Perfect Meal Plans

Week 38
## Meal Plan

### Week 38

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Scrambled Eggs with Coconut Chive Cream and Sliced Pears</td>
<td>Crunchy Vegetable Salad with Poached Eggs</td>
<td>Moroccan Spiced Pork and Summer Squash Skillet</td>
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<table>
<thead>
<tr>
<th>Day 2</th>
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<tbody>
<tr>
<td>Day 2</td>
<td>Bacon Turkey Scramble with Fresh Blackberries</td>
<td>Broiled Salmon with Creamy Spinach and Mushrooms</td>
<td>Peppercorn Crusted Steak with Garlic Sweet Potato Wedges</td>
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<table>
<thead>
<tr>
<th>Day 3</th>
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<tbody>
<tr>
<td>Day 3</td>
<td>Herbed Cottage Cheese Omelet with Strawberries</td>
<td>Hearts of Palm Scallop Salad</td>
<td>Pan Seared Cod with Creamy Cucumbers</td>
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<thead>
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<tbody>
<tr>
<td>Day 4</td>
<td>Scrambled Eggs with Blueberry Salsa</td>
<td>White Fish Tacos with Peach Salsa</td>
<td>Spicy Zucchini Noodles with Tuna and Tomatoes</td>
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<th>Day 5</th>
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<tbody>
<tr>
<td>Day 5</td>
<td>Leftovers from K38</td>
<td>Balsamic Grilled Chicken Breast with Arugula and Blue Cheese Salad</td>
<td>Roasted Vegetables with Basil Ricotta and Poached Eggs</td>
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Day 6</td>
<td>Jalapeño and Feta Omelet with Pineapple</td>
<td>Leftovers from N38</td>
<td>Leftovers from O38</td>
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<thead>
<tr>
<th>Day 7</th>
<th>Breakfast</th>
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<th>Dinner</th>
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</thead>
</table>
# Shopping List

## Week 38

### PANTRY ITEMS

- Salt and Pepper
- 1 1/4 cup Extra virgin olive oil
- 2 tbsp Dijon-style mustard
- 2 tbsp Sunflower seeds
- 1 tsp Cumin
- 1/4 tsp Cinnamon
- 1/4 tsp Paprika
- 1 tsp Ground sage
- 1 1/2 tsp Honey
- 1/4 tsp Ground nutmeg
- 1/4 tsp Cayenne pepper
- 1 tsp Garlic powder
- 1/2 tsp Black peppercorn
- 1/2 tsp Chili powder
- 1/4 cup Sour cream
- 1 tsp Red pepper flakes
- 1/2 cup Tuna (canned)
- 2 tbsp Balsamic vinegar

### MEALS

- All to taste

### MEAT, FISH, POULTRY

- 4 oz Pork tenderloin
- 3 strips Bacon
- 1/4 lb Ground turkey
- 1 (4 oz) Salmon filet
- 1 (4 oz) Beef tenderloin steak
- 4 oz Bay scallops
- 1 (4 oz) Cod filet
- 8 oz White fish
- 2 Chicken breasts

### FRESH HERB AND PRODUCE

- 2 tsp Chives
- 1/4 cup Pears
- 1/2 cup Lemon juice
- 2 cups Romaine lettuce
- 2 cups Red bell peppers
- 1 1/2 cup Cucumbers
- 2 tbsp Carrots
- 1 tbsp Celery
- 1 1/8 cup Onions
- 2 cloves Garlic
- 1 cup Yellow squash
- 1/4 cup Cilantro
- 1/2 cup Blackberries
- 1 cup Mushrooms
- 2 cups Baby spinach
- 1/2 Sweet potato
- 1/4 cup Basil
- 1 tsp Mint
- 1/2 cup Strawberries
- 1 tsp Lemon zest
- 1/2 cup Hearts of palm
- 1 tbsp Dill
- 1/4 cup Blueberries
- 2 tbsp Lime juice
- 1/2 Peach
- 1 1/2 cup Cherry tomatoes
- 4 large Cabbage leaves
- 1 cup Zucchini
- 1/2 cup Tomatoes
- 1 Jalapeno pepper
- 1/2 cup Pineapple
- 2 cups Arugula
- 1/2 cup Eggplant

### MEALS

- A38, B38, E38, F38, G38, H38, I38, J38, K38, L38, N38, O38
- B38, H38, O38
- B38
- B38, I38
- B38
- B38, C38, K38
- B38, H38, O38
- B38
- C38, J38, K38, O38
- C38, L38
- C38
- C38, J38, K38
- D38
- E38
- E38
- E38
- F38
- F38
- F38
- K38
- K38
- L38
- M38, O38
- M38
- M38
- N38
- O38
### Shopping List (Cont.)

#### Week 38

## Refrigerator Items

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<thead>
<tr>
<th>Item</th>
<th>Meals</th>
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<tr>
<td>24 Eggs (organic, cage-free preferable)</td>
<td>A38, B38, D38, G38, J38, M38, O38</td>
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<tr>
<td>1/4 cup Butter</td>
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</tr>
<tr>
<td>1/2 cup Coconut milk</td>
<td>A38, E38</td>
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<tr>
<td>1/4 cup Cottage cheese</td>
<td>G38</td>
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<tr>
<td>1/2 cup Plain Greek yogurt</td>
<td>H38, I38, J38</td>
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<tr>
<td>1/4 cup Feta cheese</td>
<td>M38</td>
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<tr>
<td>1/2 cup Blue cheese</td>
<td>N38</td>
</tr>
<tr>
<td>1 cup Ricotta cheese</td>
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**Week 38**

### Crunchy Vegetable Salad with Poached Eggs
**Week 38 – Day 1 – Lunch**

<table>
<thead>
<tr>
<th>Serves</th>
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<td>1</td>
<td>10 minutes</td>
<td>15 minutes</td>
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**INGREDIENTS**
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 2 cups shredded Romaine lettuce
- 1/2 cup sliced bell peppers
- 2 tablespoons sunflower seeds
- 3 eggs

**DIRECTIONS**
Whisk the olive oil, lemon juice, and mustard in a large bowl. Add the vegetables and toss until well coated. Stir in the sunflower seeds. Before serving, crack the eggs in a small bowl, one at a time. Bring a pan of water to a simmer. Carefully add the eggs and turn off the heat. Cook for 4 minutes. Remove with a slotted spoon and serve on top of the salad.

### Scrambled Eggs with Coconut Chive Cream and Sliced Pears
**Week 38 – Day 1 – Breakfast**

<table>
<thead>
<tr>
<th>Serves</th>
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<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 2 tablespoons coconut milk
- 1 teaspoon chopped chives
- 1 teaspoon butter
- 3 eggs, beaten
- 1/4 cup sliced pears
- Salt and pepper

**DIRECTIONS**
Whisk the coconut milk with the chives until thick and creamy. Set aside. Heat a nonstick skillet over medium heat and add the butter. Add the eggs, and season with salt and pepper. Scramble until cooked through, transfer to a plate and drizzle with the chive sauce. Serve with the pears on the side.

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**Stats (g)**

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<tr>
<td>Calories</td>
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**Fats 67%  Protein 24%  Carbs 9%**

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**Stats (g)**

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<td>Calories</td>
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**Fats 67%  Protein 22%  Carbs 12%**
**MOROCCAN SPICED PORK AND SUMMER SQUASH SKILLET**  
**WEEK 38 – DAY 1 – DINNER C38**

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<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>20 minutes</td>
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**INGREDIENTS**
- 2 tablespoons olive oil
- 1/4 cup chopped onions
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cinnamon
- 1/4 teaspoon paprika
- 1 cup sliced yellow squash
- 4 ounces pork tenderloin, sliced
- 1 tablespoon chopped cilantro
- Salt and pepper

**DIRECTIONS**
Heat a skillet over medium heat. Add the olive oil and onions, and cook until soft. Add the garlic, cook for 1 minute and season with salt and pepper. Add the spices and cook for another minute and add the squash. Cook until slightly soft, and add the pork. Continue cooking until the pork is done and serve topped with the cilantro.

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**BACON TURKEY SCRAMBLE WITH FRESH BLACKBERRIES**  
**WEEK 38 – DAY 2 – BREAKFAST D38**

<table>
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<tbody>
<tr>
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<td>10 minutes</td>
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**INGREDIENTS**
- 3 strips bacon, chopped
- 1/4 pound ground turkey
- 2 eggs, beaten
- 1 teaspoon ground sage
- 1/2 cup fresh blackberries
- 1/2 teaspoon honey
- Salt and pepper

**DIRECTIONS**
Heat a nonstick skillet over medium heat. Add the bacon, cook until crisp and add the turkey. Season with salt and pepper and cook until turkey is no longer pink. Add the eggs and scramble until done. Season with salt and pepper and add the sage. Drizzle the blackberries with the honey and serve alongside the eggs.

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**Stats (g)**

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**Fats 66%  Protein 24%  Carbs 10%**

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**Stats (g)**

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<tr>
<td>Calories</td>
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**Fats 62%  Protein 29%  Carbs 9%**
Peppercorn Crusted Steak with Garlic Sweet Potato Wedges

Week 38 – Day 2 – Dinner

**Stats (g)**

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<tr>
<td>484.2</td>
<td>484.2</td>
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**INGREDIENTS**
- 1/2 sweet potato, cut into wedges
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1 4-ounce beef tenderloin steak
- 1 teaspoon black peppercorns, lightly crushed
- Salt

**DIRECTIONS**
Preheat oven to 400 degrees F. Toss the sweet potatoes with half the olive oil, garlic powder, and a pinch of salt. Lay on a baking sheet and roast until browned and tender, about 30-40 minutes. When the potatoes are almost done, coat the steak with the peppercorns and season with salt. Heat a skillet over medium high heat. Add remaining olive oil and sear the steak until well browned on both sides and cooked to your liking. Serve with the sweet potato wedges.
**HEARTS OF PALM SCALLOP SALAD**

**WEEK 38 – DAY 3 – LUNCH H38**

<table>
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<th>Serves</th>
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<tr>
<td>1</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 4 ounces bay scallops
- 1/4 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon lemon zest
- 1/2 cup chopped hearts of palm
- 1/4 cup chopped red bell peppers
- Salt and pepper

**DIRECTIONS**
Preheat a broiler to high heat. Put the scallops on a baking sheet and broil on both sides until done, about 2-3 minutes per side. Remove from oven, allow to cool and chop. Whisk together the yogurt, mustard, lemon juice, lemon zest, and olive oil. Toss the cooled scallops, hearts of palm, and peppers with the dressing and season with salt and pepper. Chill until ready to serve.
**PAN SEARED COD WITH CREAMY CUCUMBERS**  
**WEEK 38 – DAY 3 – DINNER**  

<table>
<thead>
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<td>1</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 1 cup cucumber slices
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 tablespoon finely chopped dill
- 2 tablespoons olive oil
- 1 4-ounce cod filet
- Salt and pepper

**DIRECTIONS**
Whisk together the yogurt, lemon juice, honey, and dill in a small bowl. Season with salt and pepper and toss with the cucumbers. Season the cod with salt and pepper. Heat a skillet to medium high heat. When it is very hot, add the olive oil. Add the fish and cook until well browned and lifts easily with a spatula. Flip, continue cooking until done. Serve with the cucumbers.

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**SCRAMBLED EGGS WITH BLUEBERRY SALSA**  
**WEEK 38 – DAY 4 – BREAKFAST**  

<table>
<thead>
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<td>1</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 1/4 cup blueberries
- 2 tablespoons chopped red onion
- 1 tablespoon chopped cilantro
- 1 tablespoon lime juice
- 1/2 tablespoon olive oil
- 3 eggs, beaten
- 2 tablespoons plain Greek yogurt
- Salt and pepper

**DIRECTIONS**
Put the blueberries in a food processor and pulse until just chopped; be careful not to puree. Combine with the onions, cilantro, and lime juice. Season with salt and pepper and set aside. Heat the oil in a nonstick skillet and add the eggs. Season with salt and pepper. Scramble until cooked through. Top the eggs with the salsa and yogurt and serve.
**Spicy Zucchini Noodles with Tuna and Tomatoes**

- **Week 38 – Day 4 – Dinner**

<table>
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<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 2 tablespoons olive oil
- 1/4 cup chopped onions
- 1 clove garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1/2 zucchini, cut into noodles on a spiral slicer
- 1/2 cup chopped tomatoes
- 1/2 cup canned tuna, drained
- 1 tablespoon chopped basil leaves
- Salt and pepper

**DIRECTIONS**
Heat the olive oil over medium heat. Add the onions and garlic and cook until soft. Add the crushed red pepper flakes, stir and add the zucchini noodles. Stir and season with salt and pepper. Add the tomatoes and the tuna and stir until heated through. Add the basil and serve.
Roasted Vegetables with Basil Ricotta and Poached Eggs  

**INGREDIENTS**  
- 2 tablespoons olive oil  
- 1 cup chopped red bell peppers  
- 1/2 cup diced zucchini  
- 1/2 cup chopped red onions  
- 1 cup cubed eggplant  
- 1 cup ricotta cheese  
- 1 tablespoon chopped basil leaves  
- 4 eggs  
- Salt and pepper

**DIRECTIONS**  
Preheat oven to 400 degrees F. Toss the vegetables with the olive oil and season with salt and pepper. Lay on a baking sheet in a single layer and roast until charred and tender, about 30-40 minutes. While veggies are cooking, combine the ricotta with the basil. Before serving, crack the eggs in a small bowl one at a time. Bring a pan of water to a simmer. Carefully add the eggs and turn off the heat. Cook for 4 minutes. Remove with a slotted spoon and serve on top of the vegetables. Top with the ricotta.
JALAPEÑO AND FETA OMELET WITH PINEAPPLE

WEEK 38 – DAY 6 – BREAKFAST

INGREDIENTS
- 1 tablespoon butter
- 3 eggs, beaten
- 1 jalapeño pepper, sliced
- 1/4 cup crumbled feta cheese
- 1/2 cup diced pineapple
- Salt and pepper

DIRECTIONS
Heat the butter in a small skillet over medium low heat. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Season with salt and pepper and add the peppers and feta. Carefully fold in half and continue cooking until eggs are done. Serve with the pineapple.