

# SOLO PLAYER | WEEK 3

# ZULTS

2000 Calorie Plan - Daily Meal Plan

The meal plan below is to be followed daily from Monday through Saturday .Sunday is your day to eat any leftovers you have accumulated or prepare your own healthy meals.

DESCRIPTION	CARBS	PROTEIN	FAT	KCALS
<b>BREAKFAST KALE MUSHROOM SCRAMBLE AND TOAST</b> 2 each Egg 3 each Egg White ½ cup Crimini Mushrooms, Chopped 1 cup Kale, Thinly Sliced 2 tbsp Feta Cheese 2 slice Dave's Killer Bread Thin Sliced 1½ tbsp All Fruit Spread	55 g	38 g	17 g	498
<b>AM SNACK BANANA PARFAIT</b> ½ each Banana, Sliced ¾ cup Plain Nonfat Greek Yogurt 2 tsp Raw Honey 2 tbsp Granola to taste Cinnamon and Stevia (optional)	38 g	19 g	4 g	258
<b>LUNCH CHICKEN BACON CAESAR WRAP</b> 1 each Mission Organic Whole Wheat Tortilla 3 ounce Chicken Breast 2 slice Uncured Turkey Bacon 1 each Romaine Lettuce Leaf 3 slice Tomato 3 tbsp Homemade Caesar Dressing <b>ON THE SIDE</b> ½ each Apple	40 g	39 g	21 g	477
<b>PM SNACK PUMPKIN SEED TRAIL MIX</b> ½ cup Pumpkin Seed Trail Mix	23 g	9 g	16 g	259
<b>DINNER PARMESAN TURKEY BURGER</b> 1 each Turkey Burger 1 each 100% Whole Wheat Hamburger Bun 3 tbsp Marinara Sauce 2 tbsp Parmesan Cheese, Shredded <b>ON THE SIDE</b> 1½ cup Broccoli Mix	41 g	47 g	18 g	502

## POST-WORKOUT SNACK

Enjoy your post-workout snack within 30 minutes of your workout to build muscle and improve recovery

### OJ and Protein Powder

Shake ingredients in a shaker bottle or stir with a spoon.

- 12 ounces Orange Juice, Not from Concentrate
- 3 Vanilla Whey Protein Powder

# SOLO ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Banana	3 each	A
<input type="checkbox"/>	Apple, Any Variety	3 each	L
<input type="checkbox"/>	Broccoli Florets	9 cup	D
<input type="checkbox"/>	Crimini Mushrooms, Chopped	3 cup	B
<input type="checkbox"/>	Romaine Lettuce	1 head	L
<input type="checkbox"/>	Kale	6 cup	B
<input type="checkbox"/>	Sun Dried Tomatoes (1)	¾ cup	D
<input type="checkbox"/>	Tomato	3 each	L
<input type="checkbox"/>	Lemon Juice	½ cup	L,D

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	1½ lb	L
<input type="checkbox"/>	Ground Turkey 99% Extra Lean	2 lb	D
<input type="checkbox"/>	Uncured Turkey Bacon	12 slice	L

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Egg, 12 Egg White 18	30 each	B
<input type="checkbox"/>	Plain Nonfat Greek Yogurt	4½ cup	A
<input type="checkbox"/>	Plain Greek Yogurt	¾ cup	L
<input type="checkbox"/>	Feta Cheese	¾ cup	B
<input type="checkbox"/>	Fresh Parmesan Cheese, Shredded	1 cup	L,D

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Cheerios, Original	2½ cup	P
<input type="checkbox"/>	Granola, No Added Fruit or Nuts	¾ cup	A
<input type="checkbox"/>	100% Whole Wheat Hamburger Bun	6 each	D
<input type="checkbox"/>	Mission Organic Whole Wheat Tortilla	6 each	L
<input type="checkbox"/>	Dave's Killer Bread Thin Sliced	12 slice	B

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Dried Cranberries	½ cup	P
<input type="checkbox"/>	Raw Cashews Pieces	½ cup	P
<input type="checkbox"/>	Raw Whole Almonds	½ cup	P
<input type="checkbox"/>	Raw Pumpkin Seeds, Pepita Nuts	½ cup	P
<input type="checkbox"/>	All Fruit Spread	9 tbsp	B
<input type="checkbox"/>	Marinara Sauce (2)	1½ cup	D
<input type="checkbox"/>	Black Olives, Sliced or Chopped, In Water	¾ cup	D

Staples		
<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Minced Garlic	L,D
<input type="checkbox"/>	Black Pepper	L
<input type="checkbox"/>	Garlic Powder & Italian Seasoning	D
<input type="checkbox"/>	Dijon Mustard	L
<input type="checkbox"/>	Raw Honey	A
<input type="checkbox"/>	All Natural Creamy Peanut Butter	A
<input type="checkbox"/>	Cinnamon and Stevia in the Raw (optional)	A

Special Instructions	
<b>Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices</b>	
1)	Not packed in oil. Found in produce or canned vegetable section.
2)	Under 8g of sugar and 450g of sodium. Muir Glen, Classico and Newman's own are great options.

# SOLO PLAYER WEEK 3 ZULTS

2000 Calorie Plan - Cooking Instructions

## BREAKFAST: KALE MUSHROOM SCRAMBLE

Prep Time: 5 minutes  
Total Time: 15 minutes  
Storage:

### Daily Ingredients

- 2 each - Egg, Whisked
- 3 each - Egg White, Whisked
- ½ cup - Crimini Mushrooms, Chopped
- 1 cup - Kale, Thinly Sliced
- 2 tbsp - Feta Cheese

### Cooking Instructions

1. Heat pan on medium heat. Spray with non-stick spray.
2. Add chopped mushrooms and saute for about 1 minute. Add kale and continue to cook until kale is just wilted.
3. Whisk eggs and pour over mushrooms and kale. Reduce heat and stir occasionally until eggs begin to set.
4. When eggs are almost set, stir in feta cheese.

## AM SNACK: BANANA PARFAIT

Prep Time: 5 minutes  
Total Time: 5 minutes  
Storage: Refrigerator

This yummy snack can be prepared and stored in an airtight container several days in advance. Stir peanut butter and honey into yogurt. Mix in sliced or chopped bananas. When ready to eat top with granola.

## LUNCH: CHICKEN BACON CAESAR WRAP

This homemade Caesar dressing recipe is very simple and tasty.

Prep Time: 10 minutes  
Total Time: 40 minutes  
Storage: Refrigerator

### Ingredients

- 1½ lb - Chicken Breast
- Black Pepper (optional)
- 12 slice - Uncured Turkey Bacon

### Caesar Dressing

### Ingredients

- ¾ cup - Plain Greek Yogurt
- 2½ tbsp - Parmesan Cheese, Shredded
- 1 tsp - Minced Garlic
- 2½ tbsp - Dijon Mustard
- ½ - ¾ tsp - Black Pepper
- 2½ tbsp - Lemon Juice
- ¼ cup + 1 tbsp - Olive Oil

### Cooking Instructions

1. Heat pan on medium heat. Spray pan with non-stick spray or coat lightly with oil olive. Add chicken, seasoning with pepper (optional). Saute until no longer pink. About 5 minutes per side.
2. Cook bacon according to directions. Stove, oven or microwave.
3. Blend dressing ingredients well, except olive oil. Then add olive oil 1 tbsp at a time until well combined.
4. Store the dressing in an airtight container in the refrigerator.

**Note: For more even cooking, slice chicken breasts horizontally or pound to thin.**

## PM SNACK: PUMPKIN SEED TRAIL MIX

Prep Time: 5 minutes  
Total Time: 5 minutes  
Storage:

Mix all ingredients below for a week's supply of trail mix. Store in an airtight container or resealable bag.

- ½ cup - Raw Pumpkin Seeds/Pepita Nuts
- ½ cup - Dried Cranberries
- ½ cup - Raw Cashews Pieces
- ½ cup - Raw Whole Almonds
- 2½ cup - Cheerios

## DINNER: TURKEY PARMESAN BURGER

For freshness it is suggested to make half the broccoli mix over the weekend and the rest mid week.

Prep Time: 20 minutes  
Total Time: 50 minutes  
Storage: Refrigerator

### Turkey Burger Ingredients

- 2 lb - Ground Turkey 99%
- 1 tbsp - Italian Seasoning
- 1 tbsp - Garlic Powder

### Broccoli Mix Ingredients

- 9 cup - Broccoli Florets
- ¾ cup - Sun Dried Tomatoes, Roughly Chopped
- ¾ cup - Olives, Drained, Chopped or Sliced
- ¼ cup - Lemon Juice
- ¼ cup - Olive Oil
- 1 tbsp - Minced Garlic

### Cooking Instructions

1. Preheat oven to 350°.
2. In a large bowl combine ground turkey, garlic powder and Italian seasoning.
3. Form the turkey into 6 equally sized patties and place on a baking sheet that has been lightly sprayed with non-stick spray.
4. Bake for 10-12 minutes or until cooked through. Allow to cool completely before storing in the refrigerator.
5. Increase oven temperature to 450°.
6. In a small bowl, whisk olive oil, lemon juice and garlic.
7. In a large bowl, combine broccoli, tomatoes and olives. Toss with dressing and place on baking sheet.
8. Bake for 10-13 minutes or until broccoli begins to brown. Allow to cool completely before storing in the refrigerator.