

## Meal Plan for the Week

	Breakfast	Lunch	Snack	Dinner
Monday	3 HBE & half a small avocado mashed w/ salt/ pepper/ lemon juice	Green salad & Green Superfood Smoothie	Berries and 1/2 c Plain Yogurt	<u>Riced Cauliflower Bowl</u>
Tuesday	3 egg veggie omelette with 2 ounces of cheese	Veggie soup & Green Superfood Smoothie	Quest bar	<u>Roasted Cauliflower Casserole + Small Chicken Breast</u>
Wednesday	2 HBE + Green Superfood Smoothie	<u>Kale Salad with Tuna &amp; Olive oil</u>	10 unsalted Almonds	<u>Quinoa Crusted Eggplant Pizza Bowl</u>
Thursday	3 egg veggie omelette with 2 ounces of cheese	Green salad w/ protein & 2 Tbspn olive oil, .5 Quest Bar	Green Superfood Smoothie	Leftover Cauliflower Casserole + .5 can of tuna
Friday	<u>Grain Free Paleo "Oatmeal"</u>	<u>Mexican Tuna Salad</u>	Green Superfood Smoothie	<u>Grain Free Risotto + Shrimp</u>
Saturday	2 HBE + Green Superfood Smoothie	Green salad w/ protein of choice & 2 Tbsp olive oil/ vinegar	Quest Bar	Dinner out! Eat whatever you like and don't sweat it.
Sunday	3 egg veggie omelette with 2 ounces of cheese	<u>2 Egg salad wraps + Green Superfood Smoothie</u>	Berries and 1/2 c Plain Yogurt	<u>Shrimp Ceviche served in Romain lettuce</u>

HBE = Hard Boiled Eggs

Protein = a piece of meat, fish or tofu the size of the palm of your hand, or if you're doing 21 Day Fix, use the red portion cup.

Green Smoothie = 1 cup raw spinach, 1 tsp Maca Powder, 1 sachet stevia, handful of strawberries, 1 scoop Shakeology, 1 cup almond or coconut milk, 1 cup water, ice (optional), blended

# THE FIT HABIT

BY CAREN MAGILL 

## Grocery List

Carton of pasture raised egg whites	<input type="checkbox"/> Protein	Bagged lettuce	<input type="checkbox"/> Produce
Carton of pastor raised eggs	<input type="checkbox"/> Protein	Tomatoes	<input type="checkbox"/> Produce
Organic free range chicken/beef	<input type="checkbox"/> Protein	Cilantro	<input type="checkbox"/> Produce
Veggie ground beef (if preferred)	<input type="checkbox"/> Protein	1 orange	<input type="checkbox"/> Produce
Frozen shrimp	<input type="checkbox"/> Protein	1 jalapeno pepper	<input type="checkbox"/> Produce
2 cans of tuna	<input type="checkbox"/> Protein	Garlic (buy crushed in a jar if easier)	<input type="checkbox"/> Produce/Condement
Superfood Meal Replacement	<input type="checkbox"/> Protein	Salsa	<input type="checkbox"/> Condement
Swordfish/salmon or other fish	<input type="checkbox"/> Protein	Guacamole	<input type="checkbox"/> Condement
Gluten free veggie burgers	<input type="checkbox"/> Protein	Coconut aminos	<input type="checkbox"/> Condement
Quest Protein Bars	<input type="checkbox"/> Protein	Hot sauce (without sugar)	<input type="checkbox"/> Condement
Onion/green onion	<input type="checkbox"/> Produce	Mustard	<input type="checkbox"/> Condement
Olives	<input type="checkbox"/> Produce	Lime juice	<input type="checkbox"/> Condement
Cold press olive oil	<input type="checkbox"/> Produce	Lemon juice	<input type="checkbox"/> Condement
Romaine lettuce hearts	<input type="checkbox"/> Produce	Himalayan Sea Salt & Pepper	<input type="checkbox"/> Spice
Fresh basil	<input type="checkbox"/> Produce	Coconut cream	<input type="checkbox"/> Healthy Fat
Sun dried tomatoes	<input type="checkbox"/> Produce	Coconut oil	<input type="checkbox"/> Healthy Fat
Greek yogurt	<input type="checkbox"/> Produce	Raw, unsalted almonds	<input type="checkbox"/> Healthy Fat
Cottage cheese	<input type="checkbox"/> Produce	Maca Powder	<input type="checkbox"/> Superfood
Avocado	<input type="checkbox"/> Produce	Chia seeds	<input type="checkbox"/> Superfood
Strawberries	<input type="checkbox"/> Produce	Shredded coconut (unsweetened)	<input type="checkbox"/> Superfood
Raw Spinach	<input type="checkbox"/> Produce	Stevia sachets (for coffee/tea)	<input type="checkbox"/> Sweetener
Riced Cauliflower	<input type="checkbox"/> Produce	Parmesan cheese	<input type="checkbox"/> Dairy
2 eggplants	<input type="checkbox"/> Produce	Quinoa flakes	<input type="checkbox"/> Carb (GAH!)
Zucchini	<input type="checkbox"/> Produce	Tomato sauce (without sugar)	<input type="checkbox"/> Pantry
Asparagus	<input type="checkbox"/> Produce	Carton of almond or coconut milk	<input type="checkbox"/> Beverage
		Shakeology	<input type="checkbox"/> Supplement