
2-WEEK SIMPLE MEAL PLAN

** Featured at the end of this meal plan is a lesson on how to create your own meal plan and how to create a meal plan if you have a family of picky eaters.*

MONDAY, WEDNESDAY, FRIDAY, SUNDAY

BREAKFAST: AVOCADO BACON OMELET

- 2-4 slices of bacon
- 1/2-1 avocado
- 2 tbsp. minced red onion
- 1 dash hot sauce
- 2-4 eggs

TUESDAY, THURSDAY, SATURDAY

BREAKFAST:

- 2-3 ounces of chorizo
- 1 jalapeno diced
- 1/4 cup finely diced onion
- 2 eggs
- 1 small yellow bell pepper

MONDAY, WEDNESDAY, FRIDAY, SUNDAY

LUNCH: EASY SALMON SALAD

- 1 or 2 palm-sized servings of wild caught salmon
- 5 cherry tomatoes
- 1 tablespoon mustard
- 1/2 cup hand shredded lettuce
- 1/2 cup hand shredded spinach
- 1 tablespoon sunflower seeds
- 1-2 tablespoons of olive oil
- Sea salt
- Pepper



TUESDAY, THURSDAY, SATURDAY

LUNCH: CHICKEN AND APPLE CELERY SALAD

- 1 to 2 palms of chicken breast or thigh
- 1 apple
- 1 stick of celery
- Lettuce of choice
- 1 small tomato
- Any color of bell pepper
- Basil, rosemary, salt, and pepper (to taste)
- Extra virgin olive oil

MONDAY, WEDNESDAY, FRIDAY, SUNDAY

DINNER: STEAK AND ASPARAGUS STIR FRY

- 1-2 palms. Sirloin cut into strips
- 1 bunch of asparagus, cut into 1 inch pieces
- 1 yellow squash, thickly sliced
- 1 bell pepper (any color you like), chopped.
- 1 yellow onion, chopped
- 2 cloves of garlic, minced
- 1 tsp. red pepper flakes
- 1- 2 tbs. extra virgin olive oil
- 1 tbs. soy sauce
- 1 tbs. apple cider vinegar

TUESDAY, THURSDAY, SATURDAY

DINNER: SUPER SIMPLE SKILLET DINNER

- 1 pound of ground beef (90/10 or 85/15 is best)
- 1 head of cauliflower, chopped finely
- 16oz jar of pasta sauce (check labels for good ingredients) Here is a brand that I like. You can also use the label as a reference for what to look for.
- 1 to 2 tablespoons of capers or sliced olives



HOW TO CREATE YOUR OWN MEAL PLAN

Ok, now the hard part - am I right?

Trying to figure out WTF or WTH (what the heck) you're going to eat, not to mention trying to find the time to prepare it eat week can be difficult. But if you want to become the healthiest version of yourself this is going to be a habit that you'll need to dominate.

For most people Sunday is a day that offers some free time to prepare for the week ahead. I'm going to lay out some strategies for you based on that but feel free to make adjustments so that it works with your schedule.

PREREQUISITE:

What is this college? Sort of.

Before you read on I'm going to need you to make some time in your schedule to actually cook healthy meals. One of the biggest excuses that I hear from people who want to be healthier but are not is that they "just don't have the time."

Well, guess what - NO ONE has the time. You're going to have to shift priorities and create time if you want to live a healthier lifestyle.

- Less TV
- Less booking on "The Face"
- Less checking email
- Wake up earlier

Brainstorm a bit. Where can you create some time? And don't you dare tell me you can't. If that's the case please email me here and I'll create the time for you.

STEP 1: KITCHEN WALK THROUGH (15 TO 30 MINUTES)

You could do this on Saturday or early in the day Sunday. Simply go through your kitchen and to see what foods you have on hand to work with. Make sure to go through the fridge, freezer, pantry, and any cupboards where you keep food.

You'll want to make sure you have proteins, vegetables, low sugar fruits, a few starchy carbohydrates, healthy fats, and herbs and spices.

If you're not sure exactly what foods to look for you can use The Real Food Chart located in your toolkit.



If you don't have a good pan, slow cooker, and containers to store your food you'll want to make sure that you pick those up as well. You can use this kitchen makeover found at the beginning of this document to help set you and your kitchen up for success.

STEP 2: HIT THE GROCERY STORE (60 TO 90 MINUTES)

If you already have enough food on hand to prep some meals for the week than you're ahead of the game. If not, head to the grocery and grab some of them using the charts above.

Never go to the grocery store without a list. I guarantee you'll forget what the heck you need when you get there and end up wasting time wandering around trying to figure it out or worse, buying junk you don't need.

STEP 3: CREATING A HEALTHY TEMPLATE

To simplify the process of trying to decide what to make here's what to do - A little checklist if you will.

Make sure to include these types of foods with each meal:

- 1. Protein:** Chicken, turkey, beef, lamb, fish, or eggs. Serving size recommendations, 4-8 ounces or about 1 palm sized portion for women and 2 palm sized portions for men.
- 2. Veggies:** Broccoli, white broccoli (aka cauliflower), kale, spinach, asparagus. Serving size recommendations about 2 fist sized portions for both women and men.
- 3. Healthy fat:** Grass-fed butter, coconut oil, olive oil. and avocado. Serving size recommendations, 1 to 2 tablespoons or 1 thumb sized serving for women and 2 thumbs sized servings for men.
- 4. Low sugar fruit (optional):** Blackberries, raspberries, blueberries, rhubarb, and cantaloupe. Serving size recommendations, 1 fist sized serving for both men and women. If fat loss is your goal limit fruit to 1 to 2 servings per day.
- 5. Starchy carb (post workout meals only):** Sweet potato, taro, or butternut squash. Serving size recommendations, 1 fist sized serving post workout only. If fat loss is not your goal another serving or two of starchy carbs won't kill ya



STEP 4: KEEPING IT SUPER SIMPLE (K.I.S.S)

There are tons of ways you can go about building your meal plan for the week. Personally, I like to eat the same breakfast, lunch, and dinner the entire week and then switch it up the following week.

BREAKFAST, MONDAY-SUNDAY:

- 2 palms of protein (4 eggs)
- 2 fists of mixed veggies (2-3 cups of spinach and onion)
- 2 thumbs of healthy fat (1 tablespoon of grass-fed butter + 1 tablespoon olive oil)
- Water, unsweetened tea, or black coffee
- Taste: Salt, herbs, and spices

LUNCH, MONDAY-SUNDAY:

- 2 palms of protein (8 ounces of salmon)
- 2 fists of salad (aka: big ass salad)
- 2 thumbs of healthy fat (1/2-1 avocado)
- Water, unsweetened tea, or black coffee
- Taste: Salt, herbs, and spices

DINNER, MONDAY-SUNDAY:

- 2 palms of protein (8 ounces grass-fed beef)
- 2 fists of veggies (grilled asparagus)
- 2 thumbs of healthy fat (2 tablespoons of coconut oil)
- Water
- Taste: Salt, herbs, and spices

SNACK, MONDAY-SUNDAY:

- 1-2 handfuls of mixed nuts (peanut free) #paleo + handful of baby carrots + 1-2 pieces of 85% dark chocolate (hey, a man has to live right)

The week after this will look entirely different.

The same meals everyday for a week might not be your thing – But in my opinion if you're struggling to stay consistent it's just what the doctor order. It takes so much of the guesswork and confusion out of deciding what to eat each day. And if you remember from this post, your willpower gets depleted as the day goes on – This makes choosing healthier options easier.



Some other things you can do to simplify the meal planning process are to eat the same proteins for each meal but mix up the recipes.

For example, one week you may have eggs for every breakfast but change the recipes. Here are a few of my favorites from friends.

- [Poblano Paleo Breakfast Scramble](#) (Paleopron.net)
- [Breakfast Frittata](#) (Stupid Easy Paleo)
- [Cheesy Egg Muffins](#) (Nom Nom Paleo)

For lunch you could do all chicken but change the recipes. Again, here are a few favorites.

- [Curry Chicken Stir-Fry](#) (Ultimate Paleo Guide)
- [Buffalo Chicken Lettuce Cups](#) (PaleOMG.com)

And dinner could be all beef or steak, using various recipes. Try any of these [recipes](#).

What ever you decide to do the most important thing is to spend some time Sunday (and maybe one more day during the week) deciding, planning, and preparing those meals so you don't have to do it on the fly over the course of a week.

BUT I'VE GOT A FAMILY TO FEED; THESE TIPS JUST WON'T FLY WITH MY FAMILY

So you've got some picky eaters?

Ask your kids, hubs, or wifey what some of their favorite meals are?

- Kids like tacos?
- Hubs like stir-fry?
- Wife loves lasagna?

No problem at all. Theme dinner each night. Monday could be [stir-fry night](#), [taco Tuesdays](#), and [lasagna Thursdays](#).

Search the web (or click those links) for some healthier or Paleo options of those meals and have at it – Everyone's happy?

I'd also ask every one in your family what their 3 favorite proteins, veggies, and fruits are. Make a list of this or use this [sheet](#) and make sure to keep the house stocked up with these foods.

