

## WEEK 2 CLASSIC 1700 calorie plan

### DAY 1

#### TOTAL MACROS

<b>Protein:</b>	<b>129.3g</b>
<b>Carb:</b>	<b>96.9g</b>
<b>Fat:</b>	<b>93.2g</b>
<b>Fibre:</b>	<b>34.5g</b>
<b>Net Carb:</b>	<b>62.6g</b>
<b>Sugar:</b>	<b>36.3g</b>
<b>Calories:</b>	<b><u>1686</u></b>

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 + Nut Butter (1 tbsp) + 1 cup Blueberries

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

### DAY 2

#### TOTAL MACROS

<b>Protein:</b>	<b>139.2g</b>
<b>Carb:</b>	<b>123.1g</b>
<b>Fat:</b>	<b>76.4g</b>
<b>Fibre:</b>	<b>25.7g</b>
<b>Net Carb:</b>	<b>77.4g</b>
<b>Sugar:</b>	<b>48.3g</b>
<b>Calories:</b>	<b><u>1702</u></b>

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 + Protein Bar

### DAY 3

#### TOTAL MACROS

<b>Protein:</b>	<b>129.3g</b>
<b>Carb:</b>	<b>96.9g</b>

**Fat:** 93.2g  
**Fibre:** 34.5g  
**Net Carb:** 62.6g  
**Sugar:** 36.3g  
**Calories:** 1686

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 + Nut Butter (1 tbsp) + 1 cup Blueberries

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

#### DAY 4

##### TOTAL MACROS

**Protein:** 139.2g  
**Carb:** 123.1g  
**Fat:** 76.4g  
**Fibre:** 45.7g  
**Net Carb:** 77.4g  
**Sugar:** 48.3g  
**Calories:** 1702

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 + Protein Bar

#### DAY 5

##### TOTAL MACROS

**Protein:** 163.7g  
**Carb:** 103.7g  
**Fat:** 75g  
**Fibre:** 52.3g

**Net Carb: 51.4g**  
**Sugar: 26.7g**  
**Calories: 1697**

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 + (30g) Avocado + 1 cup Bone Broth  
MEAL #3 - Matcha Protein Latte  
MEAL #4 - Asian Beef Stir-fry + Kimchi + Protein Bar

#### DAY 6

##### **TOTAL MACROS**

**Protein: 128g**  
**Carb: 96.4g**  
**Fat: 73.3g**  
**Fibre: 26.4g**  
**Net Carb: 70g**  
**Sugar: 41.4**  
**Calories: 1701**

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

#### DAY 7 - REFEED DAY

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

##### **TOTAL MACROS**

**Protein: 107.9g**  
**Carb: 115.8g**  
**Fat: 88.9g**  
**Fibre: 38.9g**  
**Net Carb: 76.9g**

**Sugar: 51.4g**

**Calories: 1546**

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

MEAL #1- Cocoa Berry Banana Crepe

MEAL #2 - Jerk Chicken Salad + Protein Bar

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	5 cups
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 bar	5
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
Bone Broth, chicken, beef, turkey (eg. Pacific Organics)	6 cups
Braggs Aminos or Wheat Free Tamari Sauce	1 bottle
Cocoa Hazelnut Spread (100 cal/tbsp)	1 jar
Dark Chocolate Bar, 70% or more	8 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. SUPER FOODS & 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  
Dark Chocolate  
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  
Sauté 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 Braggs 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. SUPER FOODS & 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 it is 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

### DARK CHOCOLATE

#### MACROS - based on Lindt 70% dark chocolate, 2 squares

Protein: 1.5g  
Carb: 8.5g  
Fat: 9.5g  
Fibre: 1.5g  
Net Carb: 7g  
Sugar: 6g  
Calories: 125

### KIMCHI

#### MACROS - 4 tbsp

Protein: 1g  
Carb: 2g

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

PROTEIN BAR - 200 calories or less, low sugar, low carb

MACROS - 1 bar (based on B-up Bar, Chocolate Chip Cookie Dough)

Protein: 20g  
Carb: 25g  
Fat: 7g  
Fibre: 20g  
Net Carb: 5g  
Sugar: 2g  
Calories: 190

SAURKRAUT

MACROS - 4 tbsp

Protein: 0g  
Carb: 4g  
Fat: 0g  
Fibre: 4g  
Net Carb: 0g  
Sugar: 0g  
Calories: 20