



Weight Loss Program - week 3



MON



BREAKFAST
Liquid Gold Green Smoothie



LUNCH
Kale & Tempeh Salad



DINNER
15 Minute Tilapia

TUE



BREAKFAST
Liquid Gold Green Smoothie



LUNCH
Lemony Kale & Cauliflower Salad



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



DINNER
Raw Walnut Tacos

WED



BREAKFAST
Lucky Green Smoothie



LUNCH
Chicken Salad with Lemon Garlic Tahini Dressing



DINNER
Taco Salad with Beef

THU



BREAKFAST
Detox Green Smoothie



LUNCH
Turmeric Chicken Salad



DINNER
One Pan Roasted Edamame & Broccoli Salad

FRI



BREAKFAST
Lucky Green Smoothie



LUNCH
Spinach Salad with Tuna & Egg



DINNER
Paleo Tabbouleh

SAT



BREAKFAST
Blueberry Detox Smoothie



LUNCH
Creamy Cauliflower Salad



DINNER
Grilled Halibut with Arugula Salad

SUN



BREAKFAST
Lucky Green Smoothie



LUNCH
Zucchini Noodles with Pesto & Tomatoes



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



DINNER
Kale & Tuna Salad with Parsley Vinaigrette



FRUITS

- 5 Avocado
- 6 Banana
- 5 1/2 Lemon
- 1 cup Lemon Juice
- 6 Lime
- 3 tbsps Lime Juice
- 2 Pear

BREAKFAST

- 1 tbsp Almond Butter
- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 2 tbsps Chia Seeds
- 2 1/3 tbsps Chili Powder
- 1 2/3 tbsps Cumin
- 3/4 tsp Garlic Powder
- 1/2 cup Ground Flax Seed
- 1 1/8 cups Hemp Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 1/4 cup Sunflower Seeds
- 1 tsp Turmeric
- 2 1/2 cups Walnuts

FROZEN

- 2 cups Frozen Blueberries
- 1 cup Frozen Edamame
- 4 1/2 cups Frozen Mango

VEGETABLES

- 4 cups Arugula
- 25 cups Baby Spinach
- 5 cups Broccoli
- 2 1/2 heads Cauliflower
- 3 stalks Celery
- 5 3/4 cups Cherry Tomatoes
- 3 Cucumber
- 1 tbsp Fresh Dill
- 3 Garlic
- 1 tbsp Ginger
- 7 stalks Green Onion
- 2 Jalapeno Pepper
- 19 cups Kale Leaves
- 1 cup Mint Leaves
- 4 1/2 cups Parsley
- 1/2 cup Red Onion
- 4 heads Romaine Hearts
- 2 Tomato
- 1 Zucchini

BOXED & CANNED

- 2 cans Tuna

BAKING

- 1/4 cup Cocoa Powder
- 1 1/2 tps Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 1 1/4 lbs Halibut Fillet
- 1/4 cup Parmigiano Reggiano
- 7 1/16 ozs Tempeh
- 2 Tilapia Fillet

CONDIMENTS & OILS

- 1/2 cup Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 tbsps Balsamic Vinegar
- 2 tbsps Capers
- 2 tbsps Coconut Aminos
- 1 1/2 tbsps Dijon Mustard
- 1 1/16 cups Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 1/4 cup Mayonnaise
- 1 tbsp Pesto
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Tahini
- 1 1/2 tps Tamari

COLD

- 16 Egg
- 7 cups Unsweetened Almond Milk

OTHER

- 5 Ice Cubes
- 12 3/4 cups Water



Liquid Gold Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 tbsps Cocoa Powder
- 2 1/2 cups Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Baby Spinach

DIRECTIONS

- 01 Throw all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!



Lucky Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

DIRECTIONS

- 01 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!



Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

DIRECTIONS

- 01 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!



Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 2 cups Frozen Blueberries
- 2 cups Baby Spinach
- 2 Banana (peeled, chopped and frozen)
- 2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk

DIRECTIONS

- 01 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!



Kale & Tempeh Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Coconut Aminos
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
7 1/16 ozs Tempeh (cut into thin slices)
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
8 cups Kale Leaves (finely chopped)
2 tbsps Hemp Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 04 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 05 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!



Lemony Kale & Cauliflower Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1/2 cup Lemon Juice
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/2 cup Green Olives (pitted, chopped)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 tbsps Extra Virgin Olive Oil

DIRECTIONS

- 01 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 02 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 03 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!



Chicken Salad with Lemon Garlic Tahini Dressing

2 SERVINGS 45 MINUTES



INGREDIENTS

8 ozs Chicken Breast
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (divided)
2 Egg
2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1 head Romaine Hearts (chopped)
1/2 Cucumber (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 02 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 03 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 04 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!



Turmeric Chicken Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Chicken Breast (skinless, boneless)
1 tbsp Avocado Oil
1 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1 cup Cherry Tomatoes
1/2 Cucumber (sliced)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
- 03 Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!



Spinach Salad with Tuna & Egg

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Egg
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
5 cups Baby Spinach
1 can Tuna (flaked and drained)
1/2 cup Pitted Kalamata Olives
1/8 tsp Sea Salt

DIRECTIONS

- 01 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 02 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 03 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!



Creamy Cauliflower Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 head Cauliflower (small, cut into very small florets)
- 2 Egg
- 1/4 cup Mayonnaise
- 1 1/2 tbsps Dijon Mustard
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Sea Salt
- 1 stalk Celery (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Fresh Dill

DIRECTIONS

- 01 Bring a large pot of water to a boil. Place cauliflower florets in a steamer basket over the boiling water and cover with a lid. Let it steam for 6 to 8 minutes, or until tender. Transfer to a plate or bowl and let it cool.
- 02 Meanwhile, hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool. Peel and finely chop the eggs.
- 03 In a large mixing bowl combine mayonnaise, Dijon mustard, apple cider vinegar and salt. Fold in the celery, green onion, fresh dill, cauliflower and the chopped egg. Mix until well combined. Season with additional salt if needed. Divide between bowls and enjoy!



Zucchini Noodles with Pesto & Tomatoes

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Zucchini (medium)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Pesto

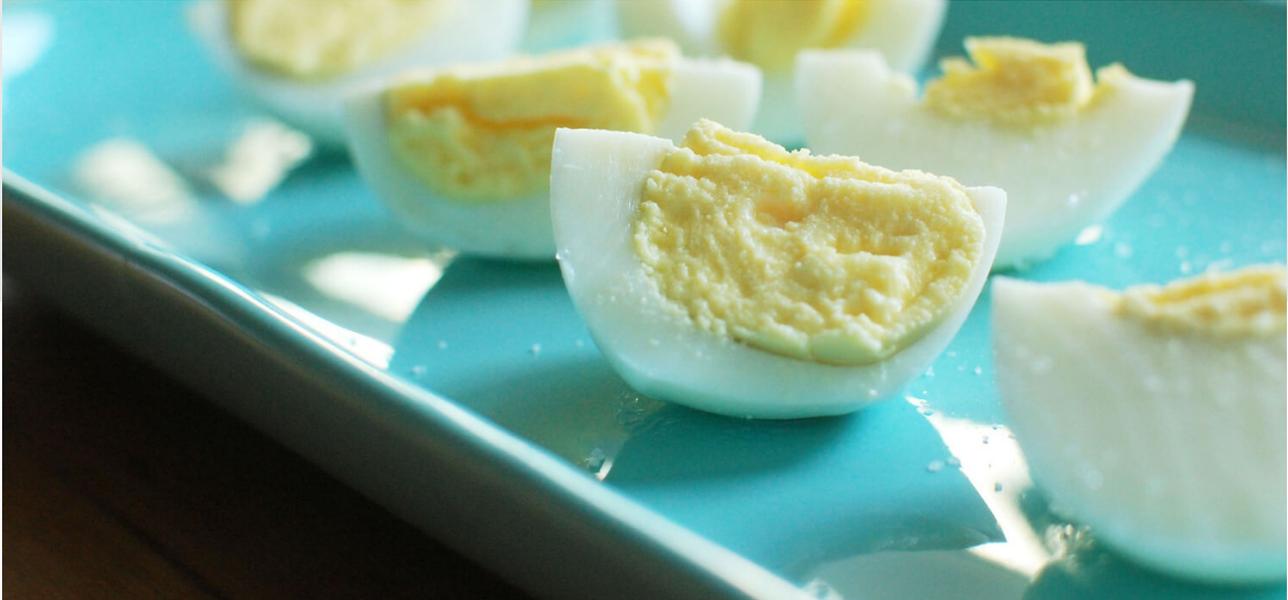
DIRECTIONS

- 01 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 02 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!



Salt n' Vinegar Hard Boiled Eggs

4 SERVINGS 35 MINUTES



INGREDIENTS

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



15 Minute Tilapia

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Water
1 1/2 cups Cherry Tomatoes
1/2 tsp Red Pepper Flakes
2 Tilapia Fillet
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Capers

DIRECTIONS

- 01 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 02 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 03 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 04 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!



Raw Walnut Tacos

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Walnuts (raw)
- 2 tsps Cumin
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Chili Powder
- 1 1/2 tsps Tamari
- 1/8 tsp Garlic Powder
- 1 head Romaine Hearts (leaves separated, washed and dried)
- 3/4 cup Cherry Tomatoes (halved)
- 1 Jalapeno Pepper (thinly sliced)
- 1/4 cup Red Onion (thinly sliced)
- 1 Avocado (cubed)

DIRECTIONS

- 01 In a food processor, add the walnuts, cumin, balsamic vinegar, chili powder, tamari and garlic. Pulse to combine until the walnuts are crumbly like ground meat.
- 02 Add the ground mixture to romaine leaves and top with tomatoes, jalapeno, red onion, and avocado. Serve and enjoy!



Taco Salad with Beef

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.



One Pan Roasted Edamame & Broccoli Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

5 cups Broccoli (chopped into florets)
1 cup Frozen Edamame (shelled)
1 cup Walnuts
1/4 cup Avocado Oil (divided)
1/2 tsp Sea Salt
1 tbsp Almond Butter
1 tbsp Apple Cider Vinegar

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 02 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 03 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 04 Drizzle desired amount of dressing over top of the salad and serve.



Paleo Tabbouleh

4 SERVINGS 15 MINUTES



INGREDIENTS

1 head Cauliflower (small, sliced into florets)
3 cups Parsley (finely chopped)
1 cup Mint Leaves (finely chopped)
1 Cucumber (diced)
2 Tomato (medium, diced)
1/4 cup Hemp Seeds
1 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 02 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 03 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!



Grilled Halibut with Arugula Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 Lemon (juiced and the other cut into wedges)
- 1 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 4 cups Arugula
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (finely diced)
- 1 1/4 lbs Halibut Fillet
- 1/4 tsp Black Pepper
- 1/4 cup Parmigiano Reggiano (shaved)

DIRECTIONS

- 01 In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
- 02 In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
- 03 Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
- 04 Toss arugula salad with desired amount of dressing and top with shaved parmigiano reggiano. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!



Kale & Tuna Salad with Parsley Vinaigrette

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Parsley
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, crushed)
- 1 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Kale Leaves
- 1 can Tuna (drained and flaked)
- 2 stalks Green Onion (diced)
- 2 Egg (hard boiled, peeled and chopped)
- 2 stalks Celery (diced)
- 1/4 cup Sunflower Seeds

DIRECTIONS

- 01 Combine parsley, olive oil, lemon juice, garlic, apple cider vinegar, sea salt and black pepper together in a food processor or blender. Blend until smooth. Transfer into a jar.
- 02 Add kale leaves to a bowl. Pour half the dressing in the jar onto the kale leaves and massage. Add the tuna, green onion, eggs, celery and sunflower seeds. Drizzle with desired amount of remaining dressing and serve!

