

Week 1

Created by Michelle Dawn Coaching, Inc.



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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

- 1 1/3 Avocado
- 1 1/2 Banana
- 2 2/3 tbsps Blackberries
- 2 cups Blueberries
- 3/4 Lemon
- 1/4 Lime
- 1 1/3 tbsps Pomegranate Seeds
- 2/3 cup Raspberries
- 2/3 cup Strawberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 2 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 2/3 cup Chestnuts
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/8 tsp Ground Sumac
- 2 2/3 tbsps Hemp Seeds
- 1/4 tsp Paprika
- 1/4 cup Pecans
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/3 tbsps Taco Seasoning

Frozen

- 1/2 cup Frozen Blueberries
- 3/4 cup Frozen Peaches

Vegetables

- 1/2 Carrot
- 1/4 head Cauliflower
- 2 cups Cherry Tomatoes
- 1/4 cup Chives
- 1 tbsp Cilantro
- 2/3 Cucumber
- 1/4 cup Fresh Dill
- 1 1/2 Garlic
- 2 1/2 cups Green Cabbage
- 1/2 stalk Green Onion
- 1/4 head Iceberg Lettuce
- 2 2/3 tbsps Parsley
- 1 Red Bell Pepper
- 2 tpsps Red Onion
- 2 heads Romaine Hearts
- 1/2 Sweet Potato
- 1 1/2 Tomato
- 1/4 Yellow Bell Pepper
- 1/8 Yellow Onion

Boxed & Canned

- 1/4 cup Basmati Rice
- 1 cup Black Beans
- 1/2 cup Chicken Broth
- 1/2 cup Chickpeas
- 1 tbsp Salsa
- 1/2 can Tuna
- 1/4 cup Wild Rice

Baking

- 1 1/3 tbsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1/3 cup Corn Flour
- 1 cup Oats
- 1 1/4 tpsps Tapioca Flour

Bread, Fish, Meat & Cheese

- 5 ozs Cheddar Cheese
- 4 ozs Chicken Breast
- 1 lb Chicken Thighs
- 1/2 Cod Fillet
- 2 Corn Tortilla
- 1 tbsp Cream Cheese, Regular
- 4 ozs English Muffin
- 5 1/3 ozs Extra Lean Ground Beef
- 2 slices Whole Grain Bread
- 1 Whole Wheat Tortilla

Condiments & Oils

- 2 tbsps Avocado Oil
- 3 1/4 tbsps Extra Virgin Olive Oil
- 1/4 cup Hot Sauce
- 1/4 cup Ranch Dressing
- 2 1/8 tbsps Tahini

Cold

- 3/4 tsp Butter
- 2 1/3 Egg
- 1 1/3 tbsps Guacamole
- 1 cup Oat Milk
- 3/4 cup Plain Greek Yogurt
- 1 tbsp Sour Cream
- 1 cup Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1 2/3 ozs Pita Chips
- 3/4 cup Vanilla Protein Powder
- 1/3 cup Water

Avocado Breakfast Toast

5 ingredients · 25 minutes · 1 serving



Directions

1. 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.
2. 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

1. 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.
3. 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 tps Tahini
- 1/2 Garlic (clove)
- 1 1/2 tps 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.
2. 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 Grill

Use a cast-iron pan on the stove instead.

Ingredients

8 ozs Chicken Thighs (boneless, skinless)

1 1/2 tsps Avocado Oil

2 tsps Hot Sauce

1 head Romaine Hearts (chopped)

1/2 cup Cherry Tomatoes (cut in half)

2 tsps Fresh Dill (chopped)

2 tsps Chives (chopped)

2 tsps 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

1. 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

1. 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 **tsps** Parsley (roughly chopped)
- 1 1/3 **tsps** 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 Almonds
- 1 cup Blueberries

English Muffin with Peanut Butter & Banana

3 ingredients · 5 minutes · 1 serving



Directions

1. 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 **tbps** All Natural Peanut Butter
- 2 **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

1. 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.
3. 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. Knead 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)