



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!



envision
health & wellness

BREAKFAST

You Choose

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



APPLE CINNAMON OATMEAL

INGREDIENTS: COOKED OATMEAL (1/2 CUP DRY), FULL FAT COCONUT MILK (1 TBSP), SLICED APPLES 1 SMALL), CHOPPED PECANS (1 TBSP), NUT BUTTER (1 TBSP), CINNAMON.

CALORIES = 420
CARBOHYDRATE = 46 G
FAT = 22 G
PROTEIN = 13 G



PUMPKIN SMOOTHIE

INGREDIENTS: CANNED PUMPKIN, ROLLED OATS, PUMPKIN SPICE SEASONING, MAPLE SYRUP, PLAIN FULL FAT GREEK YOGURT, UNSWEETENED COCONUT MILK. (OMIT STEVIA).

CALORIES = 222
CARBOHYDRATE = 27 G
FAT = 5 G
PROTEIN = 15 G



BROCCOLI SCRAMBLE WITH CHICKEN SAUSAGE

INGREDIENTS: BROCCOLI (1/2 CUP CHOPPED), EGGS (2 LINK), CHICKEN SAUSAGE (3 OZ), RED PEPPER (OPTIONAL).

CALORIES = 310
CARBOHYDRATE = 7 G
FAT = 20 G
PROTEIN = 25 G



PALEO PUMPKIN PANCAKES

INGREDIENTS: EGGS, BANANAS, APPLE, ALMOND BUTTER, CINNAMON, NUTMEG, VANILLA EXTRACT, COCONUT OIL.

FOUR SMALL PANCAKES
CALORIES = 310
CARBOHYDRATE = 27 G
FAT = 17 G
PROTEIN = 12 G



TURKEY BREAKFAST SKILLET

INGREDIENTS: GROUND TURKEY, SWEET POTATO, GREEN PEPPER, AVOCADO OIL, MINCED GARLIC, BASIL, OREGANO, ONION POWDER, SALT, PEPPER.

CALORIES = 320
CARBOHYDRATE = 13 G
FAT = 18 G
PROTEIN = 26 G



HARD BOILED OR POACHED EGGS WITH A SIDE OF BERRIES

INGREDIENTS: EGGS (THREE), TURMERIC, BLACK PEPPER, BERRIES (1/4 CUP).

CALORIES = 230
CARBOHYDRATE = 6.5 G
FAT = 15 G
PROTEIN = 18 G



ANTI-INFLAMMATORY BERRY SMOOTHIE

INGREDIENTS: ALMOND MILK (1/2 CUP), FROZEN BANANA (1 SMALL), FROZEN BLUEBERRIES (1/2 CUP), LEAFY GREENS (1/2 CUP), ALMOND BUTTER (1 TBSP), CINNAMON, CAYENNE (OPTIONAL), MACA (OPTIONAL)

CALORIES = 205
CARBOHYDRATE = 21 G
FAT = 11 G
PROTEIN = 5.5 G



SCRAMBLED EGG PLATE

INGREDIENTS: EGGS (TWO), YELLOW BELL PEPPER (1/4 CUP), TOMATOES (1/4 CUP), ARUGULA (1/2 CUP), GOAT CHEESE (1 OZ), TURMERIC, BLACK PEPPER.

CALORIES = 275
CARBOHYDRATE = 9 G
FAT = 18 G
PROTEIN = 19 G

LUNCH

You Choose

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



TABOULI WITH GLUTEN FREE CRACKERS, OLIVES, & CHEESE.

INGREDIENTS: PRE-MADE TABOULI (1/2 CUP), KALAMATA OLIVES (2 TBSP), FETA CHEESE (1 OZ), GLUTEN FREE CRACKERS (1 SERVING, USUALLY 12-17 CRACKERS).

CALORIES = 475
CARBOHYDRATE = 37 G
FAT = 30.5 G
PROTEIN = 14 G



SMOKED SALMON SALAD

INGREDIENTS: MIXED GREENS (2 CUPS), SMOKED SALMON (3 OZ), SHREDDED CARROTS (1/4 CUP), GOAT CHEESE (1 OZ), OLIVE OIL (1 TBSP), HEMP SEEDS (1 TBSP), DILL, SALT, PEPPER.

CALORIES = 420
CARBOHYDRATE = 14 G
FAT = 29 G
PROTEIN = 26 G



YOGURT BOWL

INGREDIENTS: FULL FAT GREEK OR ICELANDIC YOGURT (1 CUP), BERRIES (1/4 CUP), SHREDDED COCONUT (1 TBSP), WALNUTS (1 TBSP CHOPPED), CACAO NIBS (1/2 TBSP).

CALORIES = 395
CARBOHYDRATE = 24 G
FAT = 25 G
PROTEIN = 20 G



HARD BOILED EGGS OVER SALAD

INGREDIENTS: MIXED GREENS (2 CUPS), RED ONION (1/8 CUP), TOMATOES (1/4 CUP), EGGS (TWO), OLIVES (2 TBSP), SESAME SEEDS (1 TBSP), OLIVE OIL (1 TBSP), PEPPER.

CALORIES = 385
CARBOHYDRATE = 13.5 G
FAT = 30.5 G
PROTEIN = 15 G



HUMMUS PLATE

INGREDIENTS: HUMMUS (2 TBSP), PITA BREAD (1 SMALL PITA), CUCUMBERS (1/2 CUP SLICED), RED PEPPERS (1/2 CUP SLICED), OLIVES (2 TBSP), FETA (1OZ).

CALORIES = 350
CARBOHYDRATE = 39 G
FAT = 16 G
PROTEIN = 10 G



STRAWBERRY SMOOTHIE

INGREDIENTS: STRAWBERRIES (1/4 CUP SLICED), GREEK YOGURT (1/2 CUP), APPLE (1 SMALL), CHIA SEEDS (1 TBSP), NUT BUTTER (1 TBSP), MINT, WATER,

CALORIES = 350
CARBOHYDRATE = 28 G
FAT = 19.5 G
PROTEIN = 15 G



CITRUS SALAD

INGREDIENTS: SLICED ORANGES (1 SMALL), WATERCRESS OR ARUGULA (2 CUPS), AVOCADO (1/2 MEDIUM), HEMP SEEDS (1 TBSP), SESAME SEEDS (1 TBSP), SLICE ALMONDS (1 TBSP), OLIVE OIL (1 TBSP), LEMON.

CALORIES = 555
CARBOHYDRATE = 26 G
FAT = 45 G
PROTEIN = 12 G



CHICKEN SALAD SANDWICH

INGREDIENTS: CANNED ORGANIC CHICKEN (OR SHREDDED ROTISSERIE CHICKEN - 5OZ) MIXED WITH AVOCADO OIL MAYO (1 TBSP), CELERY (1/8 CUP CHOPPED), AND GRAPES (1/8 CUP), ON SPROUTED GRAIN TOAST (2.SLICES).

CALORIES = 395
CARBOHYDRATE = 35 G
FAT = 15 G
PROTEIN = 30.5 G

DINNER

You Choose

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



PUMPKIN, MUSHROOM, AND SPINACH PASTA

INGREDIENTS: CHICKPEA PASTA, OLIVE OIL, ONION, WHITE MUSHROOMS, GARLIC, DIJON MUSTARD, ITALIAN SEASONING, PUMPKIN PUREE, HEAVY CREAM OR COCONUT CREAM, SPINACH, SALT, PEPPER, PARMESAN (OPTIONAL).

CALORIES = 360

CARBOHYDRATE = 26 G

FAT = 20 G

PROTEIN = 19 G



TURKEY MEATBALLS (USE PRE-MADE TOMATO SAUCE AND SERVE OVER CAULIFLOWER RICE)

INGREDIENTS: GROUND TURKEY, EGG, COCONUT FLOUR, FRESH BASIL, DIJON MUSTARD, ITALIAN SEASONING, CUMIN, GARLIC POWDER, CAYENNE PEPPER, SALT, PEPPER, MOZZARELLA, TOMATO SAUCE, CAULIFLOWER RICE.

CALORIES = 345

CARBOHYDRATE = 18 G

FAT = 16 G

PROTEIN = 33 G



PARMESAN CRUSTED CHICKEN (OR STEAK) SHEET PAN DINNER

INGREDIENTS: CHICKEN BREAST (OR STEAK), OLIVE OIL, GARLIC, PARMESAN, BREADCRUMBS, CRACKER PEPPER, SEA SALT, RED POTATOES, GREEN BEANS.

CALORIES = 625

CARBOHYDRATE = 53 G

FAT = 25 G

PROTEIN = 48 G



GRILLED STEAK KABOBS

INGREDIENTS: BALSAMIC VINEGAR, SOY SAUCE, WORCESTERSHIRE SAUCE, OLIVE OIL, FRESH ROSEMARY, GARLIC, DIJON MUSTARD, BLACK PEPPER, ONION POWDER, TOP SIRLOIN, MUSHROOMS, BELL PEPPER, RED ONION.

CALORIES = 250

CARBOHYDRATE = 14 G

FAT = 8 G

PROTEIN = 30 G



SLOW COOKER BEEF STEW

INGREDIENTS: BEEF STEW MEAT, GRASS FED BUTTER OR GHEE, FLOUR (OPTION TO OMIT), GOLDEN POTATOES, CELERY, CARROTS, ONION, MUSHROOMS, BEEF BROTH, TOMATO PASTE, WORCESTERSHIRE SAUCE, ITALIAN SEASONING.

CALORIES = 370

CARBOHYDRATE = 14 G

FAT = 14 G

PROTEIN = 44 G



GRILLED ZUCCHINI PASTA SALAD

INGREDIENTS: CHICKPEA OR LENTIL PASTA, ZUCCHINI, CORN, RED ONION, GARLIC, OLIVE OIL, RED WINE VINEGAR, LEMON JUICE, LEMON ZEST, BLACK PEPPER, SEA SALT SHREDDED PARMESAN.

SERVING OF 2 CUPS

CALORIES = 380

CARBOHYDRATE = 38 G

FAT = 17 G

PROTEIN = 19 G



SHEET PAN CASHEW CHICKEN

INGREDIENTS: SOY SAUCE (OR COCONUT AMINOS), HONEY, RICE WINE VINEGAR, TOASTED SESAME OIL, GARLIC, GINGER, RED BELL PEPPER, ORANGE BELL PEPPER, RED ONION, CHICKEN BREAST, CASHEWS, WHITE RICE, SCALLIONS, TOASTED SESAME SEEDS.

CALORIES = 565

CARBOHYDRATE = 45 G

FAT = 26 G

PROTEIN = 38 G



GROUND TURKEY STIR FRY (OMIT SUGAR AND SERVE OVER CAULIFLOWER RICE)

INGREDIENTS: SOY SAUCE, HONEY, GARLIC, GINGER, CORN STARCH, GROUND TURKEY, SESAME OIL, FROZEN BROCCOLI, LEEK, ORANGE ZEST (OPTIONAL), SALT, PEPPER, CAULIFLOWER RICE.

CALORIES = 265

CARBOHYDRATE = 28 G

FAT = 7 G

PROTEIN = 23 G