



January Meal Plan Week # 3

Day 1

- Breakfast: 1 grapefruit (or orange) with 1 cup of cottage cheese, or, 1 cup of Greek Yogurt.
- Snack: Raw veggies with homemade guacamole – 2 avocados mixed with ½ cup plain Greek yogurt, lemon and spices. Could even add guacamole spice mix here.
- Lunch: Protein Apple or Banana Wraps <http://royallyfit.ca/protein-apple-or-banana-wrap/>
- Snack: Homemade Protein Bar – cut them the size of ½ a deck of cards, but if you're really hungry go for a whole deck of cards instead of something bad! <http://royallyfit.ca/no-cook-homemade-protein-bars/>
- Dinner: Meatloaf <http://royallyfit.ca/meatloaf-or-homemade-burger-recipe/> with lots of cooked veggies. 1 square of dark chocolate (80%) and herbal tea for dessert

Day 2

- Breakfast: 1 whole Ezekiel English muffin with natural peanut butter & honey.
- Snack: Homemade Protein Bar
- Lunch: Leftover dinner from day 1, plus 1 piece of fruit. You need the carbs here, so be sure to have some fruit.
- Snack: Raw veggies with guacamole
- Dinner: Egg Scramble Wrap – scramble 2 eggs with some green onions, or whatever veggie you would like. Put a thin layer of spicy hummus on the Ezekiel or brown rice wrap, and then fold the egg inside the wrap.



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Day 3

- Breakfast: 1 whole grapefruit (or orange) with 1 cup of cottage cheese, or, 1 cup of Greek yogurt.
- Snack: 1 Homemade Protein Bar
- Lunch: Protein Banana Wrap
- Snack: Raw veggies with guacamole or hummus
- Dinner: Leftover dinner from day 1 with lots of cooked veggies and 1 square of dark chocolate (80%), with herbal tea. Last of this meal for the week!

Day 4

- Breakfast: Healthy Protein Pancake <http://royallyfit.ca/healthy-protein-pancakes/>
- Snack: ½ apple with cottage cheese or Greek yogurt
- Lunch: Big salad with chicken, veggies, chickpeas, raisins and homemade dressing <http://royallyfit.ca/healthy-salad-dressing-goes-good-on-everything/>
- Snack: ½ apple with cottage cheese or Greek yogurt (Make a big one in the morning and split half for the morning and afternoon to have an easy snack)
- Dinner: Healthy Faux Pizza <http://royallyfit.ca/healthy-faux-pizza/>



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Day 5

- Breakfast: Smoothie – Protein powder, almond milk, frozen berries and banana.
- Snack: Raw mixed nuts with ½ an apple
- Lunch: Leftover Healthy Protein Pancakes and other ½ of apple
- Snack: 1 Homemade Protein Bar
- Dinner: Healthy Faux Pizza

Day 6

- Breakfast: Nature's Path Oatmeal with raw nuts and raisins
- Snack: ½ piece of fruit with babybel cheese
- Lunch: Leftover Healthy Protein and other ½ piece of fruit
- Snack: 1 Homemade Protein Bar
- Dinner: Spicy Homemade Chicken Wings/Fingers <http://royallyfit.ca/spicy-boneless-chicken-wings-with-creamy-feta-dipping-sauce/> with ½ a cooked sweet potato

Day 7

- Breakfast: 1 whole Ezekiel English Muffin with natural PB & honey
- Snack: 1 piece of fruit with 1 babybel cheese
- Lunch: Leftover from Day 6 dinner.
- Snack: Raw veggies with hummus or guacamole
- Dinner: Cheat meal – whatever you'd like, and a couple drinks too!



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List for Grocery Store

- Fruit – Apples, grapefruit, bananas, frozen berries & 2 avocado
- Vegetables – Whatever raw veggies you would like for your snacks/salad, and cooked veggies for your dinners
- Meat –Chicken
- Other – eggs, cottage cheese, Greek yogurt, hummus, babybel cheese, can of chickpeas, Nature’s Path Oatmeal, Almond Breeze Almond milk, Ezekiel English muffins and Ezekiel wraps (you can also buy another brand you’d like as long as you also find it in the Frozen organic section – this means it is not as processed, likely low in gluten, and void of any crazy additives that most breads are, which cause weight gain) Go over ingredients for the meals to see what you have at home, and what you need to grab.

List for the Bulk Barn (where you will find these products cheaper)

- Natural Peanut Butter
- Honey
- Raw Mixed Nuts

Cooking

- Plan and cook most of your meals and snacks at the beginning of the week. I find it is a good way to wrap up my weekend. For this meal plan, I would prepare the homemade protein bars, meatloaf, veggies, cooked & raw. The protein pancakes and spicy chicken wings/fingers are fairly easy and quick so you could cook them the day of. Deciding on how much to cook of each meal will depend on how many you’re cooking for. This plan is meant to stay simple and easy for everyone to use, so that eating healthy does not take up a large amount of your time.