

Sample Meal Plan - Clinic Copy

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Sample Meal Plan - Clinic Copy

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Caramelized Banana & Almond Oatmeal	Spinach and Sweet Potato Egg Muffins	Caramelized Banana & Almond Oatmeal	Spinach and Sweet Potato Egg Muffins	Caramelized Banana & Almond Oatmeal	Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats	Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats
Snack 1	Sweet Potato Crostini with Pomegranate & Goat Cheese	Zucchini Fritters	Sweet Potato Crostini with Pomegranate & Goat Cheese	Zucchini Fritters	Sweet Potato Crostini with Pomegranate & Goat Cheese	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding
Lunch	Spicy Coconut Lentil Soup	Spicy Coconut Lentil Soup	Deconstructed Sushi Bowl	Deconstructed Sushi Bowl	Winter Kale Salad	Mediterranean Buddha Bowl	Mediterranean Buddha Bowl
Snack 2	No-Bake Pumpkin Protein Bars	Slow Cooker Energy Bars	Cinnamon Toast Crunch Pumpkin Seeds	Slow Cooker Energy Bars	Cinnamon Toast Crunch Pumpkin Seeds	No-Bake Pumpkin Protein Bars	No-Bake Pumpkin Protein Bars
Dinner	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Zucchini Noodle Lasagna	Zucchini Noodle Lasagna	Deluxe Portobello Pizzas	Moroccan Chicken Stew	Moroccan Chicken Stew
Snack 3	Avocado Brownies	Key Lime Mousse	Avocado Brownies	Key Lime Mousse	Avocado Brownies	Mojito Sorbet	Mojito Sorbet

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1677	Calories 1334	Calories 1958	Calories 1688	Calories 1571	Calories 2100	Calories 2100
Fat 82g	Fat 64g	Fat 130g	Fat 112g	Fat 98g	Fat 110g	Fat 110g
Saturated 25g	Saturated 20g	Saturated 28g	Saturated 28g	Saturated 28g	Saturated 30g	Saturated 30g
Trans 0g	Trans 0g	Trans 1g	Trans 1g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 18g	Polyunsaturated 10g	Polyunsaturated 31g	Polyunsaturated 21g	Polyunsaturated 21g	Polyunsaturated 21g	Polyunsaturated 21g
Monounsaturated 28g	Monounsaturated 27g	Monounsaturated 57g	Monounsaturated 53g	Monounsaturated 38g	Monounsaturated 33g	Monounsaturated 33g
Carbs 169g	Carbs 124g	Carbs 130g	Carbs 98g	Carbs 139g	Carbs 227g	Carbs 227g
Fiber 34g	Fiber 28g	Fiber 38g	Fiber 33g	Fiber 35g	Fiber 47g	Fiber 47g
Sugar 46g	Sugar 28g	Sugar 43g	Sugar 35g	Sugar 48g	Sugar 68g	Sugar 68g
Protein 78g	Protein 73g	Protein 90g	Protein 86g	Protein 53g	Protein 72g	Protein 72g
Cholesterol 162mg	Cholesterol 601mg	Cholesterol 148mg	Cholesterol 587mg	Cholesterol 87mg	Cholesterol 73mg	Cholesterol 73mg
Sodium 1602mg	Sodium 1726mg	Sodium 2181mg	Sodium 2029mg	Sodium 1904mg	Sodium 1541mg	Sodium 1541mg
Calcium 860mg	Calcium 403mg	Calcium 855mg	Calcium 455mg	Calcium 1137mg	Calcium 1166mg	Calcium 1166mg
Iron 12mg	Iron 12mg	Iron 19mg	Iron 16mg	Iron 18mg	Iron 18mg	Iron 18mg
Vitamin B6 2.6mg	Vitamin B6 2.8mg	Vitamin B6 2.3mg	Vitamin B6 2.5mg	Vitamin B6 1.3mg	Vitamin B6 1.8mg	Vitamin B6 1.8mg
Vitamin B12 0.5µg	Vitamin B12 1.5µg	Vitamin B12 6.6µg	Vitamin B12 7.7µg	Vitamin B12 1.0µg	Vitamin B12 0.3µg	Vitamin B12 0.3µg
Magnesium 494mg	Magnesium 255mg	Magnesium 533mg	Magnesium 348mg	Magnesium 383mg	Magnesium 558mg	Magnesium 558mg
Zinc 8mg	Zinc 7mg	Zinc 13mg	Zinc 13mg	Zinc 6mg	Zinc 8mg	Zinc 8mg
Selenium 52µg	Selenium 76µg	Selenium 79µg	Selenium 104µg	Selenium 27µg	Selenium 39µg	Selenium 39µg

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104 items

Fruits

- 10 Avocado
- 5 1/2 Banana
- 1 Lemon
- 5 Lime
- 1 Pear
- 1 1/4 cups Pomegranate Seeds

Breakfast

- 2 1/8 cups Almond Butter
- 2 cups Granola
- 1 2/3 cups Maple Syrup
- 3 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1/3 cup Almonds
- 1 tsp Black Pepper
- 1 tsp Cardamom
- 2 cups Cashews
- 3/4 tsp Cayenne Pepper
- 1 1/4 cups Chia Seeds
- 1 1/3 tbsps Chili Powder
- 1 3/4 tbsps Cinnamon
- 1 tbsps Cumin
- 1/4 cup Ground Flax Seed
- 1/2 tsp Ground Ginger
- 3 tbsps Hemp Seeds
- 1 tsp Italian Seasoning
- 1 tsp Oregano
- 2 cups Pumpkin Seeds
- 1 tsp Red Pepper Flakes
- 3 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Sesame Seeds
- 1 2/3 tbsps Smoked Paprika
- 2 1/2 tpsps Turmeric
- 2 cups Walnuts

Vegetables

- 12 cups Baby Spinach
- 2 Carrot
- 8 cups Cauliflower Rice
- 1/2 cup Cherry Tomatoes
- 2/3 cup Cilantro
- 4 Cucumber
- 1/2 Green Bell Pepper
- 2 Jalapeno Pepper
- 6 cups Kale Leaves
- 1/2 cup Mint Leaves
- 1/2 cup Mushrooms
- 1 cup Parsley
- 4 Portobello Mushroom Caps
- 2 Red Bell Pepper
- 1 1/2 cups Red Onion
- 2 heads Romaine Hearts
- 12 Sweet Potato
- 1 1/2 tbsps Thyme
- 6 Tomato
- 6 Yellow Onion
- 2 Yellow Potato
- 8 Zucchini

Boxed & Canned

- 1 cup Brown Basmati Rice
- 2 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 1 cup Dry Lentils
- 2 cups Organic Chicken Broth
- 1/4 cup Organic Coconut Milk
- 1/4 cup Organic Salsa
- 2 2/3 cups Quinoa

Baking

- 1 1/2 cups Almond Flour
- 1 tbsps Baking Soda
- 1 1/2 cups Cacao Powder

Bread, Fish, Meat & Cheese

- 2 1/4 lbs Chicken Breast
- 2 lbs Extra Lean Ground Beef
- 2/3 cup Feta Cheese
- 1 1/2 cups Goat Cheese
- 1 cup Hummus
- 15 3/4 ozs Smoked Salmon

Condiments & Oils

- 1/2 cup Apple Cider Vinegar
- 1 2/3 tbsps Avocado Oil
- 1 1/3 tbsps Coconut Aminos
- 3/4 cup Coconut Oil
- 1 tsp Dijon Mustard
- 1 1/16 cups Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1 cup Pitted Kalamata Olives
- 1/4 cup Tahini
- 3 cups Tomato Sauce

Cold

- 3 tbsps Coconut Butter
- 30 Egg
- 1/2 cup Ghee
- 9 1/8 cups Unsweetened Almond Milk

Other

- 8 Nori Sheets
- 3/4 cup Vanilla Protein Powder
- 21 1/3 cups Water

- 1 1/2 cups** Coconut Flour
- 1 1/2 cups** Coconut Sugar
- 1 cup** Dried Unsweetened Cranberries
- 1/4 tsp** Ground Cloves
- 1 tbsp** Nutritional Yeast
- 1/2 cup** Oat Flour
- 1 1/2 cups** Oats
- 2 1/2 cups** Organic Dark Chocolate Chips
- 2/3 cup** Organic Raisins
- 2 1/4 tsps** Pumpkin Pie Spice
- 1 1/2 cups** Pureed Pumpkin
- 1/2 cup** Raw Honey
- 2 tsps** Stevia Powder
- 1 1/8 cups** Unsweetened Coconut Flakes
- 1/2 cup** Unsweetened Shredded Coconut
- 2 1/8 tsps** Vanilla Extract

Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats

7 ingredients · 25 minutes · 4 servings



Directions

1. Add the steel cut oats and water to your pressure cooker and close lid. Set to “sealing” then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
2. Remove the lid carefully, and stir in the milk and cinnamon until combined. Add more milk if needed.
3. Divide the oats into bowls and top with banana slices, granola and almond butter. Enjoy!

Notes

Meal Prep

These oats can be prepped ahead and stored in the fridge up to 5 days, or in the freezer for longer. Reheat and add toppings before serving.

Likes it Sweet

Add a drizzle of maple syrup or honey.

No Granola

Omit, or use a mix of nuts and seeds instead.

More Fibre

Add chia seed or ground flax seed.

Ingredients

- 1 1/2 cups Steel Cut Oats
- 3 cups Water
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 2 Banana (sliced)
- 1 cup Granola
- 1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	555	Cholesterol	0mg
Fat	22g	Sodium	23mg
Saturated	3g	Calcium	151mg
Trans	0g	Iron	3mg
Polyunsaturated	5g	Vitamin B6	0.3mg
Monounsaturated	9g	Vitamin B12	0µg
Carbs	80g	Magnesium	116mg
Fiber	12g	Zinc	2mg
Sugar	15g	Selenium	9µg
Protein	14g		