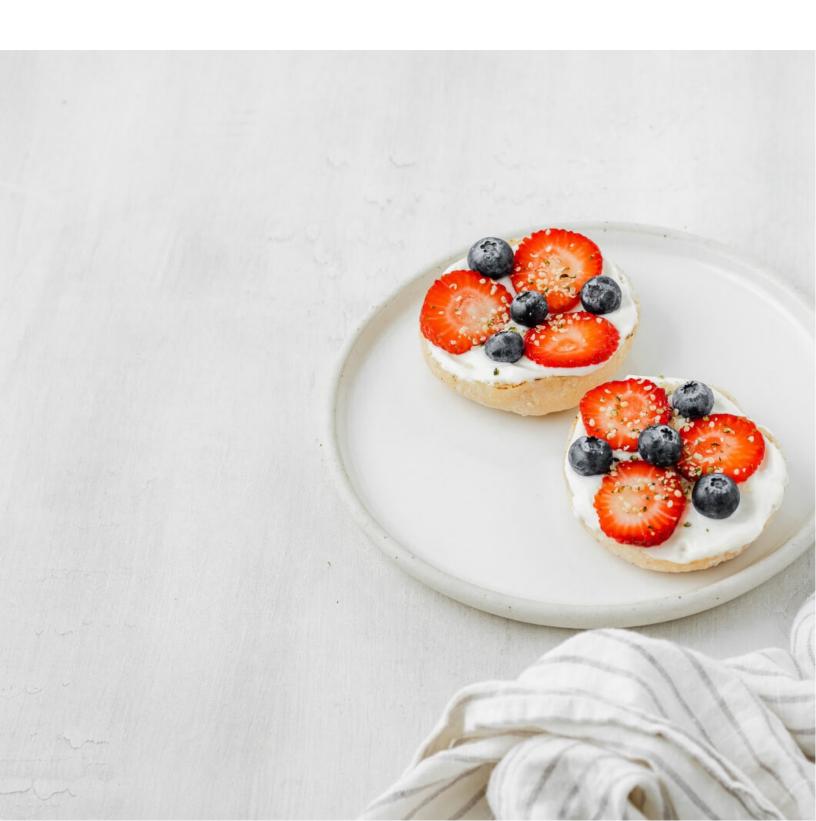


Week 1
Created by Michelle Dawn Coaching, Inc.



# Week 1

Michelle Dawn Coaching, Inc.

Thank you for downloading your free week of meals!

Feel free to swap a few ingredients, or make extra of one dinner to have for leftovers instead of making 5 new dinners.

These are meant to be easy, delicious and nutritious and I hope you enjoy them!

# Week 1

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Avocado Breakfast Toast	Mini Fruit Pizzas	Mixed Berry Protein Overnight Oats	Avocado Breakfast Toast	Mixed Berry Protein Overnight Oats
Snack 1	Mixed Berry Fruit Salad	Chestnut Hummus with Cucumber & Pita Chips	Red Bell Pepper & Cheese	Banana, Pecans & Greek Yogurt	Chestnut Hummus with Cucumber & Pita Chips
Lunch	Ranch & Spicy Chicken Chopped Salad	Tuna, Cream Cheese & Tomato Wrap	Black Bean Tacos	Ranch & Spicy Chicken Chopped Salad	Chickpea Salad with Creamy Sumac Dressing
Snack 2		Peach Blueberry Smoothie	Blueberries & Almonds		English Muffin with Peanut Butter & Banana
Dinner	Sweet Potato Nacho Fries	Ground Beef, Cabbage & Carrot Skillet	Cod, Cauliflower Steaks & Rice	Chicken, Cabbage & Wild Rice	Beef Taco Pizza



# Week 1

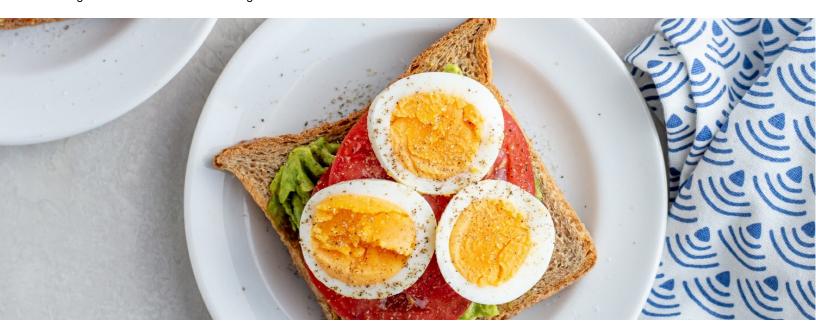
82 items

Fruits	Vegetables	Bread, Fish, Meat & Cheese	
1 1/3 Avocado	1/2 Carrot	5 ozs Cheddar Cheese	
1 1/2 Banana	1/4 head Cauliflower	4 ozs Chicken Breast	
2 2/3 tbsps Blackberries	2 cups Cherry Tomatoes	1 lb Chicken Thighs	
2 cups Blueberries	1/4 cup Chives	1/2 Cod Fillet	
3/4 Lemon	1 tbsp Cilantro	2 Corn Tortilla	
1/4 Lime	2/3 Cucumber	1 tbsp Cream Cheese, Regular	
1 1/3 tbsps Pomegranate Seeds	1/4 cup Fresh Dill	4 ozs English Muffin	
2/3 cup Raspberries	<b>1 1/2</b> Garlic	5 1/3 ozs Extra Lean Ground Beef	
2/3 cup Strawberries	2 1/2 cups Green Cabbage	2 slices Whole Grain Bread	
	1/2 stalk Green Onion	1 Whole Wheat Tortilla	
Breakfast	1/4 head Iceberg Lettuce		
2 tbsps All Natural Peanut Butter	2 2/3 tbsps Parsley	Condiments & Oils	
2 1/3 tbsps Maple Syrup	1 Red Bell Pepper 2 tsps Red Onion	2 tbsps Avocado Oil	
Seeds, Nuts & Spices	2 heads Romaine Hearts	3 1/4 tbsps Extra Virgin Olive Oil	
——————————————————————————————————————	1/2 Sweet Potato	1/4 cup Hot Sauce	
1/4 cup Almonds	1 1/2 Tomato	1/4 cup Ranch Dressing	
2/3 cup Chestnuts	1/4 Yellow Bell Pepper	2 1/8 tbsps Tahini	
1/2 tsp Garlic Powder	1/8 Yellow Onion	Cold	
2 tbsps Ground Flax Seed	ine relief cinen	Cold	
1/8 tsp Ground Sumac	Boxed & Canned	3/4 tsp Butter	
2 2/3 tbsps Hemp Seeds	1/4 cup Basmati Rice	<b>2 1/3</b> Egg	
1/4 tsp Paprika		1 1/3 tbsps Guacamole	
1/4 cup Pecans	1 cup Black Beans	1 cup Oat Milk	
1 tsp Sea Salt	1/2 cup Chicken Broth	3/4 cup Plain Greek Yogurt	
Sea Salt & Black Pepper	1/2 cup Chickpeas	1 tbsp Sour Cream	
1 tsp Sesame Seeds	1 tbsp Salsa	1 cup Soy Milk	
1 1/3 tbsps Taco Seasoning	1/2 can Tuna	1/4 cup Unsweetened Coconut Yogurt	
	1/4 cup Wild Rice		
Frozen	Dakina	Other	
	Baking		
1/2 cup Frozen Blueberries	1 1/3 tbsps Arrowroot Powder	1 2/3 ozs Pita Chips	
3/4 cup Frozen Peaches	1/2 tsp Baking Powder	3/4 cup Vanilla Protein Powder	
	1/3 cup Corn Flour	1/3 cup Water	
	1 cup Oats		
	1 1/4 tsps Tapioca Flour		



## **Avocado Breakfast Toast**

5 ingredients · 25 minutes · 1 serving



#### **Directions**

 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

### **Notes**

#### How to Hard-Boil Eggs

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

## Gluten-Free

Use gluten-free bread.

## No Hard-Boiled Eggs

Use fried, scrambled or poached eggs instead.

## Likes it Spicy

Add a pinch of chili flakes or hot sauce to the mashed avocado.

## Ingredients

1/2 Avocado (small, mashed)

1 slice Whole Grain Bread (toasted)

1/2 Tomato (small, sliced)

1 Egg (hard-boiled, peeled and sliced)

Sea Salt & Black Pepper (to taste)

# Mini Fruit Pizzas

6 ingredients · 5 minutes · 1 serving



#### **Directions**

- 1. In a small bowl, mix the yogurt and maple syrup until smooth.
- 2. Divide the yogurt mixture between the English muffin halves and top with strawberries, blueberries, and hemp seeds. Enjoy!

## **Notes**

#### Leftovers

Best enjoyed immediately but the yogurt mix can be refrigerated for up to three days.

#### Serving Size

One serving is one English muffin.

## Make it Vegan

Use a plant-based yogurt alternative.

### **Additional Toppings**

Chia seeds, shredded coconut and/or nut butter.

## Gluten-Free

Use a gluten-free English muffin.

## **English Muffin**

One English muffin is roughly two ounces or 57 grams.

## Ingredients

1/4 cup Plain Greek Yogurt

1 tsp Maple Syrup

2 ozs English Muffin (cut in half, toasted)

1/4 cup Strawberries (sliced)

1/4 cup Blueberries

2 tsps Hemp Seeds

# **Mixed Berry Protein Overnight Oats**

8 ingredients · 8 hours · 1 serving



#### **Directions**

- 1. In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

## Serving Size

One serving is approximately one cup.

## No Soy Milk

Use any type of milk.

# **Additional Toppings**

Cinnamon, coconut flakes, nut butter, nuts, and seeds.

## Ingredients

1/2 cup Oats (rolled)

1/4 cup Vanilla Protein Powder

1/2 cup Soy Milk

2 tbsps Unsweetened Coconut Yogurt

1 tbsp Maple Syrup

1/4 cup Blueberries

1/4 cup Raspberries

1 tbsp Hemp Seeds

# **Mixed Berry Fruit Salad**

4 ingredients · 10 minutes · 1 serving



## **Directions**

1. Add the fruit to a bowl and mix to combine. Divide into bowls or onto plates. Enjoy!

## **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

## Serving Size

One serving is approximately 3/4 cup.

## **Additional Toppings**

Nuts, seeds, coconut flakes, honey and/or maple syrup.

# Ingredients

1/3 cup Strawberries (chopped)

2 2/3 tbsps Blackberries

2 2/3 tbsps Blueberries

2 2/3 tbsps Raspberries

# **Chestnut Hummus with Cucumber & Pita Chips**

10 ingredients · 10 minutes · 1 serving



#### **Directions**

- Add the chestnuts, tahini, garlic, oil, salt, and lemon juice to a food processor. Blend until pureed.
- 2. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt and lemon juice, if needed.
- Transfer the mixture to a serving bowl. Top with sesame seeds and additional oil, if using. Serve with cucumber slices and pita chips. Enjoy!

## **Notes**

#### Leftovers

Refrigerate the chestnut hummus and cucumbers in separate containers for up to four days.

#### Serving Size

One serving is approximately 1/3 cup of hummus with pita chips and cucumber.

### More Flavor

Add cumin and chili flakes.

#### Consistency

If the chestnut hummus is too thick, add additional cold water, one tablespoon at a time.

## Ingredients

1/3 cup Chestnuts (roasted, deshelled)

2 1/4 tsps Tahini

1/2 Garlic (clove)

**1 1/2 tsps** Extra Virgin Olive Oil (plus extra for garnish)

1/4 tsp Sea Salt

1/4 Lemon (juiced)

2 tbsps Water (cold)

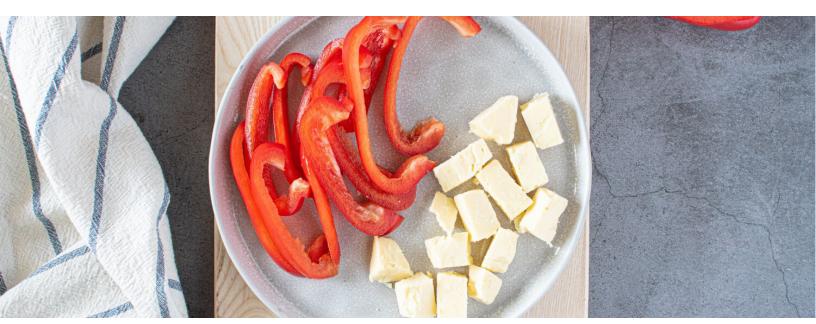
1/2 tsp Sesame Seeds (for garnish, optional)

1/4 Cucumber (medium, sliced)

3/4 oz Pita Chips

# Red Bell Pepper & Cheese

2 ingredients · 5 minutes · 1 serving



## **Directions**

1. Place the pepper slices and cheese on a plate. Enjoy!

## **Notes**

### Leftovers

Best enjoyed immediately, but can be refrigerated in an airtight container for up to three days.

## Dairy-Free

Use dairy-free cheese instead of regular cheese.

# Ingredients

1/2 Red Bell Pepper (sliced)2 ozs Cheddar Cheese (cubed)



# Banana, Pecans & Greek Yogurt

3 ingredients · 5 minutes · 1 serving



## **Directions**

1. Slice the banana if desired. Serve with yogurt and pecans. Enjoy!

## **Notes**

### Serving Size

One serving is equal to one banana, 1/2 cup of yogurt, and a 1/4 cup of pecans.

#### More Flavor

Use vanilla yogurt instead.

## Dairy-Free

Use dairy-free yogurt instead.

# Ingredients

1 Banana

1/2 cup Plain Greek Yogurt

1/4 cup Pecans

# Ranch & Spicy Chicken Chopped Salad

9 ingredients · 30 minutes · 1 serving



## **Directions**

- 1. In a bowl, add the chicken thighs, oil, and hot sauce. Mix to combine.
- Preheat the grill over medium heat. Place the chicken thighs on the grill and cook for about seven to eight minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Chop into bite-sized pieces.
- 3. To assemble the salad, add the romaine, tomatoes, dill, chives, chicken, and ranch dressing to a large bowl. Toss to combine and season with salt and pepper. Divide evenly between bowls, top with the chicken, and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days. If meal prepping, add the dressing when ready to eat.

#### Serving Size

One serving is approximately 2 1/2 cups of salad with chicken.

#### **Additional Toppings**

Sliced red onion, cucumber and or/ cheddar cheese.

## No Ranch Dressing

Use your favorite dressing of choice.

#### No Gril

Use a cast-iron pan on the stove instead.

## Ingredients

8 ozs Chicken Thighs (boneless, skinless)

1 1/2 tsps Avocado Oil

2 tbsps Hot Sauce

1 head Romaine Hearts (chopped)

1/2 cup Cherry Tomatoes (cut in half)

2 tbsps Fresh Dill (chopped)

2 tbsps Chives (chopped)

2 tbsps Ranch Dressing

Sea Salt & Black Pepper (to taste)

# **Tuna, Cream Cheese & Tomato Wrap**

5 ingredients · 10 minutes · 1 serving



#### **Directions**

1. Mix the tuna, tomatoes, and cream cheese until well combined. Spread the mixture over a tortilla and top it with lettuce leaves. Roll tightly into a wrap and enjoy!

### **Notes**

#### Leftovers

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

## Serving Size

One serving is equal to one wrap.

#### More Flavor

Add fresh herbs like parsley, basil, and chives.

## Dairy-Free

Use dairy-free cream cheese instead.

#### **Canned Tuna**

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

1/2 can Tuna (drained)

1 cup Cherry Tomatoes (chopped)

1 tbsp Cream Cheese, Regular

1 Whole Wheat Tortilla

1/4 head Iceberg Lettuce (small, leaves pulled apart)

## **Black Bean Tacos**

8 ingredients · 15 minutes · 1 serving



#### **Directions**

- Heat the oil in a large pan over medium heat. Once hot, add the black beans and taco seasoning. Mix well until the beans are coated. Heat for three to five minutes, stirring often.
- 2. Divide the beans evenly between the tortillas and top with the sour cream, salsa, cheese, and avocado. Enjoy!

## **Notes**

#### Leftovers

Refrigerate in an airtight container for up to two days. Store the black beans separately from the tortillas and toppings. Cut the avocado when ready to serve.

### Serving Size

One serving is two tacos.

#### Make it Vegan

Omit the sour cream and cheese or use vegan versions of both.

## More Flavor

Add tomato paste, minced garlic and shallot to the oil before adding the beans.

## **Additional Toppings**

Chopped cilantro, pickled jalapeños, green onions, and/or hot sauce.

## Ingredients

2/3 tsp Extra Virgin Olive Oil

2/3 cup Black Beans (cooked)

2/3 tsp Taco Seasoning

2 Corn Tortilla (small)

1 tbsp Sour Cream

1 tbsp Salsa

1/2 oz Cheddar Cheese (shredded)

1/3 Avocado (sliced)

# **Chickpea Salad with Creamy Sumac Dressing**

11 ingredients · 15 minutes · 1 serving



#### **Directions**

- In a large bowl, whisk together the tahini, lemon juice, oil, water, garlic powder, sumac, salt, and pepper. Add water one tablespoon at a time to make it thinner as needed. Set aside.
- 2. In the same bowl, combine the chickpeas, cucumber, parsley, and pomegranate seeds. Toss with the dressing and season with salt and pepper. Divide evenly between bowls and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

## Serving Size

One serving is approximately one cup.

#### **Additional Toppings**

Feta cheese and/or extra herbs.

## Ingredients

2 tsps Tahini

1/3 Lemon (small, juiced)

2 tsps Extra Virgin Olive Oil

2 tsps Water

1/16 tsp Garlic Powder

1/8 tsp Ground Sumac

Sea Salt & Black Pepper (to taste)

1/2 cup Chickpeas (cooked, rinsed)

1/8 Cucumber (medium, chopped)

2 2/3 tbsps Parsley (roughly chopped)

1 1/3 tbsps Pomegranate Seeds

# **Peach Blueberry Smoothie**

5 ingredients · 5 minutes · 1 serving



## **Directions**

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## **Notes**

#### Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

#### No Oat Milk

Use plain coconut milk instead.

#### No Frozen Peaches

Use frozen mango.

# Ingredients

1 cup Oat Milk

1/2 cup Frozen Blueberries

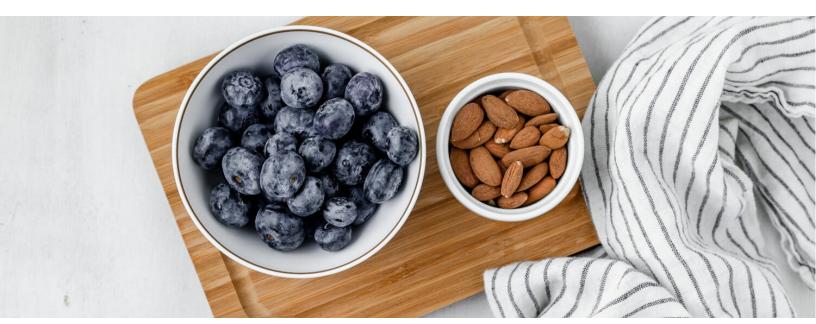
3/4 cup Frozen Peaches

2 tbsps Ground Flax Seed

1/4 cup Vanilla Protein Powder

# **Blueberries & Almonds**

2 ingredients · 5 minutes · 1 serving



## **Directions**

1. Serve the almonds with the blueberries and enjoy!

## **Notes**

### Leftovers

Refrigerate in an airtight container for up to four days.

# Ingredients

1/4 cup Almonds1 cup Blueberries

# **English Muffin with Peanut Butter & Banana**

3 ingredients · 5 minutes · 1 serving



## **Directions**

Spread the peanut butter evenly over the English muffin and top with banana slices.
 Enjoy!

### **Notes**

#### Leftovers

Best enjoyed immediately.

## **Additional Toppings**

Top with a sprinkle of cinnamon or a drizzle of honey.

### Gluten-Free

Use a rice cake, gluten-free bread slice or toasted sweet potato slice instead of an english muffin.

## **English Muffin**

One English muffin is roughly two ounces or 57 grams.

# Ingredients

2 tbsps All Natural Peanut Butter2 ozs English Muffin (halved, toasted)1/2 Banana (sliced)



## **Sweet Potato Nacho Fries**

10 ingredients · 40 minutes · 1 serving



#### **Directions**

- 1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2. In a large bowl, add the sweet potato and tapioca flour. Toss to evenly coat each fry. Add the oil and taco seasoning and toss again.
- **3.** Spread the sweet potato fries onto the baking sheet in an even layer. Bake for 25 to 30 minutes, flipping halfway through.
- 4. With about five minutes left, push the fries together and sprinkle the cheese over the fries. Put back in the oven until the cheese melts. Broil on high for one to two minutes to brown the cheese, if desired.
- 5. Remove from the oven and top with the bell peppers, tomatoes, beans, and onions. Divide evenly between plates and enjoy!

## Notes

#### Leftovers

Best enjoyed immediately but can be stored in an airtight container for up to three days. For best results, reheat in the oven.

#### Serving Size

One serving is approximately 1 1/2 cups.

### Make it Vegan

Use dairy-free cheese.

#### **Additional Toppings**

Serve with sour cream, hot sauce, cilantro, and/or guacamole. Top with your favorite cooked protein.

## Ingredients

1/2 Sweet Potato (large, cut into fries)

1 1/4 tsps Tapioca Flour

1 tbsp Avocado Oil

1 tbsp Taco Seasoning

2 1/8 ozs Cheddar Cheese (shredded)

1/4 Yellow Bell Pepper (medium, diced)

1/4 Red Bell Pepper (medium, diced)

1/2 Tomato (small, diced)

1/3 cup Black Beans (rinsed, drained)

1/2 stalk Green Onion (chopped)

# **Ground Beef, Cabbage & Carrot Skillet**

9 ingredients · 25 minutes · 1 serving



#### **Directions**

- Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
- 2. Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
- 3. Drizzle with lime juice and top with cilantro before serving. Enjoy!

## Notes

#### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

## More Flavor

Add mushrooms.

#### No Lime

Use lemon instead.

## Ingredients

1/2 tsp Extra Virgin Olive Oil

1/8 Yellow Onion (diced)

1/2 Garlic (clove, minced)

4 ozs Extra Lean Ground Beef

1 cup Green Cabbage (thinly sliced)

1/2 Carrot (medium, julienned)

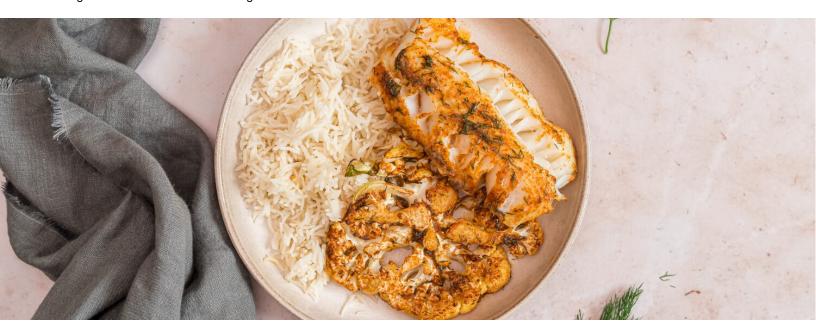
Sea Salt & Black Pepper (to taste)

1/4 Lime (juiced)

1 tbsp Cilantro (chopped)

# Cod, Cauliflower Steaks & Rice

8 ingredients · 35 minutes · 1 serving



#### **Directions**

- 1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2. Cook the rice according to package instructions.
- 3. In a small bowl, whisk together the oil, dill, paprika, garlic powder, and salt. Brush the mixture evenly onto the cauliflower and cod fillets.
- 4. Arrange the cauliflower steaks onto the baking sheet and bake for 20 minutes. Remove, then add the cod to the center of the baking sheet and bake for an additional 12 minutes, or until the fish flakes with a fork.
- 5. Divide the cod, rice, and cauliflower steaks evenly between plates and enjoy!

#### **Notes**

### Leftovers

Refrigerate in an airtight container for up to three days.

#### Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

## Ingredients

1/4 cup Basmati Rice (uncooked)

1 1/2 tsps Extra Virgin Olive Oil

3/4 tsp Fresh Dill (chopped)

1/4 tsp Paprika

1/8 tsp Garlic Powder

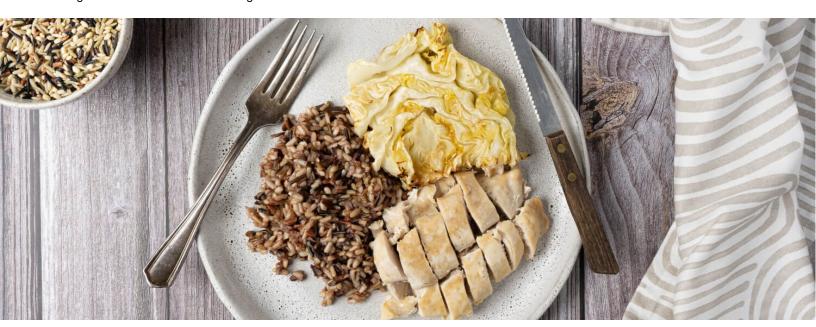
1/8 tsp Sea Salt

**1/4 head** Cauliflower (medium, cut into 3/4-inch slices)

1/2 Cod Fillet (cut in half)

# Chicken, Cabbage & Wild Rice

7 ingredients · 50 minutes · 1 serving



#### **Directions**

- 1. Preheat the oven to 400°F (205°C).
- 2. Cook the wild rice in the broth according to the package directions.
- Add the chicken and cabbage steaks onto a baking sheet. Add the melted butter, salt, and garlic powder. Use your hands to coat well. Bake in the oven for 30 minutes or until cooked through.
- 4. Serve the chicken and cabbage with rice. Enjoy!

### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one chicken breast, two cabbage steaks, and 1/2 cup of wild rice.

#### Make it Vegan

Use tofu or tempeh in place of the chicken.

#### **More Flavor**

Marinate the chicken. Add tamari and/or hot sauce.

### Dairy-Free

Use any cooking oil instead of butter.

## Ingredients

1/4 cup Wild Rice (dry)

1/2 cup Chicken Broth

4 ozs Chicken Breast

1 1/2 cups Green Cabbage (sliced into steaks)

3/4 tsp Butter (melted)

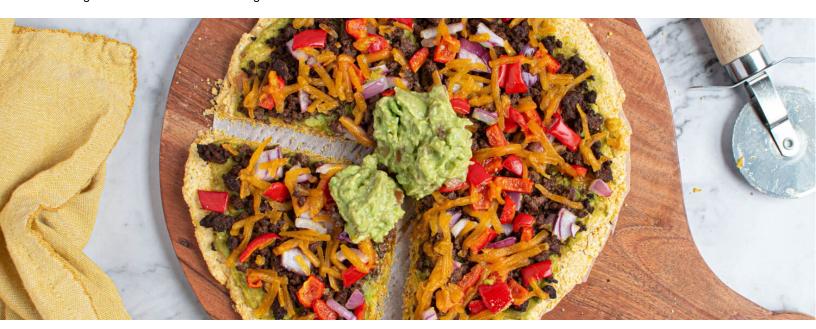
1/4 tsp Sea Salt

1/4 tsp Garlic Powder



## **Beef Taco Pizza**

12 ingredients · 30 minutes · 1 serving



#### **Directions**

- 1. Preheat the oven to 400°F (205°C).
- 2. In a mixing bowl, combine the corn flour, arrowroot powder, and baking powder. Mix to combine. Add the egg and oil, and stir until a crumbly dough starts to form. Add the water, one tablespoon at a time, and continue to mix until a thick dough has formed. Kneed the dough with your hands. If it's too crumbly, add a little more water. Set aside.
- 3. Warm a pan over medium heat. Add the ground beef and break it up with a spatula. Add the taco seasoning and cook for seven to 10 minutes or until browned, continuing to break it up as it cooks.
- **4.** Place the dough on a parchment-lined baking sheet or pizza pan. Form the dough into a nine-inch wide circle, about 1/4-inch (1/2 cm) thick.
- 5. Spread the guacamole in a thin layer over the dough, then top with ground beef, red onion, bell pepper, and cheese. Transfer to the oven and bake for 15 minutes.
- 6. Slice, serve, and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days. Wrap individual slices and freeze for up to three months.

#### **Serving Size**

One serving is equal to approximately two slices.

### Make it Vegan

Use crumbled tempeh or tofu instead of beef. Use vegan cheese.

#### **Additional Toppings**

Black olives, cilantro, tomato, jalapeño, or sour cream.

### Ingredients

1/3 cup Corn Flour

1 1/3 tbsps Arrowroot Powder

1/2 tsp Baking Powder

1/3 Egg

2 tsps Extra Virgin Olive Oil

1 1/3 tbsps Water

1 1/3 ozs Extra Lean Ground Beef

1/3 tsp Taco Seasoning

1 1/3 tbsps Guacamole

2 tsps Red Onion (chopped)

1/8 Red Bell Pepper (medium, chopped)

1/3 oz Cheddar Cheese (shredded)