



**Well & Simple**

Health Coaching & Workplace Wellness

Sample Meal Plan

Marissa Szabo

<http://www.wellandsimplehealth.com>

Here is your Week 8 Meal Plan. I kind of front-loaded the calories for this plan since, with the days being longer, people tend to eat dinner later. However, there is still room each day to have a small evening snack if you would like a piece of fruit or something. Same with last week, feel free to add some dressing or oil and vinegar to the arugula to go with the leftover pork tenderloin on Monday. You can also feel free to add some chicken to the lemon butter penne on Sunday if you would like to.

As always, if you have any questions or concerns, just let me know.

Enjoy!

Marissa



	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Mocha Overnight Protein Oats	 Rice Cakes with Almond Butter & Banana	 Mocha Overnight Protein Oats	 Rice Cakes with Almond Butter & Banana	 Mocha Overnight Protein Oats	 Zucchini, Mushroom & Egg Breakfast	 Zucchini, Mushroom & Egg Breakfast	
Snack 1	 2 Chocolate Peanut Butter Energy Bites	 Hummus Dippers	 2 Chocolate Peanut Butter Energy Bites	 Hummus Dippers	 2 Chocolate Peanut Butter Energy Bites	 2 Chocolate Peanut Butter Energy Bites	 Rice Cakes with Almond Butter & Banana	
Lunch	 Turkey Kale Wraps	 Turkey Kale Wraps	 Turkey Kale Wraps	 Slow Cooker Honey Garlic Chicken	 Mexican Black Bean Salad	 Mexican Black Bean Salad	 Turkey Kale Wraps	
Snack 2	 Cucumber Tuna Bites	 2 Chocolate Peanut Butter Energy Bites	 Cucumber Tuna Bites	 2 Chocolate Peanut Butter Energy Bites	 Cucumber Tuna Bites	 Hummus Dippers	 Cucumber Tuna Bites	
Dinner	 Crispy Pork with Arugula & Cucumber	 Slow Cooker Honey Garlic Chicken	 Slow Cooker Honey Garlic Chicken	 Mexican Black Bean Salad	 Juicy Baked Chili Chicken Breast	 Coconut Cod & Spinach with Rice	 Coconut Cod & Spinach with Rice	 Lemon Butter Penne with Broccoli

### Fruits

- 3/4 Avocado
- 1 1/2 Banana
- 1/2 Lemon
- 1 tsp Lemon Juice
- 3 tbsps Lime Juice

### Breakfast

- 1/3 cup All Natural Peanut Butter
- 3 tbsps Almond Butter
- 1/4 cup Maple Syrup
- 3/4 cup Organic Coffee
- 3 Plain Rice Cake

### Seeds, Nuts & Spices

- 2 Bay Leaf
- 1/3 tsp Black Pepper
- 3 tbsps Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1/8 tsp Cumin
- 1/3 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

### Vegetables

- 1 cup Arugula
- 2 cups Baby Spinach
- 7 1/2 cups Broccoli
- 3/4 Carrot
- 3 stalks Celery
- 2 Cucumber
- 2 1/4 Garlic
- 3 cups Kale Leaves
- 1/2 cup Radishes
- 3/4 Red Bell Pepper
- 3 tbsps Red Onion
- 12 White Button Mushrooms
- 3/4 Yellow Bell Pepper
- 1 Zucchini

### Boxed & Canned

- 1 1/2 cups Black Beans
- 1 cup Brown Rice Penne
- 1/2 cup Jasmine Rice
- 1 cup Organic Coconut Milk
- 3/4 cup Quick Oats
- 2 cans Tuna

### Baking

- 3 tbsps Cacao Nibs
- 2 1/4 tbsps Cacao Powder
- 3 tbsps Cocoa Powder
- 1 1/2 cups Oats
- 1 1/2 tbsps Raw Honey

### Bread, Fish, Meat & Cheese

- 15 ozs Chicken Breast
- 1 1/2 lbs Chicken Thighs
- 2 Cod Fillet
- 2 1/16 cups Hummus
- 1 1/16 lbs Sliced Turkey Breast

### Condiments & Oils

- 1 tsp Avocado Oil
- 2 1/4 tsps Coconut Oil
- 3 3/4 tbsps Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari







### Cold

- 2 tbsps Butter
- 4 Egg
- 1 1/2 cups Unsweetened Almond Milk

### Other

- 1/3 cup Chocolate Protein Powder
- 1/2 cup Water



Day	AM/PM	Task	Notes
Sunday		<input type="checkbox"/> If on the go, pack up your lunch and snacks.	
		<input type="checkbox"/> Prepare a batch of chocolate peanut butter energy bites for the week.	Prepare according to the recipe and store in the fridge.
		<input type="checkbox"/> Prepare the mocha overnight oats for tomorrow's breakfast	Store in the fridge.
		<input type="checkbox"/> Prepare the tuna bites for the week.	Make the tuna mixture and slice up the cucumbers. Store separately in the fridge until ready to pack up and eat.
		<input type="checkbox"/> Enjoy leftover pork tenderloin with cucumber and arugula for dinner.	
Monday		<input type="checkbox"/> If you are on the go, pack all of your meals and snacks for the day.	
		<input type="checkbox"/> Optional: prepare the ingredients for the slow cooker honey garlic chicken	Store in the fridge.
		<input type="checkbox"/> Enjoy leftover pork tenderloin for dinner.	
Tuesday		<input type="checkbox"/> If on the go, pack up your snacks and lunches for the day.	
		<input type="checkbox"/> Toss the chicken and other ingredients in the slow cooker for the honey garlic chicken before you leave and turn on the slow cooker.	
		<input type="checkbox"/> Prepare the broccoli to go with the honey garlic chicken and enjoy	Store 2 servings in the fridge for

		together for dinner.	leftovers.
		<input type="checkbox"/> Prepare your overnight oats for Wednesday's breakfast	Store in the fridge for the morning.
<b>Wednesday</b>		<input type="checkbox"/> Pack up your meals and snacks for the day.	
		<input type="checkbox"/> Enjoy leftover honey garlic chicken and broccoli for dinner.	Pack up the remaining portion for tomorrow's lunch.
<b>Thursday</b>		<input type="checkbox"/> Pack up your meals and snacks for the day.	
		<input type="checkbox"/> Prepare the Mexican black bean salad and baked chicken for dinner. Enjoy!	Prepare the bean salad while the chicken is baking in the oven. Store 2 servings in the fridge for leftovers.
		<input type="checkbox"/> Prepare your overnight oats for tomorrow's breakfast	Store in the fridge.
<b>Friday</b>		<input type="checkbox"/> If on the go, pack up your snacks and lunch for the day	
		<input type="checkbox"/> Prepare the coconut cod with spinach and rice for dinner.	Reserve one portion for leftovers and store in the fridge.
<b>Saturday</b>		<input type="checkbox"/> Enjoy zucchini, mushrooms, and eggs for breakfast.	
		<input type="checkbox"/> If on the go, pack up your lunch and snacks.	
		<input type="checkbox"/> Enjoy leftover coconut cod for dinner.	
<b>Sunday</b>		<input type="checkbox"/> Enjoy zucchini, mushrooms, and eggs for breakfast.	
		<input type="checkbox"/> If on the go, pack up your lunch and snacks.	
		<input type="checkbox"/> Prepare the lemon butter penne with broccoli for dinner.	Prepare according to the recipe. You may

			also add some chicken to this if you would like (I recommend cutting it into strips and sauteeing it in a pan). The leftover portion of this is intended for Monday's lunch.
	See next week's meal plan for further meal prep instructions		





## Mocha Overnight Protein Oats

1 serving

8 hours

### Ingredients

- 1/2 cup Oats (rolled)
- 1 tbsp Chia Seeds
- 1 tbsp Cocoa Powder
- 2 tbsps Chocolate Protein Powder
- 1/2 cup Unsweetened Almond Milk
- 1/4 cup Organic Coffee (brewed and chilled)
- 1 tbsp Cacao Nibs

### Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

### Notes

Leftovers, Keeps well in the fridge for 3-4 days.





## Rice Cakes with Almond Butter & Banana

1 serving

5 minutes

### Ingredients

- 1 Plain Rice Cake
- 1 tbsp Almond Butter
- 1/2 Banana (medium, sliced)

### Directions

- 1 Spread almond butter on the rice cake and top with sliced banana. Enjoy!

### Notes

**No Almond Butter,** Use peanut, cashew or sunflower seed butter instead.

**More Flavor,** Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

**More Fiber,** Add hemp seeds, chia seeds, ground flax seed or fresh berries.



## Zucchini, Mushroom & Egg Breakfast

1 serving  
20 minutes

### Ingredients

1/2 tsp Avocado Oil  
1/2 Zucchini (medium, sliced)  
6 White Button Mushrooms (sliced)  
2 Egg  
1/2 cup Arugula  
1/2 tsp Lemon Juice  
1/8 tsp Sea Salt

### Directions

- 1 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

### Notes

**Leftovers,** Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

**More Flavor,** Season the vegetables with chili flakes, cayenne, onion powder or garlic.

**Make it Vegan,** Omit the eggs and make a tofu scramble instead.



## Chocolate Peanut Butter Energy Bites

12 servings

15 minutes

### Ingredients

3/4 cup Quick Oats  
1/3 cup Ground Flax Seed  
2 1/4 tbsps Cacao Powder  
1/8 tsp Sea Salt  
1/3 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
2 1/4 tps Unsweetened Almond Milk  
(optional)

### Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

### Notes

**Storage,** Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

**Serving Size,** One serving is equal to one ball.

**Gluten-Free,** Use certified gluten-free oats.

**Nut-Free,** Use sunflower seed butter instead.

**More Flavor,** Add vanilla extract.

**No Maple Syrup,** Use honey instead.

**No Quick Oats,** For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.





## Hummus Dippers

**1 serving**  
**15 minutes**

### Ingredients

1/4 Yellow Bell Pepper  
1/4 Carrot  
1 stalk Celery  
1/4 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Homemade,** Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

**Mix it Up,** Substitute in different veggies like cucumber or zucchini.





## Turkey Kale Wraps

1 serving  
10 minutes

### Ingredients

3/4 cup Kale Leaves (whole, lacinato, washed and dried)  
1/3 cup Hummus  
4 1/4 ozs Sliced Turkey Breast  
2 tbsps Radishes (thinly sliced)

### Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

### Notes

**No Kale,** Use another large leafy green such as collard or lettuce.

**No Turkey,** Use sliced chicken breast instead.

**Leftovers,** Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

**No Hummus,** Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

**More Flavor,** Sprinkle with sea salt, black pepper, paprika or your favorite spices.



## Cucumber Tuna Bites

4 servings

5 minutes

### Ingredients

- 2 cans Tuna (flaked and drained)
- 1/4 cup Mayonnaise
- 2 Cucumber (large, sliced into rounds)

### Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

### Notes

**Leftovers,** Refrigerate leftovers separately in a sealed container up to three days.

**More Flavor,** Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

**Additional Toppings,** Top with some sprouts or microgreens.



## Slow Cooker Honey Garlic Chicken

3 servings

4 hours

### Ingredients

- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Raw Honey
- 2 1/4 Garlic (cloves, minced)
- 2 1/4 tsps Chili Powder
- 3/4 tsp Sea Salt
- 1/3 tsp Black Pepper
- 1 1/2 lbs Chicken Thighs (skinless, boneless)
- 4 1/2 cups Broccoli (chopped into florets)
- 2 1/4 tsps Coconut Oil (or organic butter)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 2 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 3 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 4 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

### Notes

**No Chicken Thighs,** Use chicken wings, drumsticks or breasts.

**No Slow Cooker,** Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

**More Carbs,** Serve with rice, potato or quinoa.





## Mexican Black Bean Salad

3 servings

15 minutes

### Ingredients

- 1 1/2 cups Black Beans (cooked)
- 3/4 Red Bell Pepper (chopped)
- 3 tbsps Red Onion (chopped)
- 3/4 Avocado (diced)
- 3 tbsps Lime Juice
- 1/8 tsp Chili Powder
- 1/8 tsp Cumin
- 1/16 tsp Sea Salt

### Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

### Notes

**More Flavor,** Add cilantro, tomato, corn or hot sauce.

**Leftovers,** Salad will keep in the fridge for up to 3 days.

**No Black Beans,** Use cooked lentils or chickpeas instead.





## Juicy Baked Chili Chicken Breast

3 servings

35 minutes

### Ingredients

- 15 ozs Chicken Breast (boneless, skinless)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/3 tsp Sea Salt
- 2 1/4 tsps Chili Powder

### Directions

- 1 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and chili powder. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 3 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 4 Carefully remove the foil and slice the chicken before serving. Enjoy!

### Notes

**Leftovers,** Keeps well in the fridge up to 3 days. Store in the freezer for longer.

**Meat Thermometer,** If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.



## Coconut Cod & Spinach with Rice

2 servings

15 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 cup Organic Coconut Milk (canned)
- 1/2 cup Water
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 2 Bay Leaf
- 1/8 tsp Sea Salt (or more to taste)
- 2 Cod Fillet
- 2 cups Baby Spinach (chopped)

### Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

### Notes

**Deeper Flavour,** Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

**No Jasmine Rice,** Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

**No Rice Vinegar,** Use apple cider vinegar instead.

**No Spinach,** Use baby bok choy or broccolini instead.

**Storage,** Refrigerate in an airtight container up to 3 days.



## Lemon Butter Penne with Broccoli

2 servings

20 minutes

### Ingredients

- 1 cup Brown Rice Penne (uncooked)
- 3 cups Broccoli (sliced into florets)
- 2 tbsps Butter
- 1/2 Lemon (juiced)
- 1/3 cup Hemp Seeds
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 2 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 3 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!

### Notes

**More Protein,** Use chickpea or a bean-based pasta, or top with sliced chicken breast.

**Dairy-Free,** Use olive oil instead of butter.