

# TEAM PLAYER | WEEK 2 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
<p><b>BREAKFAST POTATO BACON BREAKFAST BAKE</b></p> <ul style="list-style-type: none"> <li>1 piece Potato Bacon Breakfast Bake</li> <li>2 slice Dave's Killer Bread Thin Sliced</li> <li>2 tablespoon All Fruit Spread</li> </ul>	<p>Carbs: 78 Protein: 36 Fat: 19 Calories: 591</p>
<p><b>AM SNACK CHOCOLATE OAT CHIA BAR</b></p> <ul style="list-style-type: none"> <li>1 each Chocolate Oat Chia Bar</li> </ul>	<p>Carbs: 23 Protein: 16 Fat: 18 Calories: 298</p>
<p><b>LUNCH HONEY CHIPOTLE CHICKEN QUINOA BOWL</b></p> <ul style="list-style-type: none"> <li>2 cup Spring Mix</li> <li>3/4 cup Lime Quinoa</li> <li>5 ounces Honey Chipotle Chicken, Sliced</li> <li>6 each Grape Tomatoes, Halved</li> <li>1/4 each Avocado, Sliced</li> <li>1/2 - 1 stalk Green Onion, Sliced</li> <li>sprinkle Cilantro, Chopped (optional)</li> <li>2 1/2 tbsp Honey Lime Dressing</li> </ul>	<p>Carbs: 54 Protein: 42 Fat: 25 Calories: 599</p>
<p><b>PM SNACK COTTAGE CHEESE AND BLUEBERRIES</b></p> <ul style="list-style-type: none"> <li>1 cup Low Fat Cottage Cheese</li> <li>1/2 cup Blueberries</li> <li>2 tablespoon Slivered Raw Almonds</li> <li>1 teaspoon Raw Honey</li> </ul>	<p>Carbs: 23 Protein: 32 Fat: 11 Calories: 292</p>
<p><b>DINNER TURKEY BURGER W/ GORGONZOLA SPREAD AND SPICY SLAW</b></p> <ul style="list-style-type: none"> <li>1 each 100% Whole Wheat Hamburger Bun</li> <li>1 each Turkey Burger</li> <li>2 tbsp Gorgonzola Spread</li> <li>1/2 cup Spicy Slaw</li> <li>5 ounce Roasted Red Potatoes</li> </ul>	<p>Carbs: 78 Protein: 50 Fat: 12 Calories: 608</p>
<p><b>DAILY TOTALS</b></p>	<p>256g Carbs      176g Protein      85g Fat      2388 kCals</p>

## 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. Banana can be eaten on the side or blend ingredients together.

- 16 ounces Orange Juice, Not from Concentrate
- 3 tbsp Vanilla Whey Protein Powder
- 1/2 each Banana

# TEAM ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Blueberries, Fresh or Frozen	2 cup	P
<input type="checkbox"/>	Avocado	2 each	L
<input type="checkbox"/>	Lime Juice	7 each	L,D
<input type="checkbox"/>	Fresh Spinach	10 ounce	B
<input type="checkbox"/>	Grape Tomatoes	30 each	L
<input type="checkbox"/>	Spring Salad Mix	12 cup	L
<input type="checkbox"/>	Cilantro	1 bunch	L
<input type="checkbox"/>	Green Onions	2 bunches	L,D
<input type="checkbox"/>	Napa Cabbage	1 each	D
<input type="checkbox"/>	Yellow Onion, Chopped	1 cup	B
<input type="checkbox"/>	Red Potatoes	3¾ lb	B,D

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	2½ lb	L
<input type="checkbox"/>	Ground Turkey, 99% Extra Lean	2 lb	D
<input type="checkbox"/>	Uncured Turkey Bacon	10 slice	B

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Egg, 8 Egg White, 4	12 total	B
<input type="checkbox"/>	Plain Greek Yogurt	½ cup	D
<input type="checkbox"/>	Low Fat Milk	½ cup	B
<input type="checkbox"/>	Parmesan Cheese, Grated	¼ cup	B
<input type="checkbox"/>	Gorgonzola Cheese	6 ounce	D
<input type="checkbox"/>	Low Fat Cottage Cheese	6 cup	P

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Quinoa	1½ cup	L
<input type="checkbox"/>	Old Fashioned Oats	1 cup	P
<input type="checkbox"/>	100% Whole Wheat Hamburger Bun	6 each	D
<input type="checkbox"/>	Dave's Killer Bread Thin Sliced	12 slices	B

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Artichoke Hearts, 14 oz. Can	1 each	B
<input type="checkbox"/>	Apple Cider Vinegar	2 tsp	D
<input type="checkbox"/>	Sriracha Sauce	2 tsp	D
<input type="checkbox"/>	Adobo Sauce, From a Can of Chipotles in Adobo, 7 oz.	1 can	D
<input type="checkbox"/>	Unsweetened Almond Milk (1)	¼ cup	A
<input type="checkbox"/>	Slivered Raw Almonds	¾ cup	P
<input type="checkbox"/>	Chia Seeds	2 tbsp	A

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	D
<input type="checkbox"/>	Onion Powder	B
<input type="checkbox"/>	Smoked Paprika	D
<input type="checkbox"/>	Low Sodium Chicken Broth (optional)	L
<input type="checkbox"/>	Dijon Mustard	L
<input type="checkbox"/>	All Fruit Spread	B
<input type="checkbox"/>	All Natural Peanut Butter	A
<input type="checkbox"/>	Raw Honey	A,L,P D
<input type="checkbox"/>	Unsweetened Cocoa Powder	A
<input type="checkbox"/>	Vanilla Whey Protein Powder	A

Special Instructions	
Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices	
1)	Found in both refrigerated and dairy section.

# WEEK 2

2400 Calorie Plan - Cooking Instructions

# ZULTS

## BREAKFAST: POTATO BACON BREAKFAST BAKE

Leftovers freeze well.

PREP TIME: 30 Minutes  
TOTAL TIME: 1 Hour  
STORAGE: Refrigerator

### Potato Bacon Breakfast Bake

#### Ingredients

- 10 slice - Uncured Turkey Bacon, Chopped
- 1½ lb - Red Potatoes, Diced
- 2 tbsp - Olive Oil, Divided
- 1 cup - Yellow Onion, Chopped
- 1 tbsp - Minced Garlic
- 10 ounce - Fresh Spinach, Roughly Chopped
- 14 ounce - Artichoke Hearts, Drained and Chopped
- 8 each - Egg
- 4 each - Egg White
- ½ cup - Low Fat Milk
- ½ cup - Parmesan Cheese, Grated
- ¼ tsp - Black Pepper
- ¼ tsp - Onion Powder
- ¼ tsp - Sea Salt

### Potato Bacon Breakfast Bake

#### Instructions

1. Preheat oven to 400°. Lightly spray 9x13 baking dish with non-stick spray.
2. In a bowl or directly in baking dish toss potatoes with 1 tbsp olive oil. Spread potatoes over the bottom of the dish.
3. Place in oven and roast for 25-30 minutes or until softened and browned.
4. Cook bacon according to package instructions.
5. In a large skillet, add 1 tbsp. olive oil and heat on medium.. Add onions and garlic, cook until soft, stirring occasionally.
6. Stir in spinach a couple handfuls at a time, and cook until wilted. Then add artichokes and cook, stirring until heated through.
7. In a large bowl, whisk together eggs, egg whites and milk. Stir in cheese and spices.
8. Once potatoes are done, arrange spinach and artichoke mixture over the top. Then sprinkle with bacon and pour egg mixture evenly over the top.
9. Bake for 22-25 minutes or until egg mixture is set in the center and begins to puff up.
10. Once cooled cut into 6 equal size pieces.

## AM SNACK: CHOCOLATE OAT CHIA BAR

These bars can be eaten right out of the freezer or taken on the go. They are best stored in the freezer or refrigerator until ready to eat.

PREP TIME: 15 Minutes  
TOTAL TIME: 15  
Minutes (not including  
freezer time)  
STORAGE: Refrigerator  
or Freezer

### Chocolate Oat Chia Bar Ingredients

- ¼ cup - Unsweetened Almond Milk
- 1 cup - All Natural Peanut Butter
- 3 tbsp - Raw Honey
- 1 cup - Old Fashioned Oats
- 2 scoop - Vanilla Whey Protein Powder
- 1 tbsp + 2 tsp - Unsweetened Cocoa Powder
- 2 tbsp - Chia Seeds

### Chocolate Oat Chia Bar Instructions

1. Combine the milk, peanut butter, and honey in a large bowl. Microwave for 15 seconds. Stir and microwave for an additional 15 seconds.
2. Combine all ingredients in a bowl, stir until smooth.
3. Line an 8x8 baking dish with parchment paper and press the mixture evenly in the pan.
4. Freeze for at least 15 minutes. Cut into 8 equal sized bars.

## LUNCH: HONEY CHIPOTLE CHICKEN QUINOA BOWL

This bowl can be prepared a couple days in advance. Layer quinoa, chicken, tomato, avocado and lettuce. Toss with dressing when ready to eat. This can be eaten cold or slightly warmed.

PREP TIME: 20 Minutes  
TOTAL TIME: 50 Minutes (not including marinating time)  
STORAGE: Refrigerator

### Chicken Ingredients

2½ lb - Chicken Breast

¼ tsp - Sea Salt

¼ tsp - Black Pepper

#### Marinade:

½ cup - Olive Oil

¼ cup + 2 tbsp - Adobo Sauce, From a Can of Chipotles in Adobo

3 tbsp - Dijon Mustard

¼ cup + 1 tbsp - Raw Honey

1 tbsp - Minced Garlic

¼ cup - Cilantro, Chopped

### Lime Quinoa Ingredients

1½ cup - Quinoa

3 cup - Low Sodium Chicken Broth or Water

1½ tbsp - Olive Oil

Juice of 1 Lime, 3-4 Tbsp, More to Taste

Zest of 1 Lime (optional)

⅛ tsp - Sea Salt

⅛ tsp - Black Pepper

### Honey Lime Dressing Ingredients

¼ cup - Olive Oil

2 tbsp - Raw Honey

1 cup - Lime Juice

### Chicken and Lime Quinoa Instructions

1. In a bowl, whisk together marinade ingredients.
2. Slice chicken breast horizontally or pound thin for more even and quicker cooking.
3. Place chicken in a large resealable bag and sprinkle with salt and pepper. Pour marinade over chicken and seal. Massage marinade into chicken and refrigerate for 1 hour or longer if possible.
4. When ready to cook coat pan with non-stick spray heat on medium-high.
5. Add chicken, then cover pan until deeply browned on both sides. About 6 minutes per side, depending on the thickness.
6. Add quinoa and water to a pot and bring to a boil.
7. Once at a boil, cover and reduce heat. Simmer for 15 minutes or until liquid has absorbed. Remove and fluff with a fork. Stir in olive oil, lime juice, zest, salt and pepper.

**Note:** (Optional) This helps remove the soapy taste that sometimes can occur.

Before cooking rinse quinoa with cold water using a fine mesh strainer or cheesecloth. If you do not have those, just put quinoa into a bowl and add water. Next, stir the quinoa with your hand. Spend 2-3 minutes rinsing while draining the water several times. This is optional but helps remove the soapy taste that sometimes can occur.

### Honey Lime Dressing Instructions

1. Whisk all dressing ingredients until well incorporated.

**Note:** Dressing can be stored at room temperature.

# DINNER: TURKEY BURGER W/ GORGONZOLA SPREAD AND SPICY SLAW

Burgers can also be grilled. It is suggested to prepare half the slaw mix over the weekend and the rest mid week.

PREP TIME: 30 Minutes  
TOTAL TIME: 50 Minutes  
STORAGE: Refrigerator

## Turkey Burger Ingredients

- 2 lb - Ground Turkey, Extra Lean 99%
- 1 tsp - Smoked Paprika
- 1/8 tsp - Black Pepper
- 1/8 tsp - Sea Salt
- 1 tbsps - Minced Garlic
- 4 stalk - Green Onion, Sliced

## Gorgonzola Spread Ingredients

- 1/2 cup - Plain Greek Yogurt
- 3/4 tbsps - Olive Oil
- 1/8 tsp - Black Pepper
- 1/8 tsp - Sea Salt
- 6 ounce - Gorgonzola Cheese, Crumbled

## Spicy Slaw Ingredients

- 14 oz - Napa Cabbage, Sliced and Chopped

## Spicy Slaw Dressing Ingredients

- 1 tsp - Fresh Lime Juice
- 1 tsp - Sriracha
- 1 tsp - Raw Honey
- 2 tsp - Apple Cider Vinegar

## Roasted Potato Ingredients

- 2 1/4 lb - Red Potatoes, Diced
- 2 tbsps - Olive Oil

## Turkey Burger Instructions

1. In a large bowl combine turkey burger ingredients. Form into 6 equal sized patties.
2. Spray pan with non-stick spray and heat on medium high.
3. Cook until golden brown on both sides and cooked through. About 5 minutes per side.

## Gorgonzola Spread Instructions

1. Combine all ingredients in a bowl. Stir and mash until mixed well.

## Spicy Slaw Instructions

1. Slice cabbage and roughly chop.
2. Add cabbage to large bowl. Toss with dressing.

**Note:** Slaw will be soft after sitting. Options:  
Make half during weekend prep and the rest mid week  
Make it every night, mix 1/2 cup cabbage with 3/4 tsp. dressing.

## Roasted Potato Instructions

1. Preheat oven to 400°.
2. Cut potatoes into no larger than 1 inch pieces. In a bowl, toss potatoes with olive oil.
3. Line a baking sheet with parchment paper, foil (lightly sprayed with non-stick spray) or spray non-stick spray directly on baking sheet.
4. Evenly layer potatoes on baking sheet and bake for 30 minutes or until tender.