

Week 4

Slim Down

Smart Meal

Plans

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



SlimDownSmart

Shopping List

Vegetables

1 bag - spinach
3 red bell peppers
2 green bell peppers
2 green onions
2 bags - green beans
2 cucumbers
6 stalks celery
8 lemons
1 lime
8 kale leaves
2 (1-inch) pieces of ginger
1 bag - iceberg lettuce
4 avocados
1 red onion

Meats & Poultry

2 dozen eggs
4 chicken breasts
1 lb. ground turkey
2 cans albacore tuna
2 - 3oz. cans wild Alaskan salmon

Extras

1 container - kefir
1 jar - tomato sauce
2 cans - dried tomatoes (no salt added)
2 cans - black beans (low-sodium)
1 can - tera's whey protein vanilla
1 cup - feta cheese
1 bag - Ezekiel 4:9 tortillas
1 bag - flax wraps
2 blocks - mozzarella
3 cloves - garlic
1 jar - salsa
spelt flour
ice cubes

Fruits

1 container - blueberries
4 green apples
2 bananas

Nuts, Seeds & Nut Butters

almond butter
sunflower seeds
almond flour

Spices & Salts

sea salt
black pepper
garlic powder

Oils & Butter

olive oil
grass fed butter

Slim Down Smart Meal Plans

Day 1

Breakfast	Serving Size
2 Eggs + Handful of Sunflower Seeds w/ Slice Mozzarella	1 Serving
Lunch	Serving Size
Tuna Avocado Spinach Salad (See Recipe Below)	Until Satisfied
Snack	Serving Size
Greens Drink Juice (See Recipe Below)	1 Serving
Dinner	Serving Size
Veggie Pizza (See Recipe Below)	Until Satisfied

Day 2

Breakfast	Serving Size
Protein Power Smoothie (See Recipe Below)	1 Medium Glass
Lunch	Serving Size
Chicken Quesadilla with Flax Wrap (See Recipe Below)	Until Satisfied
Snack	Serving Size
Guac Dip (See Recipe Below)	Until Satisfied
Dinner	Serving Size
Wild Alaskan Salmon w/ Green Beans	3 Oz. Salmon

Day 3

Breakfast	Serving Size
Eggs and Salsa (See Recipe Below)	1 Serving
Lunch	Serving Size
Chili Pepper Shells (See Recipe Below)	Until Satisfied
Snack	Serving Size
Celery and Almond Butter	Until Satisfied
Dinner	Serving Size
Lemon Chicken (See Recipe Below)	Until Satisfied

Day 4

Breakfast	Serving Size
2 Eggs + Handful of Sunflower Seeds w/ Slice Mozzarella	1 Serving
Lunch	Serving Size
Tuna Avocado Spinach Salad (See Recipe Below)	Until Satisfied
Snack	Serving Size
Greens Drink Juice (See Recipe Below)	Until Satisfied
Dinner	Serving Size
Veggie Pizza (See Recipe Below)	Until Satisfied

Day 5

Breakfast	Serving Size
Protein Power Smoothie (See Recipe Below)	1 Medium Glass
Lunch	Serving Size
Chicken Quesadilla with Flax Wrap (See Recipe Below)	Until Satisfied
Snack	Serving Size
Guac Dip (See Recipe Below)	Until Satisfied
Dinner	Serving Size
Wild Alaskan Salmon w/ Green Beans	3 Oz. Salmon

Day 6

Breakfast	Serving Size
Eggs and Salsa (See Recipe Below)	1 Serving
Lunch	Serving Size
Chili Pepper Shells (See Recipe Below)	Until Satisfied
Snack	Serving Size
Celery and Almond Butter	Until Satisfied
Dinner	Serving Size
Lemon Chicken (See Recipe Below)	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
- 1/2 cup Blueberries
- 2 scoops Tera's Whey Protein
- 1/2 cup Kefir
- 6 Ice Cubes

Directions

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

Greens Drink Juice

Ingredients - Serves: 4

2 Green Apples, halved
4 Celery Stalks leaves removed
1 Cucumber
4 Kale Leaves
1/2 Lemon, peeled
1 (1 inch) piece Fresh Ginger

Directions

1. Process green apples, celery, cucumber, kale, lemon, and ginger through a juicer.



Veggie Pizza

Ingredients - Serves: 4

1 Ezekiel Tortilla
4 tbsp. of Tomato/Pizza Sauce
1 Garlic Clove, minced

1/4 cup Onions, chopped
1/4 cup Green Peppers, chopped
1 ounce of Organic Mozzarella Cheese

Directions

1. Preheat oven to 450F degrees.
2. Place tortilla on a large pan and place in the oven for 3-4 minutes to allow crust to harden.
3. Once tortilla has started to slightly crisp on the edges, remove from the oven.
4. Place sauce and garlic on crust first.
5. Then top with chopped onions, peppers, or any other toppings you desire.
6. Shred cheese on top of toppings.
7. Cook for 10 minutes or until cheese is melted

Guac Dip

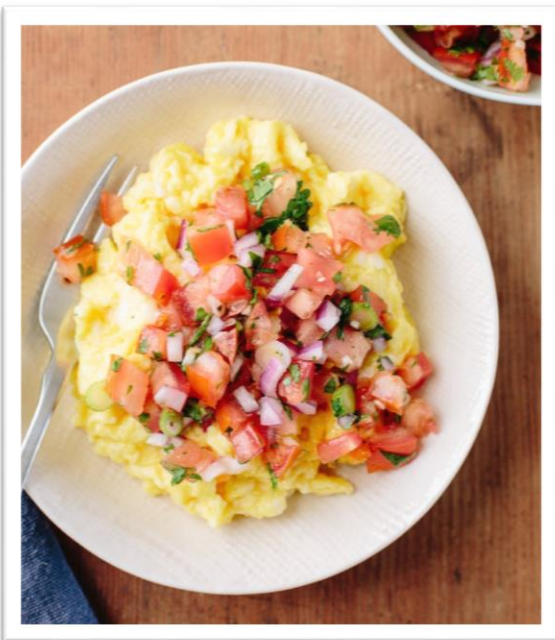


Ingredients - Serves: 2

2 Avocados
1/4 cup Red Onion, chopped
1/2 Lime
4 tbsp. Pico de Gallo
Sea Salt, to taste
Carrot Sticks or Organic Tortilla Chips

Directions

1. Cut avocados lengthwise in half and remove pits.
2. Spoon avocado into a mixing bowl and combine remaining ingredients. Juice the lime.
3. Serve with carrot sticks or an organic brand of tortilla chips.



Eggs and Salsa

Ingredients - Serves: 1

1-3 Eggs
4 tbsp. Organic Salsa
1/4 cup Red Pepper, chopped

Directions

1. Whisk eggs into a bowl with red pepper. Cook mixture in a pan with butter. Scramble your eggs by constantly mixing them up in the pan. Once cooked, serve with salsa.

Chili Pepper Shells



Ingredients - Serves: 2

3/4 pound Ground Turkey (lean)
1 large Onion, peeled and chopped
1 medium Green Bell Pepper, seeded and chopped
1 (14 1/2 oz.) can Diced Tomatoes (w/no salt added)
1 cup Canned Black Beans (low - sodium), drained and rinsed
1 tsp. Garlic Powder
1 Bell Pepper (any color)

Directions

1. Brown the ground turkey in a medium skillet over medium-high heat until no longer pink. Drain the fat.
2. Add the onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients, except the whole bell peppers, and simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in oven safe dish with a small amount of water.
5. Cover and heat at 350F until crisp/tender, for about 10 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon in turkey and enjoy!

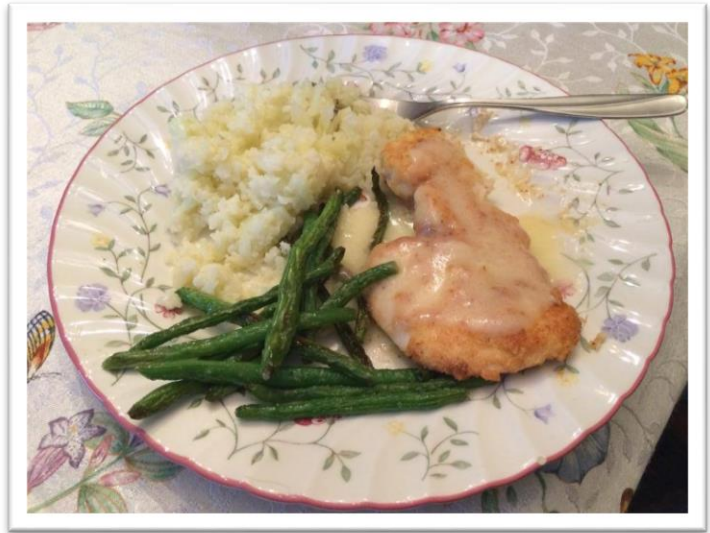
Lemon Egg Chicken

Ingredients - Serves: 2

- 1 lb. Organic Chicken Breast
- 2 Eggs
- 1 cup Almond Flower
- 1 tbsp. Organic Butter
- 2 tbsp. Olive Oil

Directions

1. Cut chicken into 2 thin pieces.
2. Mix 2 eggs in a bowl. Dip chicken in egg mix and then coat with almond flour.
3. Combine 1 tbsp. butter and 2 tbsp. of olive oil and heat over the stovetop.
4. Add the chicken and cook on medium heat until browned on both sides.



Lemon Crème Sauce

Ingredients

- 1/2 stick of Organic Butter
- 2 juiced Lemons
- 2 tbsp. Spelt Flour
- 1 1/2 cups Water (hot)

Directions

1. Melt the 1/2 stick of organic butter over medium heat.
2. Add juice from 2 squeezed lemons.
3. In another bowl mix 2 tbsp. of spelt flour with 1 1/2 cups of hot water until smooth.
4. Mix water and flour mixture into warm butter and lemon juice over low heat until combined and warm.

Chicken Quesadilla w/ Flax Wrap



Ingredients - *Serves: 4*

2 cups Iceberg Lettuce, chopped
1 cup Mozzarella Cheese, shredded
1 cup Prepared Fresh Salsa, divided
1 cup chicken breast, chopped
4 8-inch flax tortillas
2 tsp. Olive Oil, divided

Directions

1. Combine lettuce, cheese, chopped chicken, and 1/4 cup salsa in a medium bowl.
2. Place tortillas on a work surface. Spread 1/2 cup of the chicken filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Use Panini maker or oven to heat quesadillas. Serve the quesadillas with the remaining salsa.

Tuna Avocado Spinach Salad

Ingredients - *Serves: 4*

- 1 Avocado
- 1 Handful Spinach
- 1 can Tuna
- 3 tbsp. Olive Oil
- 1 tbsp. Feta Cheese
- 1 Sweet Potato, baked and chopped

Directions

1. Wash spinach and add it to a plate.
2. Slice avocado open and remove pit.
3. Spoon out avocado and add it on top of your spinach, along with the sweet potato.
4. Drain tuna and add it to the salad, and then top with feta cheese.
5. Add olive oil on your salad and enjoy!

