



SINGLE INGREDIENT MEAL IDEAS

WEEK 1

BREAKFAST

LUNCH

SNACK

DINNER

MON

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

TUE

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

WED

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

THU

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

FRI

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

SAT

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

SUN

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES

1 PROTEIN, 1 FAT, 1
CARB, FRUIT/VEGGIES



QUICK INSPIRATION

- Lemon Garlic Shrimp and Green Beans
- Salmon and Asparagus Foil Packet
- Stir Fry
- Curry
- Lettuce Tacos
- Asian Lettuce Wraps
- Soups
- Power Bowls
- Chicken and Shrimp Jambalaya
- Shawarma
- Spaghetti Squash and with Ground Meat
- Steak Bites
- Meatballs with Zoodles
- Honey Garlic Chicken
- Pineapple Chicken
- Steak, Veggies and Potatoes





BREAKFAST

Not Quite Recipes – Just Inspiration



TURKEY AND EGG SKILLET

INGREDIENTS

- Fat: Olive Oil / Eggs
- Carb: Potatoes
- Protein: Ground Turkey / Eggs
- Veggies: Onion, Arugula, Pico
- Garlic Salt
- Pepper

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat
2. Add ground turkey and cook approximately 5 minutes, mixing occasionally
3. Drain extra liquid.
4. Mix in Pico de Gallo, garlic salt, and black pepper
5. Crack eggs over the mixture
6. Cook for approximately 3 minutes until egg whites and turkey are cooked through
7. Top with red onion and arugula when removed from heat



HAM AND EGGS

INGREDIENTS

- Fat: Olive Oil / Eggs
- Carb: Potatoes
- Protein: Ground Turkey / Eggs
- Veggies: Onion, Arugula, Pico
- Garlic Salt
- Pepper

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat
2. Add ground turkey and cook approximately 5 minutes, mixing occasionally
3. Drain extra liquid.
4. Mix in Pico de Gallo, garlic salt, and black pepper
5. Crack eggs over the mixture
6. Cook for approximately 3 minutes until egg whites and turkey are cooked through
7. Top with red onion and arugula when removed from heat



BREAKFAST BOWL

INGREDIENTS

- Fat: Olive Oil / Eggs
- Carb: Shredded Potatoes
- Protein: Ground Turkey / Eggs
- Veggies: Salsa
- Salt & Pepper

DIRECTIONS

1. In one skillet, heat olive oil
2. When warm, place hash browns down evenly cook and brown (personally season with garlic salt)
3. In another skillet, cook ground turkey
4. When turkey is 98% done add eggs and scramble and season to your liking
5. Flip hash browns and brown the opposite side (cook to your desired crisp)
6. Place all in a bowl, top with salsa and enjoy!



HOMEMADE GRANOLA

INGREDIENTS

- Fat: Seeds, Olive Oil
- Carb: Rolled Oats, Honey
- Fruit: Dried Fruit, Coconut
- Cinnamon, Salt

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil and honey. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit. Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.



OATMEAL AND BERRIES

INGREDIENTS

- Fat: Nuts
- Carb: Rolled Oats
- Fruit: Blueberries

FRUIT AND EGGS

INGREDIENTS

- Fat: Eggs
- Carb: Homemade Granola
- Protein: Eggs
- Fruit: Blueberries, Strawberries



LUNCH

Not Quite Recipes – Just Inspiration



MEDITERRANEAN SALAD WITH CHICKEN

INGREDIENTS

- Fat: Olive Oil
- Protein: Grilled Chicken
- Carb: Chick Peas
- Veggies: Mixed Greens, Red Onion, Green Olives, Tomato, Cucumber
- Salt and Pepper

DIRECTIONS

1. Combine mixed greens, chick peas, red onion, green olives, tomatoes, cucumbers, and grilled chicken.
2. Drizzle with olive oil and add salt and pepper to taste.





HAMBURGER SALAD

INGREDIENTS

- Fat: Olive Oil / Eggs
- Carb: Potatoes
- Protein: Ground Turkey / Beef
- Veggies: Lettuce, Pickles, Tomatoes, Onions
- Mustard

DIRECTIONS

1. Cook beef to your liking on stove, season as you would your burger
2. Cube and cook sweet potato in airfyer on 400 for 10 minutes
3. Add lettuce to a bowl
4. Once beef and potatoes are done, add on top of the lettuce
5. Top the bowl with the pickles, tomatoes and onions
6. For zero calories use mustard for dressing



TURKEY CHILI

INGREDIENTS

- Fat: Olive Oil
- Carb: Black Beans
- Protein: Ground Turkey
- Veggies: Onion, Red Bell Pepper, Celery, Can of Fire Roasted Tomatoes, Tomato Paste
- Garlic Cloves
- Ground Cumin
- Chili Powder
- Paprika
- Cayenne Pepper
- Salt and Pepper

DIRECTIONS

1. Heat oil in a large pan
2. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally
3. Add turkey, garlic, chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, stirring and turning the turkey frequently
4. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
5. Turn to low and simmer for 15-20 minutes
6. Remove from heat and serve warm
7. Top with avocado
8. Serve with beans



DINNER

Not Quite Recipes – Just Inspiration



PAN SEARED SALMON

INGREDIENTS

- Fat: Olive Oil
- Carb: Rice
- Protein: Salmon Fillets
- Veggies: Broccoli
- Salt and Pepper

SALMON DIRECTIONS

1. Season the salmon with the salt and a few grinds of pepper
2. Heat the oil in a 12-inch nonstick skillet over medium-high heat until hot and shimmering
3. Cook the salmon, without moving, skin side up, until golden and crisp, about 4 minutes
4. Carefully flip the fillets and reduce the heat to medium
5. Continue cooking until done to your liking, 4 to 5 minutes more
6. Transfer to a platter and serve





CASHEW CHICKEN

INGREDIENTS

- Fat: Olive Oil, Cashews
- Carb: Rice/Honey
- Protein: Grilled Chicken
- Veggies: Orange Bell Pepper, Green Bell Pepper, Onion
- Wine Vinegar
- Ground Ginger
- Red Pepper Flakes
- Salt and Pepper

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat
2. Mix together vinegar, garlic, ginger, honey, and red pepper flakes
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally
5. Add in any additional seasonings and cook for an additional 3-5 minutes until the sauce has thickened
6. Add in cashews a cook for 1-2 minutes
7. Remove from heat and serve warm with your favorite rice



SHEET PAN CHICKEN

INGREDIENTS

- Fat: Olive Oil
- Carb: Rice
- Protein: Grilled Chicken
- Veggies: Carrots, Broccoli, Yellow Bell Pepper, Red Bell Pepper, Red Onion
- Garlic
- Thyme
- Salt and Pepper

DIRECTIONS

1. Preheat oven to 400 degrees
2. Mix olive oil, garlic, thyme, salt, and pepper
3. Place chicken breast and vegetables together on an aluminum or glass oven pan
4. Drizzle olive oil mixture over chicken and vegetables
5. Then lightly toss to fully coat the chicken and vegetables
6. Bake at 20-25 minutes, mixing occasionally to prevent the chicken and vegetables from sticking to the pan and to cook evenly



FAJITA SKILLET

INGREDIENTS

- Fat: Olive Oil
- Carb: Black Beans
- Protein: Skirt Steak
- Veggies: Yellow/Red/Green Bell Peppers, Red Onion
- Garlic Cloves
- Ground cumin
- Chili powder
- Onion powder
- Crushed Red Pepper
- Lime Juice
- Salt and Pepper

DIRECTIONS

1. Warm a large skillet over medium heat olive oil
2. Mix cumin, chili powder, onion powder, salt, and crushed red pepper flakes
3. Coat steak spice mixture and add to the skillet
4. Cook for 2 minutes, flipping to cook both sides.
5. Add remaining olive oil, vegetables, and remaining spice mixture to the pan.
6. Mix occasionally
7. Cook until beef is cooked through, and vegetables are desired consistency.
8. Remove from heat and add lime juice.
9. Serve with black beans