

Best Diet - Weekly Meal Plan



	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Dessert
Monday	Coffee or tea blended with 1 TBSP coconut oil, add unsweetened almond milk to taste (see blog)	Hard boiled egg	Hummus with Whole Wheat Pita, tomatoes & pickles	grapes	Grilled wild salmon with steamed asparagus (steam all asparagus to use throughout week)	Dark chocolate
Tuesday	Salmon scramble: eggs with leftover salmon & asparagus	1/4 c Cashews (or nuts of your choice)	Smoked wild salmon, organic cream cheese, romaine lettuce leaves with whole wheat pita	banana	Bison burger patty with cheese and tomato, wrapped in romaine lettuce leaf	Apple slices dipped in Peanut butter
Wednesday	Smoothie: unsweetened almond milk, 1 leaf romaine, 1 TBSP peanut butter, 1/4 c tofu	1 oz Organic cheese	Salad with crumbled bison burger, romaine, tomato and cheese. Drizzle with olive oil and lemon juice	apple	Rotisserie chicken with Roasted potatoes and green beans	frozen grapes
Thursday	Smoked wild salmon, organic cream cheese wrapped in romaine lettuce leaves	Hard boiled egg	Potato salad: chopped leftover potatoes and green beans with sliced celery, & pickles; drizzle with olive oil and lemon juice	grapes	Pita pizza: bake pita with toppings (tomato, bison burger crumbles or chicken, cheese) at 350 until cheese melts	Banana ice cream: blend frozen banana with 1/2 c almond milk. Add ice for desired texture. Top with chocolate chunks.
Friday	Coffee or tea blended with 1 TBSP coconut oil, add unsweetened almond milk to taste	1/4 c Cashews	Smoked wild salmon salad with tomato, celery, pickles, romaine	banana	Rotisserie chicken salad with romaine, tomato, cheese Drizzle with olive oil and lemon juice.	Dark chocolate
Saturday	2 eggs scrambled with asparagus &/or green beans	1 oz Organic cheese	Organic tofu lettuce wraps with tomato, hummus and pickle	grapes	Mediterranean platter: hummus, pita, pickles, celery, cheese slices, grapes	Apple slices dipped in Peanut butter
Sunday	Omelet: any leftover meats & veggies with cheese	1/4 c Cashews (or nuts of your choice)	whole wheat pita with peanut butter and apple slices	banana	Free meal - go out and enjoy anything (in moderation!)	Take extra vitamin C (I like to take 2-4g) after a meal out, to flush out any indulgences!

Shopping List

Item	Qty	Comments
Veggies - choose organic when possible		
<input type="checkbox"/> tomato	3	
<input type="checkbox"/> asparagus	2 bunches	
<input type="checkbox"/> romaine lettuce	1	I love the organic girl romaine hearts - they come in packs of 3 and last a long time in the fridge!
<input type="checkbox"/> green beans	2 handfuls	
<input type="checkbox"/> potato	1	
<input type="checkbox"/> celery	1 bunch	
<input type="checkbox"/> pickles	1 jar	My fave is bubbles - it's in the refrigerated section!
Fruit - choose organic when possible		
<input type="checkbox"/> grapes	1 bag	
<input type="checkbox"/> bananas	4	
<input type="checkbox"/> apples	4	my favorite are pink lady!
<input type="checkbox"/> lemon	2	
Eggs & Dairy		
<input type="checkbox"/> unsweetened almond milk	1	Can sub in any type of milk desired - if using dairy or soy make sure it is organic.
<input type="checkbox"/> Free range eggs	8	Free range eggs are better than cage free if possible
<input type="checkbox"/> organic cream cheese	1	organic is best for any dairy product
<input type="checkbox"/> organic cheese	1	choose your favorite - I love raw sharp cheddar!
Grains		
<input type="checkbox"/> Whole wheat pita	5	
Proteins		
<input type="checkbox"/> Hummus	1	
<input type="checkbox"/> Wild caught salmon	8 oz	Farmed salmon is scary (link)
<input type="checkbox"/> Smoked wild salmon	1	
<input type="checkbox"/> bison ground		
<input type="checkbox"/> peanut butter	1	read the ingredients! Should only be peanuts and maybe salt. No added oils or sugar!
<input type="checkbox"/> organic tofu	1	non- organic tofu is usually made from GMO soybeans - buy organic for sure!
<input type="checkbox"/> rotisserie chicken	1	
Healthy Fats		
<input type="checkbox"/> coconut oil	1	This is a high heat oil, meaning that you will use this for any frying or cooking
<input type="checkbox"/> extra virgin olive oil	1	This is not heat stable - use this for drizzling and salad dressings only - not for cooking!
<input type="checkbox"/> cashews (or nut of your choice)	3/4 c	
Other		
<input type="checkbox"/> coffee or tea		
<input type="checkbox"/> dark chocolate	1 bar	