

week 1

WEEKLY MEALS  
MADE EASY

transformation  
guide

# WEEKLY MEALS MADE EASY: WEEK 1

Weekly meal planning can make life really easy. Every meal is gluten-free, wheat-free, and supports you in feeling satisfied, nourished, and full of energy. Weekly meal planning is perfect for anyone. All of the meals are designed to be easy to prepare, budget-friendly, and are ideal whether you live alone or cook for your entire family. All meals have been created by a chef, so do not worry; they taste delicious.

Keep in mind that the more you plan, prep, and think of your week at a glance, the more you will succeed. You can pre-make any of the meals suggested in this plan to make your experience in the kitchen one that is nourishing and less stressful.

There are staples that I suggest having in your pantry to make life easy, and these are also affordable. If you do not like one of the suggested meals for breakfast, lunch, or dinner, then simply exchange for another. You have 4 weeks of recipes to experiment with and to get in tune with your unique body. It can be really helpful to use your Food Diary to track which foods you like, or you can even track your meals online to see which recipes appeal to your taste buds. Have fun!

# THIS WEEK'S PLAN

## YOUR "REVITALIZE YOUR BODY" MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Energy Quinoa	Blueberry Smoothie	Dairy-Free Yogurt Breakfast	Quinoa Berry Breakfast Bowl	Kale, Blueberries, and Cream Smoothie	Veggie Tofu or Tempeh Scramble	Ginger Smoothie
Spinach Salad w/ pumpkin seeds & choice of protein	Curried Chicken (*can use tofu/tempeh/fish)	Rice & Lentil Salad	Cabbage & Cilantro Slaw w/ 4 ounces protein animal protein or ½ cup cooked beans	Simple & Tasty: Make-Your-Own Salad	Mediterranean Tuna Salad w/ choice of gluten-free crackers or on top of mixed greens	Veggie Wrap with choice of protein and avocado
Paleo Meatballs (Note: make 30 and freeze them for leftovers)	Southwestern Salmon Burgers (Note: freeze leftovers)	Sun Butter Vegetable Curry with a large salad	Quinoa and Asparagus Risotto	Leftovers with a huge salad	Gluten-Free Lemon Chicken	Chicken Bone Broth Soup, adding your favorite protein

## TIPS FOR THE WEEK

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1. Prepare food ahead of time that can be made, such as brown rice.
2. Prepare roasted vegetables and have them in the fridge in case you come home from work and want a snack.
3. If you work long hours, cook once and eat three times (such as I recommend on Sunday). You can do this more with your meals and eat more leftovers. Simply pick three times to cook during the week, and make it really easy on yourself.
4. Chop fresh vegetable sticks and fresh fruit, since most of us tend to want to munch and snack when we walk in the door.
5. A great snack pre-dinner is celery with 2 tablespoons of hummus.

# JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MY SIGNATURE SNACK IDEAS FOR THE WEEK

MY NOTES:

