



7 Day Meal Plan

Awesome decision to pull the trigger and actually download my free 7 day meal plan. Inside you'll find some of my favorite recipes from my [Flat Belly Formula](#) system that you can make to both burn fat and tone your body. Here are some guidelines to follow throughout this meal plan...

- Eat these meals every 3-4 hours
- Make sure you eat breakfast within 30 minutes of waking
- Consume the protein shake, greens and omega-3 supplement after your workout
- Unless you feel like cooking a lot I would recommend picking a few recipes that look good to you and focus on making those throughout the week. Eating leftovers for meals is a lot less time consuming and it still tastes great. ;)

WEEK 1	BREAKFAST	LUNCH	SNACK	DINNER	SHAKE
SUNDAY	Carrot Banana Muffins ; sausage links	Chef Salad	Jerky ; Fruit	Halibut with Dijon & Almonds ; Collard Greens	Protein Shake with Greens & Omega-3
MONDAY	Veggies & Eggies	Spicy Tuna Salad	Bananas with Almond Butter & Coconut	Lamb Patties ; Roasted Green Beans	Protein Shake with Greens & Omega-3
TUESDAY	Blueberry Pancakes	Bacon, Chicken & Avocado Salad	Candy Bars	Lime-Cilantro Pork Tacos	Protein Shake with Greens & Omega-3
WEDNESDAY	Chorizo Scrambled Eggs	Spinach Salad with Grilled Steak	Trail Mix	Taco Salad	Protein Shake with Greens & Omega-3
THURSDAY	Fruit Salad with Cinnamon ; sausage links	Summer Vegetable Frittata	Jerky ; Veggies	Chicken Fajitas with Guacamole	Protein Shake with Greens & Omega-3
FRIDAY	Breakfast Smoothie	Bacon, Egg, Avocado & Tomato Salad	PB&J	Teriyaki Chicken	Protein Shake with Greens & Omega-3
SATURDAY	Western Omelet	Sloppy Joe's ; Basil Spinach	Berries with Balsamic Vinegar & Almonds	Fruit Chicken Thighs ; mixed greens; Simple Salad Dressing	Protein Shake with Greens & Omega-3

Recipes

Bacon, Chicken & Avocado Salad

Ingredients:

- 1/4 pound bacon, or 4–5 slices, cut into 1/2-inch bits
- 8 boneless, skinless chicken thighs, chopped into 2 inch pieces, seasoned with salt and pepper
- 1 avocado – peeled, pitted and cut into 1-inch chunks
- 1 head romaine lettuce, chopped 1/4 cup chopped red onion
1/2 cup chopped walnut

Directions:

1. In a pan over medium heat, cook the bacon “bits” until crisp. Remove and set aside, but save the bacon grease in the pan.
2. Add the chopped and seasoned chicken thighs to the pan and sauté in the bacon grease. Cook the chicken and turn so that every side is browned. Allow it to simmer over low heat while you prepare the rest of the salad.
3. Toss the chopped romaine, avocado, chicken and bacon together. Top with red onion and walnuts. Dress with your favorite vinaigrette.

Bacon, Egg, Avocado & Tomato Salad

Ingredients:

- 1 ripe avocado, chopped into chunks
- 2 hard boiled eggs, chopped into chunks 1 medium-sized tomato, chopped into
• chunks
- Juice from one lemon wedge

- 2–4 cooked pieces of bacon, crumbled
- (optional)
- Salt and pepper to taste

Directions:

1. Mix all ingredients together, stirring not too much, but just enough to make some of the avocado and egg into mush.

Basil Spinach

Ingredients:

- 1 Tbs coconut oil
- 1/2 yellow onion, diced
- 2 medium tomatoes, diced
- 4 handfuls of spinach
- 1 package (several sprigs) fresh basil

Directions:

1. Wash and prepare vegetables.
2. Heat a small skillet over medium-high heat. Add coconut oil when hot.
3. Add diced onions, and sauté until soft and translucent. Add tomatoes and cook for another minute or two.
4. Add spinach and basil to the pan and cook for one minute.
5. Serve warm.

Bananas with Almond Butter & Coconut

Ingredients:

- 1 large banana

- 2 Tbs almond butter
- 2 Tbs coconut milk

Directions:

6. Slice banana and divide between two small bowls.
7. Top with almond butter and coconut milk.

Berries with Balsamic Vinegar & Almonds

Ingredients:

- 1-2 cups fresh berries
- 4 tsp balsamic vinegar
- 1/3 cup slivered almonds

Directions:

1. Wash and slice fresh berries (if needed).
2. Evenly separate the berries between two small bowls.
3. Pour 2 tsp of balsamic vinegar over each serving.
4. Top with slivered almonds.

Blueberry Pancakes

Ingredients:

- 2 fresh or soaked dried dates
- 1 cup blueberries
- 1 cup Hemp or Unsweetened Almond Milk
- 3/4 cup water
- 1/2 cup sprouted or cooked quinoa
- 1 tsp baking powder
- 1 tsp baking soda

Directions:

1. In a food processor, process all ingredients until smooth.
2. Lightly oil a pan with coconut oil and heat over medium heat.
3. Pour in pancake batter to desired pancake size and cook for about 5 minutes or until bubbles begin to appear.
4. Flip and allow to cook for another 5 minutes.

Breakfast Smoothie

Ingredients:

- 2 cups frozen berries
- 2/3 cup unsweetened shredded coconut
- 1 cup almond milk
- 1-2 eggs (safest if from pastured chickens)

Directions:

5. Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.
6. Add shredded coconut, eggs, and almond milk.
7. Continue to blend until smooth, and divide into two glasses.

Candy Bars

Ingredients:

- 3 Tbs coconut oil
- 1/4 cup carob powder or cocoa (optional)
- 1/2 cup ground nuts (almonds, hazelnuts)
- 3/4 cup unsweetened shredded coconut
- 1 Tbs raw honey (optional, add more to taste)
- parchment paper

Directions:

1. Melt the honey and coconut oil in a saucepan over medium heat.
2. Once combined, add the carob, ground nuts and coconut and mix together.
3. Pour mixture onto a small baking sheet covered in parchment paper. Form into a square when cool enough to touch.
4. Refrigerate until hardened. Cut into 4 servings.

Carrot Banana Muffins

Ingredients:

- 2 cups almond flour
- 2 tsp baking soda
- 1 tsp sea salt
- 1 Tbs cinnamon
- 1 cup dates, pitted
- 3 ripe bananas
- 3 eggs
- 1 tsp apple cider vinegar
- 1/4 cup coconut oil
- 1 ½ cups carrots, shredded
- ¾ cup walnuts, finely chopped
- muffin paper liners

Directions:

5. Preheat oven to 350°F.
6. In a small bowl, combine almond flour, baking soda, salt and cinnamon.
7. In a food processor, combine dates, bananas, eggs, vinegar and oil.
8. Transfer mixture to a large bowl and blend until completely combined.
9. Fold in carrots and walnuts.
10. Spoon mixture into paper lined muffin tins.

11. Bake at 350° for 25 minutes.

Chef Salad

Ingredients:

- 4 eggs, hard-boiled, halved
- 1 head of red leaf lettuce
- 1/2 lb ham or grilled chicken, diced
- 2 slices bacon, cooked and crumbled
- 8 cherry tomatoes, halved
- 4 green onions, sliced thin
- 2 stalks celery, diced
- 1 avocado, diced
- 4 tsp Simple Salad Dressing

Directions:

12. Hard-boil eggs, cool and remove shells.
13. Cook bacon and crumble, grill chicken and dice (or dice ham).
14. Wash and chop vegetables.
15. Divide lettuce between two plates, top with vegetables, eggs, avocado and meats.
16. Top with Simple Salad Dressing.

Chicken Fajitas with Guacamole

Ingredients:

- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp chili powder
- 1 tsp sea salt (optional)

- 1 lb boneless, skinless chicken breasts, sliced into strips
- 1 Tbs coconut oil
- 1/2 red onion, sliced
- 2 red bell peppers, sliced
- juice of 1 lemon
- juice of 1 lime
- 2 heads butter lettuce, root removed, washed and dried
- guacamole
- 1 small jar salsa (or substitute fresh chopped tomatoes, cilantro and garlic)

Directions:

1. In a medium bowl, combine garlic, cumin, oregano, chili powder, and sea salt (if desired). Toss chicken in mixture until fully coated and set aside.
2. Heat a large saute pan over medium-high heat. When pan is hot, add coconut oil.
3. Saute onion for 3 minutes. Add chicken and continue to cook until chicken is almost fully cooked (about 10-15 minutes), stirring often.
4. Just before chicken is done, add red peppers, lemon and lime juice. Stir and cook for 3 more minutes.
5. Serve over lettuce and top with guacamole and salsa.

Chorizo Scrambled Eggs

Ingredients:

- 1 Tbs coconut oil
- 1/2 yellow onion, diced
- 1/4 lb chorizo, sliced (with no filler ingredients)
- 4 eggs
- dash of sea salt
- 1/4 tsp freshly ground black pepper
- hot pepper sauce

Directions:

6. Over medium-high heat, sauté the onions and chorizo in coconut oil until the chorizo gets crispy around the edges and the onion turns slightly translucent.
7. Meanwhile, beat the eggs in a small bowl and add sea salt and black pepper.
8. Pour the eggs into the pan with the crispy chorizo and translucent onions.
9. Scramble the eggs softly until cooked.
10. Top with hot sauce.

Collard Greens

Ingredients:

- 1 Tbs olive oil (or bacon drippings)
- 1/4 large yellow onion, diced
- 2-3 cloves garlic, minced
- 1 small tomato, seeded and diced
- 1 lb collard greens, remove tough stems
- sea salt (optional) and freshly ground black pepper, to taste
- handful of fresh herbs of choice (optional)
- 1/4 cup raw sunflower seeds (optional)

Directions:

1. Heat a large skillet over medium-high heat. Add bacon drippings or oil when hot.
2. Add onions and cook until onions just begin to turn clear.
3. Add garlic and tomatoes and continue to cook down (another 10 minutes or so).
4. Add greens, cover and cook for 10 minutes.
5. Season with sea salt, pepper, and fresh herbs (if desired) and cover for 15 minutes to continue to steam, or until the greens are wilted but not soggy.
6. Remove from heat, toss in sunflower seeds (if desired) and serve hot.

Fruit Salad with Cinnamon

Ingredients:

- 1 orange, peeled and diced
- 1 apple, diced
- 1/2 cup pecans or walnuts, chopped (optional)
- 1/2 tsp cinnamon

Directions:

7. Place the fruit into bowls.
8. Sprinkle with chopped nuts (optional) and/or cinnamon.

Fruited Chicken Thighs

Ingredients:

- 4-6 large chicken thighs, skin on
- 6 Tbs olive oil (divided)
- 1 medium yellow onion, diced
- 1 celery stalk, diced
- 1 garlic clove, minced
- 2 medium apples, cored and diced
- 1/4 cup golden raisins
- 1/4 cup walnuts, chopped
- 1 egg, beaten
- 1 tsp dried tarragon

Directions:

1. Preheat oven to 350°F.
2. Wash and chop onion, celery, garlic and apples.
3. Heat 2 Tbs olive oil in a skillet over medium-high heat.
4. When pan is hot, add onion, celery, and garlic. Sauté about 3 minutes, until onion and celery are tender.
5. Remove from heat.
6. Add apple, raisins, walnuts, and eggs. Mix well.

7. Prepare chicken thighs by pulling the skin away from the meat without removing it.
8. Stuff apple mixture between the skin and meat.
9. Arrange chicken pieces in a foil-lined baking dish with skin facing up.
10. In a small bowl, combine the remaining 4 tsp olive oil with tarragon. Brush over chicken thighs.
11. Bake, uncovered, basting every 15 minutes, for 1 hour or until chicken is fully cooked.

Halibut with Dijon & Almonds

Ingredients:

- olive or coconut oil
- 1 lb halibut or other white fish
- 2 Tbs Dijon mustard
- 2 Tbs almonds, chopped

Directions:

1. Preheat the oven to 350° F.
2. Lightly grease a baking sheet with olive or coconut oil.
3. Lay fish in the pan skin side down.
4. Spread Dijon mustard over fish and sprinkle with almonds.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.

Jerky

Ingredients:

- 1 pound chicken breast
- 1/4 cup olive oil
- Lemon juice
- 1 tsp crushed garlic and/or ginger

Directions:

1. Cut chicken into 1 inch wide strips and combine in Ziploc with other ingredients. Let sit in fridge overnight.
2. Next day: Bake in oven at 300 degrees in glass dish for thirty minutes.
3. Once cool, cut into strips, lay on mesh dehydrator trays and dry for 6 to 8 hours or till leathery.

Lamb Patties

Ingredients:

- 1 lb ground lamb
- 1 tsp olive oil
- 1 tsp sea salt (optional)
- 1/4 tsp freshly ground black pepper

Directions:

1. Form meat into 4 patties. Season each side with sea salt (optional) and black pepper.
2. Add oil to a medium skillet over medium-high heat.
3. Add patties and cook, turning often.
4. 1/2 inch patties are done after 3 minutes per side at 160°, but cook to your desired level of "done-ness".

Lime-Cilantro Pork Tacos

Ingredients:

- 2 tsp coconut oil
- 1 lb pork tenderloin, trimmed and cut into 1/4" - 1/2" strips
- 1/4 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1 red onion, diced
- 1 small jalapeno, minced
- 1/2 cup chicken broth

- 2 medium tomatoes, diced
- 3 Tbs lime juice
- 3 Tbs cilantro, chopped
- 8 butter lettuce leaves (about 1 large head)

Directions:

1. Wash and chop onion, jalapeno, cilantro and tomatoes.
2. Season both sides of pork with sea salt and freshly ground black pepper.
3. Heat a large nonstick skillet over medium-high heat. When hot, add coconut oil to pan.
4. Sauté pork until lightly browned, about 4 minutes. Remove pork from pan and place in a bowl.
5. Add onion and jalapeno to hot pan, and sauté until tender.
6. Add broth and tomatoes, and reduce heat to low. Simmer two more minutes, scraping pan sides and bottom to loosen any browned bits.
7. Return pork and juices to pan. Stir in lime juice and simmer until pork is fully cooked.
8. Top with fresh cilantro and wrap with butter lettuce leaves to serve.

PB&J

Ingredients:

- 1 cup berries (fresh or frozen)
- 4 Tbs almond butter

Directions:

- Divide the berries between two bowls.
- Add 2 Tbs almond butter to each bowl and mix.

Roasted Green Beans

Ingredients:

- 1 lb green beans

- 1 Tbs olive oil
- 1 Tbs thyme

Directions:

1. Preheat oven to 350°F.
2. Wash and chop ends off beans.
3. Place in a roasting pan, drizzle with olive oil and sprinkle with thyme.
4. Toss until coated well and roast for 20 minutes.
5. Check occasionally and toss several times.

Simple Salad Dressing

Ingredients:

- 1 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 garlic clove, finely minced
- 1 tsp dijon mustard
- 1 tsp raw honey
- 1 Tbs lemon juice
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tsp dried herbs of choice (basil, thyme, chives, rosemary, oregano, tarragon)

Directions:

1. Whisk (or put in blender) balsamic vinegar, dijon mustard, minced garlic, raw honey and lemon juice until blended.
2. Gradually add olive oil while whisking (or blending).
3. Mix salt, pepper and dried herbs in to taste.
4. Store in the refrigerator.

Sloppy Joe's

Ingredients:

- 2 Tbs olive or coconut oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 cloves garlic, minced
- 1 lb ground beef
- 1 (15 oz) can tomato sauce
- 1 Tbs chili powder
- 1/2 tsp ground cumin

Directions:

1. Heat a large skillet over medium-high heat. Add oil when hot.
2. Add onion, green pepper, and garlic, and saute until tender.
3. Add ground beef, and continue to cook until beef starts to brown (stir occasionally).
4. Finally, stir in tomato sauce, chili powder and ground cumin.
5. Remove from heat and serve when beef is cooked through and tomato sauce is hot.

Spicy Tuna Salad

Ingredients:

- 2 cans tuna (oil-packed recommended)
- 20 (about 1 cup) green olives, chopped
- 2 green onions, chopped
- 1 jalapeno pepper, finely chopped
- 3 Tbs capers, rinsed
- 1/2 tsp red chili flakes
- juice of 3 lemons
- splash of olive oil
- 1 head butter lettuce or mixed greens (optional)

- 1 avocado, sliced

Directions:

1. Combine all the ingredients and serve over lettuce, with sliced avocado on top.
2. Serve immediately, or store it in the fridge for a day for more flavor. NOTE: always be sure to add the avocado just before serving.

Spinach Salad with Grilled Steak

Ingredients:

- 3 cups baby spinach
- A few slices red onion
- Small handful walnuts
- Small handful pecans
- 4 oz grilled steak or other protein

RASPBERRY VINAIGRETTE:

- 1/4–1/2 cup raspberry vinegar
- 1/2 cup olive oil
- 1 Tbsp Dijon mustard
- 1 tsp minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper

Directions:

1. Put spinach in a bowl and mix with nuts and onions.

TO MAKE DRESSING:

1. Mix together dressing ingredients. Add dressing to taste. Lay thinly sliced steak on top, either cold or warmed up.

Summer Vegetable Frittata

Ingredients:

- 1 1/2 Tbs olive or coconut oil
- 1 (6") zucchini, diced
- 1/2 red bell pepper, diced
- 1/2 red onion, diced
- 1 Tbs fresh thyme
- 1/2 tsp sea salt, divided
- 1/4 tsp freshly ground black pepper, divided
- 2 garlic cloves, minced
- 1 medium tomato, seeded and chopped
- 9 large eggs

Directions:

1. Heat coconut oil in a 10" oven-proof skillet over medium heat. When hot, add zucchini, pepper, onion, thyme, 1/4 tsp sea salt, 1/8 tsp pepper and garlic.
2. Cover and cook until vegetables are tender (about 5-7 minutes), stirring occasionally.
3. Stir in tomato. Cook, uncovered, for 5 minutes more or until liquid evaporates.
4. Combine eggs and remaining salt and pepper and whisk until frothy.
5. Pour eggs over vegetable mixture and stir gently. Cover, reduce heat and cook 15 minutes.
6. Meanwhile, preheat broiler to low. Finish frittata with 3 minutes under the broiler (until fully set).
7. Invert onto a plate, slice and serve warm or cold.

Taco Salad

Ingredients:

- 1 lb lean ground beef or turkey
- 2 Tbs chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp sea salt
- 3/4 cup water
- 1/2 yellow onion, diced
- 1 medium tomato, diced
- 3 romaine hearts
- 1 can black olives, sliced
- 1 avocado
- fresh cilantro
- 1 small jar of salsa

Directions:

1. Heat medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until browned.
2. Add chili powder, garlic salt, cumin, oregano, sea salt and water, and let simmer for 5 minutes more.
3. Meanwhile, wash lettuce and tear onto two plates (save some for leftovers).
4. Top with meat, sliced avocado, black olives, tomatoes, cilantro and salsa.

Teriyaki Chicken

Ingredients:

- 1 Tbs coconut oil
- 1 lb boneless, skinless chicken breasts
- 1/4 tsp sea salt

- 1/4 tsp freshly ground black pepper
- 1 medium yellow onion, diced
- [coconut aminos](#) (tastes like soy sauce)
- 1 cup pineapple, diced
- 1 medium red pepper, diced
- 3 romaine hearts

Directions:

1. Prepare all vegetables.
2. Cut chicken breasts into 1" pieces, and season lightly with sea salt and freshly ground black pepper.
3. Heat a large skillet over medium-high heat and add coconut oil when hot.
4. Add onions and chicken to the pan and cook about 5 minutes.
5. Add a small splash of coconut aminos (about 2 Tbs), and continue to cook another 5 minutes.
6. Add pineapple and peppers and cook until chicken is cooked and vegetables are tender.
7. Serve over chopped romaine.

Trail Mix

Ingredients:

- 1 cup whole almonds
- 1/2 cup whole cashews
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sunflower seeds
- 1/2 cup raisins (golden raisins suggested)
- 1/2 cup dried currants
- 1/2 cup dried blueberries

Directions:

1. Combine all ingredients and store in an air tight container.

Veggies & Eggies

Ingredients:

- 4 strips bacon (reserve 1 Tbs bacon grease)
- 1/4 yellow onion, diced
- several leaves of kale, chard or spinach, chopped
- 1 clove garlic, minced
- 4 eggs
- 1 avocado, sliced

Directions:

1. Cook bacon. Remove from pan and put on paper towel to absorb extra oil. Crumble bacon when cool, and set aside.
2. Drain pan of all but a coating of bacon grease.
3. Sauté onion in bacon grease until slightly translucent. Add garlic and chard to pan, and continue to cook until tender. Remove to two plates.
4. With the pan still hot, cook the eggs over easy in the leftover juices of the sauté.
5. When the eggs are cooked, layer them on top of the vegetables.
6. Top with the sliced avocado and crumbled bacon.

Western Omelet

Ingredients:

- 4 eggs
- 1 tsp coconut oil
- 1/2 yellow onion, diced
- 1 bell pepper, diced
- 1 medium tomato, diced
- 1 cup spinach
- 1/4 lb ham, cooked and diced
- sea salt and fresh ground black pepper to taste

Directions:

1. Wash and chop vegetables. Set aside.
2. Crack eggs into small bowl and beat well. Set aside.
3. Heat non-stick skillet over medium heat. When hot, add coconut oil to pan.
4. Pour half of the beaten eggs into the skillet and coat the bottom of the pan. When the egg has partially set, scrape the edges and tip the pan so that the uncooked egg at the top can spread to the hot cooking surface of the skillet.
5. Immediately after, add half of the vegetables and ham to one half of the omelet and continue to cook until the egg is almost fully set.
6. Using a spatula, fold the empty half over top of the ham and veggies. Cook for 2 minutes longer, then serve.
7. Repeat the process with the remaining ingredients to make the second omelet.