

EXAMPLE MEAL PLAN: for One week Meal Prep

The LINK to the "approved" food list from Jamie Eason's website:

<http://www.bodybuilding.com/fun/jamie-eason-livefit-trainer-approved-foods-list.html>

LINK to Alesha Haley Blog: (has pictures and examples of meal plan)

<http://aleshahaley.wordpress.com/>

Here's an example of what I will make for food prep:

NOW I don't prep dinner, because I want to make dinner fresh every night and don't want to be rushed. Usually a lean meat, veggies and a salad. You could just cook another lunch, if you also wanted dinner included in your meal prep.

Eat every 2-3 HOURS! Do NOT skip meals.

Breakfast:

-2 Egg White Muffins & ½ cup of spinach or ½ cup of brown rice (optional)



-SNACK: -2 protein bars (carrot flavor)



Lunch:

-4oz of baked chicken, steamed sweet potato, half a cup of steamed broccoli & 1 diced tomato



SNACK:

-2 turkey meatballs with half a cup of spinach



SNACK:

Protein Powder with almond milk/water PRE or POSTWORKOUT drink

Dinner: (example of dinners)

- Baked Tilapia with salad & 1/2 a cup of brown/wild rice
- Seared Tilapia Lettuce wraps with sauteed corn & onions
- Baked Chicken with sauteed zucchini & squash

**Try to have Veggies cover 50% of your plate, Carbs 25%, and lean meat 25%



Dessert: Chocolate Protein Mousse

**Limit Dessert to only a couple times a week

I usually have dessert once to twice a week after dinner.



GROCERY LIST

Note to self: If you can't pronounce the ingredients, DON'T EAT IT :)

If it has more than 3 ingredients, DON'T EAT IT.

*Be sure to take a women's multivitamin every day

-3 sweet potatoes

-3-4 tomatoes

-Fresh or Frozen Broccoli (1 bag or prepackaged in Veggie Section)

-1 package of Zucchini (Can sub with Personal Preference veggie!)

-1 package of Yellow Squash

-1 Carton of Strawberries

-1 package/box of wild or brown rice

(I prefer the brand Royal Blend Wild Rice)

-1-2 Bags of fresh SPINACH

-1 can of chickpeas

-1-2 cartons of 100% liquid Egg Whites

-1 Package of Extra Lean Ground Turkey

-1 Package of Hormone Free Chicken Breast

-1 Package Frozen Tilapia Filets (optional for dinners)

-Mrs.Dash NO SALT Seasoning (garlic & herb)

-Cinnamon

-Package or Jar of Unsweetened applesauce

-Stevia in the Raw (LARGE bag) OR jar of Pure Honey

-Gallon of unsweetened Almond Milk

-Chobani or Fage PLAIN Greek Yogurt 35oz (LARGE)

-Chocolate or Vanilla Protein Powder (I prefer Muscle Milk Brand Chocolate Powder)

-optional: 8oz of carrot baby food (FOR CARROT PROTEIN BARS)

**Make sure ingredients are 100% pureed carrots (can sub. Pumpkin if choosing to make Pumpkin Protein Bars

-Balsamic Vinaigrette (I prefer Newman's Own brand)

-PB2 (optional, can only be purchased at Walmart)

**PB2 is powdered Peanut Butter, Just add water. Has 85% less calories than traditional peanut butter

**Optional if eating bread use the following brands:

-Ezekial Bread Loaf (found in frozen section because it has NO preservatives)

-Ezekial Tortillas (found in frozen section because it has NO preservatives)

Chocolate Protein Mousse

<http://aleshahaley.wordpress.com/2013/09/19/chocolate-protein-mousse-clean-eating/>



Ingredients:

3/4th of a CUP of PLAIN Greek Yogurt (I prefer the Chobani brand)

-1 scoop of Chocolate Protein Powder **You could use Vanilla flavored and just add more coco powder

-1 TB of Unsweetened Coco Powder

-1 TB of HONEY or Stevias

-2 TB of water

-OPTIONAL: Sliced Strawberries

Ingredients for Peanut Butter Topping

-2 TB of PB2 (Powdered Peanut Butter)

**OR an all natural Peanut Butter

-2 TB of PLAIN Greek Yogurt

-1TB of water

OPTIONAL: a martini serving glass if your classy like that Or a red solo cup you know, whatever works! -To achieve the best mousse texture you have to play around with the measurements of your ingredients. These are based on the brands I use.

Directions: mix all your Chocolate Mousse ingredients in a large bowl, slowly add 1 TB of water at a time till you achieve the best thick mousse texture. Next mix your Peanut Butter topping in a separate bowl. Slice up your strawberries and place in your glass for serving. Next add however much Mousse you would like, (approx 2 scoops is my one serving). Then top with more strawberries and the PB2 mix. Sprinkle with a pinch of cinnamon. And finally DEVOUR your yummy dessert! OR if you have self control you can store in your fridge and save for later.

*This recipe makes 2 servings, one for you and one for a friend that you love dearly and are willing to share your awesomeness with!