

21-DAY LIGHT & LEAN MEAL PLAN

Completely Done For You Shopping List



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BREAKFAST

Protein

8 eggs
1 cup non-fat, plain Greek yogurt

Vegetables

½ cup raw sauerkraut
½ red or yellow onion
½ cucumber
½ cup broccoli
½ cup cherry tomato
2 tbsp. cilantro leaves
1 bunch spinach
2 cups mixed greens

Fruits

1 cup frozen blueberries
1 cup fresh or frozen berries (of your choice, mixed is fine)
½ avocado
1 tbsp. fresh lemon juice
1 cup (or piece) fresh or frozen fruit of your choice
1 medium apple

Good Fats

1 tbsp. flax or olive oil
1 tbsp. coconut oil
2 tbsp. flax or chia seeds
2 tbsp. walnuts or almonds (raw, if possible)

Other

1 serving protein powder (hemp, pea, or grass-fed whey are great options)
1 tbsp. balsamic or apple cider vinegar
Salt and pepper
½ cup raw oats
1 tsp. raw honey
Cinnamon

LUNCH

Protein

- 1 can wild salmon (or wild tuna or sardines)
- 8 oz. boneless, skinless chicken breast (optional: replace 4 oz. with canned wild tuna or salmon)
- ¼ cup chicken broth (or make at home)
- 1 oz. organic, mozzarella cheese
- 1 oz. organic, sharp, cheddar cheese
- 2 eggs

Vegetables

- 1 red onion or scallion
- 1 tbsp. red or yellow onion
- ½ jalapeno pepper
- 2 lettuce, kale, chard or collard green leaves for wraps
- 2 garlic cloves
- 4 cups mixed greens
- 1 tomato
- ½ cucumber
- 1 tbsp. fresh mint leaves
- 1 tbsp. basil leaves
- 1 small, thick eggplant
- 1 medium sweet potato or yam

Fruits

- 3 avocados
- 3 lemons
- 1 banana

Good Fats

- 2 tbsp. coconut oil
- ½ cup raw almonds

Other

- ½ tbsp. dried thyme (or 2 sprigs fresh)
- ½ cup uncooked quinoa grain
- ¼ cup plain, non-fat Greek yogurt
- ¼ cup pizza sauce
- 1 cup unsweetened almond or coconut milk
- 1 serving protein powder (grass fed whey, hemp or pea)

DINNER

Protein

- ¼ lb. ground turkey (replace with lean, ground beef, if preferred)
- ¼ lb. grass fed ground beef
- ¼ lb. ground chicken, beef or turkey (your choice)
- 4-6 oz. shredded chicken breast
- 4-6 oz. grilled chicken breast (buy pre-cooked or grill/bake at home)
- 3 tbsp. plain, non-fat Greek yogurt
- 6 oz. wild salmon (replace with chicken breast, if you prefer)

Vegetables

- 1 cup baby or regular spinach leaves
- 2 cups kale
- 2 large zucchini squashes
- 3 cups arugula leaves
- ½ bell pepper (any color)
- ½ cup cherry tomatoes
- 1 tomato
- ½ medium cucumber
- 2-3 large Portobello mushroom caps
- 3 yellow or red onions
- 2 tsp. fresh ginger root
- 2 cloves garlic
- 1 celery stalk
- 2 tbsp. fresh cilantro

Fruits

- 2 lemons
- 1 cup seedless grapes
- 1 apple (your choice)
- 2 tbsp. raisins

Good Fats

- 1 oz. cashews (raw if possible)
- 2 tbsp. pine nuts
- 1 tbsp. walnuts (raw if possible)
- 1 tbsp. walnuts or almonds
- 2 tbsp. olive or flax oil
- ½ tbsp. coconut oil

Other

- 1 oz. canned water chestnuts (optional)
- 1 tbsp. coconut amino acids or tamari soy sauce
- ¼ uncooked quinoa
- Pinch of cayenne pepper (optional if you enjoy spice)
- 1 tsp. ground cumin
- ½ tsp. paprika
- ½ tsp. coriander
- ½ tsp. garlic powder
- ¼ tsp. dried dill
- 2 tbsp. balsamic vinegar
- 1 tsp. raw apple cider vinegar
- 1 tbsp. maple syrup or honey
- ½ tbsp. honey (raw if possible)
- 1 tsp. tomato paste