

# 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.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The information, including but not limited to, text, graphics, images and other material, contained in this meal plan is for educational purposes only. The content is not intended in any way as a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this plan.

Our advice cannot replace the advice of a trained medical doctor. The information you are presented has not been reviewed by a registered dietician, physician, or any other health professional.

It is your responsibility to work directly with your physician before, during, and after seeking dietary information.

If you choose to follow any information provided without the prior consent of your physician, you agree to accept full responsibility for your decisions and to hold harmless INCX Ventures Inc, its agents, officers, and employees and any affiliated companies from any liability with respect to injury to you or your property arising out of or connected with your use of the information discussed.

## Day 1 1694 calories • 30g carbs (10g fiber) • 134g fat • 95g protein

---

**BREAKFAST** 437 calories • 2g carbs (0g fiber) • 38g fat • 23g protein

### Hard Boiled Eggs

- 272 calories
- 2g carbs (0g fiber)
- 23g protein
- 19g fat

### Ingredients:

- 4 large Egg, Hard-Boiled (200 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

### Directions:

1. Bring a pot of water to a boil over high heat. Reduce the heat to low. Add your eggs and cook 7 to 8 minutes. Drain, chill and peel.
2. Garnish with salt and pepper.

### 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.

---

**LUNCH** 399 calories • 17g carbs (6g fiber) • 29g fat • 20g protein

### Pesto Shrimp Zoodles

- 250 calories
- 9g carbs (3g fiber)
- 16g protein
- 17g fat

### Ingredients:

- 1 medium Zucchini (196 g)
- 1/8 cup Pesto (30 g)
- 10 medium Shrimp (60 g)
- 1 tsp Olive Oil (4 g)
- *optional* - 1/4 tsp Salt (2 g)
- *optional* - 1/4 tsp, ground Black Pepper (1 g)
- *optional* - 2 leaf, whole Basil (1 g)

### Directions:

1. Using a spiralizer, create zoodles out of zucchini.
2. Place zucchini zoodles in a colander and toss with a pinch of salt.
3. Let it drain for 15-30 minutes. Use a paper towel to squeeze any excess water.
4. Coat a large nonstick skillet with oil. Heat over medium-high heat.
5. Add shrimp. Cook for 2 minutes.
6. Add in pesto sauce and stir for 30 seconds.
7. Add the drained zucchini noodles. Continue cooking until shrimp are pink and opaque and zoodles are hot, 3 minutes.
8. Transfer to a serving bowl.
9. Garnish with fresh chopped basil.

### **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** 646 calories • 5g carbs (0g fiber) • 50g 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.

### 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.

---

**SNACK** 213 calories • 6g carbs (4g fiber) • 17g fat • 11g protein

### Egg and Cheese Bento Box

- 213 calories
- 6g carbs (4g fiber)
- 11g protein
- 17g fat

#### Ingredients:

- 1 Egg (50 g)
- 1/4 cup Radish (29 g)
- 1/2 slice Cheddar Cheese (14 g)
- 1/4 fruit Avocados (50 g)

#### Directions:

1. Place egg in the bottom of a pot.
2. Fill the pan with cold water, 1 inch above egg.
3. Bring the water to a rapid boil on the stovetop over high heat.
4. Once the water comes to a boil, cover the pan with a lid and remove the pan from the heat. Do not lift the lid.
5. Boil egg for 8 minutes for medium done.
6. Fill a large bowl with ice and water.
7. Remove egg by using tongs from the hot water and immerse gently into the prepared ice water to cool, about 10 minutes.
8. In a bento box or a divided container, fill each compartment with peeled egg, sliced cheese, radish and avocado.

#### Simplify Plan

1. Cook multiple boiled eggs and store in the fridge up to 5 days or buy pre-boiled eggs.
2. Opt for cheese strings.

## Day 2 1703 calories • 28g carbs (9g fiber) • 138g fat • 94g protein

---

**BREAKFAST** 473 calories • 2g carbs (0g fiber) • 41g fat • 25g protein

### Parmesan Baked Eggs

- 473 calories
- 2g carbs (0g fiber)
- 25g protein
- 41g fat

#### Ingredients:

- 2 tbsp Butter (28 g)
- 2 Egg (100 g)
- 1/3 cup, grated Parmesan Cheese (33 g)

#### Directions:

1. Preheat oven to 350°F.
  2. Place butter into a ramekin.
  3. Melt butter in microwave.
  4. Drop egg into ramekin.
  5. Season with salt and pepper.
  6. Sprinkle parmesan cheese on top.
  7. Place ramekin in oven and bake for 15 minutes or until eggs are set and cheese is melted.
- 

**LUNCH** 431 calories • 10g carbs (2g fiber) • 32g fat • 29g protein

### Lemon Garlic Chicken

- 237 calories
- 5g carbs (0g fiber)
- 22g protein
- 14g fat

#### Ingredients:

- 1 Chicken Breast (100 g)
- 1/4 lemon Lemon juice (12 g)
- 1/2 tbsp Garlic Powder (5 g)
- 1/8 small Red Onion (9 g)
- 1 tbsp Butter (14 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 dash Salt (0 g)

#### Directions:

1. Place a skillet over medium-high heat and melt butter.
2. Pound chicken with a kitchen mallet to 1 inch thickness and season with salt and pepper.
3. Cook chicken, flipping frequently, until browned.
4. Sprinkle half the amount of garlic powder over chicken. Flip chicken and sprinkle the remaining garlic powder.
5. Continue to cook each side for 2 minutes or until chicken is no longer pink inside.
6. Squeeze lemon juice all over chicken and cook until chicken is no longer pink inside.
7. Serve with sliced red onion.

### 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** 587 calories • 10g carbs (3g fiber) • 48g fat • 30g protein

### **Taco Stuffed Peppers**

- 450 calories
- 8g carbs (2g fiber)
- 28g protein
- 34g fat

#### **Ingredients:**

- 1/2 large Green Bell Pepper (82 g)
- 1/4 medium Onion (27 g)
- 1/4 tbsp Garlic (2 g)
- 1/2 tbsp Butter (7 g)
- 1/2 tbsp Olive Oil (7 g)
- 2 oz Beef Round (57 g)
- 2 slice Cheddar Cheese (56 g)
- 1/8 cup, pieces or slices Mushrooms (9 g)
- *optional* - 1 dash Salt (0 g)
- *optional* - 1 dash Black Pepper (0 g)

### **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 400°F.
2. Slice pepper in half lengthwise, remove ribs and seeds.
3. Place a nonstick skillet over medium heat and melt butter.
4. Saute minced garlic, diced onion and chopped mushrooms in heated pan.
5. Saute for 15 minutes or until tender and caramelized.
6. Slice roast beef into thin strip and add to onion and mushroom mixture.
7. Continue to mix for 5 minutes.
8. Line pepper with half the amount of cheddar cheese.
9. Fill pepper with meat mixture and add the remaining cheese on top.
10. Bake in the oven for 20 minutes or until pepper is tender and cheese is melted.

#### **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** 213 calories • 6g carbs (4g fiber) • 17g fat • 11g protein

**Egg and Cheese Bento Box**

- 213 calories
- 6g carbs (4g fiber)
- 11g protein
- 17g fat

**Ingredients:**

- 1 Egg (50 g)
- 1/4 cup Radish (29 g)
- 1/2 slice Cheddar Cheese (14 g)
- 1/4 fruit Avocados (50 g)

**Directions:**

1. Place egg in the bottom of a pot.
2. Fill the pan with cold water, 1 inch above egg.
3. Bring the water to a rapid boil on the stovetop over high heat.
4. Once the water comes to a boil, cover the pan with a lid and remove the pan from the heat. Do not lift the lid.
5. Boil egg for 8 minutes for medium done.
6. Fill a large bowl with ice and water.
7. Remove egg by using tongs from the hot water and immerse gently into the prepared ice water to cool, about 10 minutes.
8. In a bento box or a divided container, fill each compartment with peeled egg, sliced cheese, radish and avocado.

**Simplify Plan**

1. Cook multiple boiled eggs and store in the fridge up to 5 days or buy pre-boiled eggs.
2. Opt for cheese strings.

## Day 3 1791 calories • 30g carbs (6g fiber) • 145g fat • 91g protein

---

**BREAKFAST** 409 calories • 1g carbs (0g fiber) • 40g fat • 13g protein

### Over Easy Eggs

- 244 calories
- 1g carbs (0g fiber)
- 13g protein
- 21g fat

#### Ingredients:

- 2 Egg (100 g)
- 1 tbsp Butter (14 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.

### 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.
-

**LUNCH** 380 calories • 12g carbs (4g fiber) • 32g fat • 14g protein

**Creamy Avocado Zoodles with Shrimp**

- 235 calories
- 7g carbs (4g fiber)
- 13g protein
- 18g fat

**Ingredients:**

- 1/4 cloves, minced Garlic (1 g)
- 1/2 tbsp Lemon juice (8 g)
- 1/2 tbsp Olive Oil (7 g)
- 1/4 fruit Avocados (50 g)
- 1/4 tbsp Water (4 g)
- 5 medium Shrimp (30 g)
- 1/2 cup, spiralled Zucchini (59 g)
- 1/8 cup, grated Parmesan Cheese (13 g)
- *optional* - 1/4 cup leaves, whole Basil (6 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

**Directions:**

1. In a food processor, combine the garlic and basil and pulse to mince.
2. Add the lemon juice, half the amount of oil, avocado, and water and process until smooth, stopping to scrape down the bowl as needed.
3. Season with salt and pepper to taste. Set aside.
4. Heat a skillet over high heat and add the remaining oil.
5. Once smoke begins from oil, place shrimp (peeled and deveined) in an even layer on the bottom of the pan.
6. Cook for 1 minute without stirring.
7. Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Turn zucchini over and continue 'peeling' until all the zucchini is in long strips; discard seeds. Slice the zucchini into thinner strips resembling noodles.
8. Stir and cook zucchini noodles with prawns for one minute.
9. Add a touch of water and cook until zucchini is softened, 5 minutes.
10. Pour creamy avocado sauce on top of noodles and shrimp.
11. Sprinkle parmesan cheese.
12. Mix until cheese is melted.
13. Season with salt and pepper.
14. Garnish with extra basil and lemon juice.

**Tip**

1. For less-soggy zoodles, arrange them on a kitchen towel ahead of time and lightly salt. Allow zoodles to sit for 10-15 minutes, then pat out excess moisture. Then, cook as normal.

**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. 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.

---

**DINNER** 880 calories • 11g carbs (1g fiber) • 68g fat • 51g protein

**Balsamic Salmon**

- 755 calories
- 8g carbs (0g fiber)
- 46g protein
- 58g fat

**Ingredients:**

- 2 tbsp Balsamic Vinegar (32 g)
- 2 tbsp Olive Oil (28 g)
- 1 tbsp Lemon juice (15 g)
- 1 clove Garlic (3 g)
- 8 oz Salmon (227 g)
- *optional* - 1 dash Salt (0 g)

**Directions:**

1. Mince garlic and combine it with olive oil, lemon juice, balsamic vinegar, and salt in a small bowl.
2. Coat salmon fillet on both sides with mixture.
3. Broil salmon in oven 4" from broiler for 4-6 minutes or until the fish flakes.
4. Optional to drizzle balsamic vinegar on top of salmon.

**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. 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.

---

**SNACK** 123 calories • 7g carbs (1g fiber) • 5g fat • 13g protein

**Cottage Cheese & Strawberries**

- 123 calories
- 7g carbs (1g fiber)
- 13g protein
- 5g fat

**Ingredients:**

- 1/4 cup, halves Strawberries (38 g)
- 1/2 cup, (not packed) Cottage Cheese (113 g)

**Directions:**

1. Mix cottage cheese with sliced strawberries.

## Day 4 1636 calories • 32g carbs (15g fiber) • 132g fat • 92g protein

---

**BREAKFAST** 233 calories • 2g carbs (0g fiber) • 17g fat • 20g protein

### Hard Boiled Eggs

- 233 calories
- 2g carbs (0g fiber)
- 20g protein
- 17g fat

### Ingredients:

- 3 large Egg, Hard-Boiled (150 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

### Directions:

1. Bring a pot of water to a boil over high heat. Reduce the heat to low. Add your eggs and cook 7 to 8 minutes. Drain, chill and peel.
2. Garnish with salt and pepper.

---

**LUNCH** 558 calories • 23g carbs (12g fiber) • 44g fat • 28g protein

### Tuna and Avocado Wrap

- 484 calories
- 19g carbs (10g fiber)
- 26g protein
- 38g fat

### Ingredients:

- 3/4 can Canned Tuna (83 g)
- 3/4 pepper Jalapeno Pepper (11 g)
- 3/4 Lime (51 g)
- 3/4 fruit, without skin and seed Avocados (102 g)
- 6 leaf, large Iceberg Lettuce (90 g)
- 1 1/2 medium stalk Green Onion (23 g)
- 1 1/2 tbsp Olive Oil (21 g)
- *optional* - 2 dash Salt (1 g)
- *optional* - 2 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.

### **Asparagus Almond Salad**

- 74 calories
- 4g carbs (2g fiber)
- 2g protein
- 6g fat

#### **Ingredients:**

- 1/4 cup Asparagus (34 g)
- 1/8 tbsp Balsamic Vinegar (2 g)
- 1/8 tsp Dijon Mustard (1 g)
- 1/4 tbsp Olive Oil (4 g)
- 1/4 cup, shredded Iceberg Lettuce (9 g)
- 1/8 tsp Honey (1 g)
- 1/4 tbsp, chopped Shallot (3 g)
- 1/2 tbsp, shaved Almonds (5 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** 616 calories • 6g carbs (3g fiber) • 53g fat • 31g protein

### **Crispy Baked Chicken Thighs**

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

#### **Ingredients:**

- 2 thigh, bone and skin removed Chicken Thigh (138 g)
- 1/4 tbsp Olive Oil (4 g)
- 1/4 tsp Garlic Powder (1 g)
- 1/4 tsp Italian Seasoning (0 g)
- 1/4 tsp Onion Powder (1 g)
- *optional* - 1/4 tsp Salt (2 g)
- *optional* - 1/8 tsp Paprika (0 g)
- *optional* - 1/8 tsp, ground Black Pepper (0 g)

#### **Directions:**

1. Preheat oven to 400 °F and line a baking sheet with parchment paper.
2. Pat chicken dry using a paper towel and arrange thigh on prepared baking sheet.
3. Pour and rub olive oil all over chicken until well coated. Optional to wear disposable gloves.
4. In a bowl, mix together salt, pepper, garlic powder, onion powder, Italian seasoning and paprika.
5. Sprinkle and rub seasoning mixture all over chicken.
6. Bake seasoned chicken in the oven for 20 minutes or until chicken is no longer pink inside.

### **Sautéed Spinach with Parmesan Cheese**

- 276 calories
- 5g carbs (3g fiber)
- 8g protein
- 26g fat

#### **Ingredients:**

- 2 tbsp Butter (28 g)
- 4 cup Spinach (114 g)
- 1/8 cup, grated Parmesan Cheese (13 g)
- *optional* - 1 dash Salt (0 g)
- *optional* - 1 dash Black Pepper (0 g)

#### **Directions:**

1. Melt butter in sauté pan over medium heat; add spinach. Season with salt and pepper to taste.
2. Sauté until just wilted.
3. Remove from stove.
4. Sprinkle parmesan cheese.

---

**SNACK** 229 calories • 1g carbs (0g fiber) • 19g fat • 14g protein

### **Jalapeno Cheese Crisps**

- 229 calories
- 1g carbs (0g fiber)
- 14g protein
- 19g fat

#### **Ingredients:**

- 1/4 pepper Jalapeno Pepper (4 g)
- 1/2 cup, shredded Cheddar Cheese (57 g)

#### **Directions:**

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Seed jalapeno and slice into thin rings.
3. With a small measuring cup, scoop shredded cheese onto prepared baking sheet, creating a mound.
4. Gently flatten cheese mound with fingers.
5. Place slice jalapeno in the middle of cheese mound.
6. Bake in the oven for 10 minutes or until browned.
7. Remove baking sheet from and cool for 5 minutes to firm cheese crisp.

## Day 5 1676 calories • 33g carbs (8g fiber) • 132g fat • 93g protein

---

**BREAKFAST** 431 calories • 1g carbs (0g fiber) • 40g fat • 16g protein

### Buttery Scrambled Eggs

- 431 calories
- 1g carbs (0g fiber)
- 16g protein
- 40g fat

#### Ingredients:

- 3 Egg (150 g)
- 2 1/2 tbsp Butter (35 g)
- 1 1/4 tbsp chopped Chives (4 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

#### Directions:

1. Melt butter into a nonstick pan over medium heat.
2. Crack egg into heated pan.
3. With a spatula, mix eggs with butter.
4. Continue mixing eggs, taking the pan on and off the heat.
5. Cook until eggs are no longer runny.
6. Season with salt, pepper and chopped chives.

---

**LUNCH** 444 calories • 14g carbs (4g fiber) • 35g fat • 22g protein

### Pesto Shrimp Zoodles

- 250 calories
- 9g carbs (3g fiber)
- 16g protein
- 17g fat

#### Ingredients:

- 1 medium Zucchini (196 g)
- 1/8 cup Pesto (30 g)
- 10 medium Shrimp (60 g)
- 1 tsp Olive Oil (4 g)
- *optional* - 1/4 tsp Salt (2 g)
- *optional* - 1/4 tsp, ground Black Pepper (1 g)
- *optional* - 2 leaf, whole Basil (1 g)

#### Directions:

1. Using a spiralizer, create zoodles out of zucchini.
2. Place zucchini zoodles in a colander and toss with a pinch of salt.
3. Let it drain for 15-30 minutes. Use a paper towel to squeeze any excess water.
4. Coat a large nonstick skillet with oil. Heat over medium-high heat.
5. Add shrimp. Cook for 2 minutes.
6. Add in pesto sauce and stir for 30 seconds.
7. Add the drained zucchini noodles. Continue cooking until shrimp are pink and opaque and zoodles are hot, 3 minutes.
8. Transfer to a serving bowl.
9. Garnish with fresh chopped basil.

### 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** 687 calories • 18g carbs (3g fiber) • 48g fat • 48g protein

### Lemon Garlic Chicken

- 474 calories
- 11g carbs (1g fiber)
- 45g protein
- 28g fat

#### Ingredients:

- 2 Chicken Breast (200 g)
- 1/2 lemon Lemon juice (24 g)
- 1 tbsp Garlic Powder (10 g)
- 1/4 small Red Onion (18 g)
- 2 tbsp Butter (28 g)
- *optional* - 1 dash Black Pepper (0 g)
- *optional* - 1 dash Salt (0 g)

#### Directions:

1. Place a skillet over medium-high heat and melt butter.
2. Pound chicken with a kitchen mallet to 1 inch thickness and season with salt and pepper.
3. Cook chicken, flipping frequently, until browned.
4. Sprinkle half the amount of garlic powder over chicken. Flip chicken and sprinkle the remaining garlic powder.
5. Continue to cook each side for 2 minutes or until chicken is no longer pink inside.
6. Squeeze lemon juice all over chicken and cook until chicken is no longer pink inside.
7. Serve with sliced red onion.

### Garlic Sauteed Spinach

- 212 calories
- 8g carbs (2g fiber)
- 3g protein
- 20g fat

#### Ingredients:

- 3 cup Baby Spinach (84 g)
- 1 tbsp Olive Oil (14 g)
- 3 cloves, minced Garlic (9 g)
- 1/2 tbsp Butter (7 g)
- 1/4 lemon Lemon juice (12 g)
- *optional* - 1 tsp Salt (6 g)
- *optional* - 1/2 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.
-

**SNACK** 114 calories • 0g carbs (0g fiber) • 9g fat • 7g protein

**Cheese**

- 114 calories
- 0g carbs (0g fiber)
- 7g protein
- 9g fat

**Ingredients:**

- 1 oz Cheddar Cheese (28 g)

**Directions:**

1. Cut cheese into slices.

## Day 6 1875 calories • 29g carbs (8g fiber) • 157g fat • 91g protein

---

**BREAKFAST** 604 calories • 2g carbs (0g fiber) • 56g fat • 23g protein

### Buttery Scrambled Eggs

- 604 calories
- 2g carbs (0g fiber)
- 23g protein
- 56g fat

#### Ingredients:

- 4 Egg (200 g)
- 3 1/2 tbsp Butter (49 g)
- 1 3/4 tbsp chopped Chives (5 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

#### Directions:

1. Melt butter into a nonstick pan over medium heat.
2. Crack egg into heated pan.
3. With a spatula, mix eggs with butter.
4. Continue mixing eggs, taking the pan on and off the heat.
5. Cook until eggs are no longer runny.
6. Season with salt, pepper and chopped chives.

---

**LUNCH** 286 calories • 10g carbs (4g fiber) • 23g fat • 14g protein

### Tuna and Avocado Wrap

- 161 calories
- 6g carbs (3g fiber)
- 9g protein
- 13g fat

#### Ingredients:

- 1/4 can Canned Tuna (28 g)
- 1/4 pepper Jalapeno Pepper (4 g)
- 1/4 Lime (17 g)
- 1/4 fruit, without skin and seed Avocados (34 g)
- 2 leaf, large Iceberg Lettuce (30 g)
- 1/2 medium stalk Green Onion (8 g)
- 1/2 tbsp Olive Oil (7 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.

### **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. 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.

---

**DINNER** 651 calories • 12g carbs (2g fiber) • 53g fat • 32g 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.

### **Parmesan Zucchini Noodles**

- 160 calories
- 5g carbs (1g fiber)
- 8g protein
- 12g fat

#### **Ingredients:**

- 1/4 large Zucchini (81 g)
- 1/8 small Onion (9 g)
- 1/2 cloves, minced Garlic (2 g)
- 1/4 cup Parmesan Cheese (20 g)
- 1/2 tbsp Olive Oil (7 g)
- *optional* - 1/4 tsp Salt (2 g)
- *optional* - 1/4 tsp Black Pepper (0 g)

#### **Directions:**

1. Peel the zucchini and cut them into wide julienne strips with a mandolin or use a spiralizer to cut into noodles. Set aside.
2. Grease a nonstick pan with oil and place over medium heat.
3. Thinly slice onion and mince garlic and add it to heated pan.
4. Cook until fragrant and slightly tender.
5. Toss in zucchini noodles and cook for one minute.
6. Mix in parmesan cheese with noodles.
7. Cook until cheese is melted.
8. Season with salt and pepper.

#### **Tip**

1. For less-soggy zoodles, arrange them on a kitchen towel ahead of time and lightly salt. Allow zoodles to sit for 10-15 minutes, then pat out excess moisture. Then, cook as normal.

---

**SNACK** 335 calories • 6g carbs (1g fiber) • 25g fat • 22g protein

### **Chilled Chicken Salad**

- 335 calories
- 6g carbs (1g fiber)
- 22g protein
- 25g fat

#### **Ingredients:**

- 1 Chicken Breast (100 g)
- 1/2 cup chopped Celery (50 g)
- 1 lemon Lemon juice (48 g)
- 1/2 medium stalk Green Onion (8 g)
- 2 tbsp Mayonnaise (29 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 7 1662 calories • 30g carbs (16g fiber) • 132g fat • 96g protein

---

### BREAKFAST 399 calories • 5g carbs (1g fiber) • 33g fat • 21g protein

#### Morning Omelette

- 399 calories
- 5g carbs (1g fiber)
- 21g protein
- 33g fat

#### Ingredients:

- 1/8 medium Onion (13 g)
- 1/8 medium Red Bell Pepper (15 g)
- 1 tbsp Olive Oil (14 g)
- 1/2 cup Spinach (14 g)
- 2 Egg (100 g)
- 1/4 cup, shredded Cheddar Cheese (28 g)
- 1 medium stalk Green Onion (15 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

#### Directions:

1. Place a nonstick pan over medium heat and pour oil.
2. Saute diced onions, sliced peppers and chopped spinach until spinach is wilted and onions are translucent.
3. Whisk egg in a bowl and then pour over top of vegetables.
4. 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. Add cheese to one side of the omelette.
8. Season with salt and pepper.
9. With a spatula, fold omelette in half.
10. Cook until cheese is melted.
11. Garnish with chopped green onion.

---

### LUNCH 355 calories • 10g carbs (7g fiber) • 30g fat • 17g 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.

**DINNER** 676 calories • 5g carbs (1g fiber) • 54g 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 Mushrooms**

- 102 calories
- 2g carbs (0g fiber)
- 1g protein
- 11g fat

**Ingredients:**

- 3/4 tbsp Olive Oil (11 g)
- 1/2 cloves, minced Garlic (2 g)
- 1/4 tsp Balsamic Vinegar (1 g)
- 1/4 cup, whole Mushrooms (24 g)
- *optional* - 1/2 tsp, leaves Thyme (1 g)
- *optional* - to taste Salt (0 g)
- *optional* - to taste Black Pepper (0 g)

**Directions:**

1. Preheat oven to 375F.
  2. In a bowl, mix together oil, minced garlic, thyme and balsamic vinegar.
  3. Clean mushrooms and transfer to marinated bowl.
  4. Toss until mushrooms are well coated.
  5. Spread mushrooms into an even layer onto a baking sheet.
  6. Season with salt and pepper.
  7. Roast in the oven for 15 minutes or until golden and tender.
-

**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.

# Grocery List

---

## Milk, Eggs, Other Dairy

### Egg, Hard-Boiled

- 7 large (350g)

### Butter

- 20 1/2 tbsp (288g)

### Egg

- 15 egg (750g)
- 

## Spices and Seasonings

*These items have low nutritional value and are optional*

### Salt

- 2 tsp (14g)
- 7 dash (1g)

### Black Pepper

- 1 1/8 tsp, ground (3g)
- 11 dash (0g)
- 1/4 tsp (0g)

### Garlic Powder

- 1 1/2 tbsp (15g)
- 1/4 tsp (1g)

### Italian Seasoning

- 1/2 tbsp (3g)
- 1/4 tsp (0g)

### Paprika

- 1/8 tsp (0g)

### Onion Powder

- 1/4 tsp (1g)
- 

## Tea and Coffee

### Coffee

- 15 fl oz (450g)
- 

## Health Foods - Baking

### Coconut Oil

- 1 1/2 tbsp (20g)
- 

## Produce

**Zucchini**

- 2 medium (392g)
- 1/2 cup, spiralled (59g)
- 1/4 large (81g)

**Iceberg Lettuce**

- 3/4 cup, shredded (27g)
- 8 leaf, large (120g)

**Garlic**

- 8 3/4 cloves, minced (29g)
- 1/4 tbsp (2g)
- 1 clove (3g)

**Mixed Greens**

- 3 cup (141g)

**Avocados**

- 1 3/4 fruit (350g)
- 1 fruit, without skin and seed (136g)

**Spinach**

- 12 1/2 cup (357g)

**Green Bell Pepper**

- 1/2 large (82g)

**Mushrooms**

- 1/8 cup, pieces or slices (9g)
- 1/4 cup, whole (24g)

**Jalapeno Pepper**

- 1 1/4 pepper (19g)

**Asparagus**

- 3/4 cup (101g)

**Shallot**

- 3/4 tbsp, chopped (8g)
- 1 shallot (42g)

**Lemon juice**

- 7 1/2 tsp (38g)
- 3 1/2 lemon (168g)
- 1 1/2 tbsp (23g)

**Radish**

- 1/2 cup (58g)

**Red Onion**

- 3/8 small (27g)
- 1 tbsp, chopped (10g)

**Green Onion**

- 6 1/2 medium stalk (100g)
- 1 tbsp, chopped (6g)

**Onion**

- 3/8 medium (40g)
- 1/8 small (9g)

**Strawberries**

- 1/4 cup, halves (38g)

**Lime**

- 1 lime (68g)

**Chives**

- 3 tbsp chopped (9g)

**Baby Spinach**

- 3 cup (84g)

**Celery**

- 1/2 cup chopped (50g)
- 1 stalk (40g)

**Red Bell Pepper**

- 1/8 medium (15g)

**Lemon**

- 1 slice (7g)

**Cilantro**

- 1 tbsp (1g)
- 

**Pasta and Rice****Pesto**

- 1/4 cup (60g)
- 

**Produce - Spices and Seasonings**

*These items have low nutritional value and are optional*

**Basil**

- 4 leaf, whole (2g)
- 1/4 cup leaves, whole (6g)

**Thyme**

- 1/2 tsp, leaves (1g)
- 

**Seafood****Shrimp**

- 25 medium (150g)

**Salmon**

- 24 oz (680g)
- 

**Oil, Vinegar, Salad Dressing****Olive Oil**

- 2 tsp (8g)
- 16 3/4 tbsp (236g)

**Balsamic Vinegar**

- 2 3/8 tbsp (38g)
  - 1/4 tsp (1g)
- 

**Condiments****Dijon Mustard**

- 3/8 tsp (2g)

**Mayonnaise**

- 2 tbsp (29g)
-

## Nut butters, Jams, and Honey

### Honey

- 3/8 tsp (3g)
- 

## Nuts

### Almonds

- 1 1/2 tbsp, shaved (15g)
- 

## Cheese

### Parmesan Cheese

- 6 tbsp (30g)
- 1 2/25 cup, grated (111g)
- 1/4 cup (20g)

### Cheddar Cheese

- 3 slice (84g)
- 3/4 cup, shredded (85g)
- 1 oz (28g)

### Cottage Cheese

- 1/2 cup, (not packed) (113g)
- 

## Meat

### Chicken Breast

- 4 chicken breast (400g)

### Beef Round

- 2 oz (57g)

### Chicken Thigh

- 2 thigh, bone and skin removed (138g)
- 

## Beverages

### Water

- 1/4 tbsp (4g)
- 

## Canned and Jarred

### Canned Tuna

- 2 can (221g)