



week 2

WEEKLY MEALS
MADE EASY

transformation
guide

WEEKLY MEALS MADE EASY: WEEK 2

FRIDGE & PANTRY STOCK

LEARN HOW TO MAKE LIFE EASY IN THE KITCHEN

Life can get really hectic. Last week, I am sure you had huge success with your meal plan, as having a trusted and proven 7-day meal plan can lead to success. You learned to pre-plan and how effective it can be to cook once and eat three times. This week, we are going to learn how to stock your pantry with staples.

I am going to walk you through the essentials that are important for long-term success in your home.

When you have these staples in your fridge and in your pantry, you can make meals in a pinch, and that is the key to eating clean no matter how “on the go” your life happens to be.

GRAINS	VEGGIES	DAIRY-LIKE	BAKING GOODS	SEASONING
Brown Rice Brown Rice Tortillas Gluten-Free Oatmeal Quinoa Millet Buckwheat Noodles Gluten-Free Bread Gluten-Free Pasta Corn Meal for Polenta	Dark, Leafy Greens Celery Sweet peppers Garlic Onion Potatoes Spinach	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt Kefir	GF Flour Blend (Namaste is great) Baking Soda Baking Powder Honey Sesame Seed Oil Almond Oil Nut Butters Coconut Oil Olive Oil Vanilla Balsamic Vinegar Bragg's Raw Apple Cider Vinegar	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Cumin Ginger
Dried Fruit: Goji Berries Currants Raisins Dates Figs	Beans & Lentils: Black Beans Pinto Beans Cannellini Beans Kidney Beans Chickpeas	Seeds: Pumpkin Sunflower Flax Meal Chia Sesame	Nuts: Almonds Cashews	

THIS WEEK'S PLAN

YOUR "REVITALIZE YOUR BODY" MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gluten-Free Pancakes	Green Smoothie	Protein Pancakes	Dairy-Free Yogurt Breakfast	Tomato Spinach Frittata	Protein-Packed Healthy Gluten-Free Oatmeal	Blueberry Smoothie
Super Silly and Fun Herb Stuffed Peppers	Corn Chowder (add 4 ounces of plant-based or animal protein to soup)	Make-Your-Own Salad	Gluten-Free Grilled Lemon Chicken with a side salad	Make-Your-Own Salad	Southwestern Salmon Burger on top of a salad or a gluten-free bun	Leftovers (make it simple on yourself - it is Sunday!)
Pasta Primavera	Tahini Chicken with a small side salad	Apple and Fennel Soup with a large salad for the whole family	The Perfect Roast Beef with a huge Make-Your-Own Salad or vegetable skewers	Leftovers with a huge salad	Veggie Wraps (if vegetarian, omit the chicken)	Quinoa and Asparagus Risotto adding your favorite new protein: shrimp, tempeh, chicken, beef

TIPS FOR THE WEEK

1. Many people have different preferences for eating protein.
2. Some require more protein than others.
3. Take this week to see how much protein you need.
4. If you eat meat, feel free to add bison, chicken, beef, or turkey to any meal. I like recipes from Elana's Pantry, which you can visit at <http://www.elanapantry.com>.
5. If you are vegan or vegetarian, you can add tempeh, tofu, or beans to any recipe, and you can find many recipes at Kris Karr's website at <http://kriscarr.com/recipes/>
6. Make sure you are nourishing your body with the right kind of protein for your body. Protein is the essential building block for your cells, body, and brain.

JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

