

5 DAY MEAL PLAN

SAMPLE MENU & GROCERY LIST



WITH

*shannon
marqueta*

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about shannon

I'm a single fur mom to a handsomely wrinkled sharpei, Mr. Buster. I love health and fitness, and have been on my journey my whole life.

I think there is this common misconception that diets and exercise are needed to achieve our "dream body," but really they're essential for our entire life! There is no magic diet or exercise regimen that will get you to your goals.

There are, however, amazing tools that will enable you to learn more about what it is your body needs to perform and feel its best - from proper nutrition, high-quality ingredients, portion tools, and an accountable community to walk alongside you.



LET'S CONNECT



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GO-TO SHOPPING LIST

Proteins:

- Chicken Breast
- Lean Ground Turkey
- Grass-Fed Beef
- Eggs & Egg Whites
- Tofu
- Tempeh
- Legumes (lentils & Beans are highest in protein)
- Hemp Seeds
- Wild-Caught Fish (salmon, mahi, tuna)

Carbs:

- Quinoa
- Brown Rice
- Oatmeal
- Sprouted Bread
- Sweet Potato/Yams
- Butternut Squash
- Brown Rice Wraps
- Amaranth
- Millet

Dairy:

- Unsweetened Almond Milk
- Unsweetened Coconut Milk
- Unsweetened Cashew Milk
- Plain Greek Yogurt
- Plain Almond or Coconut Milk Yogurt

Spices/Seasonings

- Cinnamon
- Cayenne Pepper
- Pink Himalayan Salt & Pepper
- Turmeric
- Garlic
- Ginger

Nuts & Oils:

- Unrefined Coconut Oil
- Extra Virgin Olive Oil
- Grapeseed Oil
- Flaxseeds
- Almond Butter
- Peanut Butter
- Raw Nuts (almonds, pecans, cashews, walnuts)
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds

Fruit & Veggies:

- | | |
|----------------|--------------------|
| • Apples | • Kale |
| • Grapefruit | • Spinach |
| • Strawberries | • Collards |
| • Blueberries | • Broccoli |
| • Raspberries | • Cauliflower |
| • Lemons | • Onion |
| • Limes | • Bell Peppers |
| • Avocado | • Zucchini |
| • Pineapple | • Asparagus |
| • Pears | • Brussels Sprouts |
| • Oranges | • Carrots |
| • Beets | • Celery |
| • Cucumbers | • Green Beans |
| • Tomatoes | • Cabbage |

Extras/Condiments:

- Vinegars (apple cider, red, balsamic)
- Mustard
- Hummus
- Salsa
- Liquid Aminos
- Pure Maple Syrup & Raw Honey
- Stevia

SAMPLE MEAL PLAN

*All recipes on pages 8-15

Day 1

BREAKFAST

Berry Walnut Oatmeal

SNACK

2 Hard-Boiled Eggs

LUNCH

Lentil Quinoa Salad

SNACK

Veggies (1 C) + Hummus (1/4 C) + 12 Almonds

DINNER

Grilled Salmon, Sweet Potato, and Veggies

SAMPLE MEAL PLAN

*All recipes on pages 8-15

Day 2

BREAKFAST

Almond Butter Banana Breakfast

SNACK

Yogurt ($\frac{3}{4}$ C) + Blueberries ($\frac{1}{2}$ C) + Drizzle of Honey

LUNCH

Chicken, Quinoa, and Broccoli

SNACK

Veggies (1 C) + Hummus ($\frac{1}{4}$ C) + 12 Almonds

DINNER

Veggie Burger

SAMPLE MEAL PLAN

*All recipes on pages 8-15

Day 3

BREAKFAST

Protein Pancakes

SNACK

Almond Butter Cup Smoothie

LUNCH

Tuna Melt

SNACK

1 Hard-Boiled Egg + 1/2 Avocado

DINNER

Shrimp and Veg Pesto Pasta

SAMPLE MEAL PLAN

*All recipes on pages 8-15

Day 4

BREAKFAST

Veggie Egg Scramble

SNACK

Yogurt ($\frac{3}{4}$ C) + Blueberries ($\frac{1}{2}$ C) + Drizzle of Honey

LUNCH

Protein-Packed Salad

SNACK

Apple + 2 Tbsp. Nut Butter

DINNER

Teriyaki Tempeh

SAMPLE MEAL PLAN

*All recipes on pages 8-15

Day 5

BREAKFAST

Berry Walnut Oatmeal

SNACK

Banana Bread Smoothie

LUNCH

Chicken, Quinoa, and Broccoli

SNACK

Veggies (1 C) + Hummus (1/4 C) + 12 Almonds

DINNER

Salmon Bowl Salad

RECIPES

Berry Walnut Oatmeal



Top ½ cup cooked steel-cut oats with ½ cup fresh blueberries + 8 raw walnut halves. Drizzle with honey.
Optional: add 1 tsp of coconut oil.

Veggie Egg Scramble



Scramble 2 large eggs with 1 cup raw baby spinach in medium nonstick skillet. Top with ¼ medium avocado, sliced. Serve with ½ cup roasted cubed sweet potato + 1 slice sprouted whole-grain toast.

RECIPES

Protein Pancakes



1 scoop vanilla protein
1/2 banana, mashed
1/4 c egg whites
1/2 Tbs. almond milk
1 tsp. cinnamon

Mash banana with almond milk before stirring in remaining ingredients.

Spray pan with cooking spray and heat over medium-low before pouring in batter. Flip when ready
Top with berries and drizzle with maple syrup.

Almond Butter Banana Breakfast

Spread 1½ tsp. nut butter on each half of a toasted English muffin. Top evenly with 1 dash cinnamon + ½ large banana, sliced. Serve with 1 medium apple.

RECIPES

Tuna Melt

- ¼ cup chunk light tuna, packed in water (2 oz.)
- 1 Tbsp. pickle relish
- 2 tsp. mustard
- 1 Tbsp. Greek yogurt
- 1 dash ground black pepper
- 1 slice bread, toasted
- ¼ medium avocado
- 2 slices medium tomato
- 2 Tbsp. shredded cheddar cheese



1. Preheat oven to 400 degrees F.
2. Combine tuna, relish, mustard, yogurt, and pepper in a medium bowl; mix well. Set aside.
3. Place toast on small baking sheet.
4. Top evenly with tuna mixture, avocado, tomato, and cheese.
5. Bake for 4 to 6 minutes, or until cheese is melted; serve immediately.

RECIPES

Lentil Quinoa Salad



Combine 2 cups romaine lettuce + ½ cup cooked or canned brown lentils + ½ cup cooked quinoa + ½ cup sliced cucumber + ½ cup mandarin orange segments + ¼ medium avocado, cubed + 1 Tbsp. balsamic vinaigrette dressing (or oil-based salad dressing).

Chicken, Quinoa, and Broccoli



Combine 4 oz. baked chicken breast, sliced with ½ cup cooked quinoa + ½ cup canned black beans + 1 cup steamed broccoli + 10 olives in a medium serving bowl; toss gently to blend.

RECIPES

Protein-Packed Salad

Combine 2 cups raw baby spinach + $\frac{1}{4}$ cup canned chickpeas (garbanzo beans) + 1 cup roasted cauliflower + 2 oz. baked chicken breast, chopped + $\frac{1}{2}$ cup cooked quinoa + 2 tsp. raisins + 1 Tbsp. raw sunflower seeds + 1 Tbsp. balsamic vinaigrette dressing (or oil-based salad dressing).

Salmon Bowl Salad

Combine $1\frac{1}{2}$ cups mixed greens + $\frac{1}{4}$ cup shredded red cabbage + $\frac{1}{4}$ cup shredded carrots in a medium serving bowl; toss gently to blend. Top with $\frac{1}{2}$ cup cooked brown rice, 2 oz. baked salmon, flaked with a fork + 1 large hard-boiled egg, sliced + 1 Tbsp. pine nuts + 1 Tbsp. balsamic vinaigrette dressing (or oil-based salad dressing); toss gently to blend.

RECIPES

Teriyaki Tempeh



Combine 4 oz. cooked tempeh (cook on a pan with tbs coconut oil) + ½ cup cooked brown rice + 1 Tbsp. teriyaki sauce + 1 cup baby bok choy cooked in 1 tsp. olive oil + ½ cup green beans cooked in 1 tsp. olive oil in a medium serving bowl; toss gently to blend.

Veggie Burger



Spread 1 tsp. mustard on bottom half of sprouted hamburger bun. Top with cooked, prepared veggie patty + 2 romaine lettuce leaves + ¼ medium tomato, chopped + ¼ medium avocado, sliced (or mashed) + top half of the bun. Serve with a medium apple.

RECIPES

Grilled Salmon, Sweet Potato, and Veggies

4 oz. grilled salmon + ½ cup black beans + 1 medium baked sweet potato) + 1 cup zucchini, sliced and cooked in 1 tsp. olive oil

Shrimp and Veg Pesto Pasta



Combine ½ cup cooked pasta + 2 Tbsp. prepared pesto sauce + 4 oz. cooked shrimp) + ½ medium red bell pepper, sliced; toss gently to blend. Serve with 1 cup steamed broccoli + 2 Tbsp. grated Parmesan cheese.

Almond Butter Cup Smoothie

1 cup unsweetened vanilla almond milk + 1 cup ice + 1 scoop Chocolate Shakeology) + 2 tsp. all-natural almond butter + ½ large banana

RECIPES

Banana Bread Smoothie



1 cup unsweetened coconut milk + 1 cup ice + 1 scoop Vanilla Shakeology + ½ large banana + 2 tsp. almond butter + dash of cinnamon (to taste)

Want to take it a step further?

I'd love to invite you to join in my next accountability group for endless nutrition and fitness resources, plus support from women just like you – on a mission to better themselves and make their health a priority.



CONTACT ME TO LEARN MORE!

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