

WEEK 2 CLASSIC 1500 calorie plan

DAY 1

TOTAL MACROS

Protein:	125.3g
Carb:	71.5g
Fat:	85.2g
Fibre:	28.9g
Net Carb:	42.6g
Sugar:	19.5g
Calories:	<u>1507</u>

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Green Dream Smoothie

MEAL #2 - Jerk Chicken Salad + Avocado (30g) + 1 cup Bone Broth

MEAL #3 - Matcha Protein Latte

MEAL #4 - Crispy Skin Wild Salmon + Steamed Asparagus + Mashed Yam + Kimchi

DAY 2

TOTAL MACROS

Protein:	119.2g
Carb:	98.1g
Fat:	69.4g
Fibre:	25.7g
Net Carb:	72.4g
Sugar:	46.3g
Calories:	<u>1512</u>

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Chunky Monkey Smoothie

MEAL #2 – Turkey Taco Wraps + Kimchi

MEAL #3 - Dark Chocolate Treat

MEAL #4 - Asian Beef Stir-fry + 1 cup Bone Broth

DAY 3

TOTAL MACROS

Protein:	125.3g
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Carb: 71.5g
Fat: 85.2g
Fibre: 28.9g
Net Carb: 42.6g
Sugar: 19.5g
Calories: 1507

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Green Dream Smoothie

MEAL #2 - Jerk Chicken Salad + Avocado (30g) + 1 cup Bone Broth

MEAL #3 - Matcha Protein Latte

MEAL #4 - Crispy Skin Wild Salmon + Steamed Asparagus + Mashed Yam + Kimchi

DAY 4

TOTAL MACROS

Protein: 119.2g
Carb: 98.1g
Fat: 69.4g
Fibre: 25.7g
Net Carb: 72.4g
Sugar: 46.3g
Calories: 1512

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Chunky Monkey Smoothie

MEAL #2 - Asian Beef Stir-fry + Kimchi

MEAL #3 - Dark Chocolate Treat

MEAL #4 - Turkey Taco Wraps + 1 cup Bone Broth

DAY 5

TOTAL MACROS

Protein: 143.7g
Carb: 78.7g
Fat: 68g
Fibre: 32.3g

Net Carb: 46.4g
Sugar: 24.7g
Calories: 1507

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar
MEAL #1 - Green Dream Smoothie
MEAL #2 – Turkey Taco Wraps + Avocado + Bone Broth
MEAL #3 - Matcha Protein Latte
MEAL #4 - Asian Beef Stir-fry + Kimchi

DAY 6

TOTAL MACROS

Protein: 124.8g
Carb: 76.2g
Fat: 60.3g
Fibre: 22.6g
Net Carb: 53.6g
Sugar: 33.8
Calories: 1500

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + chlorophyll
MEAL #1 - Veggie Egg Tacos
MEAL #2- Jerk Chicken Salad + Avocado (30g)
MEAL #3 - Dark Chocolate Treat
MEAL #4 - Turkey Taco Wraps + 1 cup Bone Broth

DAY 7 - REFEED DAY

FOR DINNER, CHOOSE ANY MEAL YOU PREFER THAT IS 650 CALORIES

TOTAL MACROS

Protein: 87.9g

Carb: 90.8g
Fat: 81.9g
Fibre: 18.9g
Net Carb: 71.9g
Sugar: 49.4g
Calories: 1356

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon
 MEAL #1- Cocoa Berry Banana Crepe
 MEAL #2 - Jerk Chicken Salad
 MEAL #3 - Chunky Monkey Smoothie
 MEAL #4 - REFEED MEAL - 650 CALORIE MEAL

GROCERY LIST

All produce to be organic when possible

<u>PRODUCE</u>	<u>QUANTITY NEEDED FOR RECIPES</u>
Asparagus	12 spears
Avocados	3
Baby Spinach	8 cups
Baby Bok Choy	3 cups
Banana	240g frozen
Basil leaves	5
Bell Peppers (red)	1
Blueberries	1.5 cup
Broccoli	3 cups, fresh or frozen
Broccoli Slaw Mix	1.5 cups
Cherry Tomatoes	400g
Garlic	1 bulb
Ginger	2 tbsp

Jalapeño pepper	10 small peppers
Lemon	5
Mixed Veggies	4 cups - frozen veggie medley
Mushrooms	2 cups, sliced
Onion, white or yellow	2
Romaine Hearts	1 bunch
Spring mix	4 cups
Strawberries	85g
Sunflower Sprouts	2 cups
Yam or sweet potato	2 - 100g potatoes or yam

All animal products to be organic

<u>PROTEIN</u>	<u>QUANTITY</u>
Chicken, breasts	16oz total - 4oz each (approx. 4 breasts)
Beef strip loin, lean, grass fed	12oz total - 4oz each (approx 4 cuts)
Eggs, organic, free run (whole)	1 dozen
Protein powder - Vanilla	1 tub
Turkey, ground	2 lbs
Wild Salmon Filets	8oz total-4oz each (approx. 2 filets)

FATS

Butter or Ghee, organic	1 stick or 1 jar
Chia seeds, black or white	3 tbsp
Coconut Oil, extra virgin, cold pressed (glass bottle preferred)	1 bottle
Coconut Oil spray (non-aerosol)	1 bottle
Extra virgin olive oil, cold pressed	1 bottle
Hemp hearts	3 tbsp
Nut & Seed Butter organic such as:	
Almond	
Cashew	
Hazelnut	
Peanut (must be organic)	
Pumpkin Seed	
Sunflower Seed	
Sesame seeds, white or black	3 tbsp

CONDIMENTS

Apple Cider Vinegar	1 bottle
Braggs Aminos or Wheat Free Tamari Sauce	1 bottle
Cocoa Hazelnut Spread (100 cal/tbsp)	1 jar
Dark Chocolate Bar, 70% or more	6 squares
Honey Dijon Mustard	1 bottle
Hot Sauce, sugar free, gluten free (Sriracha, Tabasco, Frank's Red Hot)	1 bottle
Jalapeño olives (spicy) or plain	1 jar
Jerk Marinade, gluten free, sugar free	1 jar

Liquid Chlorophyll - mint flavour	1 bottle
Matcha Green Tea Powder	3 tsp
Stevia powder OR coconut sugar	
Tomato sauce, organic, sugar free	2 jars
Unsweetened, non dairy milk (almond, cashew, coconut, hemp, flax)	8 cups

PANTRY & SPICES - dried

Baking Powder
Black pepper
Chilli flakes or powder
Cinnamon, organic
Garlic powder
Sage, ground
Sea Salt - Celtic sea salt or Pink Himalayan salt
Spice mixes, natural gluten free, sugar free such as:
Flavour God, Hot Mommas or Mrs.Dash etc.

MEAL PREP RECIPES

1. WATER

2L Strawberry Basil Lemon Infused Water - *Make large batch - should last 2 days*

2. CHICKEN

Jerk Chicken

3. GROUND MEAT

Turkey Taco Wraps

4. FISH

Crispy Skin Wild Salmon

5. SALADS

Jerk Chicken Salad

6. BEEF

Asian Broccoli Stir Fry

7. SUPERFOODS SNACKS

Dark Chocolate Treat
Matcha Protein Latte

PREPARE FRESH (day of)

8. SMOOTHIES

Green Dream Smoothie

Chunky Monkey Smoothie

9. VEGGIES

Sweet or Savoury Baked Yam

Steamed Asparagus

10. MAIN MEALS - weekend

Cocoa Berry Banana Crepe

Veggie Egg Tacos

STORE BOUGHT (macros info only)

Avocado

Blueberries

Bone Broth

Kimchi (spicy palate)

Sauerkraut (mild palate)

MEAL PREP RECIPES

1. INFUSED WATER

STRAWBERRY, BASIL & LEMON INFUSED WATER - makes 2L

25g strawberries, sliced

1/2 lemon, sliced (with skin) * make sure to buy organic lemons and scrub well

5 large basil leaves (crush them with your hand to enhance flavour)

INSTRUCTIONS

Use two 1L mason jars and divide ingredients evenly in each

Pour filtered water into jars

Allow flavours to develop for at least 2 hours

Mixture should last 2 days

2. CHICKEN

JERK CHICKEN- 1 serving

4oz chicken breast, sliced into thin strips

1/2 tsp ground sage

1.5 tbsp Braggs Aminos

1/2 tsp sea salt

1/2 tsp ground black pepper

2 tbsp sugar free, gluten free Jerk Marinade (macros based on "Memories of Montego Bay Fiery Jerk Sauce - Presidents Choice)

1 tbsp coconut oil

INSTRUCTIONS

Combine chicken, sage, Braggs Aminos, sea salt, black pepper and Jerk marinade in a large bowl or zip lock baggie

Toss well and make sure to coat the chicken in the spice mixture

This can be done ahead of time and refrigerated for up to a few hours or you can cook it right away

Prep Tip - make ahead of time and freeze using a freezer bag for a go-to ready meal!

Add 1 tbsp of oil to a large cast iron skillet and heat over high heat

Add chicken to the pan and cook for 1-2 minutes per side or until its no longer pink in the middle

Serve alongside greens for your Jerk Chicken Salad

MACROS

Protein: 27g

Carb: 2.9g

Fat: 17.6g

Fibre: 2.4g

Net Carb: 18.1g

Sugar: 0g

Calories: 273

3. GROUND MEAT

TURKEY TACO WRAPS - 1 serving

- 1/2 lb Lean ground turkey
- 1 tbsp coconut oil
- 1 cup frozen or fresh veggie medley
- 1/2 cup sliced mushrooms
- 2 jalapeño olives (or plain)
- 5 Hearts of Romaine leaves - to be used upon eating the meal
- 1/2 cup tomato sauce
- 2 tbsp Braggs aminos
- 1/4 tsp celtic sea salt or pink himalayan salt
- 1/4 tsp black pepper
- 1 tbsp hot sauce (optional)

INSTRUCTIONS

- Heat pan or wok and add oil
- Add turkey and begin to break the meat into very small pieces.
- Add braggs and srircha hot sauce.
- Separately, steam veggies
- Once the meat is cooked add tomato sauce, steamed veggies, raw mushrooms, jalapeño olives and stir.
- Peel off roughly five romaine leaves.
- Fill leaves one at a time with your 'taco' mixture

MACROS

Protein: 51g

Carb: 24.2g

Fat: 17.4g

Fibre: 7.7g

Net Carb: 16.5g

Sugar: 11.2g

Calories: 449

4. FISH

CRISPY SKIN WILD SALMON- 1 serving

- 4oz wild salmon
- 2 garlic cloves, minced
- 1/4 tsp sea salt
- 1/2 tsp chili flakes
- 1 tbsp olive oil
- 1 tbsp jalapeño olives (or plain)

INSTRUCTIONS

- Using a greased cast iron skillet or non stick pan, pan fry salmon (skin side down) until crispy
- Transfer salmon to oven for 20 minutes at 350 degrees
- Add salt, chill flakes and capers or sliced olives
- Remove salmon from stove and serve

MACROS

Protein: 23.6g

Carb: 2.4g

Fat: 16.6g

Fibre: 0.4g

Net Carb: 2g

Sugar: 0.1g

Calories: 235

5. SALADS

MASON JAR JERK CHICKEN SALAD

- 1 cups baby spinach
- 1 cup mixed greens
- 100g cherry tomatoes
- 1/4 cup sunflower sprouts
- 4oz jerk chicken (from meal prep)

Dressing - *or option to use low carb/sugar dressing*

- 1 tsp honey dijon mustard
- 1 tbsp olive oil
- 2 tbsp lemon or lime juice

INSTRUCTIONS

- Combine mixed greens, tomatoes, sprouts in mason jar
- Top with Jerk chicken breast from meal prep
- Pour dressing and combine well when ready to eat

MACROS -

Protein: 29.4g

Carb: 12.6g

Fat: 32.3g

Fibre: 5.1

Net Carb: 25.1g

Sugar: 5.9g

Calories: 450

6. BEEF

ASIAN BEEF STIR FRY -1 serving

4oz grass fed beef cut into strips

1/2 cup onion, sliced

1 clove garlic, minced

½ tsp minced ginger

2 tbsp Braggs aminos

1 tbsp olive oil

1 cup broccoli florets

1 cup baby bok choy

1/2 cup packaged broccoli slaw mix

1 tbsp sesame seeds (garnish)

1/2 tsp black pepper

INSTRUCTIONS

Heat oil over medium heat in large non-stick skillet

Sautee onions, garlic and ginger until softened

Add beef and cook for a few minutes unless you have meal prepped beef already

In separate pan, steam broccoli, bok choy and slaw mix

Add broccoli and cabbage to the sautéed veggies and beef and mix well

Add brags aminos, hot sauce and black pepper and mix well

Sprinkle sesame seeds and enjoy

MACROS - 1 serving

Protein: 25.8g

Carb: 27.9g

Fat: 25.8g

Fibre: 7.6g

Net Carb: 20.3g

Sugar: 9.1

Calories: 461

7. SUPERFOODS & SNACKS

MATCHA PROTEIN LATTE - by TWL'er Roz Allen

1 tsp. Matcha Green Tea Powder

8oz. extremely hot water (use just before it starts to boil)

4oz. unsweetened almond or cashew milk (vanilla)

1 scoop vanilla protein powder

Stevia (liquid or powder)

Small metal mesh strainer

Whisk (bamboo preferred but wire is ok)

Large bowl shaped mug or rounded bowl

INSTRUCTIONS

Heat water in a kettle until is it just about to boil

Hold the small metal, mesh strainer over your mug (or bowl)

Sift 1 teaspoon of powdered Matcha green tea leaves through it into your cup to remove lumps

You can also sift your protein powder in the same way to remove lumps. (You may have to sift protein powder little by little if your strainer is really small)

Once your 16oz water is ready pour it into your mug or bowl along with the matcha & protein powder
Add 5 drops (1 teaspoon or 2 packets) of Stevia
Whisk the mixture vigorously until foamy bubbles appear on top-should take about 10-20 seconds
Add the almond or cashew milk to cool it to a drinkable temperature & whisk it a few more times

MACROS - 12oz serving (serves 1)

Protein: 22.2g
Carb: 2.8g
Fat: 3.8g
Fibre: 0.5g
Net Carb: 2.3g
Sugar: 0g
Calories: 128

DARK CHOCOLATE TREAT - 1 serving

2 squares of 70% (or higher) dark chocolate
1/2 cup organic blueberries
1/4 tsp cinnamon

INSTRUCTIONS

Sprinkle cinnamon on berries and enjoy with your dark chocolate

MACROS - based on 70% Lindt Dark Chocolate

Protein: 2.2g
Carb: 22.1g
Fat: 9.8g
Fibre: 5.3g
Net Carb: 16.8g
Sugar: 13.6g
Calories: 177

PREPARED FRESH RECIPES

8. SMOOTHIES

General Smoothie Instructions

Place all the ingredients in a blender (except protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

*Aim between 25-30g protein per scoop**

GREEN DREAM SMOOTHIE

1 scoop vanilla protein - whey isolate or vegan
1 cup baby spinach
30g Avocado - even better if frozen!
1/2 tsp organic cinnamon
1 tbsp hemp hearts
1 tbsp chia seeds
1 cup coconut, almond or cashew milk (unsweetened) + 1 cup of water (depending on desired texture)

MACROS

Protein: 34.1g

Carb: 21.3g
Fat: 16.6g
Fibre: 14.3g
Net Carb: 7g
Sugar: 3.3g
Calories: 371

CHUNKY MONKEY SMOOTHIE

1 scoop vanilla or chocolate protein powder
1 tbsp organic peanut butter or other nut butter of your choice
60g frozen banana
2 cups unsweetened cashew, almond or coconut milk
*freeze 1 cup of non-dairy milk into ice cubes

MACROS

Protein: 30.2g
Carb: 24g
Fat: 16.4g
Fibre: 3.1g
Net Carb: 20.9g
Sugar: 11.4g
Calories: 375

9. VEGGIES

STEAMED ASPARAGUS - 1 serving

6 asparagus spears
1/4 tsp sea salt and herbs to taste

INSTRUCTIONS

Lightly steam asparagus for about 5-7 minutes and serve with sea salt and desired herbs

MACROS – 6 spears

Protein: 3g
Carb: 5.4g
Fat: 0.2g
Fibre: 2.8g
Net Carb: 2.6g
Sugar: 2.5g
Calories: 27

SWEET or SAVOURY BAKED YAM

100g of yam or sweet potato - 1 large, or 2 smaller ones totalling 100g
1 tbsp organic butter

Sweet - add 1/4 tsp cinnamon & 1/4 tsp coconut sugar or stevia

Savoury - add 1/4 tsp salt, 1/4 tsp pepper & 1/4 tsp garlic powder

INSTRUCTIONS

Line bottom rack of your oven with tin foil (this will catch any syrup that leaks from the yam)

Prick yams 2-3 times with a fork and place on the tin foil in the centre of the oven

Set oven to 425 degrees

Bake for 45 minutes or until yams are soft

When cook time has finished, turn off oven and leave yams in to rest for additional 30-45 minutes - this prevents dryness and gives you delicious tender yams

MACROS - 100g (1/2 cup) - **SWEET**

Protein: 2.2g
Carb: 25.1g
Fat: 11.3g
Fibre: 5.3g
Net Carb: 19.8g
Sugar: 7.9g
Calories: 204

MACROS - 100g (1/2 cup) - **SAVOURY**

Protein: 2.4g
Carb: 22.6g
Fat: 11.3g
Fibre: 3.6g
Net Carb: 19g
Sugar: 6.6g
Calories: 198

10. MAIN MEALS

COCOA BERRY BANANA PROTEIN CREPE-1 serving - 2 large crepes

2 eggs
1/2 scoop protein powder
2 tbsp water
1 tsp baking powder
1 tsp cinnamon
60g banana, sliced
60g strawberries, sliced
Natural coconut oil spray
2 tbsp cocoa hazelnut spread (200 calories worth)

INSTRUCTIONS

Whisk eggs & protein powder in your magic bullet
Add Water and baking powder after
Coat pan with coconut oil spray and put on medium heat
Pour batter and spread out thinly to the edges of the pan
When batter is bubbling, flip and brown the other side
Remove crepe onto plate and fill half of the ingredients as this should make 2 crepes
Sprinkle with cinnamon and enjoy

MACROS - 2 large crepes

Protein: 28.3g
Carb: 54.2g

Fat: 33.2g
Fibre: 10.7g
Net Carb: 43.5g
Sugar: 32.1g
Calories: 531

VEGGIE EGG TACOS - 1 serving - approx. 3 large romaine tacos

Hearts of romaine
2 whole organic eggs
2 organic egg whites
30g avocado
100g red pepper
1 cup spinach
1/4 tsp celtic or pink himalayan sea salt
1/4 tsp black pepper
1 tbsp organic butter or ghee to grease pan

INSTRUCTIONS

Pre-heat pan with organic butter or ghee
Chop veggies
Beat eggs in a bowl
Add veggies to pan (except avocado)
Pour eggs over veggies and scramble them up
Remove from heat and add salt & pepper
Place eggs and Romaine hearts on the plate.
Spoon egg into romaine and add avocado on top.

MACROS – 3 tacos

Protein: 21.4g
Carb: 4.7g
Fat: 11.1g
Fibre: 2.1g
Net Carb: 2.6g
Sugar: 1.8g
Calories: 248

STORE BOUGHT MACROS

AVOCADO

MACROS – 30g (1/8)

Protein: 0.6g
Carb: 2.56g

Fat: 4.4g
Fibre: 0.2g
Net Carb: 2.36g
Sugar: 0.1g
Calories: 48

BLUEBERRIES

MACROS - 1/2 cup

Protein: 0.5g
Carb: 10.7g
Fat: 0g
Fibre: 1.8g
Net Carb: 9g
Sugar: 7.4g
Calories: 42

BONE BROTH

MACROS - 1 cup (based on Pacific Organics)

Protein: 9g
Carb: 0g
Fat: 0g
Fibre: 0g
Net Carb: 0g
Sugar: 0g
Calories: 35

KIMCHI

MACROS - 4 tbsp

Protein: 1g
Carb: 2g
Fat: 0g
Fibre: 2g
Net Carb: 0g
Sugar: 1g
Calories: 15

SAURKRAUT

MACROS - 4 tbsp

Protein: 0g

Carb: 4g

Fat: 0g

Fibre: 4g

Net Carb: 0g

Sugar: 0g

Calories: 20