## Meal Plan

### Week 51

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mustard and Onion Scrambled Eggs with</td>
<td>Blackened Salmon with Romaine and Fennel</td>
<td>Beef Tenderloin with Creamed Kale</td>
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<tr>
<td></td>
<td>Hot Sauce</td>
<td>Salad</td>
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<tr>
<td></td>
<td>D51</td>
<td>B51</td>
<td>C51</td>
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<tr>
<td>Day 2</td>
<td>Scrambled Eggs with Ricotta and Blueberries</td>
<td>Roasted Cauliflower and Spinach with</td>
<td>Pan Seared Chicken with Spinach and</td>
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<tr>
<td></td>
<td></td>
<td>Poached Shrimp</td>
<td>Artichokes</td>
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<tr>
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<td>E51</td>
<td>E51</td>
<td>F51</td>
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<tr>
<td>Day 3</td>
<td>Chicken and Apple Breakfast Patties</td>
<td>Spinach and Cilantro Turkey Burger with</td>
<td>Spicy Garlic Meatballs with Zucchini</td>
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<td></td>
<td></td>
<td>Roasted Zucchini</td>
<td>Noodles</td>
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<td>H51</td>
<td>I51</td>
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<tr>
<td>Day 4</td>
<td>Raspberry and Goat Cheese Omelet</td>
<td>Spicy Fish Tacos</td>
<td>Orange Pork and Broccoli Stir Fry</td>
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<td>J51</td>
<td>K51</td>
<td>L51</td>
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<tr>
<td>Day 5</td>
<td>Spinach Saute with Poached Eggs and Crab</td>
<td>Chicken and Green Vegetable Soup</td>
<td>Three Pepper Beef Chili</td>
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<tr>
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<td>N51</td>
<td>O51</td>
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### PANTRY ITEMS
- **Sea Salt and Black Pepper**
- **1 1/4 cup Extra virgin olive oil**
- **1 tsp Dijon-style mustard**
- **1 tsp Hot sauce**
- **1/4 tsp Cayenne pepper**
- **1/4 tsp Oregano**
- **1/2 tsp Paprika**
- **2 tbsp Sour cream**
- **2 tbsp Sesame oil**
- **1 tsp Chili powder**
- **1/2 tsp Cumin**

### FRESH HERBS AND PRODUCE
- **3/4 cup Onions**
- **3/4 cup Apple**
- **1 cup Fennel**
- **1 cup Romaine lettuce**
- **1/2 cup Lemon juice**
- **10 cloves Garlic**
- **2 cups Kale**
- **1/4 cup Green onions**
- **1/4 cup Blueberries**
- **1 cup Cauliflower**
- **1/4 tsp Cumin**
- **8 cups Baby spinach**
- **2 cups Artichoke hearts**
- **4 cups Zucchini**
- **2 tbsp Lime juice**
- **1/2 cup Cherry tomatoes**
- **1/2 cup Raspberries**
- **1/2 cup Red pepper**
- **1/4 cup Red onion**
- **1/4 cup Mango**
- **2 Green lettuce leaves**
- **1 tsp Ginger**
- **1/4 cup Orange juice**
- **1/2 cup Broccoli**
- **1/4 cup Jalapeno pepper**
- **1/4 cup Poblano pepper**
- **1 cup Tomatoes**
- **1/2 cup Avocado**

### MEAT, FISH, POULTRY
- **4 oz Salmon**
- **8 oz Beef tenderloin**
- **4 oz Shrimp**
- **1 1/2 cup Chicken breast**
- **4 oz Ground chicken**
- **4 oz Ground turkey**
- **12 oz Ground beef**
- **4 oz Tilapia**
- **1 cup Crab meat**
### REFRIGERATOR ITEMS

<table>
<thead>
<tr>
<th>Item</th>
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<tr>
<td>14 Eggs (organic, cage-free preferable)</td>
<td>A51, D51, I51, J51, M51</td>
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<tr>
<td>2 oz Greek yogurt</td>
<td>C51</td>
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<tr>
<td>1 1/2 tbsp Butter</td>
<td>D51, J51</td>
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<tr>
<td>1/4 cup Ricotta</td>
<td>D51</td>
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<tr>
<td>1 oz Goat cheese</td>
<td>J51</td>
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<tr>
<td>1/2 cup Cheddar cheese</td>
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Recipes
**MUSTARD AND ONION SCRAMBELLED EGGS WITH HOT SAUCE**

**WEEK 51 – DAY 1 – BREAKFAST**

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<td>10 minutes</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 1 tablespoon Extra virgin olive oil
- 2 tablespoon Onions, chopped
- 3 Eggs, beaten
- 1 teaspoon Dijon mustard
- 1 teaspoon Hot sauce
- 1/2 cup Apple, sliced

**DIRECTIONS**
Heat the olive oil in a non-stick skillet and add the onions. Cook until soft and add the eggs. Scramble with a rubber spatula until almost cooked and stir in the mustard. Continue cooking until eggs are done. Drizzle the eggs with the hot sauce and serve with the apples on the side.

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**BLACKENED SALMON WITH ROMAINE AND FENNEL SALAD**

**WEEK 51 – DAY 1 – LUNCH**

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<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 4 ounce Salmon
- 1/4 teaspoon Cayenne pepper
- 1/4 teaspoon Oregano
- 1/4 teaspoon Paprika
- 1/4 teaspoon Garlic powder
- 1/4 teaspoon Black pepper
- 2 cups Romaine lettuce, chopped
- 1 cup Fennel, thinly sliced
- 1 1/2 tablespoon Extra virgin olive oil
- 1 tablespoon Lemon juice

**DIRECTIONS**
Season the salmon with the seasonings. Toss the lettuce and fennel with 1 tablespoon olive oil and the lemon juice in a bowl and set aside. Heat a heavy skillet over medium high heat and add the remaining oil. When hot, add the salmon filet and cook until well browned and cooked to your liking. Serve the salmon over the salad.
# BEEF TENDERLOIN WITH CREAMED KALE

**WEEK 51 – DAY 1 – DINNER**

### Ingredients
- 2 tablespoon Extra virgin olive oil
- 4 ounce Beef tenderloin
- 1 Garlic clove, minced
- 2 cups Kale, chopped
- 2 ounce Greek yogurt
- 1/4 teaspoon Pepper

### Directions
Season the steak with pepper. Heat a skillet over medium heat and add the oil. Sear the steak until browned on both sides and cooked to your liking. Remove from pan and add the garlic. Cook for 1 minute, and add the kale. Cook until wilted, and stir in the yogurt. Serve the kale with the steak.

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# SCRAMBLED EGGS WITH RICOTTA AND BLUEBERRIES

**WEEK 51 – DAY 2 – BREAKFAST**

### Ingredients
- 1 tablespoon Butter
- 3 Eggs, beaten
- 1 tablespoon Green onions, chopped
- 1/4 cup Ricotta
- 1/2 cup Blueberries
- 1/4 teaspoon Sea salt
- 1/4 teaspoon Black pepper

### Directions
Heat a non-stick skillet over medium heat. Add the butter and the eggs and scramble until cooked through. Season with salt and pepper. Sprinkle with the green onions. Combine the ricotta and blueberries and serve alongside the eggs.
Pan Seared Chicken with Spinach and Artichokes

Week 51 – Day 2 – Dinner

1        10 minutes               15 minutes

Ingredients
- 4 ounce Chicken breast, pounded to an even thickness
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon Black pepper
- 2 1/2 tablespoon Extra virgin olive oil

Directions
Season the chicken breast with the Italian seasoning and the black pepper. Heat a skillet over medium heat and add the oil. When hot, add the chicken and sear until well browned on both sides. When the chicken is cooked through, remove it from the pan and add the spinach. Cook until just wilted, add the artichokes and stir. Add the lemon juice and serve the vegetables with the chicken.

Stats (g) | Recipe | Serving
--- | --- | ---
Carbs  | 13.5 | 13.5
Fat    | 35.6 | 35.6
Protein | 30.4 | 30.4
Calories | 485.1 | 485.1

Fats  66%  Protein 25%  Carbs 11%

Roasted Cauliflower and Spinach with Poached Shrimp

Week 51 – Day 2 – Lunch

1        10 minutes                30 minutes

Ingredients
- 1 cup Cauliflower, chopped
- 2 tablespoon Extra virgin olive oil
- 1/4 teaspoon Cumin
- 1 cup baby Spinach
- 1 tablespoon Lemon juice
- 4 ounce raw Shrimp, peeled and deveined
- 1 tablespoon Cilantro, finely chopped

Directions
Preheat oven to 400 degrees F. Toss the cauliflower with the olive oil and cumin. Lay on a baking sheet and roast until browned and tender. When done, remove from oven and immediately add the spinach to the pan. Toss the hot cauliflower with the spinach until wilted. Before serving, bring a shallow pan of water to a simmer and add the lemon juice. Add the shrimp and poach for 3-4 minutes, until pink. Remove with a slotted spoon and serve over the cauliflower. Sprinkle with the cilantro before serving.

Stats (g) | Recipe | Serving
--- | --- | ---
Carbs  | 9.1 | 9.1
Fat    | 29.2 | 29.2
Protein | 26.2 | 26.2
Calories | 396.5 | 396.5

Fats  66%  Protein 26%  Carbs 9%
### Spinach and Cilantro Turkey Burger with Roasted Zucchini

**Week 51 – Day 3 – Lunch**

**Serves** | **Prep time** | **Cook time**
---|---|---
1 | 10 minutes | 30 minutes

**INGREDIENTS**
- 2 cups Zucchini, diced
- 1 tablespoon Extra virgin olive oil
- 4 ounce ground Turkey
- 1 cup Spinach, finely chopped
- 1 tablespoon Cilantro, finely chopped
- 1 tablespoon Lime juice
- 1/4 teaspoon Black pepper

**DIRECTIONS**
Preheat oven to 400 degrees F. Toss the zucchini with half the olive oil and lay on a baking sheet. Roast for 20-25 minutes, until browned. Combine the turkey, spinach, cilantro, lime juice, and pepper in a bowl and form into a burger. Heat the remaining oil in a skillet over medium heat. Add the burger and cook until browned and cooked through. Serve with the zucchini.

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### Chicken and Apple Breakfast Patties

**Week 51 – Day 3 – Breakfast**

**Serves** | **Prep time** | **Cook time**
---|---|---
1 | 10 minutes | 20 minutes

**INGREDIENTS**
- 4 ounce ground Chicken
- 1/4 teaspoon ground Sage
- 1/4 teaspoon ground Cloves
- 1/4 teaspoon ground Marjoram
- 1/4 cup Apples, grated
- 1 tablespoon Extra virgin olive oil
- 1 cup Romaine lettuce, chopped
- 1 tablespoon Lemon juice

**DIRECTIONS**
Combine the chicken, spices, and apples in a bowl. Form into 2-3 small patties. Heat the oil in a skillet over medium high heat. Fry the patties until browned and cooked through. Toss the lettuce with the lemon juice and serve the chicken patties over the lettuce.

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### Stats (g)

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**Fats 68% Protein 27% Carbs 7%**

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### Stats (g)

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<tr>
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**Fats 63% Protein 29% Carbs 12%**
**SPICY GARLIC MEATBALLS WITH ZUCCHINI NOODLES**

**Week 51 – Day 3 – Dinner**

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<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>20 minutes</td>
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</table>

**Ingredients**
- 4 ounce ground Beef
- 2 Garlic cloves, minced
- 1/4 teaspoon Red pepper flakes
- 1/4 teaspoon Paprika
- 1/4 teaspoon Italian seasoning
- 1 Eggs, beaten
- 1 tablespoon Extra virgin olive oil
- 1 Zucchini, cut into noodles on a spiral slicer
- 1/2 cup Cherry tomatoes, halved

**Directions**
Combine the ground beef with the garlic, spices, and egg. Form into meatballs. Heat a skillet over medium heat. Add the olive oil and the meatballs. Cook until well browned. Add the zucchini noodles and the tomatoes to the pan. Continue cooking until meatballs are done and noodles are soft.

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<tr>
<td>Calories</td>
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**Fats** 69%  **Protein** 25%  **Carbs** 6%

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**RASPBERRY AND GOAT CHEESE OMELET**

**Week 51 – Day 4 – Breakfast**

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<td>1</td>
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<td>10 minutes</td>
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**Ingredients**
- 1/2 tablespoon Butter
- 3 Eggs, beaten
- 1/2 cup Raspberries
- 1 ounce Goat cheese
- 1/4 teaspoon Sea salt
- 1/4 teaspoon Black 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. Add the berries and goat cheese to the center of the omelet and fold in half. Continue cooking until eggs are cooked through and serve.

**Stats (g)**

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<tr>
<td>Calories</td>
<td>373.4</td>
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**Fats** 64%  **Protein** 27%  **Carbs** 9%
**ORANGE PORK AND BROCCOLI STIR FRY**  
**WEEK 51 – DAY 4 – DINNER**

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<td>10 minutes</td>
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**INGREDIENTS**

- 2 tablespoon Sesame oil
- 1 Garlic clove, minced
- 1 teaspoon Ginger, grated
- 1/4 cup Orange juice
- 1/4 teaspoon Red pepper flakes
- 4 ounce Pork tenderloin, sliced
- 1/2 cup Broccoli, chopped
- 1 tablespoon Green onions, chopped

**DIRECTIONS**

Combine half the sesame oil, the garlic, ginger, orange juice, and pepper flakes in a small bowl. Heat the remaining oil in a skillet or wok. Add the pork and cook until browned. Remove from pan and add the broccoli. Cook until crisp tender, and add the orange juice mixture. Add the pork back to the pan and stir until cooked through. Top with the green onions and serve.

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**SPICY FISH TACOS**  
**WEEK 51 – DAY 4 – LUNCH**

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<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
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**INGREDIENTS**

- 3 tablespoon Red pepper flakes
- 3 tablespoon Red onion
- 1/4 cup Mango
- 1 tablespoon Lime juice
- 1/4 teaspoon Red pepper flakes
- 4 ounce Tilapia
- 2 tablespoon Extra virgin olive oil
- 1 tablespoon Cilantro
- 2 tablespoon Sour cream
- 2 Lettuce leaves

**DIRECTIONS**

Combine the bell pepper, onion, and mango in a bowl with the lime juice. Mix well and set aside. Season the fish with the red pepper flakes. Heat a skillet over medium heat and add the oil. When hot, add the fish and cook until done. Flake with a fork and spoon the fish into the lettuce leaves. Top with the salsa, sour cream, and cilantro before serving.

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**Stats (g)**

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**Fats 66%  Protein 24%  Carbs 10%**
**CHICKEN AND GREEN VEGETABLE SOUP**  
**WEEK 51 – DAY 5 – LUNCH N51**

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<tr>
<td>2</td>
<td>10 minutes</td>
<td>20 minutes</td>
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**INGREDIENTS**
- 3 tablespoon Extra virgin olive oil
- 1 cup Onion, chopped
- 2 Garlic cloves, minced
- 1 cup Zucchini, diced
- 1 cup Spinach, chopped
- 1 cup Kale, chopped
- 1 teaspoon Red pepper flakes
- 1 tablespoon Lemon juice
- 1/2 teaspoon Cumin
- 1 cup Chicken breast, cooked and shredded
- 1/2 teaspoon Black pepper
- 1/2 teaspoon Red pepper flakes
- 1/2 teaspoon Black pepper

**DIRECTIONS**
Heat the olive oil in a saucepan over medium heat. Add the onions and cook until soft. Add the garlic and cook for 1 minute. Add the zucchini, spinach and kale, and cook for 5 minutes. Season with black pepper. Add the seasonings and 3 cups water. Bring to a boil, reduce heat, and add the chicken and lemon juice. Simmer until heated through and then serve.

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**SPINACH SAUTE WITH POACHED EGGS AND CRAB**  
**WEEK 51 – DAY 5 – BREAKFAST M51**

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<tr>
<td>2</td>
<td>10 minutes</td>
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**INGREDIENTS**
- 3 tablespoon Extra virgin olive oil
- 2 Garlic cloves, minced
- 4 cups Spinach, chopped
- 1 teaspoon Red pepper flakes
- 1 tablespoon Lemon juice
- 1 cup Crab meat, cooked
- 4 Eggs

**DIRECTIONS**
Heat the olive oil in a skillet and add the garlic. Cook for 1 minute and add the spinach and red pepper flakes. When spinach is wilted, add the lemon juice and crab meat. Turn off heat. 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 spinach and crab.

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**Stats (g)**

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**Fats** 64%  **Protein** 32%  **Carbs** 4%

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**Stats (g)**

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**Fats** 63%  **Protein** 25%  **Carbs** 12%
### Three Pepper Beef Chili

**Week 51 – Day 5 – Dinner** 051

**Serves** | **Prep time** | **Cook time**
---|---|---
2 | 10 minutes | 45 minutes

### Ingredients
- 8 ounce ground Beef
- 1/2 cup Onion, diced
- 1/4 cup Red pepper, diced
- 1/4 cup Jalapeno pepper, minced
- 1/4 cup Poblano pepper, diced
- 2 Garlic cloves, minced
- 1 teaspoon Chili powder
- 1/2 teaspoon Cumin
- 1 cup Tomatoes, diced
- 1/2 cup Cheddar cheese, shredded
- 2 tablespoon Green onions, chopped
- 1/2 cup Avocado
- 1/2 teaspoon Sea salt
- 1/2 teaspoon Black pepper

### Directions
Heat a saucepan over medium heat and add the beef, onions, peppers, garlic, and spices. Cook until beef is browned and vegetables are soft. Season with salt and pepper. Add the tomatoes and 1 cup water and simmer for 30-40 minutes, until chili has thickened. Serve chopped with the cheese, green onions, and avocado.

### Stats (g)

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</thead>
<tbody>
<tr>
<td>Carbs</td>
<td>28.4</td>
<td>14.2</td>
</tr>
<tr>
<td>Fat</td>
<td>64.4</td>
<td>32.2</td>
</tr>
<tr>
<td>Protein</td>
<td>61.3</td>
<td>30.6</td>
</tr>
<tr>
<td>Calories</td>
<td>926.7</td>
<td>463.3</td>
</tr>
</tbody>
</table>

**Fats** 62%  **Protein** 26%  **Carbs** 12%