



# 1900 CALORIE MEAL PREP FRIENDLY DIET PLAN

[4-WEEKS]

**A Plan That Actually Works.**

# WEEK 1

## 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 teaspoon olive oil (4.5g) OR cooking spray
- 2 large eggs, raw (100g)
- Salt and pepper to taste

### DIRECTIONS

1. Crack and beat the eggs 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	302.5
Carbs	29.5g
Protein	18g
Fat	15.5g

## LUNCH: SHRIMP TACOS

### INGREDIENTS

- 1/4 tablespoon olive oil (3.5g) 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
- 2 (6-inch) Mission Carb Balance Flour Soft Taco/Tortilla Wrap (86g)
- 1 tablespoon Breakstone's Fat-Free Sour Cream (16g)
- 1 whole tomato, diced (125g)

### 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 tacos and serve with diced tomatoes & sour cream.



### NUTRITION INFORMATION

Calories	476.5
Carbs	47.5g
Protein	72.5g
Fat	11.5g

## DINNER: TURKEY STUFFED PEPPERS

### INGREDIENTS

- 3 large green bell peppers/sweet pepper (492g)
- 3/4 cup cooked wild rice (without oil) (123g)
- 300g uncooked ground turkey OR 225 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
- 250g crushed tomatoes (from can)
- 1/2 cup Kraft Shredded Fat Free Cheddar Cheese (56g)
- 1/4 tablespoon of olive oil (3.5g) 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. In a large skillet, 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	892.5
Carbs	71.5g
Protein	70g
Fat	30.5g

# WEEK 1

## SNACK: CHIA PUDDING CUPS

### INGREDIENTS

- 2 tablespoons chia seeds, dried (28g)
- 1/2 cup whole milk (125g)
- 1 tablespoon Cary's Sugar Free Low Calorie Syrup (15 ml)
- 1/8 teaspoon vanilla extract
- 1/2 cup fresh raspberries or blackberries (62g)

### 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	251.5
Carbs	26.5g
Protein	9.5g
Fat	12.5g

## NUTRITION FACTS FOR THE DAY

Calories	1923
Carbs	175g
Protein	170g
Fat	70g

# Week 1 Meal Prep Tips

## 01

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### 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

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### Dinner: Turkey Stuffed Peppers

- 1) Fully Prepared and Baked: You can store the prepared and baked stuffed peppers in an airtight container 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

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### 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

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### 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

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### Remember

To get the best results, weigh your ingredients.

# WEEK 2

## BREAKFAST: OVERNIGHT OATS

### INGREDIENTS

- 1/2 cup whole grain old fashioned rolled oats (40g)
- 3/4 cup sweetened vanilla almond milk (180g)
- 1 packet vanilla protein powder (31g)
- 1/2 tablespoon chia seeds (7g)
- 1/2 teaspoon vanilla extract (2g)
- 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	404.5
Carbs	52g
Protein	32g
Fat	7.5g

## LUNCH: CHICKEN FRIED RICE

### INGREDIENTS

- 3/4 cup cooked long grain brown rice (152g)
- 200g boneless, skinless chicken breast (150g of cooked chicken)
- 1/4 tablespoon canola oil (3.5g) or cooking spray
- 1/4 tablespoon toasted sesame oil (3.4g)
- 1/2 cup frozen peas and carrots mix (74g)
- 2 medium scallions/spring onions sliced, top & bulb (30g)
- 1 teaspoon minced ginger (2g)
- 1 clove garlic, minced (3g)
- 1 large egg (50g)
- 1 1/2 tablespoon soy sauce (27g)
- Salt and pepper to taste

### DIRECTIONS

1. In a large non-stick wok or skillet, heat half the sesame oil and half of the canola 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 sesame oil and canola oil. Add peas and carrots blend and green onions and saute 1 minute, then add garlic and saute 1 minute longer. Push veggies to edges of pan, add eggs in center and cook and scramble.
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	630
Carbs	52g
Protein	61.5g
Fat	19g

## DINNER: SPAGHETTI & MEATBALLS

### INGREDIENTS

- FOR THE MEATBALLS (approx 173g baked meatballs)
- 230g uncooked lean ground beef (97% lean, 3% fat)
  - 1/4 cup plain, dry bread crumbs (27)
  - 1/2 tablespoon dried parsley (0.8g)
  - 1/2 tablespoon Kraft reduced fat grated Parmesan cheese (4g)
  - 1/4 teaspoon ground black pepper
  - salt to taste
  - 1/8 teaspoon garlic powder
  - 1/2 large egg, beaten (25g)

### SAUCE & SPAGHETTI

- 1/2 cup Barilla Tomato and Basil (125g)
- 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 10 minutes, till the meatballs are cooked through. Boil spaghetti, drain & toss with the sauce and meatballs.



### NUTRITION INFORMATION

Calories	680
Carbs	71g
Protein	71g
Fat	14g

# WEEK 2

## SNACK: BROWNIE CUPCAKE

### INGREDIENTS

- 1 brownie cupcake

### RECIPE FOR 12 BROWNIE CUPCAKES

- 250g white sugar
- 2 large eggs
- 60g Hershey's semi sweet chocolate chips
- 100g unsalted butter
- 60g all purpose wheat flour
- 50g Hershey's special dark cocoa powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract

### DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a 12 cup cupcake pan with cupcake liners and set aside.
2. Melt chocolate and butter in a small microwave-safe bowl. You can microwave them together in 15 second intervals, mixing thoroughly after each interval just till melted and combined. Let it cool a bit till it's warm or room temperature (it should only take a minute or two if you don't heat the mixture too much in the microwave).
3. Meanwhile, place sugar and eggs in a medium sized bowl. Using a hand-mixer, beat sugar and eggs on high speed till light in color and heavy (around 3 minutes).
4. Now, add the melted butter-chocolate mixture to the sugar-egg mixture along with vanilla extract. No need to mix
5. Sift the dry ingredients into the wet ingredients ( all purpose flour, salt and cocoa powder).
6. Using a rubber spatula, stir JUST till combined. Do NOT over mix!
7. Evenly scoop the batter into the prepared cupcake liners either using an ice-cream scoop or regular tablespoon.
8. Bake for 25 minutes, or just until toothpick comes out clean. Baking time may differ a bit depending on your oven.



### NUTRITION INFORMATION

Calories	195
Carbs	28g
Protein	2g
Fat	9g

## NUTRITION FACTS FOR THE DAY

Calories	1909
Carbs	203g
Protein	166g
Fat	49g

# 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

- 1610 g lean ground beef (97% lean, 3% fat)
- 1 & 3/4 cup plain, dry bread crumbs (189g)
- 3 & 1/2 tablespoon dried parsley (5.6g)
- 3 & 1/2 tablespoon Kraft reduced fat grated Parmesan cheese (28g)
- 1 & 3/4 teaspoon ground black pepper
- salt to taste
- 1 teaspoon garlic powder
- 3 1/2 large eggs, beaten (25g)

##### SAUCE

- 3 & 1/2 cup Barilla Tomato and Basil (1225g)

##### 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:

- 5 & 1/2 cups cooked long grain brown rice (1064g)
- 1400g boneless, skinless chicken breast
- 1 & 3/4 tablespoons canola oil (24.5g)
- 1 & 3/4 tablespoons toasted sesame oil (23.8g)
- 3 & 1/2 cup frozen peas and carrots mix (518g)
- 14 medium scallions/spring onions sliced, top & bulb (210g)
- 7 teaspoons minced ginger (14g)
- 7 clove garlic, minced (21g)
- 7 large eggs (352g)
- 10 & 1/2 tablespoons soy sauce (189g)
- Salt and pepper to taste

## 04

### Snack: Brownie Cupcake

1) Brownie cupcakes can be refrigerated for a week or frozen for 2 months! Store your week's brownie cupcakes in airtight tupperware.

# WEEK 3

## BREAKFAST: FRENCH TOAST

### INGREDIENTS

- 3 slices Sara Lee Delightful Healthy Multigrain bread(66g)
- 1/4 cup unsweetened almond milk, shelf stable (65.5g)
- 2 large eggs (100.6g)
- 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, eggs, 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	319.5
Carbs	33.5g
Protein	22g
Fat	12g

## LUNCH: TUNA PITA TOSTADA

### INGREDIENTS

- 1 Joseph's Flax, Oat Bran & Whole Wheat Pita Bread (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
- 1/2 avocado (100.5g)
- 1 tablespoon Breakstone's Fat-Free Sour Cream(16g)
- 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, cubed avocado and sour cream. Enjoy!



### NUTRITION INFORMATION

Calories	438
Carbs	22.5g
Protein	51.5g
Fat	17.5g

## DINNER: CHICKEN BURRITO BOWL

### INGREDIENTS

- 200g uncooked boneless, skinless chicken breast or 150g 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
- 1/2 cup Goya black beans (122g)
- 3/4 cup cooked long grain brown rice (152g)
- 3/4 cup Goya Corn from can (188g)
- 1/2 cup Kraft Shredded Fat Free Cheddar Cheese (56g)
- 1/2 lime (34g)
- 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	873.5
Carbs	108g
Protein	80g
Fat	11g



# WEEK 3

## SNACK: BANANA PROTEIN SPLIT

### INGREDIENTS

- 1 small banana (101g)
- 1/2 cup Oikos Non Fat Greek Yogurt (75g)
- 1 tablespoon Hershey's semi sweet (15g) chocolate chips
- 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 and chocolate chips.



### NUTRITION INFORMATION

Calories	268.5
Carbs	38.5g
Protein	21.5g
Fat	5g

## NUTRITION FACTS FOR THE DAY

Calories	1900
Carbs	203g
Protein	175g
Fat	46g

# 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::

- 9 slices Sara Lee Delightful Healthy Multigrain bread(198g)
- 3/4 cup unsweetened almond milk, shelf stable (196.5g)
- 6 large eggs (301.8g)
- 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:

- 800g 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
- 2 cups Goya black beans (488g)
- 3 cups cooked long grain brown rice (608g)
- 3 cups Goya Corn from can (752g)
- 2 cups Kraft Shredded Fat Free Cheddar Cheese (224g)
- 2 limes (136g)
- 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, 1/2 cubed avocado (100g) and 1 tablespoon (16g) of sour cream.

## 04

### Snack: Protein Banana Split

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

# WEEK 4

## 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)
- President Fat Free Feta Crumbles(1" cube) (28g)
- 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, top with salsa and crumbled feta.



### NUTRITION INFORMATION

Calories	280
Carbs	35g
Protein	21g
Fat	12g

## LUNCH: SALMON WITH BAGEL

### INGREDIENTS

- 1 piece Thomas Bagel Thins (46g)
- 200g raw pink salmon or 150g cooked pink salmon
- 1 lime (67g)
- 1 teaspoon cajun seasoning
- 1/2 cup grape tomatoes (slice them) (76g)
- 1 small green bell/sweet pepper (74g)

### DIRECTIONS

1. Drizzle salmon with lime juice then pat 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. While the salmon is cooking, slice the tomatoes and bell peppers.
4. Once the salmon is done cooking, transfer it to a plate and use a fork to flake it; then, add it to the skillet with the peppers and onion. And cook for a couple of minutes.
5. Transfer to a toasted or soft bagel thin and enjoy.



### NUTRITION INFORMATION

Calories	4231
Carbs	39.5g
Protein	46.5g
Fat	10.5g

## DINNER: BAKED CHICKEN & WAFFLES

### INGREDIENTS

#### FOR THE BAKED CHICKEN

- 200g uncooked boneless, skinless chicken breast or 150g cooked
- 1 large eggs, raw (50.3g)
- 1.5 cups corn flakes Kellogg's original (45g)
- 1/2 tablespoon canola oil (7g)

#### FOR THE WAFFLE

- 1/2 cup Kodiak Carb Conscious Waffles Mix (53g)
- 1/4 + 1/8 cup unsweetened almond milk, shelf stable (98g)
- 1/4 tablespoon canola oil (3.5g)

#### SYRUP TO DRIZZLE

- 1 tablespoon Cary's Sugar Free Low Calorie Syrup( 15 ml)

### DIRECTIONS

**FOR THE BAKED CHICKEN** Crush cornflakes and keep aside. Cut the chicken breast into 3-4 pieces. Dip in egg then coat with crushed cornflakes. Brush oil over them and 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 and canola oil. Pour on a heated waffle maker. This quantity can make you 3-4 waffles. Serve with syrup.



### NUTRITION INFORMATION

Calories	836.5
Carbs	62g
Protein	68.5g
Fat	36g

# WEEK 4

## SNACK: PROTEIN SHAKE

### INGREDIENTS

- 2 tablespoon Teddies All Natural Peanut Butter (32g)
- 1/2 packet vanilla protein powder (15.5g)
- 3/4 cup sweetened vanilla almond milk (180g)
- 1/2 small banana (preferably frozen) (50.5g)
- 1 tablespoon Hershey's special dark cocoa powder (5g)
- 8 ice cubes (optional)

### DIRECTIONS

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



### NUTRITION INFORMATION

Calories	373.5
Carbs	35g
Protein	22.5g
Fat	19g

## NUTRITION FACTS FOR THE DAY

Calories	1913
Carbs	172g
Protein	159g
Fat	78g

# Week 4 Meal Prep Tips

## 01

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### Breakfast: Huevos Rancheros

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

## 03

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### Dinner: Baked Chicken & Waffles

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

## 02

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### 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 lime juice and cajun seasoning before freezing.

Marinated salmon packets for one week:

- 1400g pink salmon, raw
- Juice of 7 limes (469g)
- 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

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### Snack: Protein shake

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

# 5 Tips For Effective Weight Loss

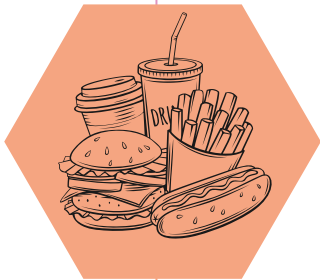
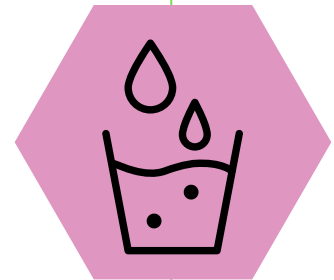


## Weigh Your Ingredients

While it may demand some extra time, consistently weighing and measuring your food is the key for precise calorie tracking. I stress the significance of mastering portion control before relying on visual estimates or reference guides. This is especially crucial for those striving for proper results and facing confusion about their stalling progress.

## Stay Very Hydrated

Ensuring adequate water intake can promote a sense of fullness, reducing the risk of overeating. Additionally, staying hydrated supports metabolic processes, enhancing calorie burning efficiency. The recommended fluid intake of 30 ml per kilogram of body weight serves as a general guideline endorsed by health experts.

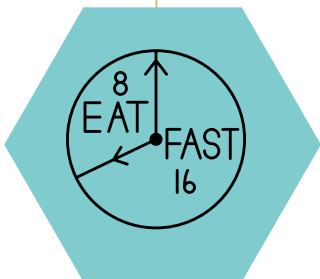
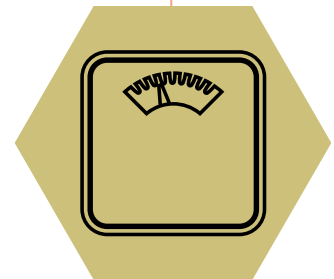


## Have A Cheat Day After 7 Days

Having a cheat day in your diet can make you feel happier and less like you're missing out. It lets you eat your favorite foods and satisfy your cravings, but you need to be careful not to go overboard and ruin your progress.

## Weigh Yourself Once A Week

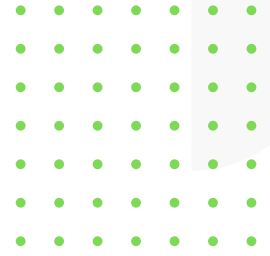
Weighing yourself once a week while dieting is beneficial because it helps you track your progress over time. It provides feedback on whether your efforts are working and allows you to make adjustments if needed. Additionally, it prevents obsessive weighing and promotes a healthier relationship with your body and food.



## Try With Intermittent Fasting

Intermittent fasting involves cycling between periods of eating and fasting. Typically, this includes restricting eating to a specific window of time each day, such as an 8-hour eating window followed by a 16-hour fast.

# Workout Plan



A simple workout plan paired with a 1900-calorie diet could include

1

## Cardio

Aim for 30 minutes of moderate-intensity cardio, such as brisk walking, jogging, or cycling, five days a week.



2

## Strength Training

Incorporate two to three days of full-body strength training exercises, focusing on compound movements like squats, lunges, push-ups, and rows, with 8-12 repetitions for each exercise.



3

## Flexibility

Include stretching exercises at the end of each workout session to improve flexibility and reduce the risk of injury.

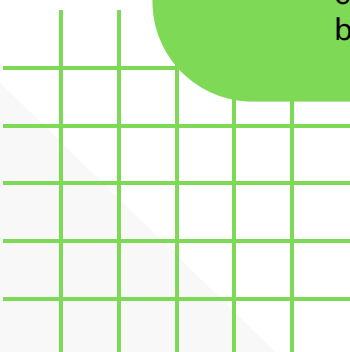


4

## Stay consistent

Remember to listen to your body, stay hydrated, and consult with a healthcare professional or fitness expert before starting any new exercise or diet regimen.

*Good!  
Luck!*



\*Make!  
it HAPPEN\*

EMBRAVE.

EMBRACE.

EMPOWER.

