

# 14 Day Meal Plan (1750 Calories/ Day)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Day 1</b></p> <p><b>M1:</b> All American Breakfast</p> <p><b>S1:</b> Broccoli &amp; Creamy Chive Dip</p> <p><b>M2:</b> Texas Chili</p> <p><b>WO:</b> Peak 90 Workout Shake</p> <p><b>M3:</b> Pecan Crusted Salmon with Green Beans &amp; Slivered Almonds</p>	<p><b>Day 2</b></p> <p><b>M1:</b> Greek Yogurt &amp; Raspberries</p> <p><b>S1:</b> Walnuts &amp; Pistachios</p> <p><b>M2:</b> Sautéed Napa Cabbage with Garlic Chili Chicken</p> <p><b>M3:</b> Texas Chili</p>	<p><b>Day 3</b></p> <p><b>M1:</b> Smooth Herbed Scrambled Eggs</p> <p><b>S1:</b> Cottage Cheese &amp; Clementine</p> <p><b>M2:</b> Simple Grilled Chicken Salad</p> <p><b>WO:</b> Peak 90 Workout Shake</p> <p><b>M3:</b> Pecan Crusted Salmon with Green Beans &amp; Slivered Almonds</p>	<p><b>Day 4</b></p> <p><b>M1:</b> All American Breakfast</p> <p><b>S1:</b> Walnuts &amp; Pistachios</p> <p><b>M2:</b> Curry Chicken over Broccoli</p> <p><b>M3:</b> Meatballs with Tomato Mozzarella Salad</p>	<p><b>Day 5</b></p> <p><b>M1:</b> Smooth Herbed Scrambled Eggs</p> <p><b>S1:</b> Broccoli &amp; Creamy Chive Dip</p> <p><b>M2:</b> Texas Chili</p> <p><b>WO:</b> Peak 90 Workout Shake</p> <p><b>M3:</b> Meatballs with Tomato Mozzarella Salad</p>	<p><b>Day 6</b></p> <p><b>M1:</b> Greek Yogurt &amp; Raspberries</p> <p><b>S1:</b> Cottage Cheese &amp; Clementine</p> <p><b>M2:</b> Meatballs with Tomato Mozzarella Salad</p> <p><b>M3:</b> Curry Chicken over Broccoli</p>	<p><b>Day 7</b></p> <p><b>M1:</b> Crustless Broccoli &amp; Cheese Quiche Minis</p> <p><b>S1:</b> Tuna Wraps</p> <p><b>M2:</b> Low Carb Hamburger</p> <p><b>M3:</b> Texas Chili</p>
<p><b>Day 8</b></p> <p><b>M1:</b> Scallion Scrambled Eggs</p> <p><b>S1:</b> Tuna Wraps</p> <p><b>M2:</b> Meatballs with Tomato Mozzarella Salad</p> <p><b>WO:</b> Peak 90 Workout Shake</p> <p><b>M3:</b> Sautéed Napa Cabbage with Garlic Chili Chicken</p>	<p><b>Day 9</b></p> <p><b>M1:</b> Sausage &amp; Cheese Omelet</p> <p><b>S1:</b> Cottage Cheese &amp; Clementine</p> <p><b>M2:</b> Texas Chili</p> <p><b>M3:</b> Sautéed Napa Cabbage with Garlic Chili Chicken</p>	<p><b>Day 10</b></p> <p><b>M1:</b> Scallion Scrambled Eggs</p> <p><b>S1:</b> Walnuts &amp; Pistachios</p> <p><b>M2:</b> Sautéed Napa Cabbage with Garlic Chili Chicken</p> <p><b>WO:</b> Peak 90 Workout Shake</p> <p><b>M3:</b> Curry Chicken over Broccoli</p>	<p><b>Day 11</b></p> <p><b>M1:</b> Greek Yogurt &amp; Strawberries</p> <p><b>S1:</b> Tuna Wraps</p> <p><b>M2:</b> Texas Chili</p> <p><b>M3:</b> Salmon Roasted Acorn Squash</p>	<p><b>Day 12</b></p> <p><b>M1:</b> Sausage &amp; Cheese Omelet</p> <p><b>S1:</b> Cottage Cheese &amp; Clementine</p> <p><b>M2:</b> Simple Grilled Chicken Salad</p> <p><b>WO:</b> Peak 90 Workout Shake</p> <p><b>M3:</b> Salmon &amp; Roasted Acorn Squash</p>	<p><b>Day 13</b></p> <p><b>M1:</b> Scallion Scrambled Eggs</p> <p><b>S1:</b> Walnuts &amp; Pistachios</p> <p><b>M2:</b> Simple Grilled Chicken Salad</p> <p><b>M3:</b> Roasted Brussels Sprouts &amp; Poached Halibut</p>	<p><b>Day 14</b></p> <p><b>M1:</b> Greek Yogurt &amp; Strawberries</p> <p><b>S1:</b> Broccoli &amp; Creamy Chive Dip</p> <p><b>M2:</b> Low Carb Hamburger</p> <p><b>M3:</b> Free Meal</p> <p><b>M4:</b> Free Meal</p>

# Breakfast

## **All American Breakfast (400 kcal)**

3 whole eggs  
3 slices all natural turkey bacon  
1 cup fresh raspberries  
*Servings: 1*

*How to Prepare:* Spray a nonstick pan with fat free cooking spray and place over medium heat. Crack the eggs into the pan. Let cook until the white of the egg hardens and the edges begin to bubble. Using a spatula, flip the eggs over one at a time and cook until the edges of the yolk hardens but the middle is still liquid. While the eggs are cooking, place the bacon in a second frying pan over medium/high heat and cook until done.

## **Greek Yogurt, Raspberries, & Pistachios (400 kcal)**

1 cup Greek Yogurt  
1 cup fresh raspberries  
1 ounce pistachios shelled (~50 nuts)  
2 TBSP coconut milk  
*Servings: 1*

*How to Prepare:* Mix all the ingredients together in a bowl and enjoy.

## **Greek Yogurt, Strawberries, & Pecans (400 kcal)**

1 cup Greek Yogurt  
1 cup fresh sliced strawberries  
¼ cup chopped pecans  
2 TBSP coconut milk  
*Servings: 1*

*How to Prepare:* Mix all the ingredients together in a bowl and enjoy.

## **Smooth Herbed Eggs (400 kcal)**

3 Whole eggs  
2 TBSP heavy cream  
1 tsp fresh rosemary, minced  
1 peach  
*Servings: 1*

*How to Prepare:* Mix together in a bowl the eggs, heavy cream, and rosemary. Coat non stick pan with non stick cooking spray over a medium heat. After pan is heated (~1 minute) add egg mixture and a pinch of salt & pepper; scramble until eggs are cooked through. Eat the peach on the side.

## **Spinach, Mushroom & Sausage Omelet (400 kcal)**

3 whole eggs  
1 large spinach & feta al fresco chicken sausage, cut into pieces  
2 scallions, chopped  
1 large handful of baby spinach  
2 mushrooms, sliced

Servings: 1

*How to Prepare:* Coat non stick pan with non stick cooking spray over a medium heat. Add vegetables and sausage to the pan and cook until the spinach is wilted and the mushrooms soften (~5 minutes).

Remove the omelet filling from the pan and place in a bowl on the side. Mix eggs and olive oil together in a bowl. Coat non stick pan with non stick cooking spray over a medium heat. Add egg mixture and let cook, occasionally lifting with a spatula so that the uncooked portion of the egg mixture will be exposed to the pan. Once egg mixture is solidified (but not necessarily completely cooked through), add sausage and vegetable mixture. Fold omelet in half on top of itself; reduce heat, and let cook for 1-2 more minutes.

### **Scallion Scrambled Eggs (400 kcal)**

3 whole eggs  
1 tomato, chopped  
2 scallions, chopped  
¼ cup cheddar cheese

*Servings:* 1

*How to Prepare:* Mix together eggs in a bowl. Coat non stick pan with non stick cooking spray over a medium heat. After pan is heated (~1 minute) add eggs and a pinch of salt & pepper; scramble until eggs are cooked through; stir in scallions, tomatoes, and cheddar cheese.

Cook until the cheese is melted.

### **Crustless Broccoli and Cheese Quiche Minis (400 kcal)**

3 whole eggs  
¼ cup shredded cheddar cheese  
½ cup broccoli, chopped  
½ Banana (eat on side)

*Servings:* 1

*How to Prepare:* Preheat the oven to 375 degrees. Scramble eggs and egg whites together in a bowl; once thoroughly blended mix in shredded cheese and broccoli. Use non stick cooking spray to thoroughly coat the inside of a muffin tin (an alternative option is to line the muffin tin with disposable muffin inserts). Fill each muffin cup evenly. Back in the oven for 10-12 minutes or until tops begin to brown.

## **Snacks & Shakes**

### **Almond Butter Celery Sticks (250 kcal)**

2 TBSP natural almond butter  
2 stalks celery (halved)

*Servings:* 1

*How to Prepare:* Spread almond butter evenly across celery sticks.

### **Pistachios & Walnuts (250 kcal)**

1 ounce (~50 nuts)  
2 TBSP chopped walnuts

*Servings:* 1

*How to Prepare:* Shell pistachios and eat.

### **Pistachios & Walnuts (250 kcal)**

¾ cup full fat cottage cheese

1 Clementine orange

*Servings:* 1

*How to Prepare:* Peel Clementine and eat with cottage cheese

### **Quick Tuna Salad Wraps (250 kcal)**

4 Bibb lettuce Leaves

1 can chunk light tuna

¼ cup diced red onion

4 TBSP canola mayonnaise

2 TBSP dill relish

1 celery stalk, diced

*Servings:* 2

*How to Prepare:* In a bowl combine tuna fish, onions, celery, relish and mayonnaise. Divide tuna salad onto 4 separate lettuce leaves.

### **Coconut Blueberry Shake (250 kcal)**

1 scoop vanilla protein powder

¼ cup blueberries

1 TBSP walnuts

1 cup So Delicious Coconut Milk, unsweetened

2-3 ice cubes

*Servings:* 1

*How to Prepare:* Combine all ingredients in a blender and blend until smooth. For a thicker shake add less water or more ice cubes.

### **Strawberries Dipped in Chocolate Smoothie (250 kcal)**

1 scoop chocolate protein powder

½ cup strawberries

2 TBSP walnuts

1 TBSP flaxseed meal

1 ½ cups water

4 ice cubes

*Servings:* 1

*How to Prepare:* Combine all ingredients in a blender and blend until smooth. For a thicker shake add less water or more ice cubes.

### **Carb Controlled Power Shake (250 kcal)**

1 scoop vanilla protein powder

2 TBSP walnuts

1 TBSP flaxseed meal

1/3 cup blueberries

1 tsp powdered green tea (optional)

1 ½ cups water

3 ice cubes

*Servings:* 1

*How to Prepare:* Combine all ingredients in a blender and blend until smooth. For a thicker shake add less water or more ice cubes.

### **Chocolate Peanut Butter Butterscotch Smoothie (250 kcal)**

1 scoop chocolate protein powder

¼ packet sugar free butterscotch pudding  
1 TBSP natural peanut butter  
1 cup water  
2 ice cubes  
*Servings: 1*

*How to Prepare:* Combine all ingredients in a blender and blend until smooth. This shake comes out a very thick pudding-like consistency. You might opt for eating it with a spoon (which is fine). If you prefer you shakes not to be as thick, just add more water.

### **Creamy Peanut Butter (250 kcal)**

1 scoop vanilla protein powder  
1/4 cup full fat cottage cheese  
1 TBSP natural peanut butter  
3 ice cubes  
1 ½ cups water  
*Servings: 1*

*How to Prepare:* Combine all ingredients in a blender and blend until smooth. For a thicker shake add less water or more ice cubes.

### **Peak Performance Recovery Shake (250 kcal)**

1 scoop vanilla protein powder  
¾ cup mixed berries  
1 1/2 TBSP Honey  
2 cups water  
3 ice cubes  
*Servings: 1*

*How to Prepare:* Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

## **Lunches & Dinners**

### **Texas Chili (400 kcal)**

2 pounds of top round lean beef  
2 6 oz cans tomato paste  
2 4.5 oz cans diced green chilies  
32 oz low sodium beef broth or stock  
3 TBSP canola oil  
2 cloves garlic  
1 onion, diced  
5 scallions, chopped  
1 TBSP cumin  
¼ cup chili powder  
1 tsp black pepper  
½ tsp crushed red pepper  
2 TBSP unsweetened cocoa powder  
1 cup water  
1 chipotle pepper, diced (optional)  
6 TBSP Sour Cream  
*Servings: 6*

*How to Prepare:* Trim all the visible fat off the top round and cut into cubes (no bigger than 1x1 inches). Add canola oil and cubed beef to a medium/large sauce pan. Place over medium heat and cook beef until browned on the edges. Remove beef from pan and place in a bowl on the side. Add garlic and onions. Cook until onions soften. Next add back beef, spices, chilies, chipotle pepper (optional) and tomato paste; stir until the spices and tomato paste are thoroughly mixed and coating the beef. Add beef broth/stock and water to pot, cover, and simmer for 45 minutes. Stir and simmer uncovered for another 45 minutes. Stir in chopped scallions. Top each serving with one TBSP of sour cream.

### **Meatballs with Tomato & Mozzarella Salad (400 kcal)**

12 oz 95% lean ground beef  
¼ cup flaxseed meal  
2 TBSP tomato paste  
¼ medium, finely diced onion  
3 cloves garlic, minced  
2 eggs  
2 TBSP extra virgin olive oil  
6 oz mozzarella cheese, cut into small cubes  
12 plum tomatoes, chopped  
¼ cup fresh basil  
1 TBSP balsamic vinegar  
1 TBSP dried oregano  
1 TBSP dried parsley  
Servings: 4

*How to Prepare:* Preheat oven to 400 degrees. Combine in a bowl: ground beef, flaxseed meal, tomato paste, eggs, onion, garlic, 1 TBSP olive oil, dried oregano, and dried parsley. Thoroughly mix all ingredients together in a bowl. Roll meatball mixture into 12 meatballs. Place on baking pan in oven for 17 minutes, until the juices are clear or internal temperature is 160 degrees. While the meatballs are cooking, combine tomatoes, mozzarella cheese, fresh basil, remaining olive oil, balsamic vinegar, and a pinch of salt and pepper in a bowl. Mix thoroughly ensuring that olive oil and vinegar are thoroughly coating the tomatoes and cheese.

### **Poached Halibut with Sautéed Kale (400 kcal)**

5 oz halibut filet  
3 cups kale, chopped  
1 TBSP butter  
1 clove garlic  
1 TBSP parmesan cheese  
Servings: 1

*How to Prepare:* Bring 1 ½ cups of water to a simmer in medium sized saucepan; add halibut with a splash of lime juice, a pinch salt & pepper, and parmesan cheese. Cover and cook for 5-8 minutes or until the halibut is opaque and flakes off with a fork. Remove halibut. While the halibut is cooking prepare wild rice according to directions on the package. To sauté kale, heat 2 tsp olive oil and minced in a non stick pan over medium heat until garlic begins to turn tan. Next add Kale, stirring occasionally, and cook for 5-7 minutes until stems have softened.

### **Pecan Crusted Salmon w/Green Beans and Slivered Almonds (400 kcal)**

4 oz salmon filet  
1 cup green beans  
2 tsp extra virgin olive oil  
1 TBSP pecans, ground or finely chopped  
1 TBSP slivered/sliced almonds  
1 TBSP Dijon mustard

1 tsp paprika

*Servings: 1*

*How to prepare:* Place the salmon in a shallow baking dish, add 2 TBSP water to the pan. Mix together mustard and pecans; spread mixture on top of the salmon and bake for 12-15 minutes. While the salmon is baking, place olive oil and green beans in a non stick fry pan over medium/heat. Season with paprika, salt, and pepper and cook for 3-4 minutes (if you are using frozen beans you will need to cook longer). Add almonds and cook for another 3-4 minutes.

### **Poached Salmon w/Roasted Acorn Squash (400 kcal)**

2 4 oz salmon filet

1 Acorn Squash

2 TBSP butter

2 tsp cinnamon

*Servings: 2*

*How to prepare:* Preheat the oven to 350 degrees. Cut the acorn squash in half and remove seeds. Add the butter and cinnamon equally to the squash halves. Season with a pinch of salt & pepper. Place in a baking dish, filling with ¼ inch of water and bake for 30 minutes. Place the salmon in a shallow baking dish; add 2 TBSP water to the pan. Mix together mustard and pecans; spread mixture on top of the salmon. When there is 15 minutes remaining in the acorn squash baking time place the salmon in the oven. Both dishes will finish cooking at the same time.

### **Chicken Curry with Broccoli Florets (400 kcal)**

8 oz boneless skinless chicken breast, cut into pieces

2 cups canned dice tomatoes

½ onion, diced

2 cloves garlic, minced

½ cup coconut milk

2 cups reduced sodium chicken broth

2 cups broccoli florets

1 TBSP canola oil

2 TBSP curry powder

¼ cup cilantro

½ tsp cayenne pepper

½ tsp pepper

2 tsp turmeric

*Servings: 2*

*How to Prepare:* Place a medium sized sauce pan over medium heat. Add canola oil, garlic, and onions; stir and heat until onions become translucent. Stir in spices and cook for 1 more minute. Next mix in chicken ensuring that the spices coat the chicken entirely; cook for 5 minutes. Add tomatoes and chicken broth, bring the curry to a boil for 1 minute, reduce heat and simmer for 15 minutes. Stir in coconut milk and cilantro and cook for another 5 minutes. Optional - To increase the spiciness of the dish add ½-1 tsp Thai garlic-chili sauce when you add all the spices.

### **Bibb Burger (400 kcal)**

4 oz 95% lean ground beef

2 Bibb lettuce leaves.

2 slices red onion

1 slice cheddar cheese

1 TBSP pickled, sliced jalapeno peppers

2 tsp Ranch Dressing (Annie's Natural Cowgirl Ranch recommended)

1 cup cucumbers, chopped

1 tomato, chopped  
1 TBSP Balsamic vinegar  
1 splash Worcestershire sauce  
½ tsp salt  
1 tsp pepper  
*Servings:* 1

*How to Prepare:* Mix extra lean ground beef, Worcestershire sauce, salt, and pepper together and form into a patty. Broil or cook burger on electric grill (i.e. George Foreman Grill) to desired doneness. Using the 2 lettuce leaves as 'bread' for your sandwich spread cowgirl ranch On to each leaf. Add the burger and layer with cheddar cheese, jalapenos, and red onion. In a bowl, toss cubed cucumbers, chopped tomato, Balsamic vinegar, salt, and pepper.

### **Sautéed Napa Cabbage with Spicy Sesame Chicken (400 kcal)**

8 boneless skinless chicken thighs  
3 TBSP sesame seeds  
3 TBSP toasted sesame seed oil  
2 TBSP minced ginger root  
¼ cup cashews, chopped  
1 onion, diced  
1 Napa cabbage  
3 TBSP Soy sauce  
2 cloves garlic  
1 tsp Thai Garlic-Chili sauce  
*Servings:* 4

*How to Prepare:* Preheat the oven to 400 degrees. In a bowl mix together 1/3 of the sesame seed oil, minced ginger, garlic-chili sauce, soy sauce, sesame seeds, and chicken thighs. Mix until chicken thighs are thoroughly coated. Place the chicken thighs on a baking sheet and bake for 20-25 minutes. To prepare the Napa cabbage, cut it in half lengthwise, then for each half make 3 more lengthwise cuts, finally chop it up. Place a large non stick pan over medium heat. Add remaining sesame seed oil, garlic, and diced onion to the pan and cook until the onions begin to soften. Add sliced cabbage to frying pan, stirring oven so that the cabbage cooks evenly. Cook until cabbage is tender, 7-10 minutes. Once cabbage is finished cooking, mix in chopped cashews.

### **Simple Grilled Chicken Salad (400 kcal)**

3 oz boneless skinless chicken breast  
2 scallions  
4 cups baby spinach  
½ cucumber, chopped  
½ tomato, chopped  
2 tsp extra virgin olive oil  
1 TBSP balsamic or red wine vinegar  
1 oz sharp cheddar cheese, cut into small cubes  
*Servings:* 1

*How to Prepare the Chicken:* Season chicken breast with salt and pepper. Place on an outdoor or electric grill (i.e. George Foreman) and cook until internal temperature equals 165 degrees. Depending on the thickness of the chicken breast cooking time could range between 5-12 minutes. While the chicken is cooking combine vegetables, olive oil, and balsamic vinegar in a bowl. Once the chicken is cooked, remove from grill, let sit for 3-5 minutes before slicing (this ensures maximum juiciness), and serve on top of salad.