

# Meals maker



**7-DAY WHOLE 30 DAY RESET + PALEO**

**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:*

**BREAKFAST SCRAMBLE**

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*Lunch:*

**SWEET POTATOES**

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*Dinner:*

**SALMON, SPINACH AND  
CHERRY TOMATO SALAD**

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## DAY 2

*Breakfast:*

**PAPAYA COCONUT WATER  
SMOOTHIE**

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*Lunch:*

**ROASTED SALMON WITH  
VEGETABLES**

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*Dinner:*

**CHICKEN WITH LEMON  
ASPARAGUS**

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## DAY 3

*Breakfast:*

**TOMATO OMELET**

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*Lunch:*

**CHICKEN, KALE AND  
AVOCADO SALAD**

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*Dinner:*

**BAKED BROCCOLI AND  
SALMON**

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## DAY 4

*Breakfast:*

**SALMON CARPACCIO**

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*Lunch:*

**AVOCADO EGG SALAD**

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*Dinner:*

**OVEN BAKED CHICKEN  
WITH ASPARAGUS**

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## DAY 5

*Breakfast:*

**ASPARAGUS AND KALE  
OMELET**

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*Lunch:*

**CHICKEN SALAD**

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*Dinner:*

**SALMON AND AVOCADO  
SALAD**

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## DAY 6

*Breakfast:*

**ARUGULA, SPINACH AND  
TOMATO OMELET**

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*Lunch:*

**BROCCOLI, ASPARAGUS  
AND BERRY SALAD**

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*Dinner:*

**TILAPIA WITH CHERRY  
TOMATOES**

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## DAY 7

*Breakfast:*

**VEGETABLE EGG MUFFIN**

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*Lunch:*

**BROCCOLI AND  
MUSHROOMS**

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*Dinner:*

**GARLIC SALMON AND  
ZUCCHINI**

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**WEEKLY Notes**



## BREAKFAST SCRAMBLE

**Prep Time:** 10 min.

**Cook Time:** 14 min.

**Total Time:** 24 min.

### **Ingredients:**

olive oil  
2 bell peppers, sliced  
½ cup cherry tomatoes  
4 eggs  
1 teaspoon salt  
2 teaspoons pepper  
2 teaspoons garlic powder  
1½ cups kale, chopped  
3 tablespoons mint leaves, chopped, garnish

### **Instructions:**

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the bell peppers and tomatoes to the skillet; cover and cook for 5 minutes.
3. Then crack the eggs in; season with salt, pepper and garlic powder. Scramble and cook for 5 minutes.
4. Add in the kale; combine and cook for 4 minutes or until the leaves have wilted.
5. Transfer to a serving plate and garnish with chopped mint leaves.





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21 MEAL RECIPES**



**WEEK 1**

# NECESSARY STAPLES



**Day 1 Breakfast:**  
olive oil  
1 teaspoon salt  
2 teaspoons pepper  
2 teaspoons garlic powder

**Day 1 Lunch:**  
olive oil  
¼ tablespoon salt  
¼ tablespoon dried oregano

**Day 1 Dinner:**  
2 tablespoons olive oil  
¼ tablespoon salt  
1 tablespoon pepper  
1 tablespoon dried thyme  
1 tablespoon garlic powder

**Day 2 Breakfast:**  
None needed

**Day 2 Lunch:**  
olive oil  
2 teaspoons cumin powder  
¼ tablespoon salt  
¼ tablespoon paprika powder

**Day 2 Dinner:**  
olive oil  
¼ tablespoon salt  
¼ tablespoon pepper  
¼ tablespoon garlic powder  
¼ tablespoon paprika powder

**Day 3 Breakfast:**  
olive oil  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon dried oregano

**Day 3 Lunch:**  
olive oil  
¼ tablespoon salt  
1 tablespoon pepper

**Day 3 Dinner:**  
olive oil  
¼ tablespoon garlic salt  
¼ tablespoon pepper

**Day 4 Breakfast:**  
2 ½ tablespoons olive oil  
¼ tablespoon salt  
¼ tablespoon pepper

**Day 4 Lunch:**  
¼ teaspoon pepper  
¼ tablespoon salt

**Day 4 Dinner:**  
olive oil  
¼ table  
¼ table  
¼ table  
¼ table  
¼ table

¼ tablespoon salt  
¼ tablespoon pepper

olive oil  
2 teaspoons salt  
2 teaspoons pepper

**Day 6 Lunch:**  
olive oil  
¼ tablespoon salt  
¼ tablespoon pepper

**Day 6 Dinner:**  
olive oil  
¼ tablespoon salt  
2 tablespoons pepper

**Day 7 Breakfast:**  
olive oil  
¼ tablespoon salt  
¼ tablespoon pepper

**Day 7 Lunch:**  
olive oil  
1 teaspoon salt

**Day 7 Dinner:**  
olive oil  
1 teaspoon pepper  
¼ tablespoon crushed red pepper flakes  
¼ tablespoon crushed red pepper flakes  
¼ tablespoon paprika powder  
¼ tablespoon salt



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**WEEK 1**

# GROCERY LIST



**Produce:**

- 1 small papaya
- 1 piece of ginger
- 1 garlic head
- 1 small red onion
- 2 small onions
- 2 limes
- 2 large sweet potatoes
- 3 tomatoes
- 3 zucchinis
- 7 avocados
- 2 large cucumbers
- 8 lemons
- 4 bell peppers
- 1 small bag of arugula leaves
- 1 bag of spinach
- 2 bags of kale
- 1 large bag of asparagus
- 1 container of mint leaves
- 1 container of mushrooms
- 1 container of cherry tomatoes
- 1 container of strawberries
- 1 large container of blueberries
- 1 head of broccoli



**Refrigerated:**

- 36 eggs

**Seafood:**

- 1 (1 pound) package of salmon
- 1 pound of shrimp
- 1 pound of salmon

**Meat & Poultry:**

- 2 pounds of chicken breast, skinless, boneless

**Canned & Packaged:**

- 1 (4 ounce) can of coconut water
- 1 jar of capers

**Miscellaneous:**

- muffin tins
- spatula
- tongs
- large skillets
- saucepans
- baking sheets
- mixing bowls
- serving bowls
- serving plates
- colander
- salad bowl

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