



**envision**  
health & wellness

## *Flexible Meal Plan*

RIGID MEAL PLANS AREN'T FOR EVERYONE. IF YOU JUST NEED SOME INSPIRATION FOR COMPLETE MEALS THAT ARE GREAT FOR GUT AND BRAIN HEALTH HERE IT IS! ADD THREE TO FOUR FROM EACH CATEGORY TO THIS MONTHS ROTATION!



# BREAKFAST

*You Choose*

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



## CUCUMBER KALE AVOCADO SMOOTHIE

*INGREDIENTS:* AVOCADO, CUCUMBER, APPLE, KALE, VANILLA PROTEIN POWDER, MCT OIL (OR COCONUT OIL).

CALORIES = 420  
CARBOHYDRATE = 16 G  
FAT = 28 G  
PROTEIN = 26 G



## KIWI OATMEAL

*INGREDIENTS:* COOKED STEEL CUT OATMEAL (1/2 CUP UNCOOKED) WITH COCONUT MILK (1 CUP), ALMOND BUTTER (1 TBSP), HEMP SEEDS (1 TBSP), SLICED KIWI (1 SMALL).

CALORIES = 425  
CARBOHYDRATE = 42 G  
FAT = 22.5 G  
PROTEIN = 13.5 G



## SPINACH AND TOMATO OMELETTE OR EGG SCRAMBLE

*INGREDIENTS:* EGGS (THREE), SLICED TOMATO (1/4 CUP), SPINACH (1/2 CUP), HERBED GOAT CHEESE (1 OZ).

CALORIES = 325  
CARBOHYDRATE = 4.5 G  
FAT = 23 G  
PROTEIN = 25 G



## HARD BOILED EGGS AND TOAST

*INGREDIENTS:* SPROUTED GRAIN TOAST (1 SLICE), SLICED HARD BOILED EGGS (TWO), MASHED OR SLICED AVOCADO (1/2 MEDIUM).

CALORIES = 380  
CARBOHYDRATE = 23.5 G  
FAT = 24 G  
PROTEIN = 18 G



## GREEK YOGURT AND BERRIES

*INGREDIENTS:* PLAIN GREEK OR COCONUT YOGURT (1 CUP), SLICED ALMONDS (1 TBSP), CHIA SEEDS (1 TBSP), BERRIES OF CHOICE (1/4 CUP).

CALORIES = 370  
CARBOHYDRATE = 23.5 G  
FAT = 20.5 G  
PROTEIN = 23.5 G



## WESTERN SCRAMBLED EGGS

*INGREDIENTS:* EGGS (TWO), CHOPPED BELL PEPPER (1/4 CUP), CHOPPED YELLOW ONION (1/4 CUP), CHEDDAR CHEESE (1 OZ), BLACK BEANS (1/4 CUP), GARLIC, BLACK PEPPER.

CALORIES = 325  
CARBOHYDRATE = 13.5 G  
FAT = 18 G  
PROTEIN = 27 G



## GREEN SMOOTHIE

*INGREDIENTS:* FROZEN MANGO, FROZEN PEACHES, KALE, ALMOND MILK, FRESH GINGER, CINNAMON, HONEY.

CALORIES = 224  
CARBOHYDRATE = 43.5 G  
FAT = 5.5 G  
PROTEIN = 5 G



## COCONUT FLOUR PANCAKES

*INGREDIENTS:* COCONUT FLOUR, EGGS, OLIVE OIL, MAPLE SYRUP, BAKING POWDER, VANILLA EXTRACT, SEA SALT. TOP WITH BERRIES.

CALORIES = 96 (PER PANCAKE)  
CARBOHYDRATE = 3 G  
FAT = 7 G  
PROTEIN = 3 G

# LUNCH

*You Choose*

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



### SHREDDED CHICKEN SALAD

*INGREDIENTS:* SHREDDED CHICKEN (4 OZ), MIXED GREENS (2 CUPS), CHOPPED WALNUTS (1 TBSP), CHERRY TOMATOES, RED ONION BLUEBERRIES (1/4 CUP EACH), OLIVE OIL (1 TBSP), LEMON JUICE, SALT, PEPPER.

CALORIES = 380  
CARBOHYDRATE = 15 G  
FAT = 27.5 G  
PROTEIN = 19 G



### SMOKED SALMON TOAST

*INGREDIENTS:* SPROUTED GRAIN TOAST (1 SLICE), GOAT CHEESE (1 OZ), SMOKED SALMON (3 OZ), PARSLEY, CAPERS. SERVE WITH A PEAR (1 MEDIUM).

CALORIES = 395  
CARBOHYDRATE = 43 G  
FAT = 13 G  
PROTEIN = 26 G



### WATERCRESS SALAD

*INGREDIENTS:* WATERCRESS (2 CUPS), SLICED RADISHES (1/4 CUP), SLICED GREEN APPLE (1/2 MEDIUM), CHOPPED WALNUTS (1 TBSP), AND BAKED CHICKEN (4 OZ). SERVE WITH DRESSING OF CHOICE (CALORIES FROM DRESSING NOT INCLUDED).

CALORIES = 275  
CARBOHYDRATE = 20 G  
FAT = 13.5 G  
PROTEIN = 19 G



### YOGURT GRANOLA BOWL

*INGREDIENTS:* FULL FAT PLAIN GREEK YOGURT (1 CUP), PALEO GRANOLA (2 TBSP), UNSWEETENED COCONUT SHREDS (1 TBSP), CACAO NIBS (1TBSP), SLICED PEACHES (1 SMALL)

CALORIES = 440  
CARBOHYDRATE = 32 G  
FAT = 25 G  
PROTEIN = 22 G



### MEDITERRANEAN WRAP

*INGREDIENTS:* SPROUTED GRAIN OR GRAIN FREE WRAP (1 WRAP), HUMMUS (2 TBSP), FETA (1 TBSP), KALAMATA OLIVES (1 TBSP), SLICED RED ONION (1/8 CUP), CUCUMBER (1/4 CUP), PARSLEY, SLICED RED PEPPER (1/4 CUP).

CALORIES = 330  
CARBOHYDRATE = 32 G  
FAT = 14.5 G  
PROTEIN = 16 G



### SMOKED SALMON SALAD

*INGREDIENTS:* ARUGULA OR MIXED GREENS (2 CUPS), SMOKED SALMON (3 OZ), CHOPPED CHERRY TOMATOES, SPROUTS, GREEN ONIONS (1/4 CUP EACH), OLIVE OIL (1TBSP), LEMON, SALT, PEPPER.

CALORIES = 270  
CARBOHYDRATE = 6 G  
FAT = 18 G  
PROTEIN = 17 G



### TURKEY AVOCADO WRAP

*INGREDIENTS:* SLICED ORGANIC TURKEY (3 SLICES), SPROUTED GRAIN OR GRAIN FREE WRAP (1 WRAP), AVOCADO (1 MEDIUM), ARUGULA (1 CUP), SLICED TOMATO (1/4 CUP), SLICED RED ONION (1/4 CUP).

CALORIES = 355  
CARBOHYDRATE = 31.5 G  
FAT = 15.5 G  
PROTEIN = 23 G



### HARD BOILED EGG SALAD

*INGREDIENTS:* ARUGULA (2 CUPS), HARD BOILED EGGS (TWO), BLUEBERRIES, RED ONION, SPROUTS (1/4 CUP EACH), PARSLEY, MOZZARELLA (1 OZ), OLIVE OIL MIXED WITH DIJON MUSTARD (1 TBSP EACH).

CALORIES = 385  
CARBOHYDRATE = 14 G  
FAT = 27 G  
PROTEIN = 19 G



# DINNER

*You Choose*

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



## **PESTO PASTA WITH SHRIMP**

*INGREDIENTS:* COOKED LENTIL PASTA (1 CUP), SAUTÉED SHRIMP (4 OZ) IN PESTO SAUCE (1 TBSP), STEAMED BROCCOLI (1 CUP).

CALORIES = 470  
CARBOHYDRATE = 39 G  
FAT = 15 G  
PROTEIN = 45 G



## **BAKED SALMON AND ASPARAGUS (SERVE WITH BAKED SQUASH)**

*INGREDIENTS:* SALMON FILETS, ASPARAGUS, SALT, PEPPER, OLIVE OIL, LEMON, BUTTER, GARLIC, PARSLEY. SERVE WITH BAKED BUTTERNUT OR ACORN SQUASH (1/4 CUP).

CALORIES = 400  
CARBOHYDRATE = 17 G  
FAT = 29 G  
PROTEIN = 19 G



## **TACO BOWL**

*INGREDIENTS:* COOKED BROWN RICE (1/2 CUP COOKED) TOPPED WITH COOKED GROUND BEEF OR CHICKEN (4 OZ), CANNED CORN, BLACK BEANS, CHOPPED TOMATO, CHOPPED RED ONION, CHOPPED GREEN PEPPER, GREEK YOGURT (1/2 CUP EACH), SHREDDED CHEESE (OPTIONAL).

CALORIES = 455  
CARBOHYDRATE = 46 G  
FAT = 12.5 G  
PROTEIN = 35 G



## **LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS**

*INGREDIENTS:* SKINLESS BONELESS CHICKEN THIGHS, GREEN BEANS, BUTTER, GARLIC, PAPRIKA, ONION POWDER, SALT, PEPPER, LEMON, CHICKEN STOCK, HOT SAUCE, CRUSHED RED CHILI PEPPER, PARSLEY.

CALORIES = 615  
CARBOHYDRATE = 17.5 G  
FAT = 45 G  
PROTEIN = 36 G



## **SHEET PAN STEAK TIPS AND VEGGIES**

*INGREDIENTS:* BALSAMIC VINEGAR, GARLIC, ROSEMARY, SEA SALT, PEPPER, DIJON MUSTARD, OLIVE OIL, SIRLOIN STEAK TIPS, RED ONION, BABY POTATOES, RED BELL PEPPER, ASPARAGUS, ZUCCHINI, AVOCADO OIL.

CALORIES = 368  
CARBOHYDRATE = 21 G  
FAT = 21.4 G  
PROTEIN = 27 G



## **BEEF STIR FRY**

*INGREDIENTS:* SKIRT STEAK, BLACK PEPPER, SOY SAUCE, CHILE PEPPER, LIME JUICE, OLIVE OIL, GARLIC, SCALLIONS, MUSHROOMS, SNOW PEAS, CANNED BABY CORN, BELL PEPPER. OMIT SUGAR.

CALORIES = 440  
CARBOHYDRATE = 19 G  
FAT = 22 G  
PROTEIN = 41 G



## **GROUND TURKEY SKILLET**

*INGREDIENTS:* ZUCCHINI, GROUND TURKEY, CHOPPED ONION, TOMATO PASTE, BLACK BEANS, FRESH OR FROZEN CORN KERNELS, DICED JALAPENO (OPTIONAL), GARLIC, CILANTRO, CUMIN, SALT, LIME (OPTIONAL).

CALORIES = 266  
CARBOHYDRATE = 22.5 G  
FAT = 8.5 G  
PROTEIN = 28 G



## **EASY FISH TACOS**

*INGREDIENTS:* GREEN CABBAGE, RED ONION, SOUR CREAM, LIME, SALT, TILAPIA FILLETS, CAYENNE PEPPER, GARLIC POWDER, CUMIN, SALT, PEPPER, CORN TORTILLAS, CILANTRO.

CALORIES = 280  
CARBOHYDRATE = 30 G  
FAT = 8 G  
PROTEIN = 24 G