

# TEAM PLAYER | WEEK 3 ZULTS

1200 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 OVERNIGHT PB &amp; J OATS</b></p> <ul style="list-style-type: none"> <li>1/3 cup Old Fashioned Oats</li> <li>1 tablespoon Vanilla Whey Protein Powder</li> <li>1/4 cup Unsweetened Almond Milk</li> <li>3 tablespoon Plain Greek Yogurt</li> <li>1/4 teaspoon Pure Vanilla Extract</li> <li>1 tablespoon All Natural Peanut Butter</li> <li>1 tablespoon All Fruit Spread</li> <li>2 each Strawberries, Sliced</li> </ul>	<p>Carbs: 37 Protein: 19 Fat: 12 Calories: 317</p>
<p><b>AM SNACK DARK CHOCOLATE CHIP NO BAKE</b></p> <ul style="list-style-type: none"> <li>1 each Dark Chocolate Chip No Bake</li> </ul>	<p>Carbs: 10 Protein: 7 Fat: 8 Calories: 145</p>
<p><b>LUNCH THAI CHICKEN PASTA</b></p> <ul style="list-style-type: none"> <li>3 1/2 ounces Thai Chicken Pasta</li> <li>2 ounces Chicken Breast</li> </ul>	<p>Carbs: 46 Protein: 16 Fat: 8 Calories: 311</p>
<p><b>PM SNACK JERKY AND ALMONDS</b></p> <ul style="list-style-type: none"> <li>1 ounce Jerky</li> <li>10 each Raw Whole Almonds</li> </ul>	<p>Carbs: 3 Protein: 19 Fat: 6 Calories: 154</p>
<p><b>DINNER CAJUN MEATBALLS AND RICE</b></p> <ul style="list-style-type: none"> <li>2 each Cajun Meatballs</li> <li>1/4 cup Sauce</li> <li>1/2 cup Brown Rice</li> </ul>	<p>Carbs: 31 Protein: 30 Fat: 8 Calories: 321</p>

<b>DAILY TOTALS</b>	127g Carbs	91g Protein	42g Fat	1248 kCals
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**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
- 1/2 scoop Vanilla Protein Powder

# TEAM ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Strawberries	12 each	B
<input type="checkbox"/>	Green Onion, Sliced	½ cup	L
<input type="checkbox"/>	Yellow Onion	1 each	D
<input type="checkbox"/>	Red Bell Pepper	1 each	D
<input type="checkbox"/>	Julienned Carrots	3 ounce	L
<input type="checkbox"/>	Napa Cabbage, Sliced	3 cup	L
<input type="checkbox"/>	Fresh Ginger, Minced	1 tbsp	L

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breasts, Boneless/Skinless	18 ounce	L
<input type="checkbox"/>	Ground Turkey, Extra Lean 99%	1½ lb	D

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Egg	1 each	D
<input type="checkbox"/>	Plain Greek Yogurt	1½ cup	D
<input type="checkbox"/>	Fresh Parmesan, Grated	¼ cup	D
<input type="checkbox"/>	Low Fat Cottage Cheese	½ cup	D
<input type="checkbox"/>	Low Fat Milk	½ cup	D

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Old Fashioned Oats	2½ cup	B,D
<input type="checkbox"/>	Oat Flour (1)	2½ tbsp	A
<input type="checkbox"/>	Whole Wheat Flour	3 tbsp	D
<input type="checkbox"/>	Whole Wheat Angel Hair or Thin Spaghetti	7 ounce	L
<input type="checkbox"/>	Brown Rice	1½ cup	D

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Sesame Oil	2 tbsp	L
<input type="checkbox"/>	Unseasoned Rice Vinegar	3 tbsp	L

<input type="checkbox"/>	Sriracha Sauce or Chili-Garlic Sauce	1½ tbsp	L
<input type="checkbox"/>	Cajun Seasoning	2½ tbsp	D
<input type="checkbox"/>	Dark Chocolate Chips or Chopped Dark Chocolate Bar (2)	½ ounce	A
<input type="checkbox"/>	Jerky (3)	6 ounce	P
<input type="checkbox"/>	Raw Whole Almonds	60 each	P
<input type="checkbox"/>	Unsweetened Almond Milk	1½ cup	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	
<input type="checkbox"/>	Low Sodium Chicken Broth	D
<input type="checkbox"/>	Low Sodium Soy Sauce or Liquid Aminos	L
<input type="checkbox"/>	All Fruit Spread	B
<input type="checkbox"/>	All Natural Peanut Butter	B,A,L
<input type="checkbox"/>	Raw Honey	A,L
<input type="checkbox"/>	Pure Vanilla Extract	B,A
<input type="checkbox"/>	Vanilla Whey Protein Powder	B,A

Special Instructions	
<b>Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices</b>	
1)	Can also blend old fashioned oats. Add an extra ¼ cup of oats to your shopping list.
2)	Suggested 70% or higher.
3)	Turkey, beef, chicken etc... Not sweetened or teriyaki flavor.

# WEEK 3

1200 Calorie Plan - Cooking Instructions

# ZULTS

## BREAKFAST: PEANUT BUTTER AND JAM OVERNIGHT OATS

This breakfast can be made the night before or several days in advance. Store in an airtight container. Enjoy cold or warmed up.

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

### Peanut Butter and Jam Overnight Oat Ingredients

- ½ cup - Old Fashioned Oats
- 1 tbsp - Vanilla Whey Protein Powder
- 3 tbsp - Plain Greek Yogurt
- ¼ cup - Unsweetened Almond Milk
- ¼ tsp - Pure Vanilla Extract
- 1 tbsp - Natural Peanut Butter
- 1 tbsp - All Fruit Spread
- Top With:
- 2 each - Strawberries, Sliced

### Peanut Butter and Jam Overnight Oat Instructions

1. Combine together oats, protein powder, almond milk and yogurt. Stir in vanilla, peanut butter and fruit spread.
2. Cover and place in refrigerator overnight.
3. In the morning, top with sliced strawberries.

## AM SNACK: DARK CHOCOLATE CHIP NO BAKE

These can be eaten right out of the freezer. They are best stored in the freezer but can also be stored in the refrigerator.

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

### Dark Chocolate Chip No Bake Ingredients

- ½ cup - All Natural Peanut Butter
- 2 tbsp - Raw Honey
- ½ tsp - Pure Vanilla Extract
- 2½ tbsp - Oat Flour
- 1 scoop - Vanilla Whey Protein Powder
- ½ ounce - Dark Chocolate Chips or Chopped Dark Chocolate Bar

### Dark Chocolate Chip No Bake Instructions

1. Add all ingredients in a bowl, stir until combined.
2. Roll into 1 ounce balls.
3. Place on a plate and put in freezer.
4. Once completely frozen store in an airtight container or resealable bag.

# LUNCH: THAI PASTA W/ CHICKEN

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

## Chicken Ingredients

18 oz - Chicken Breast

## Thai Pasta Ingredients

7 ounce - Whole Wheat Angel Hair or Thin Spaghetti, Dry

2 tbsp - Sesame Oil, Divided

½ cup - Green Onion, Sliced

3 ounce - Julienned Carrots

3 cup - Napa Cabbage, Sliced

1½ tbsp - Minced Garlic

1 tbsp - Fresh Ginger, Minced

¼ cup - Raw Honey

¼ cup - All Natural Peanut Butter

¼ cup - Low Sodium Soy Sauce or Liquid Aminos

3 tbsp - Rice Vinegar, Unseasoned

1½ tbsp - Chili-Garlic Sauce or Sriracha Sauce

## Chicken Instructions

1. Chicken can be, baked, sauteed or grilled.

**To Bake:** Preheat oven to 350°. Lightly coat a baking dish with non-stick spray. Add chicken and bake for about 30 minutes or until no longer pink inside.

**To Saute:** Heat pan on medium heat. Spray with non-stick spray or coat lightly with olive oil. Add chicken and saute until no longer pink. About 5 minutes per side.

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

## Thai Pasta Instructions

1. Cook pasta until al dente, about a minute short of instructions.

2. Drain pasta and in colander toss with 1 tbsp sesame oil.

3. Using the same pot, add 1 tbsp of sesame oil and heat on medium.

4. Add the green onions, carrots, napa cabbage, garlic and ginger.

5. Saute for a minute or two until they have softened.

6. Add in the honey, peanut butter, soy sauce, vinegar and Sriracha.

7. Stir all the ingredients together and add the pasta back into the pot.

8. Add the pasta back into the pot and toss.

## DINNER: CAJUN MEATBALLS AND RICE

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

### Cajun Meatball Ingredients

- 1½ lb - Ground Turkey, Extra Lean 99%
- 1 each - Egg
- 2 tsp - Minced Garlic
- ½ cup - Old Fashioned Oats
- ¼ cup - Fresh Parmesan, Grated
- 1½ tbsp - Cajun Seasoning

### Cream Sauce Ingredients

- 3 tbsp - Olive Oil
- ¾ cup - Yellow Onion, Finely Chopped
- ½ cup - Red Bell Pepper, Finely Chopped
- 3 tbsp - Whole Wheat Flour
- 1 tbsp - Cajun Seasoning
- 2¼ cup - Low Sodium Chicken Broth
- ¼ cup + 2 tbsp - Low Fat Cottage Cheese
- ¼ cup + 2 tbsp - Low Fat Milk

### Brown Rice Ingredients

- 1½ cup - Brown Rice
- 3 cup - Water

### Cajun Meatball Instructions

1. Preheat oven to 375°.
2. Line cookie sheet with foil and lightly spray with non-stick spray or parchment paper.
3. In a large bowl mix all meatball ingredients together until combined well.
4. Roll mixture into 2 ounce meatballs and place on cookie sheet.
5. Bake until firm to the touch, about 12-15 minutes. Once baked you will add these to the sauce.

**Option: Prior to baking, heat 1-2 tbsp olive oil to large skillet. Heat on medium high and brown meatballs on all sides. Add to oven and bake until cooked through.**

### Cream Sauce Instructions

1. In a large pot heat olive oil over medium heat. Add the onions and cook stirring often until they become soft. Add the bell peppers and cook for another 2-3 minutes.
2. Add the flour and cook stirring constantly for about 2-3 minutes.
3. Slowly add the chicken broth whisking constantly until it thickens a bit. Add the Cajun seasoning and mix well.
4. Whisk together milk and cottage cheese. Stir into the sauce and heat on low stirring until well combined. The cottage cheese will not completely melt. Adjust seasoning.  
(at this point the meatballs can be returned to the pot to coat with the sauce or stored separately.)
5. Sauce and meatballs can be stored separately or together until ready to eat.

### Brown Rice Instructions

1. In a pot add broth and rice. Bring to a boil. Reduce heat, cover and simmer. Let cook for 30 minutes or until liquid has absorbed.