



powersculpt
FITNESS

21-Day Tune Up Program,
Week 1

Power Sculpt Fitness


























<https://powersculptfitness.com/>

3-weeks of delicious and easy clean eating to get you feeling awesome.




This program will guide you through three weeks of eating clean so by the time you are finished, you will be feeling amazing.

We are removing all excuses by focusing on easy, budget-friendly meals and snacks. Each week will come with a meal plan, grocery list and prep guide. We are making it super simple for you to eat clean and feel awesome.




We are so excited for this one. Let's do this!

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Baked Strawberry Rhubarb Oatmeal	 Baked Strawberry Rhubarb Oatmeal	 Mango Oat Smoothie	 Liquid Gold Green Smoothie	 Liquid Gold Green Smoothie
Lunch	 Cream of Celery & Asparagus Soup	 Pan Seared Haddock with Pineapple Salsa	 Chicken, Broccoli & Cashew Stir Fry	 Grilled Chicken Caesar Lettuce Wraps	 Quinoa Kale Fritters
Snack 1	 Pineapple	 Pineapple	 Dark Chocolate & Pistachios	 Dark Chocolate & Pistachios	 Celery with Peanut Butter
Dinner	 Pan Seared Haddock with Pineapple Salsa	 Chicken, Broccoli & Cashew Stir Fry	 Grilled Chicken Caesar Lettuce Wraps	 Quinoa Kale Fritters	 Bruschetta Flatbread
Snack 2	 Chocolate Almond Butter Pudding	 Chocolate Almond Butter Pudding	 Chocolate Almond Butter Pudding	 Brown Rice Chips with Salsa	 Brown Rice Chips with Salsa




Mon

Fat  45%
 Carbs  38%
 Protein  17%




Tue

Fat  39%
 Carbs  43%
 Protein  18%




Wed

Fat  49%
 Carbs  34%
 Protein  17%

Thu

Fat  49%
 Carbs  36%
 Protein  15%

Fri

Fat  44%
 Carbs  43%
 Protein  13%

Calories	1347	Calories	1525	Calories	1687	Calories	1337	Calories	1282
Fat	71g	Fat	69g	Fat	97g	Fat	76g	Fat	66g
Saturated	15g	Saturated	13g	Saturated	21g	Saturated	17g	Saturated	13g
Carbs	137g	Carbs	170g	Carbs	151g	Carbs	127g	Carbs	146g
Fiber	34g	Fiber	35g	Fiber	32g	Fiber	30g	Fiber	31g
Sugar	68g	Sugar	72g	Sugar	67g	Sugar	41g	Sugar	39g
Protein	60g	Protein	74g	Protein	74g	Protein	52g	Protein	42g
Cholesterol	151mg	Cholesterol	192mg	Cholesterol	123mg	Cholesterol	144mg	Cholesterol	108mg
Sodium	1215mg	Sodium	1114mg	Sodium	1177mg	Sodium	1786mg	Sodium	1885mg
Vitamin A	6146IU	Vitamin A	3341IU	Vitamin A	4048IU	Vitamin A	5138IU	Vitamin A	7033IU
Vitamin C	269mg	Vitamin C	422mg	Vitamin C	261mg	Vitamin C	56mg	Vitamin C	67mg
Calcium	609mg	Calcium	579mg	Calcium	827mg	Calcium	778mg	Calcium	888mg
Iron	13mg	Iron	11mg	Iron	11mg	Iron	9mg	Iron	9mg

Fruits

- 8 Avocado
- 5 Banana
- 2 1/4 Lemon
- 2 Lime
- 7 cups Pineapple
- 2 cups Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 3/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/2 cup Cashews
- 2 tsps Cinnamon
- 1/2 tsp Garlic Powder
- 2/3 cup Hemp Seeds
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1/3 cup Pecans
- 1 cup Pistachios
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 6 Brown Rice Tortillas
- 2 cups Frozen Mango

Vegetables

- 3 cups Asparagus
- 8 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 head Boston Lettuce
- 4 cups Broccoli
- 9 stalks Celery
- 1/2 Cucumber
- 11 1/2 Garlic
- 1 tbsp Ginger
- 3 stalks Green Onion
- 2 cups Kale Leaves
- 1/4 cup Mint Leaves
- 4 cups Mixed Greens
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 cup Rhubarb
- 1 Sweet Onion
- 3 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

Boxed & Canned

- 2 cups Organic Salsa
- 1 1/4 cups Quinoa

Baking

- 1/3 cup Almond Flour
- 2/3 cup Cocoa Powder
- 3 1/2 ozs Dark Organic Chocolate
- 2 1/16 cups Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 2 ozs Chicken Breast, Cooked
- 1/4 cup Feta Cheese
- 4 Haddock Fillet

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Tamari
- 1 tbsp Yellow Mustard

Cold

- 3 Egg
- 8 3/4 cups Unsweetened Almond Milk

Other

- 6 1/2 cups Water



Baked Strawberry Rhubarb Oatmeal

4 servings
50 minutes

Ingredients

- 2 cups Strawberries (sliced)
- 1 cup Rhubarb (diced)
- 3 tbsps Maple Syrup (divided)
- 3/4 cup Unsweetened Almond Milk
- 1 Egg
- 1 1/2 cups Oats
- 2 tsps Cinnamon
- 1/3 cup Pecans (chopped)

Nutrition

Amount per serving	
Calories	268
Fat	10g
Saturated	1g
Carbs	40g
Fiber	7g
Sugar	14g
Protein	7g
Cholesterol	47mg
Sodium	54mg
Vitamin A	209IU
Vitamin C	45mg
Calcium	179mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
- 2 In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
- 3 Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Mango
- 1 Banana
- 1/4 cup Oats
- 2 cups Unsweetened Almond Milk
- 2 tbsps Hemp Seeds
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	276
Fat	9g
Saturated	1g
Carbs	47g
Fiber	7g
Sugar	30g
Protein	8g
Cholesterol	0mg
Sodium	164mg
Vitamin A	2324IU
Vitamin C	68mg
Calcium	485mg
Iron	2mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add greek yogurt.



Liquid Gold Green Smoothie

2 servings

5 minutes

Ingredients

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 tbsps Cocoa Powder
- 2 1/2 cups Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Baby Spinach

Directions

1

- Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

Notes

More Protein: Add a scoop of protein powder or hemp seeds.

Nutrition

Amount per serving	
Calories	347
Fat	19g
Saturated	3g
Carbs	48g
Fiber	14g
Sugar	21g
Protein	6g
Cholesterol	0mg
Sodium	235mg
Vitamin A	3659IU
Vitamin C	29mg
Calcium	629mg
Iron	3mg



Cream of Celery & Asparagus Soup

4 servings
25 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Saturated	7g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	671mg
Vitamin A	3847IU
Vitamin C	17mg
Calcium	131mg
Iron	6mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

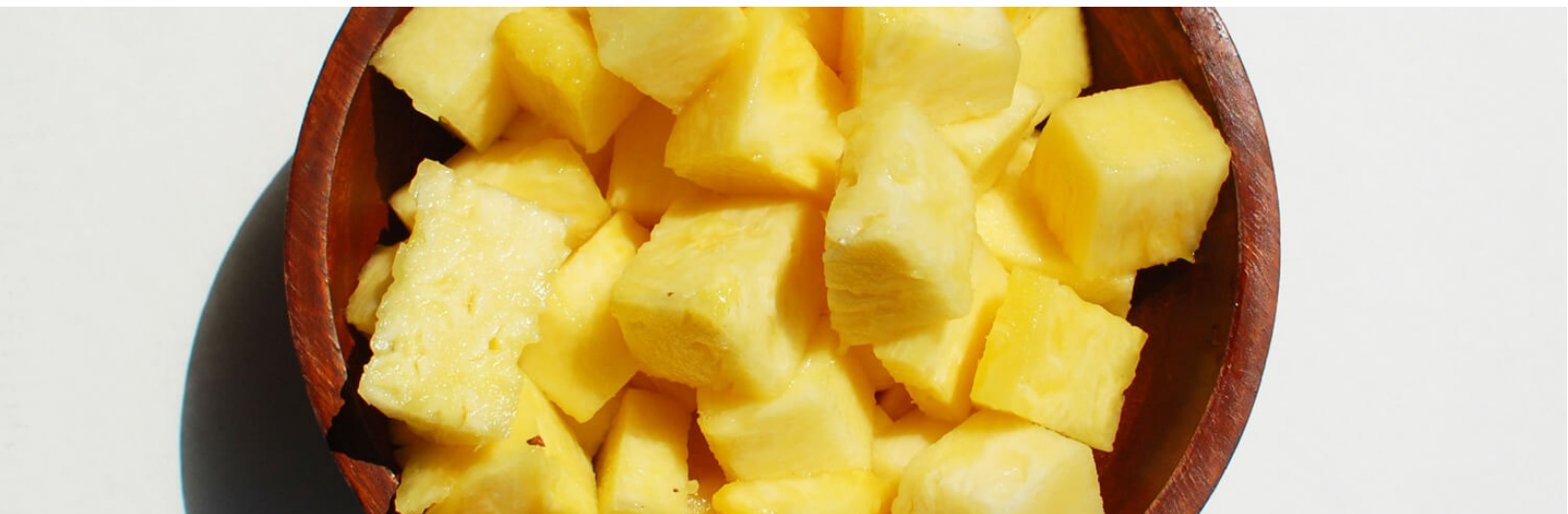
Leftovers: Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size: One serving is approximately 2 cups.

No Hemp Seeds: Use cashews.

Add Some Crunch: Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach: Use kale, swiss chard or any leafy green.



Pineapple

4 servings

5 minutes

Ingredients

6 cups Pineapple

Nutrition

Amount per serving	
Calories	124
Fat	0g
Saturated	0g
Carbs	32g
Fiber	3g
Sugar	24g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	144IU
Vitamin C	118mg
Calcium	32mg
Iron	1mg

Directions

- 1 Slice into cubes and divide into bowls. Enjoy!

Notes

Extra Sweet: Grill or broil your pineapple and sprinkle with cinnamon.



Dark Chocolate & Pistachios

4 servings
5 minutes

Ingredients

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
1 cup Pistachios (shelled)

Nutrition

Amount per serving	
Calories	315
Fat	24g
Saturated	8g
Carbs	20g
Fiber	6g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	12mg
Vitamin A	159IU
Vitamin C	2mg
Calcium	32mg
Iron	2mg

Directions

- 1 Divide into bowls and enjoy!



Celery with Peanut Butter

2 servings

5 minutes

Ingredients

3 stalks Celery (sliced into sticks)
1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	201
Fat	17g
Saturated	3g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	53mg
Vitamin A	269IU
Vitamin C	2mg
Calcium	40mg
Iron	1mg

Directions

- 1 Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free: Use sunflower seed butter or hummus instead.



Pan Seared Haddock with Pineapple Salsa

4 servings
30 minutes

Ingredients

- 1 cup Pineapple (diced)
- 1 Avocado (diced)
- 1 Tomato (diced)
- 1 Red Bell Pepper (diced)
- 1/2 Cucumber (diced)
- 1/4 cup Mint Leaves (chopped)
- 1/4 cup Red Onion (diced)
- 1 Lime (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Coconut Oil
- 4 Haddock Fillet
- 4 cups Mixed Greens

Nutrition

Amount per serving	
Calories	306
Fat	12g
Saturated	3g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	34g
Cholesterol	104mg
Sodium	446mg
Vitamin A	1667IU
Vitamin C	76mg
Calcium	70mg
Iron	2mg

Directions

- 1 Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
- 2 Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
- 3 Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

Notes

BBQ Version: Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

No Haddock: Any type of white fish will do.

No Fish: Use chicken breast or steak instead.

Vegan: Skip the fish and use a veggie burger instead.

More Carbs: Serve with brown rice or quinoa.



Chicken, Broccoli & Cashew Stir Fry

4 servings
45 minutes

Ingredients

8 ozs Chicken Breast
3/4 cup Quinoa
1 1/2 cups Water
2 tbsps Tamari
1 tbsp Raw Honey
1 tbsp Apple Cider Vinegar
4 cups Broccoli (cut into florets)
1 tbsp Coconut Oil
1 Yellow Bell Pepper (diced)
1/2 Sweet Onion (chopped)
1 tbsp Ginger (grated)
3 Garlic (cloves, minced)
1/2 cup Cashews
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	400
Fat	15g
Saturated	5g
Carbs	45g
Fiber	6g
Sugar	9g
Protein	24g
Cholesterol	41mg
Sodium	570mg
Vitamin A	1042IU
Vitamin C	170mg
Calcium	101mg

Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Iron

4mg



Grilled Chicken Caesar Lettuce Wraps

4 servings

40 minutes

Ingredients

- 1 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 lb Chicken Breast
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 1 tbsp Dijon Mustard
- 1 head Boston Lettuce (washed and pulled apart into leaves)

Nutrition

Amount per serving	
Calories	269
Fat	17g
Saturated	3g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	26g
Cholesterol	82mg
Sodium	389mg
Vitamin A	244IU
Vitamin C	8mg
Calcium	12mg
Iron	1mg

Directions

- 1 Preheat the grill over medium heat.
- 2 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 3 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 4 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 5 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 6 Remove chicken from the grill and dice with a knife.
- 7 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver: Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill: Use an oven pre-heated to 400°F (204°C) instead.

More Carbs: Add quinoa to your wraps.

Vegan: Use roasted chickpeas instead of chicken.



Quinoa Kale Fritters

6 servings

45 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Coconut Oil (divided)
- 2 Egg (whisked)
- 1/2 Sweet Onion (diced)
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves
- 1/3 cup Oats
- 1/3 cup Almond Flour
- 1 Avocado (peeled and sliced)
- 1 Lemon (juiced)
- 1 tbsp Yellow Mustard

Nutrition

Amount per serving	
Calories	218
Fat	13g
Saturated	3g
Carbs	20g
Fiber	5g
Sugar	2g
Protein	7g
Cholesterol	62mg
Sodium	59mg
Vitamin A	479IU
Vitamin C	15mg
Calcium	66mg
Iron	2mg

Directions

- 1 Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 2 In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
- 3 In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
- 4 With clean hands, form even patties with the mixture and place on a piece of waxed paper.
- 5 In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
- 6 To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
- 7 Serve the fritters on organic bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is equal to approximately one large fritter.



Bruschetta Flatbread

2 servings
35 minutes

Ingredients

- 2 Tomato (finely diced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Basil Leaves (chopped)
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortillas
- 2 ozs Chicken Breast, Cooked (diced)

Nutrition

Amount per serving	
Calories	328
Fat	14g
Saturated	4g
Carbs	33g
Fiber	4g
Sugar	4g
Protein	16g
Cholesterol	46mg
Sodium	447mg
Vitamin A	2029IU
Vitamin C	19mg
Calcium	114mg
Iron	2mg

Directions

- 1 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 2 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 3 Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!



Chocolate Almond Butter Pudding

6 servings

5 minutes

Ingredients

- 4 Avocado (peeled and pits removed)
- 1/2 cup Maple Syrup
- 1 cup Unsweetened Almond Milk
- 1/3 cup Cocoa Powder
- 1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	427
Fat	32g
Saturated	4g
Carbs	36g
Fiber	13g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	42mg
Vitamin A	279IU
Vitamin C	13mg
Calcium	197mg
Iron	2mg

Directions

- 1 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 2 Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder: Use cacao powder instead.

No Almond Butter: Use peanut butter or any type of nut butter.

Optional Toppings: Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre: Add ground flax seeds before blending.



Brown Rice Chips with Salsa

4 servings
15 minutes

Ingredients

4 Brown Rice Tortillas
2 cups Organic Salsa

Nutrition

Amount per serving	
Calories	188
Fat	3g
Saturated	0g
Carbs	36g
Fiber	5g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	1091mg
Vitamin A	597IU
Vitamin C	2mg
Calcium	39mg
Iron	1mg

Directions



- 1 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Remove chips from oven. Serve with salsa. Enjoy!





Notes





Flavoured Chips: Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!





Extra Mexican Flavour: Squeeze a lime wedge over the chips after baking.

Low FODMAP: Ensure the salsa is onion-free.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 21-Day Tune Up Program, Week 1 and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		Make the Baked Strawberry Rhubarb Oatmeal.	Follow the recipe then set aside to cool. Once it is cool, divide it into containers. Store in the fridge.
		Make the Cream of Celery & Asparagus Soup.	Divide into containers. Store what you need for tomorrow's lunch in the fridge and freeze the rest. You will eat this in Week 3.
		Cook your quinoa for the Chicken, Broccoli & Cashew Stir Fry and Quinoa Kale Fritters.	Cook it today to save yourself time throughout the week. Let cool then store in the fridge in a covered container.
		Grill or bake your chicken breasts for the Chicken, Broccoli & Cashew Stir Fry, Grilled Chicken Caesar Wraps and Bruschetta Flatbread.	Let cool. Store what you will need for the Chicken, Broccoli & Cashew Stir Fry and Grilled Chicken Caesar Wraps in the fridge. Store the rest in the freezer. We will remind you when to set it out to thaw.

		Slice your Pineapple.	Slice enough for snacks on Monday and Tuesday. Place in containers with lids and store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Baked Strawberry Rhubarb Oatmeal, Cream of Celery & Asparagus Soup and Pineapple.
		Make Pan Seared Haddock with Pineapple Salsa.	Enjoy for dinner. Divide leftovers into containers for tomorrow's lunch and store in the fridge.
		Make Chocolate Almond Butter Pudding.	Make enough for snacks for the next three nights. Divide into containers. Enjoy one serving for snack and store leftovers in the fridge.
2 Tue		Pack your meals if you are on-the-go.	Baked Strawberry Rhubarb Oatmeal, Pan Seared Haddock with Pineapple Salsa and Pineapple.
		Make Chicken, Broccoli & Cashew Stir Fry for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Enjoy Chocolate Almond Butter Pudding for a snack.	
		Prepare Dark Chocolate & Pistachios snacks.	For tomorrow and Thursday. Divide into baggies or containers and store at room temp.
		Make your Mango Oat Smoothie.	Blend until smooth and creamy. Divide into jars.

3 Wed		Pack your meals if you are on-the-go.	Mango Oat Smoothie, Chicken, Broccoli & Cashew Stir Fry and Dark Chocolate & Pistachios.
		Make Grilled Chicken Caesar Wraps for dinner.	Enjoy then divide leftovers into containers for tomorrow's lunch.
		Enjoy Chocolate Almond Butter Pudding for snack.	
4 Thu		Make the Liquid Gold Green Smoothie.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, Grilled Chicken Caesar Wraps and Dark Chocolate & Pistachios.
		Make Quinoa Kale Fritters for dinner.	Enjoy for dinner. Set aside a portion for your lunch tomorrow. Then freeze any leftovers for Week 2.
		Prepare your Celery with Peanut Butter for tomorrow's snack.	Wash and slice celery into sticks. Portion peanut butter into small containers. Store in the fridge overnight.
		Make Brown Rice Chips with Salsa for a snack.	Enjoy then set aside leftovers for tomorrow night's snack.
		Thaw the chicken for the Bruschetta Flatbread.	Transfer to the fridge for tomorrow night's dinner.
		Optional: Prepare bruschetta mix for Bruschetta Flatbread.	Combine the tomatoes, garlic, olive oil, basil, balsamic vinegar, feta, sea salt and black pepper in a

			bowl. Toss well and cover. Store in the fridge overnight.
5 Fri		Make the Liquid Gold Green Smoothie for breakfast.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, Quinoa Kale Fritters and Celery with Peanut Butter.
		Make Bruschetta Flatbread for dinner.	Store any leftover tortillas, bruschetta and chicken separately in the fridge.
		Enjoy Brown Rice Chips with Salsa for a snack.	
6 Sat		Try something new of your choice!	
7 Sun		Free day.	Set aside some time to grocery shop and prep for Week 2.