

week 5

Lifestyle Plan - Week 5

Week 5: Stay Focused on Nutrient Dense Fiber to Feel Fuller

When it comes to building healthy habits, small decisions add up over time. Start with soup and salad first! Fill up on vegetables and whole grains with nutrient dense fiber and start treating your fats and proteins more like condiments than the centerpiece of meals.

	BREAKFAST	LUNCH	SNACKS	DINNER
Mon	<ul style="list-style-type: none"> Two Egg Veggie Scramble Golden Almond Smoothie 	<ul style="list-style-type: none"> Chicken Fajita Salad with Black Bean Corn Salsa 1/2 cup black bean chips 	<ul style="list-style-type: none"> cinnamon apples with pecans and dried cranberries 	<ul style="list-style-type: none"> Indian Spiced Lentil Stew Tandoori Swordfish with Avocado Yogurt Crème Fraîche
	<ul style="list-style-type: none"> Savory Breakfast Roll Frozen Pineapple Strawberry Beet Lemonade 	<ul style="list-style-type: none"> Roasted Vegetable Grilled Cheese Sandwich Tomato Caprese Salad and Greens 	<ul style="list-style-type: none"> Black Bean Corn Salsa with 6 whole grain crackers 	<ul style="list-style-type: none"> Chicken Fajita Salad with Black Bean Corn Salsa 1/2 cup black bean chips
Fri	<ul style="list-style-type: none"> Blueberry Acai Bowl with High-protein Granola Golden Almond Smoothie 	<ul style="list-style-type: none"> Indian Spiced Lentil Stew brown rice cakes with avocado (2 rice cakes, 1/2 avocado mashed) 	<ul style="list-style-type: none"> 1/4 cup bean chips, 1/4 cup guacamole and cherry tomatoes 	<ul style="list-style-type: none"> Roasted Vegetable Grilled Cheese Sandwich Tomato Caprese Salad and Greens
	<ul style="list-style-type: none"> Two Egg Veggie Scramble Frozen Pineapple Strawberry Beet Lemonad 	<ul style="list-style-type: none"> Cod Roasted Red Pepper and Basil Salad brown rice cakes with avocado (2 rice cakes, 1/2 avocado mashed) 	<ul style="list-style-type: none"> cinnamon apples with pecans and dried cranberries 	<ul style="list-style-type: none"> Avocado Lime Soup Black Bean Corn Salsa Quesadillas
	<ul style="list-style-type: none"> Savory Breakfast Roll Golden Almond Smoothie 	<ul style="list-style-type: none"> Mediterranean Tuna Wrap Tomato Caprese Salad and Greens 	<ul style="list-style-type: none"> Black Bean Corn Salsa with 6 whole grain crackers 	<ul style="list-style-type: none"> Cod Roasted Red Pepper and Basil Roll Parmesan Toast with avocado (1 slice toasts, 2-4 slices avocado)
Sun	<ul style="list-style-type: none"> Blueberry Acai Bowl with High-protein Granola Frozen Pineapple Strawberry Beet Lemonade 	<ul style="list-style-type: none"> Avocado Lime Soup Black Bean Corn Salsa Quesadillas 	<ul style="list-style-type: none"> 1/4 cup High-protein Granola and 1/2 cup berries 	<ul style="list-style-type: none"> Mediterranean Tuna Wrap Tomato Caprese Salad and Greens
	<ul style="list-style-type: none"> Two Egg Veggie Scramble Golden Almond Smoothie 	<ul style="list-style-type: none"> Chicken Fajita Salad with Black Bean Corn Salsa 1/2 cup black bean chips 	<ul style="list-style-type: none"> cinnamon apples with pecans and dried cranberries 	<ul style="list-style-type: none"> Avocado Lime Soup Black Bean Corn Salsa Quesadillas

PREP

Start a New Habit

Be a Weekend Warrior!

Weekdays are typically easier to handle than weekends when it comes to living healthfully. Try taking an extra 15-minute walk around your office during the day or add another 15-30 minutes of light exercise once or twice a week. It's a great stress reliever, and you'll enter the weekend guilt free.

Headed to a weekend party? Grab a quick healthy snack on your way out the door to help limit the sneaky liquid calories and snacks that add up at parties.

TIP:

Have a late-night sugar craving that just won't quit? Cut up pineapple or watermelon chunks once a week and keep them in the fridge to satisfy your sweet tooth. It takes a while to retrain your taste buds to become satisfied with natural sweet fruit, but you'll be doing your body a favor. Enjoy fruit first!

Beginning of Week Prep

1. Prep and marinate fajita meat. Mix tandoori spices and rub on fish. Wrap fish and store in refrigerator until ready to cook.
2. Prep first 4 ingredients of smoothies and acai bowl then place into Ziploc bags and store in freezer. Prep juicing and punch ingredients in large gallon-sized Ziploc bags.
3. Make Black Bean Corn Salsa. Make dressing for Caprese Salad.
4. Prepare Indian Spiced Lentil Stew.
5. Make Savory Breakfast Roll, wrap and store in refrigerator. Make crepes and add filling when ready to eat.
6. Prep roasted vegetables and roast in advance. Cook Fajita meat, slice and store in refrigerator.

Mid-Week Prep

1. Prep High-protein Granola. Prep first 4 ingredients of Blueberry Acai Bowl.
2. Prepare salad ingredients for Cod with Red Pepper and Basil Salad.
3. Make Avocado Lime Soup.
4. Prep Mediterranean Tuna Wrap ingredients in advance.



Foods to Include

Animal proteins: fresh or water-packed fish, wild game, lamb, duck, chicken and turkey

Dairy and eggs: omega-3 eggs, cheese

Dairy substitutes: nut milks such as almond milk and coconut milk, rice cheese, vegan cheeses

Whole grains: sprouted grains, brown rice, oats, millet, amaranth, teff, buckwheat, quinoa, black rice, wheat, barley, spelt, kamut, rye, triticale, corn, corn meal

Fruits and vegetables: whole fruits (unsweetened, frozen or water-packed), canned fruits, dried fruit, all vegetables (raw, steamed, sautéed, juiced, or roasted)

Vegetable protein: edamame, split peas, lentils, legumes, chickpeas, beans, soy, tofu, vegetarian meat substitutes, tempeh

Nuts and seeds: walnuts, hazelnuts, pecans, almonds, cashews, nut butters (peanut, almond), sesame, tahini, pumpkin and sunflower seeds

Oils: cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, coconut,

Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water

Sweeteners: brown rice syrup, agave nectar, stevia, honey, blackstrap molasses, maple syrup

Condiments: vinegar, vegan Worcestershire sauce, Braggs Amino Acids, all spices including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme and turmeric



Foods to Exclude

Butter and mayonnaise: all

Non-organic or processed grains: white flour, white rice

Animal protein: sausage, bacon, cold cuts, canned meats, frankfurters, hot dogs

Oils: shortening, salad dressings, hydrogenated oils and spreads

Drinks: soft drinks, soda, energy drinks, vitamin water

Sweeteners: white and brown refined sugars, high-fructose corn syrup, sugar substitutes, Splenda, Sweet and Low, sugar alcohols

Condiments: milk chocolate, ketchup, relish, jelly, barbecue sauce, teriyaki, pancake syrup,

Fruits and vegetables: creamed vegetables, sugar coated dried fruit, yogurt or chocolate covered fruit

**Fresh Produce**

- 4 shallots
- 2 onions
- 1 red onion
- 4-inch ginger root
- 2 bulb garlic
- 1 bunch cilantro
- 1 bunch parsley
- 1 bag fresh basil
- 3 containers cherry tomatoes
- 1 bunch celery
- 1 lb. carrots
- 1 bag baby carrots
- 3 red bell peppers
- 1 hothouse cucumber
- 1 bunch green onions
- 1 bag romaine lettuce hearts
- 1 box baby kale or Swiss chard greens
- 1 bag julienned carrots
- 1 bag mixed baby spinach
- 1 box mixed greens
- 2 jalapenos
- 2-3 medium zucchini squash
- 4 portabella mushrooms
- 1 pkg. sliced cremini mushrooms
- 1 bunch asparagus
- 2 beets
- 1 sweet potato
- 4 avocados
- 1 bunch bananas
- 4 lemons
- 4 limes
- 4 apples
- 1 pkg. blueberries

**Spices, Oils and Sauces**

- vegan protein powder
- baking powder
- strawberry preserves (fruit only, no sugar)
- pesto
- Dijon mustard
- salt
- pepper
- coconut oil
- Smart Balance butter substitute
- Balsamic vinegar
- honey
- extra-virgin olive oil
- ground cinnamon
- red pepper flakes
- ground coriander
- ground cumin
- dry mustard powder
- ground cinnamon
- turmeric
- Sriracha hot sauce
- chili powder or cayenne pepper
- smoked paprika

**Nut Milk, Juices, Water, and Sauce Substitutes in Refrigerator Section**

- almond milk, coconut milk or soy milk
- soy milk creamer
- spring water
- coconut water

**Nuts, Seeds & Dried Fruit**

- hemp seeds
- natural almond butter or peanut butter
- pitted dates
- dried cranberries
- honey
- raw cashews
- raw almonds
- raw pecans
- walnuts
- ground flaxseed or chia seeds
- raw sunflower seeds
- raw pumpkin seeds

**Frozen Goods**

- frozen lemon juice concentrate
- frozen spinach
- frozen cherries
- frozen mango
- frozen carrots
- frozen beets
- frozen acai

**Canned Goods**

- 2 cans black beans
- 1 can beets
- 1 can corn
- 1 can diced green chiles
- 2 cans diced tomatoes
- 1 can garbanzo beans

**Pantry Dry Goods**

- brown rice or quinoa linguine noodles
- rolled oats
- corn tortillas
- whole wheat tortillas or whole grain flatbreads
- brown rice cakes
- baked corn chips
- short grain or regular brown rice
- quinoa
- 1 loaf whole grain bread
- bean chips
- almond or amaranth flour
- sprouted grain cereal nugget cereal or Grape-nuts cereal
- lentils

**Animal Proteins**

- 1 doz. omega-3 eggs
- 2 cans tuna
- 1 lb. turkey sausage
- 1 lb. swordfish
- 1 lb. chicken breast
- 1 lb. cod
- 8 oz. Parmesan cheese
- 8 oz. Monterey jack cheese, grated
- 8 oz. cottage cheese
- 8 oz. grated cheddar cheese
- 8 oz. Greek whole milk yogurt
- 16 oz. Buffalo mozzarella

**Pantry Dry Goods**

- whole grain crackers, low-sodium
- 1 loaf sprouted whole grain bread
- bean chips
- baked corn chips
- brown rice cakes
- corn tortillas
- whole grain tortillas or flatbreads
- pre-cooked brown rice packets
- rolled oats
- whole grain granola, unsweetened

**Fresh Produce**

- 1 bunch cilantro
- 1 bag fresh basil
- 2 container cherry tomatoes
- 3 red bell peppers
- 1 hothouse cucumber
- 1 bag romaine lettuce hearts
- 1 large bag mixed baby greens or spinach
- 2 beets
- 1 sweet potato
- 3 avocados
- 1 bunch bananas
- 3 lemons
- 3 limes
- 4 apples
- 1 pkg. blueberries

**Spices, Oils and Sauces**

- Sriracha hot sauce
- 1 jar corn and black bean salsa
- cilantro lime dressing
- balsamic vinaigrette
- pesto
- strawberry preserves (fruit only, no sugar)
- salt
- pepper
- extra-virgin olive oil

**Nuts, Seeds & Dried Fruit**

- natural peanut butter
- pitted dates
- dried cranberries
- raw cashews
- raw walnuts
- raw almonds
- pecans
- ground flaxseed or chia seeds

**Frozen Goods**

- frozen cooked brown rice
- frozen acai packets
- frozen tropical smoothie starter
- frozen berry smoothie starter
- frozen lemon juice concentrate
- frozen roasted vegetables
- frozen sweet potatoes
- frozen whole grain breakfast muffin
- frozen pre-made vegetarian breakfast sandwich
- frozen sausage and egg breakfast wrap
- frozen whole grain waffle or pancake

**Canned Goods**

- 2 pkgs. pre-made Indian spiced lentils
- 2 cans beets
- 1 can black beans
- 1 can garbanzo beans

**Nut Milk, Juices, Water, and Sauce Substitutes in Refrigerator Section**

- almond milk, coconut milk or soy milk
- spring water
- 3 coconut water
- 4 hemp, coconut, and turmeric milk

**Animal Proteins**

- 1 lb. swordfish steak
- 1 lb. frozen pre-cooked fajita chicken
- 2 cans salmon
- 8 oz. grated cheddar cheese
- 8 oz. Greek whole milk yogurt
- 16 oz. Buffalo mozzarella