

Disclaimer

This is not medical advice.

Results May Vary: Causes for being overweight or obese vary from person to person.

Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical.

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Day 1 1739 calories • 33g carbs (9g fiber) • 140g fat • 89g protein

BREAKFAST 596 calories • 5g carbs (1g fiber) • 55g fat • 22g protein

Mushroom and Pepper Egg White Omelette

- 320 calories
- 5g carbs (1g fiber)
- 22g protein
- 24g fat

Ingredients:

- 1 tbsp Olive Oil (14 g)
- 1/2 cup, pieces or slices Mushrooms (35 g)
- 3 egg white (separated from yolk) Egg White (120 g)
- 1/4 cup, chopped Red Bell Pepper (37 g)
- 1/4 cup, shredded Cheddar Cheese (28 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Picker Upper Coffee

- 276 calories
- 0g carbs (0g fiber)
- 1g protein
- 31g fat

Ingredients:

- 12 1/2 fl oz Coffee (375 g)
- 1 1/4 tbsp Butter (18 g)
- 1 1/4 tbsp Coconut Oil (17 g)

Directions:

1. Place a non-stick skillet over medium heat and pour oil.
2. Saute sliced mushrooms and chopped red bell pepper in hot pan until soft. Remove from pan and set aside.
3. In a bowl, whisk egg whites; season with salt and pepper.
4. Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely.
5. Let the mixture cook for 20 seconds then scrape a line through the middle with a spatula.
6. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
7. Place sautéed mushrooms and red bell peppers to one side of omelette along with cheddar cheese.
8. Fold the other half of the omelette using a spatula.
9. Cook until cheese is melted.

Directions:

1. Grind and brew coffee in french press or coffee machine.
 2. Meanwhile, add coconut oil and butter into a coffee cup.
 3. Pour coffee half way and stir until butter and coconut oil have dissolved.
 4. Continue to pour and stir the remaining coffee into cup.
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LUNCH 372 calories • 12g carbs (5g fiber) • 32g fat • 14g protein

Tuna Lettuce Wrap

- 227 calories
- 8g carbs (5g fiber)
- 12g protein
- 18g fat

Ingredients:

- 1/4 can Canned Tuna (28 g)
- 1/8 cup, (not packed) Cottage Cheese (28 g)
- 3 olive Olives (8 g)
- 1/4 fruit Avocados (50 g)
- 1/8 cup, chopped Red Bell Pepper (19 g)
- 1/4 tsp Dijon Mustard (1 g)
- 1/2 tbsp Olive Oil (7 g)
- 1 leaf Green Leaf Lettuce (8 g)
- *optional* - 1/2 tsp Cajun Seasoning (2 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Lemon Garlic Salad

- 144 calories
- 4g carbs (0g fiber)
- 1g protein
- 14g fat

Ingredients:

- 1 cloves, minced Garlic (3 g)
- 1 tbsp Olive Oil (14 g)
- 1 tsp Lemon juice (5 g)
- 2 cup Mixed Greens (94 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 dash Salt (0 g)

Directions:

1. In a bowl, combine cottage cheese with olive oil, dijon mustard, drained tuna, chopped red bell pepper, sliced olives, and diced avocado.
2. Sprinkle salt, black pepper and cajun seasoning.
3. Mix until well combined.
4. Scoop tuna mixture into lettuce leaf.

Simplify Plan

1. Make tuna mixture ahead of time and store in the fridge up to 2 days.

Directions:

1. Place mixed greens in a bowl.
 2. Mix minced garlic, pepper, salt, olive oil, and lemon juice in a container with a resealable lid.
 3. Tight lid and shake vigorously until dressing is blended well.
 4. Pour over mixed greens.
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DINNER 678 calories • 5g carbs (2g fiber) • 50g fat • 52g protein

Baked Chicken Breast

- 486 calories
- 2g carbs (1g fiber)
- 43g protein
- 33g fat

Ingredients:

- 2 Chicken Breast (200 g)
- 2 tbsp Olive Oil (28 g)
- 1/4 tsp Garlic Powder (1 g)
- 1/4 tsp Onion Powder (1 g)
- 2 tbsp, chopped Green Onion (12 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)
- *optional* - 1/4 tsp Chili Powder (1 g)

Directions:

1. Preheat oven to 450°F. Pound chicken breast with a kitchen mallet until even thickness.
2. Grease baking dish with half the amount of oil.
3. In a bowl, whisk salt, pepper, garlic powder, onion powder and chili powder together.
4. Pour the remaining oil and coat chicken.
5. Sprinkle and rub seasoning mixture on both sides of chicken.
6. Place chicken breast inside prepared baking dish.
7. Bake seasoned chicken in the oven for 20 minutes or until chicken is no longer pink inside and juices are clear.
8. Slice chicken and garnish with chopped green onion.

Cheesy Mushroom Bites

- 192 calories
- 3g carbs (1g fiber)
- 9g protein
- 17g fat

Ingredients:

- 3 mushroom, whole Mushrooms (54 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/4 cup, shredded Cheddar Cheese (28 g)
- 1 pepper Jalapeno Pepper (14 g)

Directions:

1. Preheat oven to 350 °F.
2. Rinse and dry mushrooms and carefully remove the stem.
3. Brush mushrooms with olive oil. Stuff with cheese, and top with slices of jalapeno.
4. Place stuffed mushroom in a muffin tin.
5. Bake for 15 minutes or until cheese is melted and slightly browned.

SNACK 93 calories • 11g carbs (1g fiber) • 4g fat • 1g protein

Sea Salt Dark Chocolate

- 93 calories
- 11g carbs (1g fiber)
- 1g protein
- 4g fat

Ingredients:

- 1 3/4 square 70% Sea Salt Dark Chocolate (18 g)

Directions:

1. Break off a chocolate square. Keep leftover chocolate in the fridge.
2. Enjoy!

Day 2 1726 calories • 33g carbs (15g fiber) • 138g fat • 97g protein

BREAKFAST 421 calories • 2g carbs (0g fiber) • 36g fat • 22g protein

Spinach and Cheese Omelette

- 421 calories
- 2g carbs (0g fiber)
- 22g protein
- 36g fat

Ingredients:

- 2 Egg (100 g)
- 1/2 cup Spinach (14 g)
- 1/3 cup, shredded Cheddar Cheese (37 g)
- 1 tbsp Olive Oil (14 g)
- *optional* - 1 dash Salt (0 g)
- *optional* - 1 dash Black Pepper (0 g)

Directions:

1. Chop spinach and set aside.
 2. In a bowl, whisk egg and season with salt and pepper.
 3. Place a skillet over medium heat and pour oil.
 4. Pour whisked eggs to heated pan.
 5. Let egg cook for up to a minute or until the bottom starts to set.
 6. With a rubber spatula, gently push one edge of the egg into the centre of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left.
 7. Sprinkle cheese onto one side of the omelette.
 8. Add chopped spinach on top of cheese.
 9. Fold omelette in half using a spatula.
 10. Cook until cheese starts to melt.
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LUNCH 573 calories • 23g carbs (12g fiber) • 49g fat • 19g protein

Tuna and Avocado Wrap

- 323 calories
- 13g carbs (7g fiber)
- 17g protein
- 25g fat

Ingredients:

- 1/2 can Canned Tuna (55 g)
- 1/2 pepper Jalapeno Pepper (7 g)
- 1/2 Lime (34 g)
- 1/2 fruit, without skin and seed Avocados (68 g)
- 4 leaf, large Iceberg Lettuce (60 g)
- 1 medium stalk Green Onion (15 g)
- 1 tbsp Olive Oil (14 g)
- *optional* - 1 dash Salt (0 g)
- *optional* - 1 dash Black Pepper (0 g)

Directions:

1. In a bowl, mix tuna with olive oil.
2. Chop green onion and jalapeño and add to mixed tuna. Squeeze half the amount of lime juice.
3. In a separate bowl, mash half an avocado and squeeze the remaining lime juice.
4. Add avocado to tuna mixture and stir to combine.
5. Season with salt and pepper.
6. Divide the tuna salad onto lettuce leaf.

Radish Avocado Salad

- 251 calories
- 10g carbs (6g fiber)
- 2g protein
- 24g fat

Ingredients:

- 1/2 fruit, without skin and seed Avocados (68 g)
- 2 medium Radish (9 g)
- 1/4 Cucumber (70 g)
- 1/2 lemon Lemon juice (24 g)
- 1 tbsp Olive Oil (14 g)
- *optional* - 1 dash Salt (0 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1/8 cup Parsley (8 g)

Directions:

1. Chop the avocado, radishes and cucumber into bite size pieces.
2. Place vegetables into a serving bowl.
3. Pour olive oil and lemon juice. Toss until well coated.
4. Season with salt and pepper.
5. Garnish with chopped parsley.

DINNER 564 calories • 6g carbs (2g fiber) • 40g fat • 44g protein

Baked Chicken Breast

- 486 calories
- 2g carbs (1g fiber)
- 43g protein
- 33g fat

Ingredients:

- 2 Chicken Breast (200 g)
- 2 tbsp Olive Oil (28 g)
- 1/4 tsp Garlic Powder (1 g)
- 1/4 tsp Onion Powder (1 g)
- 2 tbsp, chopped Green Onion (12 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)
- *optional* - 1/4 tsp Chili Powder (1 g)

Directions:

1. Preheat oven to 450°F. Pound chicken breast with a kitchen mallet until even thickness.
2. Grease baking dish with half the amount of oil.
3. In a bowl, whisk salt, pepper, garlic powder, onion powder and chili powder together.
4. Pour the remaining oil and coat chicken.
5. Sprinkle and rub seasoning mixture on both sides of chicken.
6. Place chicken breast inside prepared baking dish.
7. Bake seasoned chicken in the oven for 20 minutes or until chicken is no longer pink inside and juices are clear.
8. Slice chicken and garnish with chopped green onion.

Roasted Cauliflower

- 78 calories
- 3g carbs (1g fiber)
- 1g protein
- 7g fat

Ingredients:

- 1/4 head, small Cauliflower (66 g)
- 1/2 tbsp Olive Oil (7 g)
- *optional* - 1/8 tsp Salt (1 g)

Directions:

1. Preheat oven to 425°F.
2. Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.
3. In a large bowl, combine the olive oil and salt, whisk, then add the cauliflower pieces and toss thoroughly.
4. Line a baking sheet with parchment and spread the cauliflower pieces on the sheet.
5. Optional to sprinkle additional salt.
6. Roast cauliflower in the oven for 1 hour, turning 3 or 4 times, until most of each piece has turned golden brown.
7. (The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste).

SNACK 167 calories • 3g carbs (1g fiber) • 12g fat • 11g protein

Chilled Chicken Salad

- 167 calories
- 3g carbs (1g fiber)
- 11g protein
- 12g fat

Ingredients:

- 1/2 Chicken Breast (50 g)
- 1/4 cup chopped Celery (25 g)
- 1/2 lemon Lemon juice (24 g)
- 1/4 medium stalk Green Onion (4 g)
- 1 tbsp Mayonnaise (15 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. Preheat oven to 400 °F and line a baking sheet with parchment paper.
2. Add chicken breast to prepared sheet and bake in the oven for 20 minutes or until chicken is no longer pink inside.
3. Cool chicken and then shred chicken using two forks.
4. Transfer chicken into a serving bowl and add mayonnaise, lemon juice, chopped green onion and celery.
5. Mix until well incorporated.
6. Season with salt and pepper.
7. Cool in fridge for 1 hour prior to serving.

Tips to Simplify Plan

1. Buy pre-cooked chicken breast, rotisserie chicken, or frozen cooked chicken breast.
2. Make the night before and store in the fridge until ready to eat.

Day 3 1906 calories • 33g carbs (16g fiber) • 158g fat • 96g protein

BREAKFAST 411 calories • 8g carbs (2g fiber) • 33g fat • 21g protein

Veggie Egg Muffins

- 411 calories
- 8g carbs (2g fiber)
- 21g protein
- 33g fat

Ingredients:

- 1/4 cup, chopped Onion (40 g)
- 1/8 cup, chopped Red Bell Pepper (19 g)
- 1/4 cup, diced Mushrooms (22 g)
- 2 Egg (100 g)
- 1 tbsp Olive Oil (14 g)
- 1/4 cup, shredded Cheddar Cheese (28 g)
- 1/8 cup, chopped Green Bell Pepper (19 g)

Directions:

1. Preheat oven to 350°F and grease muffin tin with half the amount of oil.
 2. Whisk eggs in a bowl and season with salt and pepper.
 3. Finely chop green pepper, red pepper, mushrooms and onions.
 4. Heat the remaining oil in a pan over medium heat.
 5. Add in chopped vegetables and cook until tender, 5-10 minutes.
 6. Combine cooked vegetables into egg mixture and pour into greased muffin tin.
 7. Sprinkle cheese on top.
 8. Bake for 15-20 minutes or until cheese is melted and the eggs are set.
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LUNCH 604 calories • 17g carbs (11g fiber) • 52g fat • 26g protein

Tuna Box

- 532 calories
- 15g carbs (11g fiber)
- 26g protein
- 45g fat

Ingredients:

- 3/4 can Canned Tuna (83 g)
- 1 1/2 stalk Celery (60 g)
- 3/4 fruit Avocados (150 g)
- 1 1/2 tbsp Olive Oil (21 g)

Directions:

1. In a bento box or a divided container, fill each compartment with chopped celery, drained tuna and avocado drizzled olive oil.
2. Optional to season avocado with salt, pepper, paprika, chili flakes.

Lemon Garlic Salad

- 72 calories
- 2g carbs (0g fiber)
- 1g protein
- 7g fat

Ingredients:

- 1/2 cloves, minced Garlic (2 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/2 tsp Lemon juice (3 g)
- 1 cup Mixed Greens (47 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 dash Salt (0 g)

Directions:

1. Place mixed greens in a bowl.
 2. Mix minced garlic, pepper, salt, olive oil, and lemon juice in a container with a resealable lid.
 3. Tight lid and shake vigorously until dressing is blended well.
 4. Pour over mixed greens.
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DINNER 891 calories • 8g carbs (3g fiber) • 74g fat • 49g protein

Peppered Steak

- 699 calories
- 2g carbs (1g fiber)
- 43g protein
- 57g fat

Ingredients:

- 1/2 lb Beef Tenderloin (227 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/8 cup Beef Broth (30 g)
- 1/2 cup, whole Mushrooms (48 g)
- *optional* - 1/2 tsp Black Pepper (1 g)

Directions:

1. Trim fat from steaks. Rub both sides of steak with pepper.
2. Place a heavy skillet over medium-high heat and pour oil.
3. Add steak to hot pan and reduce heat to medium. Cook steak for 8 minutes for medium-rare, turning once halfway through cooking time or until instant-read thermometer inserted into the centre of steak reads 145F.
4. Transfer steak to serving platter and cover with foil to keep warm.
5. Return skillet to medium heat and pour beef broth.
6. Cook and stir until bubbly to loosen any browned bits in bottom of skillet.
7. Add sliced mushrooms; simmer, uncovered for 4 minutes or until tender.
8. Spoon sauce over steak.

Parmesan Roasted Cauliflower

- 192 calories
- 6g carbs (2g fiber)
- 6g protein
- 17g fat

Ingredients:

- 1 cup, chopped Cauliflower (107 g)
- 1 tsp Lemon juice (5 g)
- 2 tbsp Parmesan Cheese (10 g)
- 1 tbsp Olive Oil (14 g)
- 1/4 cloves, minced Garlic (1 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Place the cauliflower florets in a bowl. Toss with minced garlic, lemon juice and olive oil until cauliflower is well coated.
3. Spread the florets out into a single layer on prepared baking sheet.
4. Sprinkle with salt and pepper.
5. Roast in the oven for 25 to 30 minutes, or until the tops are lightly brown. Use a fork to test for doneness; the tines should easily pierce the cauliflower when done.
6. Remove the cauliflower from the oven and sprinkle with Parmesan cheese.

Day 4 1624 calories • 30g carbs (12g fiber) • 132g fat • 85g protein

BREAKFAST 366 calories • 3g carbs (0g fiber) • 35g fat • 11g protein

Mushroom and Cheddar Omelette

- 201 calories
- 3g carbs (0g fiber)
- 10g protein
- 17g fat

Ingredients:

- 1/8 cup, chopped Onion (20 g)
- 1 Egg (50 g)
- 1/8 cup, diced Mushrooms (11 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/8 cup, shredded Cheddar Cheese (14 g)

Directions:

1. Heat oil in a nonstick skillet over medium-high heat.
2. Saute chopped onions and mushrooms.
3. Cook for 5 minutes or until onions are translucent and mushrooms are soft. Remove from pan and set aside.
4. Add beaten eggs to skillet. Cook eggs until slightly wet.
5. Add onions, mushrooms, and shredded cheddar cheese to half of omelet.
6. Fold omelette in half using a spatula.
7. Cook until cheese is melted.

Picker Upper Coffee

- 165 calories
- 0g carbs (0g fiber)
- 0g protein
- 19g fat

Ingredients:

- 7 1/2 fl oz Coffee (225 g)
- 3/4 tbsp Butter (11 g)
- 3/4 tbsp Coconut Oil (10 g)

Directions:

1. Grind and brew coffee in french press or coffee machine.
 2. Meanwhile, add coconut oil and butter into a coffee cup.
 3. Pour coffee half way and stir until butter and coconut oil have dissolved.
 4. Continue to pour and stir the remaining coffee into cup.
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LUNCH 346 calories • 10g carbs (3g fiber) • 28g fat • 15g protein

Spiced Beef Cabbage Wrap

- 221 calories
- 6g carbs (2g fiber)
- 10g protein
- 18g fat

Ingredients:

- 1/2 tbsp Olive Oil (7 g)
- 1 tbsp, chopped Onion (10 g)
- 50 gram Ground Beef (50 g)
- 1/4 cup, chopped Red Bell Pepper (37 g)
- 1/4 tsp Ginger Root (1 g)
- 1/2 cloves, minced Garlic (2 g)
- 2 leaf Cabbage (30 g)
- *optional* - 1 tbsp Cilantro (1 g)
- *optional* - 1/2 tsp, ground Cumin (2 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Spinach and Green Onion Salad

- 125 calories
- 3g carbs (1g fiber)
- 6g protein
- 10g fat

Ingredients:

- 1 cup Spinach (29 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/4 lemon Lemon juice (12 g)
- 1/8 cup, grated Parmesan Cheese (13 g)
- 1 medium stalk Green Onion (15 g)
- *optional* - to taste Black Pepper (0 g)
- *optional* - to taste Salt (0 g)

Directions:

1. Place a skillet over medium heat and pour oil.
2. Add ground beef and brown with chopped red pepper.
3. Once ground beef is cooked through, add in cilantro, ginger, garlic, cumin, salt and pepper.
4. Fill a pot 3/4 full with water and bring to a boil.
5. Using tongs, blanch cabbage leaf in boiling water for 20 seconds, then plunge leaf into cold water.
6. Spoon beef mixture into lettuce leaf and fold into a roll.

Directions:

1. Chop spinach and green onion.
 2. Put spinach and chopped green onion into a serving bowl and pour in olive oil.
 3. Toss until well coated.
 4. Season with salt and pepper.
 5. Sprinkle parmesan cheese on all over.
 6. Squeeze lemon juice.
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DINNER 680 calories • 7g carbs (1g fiber) • 53g fat • 41g protein

Garlic Parmesan Salmon

- 573 calories
- 3g carbs (0g fiber)
- 40g protein
- 43g fat

Ingredients:

- 1 1/2 tbsp Butter (21 g)
- 3 tbsp Parmesan Cheese (15 g)
- 1 1/2 cloves, minced Garlic (5 g)
- 3 tsp Lemon juice (15 g)
- 6 oz Salmon (170 g)
- *optional* - 2 dash Black Pepper (0 g)

Directions:

1. Preheat oven to 375°F and line a rimmed baking tray with foil.
2. In a bowl, mix together parmesan cheese, minced garlic, melted butter, lemon juice, and black pepper until well combined.
3. Pat salmon dry and place on prepared baking tray.
4. Smear the mixture on top of the salmon.
5. Cover salmon with a foil, folding up the sides.
6. Bake in the oven for 20 minutes or until fish is easily flaked with a fork.

Garlic Sauteed Spinach

- 106 calories
- 4g carbs (1g fiber)
- 2g protein
- 10g fat

Ingredients:

- 1 1/2 cup Baby Spinach (42 g)
- 1/2 tbsp Olive Oil (7 g)
- 1 1/2 cloves, minced Garlic (5 g)
- 1/4 tbsp Butter (4 g)
- 1/8 lemon Lemon juice (6 g)
- *optional* - 1/2 tsp Salt (3 g)
- *optional* - 1/4 tsp, ground Black Pepper (1 g)

Directions:

1. In a pot heat olive oil and saute minced garlic over medium heat for 1 minute.
 2. Add washed spinach, salt and pepper to pot.
 3. Mix spinach with garlic and oil.
 4. Cover pot and cook for 2 minutes.
 5. Uncover pot and increase temperature to high. Continue stirring with a wooden spoon until spinach is wilted.
 6. Use a slotted spoon to lift spinach to a serving bowl.
 7. Drizzle melted butter and squeeze fresh lemon.
 8. Season with salt and pepper.
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SNACK 233 calories • 11g carbs (7g fiber) • 16g fat • 17g protein

Avocado Tuna Salad

- 233 calories
- 11g carbs (7g fiber)
- 17g protein
- 16g fat

Ingredients:

- 1/2 fruit Avocados (100 g)
- 1 slice Lemon (7 g)
- 1/2 can Canned Tuna (55 g)
- 1 tbsp, chopped Red Onion (10 g)
- 1 tbsp, chopped Green Onion (6 g)
- *optional* - 1 dash Salt (0 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 tbsp Cilantro (1 g)

Directions:

1. Cut the avocado in half and scoop the middle, leaving a shell of avocado flesh about ¼-inch thick.
2. Add chopped red and green onion to avocado bowl.
3. Drain tuna and mix and mash mixture with a fork until well combined.
4. Season with salt and pepper.
5. Fill avocado shell with tuna mixture.
6. Garnish with cilantro.

Day 5 1757 calories • 33g carbs (15g fiber) • 139g fat • 98g protein

BREAKFAST 334 calories • 2g carbs (0g fiber) • 26g fat • 23g protein

Mushroom Omelette

- 334 calories
- 2g carbs (0g fiber)
- 23g protein
- 26g fat

Ingredients:

- 1 tbsp Butter (14 g)
- 1/2 cup, pieces or slices Mushrooms (35 g)
- 1 Egg (50 g)
- 2 egg white (separated from yolk) Egg White (80 g)
- 1 slice Cheddar Cheese (28 g)

Directions:

1. Melt butter in a skillet over medium heat.
 2. Cook chopped mushroom until soft. Remove from heat and set aside.
 3. Whisk whole egg and egg whites in a bowl.
 4. Return pan over medium heat and pour egg mixture.
 5. Tilt pan to allow egg liquid to fill gaps.
 6. Continue cooking until the edge of the omelet starts to firm up.
 7. Add mushrooms and cheese.
 8. With a spatula, fold egg in half.
 9. Cook until cheese starts to melt.
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LUNCH 604 calories • 16g carbs (9g fiber) • 50g fat • 28g protein

Tuna Box

- 355 calories
- 10g carbs (7g fiber)
- 17g protein
- 30g fat

Ingredients:

- 1/2 can Canned Tuna (55 g)
- 1 stalk Celery (40 g)
- 1/2 fruit Avocados (100 g)
- 1 tbsp Olive Oil (14 g)

Directions:

1. In a bento box or a divided container, fill each compartment with chopped celery, drained tuna and avocado drizzled olive oil.
2. Optional to season avocado with salt, pepper, paprika, chili flakes.

Spinach and Green Onion Salad

- 250 calories
- 7g carbs (2g fiber)
- 11g protein
- 21g fat

Ingredients:

- 2 cup Spinach (57 g)
- 1 tbsp Olive Oil (14 g)
- 1/2 lemon Lemon juice (24 g)
- 1/4 cup, grated Parmesan Cheese (25 g)
- 2 medium stalk Green Onion (30 g)
- *optional* - to taste Black Pepper (0 g)
- *optional* - to taste Salt (0 g)

Directions:

1. Chop spinach and green onion.
 2. Put spinach and chopped green onion into a serving bowl and pour in olive oil.
 3. Toss until well coated.
 4. Season with salt and pepper.
 5. Sprinkle parmesan cheese on all over.
 6. Squeeze lemon juice.
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DINNER 818 calories • 14g carbs (5g fiber) • 63g fat • 47g protein

Scallion Crusted Salmon

- 740 calories
- 11g carbs (4g fiber)
- 46g protein
- 55g fat

Ingredients:

- 7 1/2 oz Salmon (212 g)
- 2 1/2 tbsp Mayonnaise (37 g)
- 10 medium stalk Green Onion (150 g)
- *optional* - 3 dash Salt (1 g)
- *optional* - 3 dash Black Pepper (0 g)

Roasted Cauliflower

- 78 calories
- 3g carbs (1g fiber)
- 1g protein
- 7g fat

Ingredients:

- 1/4 head, small Cauliflower (66 g)
- 1/2 tbsp Olive Oil (7 g)
- *optional* - 1/8 tsp Salt (1 g)

Directions:

1. Preheat broiler. Line rack of broiler pan with foil.
2. Finely chop green onion and stir together with mayonnaise.
3. Pat fish dry and place skin side down on broiler pan.
4. Season with salt and pepper.
5. Spread green onion mixture evenly over fish.
6. Broil 3 to 4 inches from heat and cook for 8 minutes or until green onions are slightly charred and fish is easily flaked with a fork.

Directions:

1. Preheat oven to 425°F.
2. Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.
3. In a large bowl, combine the olive oil and salt, whisk, then add the cauliflower pieces and toss thoroughly.
4. Line a baking sheet with parchment and spread the cauliflower pieces on the sheet.
5. Optional to sprinkle additional salt.
6. Roast cauliflower in the oven for 1 hour, turning 3 or 4 times, until most of each piece has turned golden brown.
7. (The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste).

Day 6 1889 calories • 30g carbs (11g fiber) • 158g fat • 95g protein

BREAKFAST 487 calories • 2g carbs (0g fiber) • 42g fat • 25g protein

Over Easy Eggs

- 487 calories
- 2g carbs (0g fiber)
- 25g protein
- 42g fat

Ingredients:

- 4 Egg (200 g)
- 2 tbsp Butter (28 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. Place a nonstick skillet over low heat.
2. Add and brush the butter around the pan.
3. Crack egg into a cup.
4. Pour egg into the pan when butter stops foaming and quickly lift the handle of the pan just enough for the eggs to slightly pool.
5. Lower the handle back down.
6. Cook for additional 10 seconds and lightly jiggle the pan.
7. Season with salt and pepper.
8. Continue to cook on low heat.
9. Jiggle pan again and examine the whites for opaqueness.
10. Once eggs are set, lift pan from heat and flip the eggs by pushing the pan away from you.
11. Return the pan to the heat.
12. Allow eggs to cook for another 10 seconds.
13. Re-flip the eggs to their original side.
14. Season additionally with salt and pepper.

LUNCH 415 calories • 11g carbs (4g fiber) • 35g fat • 16g protein

Spiced Beef Cabbage Wrap

- 221 calories
- 6g carbs (2g fiber)
- 10g protein
- 18g fat

Ingredients:

- 1/2 tbsp Olive Oil (7 g)
- 1 tbsp, chopped Onion (10 g)
- 50 gram Ground Beef (50 g)
- 1/4 cup, chopped Red Bell Pepper (37 g)
- 1/4 tsp Ginger Root (1 g)
- 1/2 cloves, minced Garlic (2 g)
- 2 leaf Cabbage (30 g)
- *optional* - 1 tbsp Cilantro (1 g)
- *optional* - 1/2 tsp, ground Cumin (2 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. Place a skillet over medium heat and pour oil.
2. Add ground beef and brown with chopped red pepper.
3. Once ground beef is cooked through, add in cilantro, ginger, garlic, cumin, salt and pepper.
4. Fill a pot 3/4 full with water and bring to a boil.
5. Using tongs, blanch cabbage leaf in boiling water for 20 seconds, then plunge leaf into cold water.
6. Spoon beef mixture into lettuce leaf and fold into a roll.

Spinach salad

- 194 calories
- 5g carbs (2g fiber)
- 6g protein
- 18g fat

Ingredients:

- 2 cup Spinach (57 g)
- 1/2 lemon Lemon juice (24 g)
- 1 tbsp Olive Oil (14 g)
- 1/8 cup, grated Parmesan Cheese (13 g)
- 1/2 medium stalk Green Onion (8 g)
- *optional* - 1 dash Black Pepper (0 g)

Directions:

1. Chop spinach and green onion. Transfer into a serving bowl.
2. Pour in olive oil and squeeze lemon juice.
3. Season with salt and pepper.
4. Sprinkle parmesan cheese.
5. Toss until well coated.

DINNER 679 calories • 9g carbs (2g fiber) • 56g fat • 36g protein

Pan-Roasted Chicken Thighs

- 515 calories
- 1g carbs (0g fiber)
- 34g protein
- 41g fat

Ingredients:

- 3 thigh, bone and skin removed Chicken Thigh (207 g)
- 1/2 tbsp Olive Oil (7 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 dash Salt (0 g)

Directions:

1. Preheat oven to 475°F.
2. Season chicken with salt and pepper. Heat oil in a cast-iron or heavy nonstick skillet over high heat until hot.
3. Nestle chicken in skillet and cook 2 minutes. Reduce heat to medium-high; continue cooking for 12 minutes, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat.
4. Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking for 5 minutes or until meat is thoroughly cooked through.

Roasted Broccoli

- 163 calories
- 8g carbs (2g fiber)
- 3g protein
- 14g fat

Ingredients:

- 1 cup, chopped or diced Broccoli (88 g)
- 1 clove Garlic (3 g)
- 1/2 lemon Lemon juice (24 g)
- 1 tbsp Olive Oil (14 g)
- *optional* - 1 tsp Salt (6 g)

Directions:

1. Heat oven to 400°F and line a baking sheet with parchment paper.
 2. Cut broccoli into florets and mince garlic.
 3. In a mixing bowl, toss florets, garlic with olive oil.
 4. Transfer florets onto a baking sheet.
 5. Season with salt.
 6. Place baking sheet into the oven and roast for 25 minutes or until slightly crispy.
 7. Squeeze fresh lemon on top of roasted broccoli.
-

SNACK 309 calories • 9g carbs (5g fiber) • 25g fat • 17g protein

Jalapeno Avocado Tuna Salad

- 309 calories
- 9g carbs (5g fiber)
- 17g protein
- 25g fat

Ingredients:

- 1/2 fruit, without skin and seed Avocados (68 g)
- 1/2 can Canned Tuna (55 g)
- 1 tbsp Olive Oil (14 g)
- 1 tsp Lime Juice (5 g)
- 1/2 pepper Jalapeno Pepper (7 g)
- 1/8 cup Red Onion (20 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)
- *optional* - 2 tbsp Cilantro (2 g)

Directions:

1. Cut the avocado in half and scoop the middle of avocado half into a bowl, leaving a shell of avocado flesh about 1/4-inch thick.
2. Using a back of a fork, mash avocado with chopped red onion, diced jalapeno, chopped cilantro, lime juice and olive oil until smooth.
3. Add drained tuna to mashed avocado and mix until well incorporated.
4. Fill avocado shell with tuna salad.
5. Optional to season with extra salt and cilantro.

Day 7 1671 calories • 30g carbs (11g fiber) • 133g fat • 93g protein

BREAKFAST 315 calories • 1g carbs (0g fiber) • 26g fat • 19g protein

Fluffy Omelette

- 315 calories
- 1g carbs (0g fiber)
- 19g protein
- 26g fat

Ingredients:

- 3 Egg (150 g)
- 1 tbsp Butter (14 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. Separate the egg white and egg yolk in two separate bowls.
2. Beat egg yolk until pale in colour.
3. Transfer the egg white to a larger bowl and whisk until egg whites triple in size.
4. Carefully fold the egg yolk into egg white and whisk together.
5. Heat a nonstick pan with half the amount of butter and place over medium low heat.
6. Pour the egg mixture and place a pan lid over top.
7. Allow omelette to cook for 5 minutes or until eggs are set.
8. Lift up each side of omelette using a spatula and drop the remaining butter.
9. Continue to cook for another 5 minutes or until the top of the omelette has set.
10. Remove lid and season with salt and pepper.

LUNCH 376 calories • 16g carbs (8g fiber) • 30g fat • 16g protein

Tuna Lettuce Wrap

- 227 calories
- 8g carbs (5g fiber)
- 12g protein
- 18g fat

Ingredients:

- 1/4 can Canned Tuna (28 g)
- 1/8 cup, (not packed) Cottage Cheese (28 g)
- 3 olive Olives (8 g)
- 1/4 fruit Avocados (50 g)
- 1/8 cup, chopped Red Bell Pepper (19 g)
- 1/4 tsp Dijon Mustard (1 g)
- 1/2 tbsp Olive Oil (7 g)
- 1 leaf Green Leaf Lettuce (8 g)
- *optional* - 1/2 tsp Cajun Seasoning (2 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. In a bowl, combine cottage cheese with olive oil, dijon mustard, drained tuna, chopped red bell pepper, sliced olives, and diced avocado.
2. Sprinkle salt, black pepper and cajun seasoning.
3. Mix until well combined.
4. Scoop tuna mixture into lettuce leaf.

Simplify Plan

1. Make tuna mixture ahead of time and store in the fridge up to 2 days.

Asparagus Almond Salad

- 149 calories
- 8g carbs (3g fiber)
- 4g protein
- 12g fat

Ingredients:

- 1/2 cup Asparagus (67 g)
- 1/4 tbsp Balsamic Vinegar (4 g)
- 1/4 tsp Dijon Mustard (1 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/2 cup, shredded Iceberg Lettuce (18 g)
- 1/4 tsp Honey (2 g)
- 1/2 tbsp, chopped Shallot (5 g)
- 1 tbsp, shaved Almonds (10 g)
- *optional* - to taste Black Pepper (0 g)

Directions:

1. Bring a pot of water to boil with a steam tray over top.
2. Steam asparagus for 5-10 minutes or until crispy-tender.
3. Drain and pat dry with paper towel. Cool, chop and set aside.
4. In a bowl, combine chopped shallot, vinegar, mustard, honey and black pepper. Gradually whisk oil.
5. Transfer shredded lettuce in a serving plate and top with chopped asparagus.
6. Drizzle dressing.
7. Garnish with shaved almonds.

DINNER 627 calories • 9g carbs (3g fiber) • 54g fat • 25g protein

Salmon with Caramelized Shallots

- 491 calories
- 7g carbs (1g fiber)
- 24g protein
- 40g fat

Ingredients:

- 4 oz Salmon (113 g)
- 1 Shallot (42 g)
- 1 tbsp Butter (14 g)
- 1 tbsp Olive Oil (14 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 dash Salt (0 g)

Directions:

1. Brush salmon with olive oil.
2. Sprinkle salt and pepper on both sides of the fish.
3. Place skillet over medium heat. Add butter.
4. Thinly slice shallot and add it to the heated pan.
5. Cook for 10 minutes or until shallot is caramelized.
6. Remove from heat and transfer into bowl.
7. Add salmon into the previous skillet.
8. Cook on one side for 5 minutes or until golden brown.
9. Flip fish using a spatula and cook for another 3 minutes or until it feels firm to the touch.
10. Transfer fish onto a serving plate.
11. Garnish with shallot.

Baked Spinach Chips

- 137 calories
- 2g carbs (1g fiber)
- 2g protein
- 14g fat

Ingredients:

- 2 cup Spinach (57 g)
- 1 tbsp Olive Oil (14 g)
- 1/2 tbsp Italian Seasoning (3 g)
- *optional* - 1 dash Salt (0 g)

Directions:

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl, until spinach is evenly coated.
3. Arrange the spinach in a single layer (don't let them overlap) on a baking sheet lined with parchment paper.
4. Bake for 15 minutes or until edges of spinach start to brown.

SNACK 353 calories • 3g carbs (0g fiber) • 23g fat • 32g protein

Parmesan Crisps

- 353 calories
- 3g carbs (0g fiber)
- 32g protein
- 23g fat

Ingredients:

- 18 tbsp Parmesan Cheese (90 g)

Directions:

1. Preheat oven to 400°F and line a baking tray with parchment paper.
2. Grate parmesan and place each tablespoon of cheese onto prepared baking tray, 2 inches apart.
3. Place tray in the oven and bake for 10 minutes or until edges are browned.
4. Remove from oven and cool on rack.

Grocery List

Oil, Vinegar, Salad Dressing

Olive Oil

- 26 1/2 tbsp (371g)

Balsamic Vinegar

- 1/4 tbsp (4g)
-

Produce

Mushrooms

- 1 cup, pieces or slices (70g)
- 3 mushroom, whole (54g)
- 3/8 cup, diced (33g)
- 1/2 cup, whole (48g)

Red Bell Pepper

- 1 1/8 cup, chopped (168g)

Avocados

- 2 1/4 fruit (450g)
- 1 1/2 fruit, without skin and seed (204g)

Green Leaf Lettuce

- 2 leaf (16g)

Garlic

- 5 3/4 cloves, minced (20g)
- 1 clove (3g)

Lemon juice

- 5 1/2 tsp (28g)
- 2 7/8 lemon (138g)

Mixed Greens

- 3 cup (141g)

Green Onion

- 5 tbsp, chopped (30g)
- 14 3/4 medium stalk (222g)

Jalapeno Pepper

- 2 pepper (28g)

Spinach

- 7 1/2 cup (214g)

Lime

- 1/2 lime (34g)

Iceberg Lettuce

- 4 leaf, large (60g)
- 1/2 cup, shredded (18g)

Radish

- 2 medium (9g)

Cucumber

- 1/4 cucumber (70g)

Cauliflower

- 1/2 head, small (132g)
- 1 cup, chopped (107g)

Onion

- 3/8 cup, chopped (60g)
- 2 tbsp, chopped (20g)

Cilantro

- 5 tbsp (5g)

Cabbage

- 4 leaf (60g)

Lemon

- 1 slice (7g)

Broccoli

- 1 cup, chopped or diced (88g)

Asparagus

- 1/2 cup (67g)

Celery

- 1/4 cup chopped (25g)
- 2 1/2 stalk (100g)

Green Bell Pepper

- 1/8 cup, chopped (19g)

Ginger Root

- 1/2 tsp (2g)

Baby Spinach

- 1 1/2 cup (42g)

Red Onion

- 1 tbsp, chopped (10g)
- 1/8 cup (20g)

Lime Juice

- 1 tsp (5g)

Shallot

- 1/2 tbsp, chopped (5g)
- 1 shallot (42g)

Milk, Eggs, Other Dairy**Egg White**

- 5 egg white (separated from yolk)
(200g)

Butter

- 8 3/4 tbsp (124g)

Egg

- 13 egg (650g)

Spices and Seasonings

These items have low nutritional value and are optional

Salt

- 8 dash (1g)
- 1 3/4 tsp (11g)

Black Pepper

- 10 dash (0g)
- 1/2 tsp (1g)
- 1/4 tsp, ground (1g)

Cajun Seasoning

- 1 tsp (4g)

Garlic Powder

- 1/2 tsp (2g)

Onion Powder

- 1/2 tsp (2g)

Chili Powder

- 1/2 tsp (2g)

Cumin

- 1 tsp, ground (4g)

Italian Seasoning

- 1/2 tbsp (3g)

Cheese**Cheddar Cheese**

- 1 41/200 cup, shredded (135g)
- 1 slice (28g)

Cottage Cheese

- 1/4 cup, (not packed) (56g)

Parmesan Cheese

- 23 tbsp (115g)
- 1/2 cup, grated (51g)

Tea and Coffee**Coffee**

- 20 fl oz (600g)

Health Foods - Baking**Coconut Oil**

- 2 tbsp (27g)

Canned and Jarred

Canned Tuna

- 3 1/4 can (359g)

Olives

- 6 olive (16g)

Beef Broth

- 1/8 cup (30g)
-

Condiments**Dijon Mustard**

- 3/4 tsp (3g)

Mayonnaise

- 3 1/2 tbsp (52g)
-

Meat**Chicken Breast**

- 4 1/2 chicken breast (450g)

Beef Tenderloin

- 1/2 lb (227g)

Ground Beef

- 100 gram (100g)

Chicken Thigh

- 3 thigh, bone and skin removed (207g)
-

Sweet Snacks**70% Sea Salt Dark Chocolate**

- 1 3/4 square (18g)
-

Produce - Spices and Seasonings

These items have low nutritional value and are optional

Parsley

- 1/8 cup (8g)
-

Seafood**Salmon**

- 17 1/2 oz (495g)
-

Nut butters, Jams, and Honey

Honey

- 1/4 tsp (2g)
-

Nuts**Almonds**

- 1 tbsp, shaved (10g)