

# TEAM PLAYER | WEEK 4 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 BERRY COFFEE CAKE MUFFIN &amp; EGG SCRAMBLE</b></p> <ul style="list-style-type: none"> <li>1½ each Coffee Cake Berry Muffin</li> <li>2 each Egg</li> <li>3 each Egg White</li> <li>1 cup Spinach</li> <li>½ each Roma Tomato, Diced</li> <li>2 tbsp Feta Cheese</li> <li>3 slice Uncured Turkey Bacon</li> </ul> <p style="text-align: right;">628</p>	<p>Carbs: 57 Protein: 45 Fat: 24 Calories: 628</p>
<p><b>AM SNACK STRAWBERRY PARFAIT</b></p> <ul style="list-style-type: none"> <li>1 cup Plain Greek Yogurt</li> <li>½ scoop Vanilla Whey Protein Powder</li> <li>4 each Strawberries, Slice or Chopped</li> <li>1 tbsp Raw Slivered Almonds</li> </ul>	<p>Carbs: 19 Protein: 35 Fat: 11 Calories: 301</p>
<p><b>LUNCH HONEY MUSTARD CHICKEN SALAD SANDWICH</b></p> <ul style="list-style-type: none"> <li>2 slices Dave's Killer Bread</li> <li>¾ cup Honey Mustard Chicken Salad</li> <li>1 each Lettuce Leaf</li> <li>¼ each Avocado</li> </ul>	<p>Carbs: 69 Protein: 52 Fat: 16 Calories: 578</p>
<p><b>PM SNACK PB&amp;J CRUNCH</b></p> <ul style="list-style-type: none"> <li>2 each Wasa Cracker</li> <li>1½ tbsp All Natural Peanut Butter</li> <li>1½ tbsp All Fruit Spread</li> </ul>	<p>Carbs: 44 Protein: 9 Fat: 11 Calories: 296</p>
<p><b>DINNER CHICKEN BURRITO</b></p> <ul style="list-style-type: none"> <li>1 each Mission Organic Whole Wheat Tortilla</li> <li>3 ounce Chicken</li> <li>½ cup Cabbage, Shredded</li> <li>½ cup Black Beans</li> <li>¼ each Avocado</li> <li>½ cup Green Chili Cheese Sauce</li> </ul>	<p>Carbs: 56 Protein: 34 Fat: 25 Calories: 561</p>
<p><b>DAILY TOTALS</b>                      245g Carbs                      175g Protein                      87g Fat                      2364 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 +½ each Banana

# TEAM ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Strawberries	24 each	A
<input type="checkbox"/>	Berry of Choice, Fresh or Frozen	1 cup	B
<input type="checkbox"/>	Avocado	3 each	L,D
<input type="checkbox"/>	Cabbage, Shredded	2 cup	D
<input type="checkbox"/>	Fresh Spinach	6 cup	B
<input type="checkbox"/>	Lettuce	1 head	L
<input type="checkbox"/>	Roma Tomato	3 each	B
<input type="checkbox"/>	Celery	4 stalk	L

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breasts, Boneless/Skinless	3 lb	L,D
<input type="checkbox"/>	Uncured Turkey Bacon	18 slice	B

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Egg, 12 Egg White , 18	30 total	B
<input type="checkbox"/>	Plain Greek Yogurt	7 cup	A,L,D
<input type="checkbox"/>	Feta Cheese	¾ cup	B
<input type="checkbox"/>	Mozzarella Cheese, Grated	½ cup	D

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Old Fashioned Oats	3 tbsp	B
<input type="checkbox"/>	Spelt or Oat Flour	2¼ cup	B
<input type="checkbox"/>	Spelt or Whole Wheat Flour	3 tbsp	D
<input type="checkbox"/>	Mission Organic Whole Wheat Tortilla	6 each	D
<input type="checkbox"/>	Dave's Killer Bread	12 slice	L
<input type="checkbox"/>	Wasa Cracker	12 each	P

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Fresh Salsa	¼ cup	D

<input type="checkbox"/>	Dried Cranberries	½ cup	L
<input type="checkbox"/>	Diced Tomatoes, 14.5 can	1 each	D
<input type="checkbox"/>	Low Sodium Black Beans	2 cup	D
<input type="checkbox"/>	Diced Green Chilies, 4 oz. can	2 each	D
<input type="checkbox"/>	Coconut Oil	¼ cup	B
<input type="checkbox"/>	Coconut Sugar	1 cup	B
<input type="checkbox"/>	Raw Slivered Almond	⅓ cup	L
<input type="checkbox"/>	Apple Cider Vinegar	2 tbsp	B,L
<input type="checkbox"/>	Unsweetened Applesauce (1)	3 tbsp	B
<input type="checkbox"/>	Unsweetened Almond Milk	1 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"/>	Ground Cumin, Dried Oregano and Chipotle Seasoning	D
<input type="checkbox"/>	Garlic, Onion and Chili Powder	L,D
<input type="checkbox"/>	Paprika and Smoked Paprika	L,D
<input type="checkbox"/>	Dijon Mustard	L
<input type="checkbox"/>	Low Sodium Chicken Broth	D
<input type="checkbox"/>	Baking Powder	B
<input type="checkbox"/>	All Fruit Spread	P
<input type="checkbox"/>	All Natural Peanut Butter	P
<input type="checkbox"/>	Raw Honey	L,D
<input type="checkbox"/>	Pure Vanilla Extract	B

Special Instructions	
Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices	
1)	For this small amount, baby food is a great option.

# WEEK 4

2400 Calorie Plan - Cooking Instructions

# ZULTS

## BREAKFAST: BERRY COFFEE CAKE MUFFIN

Bacon can be prepared in advance for the week. Cook according to package instructions.

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

### Berry Coffee Cake Ingredients

- 1 cup - Unsweetened Almond Milk
- 1 tbsp + 1 tsp - Apple Cider Vinegar
- 2 tsp - Pure Vanilla Extract
- 3 tbsp - Unsweetened Applesauce
- 2 cup - Spelt or Oat Flour
- ½ cup - Coconut Sugar
- 1 tbsp + 1 tsp - Baking Powder
- ½ tsp + ⅛ - Sea Salt
- 1 cup - Berry of Choice - Diced, If Using Strawberries

#### Streusel Topping:

- ¼ cup - Spelt or Oat Flour
- ¼ cup + 2 tbsp - Coconut Sugar
- 3 tbsp - Old Fashioned Oats
- ¼ cup - Coconut Oil

### Scramble Ingredients

- 2 each - Egg, Whisked
- 3 each - Egg White, Whisked
- 1 cup - Fresh Spinach
- 1 each - Roma Tomato, Chopped
- 2 tbsp - Feta Cheese

### Berry Coffee Cake Instructions

1. Preheat oven to 350°. Grease or line 6 muffin tins.
2. In a large bowl, whisk first 4 ingredients. Let sit at least 10 minutes.
3. Meanwhile, make the streusel, and set aside.
4. After 10 minutes, stir in the next 4 ingredients, just until evenly mixed. Gently stir in the berries.
5. Portion batter equally into 12 muffin tins, then divide the streusel among the tops.
6. Bake on the center rack, 20 minutes or until muffins have risen and are light and fluffy.
7. Allow to cool completely before removing from tin.

### Scramble Cooking Instructions

1. Spray pan with non-stick spray and heat on medium heat.
2. Add spinach and tomato. Saute until soft.
3. Pour eggs over vegetables and stir to combine.
4. Once eggs are almost set, stir in feta cheese until heated through.

## PM SNACK: PB AND J CRUNCH

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

Spread peanut butter and fruit spread over wasa cracker.

## LUNCH: HONEY MUSTARD CHICKEN SALAD

PREP TIME: 30 Minutes

TOTAL TIME: 1 Hour

STORAGE: Refrigerator

### Honey Mustard Chicken Salad

#### Ingredients

- 2 lb - Chicken Breast
- ½ cup - Plain Greek Yogurt
- ¼ cup - Raw Honey
- 3 tbsp - Dijon Mustard
- 1½ tsp - Apple Cider Vinegar
- ½ tsp - Garlic Powder
- ½ tsp - Paprika
- ⅛ tsp - Sea Salt
- ½ cup - Dried Cranberries, Roughly Chopped
- 4 stalks - Celery, Diced
- ¼ cup - Raw Slivered Almonds

### Honey Mustard Chicken Salad Instructions

1. Chicken can be boiled, baked or sauteed.

**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.

**To Boil:** Add chicken to a large pot and cover completely with water or low sodium chicken broth. Bring to a boil, reduce heat and cover. Cook for about 20-30 minutes or until cooked through.

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

2. Prepare the dressing by combining the greek yogurt, honey, dijon mustard, apple cider vinegar, salt, garlic powder, and paprika. Refrigerate until ready to use.
3. Once chicken has cooled chop into small pieces.
4. Add chicken, celery, cranberries and slivered almonds to a large bowl. Stir in dressing until salad is coated well. Add 1-2 more tbsp of yogurt if needed.

## DINNER: CHICKEN BURRITO W/ GREEN CHILI CHEESE SAUCE

PREP TIME: 20 Minutes  
TOTAL TIME: 50 Minutes  
STORAGE: Refrigerator

Drain and rinse black beans, store in an airtight container half full of water to avoid drying out.

When ready to eat, wrap chicken filling, cabbage and black beans into tortilla. Cover top with green chili cheese sauce.

### Chicken Burrito Filling

#### Ingredients

- 1 lb - Chicken Breast
- 1 tbsp - Olive Oil
- ¼ cup - Fresh Salsa
- 1 tbsp - Raw Honey
- 2 tbsp - Diced Green Chilies
- 1 cup - Diced Tomatoes, Drained
- ½ tbsp - Chili Powder
- ½ tsp each - Ground Cumin, Garlic Powder and Onion Powder
- ¼ tsp each - Smoked Paprika, Dried Oregano, Pepper
- ¼ tsp - Chipotle Seasoning

### Green Chili Cheese Sauce

#### Ingredients

- 3 tbsp - Olive Oil
- 3 tbsp - Whole Wheat Flour
- 2 cup - Low Sodium Chicken Broth, Warmed
- ½ tsp - Ground Cumin
- ¼ tsp - Sea Salt
- ¼ tsp - Black Pepper
- ½ cup - Plain Greek Yogurt
- 1 - 4 oz. can - Diced Green Chilies
- ½ cup - Mozzarella Cheese, Grated
- Hot Sauce (optional)

### Chicken Burrito Filling Instructions

1. Chop chicken into small pieces.
2. Heat olive oil in a saucepan over medium heat.
3. Add chicken and cook until lightly brown and almost cooked through. About 5 minutes.
4. Meanwhile, in a bowl stir together all remaining ingredients.
5. Add mix to chicken and stir to combine. Allow to simmer for 15 minutes and chicken is cooked through.

### Green Chili Cheese Sauce Instructions

1. Heat olive oil in a saucepan over medium heat. Whisk in flour and cook, stirring constantly for 3 minutes.
2. Reduce heat to low then gradually whisk in chicken broth.
3. Add spices and bring to a simmer while stirring until thickened, about 2-3 minutes.
4. Remove from heat and stir in green chilies, cheese until melted then greek yogurt. Add hot sauce to taste (optional) or add when ready to eat.