

## **30-30-30 Meal Plan Weeks 4-7**

### **Meal One Breakfast**

#### **TEMPLATE**

3 ounces of protein

1/2 cup fruit

1/2 cup complex starchy carb Optional, 1/3 cup veggies and 1tbs fat

OR

#### **South of The Border:**

2 eggs scrambled with a pinch of cayenne pepper, add 1/4 cup guacamole and 1/4 cup salsa, 1 slice of whole grain toast dry, 1 pineapple ring

OR

#### **Peaches and Cream**

1/2 cup cooked oatmeal, add 1 sliced peach, 2 tablespoons of plain greek yogurt and sprinkle of cinnamon or nutmeg. Sprinkle with crushed walnuts or seeds of choice

OR

#### **Green Tropical Smoothie**

2 cups of coconut water

1/4 cup Greek yogurt or 1/4 cup coconut or soy yogurt

1 cup of pineapple

1 banana

1 tablespoon of honey

1 tbs chia seeds

1 cup of spinach

### **Meal Two Snack**

#### **Fill In the Blank Template:**

1 serving of healthy fat (1/4 cup or 2 TBS) 1 piece of fruit

1 serving of vegetable or regular protein

OR

**Mix-Up**

1/3 cup dried edamame, 1/4 cup raisins and 1/4 cup sunflower seeds, 2 tbs dark chocolate chips

OR

**Monkey Meal**

1 Rice cake, add 2tbs almond, soy nut or peanut butter, 6 banana slices, drizzle of honey

OR

**Apple and Nuts**

1 large red apple, 1/4 cup nuts or seeds

**Meal Three; Lunch**

**Fill In the Blank Template:**

1 serving of protein (4 ounces) 1-2 cups of veggies

1/2 cup starchy complex carb

**Herby Chicken**

4 ounces of grilled chicken, season with 1 tbs olive oil, lemon and herbs de Provence. 1 cup of cooked wild rice and 10 asparagus spears

OR

**Summer Pear Salad**

3 cups of mixed field greens, 4 ounces of turkey, chicken or tuna, seasoned with 1 teaspoon of cumin and fresh olive oil, sea salt. 4 pear slices, 1/4 cup walnuts, 1/4 cup feta cheese. Salad dressing: 2 tbs olive oil, parsley and lemon, mix with 1 teaspoon balsamic vinegar

OR

**Greek Style Snack Lunch Plate**

1/3 cup hummus

1/4 cup feta or cottage cheese

1 cup of pita chips

6 celery slices or 1/2 cup cucumbers

1/4 cup olives and 1/4 cup cherry tomatoes

Handful of red grapes

## **Meal Four: Snack**

### **Fill In the Blank Template:**

- 1 serving of healthy fat
- 1 piece of fruit
- 1 serving of dairy or non dairy protein source

OR

### **Cheese on Rice**

1 rice cake add 2 tbs cream cheese and 1/4 cup dried apricots, raisins or other dried fruit and drizzle of honey

OR

### **Pickle-fat and Berry Time**

1 dill pickle, 1 packet of almond butter, 1/2 cup berries of choice

OR

### **Yogurt and Berry Mix**

- 1 cup of your favorite plain yogurt
- 1/4 cup your favorite berries
- Sprinkle of seeds

## **Meal Five: Dinner**

### **Fill In the Blank Template**

- 4-6 ounces of protein (fish, lean meat or vegetable protein) and spice/oil 2 cups of veggies
- 1/2 cup complex additional carbs (more veggies or a starch)

OR

### **Rice Noodle Time**

- 1 cup of rice noodles
- Over the noodles add 1 cup of shrimp, 1 cup of pineapple chunks and 1 cup of snow peas or broccoli.

1 tbs low sodium soy sauce

OR

### **Spicy Baked Veggies and Beans**

(You can also use in air-fryer)

1 cup of Brussels sprouts sliced thin  
1 cup of red, yellow and green peppers sliced or chopped  
1/4 of an onion sliced thin  
4 asparagus spears sliced  
1 cup of green beans

Marinade: 2 tbs olive oil, 2 cloves of minced garlic, squeeze of lemon, 1/4 teaspoon cayenne pepper or paprika, 1 teaspoon sea salt, 1 cup of water. Blend all together then add all of this to the chopped veggies in a large bowl. Air fry or bake for 45 minutes.

Or

### **Turmeric White Fish and Spinach salad**

Marinade:

2tbs olive oil  
1/2 teaspoon turmeric  
1/2 teaspoon sea salt  
1/2 teaspoon onion powder

Place 6 ounces of whitefish in the mix above and cover with plastic, let sit 30 minutes  
Then bake at 375 for 10 minutes or until flaky  
Eat with 3 cups of spinach salad, 1/4 cup parmesan cheese and 1/4 cup cucumbers and a few cherry tomatoes.

OR

### **Rice CakeFun: Creamy Salmon, Egg Avocado**

Take 1 hard boiled egg, mash with 1/4 of a very ripe avocado. Add a teaspoon of mustard, pinch of cayenne pepper and sea salt. Place on a rice cake

Take a rice cake and add 1 tablespoon of cream cheese sprinkle with dill, then add 3 ounces of smoked salmon and 3 cucumber slices.

Eat with a cup of your favorite fruit or veggies

### **Before Bed:**

Herbal Tea, mint or turmeric with honey and lemon as always

For a sweet tooth kind of night:

1 cup of ice

1 cup of non-dairy milk

1 cup of tart cherries or raspberries or other berry

1/4 cup dark cocoa powder

1 tbs honey

Blend