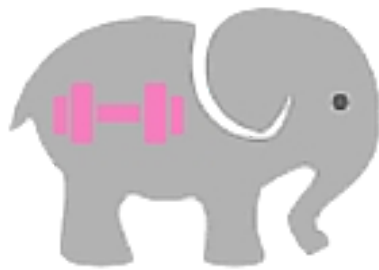


Free

Healthy
Eating
Meal Plan



Meal Plan



	Breakfast	Lunch	Dinner
Mon	1 cup greek yogurt + 2 tbsp granola 1/4c blueberries	Balsamic Salad In A Jar	Lemon Herb Chicken + 1/2 baked sweet potato + roasted asparagus
Tue	Overnight Oats	Greek Salad	Turkey Vegetable Bowl
Wed	Spinach + Feta Egg Scramble	Turkey Wrap	Steak with Oven Roasted Mushrooms + Onions + Cauliflower Mash
Thurs	1 cup greek yogurt + 2 tbsp granola 1/4c blueberries	Balsamic Salad In A Jar	Chicken + Broccoli Stir Fry
Fri	Overnight Oats	Greek Salad	One Pan Healthy Sausage + Veggies

Snack Choices

»»»————> 2 Snack Per Day <————«««

- 1 cup blueberries
- 1/2 cup baby carrots w/ 2T hummus
- apple slices w/ 1T nut butter
- 1 cup steamed edamame
- 1 cup strawberries
- 1 cup watermelon chunks
- 1 cup cucumber slices w/ 2T hummus
- 2 cups air popped popcorn
- 1 rice cake w/ 1T nut butter + banana slices
- 1 cup grapes
- 1/4 cup mixed nuts
- 1 1/2 cups fresh cherries
- 1 cup olives + cherry tomatoes
- Pepper slices w/ mashed avocado
- 1/4 cup roasted chickpeas
- 1 rice cake w/ 1T nut butter
- 2 hard boiled eggs
- 2/3c cottage cheese + 1/2c berries



Breakfast Recipes

Overnight Oats

Serves: 1

1/2 cup gluten free (or regular) rolled oats

1T nut butter of choice

1 cup unsweetened almond milk

1T chia seeds (optional)

1/2 tsp vanilla extract

1/2 tsp ground cinnamon

1 tsp honey, maple syrup, or honey

Sliced banana for topping

Directions:

Combine all ingredients except for sliced banana in a mason jar. Refrigerate overnight (at least 3 hours). Add more almond milk if too thick the next morning. Top with banana slices.

SPINACH & FETA EGG SCRAMBLE

Serves: 1

In a medium skillet over medium heat coated with cooking spray, scramble 3 egg whites and 1 whole egg with 1/4 cup chopped spinach and 1 tbsp crumbled feta. Season with salt and pepper as desired.



Lunch Recipes

BALSAMIC SALAD IN A JAR

The one thing to remember about salad in a jar is that your dressing goes on the bottom and you should only use things that do well “marinating” in dressing (like hearty veggies, tofu, beans, etc.) for the next layer as it’s going to be touching the dressing. The rest is pretty easy, but here’s a quick guide on how to make salads in a jar.

1. Start by putting 2 Tablespoons of dressing into the bottom of the jar (use the Balsamic Dressing posted below)
2. Add items that will respond well to marinating in the dressing:
cucumbers, squash, mushrooms
3. Add your remaining veggies, legumes, and greens:
tomatoes, red bell pepper, broccoli, broccoli slaw, avocado sprinkled with lemon juice to prevent browning, chickpeas, spring mix (lots of this – you can really pack it in).
4. Add remaining ingredients:
quinoa, nuts, seed, chicken.

BALSAMIC DRESSING:

Ingredients:

½ cup balsamic vinegar

2 teaspoons honey (or agave nectar)

2 teaspoons finely chopped basil

½ teaspoon Braggs liquid aminos (or sea salt)

¼ cup olive oil



Directions:

1. Combine all ingredients except olive oil in a blender and blend.
2. Continue to blend at a low speed as you add olive oil until it is completely emulsified. If you don't have a blender or don't want to take it out put ingredients in a container and shake until well combined!

GREEK SALAD

In a bowl, whisk together 1 tbsp olive oil, 1 tsp lemon juice, 1 tsp red wine vinegar (or you could use balsamic), and salt and pepper to taste. Toss with 1 tomato, sliced; 1/4 red onion, chopped; 2 tbsp pitted black olives, halved; and 3 tbsp crumbled feta. Optional: add grilled chicken or chickpeas.

TURKEY WRAP

Serves: 1

Ingredients:

- 1 (6-inch) whole wheat tortilla
- 1/2 medium avocado, thinly sliced
- 1/2 medium cucumber, thinly sliced
- 1/4 cup lettuce
- 1 medium tomato, thinly sliced
- 3 oz. low-sodium, nitrite-free turkey breast, deli-sliced

Place a tortilla on a serving plate. Top with avocado, cucumber, lettuce, tomato, and turkey; fold and wrap.



Dinner Recipes

TURKEY VEGETABLE BOWL

Serves: 2

Ingredients:

- 95% lean ground turkey (or chicken)
- 1 medium zucchini, diced
- 1 onion, diced
- 2 cups baby spinach
- $\frac{3}{4}$ cup tomato sauce
- $\frac{1}{2}$ teaspoon dried oregano (or basil or parsley)
- 1 cup cooked brown rice ($\frac{1}{2}$ cup is one serving)

In a large pot over medium heat, cook ground turkey and 1 tbsp chicken broth or water. Stir, breaking turkey into pieces with a spoon. Add 1 tbsp broth, veggies, $\frac{3}{4}$ cup tomato sauce and oregano. Simmer until turkey is cooked through, 10 to 15 minutes. Serve over rice.

LEMON HERB CHICKEN

Serves: 2

Ingredients:

- 2 skinless, boneless chicken breast halves
- 1 lemon
- Salt and pepper to taste
- Pinch of dried oregano
- 1 teaspoon dried basil or parsley (or a mixture of both)



Directions:

1. Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.
2. When oil is hot, put chicken in skillet. As you saute chicken, add juice from other 1/2 lemon, pepper to taste, and oregano, basil, and/or parsley. Saute for 5 to 10 minutes each side, or until juices run clear.

ROASTED ASPARAGUS

One serving is 10-12 stalks

Ingredients:

1 bunch asparagus, ends trimmed

½ teaspoon olive oil (or you could use cooking spray)

Salt and pepper to taste

Directions:

1. Preheat oven to 400° F.
2. Coat asparagus with oil, spread in a thin layer on baking sheet, and season with salt and pepper.
3. Bake 10-12 minutes until tender or they reach your desired doneness.



STEAK WITH OVEN ROASTED MUSHROOMS & ONIONS

Ingredients:

4-OZ. Filet mignon or lean sirloin

Marinade (recipe posted below)

1 cup sliced button mushrooms

½ of a red onion, sliced

1 teaspoon olive oil

Salt and pepper to taste

Non-stick cooking spray

2 cups baby spinach

1-2 cloves garlic, minced

1 medium head cauliflower, cut into florets and steamed

½ teaspoon garlic powder

Marinade:

¼ cup balsamic vinegar

1 teaspoon tablespoon extra-virgin olive oil

1 teaspoon tablespoon honey

1 tablespoon garlic, minced

2 tablespoons fresh rosemary needles

½ teaspoon ground black pepper (fresh is best)

Recipe continued on next page.



Directions:

Marinate the steak in a ziplock bag for 20 minutes then grill or broil for about 3 minutes on each side, or until desired doneness. Meanwhile, spray a baking sheet with nonstick cooking spray and arrange the mushrooms and onions in a single layer and season with salt and pepper and drizzle with olive oil. Roast at 375 degrees for about 15 to 20 minutes.

Heat a nonstick skillet coated with nonstick cooking spray over medium heat, sauté minced garlic for 1 minute then add spinach leaves; season with salt and pepper and sauté for 3 to 5 minutes. Lastly, blend the steamed cauliflower florets, garlic powder, salt and pepper to taste in a blender or food processor until smooth.



CHICKEN AND BROCCOLI STIR FRY

INGREDIENTS:

- 1 pound boneless skinless chicken breast, cut into 1 inch pieces
- 1 tablespoon + 1 teaspoon vegetable oil
- 2 cups small broccoli florets
- 1 cup sliced mushrooms (if you don't like mushrooms you can add more broccoli instead)
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- ¼ cup oyster sauce (optional)
- ¼ cup low sodium chicken broth or water
- 1 teaspoon sugar
- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce or coconut aminos
- 1 teaspoon cornstarch or arrowroot starch
- salt and pepper to taste

DIRECTIONS:

1. Heat 1 teaspoon of oil in a large pan over medium heat. Add the broccoli and mushrooms and cook for approximately 4 minutes or until vegetables are tender.
2. Add the ginger and garlic to the pan and cook for 30 seconds more.
3. Remove the vegetables from the pan; place them on a plate and cover.
4. Wipe the pan clean with a paper towel and turn the heat to high. Add the remaining tablespoon of oil.

Recipe continued on next page.



5. Season the chicken pieces with salt and pepper and add them to the pan in a single layer - you may need to do this step in batches. Cook for 3-4 minutes on each side until golden brown and cooked through.
6. Add the vegetables back to the pan and cook for 2 more minutes or until the vegetables are warmed through.
7. In a bowl whisk together the oyster sauce, chicken broth, sugar, sesame oil and soy sauce. In a small bowl mix the cornstarch with a tablespoon of cold water.
8. Pour the oyster sauce mixture over the chicken and vegetables; cook for 30 seconds. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
9. Serve immediately, with rice if desired.



ONE PAN HEALTHY SAUSAGE AND VEGGIES



Ingredients:

2 small (1 cup) red potatoes

3/4 pound green beans

1 large head of broccoli (1 and 1/2 cups)

2 large or 6-7 mini (1 and 1/2 cups) sweet bell peppers

9 ounces sausage, turkey or chicken

6 tablespoons olive oil

1/4 teaspoon red pepper flakes, optional

1 teaspoon paprika

1/2 teaspoon garlic powder

1 tablespoon dried oregano

1 tablespoon dried parsley

1/4 teaspoon salt

1/4 teaspoon pepper

Optional: fresh parsley, quinoa/rice to serve with, Parmesan cheese

Directions:

1. Preheat the oven to 400 degrees F.

2. Line a large sheet pan with foil or parchment paper.

3. Prep the veggies: chop the red potatoes (pretty small pieces here so they will be tender in time), trim the green beans and halve, chop the broccoli, chop the peppers into thick squares, and coin the sausage in thick slices.

4. Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat.

5. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.

6. If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.

7. Enjoy with rice or quinoa and fresh parsley if desired.

Message me at ANY time with any questions!

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