TEAM PLAYER | WEEK 1 ZULTS

1600 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			NOTE	S	
BREAKFAST	BLUEBERRY COCONUT SMOOTHIE BOWL					
% сир	Plain Greek Yogurt					
3 tablespoons	Vanilla Whey Protein Powder					
1/4 each	Banana					
1 cup	Frozen Blueberries					
% сир	Unsweetened Almond Milk					
½ teaspoon	Chia Seed					
•	Topping:					
1 tablespoon	Unsweetened Shredded Coconut					
1 tablespoon	Pepita Nuts					
½ teaspoon	Chia Seed					
			Carbs: 35	Protein: 34	Fat: 12	Calories: 380
AM SNACK	LETTUCE SNACK WRAP					
1 each	Lettuce Leaf					
1 slice	Swiss Cheese					
2 ounces	Deli Turkey					
1/4 each	Avocado					
Optional	Mustard, Salsa or Hot Sauce					
			Carbs: 7	Protein: 20	Fat: 11	Calories: 195
LUNCH	CHICKEN/VEGGIE HUMMUS WRAP					
1 each	Mission Organic Whole Wheat Tortilla					
2 tablespoons						
3 ounces	Chicken Breast					
3 ounces	Veggie Mix					
1½ tablespoons	Feta Cheese					
			Carbs: 38	Protein: 30	Fat: 17	Calories: 415
PM SNACK	RICE CAKE W/ PEANUT BUTTER AND HO	NEY				
2 each	Plain Rice Cake					
1½ tablespoons	All Natural Peanut Butter					
½ teaspoon	Raw Honey					
			Carbs: 22	Protein: 8	Fat: 11	Calories: 221
DINNER	HAWAIIAN TAQUITO W/ BBQ DIPPING SA	UCE AND				
3 each	Hawaiian Taquitos					
2 tablespoons	BBQ Dipping Sauce					
½ cup	Coleslaw					
1 tablespoons	Coleslaw Dressing					
			Carbs: 54	Protein: 25	Fat: 8	Calories: 410
DAILY TOTALS	156g Carbs	117g Protein	59g	Fat		1621 kCals

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 3 tbsp Vanilla Protein Powder

TEAM ZULTS SHOPPING LIST

	Produce Section		
Ø	Description	Qty	Meal
	Banana	2 each	В
	Avocado	3 each	A,D
	Lime Juice (1)	½ cup	D
	Leaf Lettuce	1 head	A
	Zucchini, Medium	2 each	L
	Red Onion, Medium	1 each	L
	Red Bell Pepper, Large	1 each	L
	Green Onions	1 bunch	D
	Green Cabbage, Shredded	2 cup	D
	Purple Cabbage, Shredded	2 cup	D
	Cilantro, Chopped	½ cup	D
	Yellow or White Onion	1 each	D

Meat Section		
Description	Qty	Meal
Chicken Breast, Boneless/Skinless	21/2 lb	L,D
Chicken Thighs, Boneless/Skinless	1/2 lb	D
Deli Turkey (2)	12 ounce	A

	Dairy Section		
Ø	Description	Qty	Meal
	Plain Greek Yogurt	3 cup	B,D
	Feta Cheese	9 tbsp	L
	Swiss Cheese	6 slice or ounces	A

	Grains		
\square	Description	Qty	Meal
	Mission Organic Whole Wheat Tortilla	6 each	L
	Corn Tortillas	18 each	D
	Plain Rice Cake, No or Lightly Salted	12 each	P

	Canned/Other		
Ø	Description	Qty	Meal
	Frozen Blueberries	6 cup	В
	BBQ Sauce (3)	¾ cup	D
	Hummus	¾ cup	L
	Crushed Pineapple, 8 oz. can	1 each	D
	Unsweetened Almond Milk (4)	2 cup	В
	Chia Seeds	6 tsp	В
	Raw Pepita Nuts	6 tbsp	В
	Unsweetened Shredded Coconut	6 tbsp	В

	Staples	
Ø	Description	Meal
	Olive Oil and Non-Stick Spray	
	Black Pepper and Sea Salt	
	Minced Garlic	D
	Dried Dill (optional)	L
	Ground Ginger, Red Pepper Flakes	D
	Liquid Aminos or Low Sodium Soy Sauce	D
	Mustard, Fresh Salsa or Hot Sauce (optional)	A
	All Natural Creamy Peanut Butter	Р
	Raw Honey	P,D
	Vanilla Whey Protein Powder	В

	Special Instructions		
Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices			
1)	On average 1 lime yields 3 tbsp.		
2)	No added nitrates or nitrites.		
3)	No high fructose corn syrup. Sugar under 8 grams. Sodium under 250 mg.		
4)	Found in both refrigerated and dairy section.		





BREAKFAST: BLUEBERRY COCONUT SMOOTHIE BOWL

PREP TIME: 5 Minutes TOTAL TIME: 10 Minutes STORAGE:

Blend all ingredients together, except for toppings. This is meant to be thick. If needed, add water when blending. Pour in a bowl and add toppings! Need it to go? Blend it all to make a smoothie.

AM SNACK: LETTUCE SNACK WRAP

PREP TIME: 5 Minutes TOTAL TIME: 5 Minutes STORAGE: Refrigerator

Lay out lettuce leaf, add cheese, turkey and avocado. Top with mustard, salsa or hot sauce.

LUNCH: CHICKEN/VEGGIE HUMMUS WRAP Chicken can also be grilled.

PREP TIME: 15 Minutes TOTAL TIME: 45 Minutes STORAGE: Refrigerator

Chicken and Veggie Ingredients

12 oz - Zucchini, Cut in Half Moon 6 oz - Red Onion, Sliced 8 oz - Red Bell Pepper, Sliced ½ tbsp - Olive Oil Sprinkle - Black Pepper and Sea Salt

> (optional) 1½ lb - Chicken Breast 1 tbsp - Olive Oil

Sprinkle - Black Pepper, Sea Salt and Dried Dill (optional)

Chicken and Veggie Instructions

To Roast Chicken and Veggies:

- 1. Preheat oven to 425°. Lightly coat a baking dish with non-stick spray.
- 2. Add chicken to dish and rub lightly with olive oil and season with salt, pepper and dill (optional).
- **3.** Slice zucchini lengthwise and then cut in ½ inch pieces. In a large bowl add prepared veggies and toss with olive oil. Sprinkle with salt and pepper.
- 4. Line a baking sheet with parchment paper or foil (sprayed with non-stick spray).
- 5. Spread veggies evenly on baking sheet.
- 6. Place veggies on the top rack and chicken on the center rack.
- 7. Roast veggies for 10 minutes. Then remove and continue to roast chicken for an additional 5-10 minutes or until no longer pink inside.

DINNER: HAWAIIAN TAQUITOS W/ BBQ DIPPING SAUCE AND COLESLAW

When ready to eat combine coleslaw with dressing, allow to sit while reheating taquitos. Taquitos can be heated in the microwave but for best results bake in the oven. Place refrigerated or frozen taquitos on a lightly greased baking sheet and bake at 400° for 15 minutes or until crispy and heated through.

PREP TIME: 20 Minutes TOTAL TIME: 1 Hour STORAGE: Refrigerator

Leftovers freeze well.

Hawaiian Taquito Ingredients

1 lb - Chicken Breast

1/2 lb - Chicken Thigh

½ cup - Onion, Diced

1 tbsp - Minced Garlic

1 each – Crushed Pineapple, 8 oz can, Slightly Drained

3 tbsp - Liquid Aminos or Low Sodium Soy

3 tbsp - Lime Juice

½ tsp - Ground Ginger

1/4 tsp - Red Pepper Flakes

pinch - Sea Salt

¼ tsp – Black Pepper

18 each – Corn Tortilla

BBQ Dipping Sauce Ingredients

% cup – BBQ Sauce % cup – Plain Greek Yogurt

Coleslaw Ingredients

2 cup - Green Cabbage, Shredded
2 cup - Red Cabbage, Shredded
1 bunches - Green Onion, Sliced
½ cup - Cilantro, Chopped

Coleslaw Dressing Ingredients

1 tbsp - Olive Oil

2 tsp - Raw Honey

2 tbsp - Lime Juice

2 tsp - Minced Garlic

1/4 cup - Plain Greek Yogurt

2 ounce - Avocado

Hawaiian Taquito Instructions

- 1. Add chicken to a large pot and cover completely with water. Bring to a boil, reduce heat and cover. Cook for about 20-30 minutes or until cooked through.
- 2. Once cool enough to handle shred chicken.
- **3.** Heat a large skillet on medium heat. Spray with non-stick spray or coat lightly with olive oil. Add onion and garlic. Stir frequently until slightly softened. Stir in shredded chicken
- **4.** Add all remaining ingredients stirring to combine. Allow to simmer for 5 minutes and heated through.
 - 5. Preheat oven to 400*
 - 6. Heat tortillas 6 at a time in the microwave for 30-40 seconds.
- **7.** To each tortilla, add 1 ounce of hawaiian chicken mix. Roll tightly and lay seam side down on baking sheet.
 - 8. Bake for about 15 minutes or until golden brown.

BBQ Dipping Sauce Instructions

1. Whisk together greek yogurt and bbq sauce.

Coleslaw Instructions

1. Stir together all coleslaw ingredients.

Coleslaw Dressing Instructions

1. In a blender combine all coleslaw dressing ingredients. Blend until smooth.

Note: Dressing may appear thick and should be stirred before adding to coleslaw.