



SmoothieBox WTE? Meal Plan

Kelli Shalla MPH RD

<https://hungryhobby.net/meal-plans>

Dear SmoothieBox Customers,

Welcome to What to Eat? Meal Plans (WTE Meal Plans)!

I'm Kelli Shallal, registered dietitian, new mom, and founder of the healthy living blog Hungry Hobby and the meal planning company What to Eat? Meal Plans.























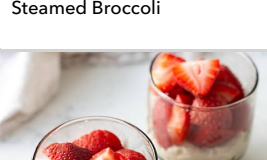
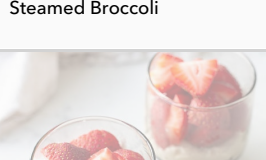


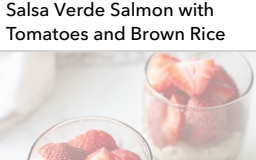
I provide weekly meal plans and meal prep guides to my subscribers to help them get organized in the kitchen while fueling up with nutritious foods. I'm partnering with SmoothieBox to bring you this awesome 5-day meal plan.

Had a lot of fun this holiday season??? That's good! This plan is intended to be a healthy eating reset to help you fight the post-holiday bloating and sluggishness. It's free of known irritants like dairy, gluten, soy, processed foods, and chemicals.

It's perfect for those who want to get back on track and need a little jumpstart!

For more healthy recipes and meal plans, check out my blog at www.hungryhobby.net, and don't forget to follow on Instagram @hungryhobbyrd for more giveaways and bonus items!



| | Mon | Tue | Wed | Thu | Fri |
|-----------|---|---|---|--|--|
| Breakfast |  Cacao Smoothie with Cold Brew |  Cacao Smoothie with Cold Brew |  Berry Smoothie |  Berry Smoothie |  Clementine Smoothie |
| Snack 1 |  Apple with Sunflower Seed Butter |  Apple with Sunflower Seed Butter |  Apple with Sunflower Seed Butter |  Apple with Sunflower Seed Butter |  Apple with Sunflower Seed Butter |
| Lunch |  Chicken Shawarma Salad Bowls |  Chicken Shawarma Salad Bowls |  Chicken Shawarma Salad Bowls |  Chicken Shawarma Salad Bowls |  Chicken Shawarma Salad Bowls |
| Dinner |  BBQ Chimichurri Chicken with Sweet Potato Wedges |  BBQ Chimichurri Chicken with Sweet Potato Wedges |  One Pan Steak, Potatoes and Broccoli |  One Pan Steak, Potatoes and Broccoli |  Salsa Verde Salmon with Tomatoes and Brown Rice |
| |  Steamed Broccoli |  Steamed Broccoli | | | |
| Snack 3 |  Strawberries & Coconut Whip |  Strawberries & Coconut Whip |  Strawberries & Coconut Whip |  Strawberries & Coconut Whip |  Strawberries & Coconut Whip |

| Mon | | Tue | | Wed | | Thu | | Fri | |
|-------------|----------------------------|-------------|----------------------------|-------------|----------------------------|-------------|----------------------------|-------------|----------------------------|
| Fat | <div><div></div></div> 49% | Fat | <div><div></div></div> 49% | Fat | <div><div></div></div> 40% | Fat | <div><div></div></div> 40% | Fat | <div><div></div></div> 43% |
| Carbs | <div><div></div></div> 26% | Carbs | <div><div></div></div> 26% | Carbs | <div><div></div></div> 35% | Carbs | <div><div></div></div> 35% | Carbs | <div><div></div></div> 32% |
| Protein | <div><div></div></div> 25% | Protein | <div><div></div></div> 25% | Protein | <div><div></div></div> 25% | Protein | <div><div></div></div> 25% | Protein | <div><div></div></div> 25% |
| Calories | 1730 | Calories | 1730 | Calories | 1719 | Calories | 1719 | Calories | 1445 |
| Fat | 97g | Fat | 97g | Fat | 80g | Fat | 80g | Fat | 72g |
| Carbs | 117g | Carbs | 117g | Carbs | 157g | Carbs | 157g | Carbs | 118g |
| Fiber | 25g | Fiber | 25g | Fiber | 34g | Fiber | 34g | Fiber | 19g |
| Sugar | 53g | Sugar | 53g | Sugar | 58g | Sugar | 58g | Sugar | 47g |
| Protein | 112g | Protein | 112g | Protein | 114g | Protein | 114g | Protein | 95g |
| Cholesterol | 206mg | Cholesterol | 206mg | Cholesterol | 192mg | Cholesterol | 192mg | Cholesterol | 181mg |
| Sodium | 1344mg | Sodium | 1344mg | Sodium | 819mg | Sodium | 819mg | Sodium | 1307mg |
| Potassium | 3251mg | Potassium | 3251mg | Potassium | 4212mg | Potassium | 4212mg | Potassium | 2969mg |
| Vitamin A | 16458IU | Vitamin A | 16458IU | Vitamin A | 8878IU | Vitamin A | 8878IU | Vitamin A | 8491IU |
| Vitamin C | 160mg | Vitamin C | 160mg | Vitamin C | 312mg | Vitamin C | 312mg | Vitamin C | 106mg |
| Calcium | 318mg | Calcium | 318mg | Calcium | 803mg | Calcium | 803mg | Calcium | 455mg |
| Iron | 10mg | Iron | 10mg | Iron | 13mg | Iron | 13mg | Iron | 9mg |
| Vitamin D | 2IU | Vitamin D | 2IU | Vitamin D | 102IU | Vitamin D | 102IU | Vitamin D | 52IU |

Fruits

- ☐ 5 Apple
- ☐ 2/3 Lemon
- ☐ 2 1/2 cups Strawberries

Seeds, Nuts & Spices

- ☐ 2/3 tsp Black Pepper
- ☐ 2/3 tsp Cinnamon
- ☐ 1 1/4 tbsps Cumin
- ☐ 2 tbsps Italian Seasoning
- ☐ 2 1/8 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2/3 tsp Turmeric

Frozen

- ☐ 2 Berry Smoothie Packet
- ☐ 2 Cacao Smoothie Packet
- ☐ 1 Clementine Smoothie Packet

Vegetables

- ☐ 12 cups Broccoli
- ☐ 5 cups Cherry Tomatoes
- ☐ 1 cup Cilantro
- ☐ 1 1/4 Cucumber
- ☐ 1/4 cup Fresh Oregano
- ☐ 4 Garlic
- ☐ 8 cups Mini Potatoes
- ☐ 1/2 cup Parsley
- ☐ 10 leaves Romaine
- ☐ 2 Sweet Potato
- ☐ 2 1/2 Tomato

Boxed & Canned

- ☐ 1/2 cup Brown Rice

Bread, Fish, Meat & Cheese

- ☐ 2 3/4 lbs Chicken Breast
- ☐ 10 ozs Salmon Fillet
- ☐ 1 lb Top Sirloin Steak

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1 tbsp Capers
- ☐ 1 1/4 cups Extra Virgin Olive Oil
- ☐ 1/2 cup Red Wine Vinegar
- ☐ 2/3 cup Sunflower Seed Butter
- ☐ 1/3 cup Tahini

Cold

- ☐ 2 1/2 cups Coconut Whipped Cream
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 1 pint Cold Brew
- ☐ 5 ozs Collagen Powder
- ☐ 2 1/2 tbsps Water



Cacao Smoothie with Cold Brew

1 serving

5 minutes

Ingredients

1 Cacao Smoothie Packet
1 oz Collagen Powder
8 fl ozs Cold Brew

Directions

- 1 Blend all ingredients together and enjoy!

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 355 |
| Fat | 12g |
| Carbs | 36g |
| Fiber | 8g |
| Sugar | 16g |
| Protein | 32g |
| Cholesterol | 0mg |
| Sodium | 206mg |
| Potassium | 725mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 16mg |
| Iron | 0mg |
| Vitamin D | 0IU |



Berry Smoothie

1 serving**5 minutes**

Ingredients

- 1 Berry Smoothie Packet
- 1 oz Collagen Powder
- 1 cup Unsweetened Almond Milk

Directions

- 1 Blend together smoothie packet, collagen, and almond milk!

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 304 |
| Fat | 8g |
| Carbs | 29g |
| Fiber | 9g |
| Sugar | 18g |
| Protein | 35g |
| Cholesterol | 0mg |
| Sodium | 267mg |
| Potassium | 281mg |
| Vitamin A | 499IU |
| Vitamin C | 0mg |
| Calcium | 467mg |
| Iron | 1mg |
| Vitamin D | 101IU |



Clementine Smoothie

2 servings

5 minutes

Ingredients

- 1 oz Collagen Powder
- 1 Clementine Smoothie Packet
- 1 cup Unsweetened Almond Milk

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 182 |
| Fat | 7g |
| Carbs | 17g |
| Fiber | 3g |
| Sugar | 10g |
| Protein | 18g |
| Cholesterol | 0mg |
| Sodium | 128mg |
| Potassium | 300mg |
| Vitamin A | 250IU |
| Vitamin C | 0mg |
| Calcium | 233mg |
| Iron | 0mg |
| Vitamin D | 51IU |

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana, Sweeten with raw honey, maple syrup or soaked dates instead.

Storage, Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein, Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre, Add ground flax seed.

More Like Mango Lassi, Reduce almond milk and add greek yogurt.



Apple with Sunflower Seed Butter

1 serving**5 minutes**

Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 293 |
| Fat | 18g |
| Carbs | 33g |
| Fiber | 6g |
| Sugar | 22g |
| Protein | 6g |
| Cholesterol | 0mg |
| Sodium | 2mg |
| Potassium | 379mg |
| Vitamin A | 114IU |
| Vitamin C | 9mg |
| Calcium | 31mg |
| Iron | 2mg |
| Vitamin D | 0IU |

Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up four days.



Chicken Shawarma Salad Bowls

5 servings

30 minutes

Ingredients

- 1 1/2 lbs Chicken Breast (diced into cubes)
- 2/3 tsp Sea Salt
- 2/3 tsp Black Pepper
- 2/3 tsp Cinnamon
- 2/3 tsp Turmeric
- 1 1/4 tbsps Cumin
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/3 cup Tahini
- 2 1/2 tbsps Water
- 2/3 Lemon (juiced)
- 10 leaves Romaine (chopped)
- 2 1/2 Tomato (diced)
- 1 1/4 Cucumber (diced)
- 1/3 cup Parsley (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 360 |
| Fat | 19g |
| Carbs | 12g |
| Fiber | 4g |
| Sugar | 2g |
| Protein | 37g |
| Cholesterol | 103mg |
| Sodium | 410mg |
| Potassium | 968mg |
| Vitamin A | 6183IU |
| Vitamin C | 21mg |
| Calcium | 131mg |
| Iron | 4mg |

Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover, Serve with hummus or add minced garlic to the tahini dressing.

Leftovers, Store in the fridge for up to three days.

Vegan & Vegetarian, Omit the chicken and used cooked chickpeas instead.

Vitamin D

1IU



BBQ Chimichurri Chicken with Sweet Potato Wedges

4 servings

30 minutes

Ingredients

1/2 cup Red Wine Vinegar
1 cup Cilantro (thick stems removed)
1/4 cup Fresh Oregano
4 Garlic (cloves)
3/4 cup Extra Virgin Olive Oil (divided)
1 tsp Sea Salt
1 1/4 lbs Chicken Breast (skinless, boneless)
2 Sweet Potato (medium, peeled and cut into wedges)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 606 |
| Fat | 44g |
| Carbs | 16g |
| Fiber | 3g |
| Sugar | 3g |
| Protein | 33g |
| Cholesterol | 103mg |
| Sodium | 695mg |
| Potassium | 774mg |
| Vitamin A | 9585IU |
| Vitamin C | 4mg |
| Calcium | 85mg |
| Iron | 3mg |
| Vitamin D | 1IU |

Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 3 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 4 Transfer to plates and top with desired amount of chimichurri. Enjoy!

Notes

Make it Spicy, Add a chili pepper or red pepper flakes to the chimichurri.

Storage, Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro, Use parsley instead.



Steamed Broccoli

4 servings**10 minutes**

Ingredients

4 cups Broccoli (chopped into florets)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 31 |
| Fat | 0g |
| Carbs | 6g |
| Fiber | 2g |
| Sugar | 2g |
| Protein | 3g |
| Cholesterol | 0mg |
| Sodium | 30mg |
| Potassium | 288mg |
| Vitamin A | 567IU |
| Vitamin C | 81mg |
| Calcium | 43mg |
| Iron | 1mg |
| Vitamin D | 0IU |

Directions

1

Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

Notes

More Flavour, Toss in olive oil and season with your favourite spices.

Serve It With, Shredded Chicken or Ginger Steamed Cod Fillets.



One Pan Steak, Potatoes and Broccoli

4 servings

40 minutes

Ingredients

8 cups Mini Potatoes
3 cups Cherry Tomatoes
8 cups Broccoli (chopped into florets)
1/4 cup Extra Virgin Olive Oil
2 tbsps Italian Seasoning
1 lb Top Sirloin Steak
Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 677 |
| Fat | 31g |
| Carbs | 69g |
| Fiber | 13g |
| Sugar | 8g |
| Protein | 35g |
| Cholesterol | 89mg |
| Sodium | 139mg |
| Potassium | 2467mg |
| Vitamin A | 2073IU |
| Vitamin C | 237mg |
| Calcium | 162mg |
| Iron | 6mg |
| Vitamin D | 0IU |

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 3 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 4 Remove the pan from the oven, divide onto plates and enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.



Salsa Verde Salmon with Tomatoes and Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
10 ozs Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 525 |
| Fat | 24g |
| Carbs | 42g |
| Fiber | 4g |
| Sugar | 5g |
| Protein | 33g |
| Cholesterol | 78mg |
| Sodium | 766mg |
| Potassium | 1205mg |
| Vitamin A | 1935IU |
| Vitamin C | 31mg |
| Calcium | 48mg |
| Iron | 3mg |
| Vitamin D | 0IU |

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

No Brown Rice, Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

Leftovers, Keeps well in the fridge for 2-3 days.

No Capers, Use olives instead.



Strawberries & Coconut Whip

5 servings

10 minutes

Ingredients

- 2 1/2 cups Strawberries
- 2 1/2 cups Coconut Whipped Cream

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 85 |
| Fat | 4g |
| Carbs | 14g |
| Fiber | 2g |
| Sugar | 8g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Potassium | 117mg |
| Vitamin A | 9IU |
| Vitamin C | 45mg |
| Calcium | 12mg |
| Iron | 0mg |
| Vitamin D | 0IU |

Directions

1

Divide strawberries and coconut whipped cream into cups or small bowls.
Enjoy!

Notes

Leftovers, Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

No Coconut Whipped Cream, Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

Additional Toppings, Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

Coconut Whipped Cream, Use a store-bought can or make your own.