Calories: 288kcal, Carbohydrates: 21g, Protein: 21g, Fat: 14.5g, Saturated Fat: 4g, Cholesterol: 193mg, Sodium: 681mg, Fiber: 6g, Sugar: 3g

Blue Smart Points: **6** Green Smart Points: **8** Purple Smart Points: **6** Points +: **8**



YIELD: 1



5 from 3 votes

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## Salmon Avocado Salad

PREP TIME:  
10 mins

COOK TIME:  
15 mins

TOTAL TIME:  
25 mins

COURSE: Dinner, Lunch  
CUISINE: American

*This Salmon Avocado Salad is made with my two favorite super foods – avocado and wild salmon. I could eat this every day!*

### Ingredients

- 4 wild salmon fillets (4 oz each)
- 1 tablespoon Dijon mustard (divided)
- 3/4 teaspoon dried parsley
- 1/2 teaspoon kosher salt
- fresh black pepper (to taste)
- 1/4 cup chopped red onion
- 4 teaspoons extra virgin olive oil **2 tsp**
- 2 tablespoons apple cider vinegar (recommend: Braggs)
- 1/8 teaspoon garlic powder
- 1 cup halved cherry tomatoes
- 8 ounces avocado (diced (from 2 small)) **Use only 2 oz. total to bring fat per serving to 14.5 g**
- 4 cups chopped romaine lettuce
- 1 1/2 cups red cabbage (shredded)



YIELD: 4 servings



4.79 from 23 votes

### Instructions

1. Season salmon with 2 teaspoons of the Dijon, 1/2 teaspoon dried parsley, 1/4 teaspoon salt and black pepper.
2. Adjust the oven on the second rack. Broil salmon 6 to 7 minutes, until cooked through.
3. In a large bowl, combine the red onion with olive oil, 1 1/2 tablespoons apple cider vinegar, 1 teaspoon remaining Dijon, garlic powder, 1/4 teaspoon parsley, 1/4 teaspoon salt and pepper to taste; let it sit about 5 minutes, so the flavor of the onion mellows.
4. Add the tomatoes, avocado and toss. When ready to serve, toss in chopped lettuce and cabbage, finish with the remaining 1/2 tablespoon of vinegar, taste for salt and pepper and adjust as needed.
5. Divide the salad in 4 bowls and top each with salmon.

Serving: 1bowl, Calories: 329kcal, Carbohydrates: 12g, Protein: 25.5g, Fat: 20.5g, Saturated Fat: 3g, Cholesterol: 62.5mg, Sodium: 287mg, Fiber: 6g, Sugar: 2.5g

Blue Smart Points: **5** Green Smart Points: **8** Purple Smart Points: **5** Points +: **9**

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## Spicy Shrimp Fried Rice

PREP TIME:  
5 mins

COOK TIME:  
15 mins

TOTAL TIME:  
20 mins

COURSE: Dinner

CUISINE: Chinese, Japanese

*Spicy Shrimp Fried Rice made healthier using leftover cooked brown rice, a delicious whole grain that's high in fiber, so it fills you up.*

### Ingredients

- 3 cups leftover brown rice cooked
- 1 lb large shrimp (peeled and deveined )
- 1/2 tsp each of chili powder, paprika and garlic powder
- 1/8 tsp cayenne pepper (or more to taste)
- 1/4 tsp kosher salt
- fresh black pepper (to taste)
- 2 large egg whites (beaten)
- 1 large whole egg (beaten)
- 1/2 medium onion (chopped)
- 2 cloves garlic (diced)
- 5 medium scallions (chopped, whites and greens separated)
- oil spray
- 1 tbsp sesame oil
- 1 tsp crushed red pepper flakes (or more to taste)
- 4 tsp soy sauce (or more to taste)
- 1 tsp Asian fish sauce ((or more soy sauce))



YIELD: 4 servings

★★★★★  
4.73 from 48 votes

### Instructions

1. In a bowl, season shrimp with cayenne pepper, chili powder, paprika, salt, pepper and garlic powder.
2. In a hot wok, over medium high heat, spray a little oil and cook the eggs, when cooked, remove from pan and set aside, 1 to 2 minutes.
3. Increase the heat to high, when hot add the sesame oil and saute onions, scallion whites, garlic and hot pepper flakes for about 1-2 minutes.
4. Add shrimp and saute until no longer translucent, 2 to 3 minutes.
5. Add rice and leave in the skillet to let the bottom brown, 2 to 3 minutes, stir and add the egg, soy sauce and fish sauce, mixing well for about 2 minutes.
6. Add greens of the scallions and serve.

Serving: 1 1/2 cups , Calories: 307kcal, Carbohydrates: 37.5g, Protein: 23g, Fat: 7g, Saturated Fat: 1.5g, Cholesterol: 191mg, Sodium: 500mg, Fiber: 3.5g, Sugar: 0.5g

Blue Smart Points: **6**   Green Smart Points: **7**   Purple Smart Points: **1**   Points +: **8**

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## Strawberry Cucumber Salad

PREP TIME:  
15 mins

TOTAL TIME:  
15 mins

COURSE: Salad, Side Dish  
CUISINE: American

*This easy light summer salad, made with cucumbers, strawberries, almonds and fresh herbs is great alongside grilled chicken, fish or for a light lunch you can double the serving and add some goat cheese to the mix or serve it over quinoa for more protein.*

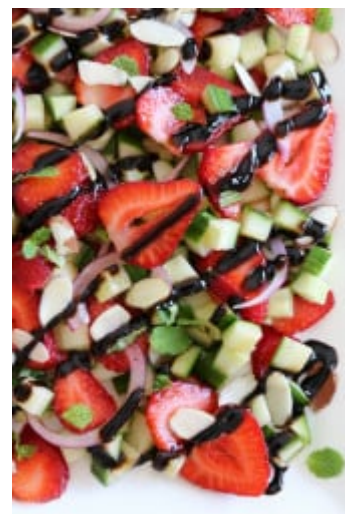
### Ingredients

- 1 1/3 cup sliced strawberries
- 1/4 cup slivered red onion
- 1 1/3 cup diced cucumber (about 1/2 large)
- 1 tsp chopped fresh mint
- 1 tsp chopped fresh basil
- 1 teaspoon fresh lime juice
- pinch kosher salt
- freshly ground black pepper
- 1 tbsp balsamic glaze
- 2 tbsp sliced almonds (toasted)

### Instructions

1. Combine strawberries, onions, cucumbers, mint, basil, lime juice, salt and pepper.
2. Lightly drizzle with balsamic glaze and finish with slivered almonds.

Serving: 3/4 cup, Calories: 47kcal, Carbohydrates: 7g, Protein: 1g, Fat: 1.5g, Cholesterol: 1mg, Sodium: 20mg, Fiber: 2g, Sugar: 4g  
Blue Smart Points: 1    Green Smart Points: 3    Purple Smart Points: 1    Points +: 1



YIELD: 4 servings



4.34 from 3 votes

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