

# Meals maker



**7-DAY 30 MINS. OR LESS DIET PLAN**

**WEEK 1**

## THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

## INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

## SPECIAL NOTES: (PLEASE READ)

**NOTE 1:** Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

**NOTE 2:** Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



# Meals maker

## DAY 1

*Breakfast:*

PAPAYA SALAD

*Lunch:*

SALMON WITH BABY  
SPINACH

*Dinner:*

TILAPIA WITH CHERRY  
TOMATOES

## DAY 2

*Breakfast:*

GOAT CHEESE AND TOMATO  
OMELET

*Lunch:*

CHICKEN WITH OLIVES

*Dinner:*

SHRIMP

## DAY 3

*Breakfast:*

RASPBERRY MANGO BOWL

*Lunch:*

AVOCADO EGG SALAD

*Dinner:*

GARLIC SALMON AND  
ZUCCHINI

## DAY 4

*Breakfast:*

EGG MUFFINS

*Lunch:*

BROCCOLI AND  
MUSHROOMS

*Dinner:*

BEEF AND BROCCOLI STIR  
FRY

## DAY 5

*Breakfast:*

STRAWBERRY LAYERED  
YOGURT BOWL

*Lunch:*

ROASTED SALMON WITH  
VEGETABLES

*Dinner:*

OVEN BAKED CHICKEN WITH  
ASPARAGUS

## DAY 6

*Breakfast:*

CHEESE, BACON, AND  
VEGETABLE SCRAMBLE

*Lunch:*

AVOCADO SALAD

*Dinner:*

SHRIMP LETTUCE LEAVES  
TACOS

## DAY 7

*Breakfast:*

CHEESE OMELET

*Lunch:*

STUFFED AVOCADOS

*Dinner:*

CHICKEN SALAD

WEEKLY Notes



## PAPAYA SALAD

**Prep Time:** 15 min.

**Cook Time:** 0 min.

**Total Time:** 15 min.

### **Ingredients:**

- 1 small papaya, halved and seeded
- 2 cups of strawberries, sliced
- 3 tbsp. basil leaves
- 1 ½ cup of Greek yogurt
- 3 tbsp. coconut shavings, for topping
- ¼ cup of sunflower seeds

### **Instructions:**

1. Prep the papaya by cutting into big cubes and slice the strawberries.
2. Place inside a large mixing bowl and then add the sunflower seeds and Greek yogurt.
3. Toss to combine, then transfer to a large serving plate and garnish using the coconut shavings and mint leaves, serve.





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# WEEK 1

## NECESSARY STAPLES



### Day 1: Breakfast

1 Tbsp. extra virgin olive oil  
Salt  
Pepper  
2 Tbsp. smoked paprika  
1 Tbsp. seasoned salt

### Day 1: Lunch:

2 ¼ Tbsp. olive oil  
½ Tbsp. ground cumin  
½ Tbsp. paprika  
¼ Tbsp. garlic powder  
½ Tbsp. salt  
¼ Tbsp. black pepper  
¼ cup chopped walnuts  
3 Tbsp. nutritional yeast

### Day 1: Dinner

1 ½ qt. vegetable or peanut oil  
2 ½ cups of cornstarch  
½ cup all-purpose flour  
½ tbsp. baking powder  
Salt  
½ cup cold water  
¼ cup vegetable stock  
2 tbsp. soy sauce  
2 tbsp. sugar  
1 tbsp. toasted sesame oil  
2 tbsp. lemon juice  
1 tbsp. minced or grated fresh ginger  
2 tbsp. toasted sesame seed

### Day 2: Breakfast

2 Tbsp. vegetable oil  
½ red bell pepper  
½ cup water  
¾ cup soy milk  
3 Tbsp. nutritional yeast  
1 tsp. maple syrup  
1 tsp. onion powder  
1 tsp. salt  
½ tsp. basil  
¼ tsp. turmeric  
¼ tsp. paprika  
Pepper

### Day 2: Lunch

1 tbsp. Worcestershire Sauce  
2 tbsp. nutritional yeast  
1 tbsp. dried oregano  
1 tbsp. dried parsley  
½ tbsp. salt  
¼ tbsp. pepper

### Day 2: Dinner

2 tbsp. vegetable oil  
1 tbsp. soy sauce  
1 tbsp. toasted sesame oil  
Ground white pepper

### Day 3: Breakfast

1 tbsp. sea salt  
3 tbsp. chai seeds  
3 tbsp. maple syrup  
1 tbsp. apple cider vinegar  
1 tbsp. cinnamon  
1 tbsp. pure vanilla extract

### Day 3: Lunch

1 tbsp. chopped fresh oregano  
¼ tbsp. ground pepper

### Day 3: Dinner

Salt  
Black pepper  
8 oz. of

### Day 4: Breakfast

2 tbsp. powder  
2 tbsp. sweetened almond

### Day 4: Lunch

1  
½

### Day 4: Dinner

½  
½  
¼ cup rice vinegar  
1 tbsp. sesame oil  
1 tbsp. brown sugar

1 tbsp. minced ginger

### Day 5: Dinner

Kosher salt  
Extra-virgin olive oil  
½ cup ricotta cheese  
Black pepper  
Mint leaves

### Day 6: Breakfast

4 tbsp. maple syrup  
½ cup vegetable oil  
1 tbsp. vanilla extract  
1 cup all-purpose flour  
1 tbsp. baking powder  
1 tbsp. ground cinnamon  
½ tbsp. ground ginger  
¼ tbsp. ground nutmeg  
2 cups cooked quinoa  
Muffin tin

### Day 6: Lunch

½ oz. feta cheese  
½ oz. of raisins  
¼ tbsp. lemon juice  
¼ tbsp. honey  
2 tbsp. olive oil  
¼ tbsp. cumin, ground  
½ tbsp. salt  
¼ tbsp. dried cayenne pepper

juice  
se  
gar  
oil  
bsp. canola oil  
loves garlic  
bsp. ginger  
½ tbsp. red pepper flakes

### Day 7: Breakfast

1 tbsp. extra virgin olive oil  
1 tbsp. grated Parmesan cheese  
Salt  
Pepper

### Day 7: Lunch

2 Tbsp. garlic hummus  
2 Tbsp. hemp Seeds

### Day 7: Dinner

¼ cup thinly sliced basil  
Balsamic glaze  
¼ cup extra-virgin olive oil  
3 tbsp. red wine vinegar  
1 tsp. Italian seasoning  
1 clove garlic  
Kosher salt  
Black Pepper

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plus more for serving  
1 cup coconut milk  
2 tbsp. unsweetened cocoa powder  
2-3 tbsp. maple syrup or coconut sugar  
½ tbsp. pure vanilla extract  
Coconut sugar  
Hemp seeds or chia seeds  
3-4 squares vegan dark chocolate

### Day 5: Lunch

1 tbsp. extra virgin olive oil  
Salt  
Black pepper  
¼ cup natural creamy peanut butter  
¼ cup almond milk  
1 tbsp. + 1 tbsp. soy sauce





**Produce:**

6 red potatoes  
 Extra-virgin olive oil  
 Mushrooms: 1 container  
 Baby spinach: 2 bags  
 Green onions: 1 Bag  
 1 Large sweet potato  
 Leafy greens: 2 bags  
 3 Avocados  
 Broccoli: 2 large florets  
 10 garlics  
 Fresh Ginger Root: 7 pieces  
 Scallions also known as green onion: 5 bundles  
 Red bell pepper: 3  
 Large onion: 3  
 Long carrots: 1 bag  
 Baby Swiss chard: 1 bundle  
 Mango: 1  
 Ginger bag: 1  
 Yellow bell pepper: 1  
 Snap peas: 1 bag  
 1 container of blueberries (to use as the mixed berries in Day 4: Breakfast recipe)  
 1 container of strawberries (to use as the mixed berries in Day 4: Breakfast recipe)  
 Asparagus: 2 bags  
 Fresh mint: 1 bundle  
 Bananas: 3  
 Romaine lettuce: 1 bundle  
 Red onion: 1  
 Grape tomatoes: 1 container  
 Fresh basil: 1 bundle  
 Limes: 1 bag of limes  
 Lemons: 5

**Refrigerated:**

Vegan sour cream  
 Firm Tofu: 2 Packages  
 Extra Firm Tofu: 1 Package  
 1 dozen eggs  
 4 oz. goat cheese  
 4 oz. ricotta cheese  
 Salsa: 1 container  
 Pesto sauce: 1 bottle  
 Garlic Hummus: 1 container  
 8 oz. Ciliegine, or also known as fresh mozzarella cheese

**Frozen:**

Vegan breakfast sausage  
 Frozen peas: 1 bag  
 Frozen raspberries: 1 small bag  
 Frozen broccoli florets: 1 bag  
 Frozen peas and carrots: 1 bag

**Canned and Packaged:**

White rice: 1 bag  
 Brown rice: 1 bag  
 Quinoa: 1 bag  
 Fusilli Pasta: 1 bag  
 Black Beans: 2 cans  
 Dried Lentils: 1 bag  
 Pinto Beans: 2 cans  
 Organic Rolled oats: 1 bag  
 Worcestershire Sauce (a  
 ketchup  
 Nuts  
 b  
 P  
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 M  
 tomatoes: 1 can  
 Fusilli pasta: 1 bag

**Bakery and Deli:**

Sandwich break: 1 loaf

**Oils, condiments, herbs, and Spices:**

Extra Virgin Olive oil: 1 bottle  
 Salt: 1 bottle  
 Pepper: 1 bottle  
 Black Pepper: 1 bottle  
 Paprika: 1 bottle  
 Ground cumin: 1 bottle  
 Garlic powder: 1 bottle  
 Vegetable oil: 1 bottle  
 Baking powder: 1 box  
 Vegetable stock: 1 box

Soy sauce: 1 bottle

Fermented black bean sauce: 1 can  
 Sugar: 1 bag  
 Toasted sesame oil: 1 bottle  
 Maple syrup: 1 bottle  
 Onion powder: 1 bottle  
 Turmeric: 1 bottle  
 Oregano: 1 bottle  
 1 bottle of dried parsley  
 Ground white pepper: 1 bottle  
 Sea salt: 1 bottle  
 Chai Seeds: 1 bag  
 Apple cider vinegar: 1 bottle  
 Cinnamon: 1 bottle  
 Pure vanilla extract: 1 bottle  
 Acai Powder: 1 bag  
 Rice Vinegar: 1 bottle  
 Sesame oil: 1 bottle  
 Gochujang: 1 bottle  
 Cornstarch: 1 box  
 Grapeseed oil: 1 bottle  
 Unsweetened cocoa powder: 1 bag  
 Coconut sugar: 1 bag  
 Hemp seeds: 1 bag  
 Kosher salt: 1 bottle

Maple syrup  
 Veg: 1 bottle  
 le  
 : 1 bottle  
 isin sauce: 1 bottle  
 ce vinegar: 1 bottle  
 nola oil: 1 bottle

Red pepper flakes: 1 bottle  
 Grated Parmesan cheese: 1 bottle  
 Balsamic glaze: 1 bottle  
 Red wine vinegar: 1 bottle  
 Italian seasoning: 1 bottle  
 Chopped walnuts: 1 bag  
 Nutritional yeast seasoning: 1 bottle

**Miscellaneous:**

Muffin Tin

**Liquids:**

Almond milk: 1 container  
 Coconut milk: 1 container  
 Soy milk: 1 container

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