



What To Eat? Meal Plans (Trial Week 1)



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<https://www.whattoeatmealplans.com>

Thanks for signing up for your free one week trial of WTE? Meal Plans! I hope you enjoy trying out this week's plan!

As a quick reminder, plans are designed by a Registered Dietitian to provide a template for healthy eating and to make meal planning easier throughout the week. They are guaranteed to have:

- At least 100 grams of protein.
- Between 100-150 grams of carbohydrate, split evenly throughout the day for steady energy.
- Enough healthy fat to promote hormone balance and to keep you full.
- Are gluten-free or have gluten-free swaps. If you don't need gluten-free, you probably won't even notice they are gluten-free!

























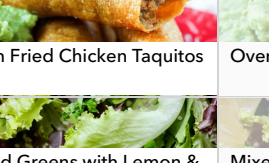
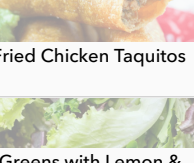
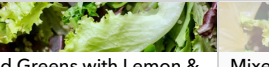






This weeks meal prep tips:

- **Coconut Flour Pancakes** can be made ahead and are very freezer friendly!
- **Apples & PB Snack:** To prep apples ahead of time, cut slices and toss with lemon juice, so they don't brown. To make PB portable, you can either purchase 1-ounce containers and fill yourself or buy pre-packaged individual peanut butter.
- **Sheet Pan Sweet & Spicy Shrimp:** for convenience buy as much pre-washed prepped as possible. The only thing I had to wash and chop was the bell pepper!
- **Oven "Fried" Taquitos:** You could cook the meat/zucchini mixture ahead of time, so all you have to do is roll it into taquitos and bake when you are ready.




WTE? Meal Plans General tips:

1. Remember to update your shopping list if you make changes to the plan to accommodate preferences or family size!
2. If you have any questions don't forget to reach out about swaps and substitutions or other questions in the Facebook Group provide feedback on the meal plans! You can also ask general nutrition tips and *(This group is reserved for our members only, you'll have access to this once you officially sign up!)*




Love the plan? Are you ready to sign up? Head to: <https://whattoeatmealplans.com/plans-pricing/>

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Coconut Flour Pancakes	 Coconut Flour Pancakes	 Healthy Breakfast Quesadilla	 Healthy Breakfast Quesadilla	 Healthy Breakfast Quesadilla
Snack 1	 Apple with Peanut Butter	 Apple with Peanut Butter	 Apple with Peanut Butter		
Lunch	 Chop Chop Salad	 Chop Chop Salad	 Chop Chop Salad	 Chop Chop Salad	 Cheesy Cauliflower Rice & Sausage Skillet
Snack 2	 2 Babybell Cheese	 2 Babybell Cheese		 Babybell Cheese	 2 Babybell Cheese
	 1 Cup Baby Carrots	 1 Cup Baby Carrots		 1 Cup Baby Carrots	 1 Cup Baby Carrots
Dinner	 Paleo Sheet Pan Sweet & Spicy Shrimp	 Paleo Sheet Pan Sweet & Spicy Shrimp	 Cheesy Cauliflower Rice & Sausage Skillet	 Oven Fried Chicken Taquitos	 Oven Fried Chicken Taquitos
				 Mixed Greens with Lemon & Olive Oil	 Mixed Greens with Lemon & Olive Oil
Snack 3	 1 Minute Peanut Butter Mug Cake	 1 Minute Peanut Butter Mug Cake	 1 Minute Peanut Butter Mug Cake	 1 Minute Peanut Butter Mug Cake	 1 Minute Peanut Butter Mug Cake




Mon

Fat  38%
 Carbs  34%
 Protein  28%




Tue

Fat  38%
 Carbs  34%
 Protein  28%




Wed

Fat  43%
 Carbs  31%
 Protein  26%

Thu

Fat  41%
 Carbs  32%
 Protein  27%

Fri

Fat  49%
 Carbs  27%
 Protein  24%

Calories	1661	Calories	1661	Calories	1642	Calories	1654	Calories	1714
Fat	71g	Fat	71g	Fat	79g	Fat	74g	Fat	92g
Carbs	146g	Carbs	146g	Carbs	125g	Carbs	133g	Carbs	112g
Fiber	33g	Fiber	33g	Fiber	26g	Fiber	26g	Fiber	23g
Sugar	73g	Sugar	73g	Sugar	51g	Sugar	35g	Sugar	33g
Protein	121g	Protein	121g	Protein	108g	Protein	111g	Protein	100g
Cholesterol	589mg	Cholesterol	589mg	Cholesterol	124mg	Cholesterol	200mg	Cholesterol	104mg
Potassium	2473mg	Potassium	2473mg	Potassium	2474mg	Potassium	2520mg	Potassium	1922mg
Vitamin A	27880IU	Vitamin A	27880IU	Vitamin A	3900IU	Vitamin A	27974IU	Vitamin A	26925IU
Vitamin C	356mg	Vitamin C	356mg	Vitamin C	278mg	Vitamin C	228mg	Vitamin C	109mg
Calcium	601mg	Calcium	601mg	Calcium	563mg	Calcium	970mg	Calcium	883mg
Iron	13mg	Iron	13mg	Iron	7mg	Iron	10mg	Iron	8mg
Vitamin D	90IU	Vitamin D	90IU	Vitamin D	35IU	Vitamin D	35IU	Vitamin D	32IU

Fruits

- 3 Apple
- 1 Banana
- 1 1/2 Lemon
- 1 tbsp Lemon Juice

Breakfast

- 1/3 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 3 tbsps Chili Powder
- 1 tsp Cumin
- 1/8 tsp Ground Ginger
- 1/3 cup Hemp Seeds
- 1/2 tsp Salt
- 1 tsp Sesame Seeds
- 1 Sprinkle Garlic Salt
- 0 Sprinkle Onion Powder
- 1 Sprinkle Pepper
- 1 Sprinkle Sea Salt

Frozen

- 3 Brown Rice Tortillas

Vegetables

- 16 cups Baby Carrots
- 1 1/2 cups Baby Spinach
- 1 cup Broccoli
- 16 ozs Cauliflower Rice
- 2 cups Cherry Tomatoes
- 2 Cucumber
- 2 Garlic Cloves
- 1 stalk Green Onion
- 1 Medium Zucchini
- 12 cups Mixed Greens
- 2 Orange Bell Pepper
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 9 ozs Snow Peas
- 1/2 Yellow Onion

Boxed & Canned

- 1 1/4 cups Organic Pb Fit Powder
- 3/4 cup Organic Salsa
- 1/2 cup Quinoa

Baking

- 1 1/2 tps Baking Powder
- 1/4 cup Coconut Flour
- 20 Drops Stevia Drops
- 2 tbsps Honey
- 1/3 cup Organic Dark Chocolate Chips
- 1/4 tsp Stevia Powder
- 1 tsp Tapioca Flour
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 7 Babybel
- 3 ozs Cheddar Cheese
- 12 ozs Chicken Breast
- 12 Corn Tortilla
- 1/4 cup Feta Cheese
- 1 lb Ground Chicken
- 3 ozs Pepper Jack
- 1 lb Shrimp
- 4 Uncured Pre Cooked Sausages Or Brats

Condiments & Oils

- 1 cup Artichoke Hearts
- 1/4 cup Avocado Oil
- 1 tsp Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Sriracha Sauce

Cold

- 2 pieces Laughing Cow Wedges
- 3 Egg
- 1/2 cup Egg Whites
- 2 1/4 cups Liquid Egg Whites
- 1 1/4 cups Unsweetened Vanilla Almond Milk

Other

- 1 Cooking Spray
- 0 Sprinkle Black Pepper



Coconut Flour Pancakes

2 servings

25 minutes

Ingredients

- 1/2 cup Egg Whites
- 3 Egg
- 1/4 cup Coconut Flour
- 1/4 tsp Baking Powder
- 1 Banana
- 1/2 tsp Vanilla Extract (optional)
- 1/4 tsp Stevia Powder ((or 2-3 drops - optional))

Nutrition

Calories	255
Fat	9g
Carbs	23g
Fiber	7g
Sugar	9g
Protein	19g
Cholesterol	279mg
Potassium	415mg
Vitamin A	443IU
Vitamin C	5mg
Calcium	83mg
Iron	3mg
Vitamin D	62IU

Directions

- 1 Blend all ingredients in a blender.
- 2 Heat a greased griddle or large skillet on low to medium heat You can use egg rings or just free hand them. Flip pancake when almost completely set.

Notes

TIPS, I found this recipe worked the best with extreme patience and low heat. Each set of pancakes takes about 2-3 minutes on low heat.

Recipe Courtesy of Hungry Hobby, To view the recipe video how to please visit: <https://hungryhobby.net/coconut-flour-pancakes/>



Healthy Breakfast Quesadilla

1 serving

29 minutes

Ingredients

- Cooking Spray
- 1/2 cup Baby Spinach
- 3/4 cup Liquid Egg Whites
- 1 oz Cheddar Cheese (shredded or sliced)
- 1 Brown Rice Tortillas (for GF I use Trader Joe's Brown Rice Tortilla)
- Sprinkle Garlic Salt
- Sprinkle Onion Powder
- Sprinkle Black Pepper
- 1/4 cup Organic Salsa (optional)

Nutrition

Calories	387
Fat	12g
Carbs	33g
Fiber	5g
Sugar	6g
Protein	31g
Cholesterol	28mg
Potassium	585mg
Vitamin A	2058IU
Vitamin C	5mg
Calcium	236mg
Iron	1mg
Vitamin D	7IU

Directions

- 1 Place a medium size non-stick pan over medium-high heat. Spray the pan with cooking spray (I prefer avocado oil) and add 1/2 cup fresh spinach to the pan. Sauté the spinach until it is wilted.
- 2 Once the spinach is wilted, then 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 the 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 fully 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! Be careful it will be hot, I like to serve mine with guac and salsa to cool it down (temperature wise) and because, guac and salsa, duh.

Notes

Recipe Courtesy of Hungry Hobby , To view the recipe video how to please visit: <https://hungryhobby.net/healthy-breakfast-quesadilla/>



Apple with Peanut Butter

3 servings

3 minutes

Ingredients

3 Apple
1/3 cup All Natural Peanut Butter

Nutrition

Calories	288
Fat	17g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g
Cholesterol	0mg
Potassium	375mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	27mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh, To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Chop Chop Salad

4 servings

30 minutes

Ingredients

- 2 Cucumber (chopped)
- 2 Orange Bell Pepper (chopped, color is your choice does not have to be orange- I used 1 yellow and 1 orange)
- 2 cups Cherry Tomatoes (halved)
- 1 cup Artichoke Hearts (canned, in water squeezed of excess water and chopped in quarters)
- 1/4 cup Feta Cheese
- 2 tbsps Avocado Oil
- 1 tbsp Lemon Juice
- 1/2 cup Quinoa (cooked)
- 1 Sprinkle Garlic Salt (keep adding to taste)
- 1 Sprinkle Pepper (keep adding to taste)
- 12 ozs Chicken Breast (grilled, or about .75lbs or other protein tofu for vegan)

Directions

- 1 Chop all veggies and combine with the rest of the ingredients in a large bowl. Divide among 4 servings.
- 2 Store in the refrigerator up to 5 days.
- 3 Can sub other meat or fish for the chicken.

Nutrition

Calories	367
Fat	14g
Carbs	31g
Fiber	6g
Sugar	6g
Protein	34g
Cholesterol	96mg
Potassium	1056mg
Vitamin A	1209IU
Vitamin C	192mg
Calcium	122mg

Iron	3mg
Vitamin D	3IU



Paleo Sheet Pan Sweet & Spicy Shrimp

4 servings

20 minutes

Ingredients

- 1 lb Shrimp (deveined, defrosted, raw,)
- 2 Red Bell Pepper (chopped)
- 9 ozs Snow Peas
- 1 cup Broccoli (florets)
- 1/2 cup Red Onion (chopped)
- 1 Cooking Spray
- 1 tsp Coconut Aminos (or soy sauce if not GF)
- 2 tbsps Sriracha Sauce
- 2 tbsps Honey
- 1 tsp Tapioca Flour (or other starch)
- 2 Garlic Cloves (minced)
- 1/8 tsp Ground Ginger
- 1/2 cup Cashews (or peanuts)
- 1 tsp Sesame Seeds
- 1 Sprinkle Sea Salt

Nutrition

Calories	308
Fat	9g
Carbs	27g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	214mg
Potassium	627mg
Vitamin A	2755IU
Vitamin C	139mg
Calcium	146mg
Iron	4mg

Directions

- 1 Preheat oven to 375F.
- 2 Spray cooking sheet with cooking spray and line up contents across it. You don't have to put them in neat little rows like I did, you can arrange them however you want.
- 3 Spray the top of the shrimp and veggies with cooking spray (this is why I use a good quality brand such as an avocado oil version) and sprinkle with salt. Bake for 15-20 minutes until the shrimp is pink and the veggies (especially the broccoli) is fork tender.
- 4 While your mix is baking, you'll want to make the sauce. Add all ingredients of sauce (coconut aminos, sriracha, honey, tapioca flour, and garlic) to a small nonstick pan over medium-low heat. Using a silicone spatula continually stir/whisk until the mixture is hot and has thickened up, this should take 5-7 minutes.
- 5 When sheet pan mix is done, pour the sauce over it and toss until all the veggies and shrimp are well coated.
- 6 Sprinkle cashews and sesame seeds over the pan for garnish. Serve immediately or use for meal prep!

Notes

Recipe courtesy of Hungry Hobby , <https://hungryhobby.net/sheet-pan-sweet-spicy-shrimp/>

Vitamin D**0IU**



Cheesy Cauliflower Rice & Sausage Skillet

3 servings

10 minutes

Ingredients

- 16 ozs Cauliflower Rice
- 1 tbsp Avocado Oil
- 4 Uncured Pre Cooked Sausages Or Brats (I used Teton Waters Jalapeno Cheddar Brats)
- 2 pieces Laughing Cow Wedges (Swiss or Kerrygold Dubliner Wedges)
- 1 stalk Green Onion (sliced)
- Sprinkle Garlic Salt
- Sprinkle Black Pepper

Nutrition

Calories	357
Fat	26g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	18g
Cholesterol	0mg
Potassium	458mg
Vitamin A	160IU
Vitamin C	73mg
Calcium	35mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Cut sausages into slices and set aside.
- 2 Add 1 tablespoon of oil to skillet. Turn the skillet to medium high and then add cauliflower rice (can be frozen or fresh.)
- 3 Saute the cauliflower rice for 3-5 minutes, until it begins to soften. Do not put the lid on or it will turn to mush! Add the sausages and keep cooking until the cauliflower is soft and the sausages are slightly browned.
- 4 Take the skillet off the heat and stir in the cheese wedges. They will melt a little bit but you will need to smash them down to get the mixture creamy.
- 5 Garnish with chopped green onions.
- 6 Makes 2-4 servings.

Notes

Recipe Courtesy of Hungry Hobby, To view the recipe video please visit: <https://hungryhobby.net/cauliflower-rice-sausage-skillet/>



Oven Fried Chicken Taquitos

6 servings

30 minutes

Ingredients

- 1/2 Yellow Onion (chopped)
- 1 Medium Zucchini
- 1 tbsp Avocado Oil
- 1 lb Ground Chicken
- 3 tbsps Chili Powder
- 1 tsp Cumin (ground)
- 1/2 tsp Salt
- 12 Corn Tortilla (6 inch)
- 3 ozs Pepper Jack (about 3/4 cup shredded)

Nutrition

Calories	336
Fat	14g
Carbs	32g
Fiber	4g
Sugar	2g
Protein	19g
Cholesterol	76mg
Potassium	564mg
Vitamin A	1330IU
Vitamin C	7mg
Calcium	341mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 425F and line a baking sheet with foil, grease with oil or cooking spray
- 2 Shred Zucchini using the large holes of a box grater, squeeze dry in a clean kitchen towel (should have 2 cups.)
- 3 Heat oil in a large skillet over medium-high heat. Add zucchini, ground chicken, chili powder, onions, cumin and salt. to pan and cook, stirring until the chicken is cooked through 8-10 minutes.
- 4 Spread tortillas out on a baking sheet in two overlapping rows. Bake until hot, about 2 minutes, transfer to a plate and cover.
- 5 Line the baking sheet with foil or parchment paper (for easier clean up) and coat with cooking spray. Place 6 tortillas on a clean cutting board or extra pan. Working quickly, spread a generous ¼ cup chicken mixture along the bottom third of a tortilla, sprinkle with about 1T cheese and tightly roll into a cigar shape.
- 6 Generously coat the top and sides of taquitos with cooking spray. Sprinkle the top with salt, liberally. Bake the taquitos until browned and crispy, 14 to 18 minutes.
- 7 Serve with spicy guacamole!

Notes

Recipe Courtesy of Hungry Hobby , To view the recipe video how to please visit: <https://hungryhobby.net/oven-fried-chicken-taquitos/>



Mixed Greens with Lemon & Olive Oil

6 servings

5 minutes

Ingredients

- 12 cups Mixed Greens
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 Lemon (juiced)
- 1/3 cup Hemp Seeds

Nutrition

Calories	191
Fat	18g
Carbs	4g
Fiber	1g
Sugar	0g
Protein	5g
Cholesterol	0mg
Potassium	315mg
Vitamin A	2IU
Vitamin C	12mg
Calcium	48mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Notes

On-the-Go, Keep dressing in a separate container on the side. Add just before serving.
No Mixed Greens, Use spinach, kale or romaine instead.



1 Minute Peanut Butter Mug Cake

1 serving

1 minute

Ingredients

- 1/4 cup Organic Pb Fit Powder
- 1/4 cup Unsweetened Vanilla Almond Milk
- 1/4 tsp Baking Powder
- 4 Drops Stevia Drops (vanilla or plain)
- 1 tbsp Organic Dark Chocolate Chips

Nutrition

Calories	243
Fat	10g
Carbs	19g
Fiber	6g
Sugar	13g
Protein	17g
Cholesterol	0mg
Potassium	0mg
Vitamin A	375IU
Vitamin C	0mg
Calcium	143mg
Iron	1mg
Vitamin D	25IU

Directions

- 1 Combine PB fit, vanilla almond milk, baking powder, and stevia in a small shallow dish. If you want to add in chocolate chips do so now. You should get a paste-like substance about the consistency of greek yogurt, add more peanut powder if it is too liquidity.
- 2 Microwave for one minute. It may take longer if you have a lowered powder microwave. Microwave till not soft in the middle anymore.
- 3 If desired top with peanut butter and devour!

Notes

Recipe Courtesy of Hungry Hobby , <https://hungryhobby.net/1-minute-pb-mug-cake/>