

DAY ONE

BREAKFAST

PB Overnight Oats



- 1 Scoops collagen or 1/2 scoop protein powder
- 1 Scoop peanut butter powder
- ½ cup rolled oats
- ½ cup berries
- ½ cup vanilla unsweetened almond milk (or other milk)
- 1 tablespoon peanut butter

Mix all ingredients in a mason jar and let “cook/soak” overnight. In the morning heat up or eat cold!

SNACK

Protein/Fat: Nut butter

Produce: Celery

LUNCH

Adult Lunch-able:

Pick one from each category:



Protein: uncured natural deli meat, smoked salmon, shrimp, uncured bacon, hard boiled eggs

Healthy Fats: avocado/guac, cheese, hummus, nut butter

Veggies: baby carrots, mini cucumbers, cherry tomatoes, mushrooms, snap peas, mini sweet peppers, etc. (things you don't have to prep, just wash)

Goodies: whole milk/2% yogurt, small piece of fruit, dark chocolate, whole grain chips

SNACK

Protein/Fat: $\frac{3}{4}$ cottage cheese or protein powder

Produce: $\frac{1}{2}$ cup spinach & $\frac{1}{2}$ cup frozen berries

Make a smoothie with almond milk and ice

DINNER

Easy Stuffed Sweet Potatoes



- 2 sweet potatoes of very similar size
- .75 ground Italian turkey meat
- ½ cup sliced sweet yellow onion
- 2 tablespoons avocado oil
- 4 cups spinach

Directions:

1. Pork holes in sweet potatoes and microwave sweet potatoes until tender (about 7-8 minutes) .
2. While they are microwaving, dd oil and onions to a large skillet and sauté them until translucent and tender.
3. Add the ground meat and sauté until cooked all the way through.
4. Once the meat is done add in 4 cups of spinach and sauté until wilted.
5. Cut sweet potatoes in half and mash down the center so you can fill them. Fill each half potato with ¼ mixture.

Clean Dessert

¼ of bar of dark chocolate

DAY TWO

BREAKFAST

2 Ingredient Protein Pancake



1 cup egg whites
1 medium ripe banana
optional: vanilla extract, cinnamon

1. Cut your banana in half. Mash one half until smooth-ish consistency in a small bowl, then add egg whites. Whisk in cinnamon, stevia and vanilla extract if desired (makes it a bit sweeter and more flavorful.)
2. Grease pan with cooking spray or butter. Pour mix into the pan and then turn on the heat to medium (careful not to turn it up too high or pancake with char before it's set). Let pancake set while the pan and pancake heat up. I usually put away dishes or do something else so I don't have the urge to flip it too early! After about 5 minutes (when the pancake is almost set), spray with cooking oil spray and flip. *Flipping takes a bit of practice but the great thing is if you miss your first couple tries this is just as delicious as a scramble.* You can then flip back and forth until fully cooked, top with the rest of the banana and desired other toppings! I LOVE it as a mode for different types of nut butter.

SNACK

Protein/Fat: 2- 3 hard boiled eggs or slices of deli meat

Produce: handful of cherry tomatoes

LUNCH

Green Smoothie

- 2 cups spinach
- 1 scoop vanilla protein powder
- ½ banana
- 1-2 tablespoons nut butter
- ½ cup ice
- 1 cup unsweetened almond milk

Blend all ingredients in a blender until creamy and smooth!

SNACK

Protein/Fat: Nut butter

Produce: Celery

DINNER

3 Ingredient Shrimp Stir Fry



- 8 ounces (1 cup) cilantro jalapeno hummus (or your favorite flavor)
- .75 lbs (3cups) defrosted* medium, tail off, precooked shrimp
- 16 ounces cauliflower rice
- ½ tablespoon avocado oil
- optional garish – green onions

Directions:

1. Add oil and cauliflower rice to a very large non-stick skillet on medium high. Cook until cauliflower rice is tender.
2. Add shrimp and hummus and cook until mixture is hot, stirring frequently. Garnish with green onions.

Notes

- I used precooked shrimp that I defrosted ahead of time. If you want to use uncooked or frozen shrimp you have two options. 1) You can defrost it in the microwave 2) You can defrost it on the pan FIRST and if you buy uncooked shrimp you can cook it too. Remove it from the pan and set aside, then proceed with the directions as listed.
- Riced cauliflower is available frozen and fresh many places (Costco, Trader Joes, Sprouts etc.)

Clean Dessert

PB FIT MUG CAKE – 5 tablespoons PB powder, 1/8 tsp baking powder, 1/4 cup unsweetened vanilla almond milk, 5 drops stevia

Microwave for 1-2 minutes, top with peanut butter if desired

DAY THREE

BREAKFAST

Healthy Breakfast Quesadilla



- Cooking spray
 - 1/2 cup spinach
 - 3/4 cup egg whites
 - 1 – ounce cheddar (shredded or sliced)
 - 1 whole grain tortilla (for GF I use TJ's Brown Rice)
 - garlic salt, onion powder, pepper to taste
1. Place a medium size non-stick pan over medium high heat. Spray the pan with cooking spray and add 1/2 cup fresh spinach to the pan. Sauté the spinach until it is wilted.

3 Day Clean Eating Jump Start

<http://www.hungryhobby.net>

2. Once the spinach is wilted pour the liquid egg whites over the spinach, sprinkle with onion powder, garlic salt, and black pepper. DO NOT STIR EGGS. I found it easier to make the eggs, omelet style. Once they are almost set, fold one side over the other and continue cooking until they are fully set. You can flip them if one side starts to brown too much before they are done cooking. If you break them it's okay, just try to keep them in as big of pieces as possible, this makes them easier to eat in the quesadilla.
3. While the eggs are cooking prepare the tortilla. (See note for GF tortilla.) Line tortilla with shredded or sliced cheese.
4. When the eggs are set transfer to the tortilla and fold the tortilla in half to cover the eggs. Spray the pan again and place the quesadilla on the pan until both sides are browned and cheese is melted. You will need to flip it to brown both sides!
5. Once both sides have reached your desired crispiness and meltiness level it's ready!

(Make ahead) SNACK – Protein Pudding

Protein/Fat: ¼ cup chia seeds mixed with 1 tsp chocolate powder, 2 tablespoons PB Fit, and 1 cup milk. Stir and let sit in the fridge in a jar overnight to “gel”

Produce: handful of berries on top

LUNCH

Throw together a salad with:

- ½ cup rotisserie chicken
- ¼ cup black beans
- ¼ cup corn or brown rice
- ½ cup chopped tomatoes
- ¼ avocado or 2 tablespoons guacamole
- ¼ cup salsa
- 2 cups mixed greens



- garnish with crumbled plantain chips

SNACK

Protein/Fat: Nut butter

Produce: Celery

DINNER

Bruschetta Salmon & Veggies Foil packs

For each serving:

- Wild salmon fillet
- 1 cup Asparagus, Zucchini, Peppers, or Other
- ¼ cup bruschetta

Toss veggies with 2T bruschetta and place on the bottom of a large sheet of foil. Place salmon fillet on top and top with 2T bruschetta. Bake at 400F for 20-25 minutes until salmon is done.

Clean Dessert

½ cup berries, top with nut butter, microwave for 15-30 seconds