

30-30-30 Meal Plan Basics

Shopping List Basics:

Spices:

Turmeric
Cumin
Herbs De Provence
Himalayan pink sea salt
Paprika
Garlic
Parsley
Rosemary
Basil
Dill
Thyme
Oregano
Cinnamon
Coriander
Black and Cayenne Pepper

Condiments

Olive oil
Dijon Mustard
Coconut Oil
White vinegar
Wine Vinegar
Local Honey

Toppers

Sun-dried tomatoes
Pine Nuts
Almonds
Brazil nuts
Dried Cherries
Dried Mango
Dark Chocolate Chips
Olives
Pickels

Starchy Carb Staples:

Oatmeal
Whole Grain Breads/Sprouted grain and seeded bread/pitas
Quinoa
Farro
Sweet Potatoes

Regular Potato
Brown Rice, Wild rice,
Chick Peas (garbanzo beans)
Rice Noodles
Edamame ,Chick Pea and Whole Grain Pasta
Bulgur
Cous cous
Wild Rice
Lentils
White beans (Cannellini beans)
Peas (all)

Protein:

All wild fish
Soy/Tofu
Tuna
Organic Chicken, turkey and lean beef
Shrimp
Organic eggs and egg whites
Peas/Spinach

Dairy (Organic)

Feta/Parmesan or Goat Cheese
Greek Yogurt (Fage is my recommendation)
Cottage Cheese

Non-Dairy Options:

Almond Milk and yogurt
Oat Milk and yogurt
Coconut Milk and Yogurt
Rice Milk
Hemp Milk and seeds
Cashew Milk and yogurt
Soy Milk and yogurt/Cheese

Veggies and Complex Carbs

Onions
Carrots
Spinach
Brussels sprouts
Avocado
Cauliflower
Broccoli
Artichokes
Peppers/All Colors

Tomatoes
Sugar Snap Peas
Asparagus
Squash

Fruits

Tart Cherries
Berries (all)
Bananas
Apples
Tangerines
Grapes
Lemons
Limes
Melons
Mango
Pineapple
Grapefruit

Snacks:

Dried Edamame
Dark Chocolate Chips
All Nuts and Dried Fruits
Organic Cheese
Hummus
Guacamole
Rice Cakes
Pickles
Whole Grain Crackers
Yogurt
Smoothies

Fats and Butters and oils

Olive oil
Flax Oil
Walnuts
Seeds Pumpkin, sunflower, chia
Tahini (sesame seeds)
Pistachios
Peanuts
Cashews
Almonds
Coconut oil

General Meal Plan Weeks 1-3.5

Meal One:

Fill In the Blank Template:

3 ounces of protein
1/2 cup fruit
1/2 cup complex starchy carb
Optional, 1/3 cup veggies and 1tbs fat

OR

Spicy Omelet

2 egg whites 1 whole egg scramble with 1 teaspoon of olive oil, paprika, cayenne pepper or turmeric

1/2 cup berries

1 slice who grain toast with 1 tbs coconut oil, sprinkle with
1 teaspoon cinnamon

OR

Berry Oatmeal

1/2 cup oatmeal (dry then cook with water)
Add 1/4 cup raspberries or blueberries after cooking them

Add 2 tablespoons of almond milk or Greek yogurt and 2 tablespoons of walnuts or almonds or seeds

Dash of cinnamon

Or

Green Power Shake

2 cups of oat milk or other milk

2 cups of spinach

1 cup of frozen berries or frozen cherries

1/4 cup avocado

1/2 of a banana

1 tablespoon of honey

Blend

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

Snap and Hummus

1 cup of sugar snap peas

1/3 cup hummus

OR

Fruit and Fat

1 grapefruit, large apple or orange

1 packet of almond butter

OR

Sweet and Savory Cakes

2 rice cakes, on one have 2 tbs salsa and guacamole on the other have 3 tablespoons of cottage cheese and a pineapple ring

OR

Nana and nuts

1 large banana
1/3 cup pistachios in shell

Or

Yogurt and Chocolate

1 cup of 0% Fage Greek yogurt
3 tablespoons of dark chocolate chips
1 teaspoon honey, cinnamon

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

OR

Tuna Wrap

4 ounces of tuna, add 1 teaspoon of Herbs de Provence and 1 tbs olive oil to the tuna. Mix well. Place in a whole grain wrap with 2 cups of spinach.
1 apple and a baby bell cheese

OR

Bean and Spinach Salad

3 cups of spinach salad, Add 1/4 cup black beans or chick peas, 2 tbs purple onion and 1/3 cup cherry tomatoes, 1/2 cup cucumbers. 2 tablespoons of feta cheese

Salad dressing: 2 tbs olive oil, 1 teaspoon wine vinegar, 1 teaspoon of dijon mustard (mix together first)

1 cup of pineapple, grapes or mango

OR

Savory Basic Protein

4 ounces of chicken, fish or turkey. Marinate meat in 2 tablespoons of olive oil, a teaspoon of sea salt, paprika, lemon and garlic

1 cup of cooked quinoa, farro, brown rice or edamame/chick pea pasta with 1/4 cup parmesan

1 cup of steamed broccoli

Or

Bento Box Snack Lunch

1/2 cup carrots or cucumbers

1 ounce of organic cheese

1/4 cup pistachios or almonds or packet of almond or peanut butter

1 hard boiled egg

1/4 cup dried banana or mango

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

Orange and Cheese

1 orange

1 organic string cheese

OR

Seeds and Stuff

1/4 cup sunflower seeds, 1/4 cup walnuts and 1 cup of grapes

Or

Pepper Dip

1 cup of sliced green and yellow pepper, dip into 1/4 cup of hummus and 1/4 cup cottage cheese

OR

Olive You

1/4 cup green olives, 4-6 whole grain crackers, and 1 pear

Or

Pickle Me Crazy

1 rice cake, 2 tablespoons of hummus and 1 dill pickle sliced and on top

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

Wild Turmeric Salmon

4 ounces of wild salmon:
Marinate in:
1 tablespoon of olive oil
1 tablespoon of lemon
1/2 teaspoon turmeric
1 teaspoon garlic

1 cup of pickled artichokes or 1 cup of steamed asparagus tips
1/2 cup wild rice

OR

Kitchen Sink Mediterranean inspired Salad

3 cups of spinach or field greens

2 cups of fresh chopped veggies of choice (onions, carrots, broccoli, peppers)

3 ounces of TUNA, CHICKEN or Beans, lean meat, soy or tofu. Seasoned with lemon and Herbs De Provence spice

3 tablespoons feta cheese

Special Salad Dressing: Make Before in a large dressing container/dispenser and use throughout the week:

1 cup of olive oil
2 tablespoons of balsamic vinegar
1 tablespoon fresh, chopped parsley
1 teaspoon sea salt
1 tablespoon of honey
1 teaspoon of honey dijon mustard
WHISK then place on salad.

OR

Simple Shrimp and Rice

Ingredients:

1 cup of rice noodles or wild rice cooked ahead of time

1 cup of fresh or de-thawed frozen shrimp
1/2 cup of chopped tomatoes
1 teaspoon oregano
1 tbs olive oil
1 clove of garlic
1/4 cup chopped onion
1 cup of broccoli
1/4 cup wine vinegar
1 teaspoon sea salt

Add the olive oil to a pan and heat over medium heat. Add the onions garlic, And heat for a few minutes. Add shrimp.

Sauté for about five minutes over medium heat. Add the tomatoes, oregano, and sea salt. Mix well. Add broccoli. Cover and let cook over medium low heat for another 5 minutes.

Place over 1 cup of either rice noodles or wild rice after cooking

OR

Whitefish, broccoli and spicy and sweet potatoes

6 ounces of whitefish, cod, halibut or other wild fish. Season with fresh lemon, garlic and sea salt and pepper. Bake or pan sauté with 1 tbs olive oil. 1/2 cup steamed broccoli.

Sweet potatoes:

You can slice and bake your sweet potatoes or microwave or bake. You will cover or marinate them in this sauce:

2 tbs coconut oil Melted)

1/4 teaspoon of cumin
1/4 teaspoon of cinnamon
Dash of salt
1 teaspoon of brown sugar
Mix together and bake or add into your sweet potato

Before Bed:

Herbal Tea, mint or turmeric with honey and lemon

2x a week popcorn or protein shake or a few squares of dark chocolate

2 Hard boiled eggs with salsa on a rice cake

Melatonin Releasing Creamy Cherry Shake:

1/4 of an avocado

3/4 cup frozen tart cherries

1 tbs honey

1 cup Oatmilk

Ice if you like...

1 tablespoon of walnuts

BLEND