

# Week 1

VEGETARIAN

# Slim Down Smart Meal Plans

Created for you so you can focus on getting amazing results! ***Everything is mapped out for you.***



SlimDownSmart

# Introduction

Welcome to Week 1 of the Slim Down Smart meal plans! This is an extraordinary way to kick start your fat loss journey to success with an easy to follow plan. I'm excited to see how well your results turn out after following our meal plans!

You'll be given 4 meals per day to eat. Don't worry, these are not small, skimpy meals that leave you hungry afterwards. The meals that are planned out for today, and for the upcoming weeks, are packed with protein to keep you fuller longer during the day.

The meals are laid out accordingly for breakfast, lunch, snacks, and dinner. If you get a late start to the day, you can swap snacks and dinners around so you can schedule your meals better. We want you to incorporate this plan to fit your schedule.

For best results, you should stick to every meal that is planned out for you. Stay as close to the serving sizes as possible, and avoid skipping or overeating meals because it can negatively affect your results.

Skipping a meal can cause your blood sugar levels to dip too low and prevent your body from burning fat. On the other hand, eating large portion sizes and overeating until you feel stuffed, can cause your body to store fat. If you ever feel hungry after a meal, you can increase your portion size until you feel satisfied, but don't over do it. You should feel satisfied after each meal.

The Slim Down Smart team and myself have also included a shopping list for you. This list will allow you to shop just once a week, saving you time and allowing you to be efficient when planning and preparing meals.

You may already have most of the items on the shopping list, so just make sure to double check. When you're grocery shopping, we recommend you buy organic produce and poultry to ensure quality. It's important to buy organic fruits and vegetables, unless you're peeling the outer shell off of the fruit or vegetable. Buying meat and poultry that is not organic is okay, if you choose brands that are hormone and antibiotic free.

Although we do recommend organic, it's not necessary if you're on a limited budget. If you see a meal you like on a different day or week of the meal plan, you are allowed to move meals around to fit your specific tastes. We're excited to see your results once you've finished the first couple weeks! If you have any questions please contact us.

*Matt Green*

Nutritionist & Exercise Specialist  
Slim Down Smart

# Shopping List

## Vegetables

1 bag of spinach  
1 bag of spring salad mix  
1 bag of romaine lettuce  
2 bags of green beans  
4 bell peppers (red)  
5 onions (yellow)  
1 sweet potato  
1 eggplant  
1 cauliflower  
4 heads of broccoli  
15 grape tomatoes  
2 avocados

## Extras

1 box - wild rice  
1 bag - quinoa  
1 jar – tera's whey protein  
2 jars - crushed tomatoes  
2 jars – tomato sauce  
1 block - organic cheddar cheese  
1 clove - garlic  
2 cans - pinto beans  
1 container - almond milk  
1 bottle - vanilla  
1 container - almond milk  
1 container - salsa  
2 cans - black beans  
1 dozen eggs  
1 bag almond flour  
Ice Cubes

## Oils & Butter

1 jar - unrefined coconut oil  
1 bottle - olive oil  
1 Bottle - balsamic vinegar  
1 stick - grass fed butter

## Fruits

1 bag of blueberries (fresh or frozen)  
1 bag of frozen strawberries  
1 apple  
4 bananas

## Nuts, Seeds & Nut Butters

1 bag - macadamia Nuts  
1 bag - raw almonds  
1 bag - sunflower seeds  
1 bag - cashews

## Spices & Salts

cinnamon  
sea salt  
ground black pepper  
chili powder  
cumin  
cilantro  
garlic powder  
cayenne pepper

## Extras

1 block of mozzarella cheese  
1 container of feta cheese  
1 container of cheddar cheese  
2 containers of organic vegetable broth

# Slim Down Smart Meal Plans

## Day 1

<b>Breakfast</b>	<b>Serving Size</b>
Protein Power Smoothie (See Recipe Below)	Medium Glass
<b>Lunch</b>	<b>Serving Size</b>
Balsamic Feta Salad (See Recipe Below)	Until Satisfied
<b>Snack</b>	<b>Serving Size</b>
Macadamia Nuts	1 Handful
<b>Dinner</b>	<b>Serving Size</b>
Grass Fed Burger w/ Cheese + Lettuce	Until Satisfied

## Day 2

<b>Breakfast</b>	<b>Serving Size</b>
Omelet - 2 Eggs + 1 cup Spinach + 1/4 Onion + 1/4 Pepper	1 Serving
<b>Lunch</b>	<b>Serving Size</b>
Veggie Burrito Bowl (See Recipe Below)	1 Serving
<b>Snack</b>	<b>Serving Size</b>
Raw Almonds	1 Handful
<b>Dinner</b>	<b>Serving Size</b>
1/2 cup Wild Rice, Green Beans, and Broccoli	1 Serving

## Day 3

<b>Breakfast</b>	<b>Serving Size</b>
Protein Power Smoothie (See Recipe Below)	1 Medium Glass
<b>Lunch</b>	<b>Serving Size</b>
Sweet Potato, Spinach, 2 Hard Boiled Eggs	1 Serving
<b>Snack</b>	<b>Serving Size</b>
Handful of Sunflower Seeds	1 Handful
<b>Dinner</b>	<b>Serving Size</b>
Veggie Chili (See Recipe Below)	1-2 Medium Bowls

## Day 4

<b>Breakfast</b>	<b>Serving Size</b>
1 cup Quinoa + 1/4 cup Blueberries + Coconut Oil	1 Serving
<b>Lunch</b>	<b>Serving Size</b>
Veggie Chili (Leftovers)	1 Medium Bowl
<b>Snack</b>	<b>Serving Size</b>
Strawberry Ice Cream (See Recipe Below)	1 Serving
<b>Dinner</b>	<b>Serving Size</b>
Breaded Eggplant and Mashed Cauliflower (See Recipe Below)	Until Satisfied

## Day 5

<b>Breakfast</b>	<b>Serving Size</b>
2 Eggs + 1 cup Spinach + 1/4 Onion + 1/4 Pepper	1 Serving
<b>Lunch</b>	<b>Serving Size</b>
Balsamic Feta Salad (See Recipe Below)	1 Serving
<b>Snack</b>	<b>Serving Size</b>
Apple w/ Cinnamon	1 Serving
<b>Dinner</b>	<b>Serving Size</b>
Broccoli Cheddar Soup (See Recipe Below)	Until Satisfied

## Day 6

<b>Breakfast</b>	<b>Serving Size</b>
Protein Power Smoothie (See Recipe Below)	1 Medium Glass
<b>Lunch</b>	<b>Serving Size</b>
Veggie Burrito Bowl (See Recipe Below)	1 Serving
<b>Snack</b>	<b>Serving Size</b>
Handful of Sunflower Seeds	1 Serving
<b>Dinner</b>	<b>Serving Size</b>
1 cup each - Green Beans + Quinoa + Mozzarella Cheese	Until Satisfied

# Day 7 – Free Day

Today is day 7, which means it's a free day!

You can eat whatever you'd like. This includes pizza, ice cream, or any of the other foods you enjoy. You may eat 4 meals today that have reasonable portion sizes.

I would recommend eating a healthy breakfast and then eating one or two meals that include your favorite foods. Free days can undo a lot of hard work from following the first week of meal plans, so enjoy but don't overdo it.

If you eat ice cream have a bowl, not the whole carton. If you get pizza, eat 2 slices, not the whole pie. Have a great day!

## Protein Power Smoothie



### Ingredients - *Serves: 2*

- 1 Banana
- 1/4 cup Blueberries
- 2 scoops Tera's Whey Protein
- 1/2 cup Almond Milk
- 6 Ice Cubes

### Directions

1. Add all of the ingredients into a blender and mix well.

# Veggie Chili



## Ingredients - Serves: 4

- 2 tsp. Butter, divided
- Sea Salt and Ground Black Pepper
- 1 cup chopped Red Bell Pepper
- 1 medium Onion, coarsely chopped
- 2 tsp. Chili Powder
- 1 tsp. Ground Cumin
- 1 10\_oz\_ jar of tomato sauce
- 1 clove Garlic, minced
- 2 cans of Pinto Beans

## Directions

1. Heat 1 tsp. butter in a 3-quart saucepan over low heat. Cook the red pepper, onion, and garlic for 3–5 minutes, or until vegetables begin to soften. Add the chili powder and cumin, stirring for 1 minute. Add salt and pepper to taste.
2. Increase the heat to medium, and add the tomato sauce and pinto beans. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.
3. Serve and enjoy.

# Balsamic Feta Salad



## Ingredients - Serves: 1

- 1 handful Spring Salad Mix
- 5 Grape Tomatoes
- 1 Avocado
- 1 tbsp. Feta Cheese
- 1 handful of Cashews
- 1/2 Red Bell Pepper
- 3 tbsp. Olive Oil
- 3 tbsp. Balsamic Vinegar

## Directions

1. Wash salad mix and tomatoes, and then add to your plate.
2. Slice avocado lengthwise and remove pit. Spoon out avocado into your salad.
3. Wash and slice the grape tomatoes, and then add to your salad.
4. Sprinkle feta cheese, sliced red bell pepper, and cashews on top of your salad.
5. Mix balsamic vinegar and olive oil (10%/70%) and pour on top of your salad.

# Strawberry Ice Cream



## Ingredients - Serves: 4

- 12 frozen Strawberries
- 1 frozen Banana
- 2-3 cups Almond Milk
- 1 tsp. Vanilla

## Directions

1. Add the bananas, vanilla, strawberries, and almond milk in the blender and mix until creamy.
2. Take out of the blender and put into bowls. Enjoy.

# Broccoli Cheddar Soup

**Ingredients** - *Serves: 5*

- 3 cups organic Vegetable Broth
- 2 cups chopped Broccoli
- 1 small yellow Onion, diced
- 1/4 cup Kefir
- 1 1/2 cups organic Cheddar Cheese
- Sea Salt and Pepper to taste

## Directions

1. Stir together the broth, diced onion, and broccoli in a medium saucepan. Heat over high heat until it comes to a boil.
2. Reduce heat to medium, and continue boiling until the onions soften.
3. Stir in the kefir and continue cooking until the mixture returns to a simmer.
4. Remove from heat and stir in the cheese until melted.



# Veggie Burrito Bowl

**Ingredients** - *Serves: 1*

- 1/4 cup Black Beans
- 1 teaspoon Vegetable Broth
- Pinch of Cumin
- Pinch of Cayenne
- Pinch of Garlic powder
- 1/2 cup Romaine Lettuce
- 2 tablespoons fresh Salsa
- Fresh Cilantro, for garnish
- 1/2 sliced Onion, for garnish

## Directions

1. Heat black beans with vegetable broth, cumin, cayenne, and garlic powder on the stove 5 minutes or until heated. Set aside.
2. Add the romaine lettuce mix to your bowl, and spoon black bean mixture on top. Serve with salsa, cilantro, and green onions on top!

# Breaded Eggplant and Cauliflower



## Ingredients - Serves: 4

- 1 Eggplant
- 2 Eggs
- 1 cup Almond Flour
- 1 jar of crushed Tomatoes
- 1 head of Cauliflower
- Mozzarella Cheese for topping

## Directions

1. Peel eggplant and slice it into 1-inch pieces.
2. Crack 2 eggs into a bowl, and pour 1 cup of almond flour onto a sheet of wax paper.
3. Dip each slice of eggplant into the egg mixture, then transfer the egg-coated slice of eggplant onto the flour on the wax paper. Coat eggplant slice with flour and fry both sides in a pan with butter until golden brown.
4. Wash cauliflower and steam it to soften it. Once cauliflower is tender, mash it into a pan.
5. Heat crushed tomatoes and serve on a plate with sauce layered on the bottom, a few slices of eggplant on top, with some mozzarella, along with mashed cauliflower on the side.