

# TEAM PLAYER | WEEK 1 ZULTS

2400 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	NOTES
<b>BREAKFAST BLUEBERRY COCONUT SMOOTHIE BOWL</b> ½ cup Plain Greek Yogurt 1¼ scoop Vanilla Whey Protein Powder ½ each Banana 1¼ cup Frozen Blueberries ¾ cup Unsweetened Almond Milk 1 teaspoon Chia Seed Topping: 1½ tablespoon Unsweetened Shredded Coconut 2 tablespoon Pepita Nuts 1 teaspoon Chia Seed	<div>Carbs: 53 Protein: 56 Fat: 22 Calories: 607</div>
<b>AM SNACK LETTUCE SNACK WRAP</b> 2 each Lettuce Leaf 1 slice Swiss Cheese 3 ounces Deli Turkey ½ each Avocado 2 slice Tomato Optional Mustard, Salsa or Hot Sauce	<div>Carbs: 12 Protein: 27 Fat: 19 Calories: 310</div>
<b>LUNCH CHICKEN/VEGGIE HUMMUS WRAP</b> 1 each Mission Organic Whole Wheat Tortilla 2 tablespoons Hummus 4 ounces Chicken Breast 3 ounces Veggie Mix 2 tablespoons Feta Cheese 1 cup Grapes	<div>Carbs: 74 Protein: 47 Fat: 17 Calories: 590</div>
<b>PM SNACK RICE CAKE AND PEANUT BUTTER</b> 2 each Plain Rice cake 2 tablespoons All Natural Peanut Butter 1 teaspoon Raw Honey	<div>Carbs: 26 Protein: 10 Fat: 15 Calories: 279</div>
<b>DINNER HAWAIIAN TAQUITO W/ BBQ DIPPING SAUCE AND COLESLAW</b> 4 each Hawaiian Taquitos 3 tablespoons BBQ Dipping Sauce 1 cup Coleslaw 1½ tablespoons Coleslaw Dressing	<div>Carbs: 81 Protein: 50 Fat: 13 Calories: 622</div>
<b>DAILY TOTALS</b>	246 Carbs      190g Protein      86g Fat      2408 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.

16 ounces Orange Juice  
 3 tbsp Vanilla Protein Powder + ½ Banana

# TEAM ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Banana	3 each	<b>B</b>
<input type="checkbox"/>	Grapes	6 cup	<b>L</b>
<input type="checkbox"/>	Avocado	4 each	<b>A,D</b>
<input type="checkbox"/>	Lime Juice <b>(1)</b>	½ cup	<b>D</b>
<input type="checkbox"/>	Leaf Lettuce	1 head	<b>A</b>
<input type="checkbox"/>	Tomato	2 each	<b>A</b>
<input type="checkbox"/>	Zucchini, Medium	2 each	<b>L</b>
<input type="checkbox"/>	Red Onion, Medium	1 each	<b>L</b>
<input type="checkbox"/>	Red Bell Pepper, Large	1 each	<b>L</b>
<input type="checkbox"/>	Green Onions	1 bunch	<b>D</b>
<input type="checkbox"/>	Green Cabbage, Shredded	3 cup	<b>D</b>
<input type="checkbox"/>	Purple Cabbage, Shredded	3 cup	<b>D</b>
<input type="checkbox"/>	Cilantro, Chopped	1 cup	<b>D</b>
<input type="checkbox"/>	Yellow or White Onion	1 each	<b>D</b>

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	4 lb	<b>L,D</b>
<input type="checkbox"/>	Chicken Thighs, Boneless/Skinless	1 lb	<b>D</b>
<input type="checkbox"/>	Deli Turkey <b>(2)</b>	18 ounce	<b>A</b>

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Plain Greek Yogurt	4 cup	<b>B,D</b>
<input type="checkbox"/>	Feta Cheese	¾ cup	<b>L</b>
<input type="checkbox"/>	Swiss Cheese	6 slice or ounces	<b>A</b>

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Mission Organic Whole Wheat Tortilla	6 each	<b>L</b>
<input type="checkbox"/>	Corn Tortillas	24 each	<b>D</b>
<input type="checkbox"/>	Plain Rice Cake, No or Lightly Salted	12 each	<b>P</b>

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Frozen Blueberries	7½ cup	<b>B</b>
<input type="checkbox"/>	BBQ Sauce <b>(3)</b>	¾ cup	<b>D</b>
<input type="checkbox"/>	Hummus	¾ cup	<b>L</b>
<input type="checkbox"/>	Crushed Pineapple, 20 oz. can	1 each	<b>D</b>
<input type="checkbox"/>	Unsweetened Almond Milk <b>(4)</b>	4 cup	<b>B</b>
<input type="checkbox"/>	Chia Seeds	¼ cup	<b>B</b>
<input type="checkbox"/>	Raw Pepita Nuts	¾ cup	<b>B</b>
<input type="checkbox"/>	Unsweetened Shredded Coconut	9 tbsp	<b>B</b>

Staples		
<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Black Pepper and Sea Salt	
<input type="checkbox"/>	Minced Garlic	<b>D</b>
<input type="checkbox"/>	Dried Dill (optional)	<b>L</b>
<input type="checkbox"/>	Ground Ginger, Red Pepper Flakes	<b>D</b>
<input type="checkbox"/>	Liquid Aminos or Low Sodium Soy Sauce	<b>D</b>
<input type="checkbox"/>	Mustard, Fresh Salsa or Hot Sauce (optional)	<b>A</b>
<input type="checkbox"/>	All Natural Creamy Peanut Butter	<b>P</b>
<input type="checkbox"/>	Raw Honey	<b>P,D</b>
<input type="checkbox"/>	Vanilla Whey Protein Powder	<b>B</b>

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.

# WEEK 1

2400 Calorie Plan - Cooking Instructions

# ZULTS

## 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, avocado and tomato. 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)  
2 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

- 2 lb - Chicken Breast
- 1 lb - Chicken Thigh
- 1 cup - Onion, Diced
- 2 tbsp - Minced Garlic
- 1 each - Crushed Pineapple, 20 oz can, Slightly Drained
- 1/3 cup - Liquid Aminos or Low Sodium Soy Sauce
- 1/3 cup - Lime Juice
- 1 tsp - Ground Ginger
- 1/2 tsp - Red Pepper Flakes
- 1/8 tsp - Sea Salt
- 1/2 tsp - Black Pepper
- 24 each - Corn Tortilla

### BBQ Dipping Sauce

#### Ingredients

- 3/4 cup - BBQ Sauce
- 3/4 cup - Plain Greek Yogurt

### Coleslaw Ingredients

- 3 cup - Green Cabbage, Shredded
- 3 cup - Red Cabbage, Shredded
- 1 bunch - Green Onion, Sliced
- 3/4 - 1 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 1.5 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.