

# 1 Week Meal Plan



MEALS  
&  
RECIPE



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## PERFORMANCE

fitness facility

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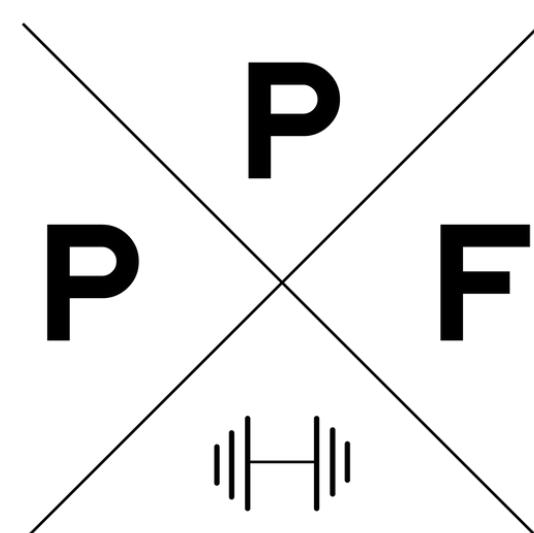
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# INTRODUCTION

Eating well is key to a healthy, happy, and successful lifestyle.

Our body requires a wide range of nutrients, minerals, vitamins, and more to run efficiently. An efficient body, means a balanced state of mind, focus, strength, and endurance for all that life can and will throw at us at any time.

A healthy diet is balanced to sustain a hormonal equilibrium and energy levels. We believe it is important to be mindful of the foods that we eat, as such, a healthy diet should NOT lack flavors. Healthy eating is also NOT eating less or starving oneself –It's about eating REAL nutritionally dense foods. Put simply: "Eat lean meats, green leafy vegetables, nuts and seeds, some fruit, little starch and no refined sugars."

We hope you enjoy these recipes! Feel free to use them often and to re-use them as much as you wish!

DAY

1



# **Breakfast, Lunch & Dinner**

## Breakfast

### Ingredients:

15 almonds

2 whole eggs + 1/2 cup whites

1tbsp 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

1/2 cup of cooked sweet potato

1/2 tbsp of Extra Virgin Olive Oil

1/2 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  
1



## ***Recipe: Dijon Almond Crusted Salmon***

Makes 2 Servings

Ingredients:

- 3/4 lb salmon fillet(s), skin on
- 1/2 cup almond meal
- 1/4 cup Dijon mustard
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- juice of 1 lemon
- sea salt and freshly ground black pepper
- 2 tsp coconut oil

Directions:

1. Preheat the oven to 350° F.
2. Combine almond meal, coriander and cumin in a small bowl.
3. Season salmon with salt and pepper. Brush on Dijon mustard to coat each piece.
4. Coat each fillet with the almond meal mixture (both sides).
5. Place skin side down on a broiler pan, greased lightly with coconut oil.
6. Bake for 12-15 minutes, or until salmon flakes easily with a fork.



DAY  
1



# Recipe: Slow Cooking Pork Loin

Slowed Cooking Pork Loin

Makes 2 Servings

Ingredients:

- 1-1/2 lb pork loin
- 1 (16 oz) can tomato sauce
- 2 medium (6"-8") zucchini, sliced
- 1 head cauliflower, separated into medium florets
- 1-2 tbsp dried basil
- 1/4 tsp freshly ground black pepper
- 1/2 tsp sea salt (optional)

Directions:

1. Add all of the ingredients to a large crock pot.
2. Cook on high for 6-7 hours.

Sausage and Artichokes

Makes 2 Servings

Ingredients:

- 1 lb high quality pork sausages (nitrate free)
- 2 tbsp olive oil
- 2 medium onions
- 1 clove of garlic, chopped
- 1/4 lb white button or cremini mushrooms (about 5 medium)
- 1/2 lb Jerusalem artichokes (also "sunchokes")
- half of 1 large lemon
- 1 cup of organic low sodium chicken stock or water to cover
- a small bunch of flat-leaf parsley, roughly chopped

Directions:

1. Brown the sausages all over in a little oil in a deep cast iron skillet or pot. Take out of skillet and set aside.
2. Peel the onions and cut them into thick segments, then add to the pan in which you browned the sausages. On medium heat, let the onions soften.
3. Add the garlic to the onions. Cut the mushrooms in half and add to the skillet.
4. Peel or simply scrub the artichokes, then cut them into 1" pieces. Add them to the pan, pushing the onions aside, and let them colour slightly.
5. Put the sausages back into the pan along with the cooking vegetables.
6. Cut the lemon into fat chunks and mix them in the skillet along with a good seasoning of salt and black pepper.
7. Pour over enough stock or water to cover and bring to the boil.
8. Turn the heat down and simmer for about 30 minutes, until the vegetables are truly tender. if there is too much liquid, turn up the heat and let it reduce a little.
9. Stir in the parsley, check the seasoning and eat with the steamed greens.



DAY  
1



## **Recipe: Butternut Squash Soup**

Butternut Squash Soup

Makes 8 – 12 servings

Ingredients:

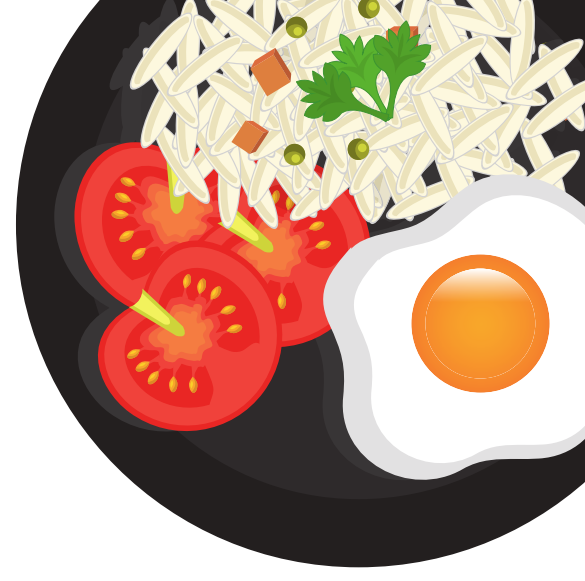
- 2 tablespoons salted butter
- 1 medium onion, diced
- 3 carrots, cut into chunks
- 2 medium butternut squash, peeled, seeded and diced in 2 inch cubes
- 8 cups water or stock

Directions:

1. In a large soup pot, warm the butter
2. Caramelize onion in the pot, sautéing 8 – 10 minutes until golden brown
3. Add the squash cubes and carrots. Cook for 10 more minutes until the outside of the squash cubes are a bit soft.
4. Pour the water over the onion/squash mixture
5. Bring entire mixture up to a boil and simmer for 20 – 30 minutes until squash and carrots are soft.
6. In a blender, puree soup in very small batches (as not to scorch yourself and have soup splattered on your ceiling) at low, then working up to high speed until mixture is smooth and creamy.
7. Serve piping hot



DAY  
2



# **Breakfast, Lunch & Dinner**

## 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  
2



# ***Recipe: Creamy Chocolate Shake***

## Ingredients

- 2 bananas
- 1/2 cup unsweetened coconut milk
- 1/8 raw cocoa powder
- 2 tbsp raw honey
- 2 tbsp raw almond butter
- Dash of sea salt
- Dash of fresh ground cinnamon
- 2 cups ice

## Directions

1. Place all ingredients into the blender and blend on high until smooth.



DAY

2



# ***Recipe: Grapefruit & Avocado Salad***

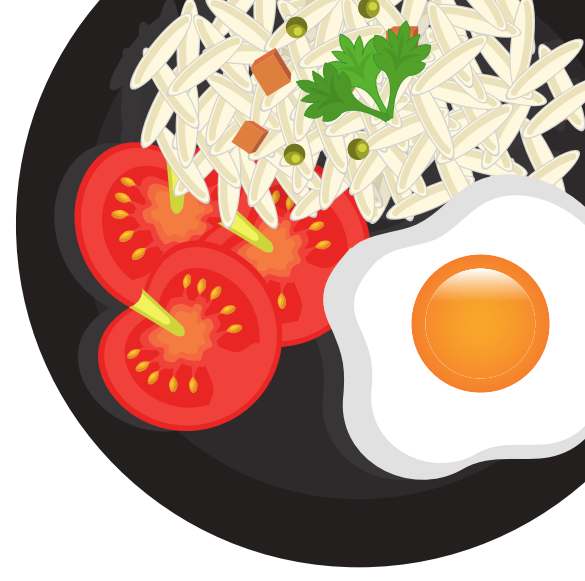
## Ingredients

- 1 bunch flowering kale, de-stemmed and cut into chunks
- 1 bunch endive
- 1 red grapefruit
- 1 yellow grapefruit
- 1 avocado
- 3 tbsp creamy goat cheese
- 1 tsp olive oil
- 1/4 cup grapefruit juice
- 1 tsp poppy seeds

## Directions

1. Place the kale and endive in a bowl. Peel and slice the grapefruits and add to the bowl, reserving 1/4 cup juice. Chop the avocado and add to the bowl.
2. Add the goat cheese in small dollops.
3. In a small cup mix the grapefruit juice, olive oil and poppy seeds. Drizzle on the salad.

DAY  
3



# ***Breakfast, Lunch & Dinner***

## 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

3



# Recipe: Chicken Waldorf Salad

Makes 2 Servings

Ingredients:

- 2 (4-6 oz) chicken breasts, cooked and diced
- 1 head of romaine lettuce
- 1 large tart apple, cored and diced
- 1 large stalk celery, chopped
- 1/2 cup walnuts, chopped
- 1/4 cup avocado
- 2 tsp lime juice
- 2 tsp raw honey
- freshly ground black pepper to taste
- sea salt (optional)

Directions:

1. In a medium bowl, combine chicken, apple, celery and walnuts. Set aside.
2. In a small bowl, combine avocado, lime juice and honey and mix until well blended. Use extra lime juice if more liquid is needed.
3. Season with sea salt and freshly ground black pepper if desired.
4. Spoon dressing over chicken and toss to coat completely. If making salad ahead of time, keep chicken mixture and dressing separate until just before eating.
5. Wash and dry lettuce. Separate the lettuce into two bowls. Spoon chicken salad equally onto the two plates.



DAY  
3



# ***Recipe: Curried Fish & Vegetables***

Makes 2 Servings

Ingredients:

- 1 lb white fish fillets, cut crosswise into 1" slices
- 1 can unsweetened coconut milk
- 2 tbsp red curry paste
- 2 medium carrots, cut into thin matchsticks
- 1/2 small red cabbage, thinly sliced
- handful fresh cilantro, chopped

Directions:

1. Put coconut milk and red curry paste in a large sauté pan over medium heat. Cook for 3 minutes, stirring until combined.
2. Add carrots and red cabbage to pan. Cover and simmer for 4-5 minutes.
3. Add fish and simmer an additional 4-5 minutes, or until fish is fully cooked.
4. Serve with fresh cilantro.

DAY

3



# Recipe: Cauliflower Mash

Makes 4 Servings

Ingredients:

- 1-1/2 large heads cauliflower
- 3/4 cup unsweetened coconut milk
- 3 tbsp coconut oil
- 2/3 cup fresh chives
- 3 cloves garlic
- 2 tsp dried rosemary or 1 sprig fresh rosemary
- sea salt, pepper to taste

Directions:

1. Roughly chop the cauliflower, removing all leaves.
2. Place in pot of boiling water and cook until it's easy to stick a fork in it
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Drain cauliflower and use a food processor or hand held blender to mash up or puree the steamed cauliflower florets.
5. Put the mashed florets into a pot on the stove and add coconut milk, and the chive and garlic mixture. Cook through until hot. Use hand blender again if you want the mixture more creamy.
6. Add sea salt and pepper to taste.



DAY  
4



# ***Breakfast, Lunch & Dinner***

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

1/2 cup cherry tomatoes, chopped

1/2 cup cucumber, chopped

1/2 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 from Day 3)

Directions

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



DAY

4



# Recipe: Eggs & Avocado Salsa

Makes 2 Servings

Ingredients:

- 4 eggs
- 1 tsp olive oil
- 1/2 avocado, sliced
- 1/2 cup sliced or slivered raw almonds
  
- 4 tbsp salsa (Garden Fresh)
- Season with salt and pepper

Directions:

1. Heat non-stick skillet over medium-high heat with olive oil
2. Beat eggs in a small bowl, and pour into skillet
3. Cook for 1 minute and turn heat to medium-low and add seasonings. Finish cooking (about 2-4 minutes longer).
4. Top with almonds, avocado and salsa



DAY

4



# Recipe: Shrimp Cakes

Makes 12 Cakes (4 Servings)

Ingredients:

- 1 pound shrimp, raw, peeled and deveined
- 1 red or yellow bell pepper, finely chopped
- 1 clove garlic, minced
- 2 tbsp green onions, thinly sliced
- 1 tbsp lime juice, freshly squeezed
- 1 tbsp raw honey
- 1/2 tsp sea salt (optional)
- 1/4 tsp ground chipotle
- 1 egg
- 1/2 cup cilantro, finely chopped
- 1/2 cup almond flour
- 3 tbsp olive oil, for sautéing

Directions:

1. Place shrimp in food processor, pulse until finely chopped.
2. In a large bowl, combine chopped shrimp, bell pepper, garlic, scallions, lime juice, honey, sea salt (optional), chipotle, egg and cilantro.
3. Form mixture into 12 (1/2) inch thick patties, dip each in almond flour, coating thoroughly.
4. In a large skillet, over medium heat, warm 1 tablespoon oil.
5. Add 4 patties to the skillet and cook about 5 minutes per side, until browned; remove and place on paper towel lined plate.
6. Repeat with remaining cakes.



DAY

4



# Recipe: Ginger Beef & Broccoli

Makes 2 Servings

Ingredients:

- 2 tbsp coconut oil
- 2 cloves of garlic, minced
- 1 lb petite sirloin steak, cut into very thin strips
- 2 tbsp lemon juice
- 1 tbsp ground chia seeds
- 2 tsp freshly grated ginger
- 2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/4 to 1/2 cup organic low sodium chicken broth
- 2 cups broccoli, cut into flowerets
- 2 cups carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1 green onion, thinly sliced
- 2 tbsp sesame seeds (garnish)

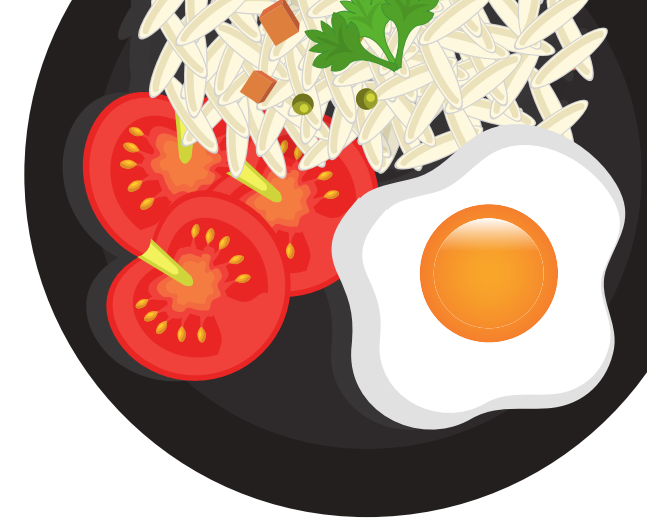
Directions:

1. Heat the 1 tbsp coconut oil and garlic in a large skillet over medium-high heat.
2. Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.
3. In a small bowl mix lemon juice, ground chia seeds, grated ginger, freshly ground black pepper and red pepper flakes with 1/4 cup broth.
4. Heat pan again over medium heat. Add 1 tbps coconut oil when pan is hot.
5. Add broccoli, celery and carrots to pan. Pour liquid ingredients on top and toss to coat.
6. Cook over medium heat until broccoli is tender.
7. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
8. Stir beef in until it's coated with sauce, and let simmer for a few minutes until beef warmed through.
9. Sprinkle sesame seeds on top and serve.



DAY

5



# **Breakfast, Lunch & Dinner**

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 – 1/2 used to grill mushroom and the other 1/2 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

1/4 cup avocado – cut into chunks

10 large olives

1/4 cup salsa

Directions

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



DAY  
5



# Recipe: Breakfast Smoothie

Makes 2 Servings

Ingredients:

- 2 cups frozen berries
- 1 cup unsweetened almond milk (canned coconut if you want more calories/fat)
- 4 tbsp hemp seeds
- 2 tbsp chia seeds
- 2 servings of protein powder

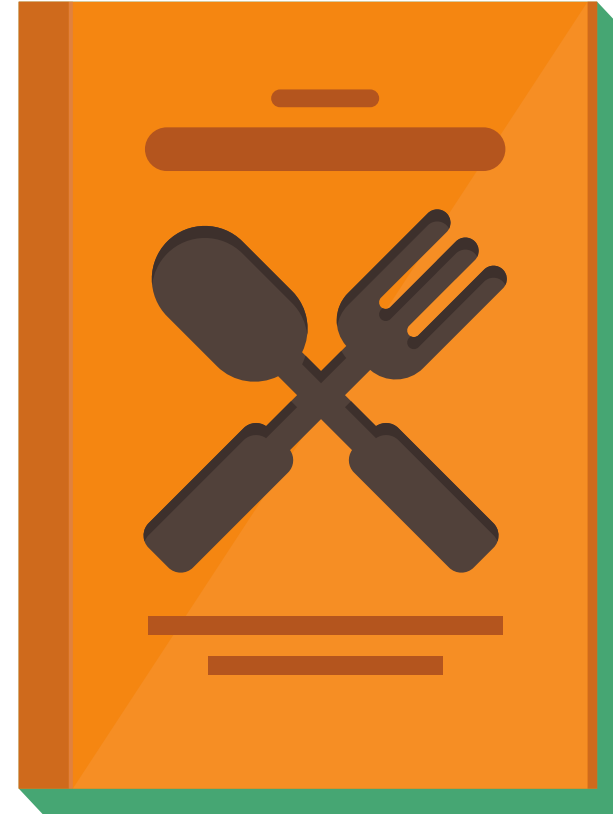
Directions:

1. Fill a blender (or magic bullet or whatever) with the frozen berries
2. Add chia, hemp seeds, protein powder and almond milk
3. Continue to blend until smooth, and divide into two glasses



DAY

5



# Recipe: Turkey Burger

Makes 6 servings

## Ingredients

- 8 strips nitrate free bacon
- 1/2 yellow onion, sliced
- 1/8 cup blanched almond flour
- 1 pound organic ground turkey
- 2 tsp balsamic glaze
- 1 tsp tomato paste
- 1/4 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 red bell pepper minced
- 1 tbsp fresh chives chopped
- Large lettuce leaves
- Sliced organic tomato

## Directions

1. Set the oven to 400 degrees F. Line a baking sheet with foil and place a metal cooling rack in the center. Arrange the bacon pieces on the rack and bake for 20 minutes, or until crispy. Remove from oven and set aside to cool.
2. Grill the sliced onion in a grill pan over medium high heat with a few drops of olive oil. Grill until tender and caramelized. Remove from heat and set aside to cool.
3. Chop 6 of the bacon strips and place in a medium bowl. Chop 1/4 cup of the grilled onions and add to the bowl. Add the almond flour, turkey, balsamic glaze, tomato paste, paprika, garlic powder, onion powder, bell peppers and chives to the bowl. Mix well with your hands – it's OK to get messy here! Form into 6 patties.
4. Place the patties on your grill pan over medium high heat for about 4 minutes per side, until cooked through.
5. Serve your Fully Loaded-Lettuce Wrapped-Turkey Bacon Burgers on large lettuce leaves and topped with sliced tomato and the extra grilled onions and bacon pieces.



DAY

5



# Recipe: Coleslaw

Makes 4 Servings

Ingredients:

- 1 tbsp olive oil
- 3-4 tbsp apple cider vinegar
- 1/4 tsp ground mustard seed
- 1/8 tsp whole cumin seed
- 1/4 tsp celery seed
- 1/8 tsp poppy seed
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt (optional)
- 1 tsp raw honey (optional)
- 1 small red or green cabbage (or 1/2 of each)
- 2 cups shredded kale

Directions:

1. In a small bowl, whisk together all ingredients except cabbage and kale to make the dressing.

Set aside.

2. Finely shred cabbage and kale and put in large bowl.

3. Add the dressing to cabbage and mix thoroughly.

4. Serve immediately, or store in the refrigerator overnight for more flavor.

DAY  
6



# **Breakfast, Lunch & Dinner**

Breakfast

Ingredients

2 whole eggs + 1/2 cup whites

1/2 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 1/2 cup of whites. Scramble all together.

Lunch

Turkey Vegetable Meatballs (see recipe)

1 cup spaghetti squash

1/2 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

6



# ***Recipe: Turkey Vegetable Meatballs***

Makes 2 Servings

Ingredients:

- 1 lb ground turkey or chicken
- 2 medium carrots (or a handful of baby carrots)
- 1 red or green bell pepper
- 5 large mushrooms
- handful of fresh parsley
- 1/2 yellow onion
- 1 clove garlic
- 2 tsp granulated garlic (garlic salt)
- 2 tbsp Italian seasoning
- 1/2 tsp freshly ground black pepper
- 3 tbsp ground chia seeds

Directions:

1. Preheat oven to 350°F.
2. Combine carrots, bell pepper, mushrooms, onion, garlic, chia seeds and seasonings in a food processor and blend until well chopped.
3. Empty the food processor into a large bowl, add the ground turkey and mix together completely.
4. Form meatballs and place on a non-greased baking sheet (about 1 1/2" - 2" each). Bake for about 25 minutes, or until completely cooked.



DAY

7



# **Breakfast, Lunch & Dinner**

## 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 Day 1)

4 ounces of grilled chicken breast

Large green salad made with 2 handfuls of lettuce + 1 cup mixed raw veggies

1/2 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

7



# ***Recipe: Sausage & Tomatoes***

Makes 2 Servings

Ingredients:

- 6 large firm tomatoes
- 1 lb sausage, nitrite/nitrate-free
- 6 mushrooms, sliced
- 1 medium yellow onion, chopped
- fresh cilantro

Directions:

1. Preheat oven to 350°F.
2. Over medium-high heat, brown onions, sausage and mushrooms together in a skillet.
3. While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the skillet.
4. Let all ingredients simmer for 7 – 10 minutes.
5. Serve with fresh cilantro.

DAY

7



# ***Recipe: Sweet Potato Hash***

Makes 2 Servings

Ingredients:

- 1 tbsp olive oil
- 1 large sweet potato, grated
- 1/4 tsp cinnamon

Directions:

1. Heat a skillet over medium heat. Add olive oil.
2. Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
3. Sprinkle with cinnamon and mix well.



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