



FGi9

SWEAT · PRAY · HONOR GOD · REPEAT

HEALTHY MIX & MATCH MEAL PLAN

Recipes and meal planner
to simplify your nutrition.

@FOUNDATIONS619



***PROTEIN PACKED
BREAKFASTS**

***SIMPLE & TASTY
LUNCHES**

***SATISFYING DINNERS**

***HEALTHY & FIT
SNACKS**

***7 DAY MEAL PLANNER**

How to use this planner:

STEP 1: PLAN your Meals

Choose one meal from each category
and fill in your meal planner.

STEP 2: Prepare your Kitchen

Make a grocery list then make time
to get your healthy food choices.

STEP 3: Prioritize your Meal Prep

Set a time & day to meal prep & get It done!

HEALTHY BREAKFAST



CHOOSE 1 EACH DAY

OPTION 1: PROTEIN OATS

Ingredients:

1 cup almond milk
1 tbsp Chia Seeds
1/4 cup Rolled Oats (gluten-free if sensitive)
Chocolate Protein Powder (16-18g protein)
(add water for desired consistency)

Instructions:

Combine all Ingredients In this order In a jar/container with lid.
Stir well.
Refrigerate overnight.
Top with fruit/nuts and enjoy!



OPTION 2: EGG MUFFINS

Ingredients:

6 large eggs
1 cup Egg whites
3 slices turkey bacon, chopped
1 cup chopped spinach (mushrooms/onions)
1/2 cup shredded cheese
(side of fruit, 1 cup)

Instructions:

1. Preheat oven to 375 and spray muffin pan with cooking spray.
2. Cook chopped bacon & veggies in skillet and distribute evenly In muffin tin.
3. Place eggs and egg whites in a large bowl; whisk to blend well. Season with salt & pepper.
4. Pour egg mixture over bacon & veggies. Top with cheese.
5. Bake for 12-15 minutes or until toothpick inserted into the center comes out clean.
6. Enjoy 2 per serving with a cup of fruit. Store in ziplock or container and re-heat throughout the week.



OPTION 3: PROTEIN PANCAKES

Ingredients:

1 cup almond milk
1 cup Kodiak Pancake mix
1 egg
1 scoop vanilla protein powder
2 tsp cinnamon (optional)
2 tbsp honey (optional)

Instructions:

1. Heat skillet & spray with cooking spray.
2. Combine all Ingredients In a bowl and mix well.
3. Add 1/4 cup mixture to skillet. Flip when bubbles form.

Toppings:

Organic honey, jam, nut butter or syrup.
Fresh fruit and/or nuts.

Top with favorite add-ons!



HEALTHY LUNCH



CHOOSE 1 EACH DAY

OPTION 1: QUINOA SALAD

Ingredients: Makes 4 servings

1 cup cooked quinoa
1 can black beans, rinsed
1 cup corn, drained
2 bell peppers, cored and diced
3 green onions, diced (optional)
12 oz lean protein, cooked
1 pint cherry tomatoes, halved
avocado, (optional)

Cumin-Lime Dressing

1 cup cilantro
1/2 cup lime juice
1/2 tsp garlic powder
1 tsp cumin
1/2 tsp chili powder
1/2 tsp salt
2 tbsp extra virgin olive oil
Blend and divide evenly.

(makingthymeformehealth.com)

Instructions:

Layer Ingredients In each jar starting with dressing, then as listed In order.

Empty into bowl when ready to eat and top with avocado.



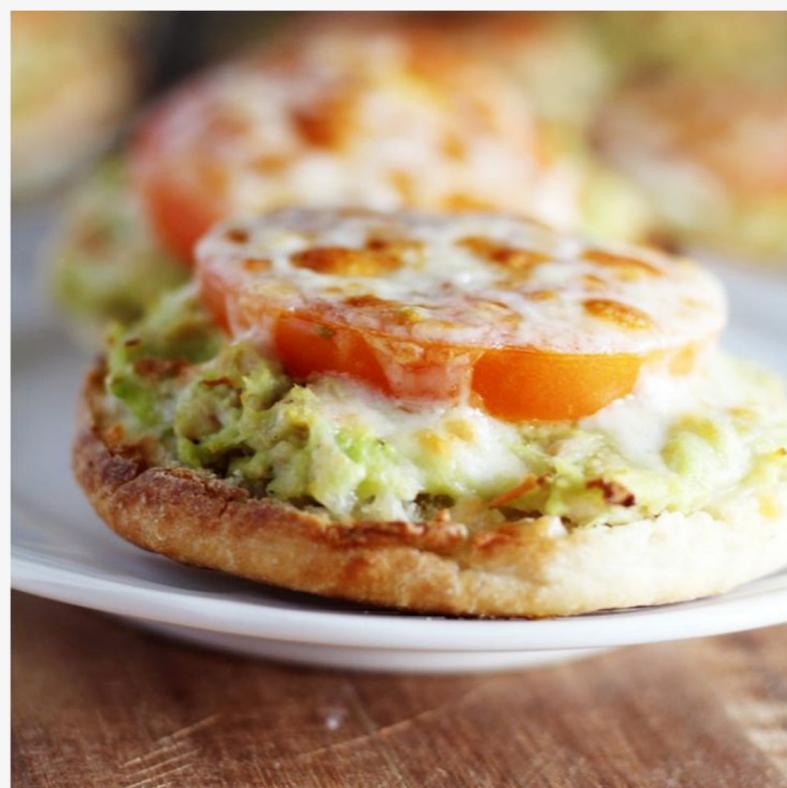
OPTION 2: TUNA MELT

Ingredients:

6 oz Wild Albacore Tuna	4 Whole grain English muffins, split
1 avocado	4 slices tomato
Juice of half a lime	1/2 cup finely shredded Monterrey jack cheese
Salt + pepper to taste	

Instructions:

1. Preheat oven to 350 degrees.
2. In a small bowl, mash avocado with a fork.
3. Add the tuna, lime juice, salt and pepper.
4. Stir until well combined.
5. Place the English muffin halves onto an ungreased baking sheet.
6. Evenly portion the tuna and avocado mixture onto each English muffin half.
7. Top each with a tomato slice and cheese.
8. Bake for 10 minutes, then broil for 2 – 3 minutes until the cheese is golden and the edges of the muffins are toasted.
9. Serve warm.



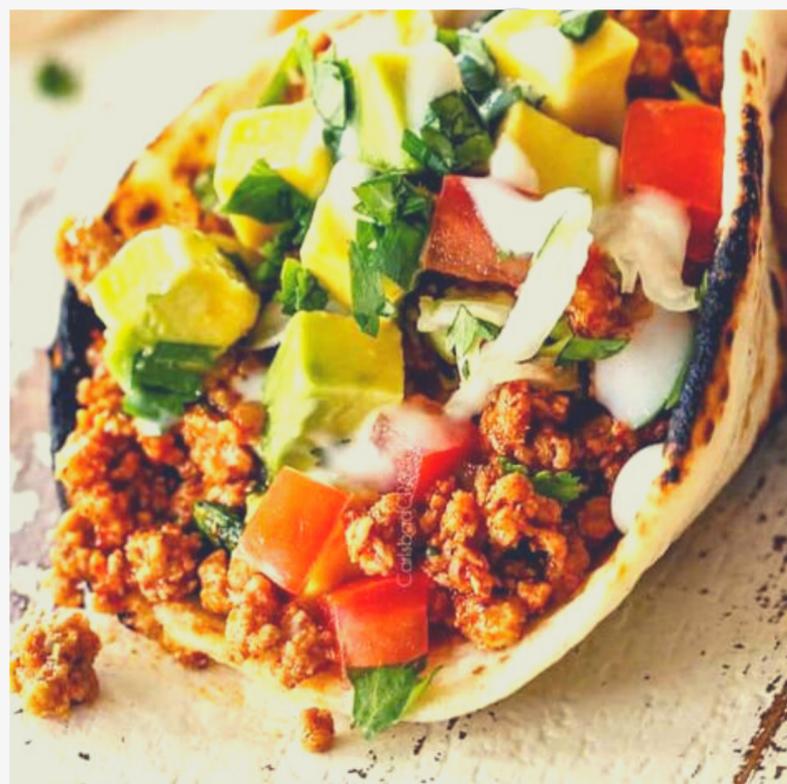
OPTION 3: LEAN STREET TACOS

Ingredients: for 3 tacos

3.5 oz cooked lean protein
2 tbsp chunky salsa
1 tomato, diced
1 cup spinach, chopped
3 tbsp avocado, diced
3 tbsp shredded cheese
3 corn tortillas
(or opt for lettuce wraps & add 1/4 cup black beans)

Instructions:

1. Heat corn tortillas on stovetop.
2. Top 1 tbsp shredded cheese to each tortilla.
3. In a bowl, Mix protein & salsa (add beans If desired) and heat for 30-45 seconds.
4. Divide meat mixture evenly into tortillas.
5. Top with chopped spinach, tomatoes & diced avocado.



HEALTHY DINNER

CHOOSE 1 EACH DAY



OPTION 1: SPAGHETTI SQUASH LASAGNA

Ingredients:

Parchment paper
Nonstick cooking spray
1 lb. ground turkey
1 small spaghetti squash (approx. 3½ to 4 lbs.)
4 cups all-natural marinara sauce
3 cups part-skim ricotta cheese
½ cup grated Parmesan cheese
¼ cup finely chopped fresh basil (optional)

Instructions:

1. Preheat oven to 375° F.
2. Brown ground turkey and set aside.
3. Line large baking sheet with parchment paper.
4. Cut spaghetti squash in half lengthwise. Remove seeds and membrane.
5. Place spaghetti squash, cut side down, on baking sheet. Bake for 40 to 45 minutes, or until tender.
6. Reduce oven temperature to 350° F.
7. Scrape spaghetti squash flesh into stringy noodles.
8. Lightly coat a 4-quart baking dish with spray.
9. Evenly layer half spaghetti squash, half ground turkey, half marinara sauce, and half ricotta cheese in baking dish. Repeat with second layer.
10. Evenly top with Parmesan cheese.
11. Bake for 30 to 32 minutes, or until golden brown.
12. Serve alone or with side salad.



OPTION 2: ASIAN STEAK SALAD

Ingredients:

1 Tbsp. fresh lime juice
2 tsp. Bragg's amino acids
2 tsp. sesame oil

1½ cups chopped romaine lettuce
½ medium carrot, shredded
½ medium red bell pepper, sliced
1 green onion, sliced
6 oz. grilled lean beef sirloin steak, sliced thin
1 Tbsp. toasted sesame seeds

Instructions:

1. To make dressing, combine lime juice, amino acids, and oil; whisk to blend. Set aside.
2. Combine lettuce, carrot, bell pepper, and green onion in a medium serving bowl; toss gently to blend.
3. Top with pre-cooked steak.
4. Drizzle with dressing and sprinkle with sesame seeds; serve immediately.



OPTION 3: SHEET PAN SALMON & VEGGIES

Ingredients:

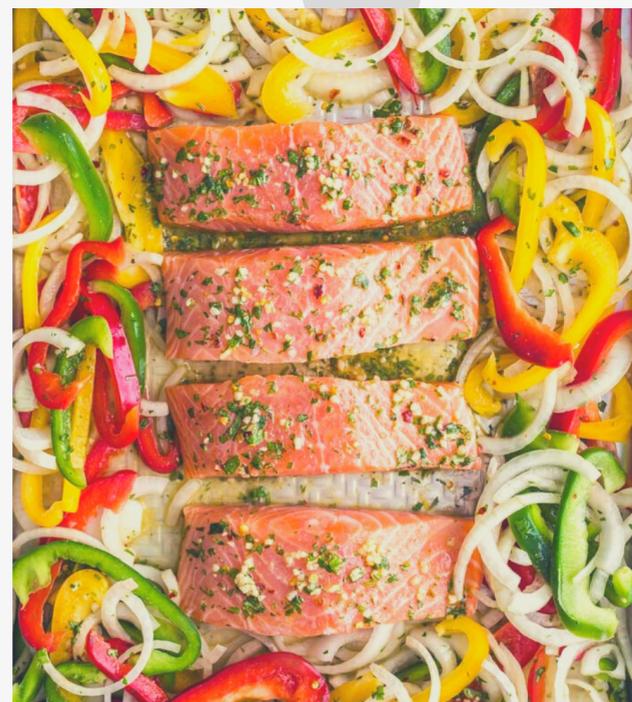
3 small bell peppers, strips
1 small sweet onion, sliced
4 salmon fillets, 6oz each

Marinade:

½ cup of lime juice
2 tablespoons of water
3 tablespoons of olive oil
2 tsp garlic powder
1 teaspoon of cumin
1 ½ teaspoons of fine sea salt
1 ½ tablespoons of honey
¼ cup of finely chopped cilantro
WHISK TOGETHER & SET ASIDE

Instructions:

1. Pre-heat oven to 400 degrees and spray a large baking tray with cooking oil.
2. Place the peppers and onion on your baking tray and toss together with 1/3 of the marinade. Arrange on outer edge.
3. Place salmon in the center and Top with another 1/3 of the marinade.
4. Bake for 12-15 minutes or until salmon is cooked through.
5. Top with additional marinade to serve and ENJOY!



HEALTHY SNACKS

CHOOSE 1 OR 2 EACH DAY



OPTION 1: DELI ROLL UP

Ingredients:

3.5 oz turkey or ham slices
(nitrate and nitrite free, with less than 500mg sodium per serving)
1/2 cup carrots,
cucumber and/or bell pepper
1 tbsp hummus
1/2 cup fruit

Instructions:

1. Spread 1/4 tbsp. hummus on slice of turkey.
2. Add veggie of choice and roll up.
3. Enjoy with 1/2 cup of fruit.



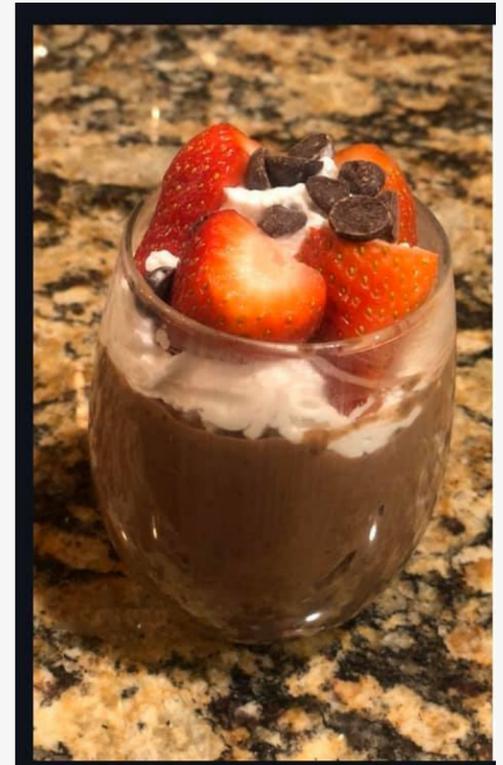
OPTION 2: PRO-YO PARFAIT

Ingredients:

1/2 cup Oikos vanilla greek yogurt
1 cup almond milk
1 tbsp chia seeds
1 scoop chocolate protein powder
1 cup berries of choice
1 tbsp nuts/dark chocolate chips
2 tbsp coco-whip (optional)

Instructions:

1. Combine yogurt and almond milk and mix well.
2. Add in protein powder & chia seeds. Mix well.
3. Refrigerate overnight or for at least 2 hours for best consistency.
4. Top with coco-whip, berries, nuts, chocolate chips when ready to eat and enjoy!



OPTION 3: PROTEIN BALLS

Ingredients:

3 cups oats
3 scoops vanilla protein powder
8 tbsp almond butter
2 tbsp honey
8 tbsp almond milk
1 truvia packet (optional)
Mini chocolate chips (optional)

Instructions:

1. Combine oats and protein powder and mix well.
2. Combine almond butter & honey in small bowl and warm for 30 seconds. Stir until smooth.
3. Stir almond milk into wet mixture.
4. Combine wet & dry ingredients with a spatula. It should be thick.
5. Spoon out 1 tbsp and roll into balls.
6. Add 3 mini chocolate chips per ball if desired.
7. Store in refrigerator until ready to eat!



OPTION 4: AVOCADO DEVILED EGGS

Ingredients:

8 large eggs
1 medium ripe avocado
2 tsp. fresh lime juice
1 Tbsp. coarsely chopped fresh cilantro
1/2 tsp. garlic powder
1/4 tsp. sea salt (or Himalayan salt)
1/4 tsp. ground black pepper
Ground paprika (for garnish; optional)
4 small apples

Instructions:

1. Boil eggs & peel.
2. Half each and remove yolk.
3. Combine egg yolks, avocado, lime juice, cilantro, garlic powder, salt, and pepper in food processor/blender & pulse until smooth.
4. Place egg yolk mixture in a freezer bag/piping bag. Cut off a small piece of one corner and pipe mixture evenly into the center of each egg white.
5. Garnish with paprika (if desired).
6. Serve four egg halves with an apple.





WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH/ SNACK	DINNER
MONDAY		<hr/>	
TUESDAY		<hr/>	
WEDNESDAY		<hr/>	
THURSDAY		<hr/>	
FRIDAY		<hr/>	
SATURDAY		<hr/>	
SUNDAY		<hr/>	



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Connect with your FitCoach Iris
If you have any questions or
need extra help customizing
your healthy eating plan for
your needs and goals!

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