



If you are interested in one-on-one health coaching or other virtual programs, please check out more offerings from Best Whole Self on GymNetwork 360

<https://www.globalfit.com/coaching-and-weight-loss/best-whole-self>

7-Day Meal Plan

Day	Breakfast 8:00am	Morning Snack 10:30am	Lunch 12:30pm	Afternoon Snack 3:00pm	Dinner 6:00pm	Evening
Monday	Tropical Smoothie	Brown rice cakes with almond butter	Chicken lettuce wraps	Caprese skewers	Quinoa bowl w/ protein of choice	Hot green tea
Tuesday	Simple Oatmeal	1/3 cup homemade trail mix	L/O quinoa bowl	Sliced cucumber with hummus	Stuffed Portobello Mushrooms w/ side carrot fries or sweet potato fries	Hot herbal tea
Wednesday	Mixed Berry Smoothie	Unsweetened yogurt with berries of choice and honey	L/O Portobello mushrooms (make as sandwich with side raw carrots and celery)	Fage 2% yogurt with honey and sliced almonds	Kale, Potato, Sausage Soup	Hot green tea with handful of berries
Thursday	Acai bowl	Apple with 1/4 cup almonds	L/O Kale, Potato, Sausage Soup	Raw celery & carrot sticks with peanut butter	Crockpot Chicken & Potatoes	Hot herbal tea with handful of almonds
Friday	Veggie Egg "Muffins"	Brown rice cakes with mashed avocado and sea salt	Spinach salad	Grapes with cheddar cheese (1 inch cube)	Mediterranean mixed plate	Hot green tea
Saturday	Simple Oatmeal	1/3 cup homemade trail mix	L/O Crockpot Chicken & Potatoes	Dates stuffed with almond butter and sprinkled with sea salt	Protein of choice w/ roasted potatoes and broccoli	Hot cinnamon spice tea with apple slices
Sunday	Garden Frittata	Orange and string cheese	Chicken pesto sandwiches w/ side of fruit of choice	1 Mixed Berry Oat Muffin	Veggie Pasta Bake	Hot green tea with handful of berries

Acai Smoothie Bowl

Base:

1/2 banana
1 Tbsp Acai powder
1/3 cup frozen raspberries
1/4 cup ice
Milk of choice
Optional: 1 scoop Vanilla protein powder

Toppings:

1 tsp. chia seeds
1/2 banana (other half from the base)
1 tsp. almond butter
1 Tbsp. unsweetened shredded coconut
Drizzle of honey

Directions:

1. Put all ingredients for base in a blender or NutriBullet and pour into a bowl.
2. Spread toppings across the bowl. Enjoy immediately.

Basil Dressing

Ingredients:

2 cups fresh basil
1/2 lemon, juiced
1 teaspoon sea salt
3/4 cups olive oil
1/2 avocado
2 Tbsp. apple cider vinegar

Directions:

1. Put all ingredients in a blender or Nutribullet and blend until smooth.
2. Store in a mason jar in the refrigerator.

Caprese Skewers

Makes 27 skewers

Ingredients:

27 long-stem [bamboo toothpicks](#)

1 bag [Bel Gioioso Fresh Mozzarella](#) snacking cheese (18 1-oz packages)

54 grape tomatoes (approx. 2 packages)

54 pieces of basil leaves (about 1 cup of basil leaves, torn into thirds)

1 Tbsp. extra virgin olive oil

1 Tbsp. balsamic vinegar

Salt & pepper to taste

Directions:

1. Starting with a piece of mozzarella, alternate mozzarella, basil, tomato on each toothpick
2. Drizzle olive oil and balsamic vinegar and season with salt & pepper just before serving
3. Keep refrigerated



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Carrot Fries

Makes 1 serving

Ingredients:

One bunch of organic carrots, unpeeled, washed, trimmed
2 Tbsp. Extra virgin olive oil
Sea salt to taste

Directions:

1. Heat oven to 375 F.
2. Chop the green leafy tops off the carrots.
3. Line a baking sheet with foil. Arrange carrots in a single layer on the baking sheet, toss with olive oil and sprinkle generously with salt.
4. Bake for 25-30 minutes or until carrots are golden brown where they touch the pan.

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Chicken Lettuce Wraps

Ingredients:

3 large skinless boneless chicken breasts cut into 1/2 inch cubes
3 Tbsp. olive oil
1 clove garlic, diced
2 c. fresh mushrooms, sliced
1/2 c. shredded carrots
2 Tbsp. balsamic Vinegar
15 Bibb lettuce leaves
Salt and Pepper to taste

Directions:

1. In a large skillet, heat 1 tablespoon olive oil and add garlic. Cook until fragrant.
2. Add chicken and cook 10-15 minutes. Drain liquid from skillet and return to heat.
3. Add mushrooms, remaining 2 tablespoons of olive oil, balsamic vinegar, and salt and pepper to skillet. Cook on low for 15 minutes.
4. Assemble lettuce cups: Place Bibb lettuce leaves on a plate and top with chicken, carrots, and mushroom mixture. Sprinkle with fresh ground pepper, if desired.

Tip: Make the chicken mixture ahead of time, and keep refrigerated until ready to eat. You can reheat in a skillet over medium heat for 15-20 minutes, then plate on lettuce cups.

Crockpot Chicken & Potatoes

Ingredients:

- 1 pound baby Yukon gold potatoes or red skinned potatoes
- 1 pound baby carrots
- 1 ½ pounds boneless skinless chicken breasts
- 4 tablespoons unsalted butter
- 3 cloves garlic, minced (about 1 Tbsp)
- 2 ½ teaspoons Italian seasoning
- ½ teaspoon kosher salt & pepper (more or less, according to taste)
- Zest and juice of 1 medium lemon
- ¼ cup grated Parmesan cheese
- Chopped fresh parsley (optional, for serving)

Directions:

1. Cut potatoes into quarters. Lay them in a 6-quart or larger slow cooker.
2. Stir the carrots into the slow cooker with the potatoes, then spread them into an even layer. Arrange the chicken in the center, placing it on top of the vegetables.
3. In a small saucepan, melt the butter over medium-low heat. Remove from the heat and stir in the garlic, lemon juice and zest, Italian seasoning, salt, and pepper. Pour the mixture over the top of the chicken and vegetables.
4. Cover the slow cooker. Cook on HIGH for 1 1/2 to 2 hours or low for 4 to 5 hours. (The total amount of time you need will vary based upon your slow cooker model and the size of your chicken breasts. If your slow cooker runs hot—mine often does—check early to avoid drying out the meat). The chicken is done when it reaches 165 degrees F at the center with an instant read thermometer. The moment the chicken is done cooking, remove it to a plate, and cover to keep warm. Test the vegetables to see if they are tender. If they are not yet tender, give them a stir, recover the slow cooker, then continue cooking until they are tender and pierce easily with a fork, up to 1 additional hour on high or 2 hours on low. When ready to serve, return the chicken to the slow cooker.
5. Sprinkle the Parmesan and parsley over the top. Enjoy warm.

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Garden Frittata

Serves 6

Ingredients:

4 large organic eggs
1/2 tsp. salt
1 medium tomato, chopped
1/2 green bell pepper
1 Tbsp. fresh chives, finely chopped (or 1 tsp. dried chives)
1/2 cup soft goat cheese (optional)

Directions:

1. Preheat oven to 400F. Spray large skillet with cooking spray and set aside.
2. In a large bowl, whisk eggs and salt, then add the chopped vegetables, chives, and goat cheese. Whisk to combine.
3. Pour mixture into skillet and sprinkle remaining goat cheese on top.
4. Bake for 15 minutes. Remove from oven and allow it to cool for 5 minutes before serving.



Homemade Trail Mix

Ingredients:

1 lb. unsalted roasted almonds
1 lb. salted roasted cashews
1/2 lb. raisins
1/2 lb. dried bananas

Directions:

1. Mix all ingredients in a large bowl.
2. Optional: divide into 1/3 cup servings into small baggies.

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Kale*, Potato, Sausage Soup

Ingredients:

1 pound ground pork
2 teaspoons Italian seasoning, crushed
1/2 teaspoon salt, plus more as needed
1/2 teaspoon smoked paprika
1/4 teaspoon fennel seeds
1/4 teaspoon black pepper, plus more as needed
1/8 teaspoon red pepper flakes
1 tablespoon extra-virgin olive oil
1/2 cup chopped onion
3 cloves garlic, minced
4 cups Chicken Bone Broth or Organic Chicken Broth
1 can (14.5 ounces) diced tomatoes, undrained
1 pound red potatoes, cut in 3/4-inch chunks
4 cups chopped fresh kale or fresh spinach leaves*
2 teaspoons chopped fresh thyme leaves

Instructions:

1. In a large bowl, combine the ground pork, Italian seasoning, salt, paprika, fennel seeds, black pepper, and red pepper flakes; mix well
2. Heat the olive oil in a large pot over medium heat. Add the pork mixture, the onion, and the garlic. Cook, stirring frequently, until the meat is browned.
3. Stir in the broth, tomatoes with their juices, and potatoes. Bring to a boil. Reduce the heat to low, cover, and simmer, stirring occasionally, until the potatoes are just tender, 15 to 20 minutes. Add the kale and thyme and cook, uncovered, until the kale is tender, 5 minutes more. Season with additional salt and black pepper and serve.
4. IF USING CROCK POT--Add all ingredients and cook on low for 8 hours (or high for 4 hours, but preferably cook low and slow)

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Mediterranean Mixed Plate

Serves 4

Ingredients:

1 dozen Turkey Meatballs (see Turkey Meatballs recipe)
1 red pepper, cut into thin strips
1 green pepper, cut into thin strips
2 Roma tomatoes, cut into wedges
1 cucumber, diced
8 oz crumbled feta cheese
Olive oil
Red wine vinegar
Tzatziki
Hummus
Pita bread

Directions/Suggestions:

1. Combine ingredients to mix and match vegetables with dips and meatballs.
2. You can make a sandwich or gyro by filling pita pocket with meatballs, tomato, cucumber, and Tzatziki.
3. Have fun and enjoy making your own mixed plate.

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Mixed Berry Oat Muffins

Ingredients:

2 1/2 cups gluten free oats
2 Tbsp ground flax meal
1/2 cup raw slivered almonds
1/2 tsp. Salt
1/3 cup pure maple syrup
2 Tbsp almond butter
1/4 cup coconut oil, softened
1 very ripe banana, mashed well
1 1/2 tsp vanilla extract
Sliced strawberries and/or blueberries for topping

Directions:

1. Preheat oven to 350°F
2. In a large mixing bowl, combine oats, flaxseed, almonds, and salt
3. In a small bowl, combine maple syrup and almond butter. Microwave for 45 seconds, until ingredients are melted and easily mixed together. Add banana, coconut oil, and vanilla extract.
4. Add wet ingredients to dry ingredients and mix well. Refrigerate (covered with a towel) for 1-2 hours to set.
5. Line muffin tins with paper and scoop mixture 3/4 full and top with berries.
6. Bake for 10-15 minutes, or until sides are golden brown.
7. Let cool for 15 minutes before eating. Keep refrigerated.

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Mixed Berry Smoothie

Ingredients:

1 banana
1/2 avocado
1/2 cup frozen mixed berries
1 scoop vanilla protein powder (optional)
Ice and water (for desired consistency)

Directions:

1. Mix all ingredients in Blender or NutriBullet.
2. Enjoy immediately.

Quinoa Bowl

Serves 2

1 cup quinoa, cooked according to package

2 Tbsp. Rice vinegar

2 Tbsp. Olive oil (divided)

Salt and pepper (according to taste)

1/2 avocado, diced

2 Tbsp. sun-dried tomatoes

1/2 cup cucumber, diced

2 Tbsp. crumbled feta cheese

2 Tbsp. fresh parsley, chopped

Oregano

Directions:

1. In a small bowl, mix cooked quinoa with rice vinegar, olive oil, salt, and pepper.
2. Spread quinoa on the bottom of your serving bowl and arrange avocado, tomatoes, and cucumber, feta, and parsley on top of the quinoa.
3. Sprinkle with oregano and an extra drizzle of olive oil

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Roasted Potatoes

Serves 3

Ingredients:

2 lbs. red potatoes, diced
3 Tbsp. Olive oil
Salt
Pepper
Garlic Powder
Italian seasoning

Directions:

1. Heat oven to 400 F
2. Toss potatoes, olive oil, salt, pepper, garlic powder, and Italian Seasoning in a bowl. (Use seasoning amounts according to taste).
3. Spread evenly on a baking sheet.
4. Bake for 20-25 minutes.

Roasted Broccoli

Serves 3

Ingredients:

2 heads of broccoli, cut into florets
3 Tbsp. Olive oil
Salt
Pepper
Garlic Powder

Directions:

1. Heat oven to 400 F
2. Toss broccoli with olive oil, salt, pepper, and garlic powder in a bowl. (Use seasoning amounts according to taste).
3. Spread evenly on a baking sheet.
4. Bake for 15-20 minutes, flipping florets over half way through so that both sides brown.

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Roasted Mixed Veggies

Serves 3

Ingredients:

2 zucchini, diced
1 head broccoli, cut into florets
1 bell pepper, diced (any color)
1 6-oz container white mushrooms, cut in half
1/2 red onion, diced
4 Tbsp. olive oil
Salt
Pepper

Directions:

1. Heat oven to 400 F
2. Toss vegetables with olive oil, salt, and pepper.
3. Spread evenly on baking sheet.
4. Bake for 20-25 minutes, or until soft

Simple Oatmeal

Ingredients:

1/2 cup dry quick oats
1/2 cup milk of choice
1/4 cup frozen blueberries
1 dash cinnamon
1 dash sea salt
1 tsp. honey

Directions:

1. In a microwave-safe bowl, add oats, milk, frozen blueberries, cinnamon, and sea salt.
2. Microwave on high for 1 minute 30 seconds.
3. Drizzle with honey.

Spinach Salad w/ Basil Dressing

Serves 2

Ingredients:

2 cups fresh baby spinach
1 roma tomato, diced
1 cup broccoli florets
4 oz fresh mozzarella, diced (roughly 1/2 cup)
1/2 cup red onion, diced

Directions:

1. Toss all ingredients together in a large bowl.
2. Drizzle with Basil Dressing and toss again, making sure to evenly distribute dressing, or serve dressing on the side.
3. Top with protein of choice (optional).
4. Enjoy immediately.

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Stuffed Portobello Mushrooms

Serves 4

Ingredients:

4 Portobello mushroom caps
Olive oil cooking spray
1 teaspoon Diamond Crystal kosher salt divided
1/4 teaspoon black pepper, divided
3 cups fresh spinach
2 tablespoons olive oil, divided
1 small onion, finely chopped (6oz)
1 tablespoon minced garlic
1/4 cup grated Parmesan

Directions:

1. Preheat broiler, setting the temperature to high. Set an oven rack in the middle of the oven (you don't want the mushrooms too close to the heating element for this recipe). Line a broiler-safe rimmed baking sheet with foil.
2. Wipe the mushrooms clean with a damp paper towel. Gently twist off or the stem of each mushroom. Holding each mushroom in one hand, use a spoon to gently scrape out the gills.
3. Spray the mushroom caps with olive oil cooking spray on both sides. Sprinkle with 1/2 teaspoon kosher salt and 1/8 teaspoon black pepper. Broil 5 minutes on each side, or until just tender.
4. Sauté spinach in medium-size pan for 10-minutes.
5. Remove the mushrooms from oven. Heat 1 tablespoon olive oil in a large skillet over medium heat, about 3 minutes. Add the onion and cook 5-7 minutes, stirring occasionally, until golden. Add the garlic, spinach, 1/2 teaspoon kosher salt and 1/8 teaspoon black pepper and cook, stirring to combine everything, 1-2 more minutes. Remove from heat and allow to cool a few minutes, then mix in the Parmesan.
6. Evenly distribute the spinach mixture among the mushrooms. Don't press down on the filling – it's prettier when it's piled high on top of the mushrooms. Place back under the broiler for 2-3 minutes, or until filling is golden.

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Sweet Potato Fries

Serves 4

Ingredients:

2 large sweet potatoes, cut into 1/3 in wedges
3 Tbsp. olive oil
1/2 tsp. sea salt
1/2 tsp. ground pepper
1/4 tsp. paprika
1/4 tsp. garlic powder

Directions:

1. Position rack in upper third of oven and preheat oven to 425 F. Spray baking sheet with non-stick spray.
2. Place sweet potatoes and olive oil in large bowl, toss lightly. Sprinkle with salt, pepper and paprika.
3. Arrange potatoes in a single layer on prepared baking sheet, being sure not to overcrowd.
4. Bake until tender and golden brown, turning occasionally. Cooking time is 18 to 24 minutes. Cool 5 minutes before serving.

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Tropical Smoothie

Ingredients:

1 banana
1/2 cup frozen peaches
1/2 cup frozen mango
2 Tbsp. full fat coconut milk
1 scoop vanilla protein powder (optional)
Ice and water (for desired consistency)

Directions:

1. Mix all ingredients in Blender or NutriBullet.
2. Enjoy immediately.

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Turkey Meatballs

Makes 20-24

Ingredients:

1 lb. ground turkey
2 eggs
1/3 c. water
1/2 c. grated Parmesan cheese
1 c. gluten free breadcrumbs (or regular if you are not gluten free)
1 tsp. onion powder
1 1/2 tsp. garlic powder
1 tsp. dried oregano
1 tsp. salt
1 tsp. pepper

Directions:

1. Mix all ingredients in a large bowl.
2. Roll into 2-inch balls, and evenly place on non-stick baking pan.
3. Bake on 350F for 30 minutes.

Note: You can freeze them for up to 1 month.

Veggie Egg “Muffins”

Makes 12

Ingredients:

- 1 dozen eggs (preferably organic)
- 1 cup fresh mushrooms, sliced
- 3 green onions, sliced
- 1 cup kale, shredded
- 1 cup shredded mozzarella
- Ghee or cooking spray
- Salt and pepper to taste

Directions:

1. Preheat oven to 350 F and grease 12-cup muffin pan with ghee or cooking spray.
2. Crack eggs into liquid measuring cup, whisk the eggs and add salt.
3. Divide kale, mushrooms, green onion, and cheese between each muffin cup, then carefully pour eggs over tops until muffin tins are almost full.
4. Bake for 20-25 minutes or until a wooden toothpick comes out clean. The eggs will look like soufflé when they come out of the oven, but they will sink after a few minutes (don't panic!). Let them rest in the muffin tin for a few minutes before using a rubber spatula to remove each muffin.
5. Consume immediately or let cool and transfer to a re-sealable plastic bag. Refrigerate for up to a week or freeze for up to a month.
6. Microwave for 25 seconds to reheat. They can also be enjoyed at room temperature.

*Note: feel free to substitute any of your favorite veggies and herbs to add variety!

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Veggie Pasta Bake

Serves 2

Ingredients:

1 lb pasta, cooked (I use GF Fusilli)
2 zucchini
1 green pepper, diced
1 red pepper, diced
1/2 red onion, diced
2 heads broccoli, cut into florets
1/2 cup fresh spinach
4 Tbsp ricotta cheese
1/2 cup shredded mozzarella cheese
1 1/2 cup tomato sauce
Fresh basil
(Optional: 1 lbs ground mild Italian sausage, cooked)

Directions:

1. In a large bowl, toss all vegetables (excluding spinach) in salt, pepper, and olive oil.
2. Bake veggies on 350 F for 20 minutes.
3. In a baking dish, add pasta, sauce, cheese, cooked veggies, (sausage), and spinach.
4. Top with basil and more mozzarella cheese.
5. Return to 350 F oven for 20 minutes.

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