



1300 CALORIE MEAL PREP FRIENDLY DIET PLAN

[4-WEEKS]

A Plan That Actually Works.

BREAKFAST: VEGGIE OMELET WITH ENGLISH MUFFIN**INGREDIENTS**

- 1 Thomas Light Multigrain English Muffin (57g)
- 1/2 cup sliced Cremini/brown/Italian mushrooms, raw (36g)
- 1 cup fresh, raw spinach (30g)
- 1/2 teaspoon olive oil (2.25g) OR cooking spray
- 1 large eggs, raw (50g)
- Salt and pepper to taste

DIRECTIONS

1. Crack and beat the egg in a small bowl. Season with salt, pepper and set aside.
2. Chop spinach and slice mushrooms. Heat oil in a non-stick skillet over medium heat. When hot, add mushrooms slices and a pinch of salt and pepper. Stir fry for about 1-2 minutes, until the mushrooms are roasted and fragrant.
3. Stir in spinach and keep cooking until wilted.
4. Add beaten eggs and tilt the pan again to spread the egg mixture all over the pan. Slide onto plate and serve with 1 soft or toasted English Muffin.

**NUTRITION INFORMATION**

Calories	208.5
Carbs	29g
Protein	12g
Fat	8.5g

LUNCH: SHRIMP TACOS**INGREDIENTS**

- 1/2 teaspoon olive oil (2.25g) OR cooking spray
- 300g uncooked crustaceans shrimps or 225g cooked shrimps
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 (6-inch) Mission Carb Balance Flour Soft Taco/Tortilla Wrap (43g)
- 1 tablespoon Breakstone's Fat-Free Sour Cream (16g)

DIRECTIONS

1. Weigh shrimps, peel them and remove tails.
2. Add the shrimps to a skillet along with the olive oil and spices. Cook over medium-high heat until the shrimps are pink, flipping/stirring occasionally (about 5-6 minutes).
3. Assemble taco and serve with sour cream.

**NUTRITION INFORMATION**

Calories	370.5
Carbs	23.5g
Protein	66.5g
Fat	7g

DINNER: TURKEY STUFFED PEPPERS**INGREDIENTS**

- 1.5 large green bell peppers/sweet pepper (246g)
- 3/4 cup cooked wild rice (without oil) (123g)
- 200g uncooked ground turkey OR 150 cooked ground turkey (93% lean, 7% fat)
- 1 garlic clove, minced (3g)
- 1/2 small onion, diced (35g)
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon salt and 1/4 teaspoon pepper
- 125g crushed tomatoes (from can)
- 1/4 cup Kraft Shredded Fat Free Cheddar Cheese (28g)
- 1 teaspoon olive oil (4.5g) or cooking spray

DIRECTIONS

1. Preheat oven to 350 degrees. Prepare your rice and set aside. You will need 3/4th cup of boiled/steamed wild rice. Slice the peppers end-to-end and remove the seeds first
2. Place a skillet and heat oil over medium-high heat. Cook and crumble turkey with onion, garlic and seasonings over medium-high heat until meat is no longer pink, 6-8 minutes. Cool slightly. Stir in tomatoes.
3. Fill pepper halves with turkey mixture and place on a cast iron skillet, or baking dish.
4. Bake, uncovered, until filling is heated through and peppers are tender, 20-25 minutes. Remove and add cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted

**NUTRITION INFORMATION**

Calories	617
Carbs	51g
Protein	47g
Fat	22.5g

SNACK: CHIA PUDDING CUPS

INGREDIENTS

- 1 tablespoon chia seeds, dried (14.175g)
- 1/4 cup skimmed milk (61.75g)
- 1/2 tablespoon Cary's Sugar Free Low Calorie Syrup (7.5 ml)
- Drop of vanilla extract
- 1/4 cup fresh raspberries or blackberries (31g)

DIRECTIONS

1. In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. Top with berries and enjoy.
3. Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.



NUTRITION INFORMATION

Calories	108.5
Carbs	67g
Protein	5g
Fat	4.5g

NUTRITION FACTS FOR THE DAY

Calories	1305
Carbs	171g
Protein	131g
Fat	43g

Week 1 Meal Prep Tips

01

Breakfast: Omelet

- 1) Slice mushrooms and chop up spinach and store in an airtight container. OR
- 2) Sauté the sliced mushrooms and chopped spinach in half the oil and store in an airtight container.

03

Dinner: Turkey Stuffed Peppers

- 1) Fully Prepared and Baked: You can store the prepared and baked stuffed peppers in an airtight containers for up to 5 days in the fridge. You can also freeze them for up to 2 months. Make sure that these are completely cooled. Place in a freezer-safe container. To re-heat, you can place the frozen peppers directly in the oven and bake at 350 degrees Fahrenheit for about 10-15 minutes, or microwave them for about 3-4 minutes. If you thaw them overnight in your fridge first, it will reduce the time needed to re-heat by a couple of minutes.
- 2) Fully Prepared and Unbaked: Simply assemble completely, cover with foil, and refrigerate for 2-3 days. When needed, just pop right in the oven with the foil and bake!
- 3) Prepare the filling in advance, then refrigerate up to 2 days or freeze up to 3 months before using.

02

Lunch: Shrimp Tacos

- 1) Make packets of weighed and tail-removed shrimps.
- 2) Prepare the 2-3 days worth of shrimps in advance and keep refrigerated.
- 3) Prepare 2-3 days worth of shrimp tacos and refrigerate.
- 4) Prepare the whole week's worth of tacos and wrap individual tacos in cling film. Place them in a zip lock bag. Lay flat in the freezer.

04

Snack: Chia Pudding

- 1) Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator. Just top with fresh raspberries or blackberries when you are ready to eat.

05

Remember

To get the best results, weigh your ingredients.

BREAKFAST: OVERNIGHT OATS

INGREDIENTS

- 1/2 cup whole grain old fashioned rolled oats (40g)
- 3/4 cup unsweetened almond milk (183g)
- 1 packet vanilla protein powder (31g)
- 1/4 teaspoon cinnamon
- 1/4 cup fresh blueberries (37g)

DIRECTIONS

1. In a mason jar or tupperware, combine all the ingredients (Except blueberries) and mix until well combined, making sure to stir up any chunks of protein powder that may be stuck on the bottom.
2. Cover with a lid and place into the fridge overnight.
3. Top with blueberries when ready to eat.



NUTRITION INFORMATION

Calories	323
Carbs	37g
Protein	31g
Fat	5.5g

LUNCH: CHICKEN FRIED RICE

INGREDIENTS

- 1/2 cup cooked long grain brown rice (101g)
- 200g boneless, skinless chicken breast (150g of cooked chicken)
- 1/2 teaspoon olive oil/sesame oil (2.25g) or cooking spray
- 1/2 cup frozen peas and carrots mix (74g)
- 1 teaspoon minced ginger (2g)
- 1 clove garlic, minced (3g)
- 1 1/2 tablespoon soy sauce (27g)
- Salt and pepper to taste

DIRECTIONS

1. In a large non-stick wok or skillet, heat oil over medium-high heat. Once hot, add chicken pieces, season lightly with salt and pepper and saute until cooked through, about 5 - 6 minutes. Transfer chicken to a plate and set aside.
2. Return skillet to medium-high heat. Add peas and carrots blend and saute 1 minute, then add garlic and saute 1 minute longer.
3. Return chicken to skillet along with rice. Add in soy sauce and season with salt and pepper to taste. Serve warm.



NUTRITION INFORMATION

Calories	443.5
Carbs	36.5g
Protein	53g
Fat	9g

DINNER: SPAGHETTI & MEATBALLS

INGREDIENTS

FOR THE MEATBALLS (approx 130g baked meatballs)

- 173g uncooked lean ground beef (97% lean, 3% fat)
- 1/2 tablespoon dried parsley (0.8g)
- 1/4 teaspoon ground black pepper
- salt to taste
- 1/8 teaspoon garlic powder

SAUCE & SPAGHETTI

- 1/4 cup Barilla Tomato and Basil (62.5g)
- 56g Barilla Protein Spaghetti uncooked, or 200g boiled spaghetti

DIRECTIONS

FOR THE MEATBALLS: Preheat the oven to 350°F. In a bowl, mix together the meatball ingredients until just combined. Roll the mixture into 8 meatballs and place on an ungreased baking sheet. Bake for about 10 minutes, then turn the meatball. Put the meatballs back in the oven and cook for another 10 minutes, until they are nicely browned and almost cooked through.

FOR THE SPAGHETTI & SAUCE: In the meantime, bring the marinara sauce to a simmer. Add salt and pepper if desired. Transfer the cooked meatballs to the marinara sauce. Cover loosely with a lid & simmer for about 3 minutes, till the meatballs are cooked through. Boil spaghetti, drain & toss with the sauce and meatballs.



NUTRITION INFORMATION

Calories	427
Carbs	45g
Protein	49.5g
Fat	6.5g

SNACK: CHOCOLATE

INGREDIENTS

- 1 bar of snickers fun size crisper (21g)
- OR
- 1 Dove silky smooth milk chocolate bar (0.65 oz/18.4g)



DIRECTIONS

1. You can have snickers crisper (fun size) or or any other 100 calorie per serving snack!



NUTRITION INFORMATION

Calories	100
Carbs	13g
Protein	1g
Fat	4.49g



NUTRITION FACTS FOR THE DAY

Calories	1294
Carbs	132g
Protein	135g
Fat	26g

Week 2 Meal Prep Tips

01

Breakfast: Overnight Oats

- Overnight oats can be prepared up to five days in advance.
- When you're ready to eat the oats, just pull them out of the fridge, top with blueberries and dive in.

03

Dinner: Spaghetti & Meatballs

1) The cooked meatballs can be frozen, in their sauce, for up to 3 months. When ready to serve, defrost overnight in the refrigerator and reheat on the stovetop until the meatballs are hot in the center.

RECIPE TO PREPARE SPAGHETTI & MEATBALLS FOR THE WHOLE WEEK:

FOR THE MEATBALLS

- 1211 g lean ground beef (97% lean, 3% fat)
- 3 & 1/2 tablespoon dried parsley (5.6g)
- 1 & 3/4 teaspoon ground black pepper
- salt to taste
- 1 teaspoon garlic powder

SAUCE

- 1 & 3/4 cup Barilla Tomato and Basil (438g)

SPAGHETTI

- 392g Barilla Protein Spaghetti (dry/raw weight)

Roll the mixture into 56 meatballs, 8 meatballs for 1 meal. Either freeze just the meatballs, or meatballs with sauce, equally divided into 7 sections.

02

Lunch: Chicken Fried Rice

1) Make a big batch, cool for 5 minutes then divide into meal prep containers. Allow rice to cool before refrigerating or freezing. Refrigerate for up to 4 days and freeze for the remaining week! To reheat, microwave on medium-high for 2 minutes or until steaming.

CHICKEN FRIED RICE 1 WEEK MEAL PREP RECIPE:

- 3.5 cups cooked long grain brown rice (707g)
- 1400g uncooked (raw) boneless, skinless chicken breast (1050g cooked)
- 3 & 1/2 tablespoons toasted sesame oil/olive oil/cooking spray (23.8g)
- 3 & 1/2 cup frozen peas and carrots mix (518g)
- 7 teaspoons minced ginger (14g)
- 7 clove garlic, minced (21g)
- 10 & 1/2 tablespoons soy sauce (189g)
- Salt and pepper to taste

04

Snack: Chocolate

1) Keep your chocolate bar for snacking whenever you feel like during the day!

BREAKFAST: FRENCH TOAST

INGREDIENTS

- 2 slices Sara Lee Delightful Healthy Multigrain bread(44g)
- 1/4 cup unsweetened almond milk, shelf stable (65.5g)
- 1 large egg (50.3g)
- 1 teaspoon vanilla extract (4.2g)
- 1/2 teaspoon cinnamon (1.3g)
- 1 tablespoon Cary's Sugar Free Low Calorie Syrup (15 ml)
- 2 medium strawberries (24g)

DIRECTIONS

1. Mix almond milk, egg, vanilla extract, and cinnamon in a bowl.
2. Heat a non-stick skillet to medium-high heat.
3. Dip bread slices in the mixture till all the liquid mixture is soaked in it. Transfer the bread to the skillet. Cook until golden brown on both sides.
4. Serve with sliced strawberries & Cary's sugar free syrup.
5. Do not use oil and butter in the cooking process.



NUTRITION INFORMATION

Calories	200.5
Carbs	24.5g
Protein	12.5g
Fat	6.5g

LUNCH: TUNA PITA TOSTADA

INGREDIENTS

- 1 Joseph's Flax, Oat Bran & Whole Wheat Pita (37g)
- 1 can light tuna, canned in water without salt, drained (165g)
- 1 tablespoon red onion/shallot finely chopped (10g)
- 1 teaspoon lime juice
- 1 teaspoon cilantro or parsley, finely minced
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 2 tablespoons Breakstone's Fat-Free Sour Cream(32g)
- Salt and pepper to taste

DIRECTIONS

1. Add strained tuna to a bowl with finely diced shallot or red onion, fresh-squeezed lime juice, garlic powder, minced parsley or cilantro, and cayenne pepper. Mix, add salt and pepper to taste.
2. Make pita tostadas by baking or toasting 1 pita, without oil until crisp.
3. Top with tuna mix and sour cream. Enjoy!



NUTRITION INFORMATION

Calories	292
Carbs	16.5g
Protein	50.5g
Fat	3g

DINNER: CHICKEN BURRITO BOWL

INGREDIENTS

- 100g uncooked boneless, skinless chicken breast or 75g cooked
- 1 small red bell pepper sliced (74g)
- 1 small onion sliced (70g)
- 1/4 tablespoon olive oil (3.5g) or cooking spray
- 1/2 tablespoon taco seasoning (4g)
- salt and pepper to taste
- 1/2 jar Mitchell's Fresh Medium Salsa (212.5g), divided
- 1/4 cup Goya black beans (61g)
- 3/4 cup cooked long grain brown rice (152g)
- 1/4 cup Goya Corn from can (62.5g)
- 1/2 cup Kraft Shredded Fat Free Cheddar Cheese (56g)
- 1 lime (67g)
- 1 tablespoon fresh cilantro

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with foil. Place the chicken, peppers, and onions onto the baking sheet and drizzle with oil. Sprinkle the taco seasoning evenly over both sides of the chicken breasts. Sprinkle salt and pepper on the bell peppers and onions, tossing to coat. Top chicken breast with half the salsa amount.
2. Bake in a preheated oven for 25 minutes. Rest chicken for 10 minutes, before slicing into strips. Add a base of brown rice. Top with a scoop of black beans, corn, remaining half salsa, cheddar cheese, cooked bell peppers, and onions, and sliced chicken. Garnish with fresh cilantro and a lime wedges.



NUTRITION INFORMATION

Calories	638.5
Carbs	88g
Protein	52g
Fat	8.5g

SNACK: BANANA PROTEIN SPLIT

INGREDIENTS

- 1 small banana (101g)
- 1/4 cup Oikos Non Fat Greek Yogurt (38g)
- 1 medium strawberry (12g)
- 1/2 packet vanilla protein powder (15.5g)

DIRECTIONS

1. Slice banana in half lengthwise and lay both sides in a bowl or on a plate.
2. Mix together protein and Greek yogurt and spoon on top of the banana slices.
3. Top bananas and protein mixture with sliced strawberry



NUTRITION INFORMATION

Calories	176
Carbs	27g
Protein	17g
Fat	1g

NUTRITION FACTS FOR THE DAY

Calories	1307
Carbs	156g
Protein	132g
Fat	19g

Week 3 Meal Prep Tips

01

Breakfast: French Toast

French toast tastes best when freshly made, but you can prepare 3 days worth of french toast as your breakfast meal prep.

Recipe to make french toast for 3 days' breakfast::

- 6 slices Sara Lee Delightful Healthy Multigrain bread (132g)
- 3/4 cup unsweetened almond milk, shelf stable (196.5g)
- 3 large eggs (150.9g)
- 3 teaspoons vanilla extract (12.6g)
- 3 & 1/2 teaspoons cinnamon (3.9g)

Divide into three meal prep containers. This is your breakfast for the next three days. When ready to eat, reheat 3 pieces of french toast in the microwave and top with 1 tablespoon Cary's Sugar Free Low Calorie Syrup (45 ml) and 2 medium strawberries (24g).

03

Dinner: Chicken Burrito Bowl

1) You can make 4 days worth of chicken burrito bowl as meal prep.

Recipe for 4 day dinner prep:

- 400g raw boneless, skinless chicken breast
- 4 small red bell pepper sliced (296g)
- 4 small onion sliced (280g)
- 1 tablespoons olive oil (14g)
- 2 tablespoons taco seasoning (16g)
- salt and pepper to taste
- 2 jars of Mitchell's Fresh Medium Salsa (850g), divided
- 1 cup Goya black beans (244g)
- 3 cups cooked long grain brown rice (608g)
- 1 cup Goya Corn from can (250g)
- 2 cups Kraft Shredded Fat Free Cheddar Cheese (224g)
- 4 limes (268g)
- 4 tablespoons fresh cilantro

Divide into 4 meal prep storage containers. Detailed recipe instructions in the diet plan above.

02

Lunch: Tuna Pita Tostada

1) The tuna topping can be prepared in advance.

Recipe to prepare 1 week's tuna topping:

- 7 cans light tuna, canned in water without salt, drained (1155g)
- 7 tablespoon red onion/shallot finely chopped (10g)
- 7 teaspoon lime juice
- 7 teaspoon cilantro or parsley. Finely minced
- 1 & 3/4 teaspoons garlic powder
- 1 & 3/4 teaspoons cayenne pepper
- Salt and pepper to taste

This is your whole weeks tuna topping for pita tostada. In a bowl, mix together all the ingredients and divide into 7 meal prep containers.

On the day of, toast pita, top with tuna mix (from one meal prep container), and 2 tablespoons (32g) of sour cream.

04

Snack: Protein Banana Split

1) Protein banana split should be prepared on the day you will have it.

BREAKFAST: HUEVOS RANCHEROS

INGREDIENTS

- 1 large egg (50.3g)
- 1 (6-inch) Mission Carb Balance Flour Soft Taco/Tortilla Wrap (43g)
- 2 tablespoons Mitchell's Fresh Medium Salsa (30g)
- 1/4 cup fresh chopped cilantro
- 1/4 tablespoon olive oil (3.5g) or cooking spray
- Salt and pepper to taste
- 1/4 cup of Goya black beans from can (61g)

DIRECTIONS

1. In a pan, heat half the oil, add beans, some water and season with salt and pepper. Simmer for 5 minutes and smash with a fork.
2. Meanwhile, heat the remaining remaining oil in a non-stick skillet and crack the egg on it. Cook and; season with pepper. You can also poach the egg if desired.
3. Place 1 warm tortilla on a plate, spread the beans on it and top with the cooked egg. Sprinkle with cilantro.



NUTRITION INFORMATION

Calories	234
Carbs	32g
Protein	15g
Fat	10.5g

LUNCH: SALMON WITH BAGEL

INGREDIENTS

- 1 piece Thomas Bagel Thins (46g)
- 200g raw pink salmon or 150g cooked pink salmon
- 1 teaspoon cajun seasoning

DIRECTIONS

1. Pat salmon with the cajun seasoning.
2. Heat the pan on medium heat, then put a baking paper on it the size of the pan and then place the salmon over it. This method is used to cook salmon without oil. Salmon is going to release oil and will be cooking in it's own oil. Fry salmon for 5 or 6 minutes (depends on the thickness). Don't leave unattended.
3. Once the salmon is done cooking, transfer it to a plate and use a fork to flake it.
4. Transfer to a toasted or soft bagel thin and enjoy.



NUTRITION INFORMATION

Calories	364
Carbs	25g
Protein	45g
Fat	10g

DINNER: BAKED CHICKEN & WAFFLES

INGREDIENTS

FOR THE BAKED CHICKEN

- 150g uncooked boneless, skinless chicken breast or 113g cooked
- 1/2 large egg, raw (25g)
- 1/2 cups corn flakes Kellogg's original (15g)

FOR THE WAFFLE

- 1/2 cup Kodiak Carb Conscious Waffles Mix (53g)
- 1/4 + 1/8 cup unsweetened almond milk, shelf stable (98g)

SYRUP TO DRIZZLE

- 2 tablespoon Cary's Sugar Free Low Calorie Syrup(30 ml)

DIRECTIONS

FOR THE BAKED CHICKEN Crush cornflakes and keep aside. Cut the chicken breast into 3 pieces. Dip in 1/2 beaten egg then coat with crushed cornflakes. Bake/air-fry till cooked through and golden. When chicken is about to be done, prepare waffles.

FOR THE WAFFLES: In a bowl, whisk together the waffle mix & almond milk. Pour on a heated waffle maker. This quantity can make you 3 waffles. Serve with syrup.



NUTRITION INFORMATION

Calories	536
Carbs	36.5
Protein	52.5g
Fat	21.5g

SNACK: PROTEIN SHAKE**INGREDIENTS**

- 1 tablespoon Teddies All Natural Peanut Butter (16g)
- 1/2 packet vanilla protein powder (15.5g)
- 3/4 cup unsweetened almond milk (183g)
- 8 ice cubes (optional)

DIRECTIONS

1. Place all the ingredients in a blender, and blend until smooth.

**NUTRITION INFORMATION**

Calories	182.5
Carbs	5.5g
Protein	17g
Fat	10.5g

NUTRITION FACTS FOR THE DAY

Calories	1317
Carbs	99g
Protein	130g
Fat	53g

Week 4 Meal Prep Tips

01

Breakfast: Huevos Rancheros

- You can prepare the smashed beans mixture in for 3-4 days.

03

Dinner: Baked Chicken & Waffles

- 1) You can prepare the chicken in advance and freeze it before or after cooking it.

02

Lunch: Salmon with Bagel

- 1) Weigh seven portions of 200g of pink salmon and place in meal prep airtight containers or ziplock bag and freeze. Take one packet out the day you need it and follow the recipe as instructed above.
- 2) You can also marinate it with cajun seasoning before freezing.

Marinated salmon packets for one week:

- 1400g pink salmon, raw
- 7 teaspoons cajun seasoning

Divide into 7 meal prep containers/ziplock bags. On the day you need it, thaw one packet, and follow the instructions in the recipe above.

04

Snack: Protein shake

- 1) Protein shake needs to be prepared fresh everyday.

EVERY
journey
NEEDS A
first
STEP

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Dream
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• YOU CAN •
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