

Week 1 Meal Plan Details

Each meal plan is for 2 people. Each day outlines what 2 people eat, so if a meal says “1 avocado,” you will eat 1 total avocado between the 2 of you.

Day 1:

Breakfast: [Hash Brown Sausage Breakfast Casserole](#)

- Prepare this the day before if your “day 1” starts on a work day

Lunch: [Healthy Mexican Chicken Meal Prep](#)

- Prepare this the day before if your day 1 starts on a work day

Dinner: [Egg Roll in a Bowl](#)

Day 2:

Breakfast: Leftover hash brown sausage casserole

Lunch: Egg roll in a bowl leftovers

Dinner: [Mexican Stuffed Sweet Potatoes](#) with a side of sliced bell peppers

- Double the Mexican stuffed sweet potatoes and the peppers.
- Deseed 4 bell peppers and slice into strips. Sauté in avocado oil until softened (about 10 minutes) over medium heat. Save half of these peppers for leftovers.

Day 3:

Breakfast: 6 eggs scrambled in ghee and seasoned with salt and pepper, the leftover sautéed peppers from last night, and 1 avocado with salt and pepper

Lunch: Healthy Mexican chicken meal prep leftovers

Dinner: [Tom Kha Soup](#) with a side of sautéed zucchini in avocado oil, seasoned with salt and pepper

- Slice off ends of 4 medium zucchini, then slice into ½” pieces. Heat a generous drizzle of avocado oil in a large skillet and fry over medium-high heat until zucchini is very browned on both sides.

Season with plenty of salt, plus pepper if desired. Save half of zucchini for tomorrow.

Day 4:

Breakfast: Leftover hash brown sausage casserole

Lunch: Leftover tom kha soup with leftover sautéed zucchini

Dinner: [Steak Fajitas](#) with [Cilantro-Lime Cauliflower Rice](#)

Day 5:

Breakfast: Leftover hash brown sausage casserole

Lunch: Leftover fajitas from last night over 2 cups salad greens, topped with ranch and a quick guacamole

- To make the guacamole: Mash 2 avocados with the juice of 1 lime and sprinkle in lots of salt. Split between two salads.

Dinner: [Buffalo Chicken Casserole with Ranch and Cauliflower Rice](#) with a simple salad on the side

- Top 8 cups salad greens with ½ cup grape tomatoes and top with ranch dressing

Day 6:

Breakfast: Sweet potato toast with mashed avocado, side of tomatoes with olive oil, salt, and pepper, 4 soft boiled eggs

- Slice 2 sweet potatoes lengthwise into ¼" thick slices. Toast the sweet potato slices in a toaster on the medium setting. You may need to toast multiple times depending on the length of your toaster settings.
- Slice 2 tomatoes and top with olive oil, salt, and pepper to taste
- Sprinkle soft-boiled eggs with lots of salt

Lunch: Sautéed Aidells chicken and apple sausage, side of roasted broccoli, 1 cup raspberries or other berries, with ranch on the side

- Heat a drizzle of avocado oil in a skillet over medium heat and sauté 4 chicken and apple sausages until browned on both sides.
- Preheat oven to 425°F and toss 6 cups broccoli with 1-2 tablespoons avocado oil. Sprinkle with plenty of salt and roast 15-20 minutes.

Dinner: [Healthy Lettuce Wraps](#) with side of sautéed sesame zucchini

- Slice off ends of 2 medium zucchini, then slice into ½" pieces. Heat 1 1/2 tablespoon sesame oil in a large skillet and fry over medium-high heat until zucchini is very browned on both sides. Season with plenty of salt, plus pepper if desired.

Day 7:

Breakfast: [Sweet Potato Breakfast Bowl](#) with a side of sautéed spinach

- Top sweet potato bowl with 1 1/2 cups frozen cherries, 1/4 cup chia seeds, 1/4 cup almond butter.
- Heat 1 tablespoon ghee in a skillet over medium heat. Add 8 cups spinach and stir until wilted. Season with plenty of salt.

Lunch: [Smoked Tuna Salad](#) over a bed of lettuce with a side of shishito peppers.

- Split 4 cups salad greens between two bowls and top with smoked tuna salad.
- Heat 1 tablespoon ghee in a large skillet over medium-high heat. Add shishito peppers and cook until black and blistered on both sides. Top with the juice of half a lemon and plenty of salt.

Dinner: Chicken Zucchini Poppers with ranch dressing, with a side of roasted green beans and roasted acorn squash.

- Double the chicken zucchini poppers recipe for leftovers.
- Preheat oven to 425°. Toss 4 cups of green beans (washed with ends cut off) in 1 tablespoon avocado oil and season with plenty of salt. Roast 20 minutes or until beginning to wrinkle with brown spots.
- Cut acorn squash in half lengthwise and scoop out seeds with spoon. Place halves, cut side up, on a baking sheet and spoon ½ tablespoon ghee or coconut oil in center of squash. Roast in 425° oven about 25 minutes or until easily pierced with a fork. Brush squash with melted ghee or coconut oil in the center of the squash and sprinkle with cinnamon, salt, and pepper.