



2100 CALORIE MEAL PLAN

[4-WEEKS]

A Plan That Actually Works.

WEEK 1

BREAKFAST: SPINACH & MUSHROOM OMELETTE

INGREDIENTS

- 2 teaspoons olive oil, divided (9g, raw)
- 1/2 cup sliced cremini mushrooms (36g, raw)
- 1/2 cup loosely packed spinach torn (15g, raw)
- 1/8 teaspoon kosher salt, divided
- 2 large eggs (100g, raw)
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup crumbled feta cheese (37g)
- 1 cup of low fat milk (246g)

DIRECTIONS

- 1) Heat 1 teaspoon oil in an 8-inch nonstick skillet over medium-high. Add mushrooms; sauté until golden, about 3 minutes. Stir in spinach and half of salt; stir about 30 seconds or until spinach is just wilted. Place the mushroom mixture on a plate or in a small bowl. Wipe pan clean.
- 2) Break eggs into a small bowl. Use a fork to beat them until completely blended and slightly frothy. Stir in remaining salt and pepper. Heat remaining 1 teaspoon oil in the same pan, over medium now. Add eggs; stir them around the pan with a heatproof rubber spatula like you're making firm scrambled eggs, pulling from the sides toward the middle. Tilt the pan now and then, lifting the egg disk that forms so runny egg slides off, hits the pan, and firms up.
- 4) After about 2 minutes, when the eggs are slightly shiny on top in spots, but mostly cooked through, spread the mushroom mixture over half of the eggs; sprinkle with cheese. When the eggs are browned on the bottom, fold them over the filling. Slide omelet onto a plate. Enjoy with a cup of low fat milk.



NUTRITION INFORMATION

Calories	450
Carbs	18g
Protein	29g
Fat	29g

LUNCH: GRILLED LEMON HERB CHICKEN SALAD

INGREDIENTS

FOR THE SALAD DRESSING/MARINADE:

- 1/2 tablespoon olive oil (7g)
- 1 tbsp lemon juice (15g)
- 1/2 tablespoon water
- 1/2 tablespoon red wine vinegar (7.5g)
- 1/2 tablespoon fresh chopped parsley
- 1/2 teaspoon dried basil
- 1 clove garlic, minced (3g)
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- cracked pepper, to taste
- 8 oz skinless, boneless chicken breasts (226g)

FOR THE SALAD

- 2 cups Romaine (or Cos) lettuce leaves, washed and dried (94)
- 2 small cucumber diced (316g)
- 1 whole tomato diced (125g)
- 1/2 cup red onion sliced (80g)
- 1 large carrot, chopped (72g)
- 1/2 cup avocado sliced (73g, raw)
- Lemon wedges to serve

DIRECTIONS

1. Whisk together all of the marinade/dressing ingredients in a bowl or lidded jar. Pour out half of the marinade into a dish or bowl. Refrigerate the remaining marinade to use as the dressing later. Add the chicken to the marinade in the bowl; marinate chicken for 15-30 minutes. While waiting for the chicken, prepare all of the salad ingredients and mix in a salad bowl.
2. Grill chicken in a pan or a grill plate over medium-high heat on both sides until browned and completely cooked through. Allow chicken to rest for 5 minutes; slice and arrange over salad. Drizzle salad with the remaining UNTOUCHED dressing. Serve with lemon wedges.



NUTRITION INFORMATION

Calories	593
Carbs	88g
Protein	58g
Fat	25g

DINNER: LOW CALORIE PROTEIN PIZZA

INGREDIENTS

Crust

- 1/4 teaspoon Italian seasoning
- 2 Joseph Flax, Oat Bran & Whole wheat Pita
- 2 teaspoons olive oil (9g)

Pizza Sauce

- 1/4 cup canned tomato sauce (61g)
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/4 tsp dried oregano
- 1/4 tsp dried basil
- 1/4 tsp sugar (1g)
- 1/4 tsp salt

Topping

- 3/4 cup nonfat mozzarella cheese shredded (85g)
- 8 oz raw, skinless, boneless chicken breasts (226g)

DIRECTIONS

1. Brush oil onto the pita bread and sprinkle Italian seasoning.
2. Season chicken with salt and pepper and grill without oil in a non-stick pan. Slice once cooked and cooled a bit.
3. To make the pizza sauce, heat all the ingredients in a small pan for 5 minutes. Spread this on top of the prepared crust.
4. Top with shredded mozzarella and and cooked chicken, bake in a preheated oven at 450F for 5-8 minutes.



NUTRITION INFORMATION

Calories	613
Carbs	68g
Protein	94g
Fat	17g

WEEK 1

SNACK: GREEK YOGURT WITH BERRIES & ALMOND

INGREDIENTS

- 200g nonfat, plain Greek Yogurt
- 1 cup blackberries (150g)
- 10 Almonds (12g)

DIRECTIONS

1. Top greek yogurt with fresh blackberries and chopped almonds. Dry roast the almonds for extra crunch and flavor!



NUTRITION INFORMATION

Calories	253
Carbs	24g
Protein	25g
Fat	7g

SNACK 2: GRAPES

INGREDIENTS

- 1 cup grapes (150g)
- 7 English walnut halves (14g)

DIRECTIONS

1. Weigh them to make sure you have having the right quantity.



NUTRITION INFORMATION

Calories	197
Carbs	29g
Protein	3.3g
Fat	9.5g

NUTRITION FACTS FOR THE DAY

Calories	2106
Carbs	227g
Protein	209g
Fat	87g

WEEK 2

BREAKFAST: VEGGIE & CHEESE OMELETTE

INGREDIENTS

- 2 large eggs (100g, raw)
- ½ red onion, chopped (74g)
- 1/2 cups grape tomatoes, chopped (76g)
- 1 tablespoon parsley (chopped) (3.8g)
- Red pepper flakes, to taste
- 28g non-fat cheddar cheese, shredded
- Salt and pepper to taste
- 1 ½ teaspoon olive oil (7g)
- 1 cup low fat milk (246g)

DIRECTIONS

1. In a medium bowl, whisk eggs really well. Then add chopped onion, tomatoes, parsley, and season with salt, pepper, and red pepper flakes to taste.
2. Heat 1 teaspoon of olive oil in a good-quality non-stick pan or skillet, pour the egg mixture, and let cook till the sides are done. Add the shredded cheese on one half of the omelette and top with the other side of the omelette so it looks like a half moon. Cook a little longer just until cheese is melted. Enjoy with a fork!



NUTRITION INFORMATION

Calories	406
Carbs	26g
Protein	31g
Fat	19g

LUNCH: TUNA & EGG SALAD

INGREDIENTS

- 1 ½ cups fat free Mayonnaise (384g)
- 3 teaspoons Dijon mustard (15g)
- 1 tablespoon parsley (3.8g, chopped)
- 1/2 tsp Paprika

FOR THE SALAD

- 6 5-oz. can Light Tuna, canned in water, drained (6 cans of 142g each)
- 1/4 cup Celery (finely chopped) (25g)
- 1 spear of cucumber or dill Pickles (finely chopped) (40g)
- 1 tbsp chopped red bell pepper (9.3g)
- 100 g White onion (chopped)
- 4 large eggs, hard-boiled and diced (200g, raw)
- Sea salt (to taste)
- Black pepper (to taste)

NOTE: The nutrition information is based on 1 serving. This recipe produces two servings- consume one serving, and keep the other half for the next day's lunch.

DIRECTIONS

1. Use a whisk to combine mayonnaise, Dijon mustard, fresh parsley and paprika in a bowl. Add the tuna, celery, pickles, red bell pepper, onions and chopped boiled eggs. Season with salt and freshly cracked black pepper. Eat plain or on top of fresh romaine lettuce.
2. NOTE: This recipe produces two servings- consume one serving and keep one serving for next day's lunch.



NUTRITION INFORMATION

Calories	689
Carbs	33g
Protein	96g
Fat	14g

DINNER: TOMATO SAUCE PASTA WITH MUSHROOMS

INGREDIENTS

- 1 clove garlic, minced (3g)
- 1/2 tablespoon olive oil (7g)
- 1 (190g) can crushed tomatoes
- 1/4 teaspoon dried basil
- Salt and pepper to taste
- 1/2 cup sliced cremini mushrooms (36g, raw)
- 1 cup dry penne pasta (95g)
- 8 oz. skinless, boneless chicken breasts chopped (226g raw)

DIRECTIONS

Heat oil in a skillet over low heat; add garlic and chopped boneless chicken and sauté about 5 minutes. Stir in crushed tomatoes, basil, salt, pepper, and mushrooms. Simmer, stirring occasionally, until slightly thickened, 10 to 20 minutes. Meanwhile, Boil pasta, drain and keep aside. When sauce is ready, mix the pasta and serve immediately.



NUTRITION INFORMATION

Calories	729
Carbs	131g
Protein	66g
Fat	15g

WEEK 2

SNACK: ORANGE

INGREDIENTS

1 large orange (184g)



DIRECTIONS

1 orange of any commercial variety.



NUTRITION INFORMATION

Calories	86.5
Carbs	22g
Protein	1.7g
Fat	0.2g

SNACK 2: 1 MEDIUM APPLE

INGREDIENTS

1 medium apple (182g)
1 medium banana (118g)



DIRECTIONS

Weigh them to make sure you have having the right quantity.



NUTRITION INFORMATION

Calories	200
Carbs	52g
Protein	1.8g
Fat	0.7g

NUTRITION FACTS FOR THE DAY

Calories	2111
Carbs	289g
Protein	197g
Fat	49g

WEEK 3

BREAKFAST: PANCAKES WITH MAPLE SYRUP & RASPBERRIES

INGREDIENTS

PANCAKE BATTER

- 1/3 cup All-Purpose Flour (42g)
- 2/3 tablespoons Erythritol
- 1/3 tablespoon Baking Powder
- 1/8 teaspoon Salt
- 1/3 teaspoon Vanilla Extract
- 1/4 skimmed milk (62g)
- 1/3 tablespoon Apple Cider Vinegar
- 1/3 tablespoon Greek Yogurt (5g)

TO COOK PANCAKES

- 2 teaspoons canola oil (9g)

TOPPING

- 4 tbsp. Lakanto sugar free cinnamon maple syrup (60ml)
- 1 cup fresh raspberries (150g)

SERVE WITH

- 1 cup of low fat milk (246g)



DIRECTIONS

In a small mixing bowl, whisk milk, apple cider vinegar, and yogurt. Set it aside for 5 minutes. In a medium mixing bowl, add all the dry ingredients: flour, sugar-free sweetener, baking powder, and salt. Whisk in the milk mixture and vanilla. Let the batter rest for 5 minutes while you heat the griddle. If your batter looks too thick, you can add some water to thin it out. To cook the pancakes, heat a large pancake griddle or frying pan over medium heat. Add 1 teaspoon of oil and swirl the pan to coat. Scoop out 2 1/2 tablespoons of pancake batter per pancake - don't cook more than 2 pancakes at a time, they spread, and you don't want them to stick to each other. Cook on one side until bubbles form on the surface and the edges dry out and look set - it should take 2 or 3 minutes. You can make around 3 pancakes with this batter. Flip the pancake and cook on the other side for another 2 or 3 minutes until golden brown. Transfer to a cooling rack or plate and repeat. Top with Lakanto (brand) sugar free maple syrup and fresh raspberries.

NUTRITION INFORMATION

Calories	470
Carbs	84g
Protein	17g
Fat	12g

LUNCH: HEALTHY CHICKEN VEGGIE STIR-FRY

INGREDIENTS

- 10 oz skinless, boneless chicken breasts (283g)
- 1 small zucchini, sliced (118g)
- 2 cloves of garlic, minced (6g)
- 1/2 red onion, sliced or cut into squares (74g)
- 1 cup shredded cabbage (70g)
- 1/2 tablespoon olive oil (7g)
- 1/2 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

1. Heat oil in large skillet to medium, high heat. Add the chicken, cook for 4 minutes then add the veggies, garlic, and spices. Cook for 4-5 minutes, stirring occasionally until the veggies are soft and tender and the chicken is golden and cooked through. Enjoy with a fork.



NUTRITION INFORMATION

Calories	477
Carbs	79g
Protein	67g
Fat	15g

DINNER: CAJUN SHRIMP SALAD WITH YOGURT DRESSING

INGREDIENTS

FOR THE SHRIMPS

- 425g medium shrimp, peeled and deveined
- 3/4 tsp Cajun spice
- 2 cloves garlic, minced (6g)
- 2 teaspoons of canola or olive oil (9g)
- Pinch salt

FOR THE SALAD

- 2 cups Romaine lettuce, washed & dried (94g)
- 1 whole tomato sliced (125g)
- 1/2 red onion, chopped (74g)
- 1 small cucumber, sliced (158g)
- 1/2 cup frozen yellow sweet corn, boiled (83g)

FOR Low Calorie Balsamic Yogurt Dressing

- 1/8 cup nonfat Greek Yogurt (30.6g)
- 1/4 tablespoon olive oil (3.5g)
- 1/8 tsp salt
- 1/2 - 1 teaspoon Stevia powder
- 1/2 teaspoon honey (3.5g)
- 2 teaspoons Dijon mustard (10g)
- 1/2 tbsp soy sauce (8g)
- 2 tbsp. balsamic vinegar (32g)



DIRECTIONS

1. To make the dressing, shake all dressing ingredients in a lidded jar.
2. To make the cajun shrimps, pat dry shrimp with paper towels and place in a medium bowl. Add cajun spice, garlic, a pinch of salt and stir to combine. Place a large non-stick pan over medium-high heat. Add oil and once its hot, add shrimp in a single layer. Sauté 2 minutes per side or just until cooked through. Transfer to a plate and set aside.
3. Place lettuce in a large mixing bowl with tomatoes, thinly sliced red onion, sliced cucumbers and boiled corn. Drizzle dressing and top with shrimps.

NUTRITION INFORMATION

Calories	729
Carbs	51g
Protein	97g
Fat	17g

WEEK 3

SNACK: BOILED EGGS

INGREDIENTS

- 2 large eggs (100g, raw)
- 2 cups of diced watermelon (304g)

DIRECTIONS

1. Boil 2 large eggs and season with salt and pepper.



NUTRITION INFORMATION

Calories	234
Carbs	23g
Protein	14g
Fat	10g

SNACK 2: OATMEAL WITH YELLOW PEACH

INGREDIENTS

- 1 yellow peach (225g)
- ¼ cup of quick oats (20g)
- ¼ cup skimmed milk (62g)
- ¼ cup of water
- Stevia to taste
- Pinch of salt and cinnamon powder

DIRECTIONS

1. Weigh the peach to make sure you have the right quantity.
2. Combine oats, milk, water, salt, stevia and cinnamon in a small saucepan. Bring to a boil, then reduce heat to low. Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly. Top with sliced peach.



NUTRITION INFORMATION

Calories	202
Carbs	39g
Protein	6.9g
Fat	2g

NUTRITION FACTS FOR THE DAY

Calories	2112
Carbs	277g
Protein	202g
Fat	56g

WEEK 4

BREAKFAST: SOFT SCRAMBLED EGGS ON TOASTED BAGEL

INGREDIENTS

- 1/4 tablespoon butter (3.5g)
- 2 large eggs (100g, raw)
- 1/2 wheat bagel (49g)
- Salt and black pepper to taste
- 1 cup of low fat milk (246g)

DIRECTIONS

1. Heat butter in a medium non-stick pan over medium-low heat. Crack eggs into a bowl, add a pinch of salt and whisk until well blended. When the oil is heated, pour in the eggs and immediately use a silicone spatula to swirl in small circles around the pan, without stopping, until the eggs look slightly thickened and very small curds begin to form, about 30 seconds. Change from making circles to making long sweeps across the pan until you see larger, creamy curds; about 20 seconds.
2. When the eggs are softly set and slightly runny in places, remove the pan from the heat and leave for a few seconds to finish cooking. Give a final stir.
3. Slice bagel in half, lightly toast and top with scrambled eggs, black pepper and few fresh chopped herbs if desired.



NUTRITION INFORMATION

Calories	397
Carbs	37g
Protein	26g
Fat	15g

LUNCH: GRILLED SALMON WITH EDAMAME

INGREDIENTS

- 2 Coho farmed salmon fillet (318g)
- 1 tablespoon olive or canola oil (14g)
- 1/2 teaspoon salt
- 1/2 teaspoons freshly ground black pepper
- 1 cup frozen edamame (118g)

DIRECTIONS

1. Prepare the grill for direct cooking over high heat, 450°F-550°F. Brush the cooking grates clean and close the lid to heat.
2. Generously coat the flesh side of the salmon fillets with oil and season evenly with kosher salt and black pepper.
3. Grill the salmon skin side down over direct high heat with the lid closed, for about 6-8 minutes or until the fish lightens in color, becomes more firm to the touch and you can lift the fillets off the cooking grates without them sticking.
4. Turn the salmon over, close the lid, and cook to 130°F or about 2-4 minutes for medium rare or longer to desired doneness.
5. Transfer to a platter to rest for 1-2 minutes. While the fish is being cooked, boil edamame and season with salt and pepper.
6. Slide the salmon skin from the fillets and serve with boiled edamame.



NUTRITION INFORMATION

Calories	761
Carbs	9g
Protein	81g
Fat	44g

DINNER: GRILLED BEEF STEAK SALAD

INGREDIENTS

- 2 flank beef steaks, separable lean only, trimmed to 0" fat, select (346g, raw)
- 1/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 1/8 teaspoon paprika
- 1/8 teaspoon garlic powder
- 3/4 teaspoons salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground coriander

DIRECTIONS

To make the steak, place the steak in a baking sheet. In a small bowl, combine the chili powder, cumin, paprika, garlic powder, salt, pepper, and coriander. Add the spice rub to the steak, turning to coat the meat thoroughly with the rub and pressing with your fingers to help the rub stick to the meat. If you have time, cover the steak with plastic wrap and keep in the fridge for 30 minutes to 1 hour. You can let it marinate for up to 4 hours. When ready to grill, preheat a clean grill to medium-high heat. Place the steak on the hot grill and grill for 4 to 5 minutes on each side, depending on your preference. The steak should be 130-135°F for medium rare, and 145°F for medium. Transfer the steak to a large cutting board and cover it loosely with aluminum foil. Slice and serve on top of salad. NOTE: Separable lean means the meat only - the fat, bone and connective tissue, etc. Make sure all the fat is trimmed off from your cut of meat before weighing and cooking.

FOR SALAD

- 1.5 cups mixed salad greens (52g)
- 1/2 cups grape tomatoes, halved (76g)
- 1/4 cup frozen yellow sweet corn, boiled (41g)
- 1/2 red onion, thinly sliced (74g)
- 1 cubic inch feta cheese (17g)

FOR THE DRESSING

- 1/8 cup nonfat Greek Yogurt (30.6g)
- 1/4 tbsp. olive oil (3.5g)
- 1/8 teaspoon salt or to taste
- 1/2 - 1 teaspoon stevia powder
- 2 teaspoons Dijon mustard (10g)
- 1/2 tbsp soy sauce (8g)
- 2 tbsp. balsamic vinegar (32g)



NUTRITION INFORMATION

Calories	745
Carbs	29g
Protein	83g
Fat	29g

WEEK 4

SNACK: RASPBERRY LEMON ICE POPS

INGREDIENTS

- 1/2 teaspoon stevia or to taste
- 1/2 cup water
- 1/8 cup frozen raspberries (17.5g, unthawed)
- 1/4 cup Lemon juice (61g)

DIRECTIONS

1. Roughly chop the raspberries and divide them evenly between popsicle molds.
2. Whisk together the lemon juice, water, and stevia. Pour into the popsicle mold.
3. Secure the lid and add the popsicle sticks. Freeze for 4 hours or overnight.
4. Note: This recipe makes 2 large popsicles. You can have both during the day.



NUTRITION INFORMATION

Calories	23.2
Carbs	6.4g
Protein	0.4g
Fat	0.3g

SNACK 2: 12 STRAWBERRIES WITH GREEK YOGURT

INGREDIENTS

- 12 strawberries (216g)
- 200g non-fat plain Greek yogurt (200g)

DIRECTIONS

1. Weigh the strawberries and yogurt to make sure you are having the right quantity.



NUTRITION INFORMATION

Calories	194
Carbs	23g
Protein	22g
Fat	1.2g

NUTRITION FACTS FOR THE DAY

Calories	2120
Carbs	104g
Protein	212g
Fat	90g

EVERY
journey
NEEDS A
first
STEP

IF YOU CAN
Dream
IT
YOU CAN.
DO IT



The Ovenist
BY MIKA NAYLOR