

## 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**