



**envision**  
health & wellness

# Meal Plan

YOU ARE IN CONTROL OF  
YOUR PHYSICAL AND  
MENTAL HEALTH, MUCH OF  
WHICH IS DEFINED BY YOUR  
FOOD CHOICES.

# WEEK 1

## SUNDAY

- B** Scrambled eggs with spinach, olives, goat cheese, on ezeikel toast
- L** Smoothie: coconut milk, protein powder, berries, chia, spinach
- D** Blackened chicken & beans (omit chili powder if cooking for kids)

## MONDAY

- B** Cottage cheese with cucumber and sesame seeds
- L** Smoked salmon over leafy greens, avocado, red onion, olive oil
- D** Left overs from the night before

## TUESDAY

- B** Oatmeal with coconut milk and berries
- L** Sprouted grain wrap with feta, canned organic chicken, avocado mayo, tomatoes, and mixed greens
- D** Mediterranean quinoa salad

## WEDNESDAY

- B** Cottage cheese with cucumbers and sesame seeds
- L** Eggs salad using avocado mayo on sprouted grain wrap with mixed greens, tomato, and cucumber
- D** Left overs from the night before

## THURSDAY

- B** Oatmeal with coconut milk and berries
- L** Full fat yogurt with chia seeds, almonds, and apple
- D** Coconut curry shrimp with green beans

## FRIDAY

- B** Two hard boiled eggs with sprouted toast and smoked salmon
- L** Hummus and pita with side of grapes and baby carrots
- D** Left overs from the night before

## SATURDAY

- B** Wrap with scrambled eggs, black beans, goat cheese, and salsa
- L** Pita with feta, canned organic chicken, avocado mayo, tomatoes, and lettuce
- D** Hawaiian chicken burgers over mixed greens (bun optional)

## GROCERY LIST

### PRODUCE

- Baby spinach
- Kalamata olives
- Berries of choice
- Frozen corn
- Canned black beans
- Cucumbers
- Mixed greens
- Red onion
- Avocado
- Tomatoes
- Red bell pepper
- Parsley
- Green beans
- Shallots
- Garlic (pre minced)
- Apple
- Grapes
- Baby carrots
- Green onions
- Canned pineapple bits

### MEAT, FISH, DAIRY

- Eggs
- Chicken breast
- Smoked salmon
- Canned organic chicken
- Shrimp
- Ground chicken
- Goat cheese (soft)
- Cottage cheese
- Feta cheese
- Canned coconut milk (smoothies, oatmeal, and curry)
- Full fat greek or Icelandic yogurt

### GRAINS, BEANS, NUTS, LEGUMES

- Ezekiel or sprouted grain bread
- Sprouted grain wraps
- Pita bread
- Chia seeds
- Sesame seeds
- Quinoa
- Oatmeal
- Brown rice
- Hummus
- Almonds
- Almond flour
- Whole grain buns (optional)

### MISCELLANEOUS

- Coconut aminos
- Avocado mayo
- Salsa
- Curry powder
- Paprika
- Olive oil (or avocado)
- Flour or tapioca starch
- Red wine vinegar
- Salt and pepper
- Oregano
- Protein powder
- Maple syrup (optional)

### OPTIONAL SNACKS

- Bare apple chips
- Seaweed snacks
- Macadamia nuts
- Simple mills crackers

# HOW TO MEAL PREP WEEK 1

- Pre-slice cucumbers and red onion.
- Hard boil eggs (each person will need four - breakfast and egg salad lunch).
- Cook the Mediterranean quinoa dish which will be had for dinner on Tuesday and Wednesday.
- Cook the brown rice to pair with dinner on Thursday and Friday.
- Slice sheep and goat cheese for lunches.

# WEEK 2

## SUNDAY

- B** [Pumpkin bread](#) with almond butter
- L** Pita with tuna salad (using avocado mayo), mixed greens, and onion
- D** [Baked fish with red sauce served over brown rice](#)

## MONDAY

- B** [Pumpkin bread](#) with almond butter
- L** Grilled chicken over arugula, feta, olives, tomatoes, olive oil
- D** Left overs from the night before

## TUESDAY

- B** Two hard boiled eggs with cantaloupe
- L** Pita with hummus, sliced goat cheese, olives, and carrots
- D** [Roasted red pepper and asparagus quinoa with chicken](#)

## WEDNESDAY

- B** [Overnight oats with berries](#)
- L** Grilled (or canned) chicken over arugula, feta, olives, tomatoes, olive oil
- D** Left overs from the night before

## THURSDAY

- B** Two hard boiled eggs with cantaloupe
- L** Full fat yogurt with pumpkin seeds and berries
- D** [Ground turkey skillet with pesto](#)

## FRIDAY

- B** [Overnight oats with berries](#)
- L** Mashed Avocado for dipping with carrots, snap peas, and toasted pita
- D** Left overs from the night before

## SATURDAY

- B** Sprouted toast with avocado, fried egg, and arugula
- L** Sliced goat cheese with grapes and sprouted grain toast with almond butter
- D** [Beef stir fry over brown rice](#)

## GROCERY LIST

### PRODUCE

- Mixed greens
- Yellow onion
- Canned pumpkin
- Asparagus
- Minced garlic
- Jarred roasted red peppers
- Berries of choice
- Arugula
- Kalamata olives
- Tomatoes
- Canteloupe
- Canned diced tomatoes
- Lemons
- Fresh basil
- Baby carrots
- Zucchini
- Grape tomatoes
- Avocado
- Snap peas
- Grapes
- Baby corn
- Green onions

### MEAT, FISH, DAIRY

- Eggs
- Canned tuna
- Chicken breast (extra)
- Milk of choice (use in overnight oats)
- Cod
- Ground turkey
- Flank beef
- Milk of choice (use in overnight oats)
- Feta
- Goat cheese to slice
- Full fat Greek or Icelandic yogurt
- Parmesan Cheese

### GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Pita bread
- Brown rice
- Oatmeal
- Quinoa
- Chia seeds
- Pumpkin seeds
- Sprouted grain bread
- Hummus

### MISCELLANEOUS

- Whole wheat flour
- Coconut oil (or use avocado oil)
- Avocado or olive oil
- Sesame oil (or use avocado oil)
- Honey or maple syrup
- Pumpkin spice blend
- Pesto
- Avocado mayo
- Cinnamon
- Baking soda
- Vanilla extract
- Sesame seeds
- Soy sauce

### OPTIONAL SNACKS

- [Ludberg Organic Quinoa Cakes](#)
- [Made in Nature Dried Fruit Chips](#)
- [Mary's Gone](#)
- [Now Unsalted Dry Roasted Soy Beans](#)

# HOW TO MEAL PREP WEEK 2

- Make the pumpkin bread to be had on Sunday and Monday for breakfast.
- Hard boil eggs (each person will need four).
- Pre-slice onion, cantaloupe, and goat cheese.
- Cook brown rice for Sunday and Monday dinner. You will also need brown rice cooked for Saturday which you can do later in the week.
- Cook quinoa for Tuesday and Wednesday night.
- Make overnight oats recipe to be had on Wednesday and Friday.



# WEEK 3

## SUNDAY

- B** Scrambled eggs with chopped onion, feta cheese, and spinach
- L** Tuna wrap with avocado mayo, sliced red onion, and arugula. Serve with a peach.
- D** [Vegetarian fajitas](#)

## MONDAY

- B** [Overnight oats](#) (add 1 tbsp nut butter to recipe). Top with berries
- L** Baked chicken over arugula, sunflower seeds, pickled beets, and shredded carrot. Tahini, olive oil, apple cider vinegar and lemon for dressing.
- D** Left overs from the night before

## TUESDAY

- B** Scrambled eggs with chopped onion, feta cheese, and spinach
- L** Baked chicken over arugula, sunflower seeds, pickled beets, and shredded carrot. Tahini, olive oil, apple cider vinegar and lemon for dressing.
- D** [Steak kabobs](#)

## WEDNESDAY

- B** [Overnight oats](#) (add 1 tbsp nut butter to recipe). Top with berries
- L** Mixed greens salad with sliced red onion, sliced peaches, hard boiled egg, sliced almonds, olive oil, apple cider vinegar
- D** Left overs from the night before

## THURSDAY

- B** One fried egg over one Ezekiel or sourdough toast with smoked salmon and sprouts
- L** Mixed greens salad with sliced red onion, sliced peaches, hard boiled egg, sliced almonds, olive oil, apple cider vinegar
- D** [Teriyaki chicken stir fry \(use olive or avocado oil instead of vegetable oil\)](#)

## FRIDAY

- B** Cottage cheese with mixed berries
- L** Arugula salad with hummus, snap peas, sunflower seeds, sprouts, berries, olive oil, lemon, salt, pepper.
- D** Left overs from the night before

## SATURDAY

- B** One fried egg over one Ezekiel or sourdough toast with smoked salmon and sprouts
- L** Arugula salad with hummus, snap peas, sunflower seeds, sprouts, berries, olive oil, lemon, salt, pepper.
- D** [Lemon butter baked fish](#), cook with broccoli on the same dish. Serve with baked sweet potato.

## GROCERY LIST

### PRODUCE

- White onions
- Red onion
- Arugula
- Baby spinach
- Mixed greens
- Peaches
- Bell peppers (color of choice)
- Cauliflower
- 1 portobello mushroom
- Avocados
- Cilantro
- Rosemary
- Mixed berries
- Pickled beets
- Shredded carrot
- Lemon
- Lime
- Garlic
- Sprouts or microgreens
- Broccoli
- Asparagus
- Ginger
- Snap peas
- Sweet potatoes

### MEAT, FISH, DAIRY

- Eggs
- Feta Cheese
- Canned tuna
- Chicken breasts
- Smoked salmon
- White fish (cod, haddock - can buy frozen)
- Greek yogurt
- Cottage cheese
- Butter
- Milk of choice

### GRAINS, BEANS, NUTS, LEGUMES

- Sprouted grain or gluten free wraps
- Ezekiel or sourdough bread
- Corn tortillas
- Refried beans
- Hummus
- Almond butter
- Rolled oats
- Chia seeds
- Sunflower seeds
- Sliced almonds
- Sesame seeds

### MISCELLANEOUS

- Avocado mayo
- Olive oil
- Toasted sesame oil
- Chili powder
- Cumin
- Smoked paprika
- Garlic powder
- Onion powder
- Salt
- Pepper
- Soy sauce or coconut aminos
- Worcestershire sauce
- Dijon mustard
- Maple syrup
- Vanilla extract
- Tahini
- Apple cider vinegar
- Balsamic vinegar
- Honey
- Corn starch

### OPTIONAL SNACKS

- [Thunderbird Bars](#)
- [Navita's Superfood Power Snacks](#)
- [Hu Keto Cookies](#)

# HOW TO MEAL PREP WEEK 3

- Prepare overnight oats on Sunday and Tuesday evening to be had on Monday and Wednesday for breakfast.
- Pre-bake chicken to be had for lunches on Monday and Tuesday.
- Hard boil eggs for the week (4 for each person).
- Thaw fish in the refrigerator on Friday night to be had on Saturday for dinner.
- Pre cook sweet potatoes on Friday night to be had on Saturday for dinner.
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night.

# WEEK 4

## SUNDAY

- B** Omelette with sliced mushrooms, goat cheese, and green onion
- L** Chicken salad (canned chicken with avocado mayo, salt, and pepper) with gluten free crackers and sliced cucumbers
- D** Rice bowl with black beans, chopped tomato, canned corn, chopped parsley, avocado, lemon juice, and sour cream (optional)

## MONDAY

- B** Full fat greek or Icelandic yogurt with berries and sliced almonds
- L** Baby spinach salad with sliced strawberries, chopped walnuts, goat cheese, balsamic vinegar, olive oil, salt, pepper
- D** Left overs from the night before

## TUESDAY

- B** Omelette with sliced mushrooms, goat cheese, and green onion
- L** Baby spinach salad with sliced strawberries, chopped walnuts, goat cheese, balsamic vinegar, olive oil, salt, pepper
- D** Beef chili. (use premixed chili spices instead of recipe spices)

## WEDNESDAY

- B** Full fat greek or Icelandic yogurt with berries and sliced almonds
- L** Mixed greens salad with, shredded carrots, kalamata olives, cucumber, chopped artichoke, hard boiled egg, olive oil, salt, pepper
- D** Left overs from the night before

## THURSDAY

- B** Paleo almond coconut muffins with almond butter and mixed berries
- L** Mixed greens salad with, shredded carrots, kalamata olives, cucumber, chopped artichoke, hard boiled egg, olive oil, salt, pepper
- D** Slow cooker balsamic tomato basil chicken. Serve over brown rice

## FRIDAY

- B** Scrambled eggs with feta cheese, chopped tomatoes, and kalamata olives
- L** Sliced apple with nut butter and coconut yogurt with sunflower seeds.
- D** Left overs from the night before

## SATURDAY

- B** Paleo almond coconut muffins with almond butter and mixed berries
- L** Sliced apple with nut butter along with coconut yogurt with sunflower seeds.
- D** Easy Shrimp Scampi

## GROCERY LIST

### PRODUCE

- Mushrooms
- Green onion
- Cucumber
- Parsley
- Avocado
- Lemon
- Blueberries or blackberries
- Strawberries
- Baby spinach
- Yellow onion
- Spiraled zucchini (or gluten free noodles)
- Garlic
- Mixed greens salad
- shredded carrots
- Kalamata olives
- Bananas
- Cherry tomatoes (2 dinner meals)
- Vine ripe tomato
- Basil
- Apples
- Shallot
- Parsley

### MEAT, FISH, DAIRY

- Eggs
- Goat cheese
- Feta cheese
- Canned chicken
- Ground beef
- Chicken breasts
- Shrimp (can buy frozen for Saturday)
- Sour cream
- Full fat greek or icelandic yogurt
- Coconut yogurt
- Unsalted butter
- Parmesan cheese

### GRAINS, BEANS, NUTS, LEGUMES

- Brown rice
- Black beans
- Pinto beans
- Kidney beans
- Canned corn
- Gluten free crackers
- Sliced almonds
- Chopped walnuts
- Sunflower seeds
- Almond or other nut butter

### MISCELLANEOUS

- Avocado mayo
- Salt
- Pepper
- Olive oil
- Balsamic vinegar
- Tomato sauce and paste
- Diced tomatoes
- Jarred artichoke
- White wine
- Chicken stock
- Pre-mixed chili spices
- Ground allspice, ginger, cloves (or pumpkin pie spice)
- Ground cinnamon
- Maple syrup
- Beef broth
- Coconut oil
- Almond flour
- Vanilla extract
- Baking soda
- Unsweetened shredded coconut
- Raisins
- Paleo chocolate chips

### OPTIONAL SNACKS

- Raw Pistachios
- Purely Elizabeth Grain Free Granola
- Seaweed Snacks



# HOW TO MEAL PREP WEEK 4

- Option to make paleo almond muffins ahead of time and store in the freezer (to be had on Thursday and Saturday morning).
- Option to pre-cook chili for Tuesday and Wednesday dinner and store in the freezer.
- Hard boil eggs (4 per person).
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night.