



**Fuel Your Energy, Focus and
Mood -3 Day Meal Plan for 2**

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This 3 Day Meal Plan is designed to help balance blood sugars and provide stable energy from meal to meal.

Note: Eating large portions or having snacks between meals may be necessary to meet individual energy needs.









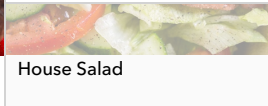
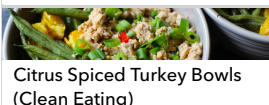


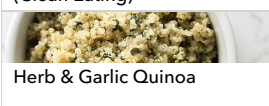

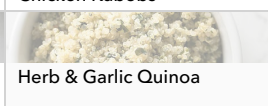
The meals included take less than 30 minutes to prepare and include nutrient dense foods with complex carbohydrates, protein, healthy fats and no refined sugars.

This is not a personalized meal plan and can not be substituted for personal dietary advice from a nutritionist.

I hope you enjoy the recipes and plan.

I'd love to hear from you if you have questions about snack ideas or substitutions.

Be Well,
Paula

	Day 1	Day 2	Day 3
Breakfast			
	Spinach and Sweet Potato Egg Muffins	Scrambled Eggs with Peppers and Kale	Low Carb Yogurt & Berries
Lunch			
	Open-Face Tuna Melt	Strawberry Balsamic Salad with Maple Walnuts	Turkey Hummus Sandwich
Dinner			
	House Salad	House Salad	House Salad
			
Citrus Spiced Turkey Bowls (Clean Eating)	Slow Cooker Balsamic Roast Beef	Grilled Mediterranean Chicken Kabobs	
			
Herb & Garlic Quinoa	Steamed Broccoli	Herb & Garlic Quinoa	

Fruits

- 1/2 Lemon
- 1/2 Navel Orange
- 1 cup Strawberries

Breakfast

- 3 1/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 tsp Garlic Powder
- 1 1/2 tpsps Oregano
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

Frozen

- 2 cups Frozen Berries

Vegetables

- 10 cups Baby Spinach
- 2 cups Broccoli
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 1 Cucumber
- 1 1/2 tpsps Fresh Dill
- 6 Garlic
- 1 1/2 tpsps Ginger
- 2 cups Green Beans
- 1/2 head Green Lettuce
- 2 stalks Green Onion
- 5 3/4 cups Kale Leaves
- 1 cup Mixed Greens
- 1 cup Parsley
- 1 1/2 cups Portobello Mushroom
- 1 Red Bell Pepper
- 1/2 Red Hot Chili Pepper
- 1/2 cup Red Onion
- 1 Sweet Potato
- 2 Tomato
- 1/2 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1/2 Zucchini

Boxed & Canned

- 1 1/8 cups Organic Chicken Broth
- 1 cup Quinoa
- 1 can Tuna

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1/2 lb Extra Lean Ground Turkey
- 1/4 cup Goat Cheese
- 2 tbsps Hummus
- 6 slices Organic Bread
- 40 grams Swiss Cheese
- 2 lbs Top Sirloin Beef Roast
- 1/2 lb Turkey Breast

Condiments & Oils

- 1 1/4 tbsps Apple Cider Vinegar
- 1 1/2 tpsps Avocado Oil
- 1/3 cup Balsamic Vinegar
- 2 1/4 tpsps Coconut Oil
- 2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 1/2 tpsps Red Wine Vinegar
- 1 1/2 tpsps Sesame Oil
- 2 tbsps Soy Sauce
- 2 1/4 tpsps Tamari

Cold

- 14 Egg
- 2 tbsps Orange Juice
- 1/2 cup Plain Greek Yogurt
- 12 ozs Plain Greek Yogurt

Other

- 4 Barbecue Skewers
- 2 cups Water



Spinach and Sweet Potato Egg Muffins

4 servings
35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Preheat oven to 350 F. Lightly grease a muffin pan with avocado oil.
- 2 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size, One serving is equal to three egg cups.

Leftovers, Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach, Use finely sliced kale or swiss chard instead.



Scrambled Eggs with Peppers and Kale

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.



Low Carb Yogurt & Berries

2 servings

5 minutes

Ingredients

12 ozs Plain Greek Yogurt (Full Fat)
2 cups Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Open-Face Tuna Melt

2 servings
10 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 2 stalks Celery (thinly sliced)
- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Fresh Dill
- 1 tsp Garlic Powder
- 40 grams Swiss Cheese (sliced or shredded)
- 2 slices Organic Bread (or gluten-free)

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
- 2 In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
- 3 Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
- 4 Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
- 5 Remove from oven and enjoy!

Notes

Loaded Tuna Melt, Add minced red onion, sliced tomato and avocado.

Vegan and Vegetarian, Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.



House Salad

4 servings
10 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
1/2 head Green Lettuce (roughly
chopped)
2 Tomato (medium, sliced)
1 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar, Use apple cider vinegar or white vinegar instead.

No Lettuce, Use spinach, kale or mixed greens instead.

More Toppings, Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

Serve it With, Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

On-the-Go, Keep dressing in a separate container on the side. Add just before serving.



Strawberry Balsamic Salad with Maple Walnuts

2 servings
15 minutes

Ingredients

1/2 cup Walnuts
1 tbsp Maple Syrup
4 cups Baby Spinach
1 cup Strawberries (sliced)
1/4 cup Goat Cheese (crumbled)
1 1/2 tsps Balsamic Vinegar
1 1/2 tsps Extra Virgin Olive Oil
1/8 tsp Sea Salt

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein, Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time, Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese, Use feta or cashew cheese instead.

Storage, Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.



Turkey Hummus Sandwich

2 servings

5 minutes

Ingredients

4 slices Organic Bread (or gluten-free)
1/2 lb Turkey Breast (cooked)
2 tbsps Hummus
1 tbsp Dijon Mustard
1 cup Mixed Greens

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey, Use chicken breast instead.

Vegan & Vegetarian, Use smashed chickpeas instead of turkey.



Citrus Spiced Turkey Bowls (Clean Eating)

2 servings
30 minutes

Ingredients

2 cups Green Beans (trimmed)
1/2 Navel Orange
1 1/2 tssps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tssps Sesame Oil
1/2 lb Extra Lean Ground Turkey
1 1/2 tssps Ginger (peeled and grated)
2 tbsps Orange Juice
1/2 Red Hot Chili Pepper (minced)
1 Garlic (cloves, minced)
2 tbsps Soy Sauce (Low Sodium, or tamari)
2 stalks Green Onion (sliced)

Directions

- 1 Preheat your oven to 375F.
- 2 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 4 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. You may want to serve over warmed leftover rice or quinoa. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days.
Vegetarian, Use scrambled eggs instead of turkey.



Herb & Garlic Quinoa

4 servings
20 minutes

Ingredients

1 cup Quinoa (dry, uncooked)
1 3/4 cups Water
1 1/2 tsps Extra Virgin Olive Oil
1 cup Parsley (finely chopped)
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 In a bowl, combine the quinoa, olive oil, parsley, garlic, salt and pepper. Mix well and enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip, Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



Slow Cooker Balsamic Roast Beef

6 servings

8 hours

Ingredients

2 lbs Top Sirloin Beef Roast
1 1/8 cups Organic Chicken Broth
1/3 cup Balsamic Vinegar
2 1/4 tbsps Tamari
2 1/4 tbsps Maple Syrup
3 Garlic (cloves, minced)
2 1/4 tsps Coconut Oil
3/4 Yellow Onion (diced)
1 1/2 cups Portobello Mushroom (sliced)
3 3/4 cups Kale Leaves (chopped)
2 1/4 tsps Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
- 2 Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
- 3 Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
- 4 Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

Notes

More Carbs, Serve with rice, potatoes or quinoa.



Steamed Broccoli

2 servings
10 minutes

Ingredients

2 cups Broccoli (chopped into florets)

Directions

1

Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

Notes

More Flavour, Toss in olive oil and season with your favourite spices.

Serve It With, Shredded Chicken or Ginger Steamed Cod Fillets.



Grilled Mediterranean Chicken Kabobs

2 servings
30 minutes

Ingredients

- 1/2 Lemon (juiced)
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tsps Oregano (dried)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Chicken Breast (boneless, skinless, diced into cubes)
- 1/2 Zucchini (large)
- 1/2 Yellow Bell Pepper
- 1/2 cup Red Onion
- 1 cup Cherry Tomatoes
- 4 Barbecue Skewers

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With, Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers, Store covered in an airtight container in the fridge up to three days.

Serving Size, One serving is equal to approximately two kabobs.

Vegan & Vegetarian, Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers, If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Turn Them Into a Salad, Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.