

Lucky13Fitness 30 Day MEAL PLAN

Week 1

All meals serve 1 unless otherwise indicated

Day 1

Breakfast

Ingredients:

15 almonds
2 whole eggs + ½ cup whites
1 tbsp of coconut oil
1 cup of blueberries

Directions

Scramble the eggs using the coconut oil. Have the almonds and blueberries on the side.

Lunch

Ingredients

Dijon Almond Crusted Salmon (see recipe)
Large green salad with vegetables of choice
½ cup of cooked sweet potato
½ tbsp of Extra Virgin Olive Oil
½ tbsp of Apple Cider Vinegar

Directions

Toss the cooked sweet potato into the salad or have on the side of the salmon. Mix the Extra Virgin Olive Oil together with the apple cider vinegar as the salad dressing.

Dinner

Slow Cooking Pork Loin (see recipe)
Butternut Squash Soup (see recipe)
1 cup steamed broccoli

Directions

Enjoy the broccoli as a side dish with the pork loin or mixed into the soup.

Day 2

Breakfast

Creamy Chocolate Shake (see recipe)

Lunch

Ingredients

4 ounces of chicken, cooked with seasonings
Grapefruit, Goat Cheese & Avocado Salad (see recipe)

Directions

Enjoy the chicken separately or chop into the Grapefruit, Goat Cheese & Avocado Salad.

Dinner

4 ounces of ground turkey, browned
2 cups of raw coleslaw mix
1 cup of broccoli
15 walnuts, chopped
1 tbsp sesame seed oil
1 cup medium salsa

Directions

Brown turkey in a large skillet. Once cooked add in the coleslaw mix, broccoli, sesame seed oil and salsa. Stir-fry until the veggies are tender but not limp. Remove the mixture from the heat and add walnuts on top.

Day 3

Breakfast

1 cup of plain Greek Yogurt
1 cup of mixed berries
2 tbsp of shredded coconut
1 tbsp of chopped raw almonds

Directions

Mix the berries and shredded coconut into the yogurt. Sprinkle the chopped raw almonds on top.

Lunch

Ingredients

Chicken Waldorf Salad (see recipe)
1 cup of blueberries

Directions

Have the blueberries on the side of the salad.

Dinner

Ingredients

Curried Fish & Vegetables (see recipe)
Cauliflower Mash (see recipe)

Day 4

Breakfast

Ingredients

Eggs with Avocado & Salsa (see recipe)

1 cup of berries

Directions

Enjoy the berries on the side of the Eggs with Avocado & Salsa

Lunch

Ingredients

Shrimp Cakes (see recipe)

2 cups of spinach

½ cup cherry tomatoes, chopped

½ cup cucumber, chopped

½ cup red pepper, sliced

1 ounce goat cheese, crumbled

1 tbsp Apple Cider Vinegar

Directions

Combine all salad ingredients together. Pour Apple Cider Vinegar and mix in. Sprinkle goat cheese on top.

Dinner

Ingredients

Ginger Beef & Broccoli (see recipe)

Cauliflower Mash (see recipe)

Directions

Enjoy the cauliflower mash on the side of the Ginger Beef & Broccoli

Day 5

Breakfast

Ingredients

1 serving Breakfast Smoothie (see recipe)

Directions

Add more ice if desired.

Lunch

Ingredients

4 oz turkey burger (see Turkey Bacon Burgers recipe & omit bacon)

Large Portobello mushroom, grilled (instead of bun)

1 cup Apple Cider coleslaw (see recipe)

1 tbsp olive oil – ½ used to grill mushroom and the other ½ used the coleslaw

* use Dijon mustard and sliced onions, tomatoes and lettuce as toppings

Directions

Place the turkey burger on top of the Portobello mushroom. Add additional condiments if desired. Eat with a knife and fork. Enjoy the coleslaw on the side.

Dinner

Ingredients

4 ounces of grilled chicken breast, cut up into strips, seasoned with salt and pepper

1 cups of grilled vegetables – onions, peppers, shredded kale, mushrooms

¼ cup avocado – cut into chunks

10 large olives

¼ cup salsa

Directions

Cook chicken breast. Mix all ingredients together for fajitas on a plate.

Day 6

Breakfast

Ingredients

2 whole eggs + ½ cup whites
½ cup sautéed kale, mushrooms, onions, tomatoes
1 tbsp coconut oil, use to sauté vegetables and scramble eggs

Directions

Use 1 tbsp of coconut oil to sauté vegetables in a frying pan. Once the vegetables are almost done add in the 2 whole eggs and ½ cup of whites. Scramble all together.

Lunch

Turkey Vegetable Meatballs (see recipe)

1 cup spaghetti squash
½ cup tomato sauce (sugar free)
1 cup broccoli

Directions

Prepare the Vegetable Meat Balls according to the recipe. Cook the spaghetti squash according to the instructions. Steam the broccoli and mix into the cooked spaghetti squash. Top with the tomato sauce and meatballs.

Dinner

Ingredients

4 ounces of tilapia, grilled with lemon, garlic, salt and pepper
10 black olives – cook with tilapia
8 spears of asparagus
1 cup steamed broccoli

Directions

Bake tilapia at 350 in the oven for 10-15 minutes in a glass dish with garlic, lemon, salt and pepper to taste. Add in black olives. Bake asparagus separately and steam broccoli to have on the side.

Day 7

Breakfast

Ingredients

1 cup Greek yoghurt, plain
sprinkle of cinnamon
1 cup berries
1 tbsp chia seeds
1 cup sliced cucumber and tomatoes (on the side)

Directions

Mix the berries and chia seeds into the yogurt. Sprinkle cinnamon on top. Have the veggies on the side.

Lunch

1 serving Butternut Squash Soup (see recipe)
4 ounces of grilled chicken breast
Large green salad made with 2 handfuls of lettuce + 1 cup mixed raw veggies
½ avocado, chopped
1 tbsp olive oil + 1 tsp aged balsamic

Directions

Chop the chicken up and toss into the salad along with the avocado or eat the chicken separately. Enjoy the meal with soup on the side.

Dinner

Ingredients

Sausage & Tomatoes (see recipe)
Sautéed Sweet Potato Hash (see recipe)

Directions

Prepare recipes as instructed.

Day 8

Breakfast

Ingredients

Blueberry Carrot Smoothie

Directions

Add extra ice if desired

Lunch

Ingredients

Ground Turkey Casserole (see recipe)
1 cup of oven roasted veggies of your choice

Directions

Bake the vegetables on a baking tray at 375 for 10 -15 or until tender. Have on the side of the Ground Turkey Casserole.

Dinner

Ingredients

4 ounces of grilled salmon, seasoned with lemon juice, garlic, salt and pepper to taste
2 tbsp of pistachios nuts sprinkled on top of salmon
2 cups of mixed vegetable stir-fry
1 tbsp of sesame seed oil to stir-fry vegetables

Directions

Bake salmon with seasonings in a glass dish in the oven at 350 for 8 – 12 minute or until opaque. Remove when done and sprinkle pistachios on top. While the salmon is cooking stir-fry the vegetables in sesame seed oil.

Day 9

Breakfast

Ingredients

Coconut Flour Pancakes (see recipe)
1 tbsp almond butter, raw

Directions

Make coconut flour pancakes according to the recipe. Top with raw almond butter.

Lunch

Ingredients

1 serving No Fry Salmon Patties (see recipe)
3 handfuls of baby spinach + 1 cup chopped mixed veggies of your choice
10 olives – pitted and cut in half
1 tbsp apple cider vinegar – as salad dressing

Directions

Make the No Fry Salmon Patties according to the recipe and enjoy with the salad on the side.

Dinner

Ingredients

Sweet and Smokey Chicken (see recipe)
Rosemary Green Beans (see recipe)

Directions

Make dishes according to the recipes.

Day 10

Breakfast

Ingredients

Tex-Mex Egg Scramble
1 cup of mixed berries

Directions

Make the Tex-Mex Egg Scramble according to the recipe and enjoy with the berries on the side.

Lunch

Ingredients

Real Healthy Egg Salad (see recipe)
2 cups of Spinach
1 cup of raw pepper, sliced

Directions

Make the Real Healthy Egg Salad according to the recipe and place on top of the bed of spinach. Have the sliced raw peppers on the side.

Dinner

Ingredients

Fully Loaded Lettuce Wrap Turkey Bacon Burgers (see recipe)
Sautéed Sweet Potato Hash (see recipe)

Directions

Follow the recipe instructions

Day 11

Breakfast

Ingredients

Low Carb Green Smoothie

Directions

Follow the recipe instructions. Add extra ice if desired.

Lunch

Ingredients

Balsamic Asparagus & Steak Salad (see recipe)

Directions

Make the Balsamic Asparagus & Steak Salad according to the recipe.

Dinner

Ingredients

Fish Tacos (see recipe)

1 cup of broccoli

Directions

Make the recipe according to the instructions. Steam the broccoli and have it on the side.

Day 12

Breakfast

Ingredients

2 whole eggs
1 tbsp coconut oil
1 piece of bacon, cooked
1 grilled tomato

Directions

Scramble eggs in coconut oil. Sear tomato in frying pan. Enjoy the scrambled eggs, with the tomato, bacon on the side.

Lunch

Ingredients

1 cup spaghetti squash
Turkey Vegetable Meatballs (see recipe)
½ cup tomato sauce
2 handfuls spinach
1 tbsp shredded Parmesan cheese

Directions

Cook the spaghetti squash according to the directions. Top the squash with the cooked Turkey Vegetable Meatballs, spinach, hot tomato sauce and sprinkle parmesan cheese on top.

Dinner

Ingredients

Halibut With Dijon and Almonds (see recipe)
Stir Fried Rice (see recipe)

Directions

Make the recipes according to the instructions

Day 13

Breakfast

Ingredients

Smoked Salmon Scrambled Eggs (see recipe)

Directions

Make the recipe according to the instructions

Lunch

Ingredients

3 Grilled shrimp and veggies on a stick (see recipe)

Avocado Salsa (see recipe)

Directions

Make the recipes according to the instructions

Dinner

Ingredients

Sausage and Artichokes (see recipe)

Real Healthy Zucchini Cakes (see recipe)

Directions

Make the recipes according to the instructions

Day 14

Breakfast

Ingredients

Creamy Chocolate Shake (see recipe)

Directions

Make according to recipe

Lunch

Ingredients

4 ounces of grilled chicken, baked with garlic

8 asparagus spears

Olive Tapanede (see recipe)

Directions

Have the cooked chicken with the asparagus on the side, topped with the Olive Tapanede.

Dinner

Ingredients

Halibut with Dijon and Almonds (see recipe)

Kale chips (see recipe)

Directions

Prepare the recipes according to the instructions

Day 15

Breakfast

Ingredients

Tex-Mex Egg Scramble
1 cup of mixed berries

Directions

Make the Tex-Mex Egg Scramble according to the recipe and enjoy with the berries on the side.

Lunch

Ingredients

Real Healthy Egg Salad
2 cups of Spinach
1 cup of raw pepper, sliced

Directions

Make the Real Healthy Egg Salad according to the recipe and place on top of the bed of spinach. Have the sliced raw peppers on the side.

Dinner

Ingredients

Fully Loaded Lettuce Wrap Turkey Bacon Burgers (see recipe)
Sautéed Sweet Potato Hash (see recipe)

Directions

Follow the recipe instructions

Day 16

Breakfast

Ingredients

Coconut Flour Pancakes

1 tbsp nut butter, raw

1 small grapefruit

Directions

Make the Coconut Flour Pancakes according to the recipe and top with raw nut butter. Have the grapefruit on the side.

Lunch

Real Healthy Egg Salad (see recipe)

3 stalks celery and 1 green pepper to scoop chopped egg

Directions

Prepare the Real Healthy Egg Salad according to the recipe. Use the raw vegetables to scoop the egg.

Dinner

Ingredients

4 ounces of grilled chicken breast, cut up into strips, seasoned with salt and pepper

1 cups of grilled vegetables – onions, peppers, shredded kale, mushrooms

¼ cup avocado – cut into chunks

10 large olives

¼ cup salsa

Directions

Cook chicken breast. Mix all ingredients together for fajitas on a plate.

Day 17

Breakfast

Ingredients

2 whole eggs
1 tbsp coconut oil
1 piece of bacon, cooked
1 grilled tomato

Directions

Scramble eggs in coconut oil. Sear tomato in frying pan. Enjoy the scrambled eggs, with the tomato, bacon on the side.

Lunch

Ingredients

1 cup spaghetti squash
Turkey Vegetable Meatballs (see recipe)
½ cup tomato sauce
2 handfuls spinach
1 tbsp shredded Parmesan cheese

Directions

Cook the spaghetti squash according to the directions. Top the squash with the cooked Turkey Vegetable Meatballs, spinach, hot tomato sauce and sprinkle parmesan cheese on top.

Dinner

Ingredients

Halibut With Dijon and Almonds (see recipe)
Stir Fried Rice (see recipe)

Directions

Make the recipes according to the instructions

Day 18

Breakfast

Ingredients

Eggs With Avocado and Salsa (see recipe)
1 cup of blueberries

Directions

Prepare the Eggs with Avocado and Salsa according to the recipe. Have with the blueberries on the side.

Lunch

Ingredients

4 ounces of light tuna (less Mercury) packed in water
2 large handfuls of spinach
1 tomato, cut into chunks
2 pieces of bacon, cooked and crumbled
1 tbsp of Apple Cider Vinegar

Directions

In a large bowl mix all ingredients in and top with Apple Cider Vinegar for dressing.

Dinner

4 ounces grass fed beef, cooked and cut into chunks
1 cup of broccoli florets
1 cup of cauliflower florets
1 tbsp of coconut oil

Directions

Lightly steam the broccoli and cauliflower. Drizzle the liquid coconut oil on top. Serve with the cooked beef.

Day 19

Breakfast

1 cup of plain Greek Yogurt
1 cup of mixed berries
2 tbsp of shredded coconut
1 tbsp of chopped raw almonds

Directions

Mix the berries and shredded coconut into the yogurt. Sprinkle the chopped raw almonds on top.

Lunch

Ingredients

Chicken Waldorf Salad (see recipe)
1 cup of blueberries

Directions

Have the blueberries on the side of the salad.

Dinner

Ingredients

Curried Fish & Vegetables (see recipe)
Cauliflower Mash (see recipe)

Directions

Prepare the recipes according to the instructions

Day 20

Breakfast

Ingredients

2 whole eggs
½ cup egg whites
1 ounce goat cheese
6 cherry tomatoes
1 handful spinach
1 tbsp coconut oil

Directions

Mix the whole eggs with the egg whites and beat together in a bowl. Pre-heat a skillet and add coconut oil. Pour egg mixture in. Let it set for 1 minute. Add the rest of the omelet ingredients onto the egg mixture. Fold the egg over the ingredients and cook for one more minute.

Lunch

3 Grilled shrimp and veggies on a stick (see recipe)
Avocado Salsa (see recipe)

Directions

Make the recipes according to the instructions

Dinner

Ingredients

Dijon Almond Crusted Salmon (see recipe)
Large green salad with vegetables of choice
½ cup of cooked sweet potato
½ tbsp of Extra Virgin Olive Oil
½ tbsp of Apple Cider Vinegar

Directions

Toss the cooked sweet potato into the salad or have on the side of the salmon. Mix the Extra Virgin Olive Oil together with the apple cider vinegar as the salad dressing.

Day 21

Ingredients

Tex-Mex Egg Scramble
1 cup of mixed berries

Directions

Make the Tex-Mex Egg Scramble according to the recipe and enjoy with the berries on the side.

Lunch

Ingredients

1 cup spaghetti squash
Turkey Vegetable Meatballs (see recipe)
½ cup tomato sauce
2 handfuls spinach
1 tbsp shredded Parmesan cheese

Directions

Cook the spaghetti squash according to the directions. Top the squash with the cooked Turkey Vegetable Meatballs, spinach, hot tomato sauce and sprinkle parmesan cheese on top.

Dinner

Ingredients

4 ounces of grass fed beef hamburger patty
Large spinach salad with tomatoes, cucumbers and onion
1 cup steamed broccoli
* use Dijon mustard as a condiment

Directions

Cook the hamburger. Enjoy with condiments and veggies on the side.

Day 22

Breakfast

Creamy Chocolate Shake (see recipe)

Lunch

Ingredients

4 ounces of chicken, cooked with seasonings
Grapefruit & Avocado Salad (see recipe)

Directions

Enjoy the chicken separately or chop into the Grapefruit & Avocado Salad.

Dinner

4 ounces of ground turkey, browned
2 cups of raw coleslaw mix
1 cup of broccoli
15 walnuts, chopped
1 tbsp sesame seed oil
1 cup medium salsa

Directions

Brown turkey in a large skillet. Once cooked add in the coleslaw mix, broccoli, sesame seed oil and salsa. Stir-fry until the veggies are tender but not limp. Remove the mixture from the heat and add walnuts on top.

Day 23

Breakfast

Ingredients

Sausage Stir-Fry Breakfast (see recipe)

1 cup of mixed fruit

Directions

Prepare the recipe according to the instructions. Enjoy with fruit on the side.

Lunch

Ingredients

Mexican Salad (see recipe)

Directions

Prepare Mexican Salad recipe according to instructions.

Dinner

Braised Cabbage & Sausage (see recipe)

Large green salad

1 tbsp Apple Cider Vinegar

Directions

Prepare recipe according to instructions. Make large green salad with a kale, romaine and spinach. Add in 1 cup of raw chopped vegetables. Top with Apple Cider Vinegar.

Day 24

Breakfast

Ingredients

1 serving Breakfast Smoothie (see recipe)

Directions

Add more ice if desired.

Lunch

Ingredients

4 oz turkey burger (see recipe)

Large Portobello mushroom, grilled (instead of bun)

1 cup coleslaw (see recipe)

1 tbsp olive oil – ½ used to grill mushroom and the other ½ used the coleslaw

* use Dijon mustard and sliced onions, tomatoes and lettuce as toppings

Directions

Place the turkey burger on top of the Portobello mushroom. Add additional condiments if desired. Eat with a knife and fork. Enjoy the coleslaw on the side.

Dinner

Ingredients

4 ounces of grilled chicken breast, cut up into strips, seasoned with salt and pepper

1 cups of grilled vegetables – onions, peppers, shredded kale, mushrooms

¼ cup avocado – cut into chunks

10 large olives

¼ cup salsa

Directions

Cook chicken breast. Mix all ingredients together for fajitas on a plate.

Day 25

Breakfast

Ingredients

Fruit Salad with Cinnamon (see recipe)
2 slices of bacon, cooked

Directions

Prepare the fruit salad with cinnamon according to the recipe. Enjoy with the bacon on the side.

Lunch

Ingredients

4 ounces of light tuna (less Mercury) packed in water
2 large handfuls of spinach
1 tomato, cut into chunks
2 pieces of bacon, cooked and crumbled
1 tbsp of Apple Cider Vinegar

Directions

In a large bowl mix all ingredients in and top with Apple Cider Vinegar for dressing.

Dinner

Slow Cooking Pork Loin (see recipe)
Butternut Squash Soup (see recipe)
1 cup steamed broccoli

Directions

Enjoy the broccoli as a side dish with the pork loin or mixed into the soup.

Day 26

Breakfast

Ingredients

2 whole eggs
1 tbsp coconut oil
1 piece of bacon, cooked
1 grilled tomato

Directions

Scramble eggs in coconut oil. Sear tomato in frying pan. Enjoy the scrambled eggs, with the tomato, bacon on the side.

Lunch

Ingredients

1 cup spaghetti squash
Turkey Vegetable Meatballs (see recipe)
½ cup tomato sauce
2 handfuls spinach
1 tbsp shredded Parmesan cheese

Directions

Cook the spaghetti squash according to the directions. Top the squash with the cooked Turkey Vegetable Meatballs, spinach, hot tomato sauce and sprinkle Parmesan cheese on top.

Dinner

Ingredients

Halibut With Dijon and Almonds (see recipe)
Stir Fried Rice (see recipe)

Directions

Prepare the recipe according to the instructions.

Day 27

Breakfast

Ingredients

Low Carb Green Smoothie

½ cup Greek Yogurt

Directions

Prepare the Low Carb Green Smoothie according to the recipe. Enjoy with the Greek yogurt on the side or mixed into the smoothie.

Lunch

3 Grilled shrimp and veggies on a stick (see recipe)

Avocado Salsa (see recipe)

Directions

Make the recipes according to the instructions

Dinner

Ingredients

Dijon Almond Crusted Salmon (see recipe)

Large green salad with vegetables of choice

½ cup of cooked sweet potato

½ tbsp of Extra Virgin Olive Oil

½ tbsp of Apple Cider Vinegar

Directions

Toss the cooked sweet potato into the salad or have on the side of the salmon. Mix the Extra Virgin Olive Oil together with the apple cider vinegar as the salad dressing.

Day 28

Breakfast

Ingredients

Smoked Salmon Scrambled Eggs (see recipe)
1 small grapefruit

Directions

Prepare the recipe according to the instructions. Have the grapefruit on the side.

Lunch

Ingredients

Chicken Waldorf Salad (see recipe)

Directions

Prepare the Chicken Waldorf Salad according to the instructions

Dinner

Ingredients

Ginger Beef & Broccoli (see recipe)
Cauliflower Mash (see recipe)

Directions

Prepare the Ginger Beef & Broccoli and the Cauliflower Mash according to the instructions.

Day 29

Breakfast

Mighty Brain Booster Smoothie (see recipe)

Lunch

Albacore Lettuce Wraps (see recipe)

Dinner

Baked Catfish and Mint Cabbage Salad (see recipe)

Day 30

Breakfast

Power Skillet (see recipe)

Lunch

Teriyaki Chicken Salad (see recipe)

Dinner

Baked Veggie And Chicken Skewers (see recipe)