

10 DAY
MEALPLAN
GUIDE



DANETTEMAY

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Guidelines & Exchange List



Guidelines

- ★ Drink one (1) gallon of water per day.
- ★ Start your day with 1 cup of warm lemon water.
 - $\frac{1}{2}$ squeezed fresh lemon in 1 cup of warm water.
- ★ Drink only 1 cup of organic coffee per day.
- ★ Drink as much herbal tea as you want throughout the day to curb cravings, hunger, and flush out toxins.
- ★ The meal plan shows an example of a 10-day meal plan using a handful of groceries. Mix and match any of the recipes as you would like. The key is to make your life simple, so if you want the same breakfast, for example, every day then go for it. Or if you want different recipes and meals on different days that works. Stay within portions, mix and match, and you are well on your way to sexy abs and body.
- * Some recipes have more than one (1) serving (noted in the recipe), for you to save for extras or freeze for later.
- ★ Here are the abbreviations within the recipes, just in case you're not familiar with them: C. = cup, TBSP. = tablespoon, TSP. = teaspoon, LB = pounds, OZ. = ounces, DZ. = dozen



Exchange Lists

- For vegetarians and foods you may want to switch out based on preference:
- ★ Eggs: 1 egg = 2 TBSP. chia seeds mixed with 2 3 TBSP. water
- ★ Nuts: handful or 1/8 C. nuts = 1 scoop whey protein, 2 TBSP. chia seeds or hemp seeds
- ★ Meats: choose any meat of your preference
- ★ Veggies: choose any veggies of your preference.
- * Fruits: choose any fruits of your preference.

Shopping List for 10 Days & Example Day



Shopping List for 10 Days:

- Some non-perishable items will last longer than 10 days.
- ★ 1DZ. eggs
- * Slow cooked oatmeal
- Plain Greek yogurt (large tub or travelsized)
- ★ Raw honey
- * Stevia (optional)
- ★ 3 peppers
- ★ 1 package of taco seasonings
- * 1LB. turkey burger
- ★ 3 4 chicken breasts (free range, nonhormone)
- ★ Peanut butter or almond butter (no sugar or oils added)
- ★ Ezekiel bread
- * Fruit of choice (Buy what you like to snack on or what you like to add to yogurt)
- ★ 5 lemons
- * Raw unsalted nuts
- ★ 1 package of frozen stir-fry veggies
- \star 3 5 yams
- ★ 1 package of quinoa
- ★ 1 can chickpeas
- * 1LB. hamburger
- ★ 1 can coconut milk
- ★ 1 can diced tomatoes
- * Applesauce (unsweetened)
- ★ Salad mix (Kale or spinach or mixed)
- * Clean whey protein (You want to ensure you only buy a clean whey or plant based protein powder. Most protein powders are loaded with chemicals and the wrong sugars and fillers. I advocate using whole food sources, but there are days when you are on the go or traveling and need a quick protein source. Ensure you are only consuming a "clean protein powder." I personally use Biotrust, which you can grab at my site.)
- ★ Cocoa powder
- ★ Spices such as garlic and ginger
 - Make sure you have coconut or olive oil for cooking
 - Make sure you have dried spices you like for topping on chicken
 - **Note**: Some recipes have more ingredients. Purchase as needed depending on your recipe preference.







Example for Each Day:

- ★ Wake up: Drink 1 C. warm lemon water
- ★ Choose 1 breakfast option
- ★ 2-3 hours later
 - Choose 1 snack option
- ★ 2-3 hours later
 - Choose 1 lunch/dinner option
- ★ 2-3 hours later
 - Choose 1 snack option (only if hungry)
- ★ 2-3 hours later
 - Choose 1 lunch/dinner option
- ★ 2-3 hours later
 - Choose 1 snack option (only if hungry)



Daily Breakfast Options



One: Fruity Oatmeal

- ★ ¼ C. dry oats or quinoa cooked with approx. 1/2 C. water
- * 1/8 C. walnuts or nuts of choice
- * ¼ C. sliced banana or berries
- * 1TSP. Stevia for sweetness

To cook the oats or quinoa, follow the directions on the package. Top with walnuts, bananas, etc.
Add 3 eggs scrambled or hard boiled on the side



Two: Bacon and Egg with Toast

- ★ 2 slices of turkey bacon cooked
- ★ 1 egg scrambled
- ★ Toast 1 slice of Ezekiel bread
- * 1 tomato sliced

You can either eat individually and or stack on top of your toast.

Three: Spinach Scramble

- * 3 eggs or 2 eggs and 1 egg white
- ★ ½ C. spinach
- ★ 2 TBSP. chopped onion

Place spinach & onion in skillet, cook until spinach wilts, add eggs and scramble until fully cooked. Optional: top with ½ an avocado or 1 TBSP. feta cheese

Four: Fluffy Protein Pancakes

- ★ 1 scoop vanilla whey protein or 2 TBSP. almond flour
- * 3 TBSP. slow cooked oats
- ★ 2 egg whites (or full eggs)
- ★ 1 TSP. cinnamon
- ★ 2 TBSP, water

Mix all together in a blender:





Makes 3 - 4 waffles.

Eat 1 and save for snack later in the day or freeze and eat on other days when you need a quick meal.



- \star 3/4 C. brown rice flour, buckwheat, almond, or spelt flour
- * 2 scoops whey protein or 2 TBSP. chia or hemp seeds
- ★ 2 eggs
- * 1/2 C. pumpkin puree
- * 1/4 C. applesauce
- * 1 TBSP. pumpkin pie spice
- ★ 12/3 C. water

Mix ingredients together in your blender, pour over your waffle iron, and cook through. Top with 100% maple syrup or your favorite fruit.

Five: Simple, Quick On-the-Go Greek Yogurt

- ★ ½ C. plain Greek yogurt
- * Handful of chopped nuts of choice
- * 1/4 C. fruit of choice (berries and bananas are my favorite)
- * 1 TSP. Stevia, maple syrup, or honey



Six: Chocolate Delight Smoothie



- ★ ½ C. spinach or kale leaves
- ★ 1 TBSP. cocoa powder
- ★ 1scoop of chocolate whey protein
- * ½ large or 1 small banana (you can substitute banana for ¼ cup frozen/reg. cherries or blueberries)
- ★ Handful of ice and 1 cup water

Blend all together. Enjoy

Seven: Berry Milk Shake

- * ½ C. almond, rice, or coconut milk
- ★ ½ C. water
- ★ 1/2 C. fresh spinach or greens of choice
- ★ 1 scoop whey protein powder
- ★ 2 strawberries
- * 14 C. blueberries

Blend and enjoy!



Daily Snack Options



One: Banana Nice Cream

Serves 1

- ★ 1 frozen banana
- * 1/2 C. unsweetened vanilla almond milk
- ★ 1 TBSP, almond butter

Put ingredients in blender, mix, enjoy!

Two: Quick Turkey Meatballs

Note: This recipe is a great one to make during your meal prep. You can refrigerate the turkey balls to have as an on the go snack for the week or use them for a quick dinner or lunch protein option to top salads or have on the side.

- * 1LB. lean ground turkey burger
- * 1 large carrot grated
- * ½ C. shredded veggies of choice (today I am using what I have in my fridge so I am using green beans and kale. You can use shredded zucchini, or anything you want shredded up.)
- ★ 1egg
- ★ 1/3 C. almond meal
- ★ 1 TBSP. parsley (dried or fresh minced)
- ★ ½ TBSP. oregano
- * 1 garlic clove, minced
- ★ 1/8 C. minced onions (optional)

Mix all ingredients in a bowl and roll in to golf size balls. Place them in a glass rectangular dish, covered with tin foil and bake for 40 - 45 min. at 375°F.



Three: Delectable Chocolate Protein Cake

Serves 1



- ★ 3 TBSP. chocolate OR vanilla protein powder
- * 14 C. egg whites
- ★ 1 TBSP. unsweetened applesauce
- ★ ½ TBSP. raw honey

Preheat oven to 375°F.

Combine all ingredients in a small bowl and mix until fully incorporated.

Drop mixture into a (1 cup) oven safe ramekin or coffee mug

Place in the preheated oven and bake for 20 - 25 minutes, or until a toothpick inserted comes out clean.

Four: Green Protein Power Smoothie

Serves 1



- ★ 1kiwi fruit
- * ¼ med. banana
- ★ ¼ C. spinach
- ★ ½ scoop vanilla whey protein
- ★ ½ TBSP. flaxseed (optional)
- ★ ½ C. water
- ★ Ice cubes

Combine ingredients in blender. Blend until smooth.

Five: Fruit & Nuts

- ★ ¼ C. of nuts
- ★ ½ C. of mixed fruit

Mix together or enjoy separately.

Six: Get Greek Berry Parfait

Imagine sitting on a Greek Isle with this in hand.

- * ½ C. plain Greek yogurt
- ★ ½ C. fresh berries
- ★ 1 TBSP. sliced roasted almonds

Top yogurt with berries and almonds



Seven: Fat Burning Chocolate Peanut Butter Bites

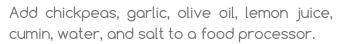


- ★ 3 C. slow cooked oats (uncooked)
- ★ 1 C. all natural peanut butter (or almond butter)
- * 3 TBSP. chocolate whey protein
- ★ ¼ C. honey
- ★ 1/3 C. water

Mix everything together and roll into 1-inch balls. You can eat them right away or store them in the freezer.

Eight: Creamy No-Tahini Hummus and Peppers

- * 115-OZ. cans chickpeas (garbanzo beans), rinsed
- ★ 1 clove garlic
- * 1½ TBSP. extra virgin olive oil
- ★ 1 TBSP. fresh lemon juice
- ★ ½ TSP. cumin
- ★ 1/8 C. water
- ★ ½ TSP. salt
- ★ 1/8 TSP. paprika





Blend until smooth and creamy (if needed, add more water one tablespoon at a time and continue blending until it reaches your desired consistency).

Transfer to a bowl. Sprinkle with paprika before serving with sliced peppers for dipping.

Nine: Hardboiled Egg and Fruit

★ 1 hardboiled egg and a piece of fresh fruit of your choice



Ten: Chia Pudding

Nutritional Information: ½ C. prepared = 3 - 4 oz. protein, 1 TBSP. fat.

- * ¾ C. chia seeds
- * 2 C. almond milk
- ★ 1 TSP. maple syrup
- * 1TSP. vanilla extract to taste
- ★ dash of cinnamon

Mix the ingredients together in a mason jar or coffee mug and let chill in fridge for 30 minutes. The chia seeds will swell and absorb the milk turning it to a pudding.

Note: Sometimes I add 100% raw cocoa because I love the chocolate taste and it has antioxidants to boot.

Eleven: Sweet Potato Chips

Nutritional Information: ½ C = ½ C. carbs, ½ TBSP. fat.



- ★ 2 sweet potatoes or yams (thinly sliced)
- ★ cinnamon or sea salt
- ★ ½ TBSP. olive oil

Lay slices on a baking sheet and lightly cover with olive oil.

Sprinkle with either cinnamon or sea salt (depending on your taste).

Bake at 350°F for 50 minutes.

Twelve: Cinnamon Protein Apples

- * 3 large Fuji apples
- ★ 1 TBSP. cinnamon
- * 1 scoop vanilla protein powder

Slice apples and place is a sealable plastic bag.

Pour remaining ingredients into bag with apples and shake vigorously.



Thirteen: Chocolate Chip Cookie Dough

- * 1/2 C. plain Greek yogurt
- ★ 1TSP. 1TBSP. almond butter or peanut butter (optional)
- ★ 1 TSP. stevia or honey or 100% maple syrup
- ★ 1 TSP. slivered almonds (optional)
- ★ 1 TBSP. dark chocolate chips (try 70% or higher cocoa chips)
- ★ 1 TSP. vanilla

Mix all together. Quick and easy and satisfies the need for a sweet treat like cookie dough.

Fourteen: Fat Burning Chocolate Chip Cookies

Serving size: 1 - 2 cookies. Makes about 12 - 16 cookies with a level 3 TBSP. cookie scoop.



- ★ 1½ C. almond butter, unsalted and raw (best to use almond butter, not peanut butter)
- ★ ½ C. honey or 100% maple syrup
- ★ 2 eggs or 4 TBSP. chia seeds for 1 egg
- ★ 1 TBSP. vanilla extract
- * ½ TSP. salt (only add the salt if you're using unsalted almond butter)
- ★ ½ TSP. baking soda
- ★ ½ TSP. baking powder
- ★ 2/3 C. shredded, unsweetened coconut
- ★ ½ C. dark chocolate chips (70% or higher cocoa)

Preheat oven to 350°F.

Oil baking sheets (coconut oil is preferred) or line with parchment paper.

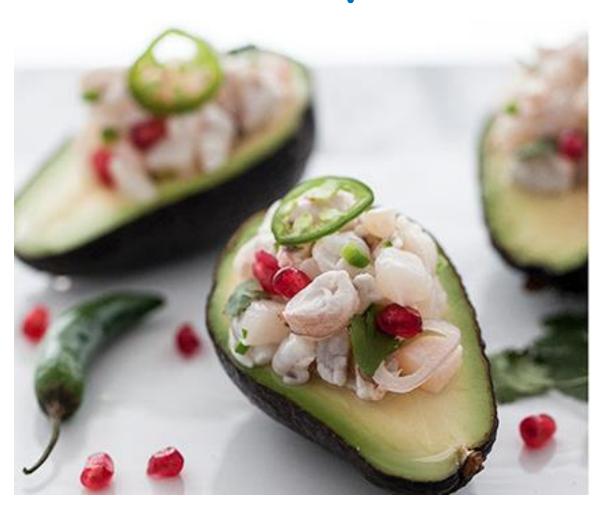
Stir together first 7 ingredients. Mix well. Make sure honey is fully incorporated.

Added coconut and chocolate chips. Mix well.

Scoop with a cookie scoop onto cookie sheets.

Bake 9 – 12 minutes or until lightly browned.

Daily Lunch & Dinner Options



One: Crock Pot Stuffed Peppers

Serves 4

- ★ 4 bell peppers
- * 1LB. of lean, grass-fed, ground beef
- * ½ yellow onion, diced
- ★ 1 can of diced tomatoes
- * ¾ C. of cooked quinoa
- * 1/4 TSP. cumin
- * 1 clove garlic, chopped
- ★ ½ TSP. chili powder
- * 1/4 TSP. cayenne pepper
- * Greek yogurt and diced green onions for toppings.



Cut the tops off of bell peppers. Remove stems and seeds and dice the tops of the bell peppers.

Pour 1/3 of a cup of water into the bottom of the crock pot and nestle bell peppers in.

In a large mixing bowl, combine one pound of uncooked ground beef, onion/tomato sauce mixture, diced bell pepper tops, $\frac{3}{4}$ cup of cooked quinoa, 1 teaspoons of salt, and $\frac{1}{2}$ teaspoon of pepper.

Fill bell peppers with ground beef mixture.

Cook on low for about 6 hours. You can test mixture with meat thermometer for doneness. It should be cooked to 160°F.



Two: Thai Chicken Stir Fry

- ★ 1LB. diced chicken breast
- ★ 1 red pepper, sliced
- ★ 2 C. frozen veggies of choice
- ★ ½ C. fresh basil, chopped (optional)
- ★ 1 TBSP. coconut oil
- ★ 1 TBSP. fresh ginger
- quinoa (cooked as directed on package)



FOR THE SAUCE

- ★ 2 TBSP. Bragg's Liquid Aminos or low-sodium soy sauce
- * 1½ TBSP. coconut sugar or honey
- * 1/2 C. light coconut milk
- * 2 TBSP. fresh squeezed lime juice
- * 2 TSP. Sriracha or hot sauce

Mix sauce ingredients together and set aside.

Melt coconut oil and ginger for about 1 minute in medium-high heated pan.

Sauté red pepper slices until tender.

Add pre-cooked diced chicken breast and cook until chicken is hot.

Add sauce on high for about 1 minute until sauce thickens.

Add basil to cooked guinoa and top with chicken/sauce mixture.



Makes 6 burgers, 1 serving = 2 burgers



- 1.25 LB. ground turkey
- ★ 1 medium red onion
- ★ 2 OZ. spinach
- * ¼ C. crumbled feta (optional)
- ★ 1 TSP. dried oregano
- ★ ½ TSP. minced garlic
- * 1lg. egg

FOR THE YOGURT SAUCE

- * 7 OZ. plain Greek yogurt
- ★ 1 medium fresh lemon
- * 1/4 TSP. garlic, minced
- ★ 1/4 TSP. dried dill
- * Salt and pepper



Prepare the yogurt sauce by combining the yogurt, ¼ tsp minced garlic, dry dill, juice of half the lemon, and a dash of salt. Stir everything to combine and then refrigerate to allow the flavors to blend while you make the burgers.

Roughly chop the spinach to prevent long stringy pieces. Also chop ¼ of the red onion.

In a bowl combine the ground turkey with the spinach, red onion, feta, $\frac{1}{2}$ TSP. minced garlic, dried oregano, egg, salt and pepper to taste.

Stir everything until it is evenly combined. Shape the mixture into six patties.

Cook the burgers on a counter top grill, a non-stick skillet, or over an open flame.

Four: Sweet Potatoes with Chicken

Serves 1

- ★ 1 sweet potato
- ★ 1 chicken breast
- ★ ½ C. veggies of choice

Bake sweet potato, top with coconut oil and cinnamon.

Grill chicken breast with lemon pepper and rosemary, or preferred spices.

Use prepped sweet potatoes and chicken.

Simply heat and season. Steam mixed veggies and top with rosemary.



Five: Mexican Quinoa Bake

Serves 4, eat 1 serving

- ★ 1 TBSP. olive oil
- ★ 2 cloves garlic, minced
- ★ 1 jalapeno, minced
- ★ 1C. quinoa
- ★ 1C. vegetable broth
- ★ 1 (15-OZ) can black beans, drained and rinsed
- ★ 1 (14.5-OZ) can fire-roasted diced tomatoes
- ★ 1C. corn kernels
- ★ 1 TSP. chili powder
- ★ ½ TSP cumin



- * Kosher salt and freshly ground black pepper, to taste
- * 1 avocado, halved, seeded, peeled, and diced
- ★ Juice of 1 lime
- ★ 2 TBSP. fresh cilantro leaves, chopped

Heat olive oil in a large skillet over medium-high heat.

Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.

Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper, to taste.

Bring to a boil; cover, reduce heat, and simmer until quinoa is cooked through, about 20 minutes.

Stir in avocado, lime juice, and cilantro.

Six: Sweet and Sour Crock Pot Chicken

Makes 2 servings



desired.

- ★ 1 can low sodium natural chicken broth
- * 1 can/jar sweet and sour mix (I like Trader Joes - less sugar and better ingredients)
- ★ 2 chicken breasts, cut up in bite sized chunks
- ★ 1 C. broccoli, asparagus, or any other veggies you like (frozen or raw)

Cook in crock-pot for 4 - 6 hours on high. Serve over quinoa, if

Seven: Ground Turkey Sweet Potato Skillet

Serves 4

- ★ 2 TBSP. extra-virgin olive oil
- * 1LB. extra-lean ground turkey
- ★ 1 TSP. clove garlic, minced



- ½ C. onions, diced
- ½ C. yellow pepper, diced
- ★ 1½ C. sweet potato, diced
- ★ Salt and pepper
- * A pinch of chili pepper
- ★ ½ C. shredded mozzarella cheese
- ★ Fresh parsley for garnishing

In a skillet, heat olive oil over medium-high heat.

Add ground turkey and garlic. Stir occasionally and cook for about 10 minutes.

Add onions and yellow peppers, cook until onions are gold brown.

Add the sweet potato, chili pepper, salt and pepper.

Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato.

While the sweet potato is cooking pre-heat the oven to 400°F.

When the sweet potato is tender, add shredded mozzarella cheese, and bring the skillet to the oven to melt the cheese.

When the cheese melts, remove from the oven, and garnish with parsley.

Eight: Chicken Salad on a Bed of Greens

- ★ 1 C. cooked chicken meat, chopped
- * 1/2 C. plain Greek yogurt
- ★ 1/8 C. raw slivered almonds
- ★ 1 TBSP. lemon juice
- * Black pepper, to taste

Mix everything together and top on a bed of greens.

Nine: Fruity Salad



- ★ 1-2 C. salad greens of choice
- ★ Topped with 3 OZ. chopped or shredded chicken
- ★ ½ C. fruit of choice (berries, cut up apples, watermelon)
- ★ 1/8 C. raw nuts

Top with $\frac{1}{2}$ squeezed lemon and 1 TSP. olive oil and balsamic vinegar (optional).

Ten: Basil & Tomato Pizza

Serves 1

- * Ezekiel tortilla or gluten-free tortilla
- ★ ¼ C. shredded part skim mozzarella cheese
- * 1½ OZ. prosciutto or lean ham
- * 1/2 C. tomatoes, sliced
- * 1 large garlic clove, minced
- * ¼ C. fresh basil
- * Crushed pepper, to taste
- * 3 OZ. cooked chicken, cubed.

Cook at 350°F until crust is crispy. Enjoy.

Eleven: Mexican Night

Serves 4

- * 1LB. ground turkey burger
- ⋆ 1 package low sodium taco seasoning
- * 1 fresh tomato, diced
- * 1C. plain Greek yogurt
- ★ ½ C. salsa (optional)
- * 4 lettuce cups or 4 purple cabbage cups (or you can shred it)

Brown the turkey burger and then mix in taco seasoning. Place turkey burger on shredded lettuce or in the lettuce cup, top with tomato, Greek yogurt, and salsa.

Twelve: Hamburgers with Sweet Potato Chips

- * 1LB. grass-fed beef
- ★ 1egg
- * Spice of choice (I like 1 TSP. balsamic vinegar, salt, pepper, ¼ TSP. garlic)

Prepare sweet potato chips (directions in Snacks).

Mix together beef, 1 egg, and spices in bowl. Make into 4 patties. Grill or cook in the skillet until cooked to preference.

Top with ketchup, tomato, lettuce, slice turkey bacon, and eat with 1 C. sweet potato chips.



Thirteen: Chicken Salad Wraps

Serves 2

- ★ 6 OZ. chicken breast, cubed
- ★ 1 C. plain Greek yogurt
- ★ ½ C. celery, sliced
- ★ ½ C. apple, small cubed pieces
- * ¼ C. onion, sliced small and cubed
- ★ 2 TBSP. raisins or craisins (optional)
- ★ 2 TSP. cumin
- * salt and pepper to taste

Mix all together and eat by itself or enjoy it in a lettuce wrap or gluten-free wrap.

Eating Out Guide



You should be able to go out to eat and still enjoy living in a lean, healthy body. There are some tips and tricks you can incorporate for those nights out on the town. Don't be afraid to ask kindly for things to be prepared with olive oil or coconut oil and to keep creams, dressings, and sauces to the side. If you are nice, then you shouldn't encounter any problems with the servers.

A go to tip is to ask the servers not to bring out the chips or bread before the meal. If it's not at the table, the temptation is not there.

- * Most portions are way too big at restaurants. You can ask the server to box up half of the food and bring you the other half. This will help you stay within in portion control and then you get to have leftovers later. It's a win-win
- ★ Do not order dessert. Most restaurants do not carry desserts that are made with healthy sugars and fats. If you are still hungry after eating, ask for some seasonal fruit.
- * Explore new restaurants. If you live in a big city, you can find amazing vegan and raw restaurants. Try new things.

In general, when eating out, you want to think of eating:

- ★ 3-5 OZ. lean protein choice (grilled or baked)
- * 1/2 C. carbs (rice, potato, sweet potato, quinoa, or gluten free bread are all fine)
- * 1/2 C 1 C. veggies (steamed, fresh without sauce are your best choices)

Avoid:

Deep fat fried, creamy sauces, canola/vegetable oils, sugars, bread made of wheat and white flours, sodas and soft drinks (lemonade).

Mexican:

Mexican Salad bowls, stuffed peppers, and even a burrito is fine to order. Ask them to leave out any creams or sour cream. If ordering a burrito, eat half, and save the other half for 2 - 3 hours later or your next meal.



Chinese:

Stir fry is always a great choice with your protein of choice. Ask them to sauté the veggies in olive oil.

American:

Order a hamburger, but see if the bun can be gluten free, or remove the bun. Instead of ordering fries, ask for a side of veggies (steamed veggies can be very good). Chicken or shrimp Salad (ask for dressings on the side), top with a little balsamic and olive oil and fresh lemon.



Thai or Indian:

This is usually very healthy. The key is stay within portions, so be mindful of the equation mentioned above. And eat a small portion (if you must) of the naan bread.