



WELLNESSVIXEN™

• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<u>Green Smoothie</u>	<u>Green Smoothie</u>	Leftover Carne Asada and Hard Boiled Eggs	<u>3 Egg Omelet</u>	<u>Green Smoothie</u>
LUNCH	Ham and Apple Sandwiches	Leftover Pork Tenderloin and Roasted Cauliflower	Leftover Carne Asada Lettuce Wraps	Leftover Carne Asada, Guacamole and Cauliflower	Leftover Sausage with Mustard and Sauerkraut
DINNER	<u>Grilled Pork Tenderloin with Whole Roasted Cauliflower</u>	<u>Carne Asada Lettuce Wraps</u>	<u>Lazy Grilling (Sausages and Veggies)</u>	Leftover <u>Lazy Grilling</u>	Leftover Lazy Grilling
SNACKS	Trail Mix (no peanuts)	Almond Butter and Apple Slices	Marinated Cucumbers and Guacamole	Leftover Cauliflower	Beef Jerky



• GROCERY LIST •

MEATS

- Deli Ham (1/2 lb)
- Eggs (1 doz)
- Flank or Skirt Steak (2lbs)
- Pork Tenderloin (1)
- Raw Sausages (4)

VEGGIES

- Kale (1 bunch)
- Banana (4)
- Blueberries (1 container)
- Frozen Pineapple Chunks (1 bag)
- Apples (5)
- Cauliflower (1 head)
- Jalapeno (1)
- Cilantro (1 bunch)
- White Onion (1)
- Limes (4)
- Romain Lettuce (1 head)
- Cucumbers (3)

OTHER

- Almond milk
- Mustard
- EVOO
- Trail Mix
- Cumin
- Guacamole
- Salsa
- Almond Butter
- Curry Powder
- Sauerkraut
- Mustard
- Beef Jerky



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• PREP DAY TIPS •

- Note: Your smoothie ingredients are kale, banana, almond milk, blueberries and pineapple.
- Note: Your 3 egg omelet will have ham and green onion.
- Note: The cucumbers need to be marinated just one day before you want to eat them in lime, salt and chile powder.
- Hard boil 4-6 eggs depending on how many you'd like to eat throughout the week.
- Don't worry about brining the pork tenderloin! It's perfect without that step!
- Marinate the meat for Carne Asada.
- If you'd like organic, sprouted corn tortillas with your carne, this is fine- also, you can try Paleo Wraps but they're about 12 bucks a pack!

• WEEKLY INSPIRATION •

WATER CHALLENGE

This week instead of giving you more information or motivation, I thought I'd give you a challenge and I'm doing it too! Take your body weight, cut it in half and that's how many ounces of water you should be drinking per day. Commit to make this happen for the next 7 days. There's a really cool app called Waterlogged that will keep you on track. Here are some fun articles about how water can effect your health:

[6 Reasons to Drink More Water](#)

[Why Bottled Water is Bad for You](#)

[7 Reasons to Drink More Water](#)

[How Water Can Change Your Skin](#)

REMINDER: Saturday and Sunday aren't included because Saturday should be your cheat meal/leftover day and Sunday should be prep day-eat as you go! Every time I plan for every single day, I have WAY too much food and the grocery bill is too high. Try this!

UNLEASH YOUR INNER VIXEN....WELLNESSVIXEN.COM