



4 Week Meal Plan

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: Quinoa L: Salad +protein D: protein + 2 servings veggies S: Protein Shake Skinny Popcorn	B: Egg White Bake L: Stuffed cucumber D: Protein + 1 green veggie, 1 carb S: Protein Shake Skinny Popcorn	B: Smoothie L: Tuna salad D: Pulled Pork + bagel thin, salad S: Protein waffle Skinny Popcorn	B: Breakfast sandwich L: Salad + protein D: Noodle Stir Fry S: Protein shake 1 Healthy Cookie
TUE	B: Quinoa L: Salad =protein D: Protein = 2 servings veggies S: Protein Shake Skinny Popcorn	B: Egg White Bake L: Stuffed cucumber D: Protein + 1 green veggie, 1 carb S: Protein Shake Skinny Popcorn	B: Smoothie L: Tuna salad D: Pulled Pork + bagel thin, salad S: Protein waffle Skinny Popcorn	B: Breakfast sandwich L: Salad + protein D: Noodle Stir Fry S: Protein shake 1 Healthy Cookie
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FRI	B: Quinoa L: Salad +protein D: Protein + 2 servings veggies S: Protein shake, Skinny popcorn	B: Egg White Bake L: Stuffed cucumber D: Protein + 1 green veggie, 1 carb S: Protein Shake Skinny Popcorn	B: Smoothie L: Tuna salad D: Pulled Pork + bagel thin, salad S: Protein waffle Skinny Popcorn	B: Breakfast sandwich L: Salad + protein D: Noodle Stir Fry S: Protein shake 1 Healthy Cookie

Kellie's Carrot Protein Cake



Ingredients

50 g chickpea flour
1 scoop protein powder
1 T GF 1-1 baking flour
1 tsp Baking Powder
2 T maple syrup
1 tsp vanilla
2 T shredded carrots
1/4 tsp nutmeg
1/4 tsp cinnamon
12g walnuts
Optional: coconut whipped
topping

Directions

1. Preheat the oven to 375 F
2. Grease a ramekin with organic cooking spray.
3. Mix dry ingredients. Add in all other ingredients except walnuts and whisk with a fork.
4. Mix in the walnuts.
5. Pour batter into the ramekin and bake 18-20 minutes.
6. Let cool for 5 minutes. Add whipped topping and enjoy!



Notes:

You can try subbing in oat, almond or any other healthy flour for the chickpea flour :)

Kellie's Egg White Bake



Ingredients

16 oz liquid egg whites
80 g Cheese
2 cups spinach or kale
Black Pepper to taste
Garlic Powder to taste
Optional: other veggies
and/or lean protein, low
sodium seasonings,
nutritional yeast

Directions

1. Preheat the oven to 375 F.
2. Spray a 13" x 9" glass dish with organic cooking spray.
3. Add vegetables, meat, cheese and seasonings to the dish.
4. Pour in the egg whites.
5. Bake for 30-40 mins or until firm.
6. Let cool and then cut into 8 even pieces for meal prep.



Notes:

You can use a slice for an egg sandwich on a bagel thin or english muffin. I like to add ham and spicy jelly!

Kellie's Stuffed Cucumbers



Ingredients

- 1 Large Cucumber
- 1 Can Organic Chicken Meat
- 1-2 T Franks Buffalo Wing Sauce
- 2 T Shredded Carrots
- Optional: 1 T vegan/dairy bleu cheese crumbles

Directions

1. Drain the can of chicken and mix with buffalo wing sauce. Set aside.
2. Peel the cucumber and cut in half lengthwise.
3. Scoop out the seeds.
4. Stuff the cucumber with chicken mixture and top with carrots.
5. Enjoy!



Notes:

This is my go to beach lunch!

Kellie's Tuna Salad



Ingredients

- 1 Can Tuna
- 1 T Light Mayo
- 1-2 tsp Dijon Mustard
- 1 stalk celery

Directions

1. Drain the can of tuna and fork into a bowl. Use the fork to break up the tuna to a sawdust like consistency.
2. Add the mayo and mustard to the tuna and mix thoroughly.
3. Chop the stalk of celery and add to the tuna mixture.
4. Eat on a green salad, with a whole grain tortilla/pita or in an egg white wrap with mixed greens.
5. Enjoy!



Notes: I suggest using a low fat or fat free honey dijon or balsamic dressing on your green salad with this tuna recipe!

Kellie's Pulled Pork



Ingredients

- 1 Pork Loin
- 1 cup low sodium vegetable broth
- 1-2 tsp low sodium seasonings
- Optional: sugar free bbq sauce

Directions

1. Place the pork, broth and seasoning in a crockpot.
2. Cook in low 6-8 hours or high 3-4 hours.
3. Drain the liquid from the pot and then "shred" the pork with a fork and knife.
4. Add 1-2 T of the bbq sauce with your serving.
5. Serve on a sandwich/bagel thin, whole grain bun or for low carb with a scoop of low fat slaw on top.
6. Enjoy!



Notes: You can also smoke or grill your pork with low sodium seasoning!

Kellie's Protein Waffle



Ingredients

1-2 scoops of protein (about 30 grams)

3-5 oz liquid egg whites

2-4 oz unsweetened almond

1 tsp baking powder

Optional: chocolate chips, maple syrup, low calorie whipped topping, nut butter, "Kellie's peanut butter sauce"

Directions

1. Heat your waffle iron.
2. Whisk the protein powder and baking powder.
3. Add 3oz of egg whites and 2oz of milk and mix. Keep adding egg whites and/or milk until the consistency is that of white glue.
4. Spray the waffle iron with cooking oil and pour the mixture in. Set a timer for 4-6 minutes.
5. Remove the waffle from the iron and top with desired toppings.
6. Enjoy!



Notes: You can shake things up and microwave the mixture to make a protein mug cake instead of a waffle!

Kellie's Breakfast Sandwich



Ingredients

- 4 oz of egg whites or 1 egg and 3 egg whites
- 1 bagel thin or low calorie english muffin
- 2-4 slices of ham
- 1 Tablespoon of red pepper jelly OR zero calorie hot sauce
- Optional: 1/2-1 slice of vegan or low fat cheese

Directions

1. Cook your eggs so that they are nice and thin like an omelette. Heat the ham in the same skillet. (If adding cheese place the cheese to melt on the hot ham while it's in the pan).
2. Toast your bagel or english muffin.
3. Spread your desired sauce on your bagel.
4. Place all or some of your egg mixture on the bagel.
5. Top with ham and/or cheese mixture.
6. Enjoy!



Notes:

In case you missed it, you can use your egg white bake for this sandwich too :)

Kellie's Noodle Stir Fry



Ingredients

- 4 oz of cooked chicken or shrimp
- 1/2-1 package of shiratake noodles
- 2 T powdered peanut butter
- 1-2 T low sugar sodium teriyaki sauce
- 1 cup vegetables
- Optional: crushed red pepper flakes or hot sauce to taste

Directions

1. Mix the powdered peanut butter, teriyaki sauce, 1 T of water and red pepper flakes. Set aside.
2. Drain and rinse the noodles and set aside.
3. Heat a skillet to medium-high and add your shrimp and veggies.
4. Once your shrimp and veggies are warm add the noodles and sauce.
5. Serve warm and enjoy!



Notes:

If you need more protein you can add some egg whites to step 3. For veggies I suggest pea pods and mushrooms, yum!

Kellie's Protein Smoothie



Ingredients

- 1 Scoop Vanilla Protein Powder
- 1/2 Frozen Banana (35g)
- 1/3 c Frozen cherries (or other berries)
- 8 oz unsweetened almond milk

Optional: scoop of powdered greens/peanut butter, 1/2 T of peanut butter, 1 cup spinach, 1 T seeds, 1/2 tsp cinnamon

Directions

1. Place all ingredients in a blender and blend until nice and smooth.
2. Pour into desired cup and enjoy!



Notes:

The smoothie options are endless! Just use ingredients that fit into you macros and nutritional needs :)

Kellie's Healthy Cookies

Ingredients

- 1 1/2 cups oats
- 1/2 cup nut butter
- 2 mashed bananas
- 1 tsp vanilla extract
- 3 T maple syrup
- 1/3 cup chocolate chunks
- Optional: 2 T chia seeds, increase maple syrup to 1/4 cup



Method

1. Mix together the nut butter, banana, vanilla and maple syrup
2. Fold in the oats.
3. Place the mixture in the fridge for 20 minutes.
4. Preheat the oven to 350 F.
5. Line a baking sheet with parchment paper.
6. Remove the mixture from the fridge and mix in the chocolate chunks.
7. Spoon heaping tablespoons of dough onto the pan and pat down, shaping with the spoon
8. Bake 12-15 minutes.
9. Enjoy!

Kellie Nichole

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Meal Plan

Notes

- Favorite low calorie popcorns: Lesser Evil, Trader Joe's Air Popped
- Low Calorie Sauces: Primal Kitchen, Trader Joe's Reduced Sugar Fruit Spread, Millers Banana Pepper Mustard, Hellman's Low Fat Mayo, Trader Joe's Dijon Mustard, Trader Joe's Coconut Aminos, Trader Joe's Cooking Oil Sprays, Skinny Girl Salad Dressing
- Know your macros and stick to them! You may be able to add some extra toppings like avocado or sides like berries.
- I plan my meals 1 day ahead of time but prep my staples (like egg white bake, chicken breast, quinoa) on Sundays