

**RESULTS**  
TRANSFORMATION CENTER



**VACATION**  
*Body*  
**CHALLENGE**

**COMPLETE MANUAL**





# Vacation Body Challenge

## Nutrition Guide

Ok, so you already know conventional low calorie/low fat dieting is not fun. Now we also know that on top of that, it just plain doesn't work. The standard low-fat/low calorie diets have done more harm for our health than good.

Unfortunately, what you have been told in most cases is 100% WRONG. Cutting calories DOES NOT mean you burn more fat—it means you burn less calories.

Add to that shady programs that try to pile onto that fear and feed you misinformation, selling you gimmicks, pills, and potions.

But I have your solution...

The Vacation Body Challenge program simply and elegantly solves the issues of conventional dieting and dispels all the myths and lies surrounds “detoxes” allowing you to eat foods regularly off-limits to dieters.

We will rely almost exclusively on nutritious and wholesome **REAL** foods (with a few exceptions) to replenish your body and promote healthy fat loss.

Real food is what our body was designed to eat. When you feed your body in a manner consistent with it's design, it becomes lean and healthy—and you become happy.

You will literally “reset” your metabolism. Setting it back to it's original (and optimal) programming, thereby launching you into “fat releasing” mode – melting off all your unwanted fat.

You will see how easy it is to accomplish this “reset” by choosing foods that are natural, organic, unprocessed, and whole will prime your body for optimal health and fitness.

This plan will deliver fast results for sure, but even more importantly you can easily plug this in to your busy life. You will quickly discover that it will actually take you LESS time to create the body & heathy off your dreams when you follow this simple plan.



We wanted to keep this guide short and sweet, so here it is. Please do not hesitate to reach out to your coaches with any questions.

## **Transformation Nutrition Basics**

The basics of this program are super simple: Eat real and wholesome foods; avoid junk food, bad fats, most sugars and hidden carbs. Simply concentrate on foods that nourish your body and give it what it needs to not just survive, but THRIVE.

It will literally “reset” your metabolism and get you humming along at peak efficiency.

You will be keeping your carbs relatively low (but not zero) and our protein relatively high, while eating only the healthiest fats. This means lean and healthy proteins, tons of vegetables, certain fruits and natural sources of fat.

We have designed this plan specifically to feed your metabolic furnaces (your muscles) while starving off and stripping away all your unwanted fat.

When you follow this plan, you will NEVER go hungry, and your body will literally transform right before your eyes daily. You'll be eating the most nutritious, best-tasting meals, as fat melts right off you.

To make this program as simple and DONE-FOR-YOU as possible, we have compiled a full plan of fat-burning meals (and even desserts) that the entire family will love. Yes, even your kids will love this plan. :) You get 6 weeks of DONE-FOR-YOU menus and grocery lists, as well as a full recipe book, exclusively for you.

For those of you looking for the BUILD-YOUR-OWN approach we will teach you how to plan, prep, and execute on the most impactful habits. Either approach, you find which is going to work for you lifestyle and preferences, same great results!

## **Keeping Carbs In Check**

Fat loss is dictated by certain hormones. The biggest player in the game is insulin. When insulin is high, fat burning is simply not possible. And when we eat carbs, we secrete insulin and thus fat loss comes to a screeching halt.

So, it is imperative that we control insulin levels. Fortunately, there is good news: we can control insulin directly by controlling our carb intake. Problem solved.



But this process can be dreadfully boring if you let it be. That is where the done-for-you Menus & Cookbook come in. These are crazy delicious recipes that are incredibly nutritious without excessive and unwanted carbs, and without you having to count calories.

To keep insulin at the optimal levels for fat loss it is recommended ***no more than 50g net carbs per day***. (“Net” means you subtract the fiber & sugar alcohols from a food’s total carb count, so if a given food has 15 carbs but 10 of them come from fiber, then the net total is 5g)

And the good news is when you follow the menu, you don’t have to count carbs at all because it has already been taken care of!

### Yeah, What About The Calories?

The component of this program to care LEAST about is the calorie levels. More and more research says that calories are not *as significant* as we thought in the fat loss battle.

To be 100% clear, we are NOT saying they are UNimportant – they just are not as important at this stage as many would have you believe.

What is important: the body’s hormonal environment (i.e. low insulin levels).

What that means is that WHAT you eat is significantly more important than HOW MUCH you eat when it comes to fat loss.

And hey, when we follow the menus, we’ve already got that covered, right?

Really, we are more concerned with you not eating *enough* (as that KILLS your metabolism) than we are with you eating too much of nutrient dense and calorie lean foods. So, for this program, it is recommended women not go below 1200 calories per day. (Men, you will likely need to eat at least 1400 calories per day. These will come from protein and fats.) You’ll be fine if you follow the menus, we promise.

So again, calories are pretty low on the list of fat loss concerns. Stick to the plan and your success is guaranteed.



## The Power of Protein

Protein is VITALLY important in this program.

You see, our muscles, hair, skin and nails are primarily composed of protein (once you take out the water.) We will be working our muscles hard in TEAM TRAINING during this program, so we MUST supply our bodies with the raw materials needed to rebuild and repair from these workouts.

So we just talked about how quality carb control is important to fat burning right? Well, it is equally important that we keep our muscle and other lean tissues well-nourished to increase metabolism.

Protein also takes twice as much energy to digest and assimilate as it takes for carbs and fat, and it can also blunt appetite. In addition, it stimulates cognitive function and assist in cellular repair and regeneration.

Protein is just good stuff, and can make you feel good and look good.

Good sources of protein include: lean meats, chicken, turkey, fish, cottage cheese, (certain) protein powders, whole eggs, and even (nitrite-free) bacon. I would recommend to go organic / grass fed whenever you can.

As a general target women aim for a minimum of 120 grams of protein per day. (Men closer to 140.) Don't worry—the numbers are taken care of when you follow the menus, so there is no guesswork on your part!

## Eat Fat – Get Lean

Remember this simple fact: Natural fats are awesome, while man-made ones well... not so much. Remember that one simple thing, and you are golden.

Another thing to remember is this: **Eating fat DOES NOT make you fat.** That's just not how it works. We do need to make sure we eat the *right* fats to nourish our bodies.

In fact, our bodies LOVE fat. Our brains are mostly fat. Our cell membranes are made of fat. Healthy skin and hair also depend on dietary fat to stay radiant.



Our hormone production RELIES on fat. Our bodies were literally made to function optimally with a relatively high fat intake.

Going low fat is simply a HUGE mistake. That is why this program has the perfect level of healthy fat included to give our bodies what they need to flourish.

You can have plenty of healthy and natural fat in this program—plus, when you follow the menus, you don't have to count fat grams or calories at all.

Included in this program are the healthy fats like coconut oil, avocados, nuts, meats, natural cheeses, butter (grass-fed) and even bacon (so long as it has not been processed). It's all been done for you.

But you must AVOID anything that says it is hydrogenated or partially hydrogenated. "Trans fats", as they are known as, are quite toxic and should be avoided at all costs.

## Alcohol

To get the maximum benefit from this nutrition program, alcohol consumption needs to be kept to a minimum, preferably zero.

"COACH!!! BUT WHY???"

Well, the unfortunate fact is that booze stops fat loss in its tracks. There have been countless times a client has come to us perplexed as to why their fat loss has come to a stop, only to find out they are having "a glass or two" of wine each night.

When the wine stops, the fat loss starts up again.

So how much is ok? It's impossible to say for sure, as everyone is different, but what we can say is no alcohol—for now—is really your best option.

Will a glass of wine once a week derail you? Probably not. But again, if you prefer making this program as efficient as possible, keeping alcohol out makes that happen.



## Water

Here is important advice on water: Drink more. To fully optimize this plan, you should work your way up to drinking a gallon per day.

Yes, one gallon. Yes, that is a lot. Yes, you will pee a lot.

The deal is your body functions best when properly hydrated, plus the processing of fat (fat burning) happens most easily when properly hydrated. This will also reduce water retention under the skin.

Also, an added benefit of extra water is that it will help keep your body functioning optimally over the next few weeks.

And keep this in mind: While drinking more water will not make you burn more fat, but not having enough water will prevent your body from burning fat.

## Tracking Your Nutrition

When members come to us feeling a LACK of results it often comes down to one simple thing; a lack of awareness of food intake. We often hear of a member frustrated by plateau, saying “how well” they are eating, but when they do actually track the numbers tell a different story. Generally there are WAY too many processed foods and not near enough protein. Tracking your food is very valuable in solving for long term success.

At a minimum we are going to ask you “journal” your foods by snapping a pic of your meals and inputting to your MyResultsU app (MRU) each day. It is not required to log calorie per calorie and count macros to be successful when eating clean with the calorie lean and nutrient foods included with this program. Simply following along with recommended foods and portion sizes at regular timing will result in amazing transformation!

For those of you looking for more advanced approach you may choose to use a tracker app for detailed logging and counting of calories and macros as explained below. Again, not required, but educating you on the option if you so choose. In that case you would be forwarding your weekly food journal log via email or printing out and submitting to coaches.

Bottom line is if you are unhappy with your body and yet continue to eat the way you eat now your body WILL NOT change (regardless of how often or how hard you workout). You cannot “OUT-TRAIN” a bad diet, you cannot “OUT-RUN” the fork (or cork). And guessing will not work. Log it, track it.



For those of you looking for the advanced detail in food tracking there are many apps out there, but MyFitnessPal is a FREE downloadable app on iPhone or Android devices and works great. MyFitnessPal has an extensive food and restaurant database.

Your first few days of tracking can be frustrating. Stay patient! At the end of each day you have an opportunity to troubleshoot and make corrections for the next day. Practice makes perfect and you will get better as you go along.

## **How to Enter Foods:**

### **Step 1:**

Click 'Diary' button at the bottom of the home screen

### **Step 2:**

Click '+ Add Food' under either Breakfast, Lunch, Dinner, Snacks

### **Step 3:**

Search for a food, choose a recent food from the list shown, or press the barcode button at the top right corner of the screen

### **Step 4:**

Choose the closest Serving Size and Number of Servings

### **Step 5:**

Press the checkmark button at the top right corner of the screen

## **How To Find Your Nutrient Info**

### **Step 1:**

Click 'Diary' button at the bottom of the home screen

### **Step 2:**

Scroll to the bottom and press the 'Nutrition' button

### **Step 3:**

Click the 'Nutrients' tab in the top-right corner of the screen

## **How Accurate Do You Need To Be?**

Many situations make it difficult to track everything exactly. Your goal is to come close as possible and be consistent.





- You may not be able to find a certain brand of food in the database. In that situation just choose another similar brand.
- You may not know exactly how much of a food you are consuming or what the serving size is. In that situation you do not need to weigh your food and can simply guess the portion and serving size.
- You may order something at a restaurant or use a recipe that isn't in the MyFitnessPal database. In that situation, you can simply add individual ingredients and come close as possible to guessing the serving size of each ingredient. Or, you can choose a similar meal or recipe from a different brand or restaurant listing.

### **MyFitnessPal Goals**

You can set your goals accordingly and customize your calorie and macro nutrient recommendations shown in MyFitnessPal. Use and follow the goals outlined in this program.

### **Do I Have To Track Forever?**

Tracking can be very helpful during the first part of your journey. It is recommended you track your food intake with great detail for the first few weeks of your journey in order to better understand what works for your goals. Eventually you can become what is referred to as “unconsciously competent” when it comes to your perfect nutrition program.

### **Turning In Your Food Journal**

There are two methods. You can either print them out making a hard copy and bring them in with you (at the end of each week) or you can forward them via email.

Choose whichever method you want, but make it happen by the end of each week – no excuses. To be clear – “I didn't have time” is not a valid excuse. It is not hard, it is just different and will literally take you less than 2 mins once you get the hang of it. Remember, food pics in MRU are the “no further action required” when it comes to food journaling (coaches have access to your food pics so you will not need to actually submit anything, simply input the pic per meal).



## Pick Your Plan

Our bodies are equipped with some amazing mechanism to optimize function, performance, and physique. Those abilities are fully realized when we FUEL with what it needs, when it needs it. Using the BUILD-YOUR-OWN approach simply re-fuel about every 3-4 hours using recommended serving sizes for protein, carbohydrates, and fats on the list that you prefer.

OR

If you need more guidance with the flavor taken care you might chose to use the DONE-FOR-YOU Menus, Grocery Lists & Recipes. As stated earlier, the menus, grocery lists and cookbook were custom created for this plan and they are nothing short of outstanding. One thing to keep in mind is that the recipes were (in general) created with a family of 4 in mind. So, if there are more or less in your household, make adjustments as necessary.

## The BIGGEST Difference

The true strength of this program is not the fact that the fat burning principles are based on science and years of in-the-trenches experience. It's not the amazing recipes and cookbook or done-for-you menus. It's not the unlimited access to all the fun and energizing TEAM TRAINING sessions either. Those are all great and will contribute to your success, but that's not it...

IT'S YOU.

It's you as a member of this community, your tribe, your new fitness family (FITFAM). The difference this time is you are not alone. You have the support of not only our certified coaches and staff, but of every other fitness family member.

When you have questions about the nutrition program (or anything for that matter), head to our private Facebook group and post. This Facebook group is private and exclusive to our FITFAM. It's where to go when you have questions or when you hit a stumbling block. You will have us at your side every step of the way.

It is also where you will go to celebrate your successes. Your accomplishments (no matter how small) will be an inspiration to all your fellow transformation participants. When you dedicate yourself to change, while utilizing all of the resources at your disposal, your success is a 100% certainty.



## Conclusion


That's it. It is not complicated at all, In fact it is quite simple but if you have any questions, DO NOT HESITATE to contact us—that is what we are here for. A great place to reach out for help is in our private Facebook group because more often than not- if you have a question, someone else is wondering too but are too shy to ask.

Following this guide can potentially change your life forever. Now is your time to rediscover the strong and beautiful person you are. Now is your time to be the best version of you the world has ever seen.

You have been given the keys to a new, lean, healthy body, and a renewed and energized life. All you have to do is turn the key and walk through the door. Trust us, you're going to love it here!

-Your Results Coaches

PS: Don't forget to link up to our private Facebook group- **[Results Vacation Body Challenge- June 2019]** This is the FIRST place you should go with any questions or any issues at all. This is where our fitness family communicates. This is where you will not only go with questions, but also where you will go to celebrate all of your successes. We also post exclusive content there daily, so get in there ASAP!



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**CHALLENGE**

**BUILD YOUR OWN PLAN**

## NUTRITION PORTION CONTROL GUIDE

**FORGET CALORIE COUNTING. TRY THIS METHOD INSTEAD.**

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure System instead.

### YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein  
= 1 palm



A serving of veggies  
= 1 fist



A serving of carbs  
= 1 cupped hand



A serving of fats  
= 1 thumb

### NOW, CUSTOMIZE THE PLAN FOR YOU

#### IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't feeling satisfied at meals
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

#### THEN START BY ADDING...

**MEN:** 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.

**WOMEN:** 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

#### IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are feeling too full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight

#### THEN START BY REMOVING...

**MEN:** 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.

**WOMEN:** 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

# FOOD LIST

## PROTEIN

POULTRY	SEAFOOD	MEAT	OTHER
Chicken	Cod	<b>Bacon</b>	PhysX Protein
<b>Duck</b>	<b>Crustaceans:</b>	Bison	Cottage Cheese
Pheasant	<b>(Lobster, Shrimp, Crab, Oyster, Clam, Mussel)</b>	Ground Beef	Eggs
Turkey	Halibut	Elk	0% Fat Greek Yogurt
	Mahi	Lamb	<b>Milk</b>
	Salmon	<b>Pork Tenderloin</b>	Spirulina
	Swordfish	Round Steak	Tofu
	Talapia	Venison	
	Tuna		

## VEGETABLES

Artichoke	Celery	Mushrooms	<b>Spaghetti-Squash</b> ○
Arugala	Cilantro	Okra	Spinach
Asparagus	Collards	Onion	Sprouts
<b>Beets</b> ○	<b>Corn</b> ○	Parsley	Swiss Chard
<b>Boiled Carrots</b> ○	Cucumber	<b>Parsnip</b> ○	Tomatoes
Bok Choi	<b>Edamame</b> ○	Peppers	Tumeric
Broccoli	Egg Plant	Pickles	<b>Turnips</b> ○
Brussels	Garlic	<b>Pumpkin</b> ○	Water Cress
<b>Butternut-Squash</b> ○	Ginger	Radish	Zucchini
Cabbage	Green Beans	<b>Raw Carrots</b> ○	
Cauliflower	Jicama	Romaine Lettuce	
	Kale	Snap Peas	

○ = Treat these Vegetables as Carbohydrate portion of that meal.

## CARBOHYDRATES

<b>Beans/Legumes</b>	Quinoa	Sprouted Bread
Brown Rice	Rice Cakes	Sweet Potatoes
Oats	Russet Potatoes	<b>White Potatoes</b>

MEAL PLAN CONTINUES ON NEXT PAGE

# FOOD LIST

## FRUITS

Apples	<b>Dates</b> ⚠️	Nectarine	Plum
Apricot	<b>Figs</b> ⚠️	<b>Orange</b>	Pomegranate
<b>Banana</b> ⚠️	<b>Grapefruit</b>	Papaya	Reaspberries
Blackberries	<b>Grapes</b> ⚠️	Peach	Strawberries
Blueberries	Honey Dew	<b>Pear</b>	Tangerine
Cantaloupe	Kiwi	Persimmon	<b>Watermelon</b> ⚠️
<b>Cherries</b>	<b>Mango</b>	<b>Pineapple</b> ⚠️	

## FATS

NUTS/ SEEDS		OILS	OTHER
Almonds	<b>Pine</b>	Avocado Oil	<b>Cheese</b> ⚠️
Brazil	Pistachio	Coconut Oil	<b>Cream Cheese</b> ⚠️
Cashews	<b>Pumpkin</b>	Flax Seed Oil	<b>Mayonaise</b> ⚠️
<b>Flax Seeds</b>	<b>Seeds</b>	Ghee/Clarified	<b>Sour Cream</b> ⚠️
Hazel	<b>Sesame Seeds</b>	Butter	
Macadamia	<b>Sunflower</b>	Grapeseed Oil	
Peanuts	<b>Seeds</b>	Olive Oil	
Pecan	<b>Walnuts</b>	Sesame Oil	

## CONDIMENTS

HERBS & SPICES		SAUCES	
Flavor/Spices	Marjoram	Apple Cider Vinegar	<b>Relish</b>
All spice, Anise,	Mint, Nutmeg,	Balsamic Vinegar	<b>Salsa</b>
Basil, Bay Leaf,	Oregano Paprika,	<b>Barbecue Sauce</b> ⚠️	<b>Soy Sauce</b>
Cayenne, Chili	Parsley, Pepper,	Braggs Amino Acids	<b>Spaghetti</b>
Pepper Cilantro,	Rosemary,	Fish Sauce	<b>Sauce</b>
Cinnamon, Cumin	Saffron, Stevia	<b>Hot Sauce</b>	<b>Tahini</b>
Dill, Fennel,	Tarragon, Thyme,	<b>Hummus</b>	<b>Teriyaki Sauce</b> ⚠️
Garlic, Ginger	Vanilla	<b>Ketchup</b>	Tzadiki
Holy Basil, Horse		Mustard	White Wine
Radish		<b>Pesto</b> ⚠️	Vinegar
(Raw), Lavender,		<b>Ponzu</b>	
Lemon Lemon			
Zest, Lime,			

RECOMMENDED SWEETENERS
⚠️ <b>Agave, Honey</b> ⚠️
⚠️ <b>Maple, Stevia</b>

⚠️ = Not Recommended for Fat Loss


## DAILY MEAL PLAN EXAMPLE FOR FAT LOSS

Depending on Activity and Body Composition Goals  
You Should be eating 4-6 Meals per Day (Every 3-4 Hours)

- 4-6 Servings of Protein and Vegetables per day for all goals.
- 3-4 Servings of Carbohydrates or Fats per day for Weight Loss
- \*For Fat Loss: Replenish Carbohydrate within 1-2 hours post exercise.

MEALS	FOOD EXAMPLES	PHYSX SUPPLEMENTATION	TIME
<b>BREAKFAST</b> Protein + Carb/Fat + Vegetable	Egg Whites, Spinach, Salsa, Avocado	Multi (1 capsule)  EFA (1 capsule)  21 Day Detox (3 capsules)  Thermo Burn A.M. (1 capsule)	7:30 am
<b>SNACK</b> Protein	PhysX Protein Shake	Protein Shake Glutamine (1 Scoop)	10:30 am
<b>LUNCH</b> Protein + Carb/Fat + Vegetable	Chicken, Salad (Romaine Lettuce, Tomato, Onion, Mushroom, Cucumber), Olive Oil and Balsamic Vinegar	Multivitamins (1 capsule)  EFA (1 capsule)  Thermo Burn A.M. (1 capsule)	1:30 pm
<b>SNACK</b> Protein	PhysX Protein Shake	Protein Shake Glutamine (1 Scoop)	4:30 pm
<b>DINNER</b> Protein + Carb/Fat + Vegetable	Fish, Green Beans, Quinoa	EFA (1 capsule)  Thermo Burn P.M. (1 capsule)	7:30 pm
<b>WORKOUT</b>		THRIVE Pre Workout (1 scoop before exercise)	
		BCAA's (1 Scoop during exercise.)	





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**CHALLENGE**

**DONE FOR YOU GUIDE**

**MEAL PLAN, GROCERY LIST, RECIPES**



Week 1	Breakfast.	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
<b>Tuesday</b>	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Fish tacos: 298cal. 30P. 12F. 15NC	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
<b>Wednesday</b>	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
<b>Thursday</b>	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
<b>Friday</b>	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
<b>Saturday</b>	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Philly Cheesesteak Stuffed Pepper. Cal 418. Protein 43. Fat 23. Net Carb 12	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7

# Vacation Body Challenge Recipes

## Week 1 Grocery list

### Meat

- Haddock- 32oz
- Steak Tips- 12 oz
- Chicken Breast- 12 breast
- Ground Beef 1 lb
- Shaved Steak- 12oz

### Dairy/Miscellaneous

- Eggs- 2 dozen
- Skim Milk- 1 gallon
- Almond Milk – ½ gallon
- Cheddar Cheese- 1 bag, Monterey 1 bag, Mozzarella 1 bag
- Icelandic Yogurt- 1 large container
- Parmesan Cheese- 1 block
- Marsala Cooking wine
- Harissa Paste
- Sliced almonds
- Cashews

### Produce

- 4 Bell Peppers
- 4 sweet potatoes
- 1 bag shredded Carrots
- 2 Cucumber
- 1 Mango
- 1 bag shredded Cabbage
- 1 bunch Cilantro
- 2 container Mushroom
- 4 Green Pepper
- 1 pint strawberries
- Raspberries 1 pint
- Blueberries- 1 pint
- 2 bags Kale
- 12 Cups fresh Spinach
- 2 white Onion
- 4 Avocado



# Vacation Body Challenge Recipes

## WEEK 1

### *Breakfast*

#### **Breakfast Egg Muffins Makes 6 servings**

0.50 cup, Skim Milk  
6 large, Egg  
0.25 cup chopped, White Onion  
6oz baby Bella Mushroom  
4 oz., Cheese Cheddar, Low Fat  
2 cups (85g), Baby Spinach Organic

Sauté spinach and onion in frying pan until spinach wilts. Drop a spoonful into the bottom of each muffin tin then sprinkle in cheese about 1/3 up the muffin tin... In separate bowl whisk eggs, milk, mushroom in a bowl. Pour even amounts into each tin leaving just 1/8" before the top. Bake for 15 min at 350 degrees.

#### **Parfait**

2 cup, Icelandic Yogurt (makes 2)  
0.25 cup, Raspberries - Raw  
0.25 cup, Blueberries  
4 tablespoon, Sliced Almonds  
1 tsp cinnamon

Place raspberries and blueberries in bowl. Layer Icelandic yogurt on top. Top with almonds, and sprinkle with cinnamon

### *Snack (makes 2)*

#### **Strawberry Milk Smoothie**

1 tsp, Vanilla extract  
1 Cup (240ML), Almond Milk - Original  
0.25 cup, Raw Cashews  
2.50 cup, halves, Strawberry  
2 scoops, Protein Powder- Vanilla  
1 tsp swerve sweetener

Put all ingredients in blender and blend for 30 seconds until uniform. Serve immediately.

#### **Parmesean Kale Chips**

1 cup, Kale, raw  
1 tablespoon, Oil - Olive  
1 tbs, Cheese - Parmesan, shredded

Cut kale leaves into 2 chunks and remove stem. Place in a bowl with 1tbs olive oil and parmesan cheese and then toss with hands to coat. Place kale on baking sheet and bake 10 minutes at 350 degrees until crisp.

# Vacation Body Challenge Recipes

bubbles form, then return to a simmer. In a separate pan, sauté chicken breast 3-5 minutes per side. When sauce is thick, pour over the chicken and finish cooking all together for 3-4 minutes. Serve with mozzarella cheese on top if desired.

\*if sauce is still thin, add more arrowroot flour  
1 TBS at a time.



## *Main Courses*

### **Chicken Marsala+ 1 Cup steamed Broccoli**

4 Skinless, Boneless and Grilled  
1 tbsp, Butter - Salted  
2 TBS, Arrowroot flour  
2 cups, Mushrooms  
0.25 cup(s), Marsala Cooking Wine  
0.25 Cup chicken stock  
Add mozzarella cheese if desired.

In medium sauce pan, over medium heat, combine butter, mushrooms, marsala wine, and chicken sauce. Allow to simmer for several minutes. Whisk in arrowroot flour to avoid clumping and simmer on high heat until

### **Fish tacos**

2 cups, chopped, Cabbage, raw  
2 tablespoon, Vinegar, Apple Cider  
2 tablespoons, Oil - Olive  
1 medium, Avocado  
32oz haddock, cut in small chunks  
1 cup (55g), Butter Head Lettuce  
Mango Salsa:  
0.5 Cup, Cucumber  
0.50 cup pieces, Mangos, raw  
0.25 cups, Onion

# Vacation Body Challenge Recipes

## Bunch Chopped Cilantro

1 lime yields, Lime juice – Raw

In mixing bowl combine chopped mango (about ¼” cubes. Can use fresh or frozen), chopped onion, and chopped cucumber. Add about ¼ cup chopped cilantro then squeeze lime juice and stir to coat. Set aside.

In small bowl whisk olive oil and apple cider vinegar. Pour mixture over shredded cabbage. Set aside.

Sauté haddock about 3-4min per side until it starts to brown. Using butter leaves as “taco shells” place slices of avocado in the bottom then add cole slaw in the base, layer sliced cooked haddock, then top with home made salsa. Best if using 2 butter leaves per 1 taco.

## Cumin Rubbed Steak Tips + harissa sweet potato. (serves 2)

12 oz, Steak  
4TBS cumin  
2 sweet potatoes, sliced with mandolin  
0.25 cup(s), Marsala Cooking Wine  
0.25 Cup chicken stock  
Add mozzarella cheese if desired.

Prep: coat steak in cumin and store in ziplock bag overnight. Prepare steak by placing on

baking sheet and broiling at hi broil for 7 minutes, then flip and broil additional 5 minutes. Allow to rest several minutes before serving to maintain juiciness...

For potato: peel sweet potatoes then slice raw with a mandolin. In a large bowl, coat with harissa paste, then lay flat in a casserole dish. Bake at 425 for 20-25 minutes until tender. Serve warm.

## *Dessert*

### pudding Pops

0.25 cup, 1% Milk  
0.50 cup, Icelandic Yogurt  
1 tbsp, Cacao Powder  
0.12 tsp(s), Vanilla  
2 Tsp Swerve

In blender or food processor, blend all above ingredients until uniform. Pour popsicle molds and let freeze overnight

## Philly Cheese Steak Stuffed Peppers (serves 4)

1 onion, Onions, sweet, raw  
12oz Baby Bella Mushrooms  
1 tbsp(s), Garlic, raw  
12 oz, Shaved Steak  
4 medium raw, Green Bell Pepper  
1 tbsp(s), Oil - Olive  
4 oz, Cheese - Mozzarella, part skim milk

## Vacation Body Challenge Recipes

Preheat oven to 325°. Place peppers in a large baking dish and bake until tender, 30 minutes. Meanwhile, in a large skillet over medium-high heat, heat oil. Add onions and mushrooms and season with salt and pepper. Cook until soft, 6 minutes. Add steak and season with more salt and pepper. Cook, stirring occasionally, 3 minutes. Stir in Italian seasoning.

Add mozzarella to bottom of baked peppers and top with steak mixture. Top with more mozzarella and broil until golden, 3 minutes. Garnish with parsley before serving.





Week 2	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F. 18NC	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
<b>Tuesday</b>	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F. 18NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
<b>Wednesday</b>	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat:	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	KALE PESTO LAMB CHOPS. Cal: 372. Protein 21. Net Carb 5.	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
<b>Thursday</b>	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Kale Pesto Lamb Chops. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F. 18NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
<b>Friday</b>	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Avacado Mojito Smoothie: 180 Cal. Protein: 14. Net Carb: 10. Fat: 5	Kale Pesto Lamb Chops. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat: 28	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
<b>Saturday</b>	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat: 28	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
<b>Sunday</b>	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	KALE PESTO LAMB CHOPS. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat: 28	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC



# Vacation Body Challenge Recipes

## Week 2 Grocery list

### Meat

- ¼ lb Ham (deli ham)
- ¼ lb Pancetta (deli)
- 1 package (6-8 breasts) Skinless boneless chicken
- 16oz Shrimp
- 4 filets Salmon
- 4 filets Lamb

### Dairy/Miscellaneous

- 1 dozen Eggs
- 1 bag Cheddar
- ½ gallon Milk
- ½ gallon Almond Milk
- 1 large Icelandic yogurt
- Half and Half
- 1 block parmesan cheese
- 1 bag Pistachios
- 2 stalks lemongrass
- Small Jar Tamarind Paste
- 16 oz Can Tomatoes

### Produce

- 2 Avocado
- 2 beets
- Fresh mint
- 1 package Cherry tomato
- 2 Onion
- 2 cups Brussel sprouts
- 2 Sweet potato
- 8oz Mushroom
- 2 Onion
- 4 cups Bok Choy
- 1 small bag kale
- 1 cup Okra
- 1 head Cauliflower
- 1 Green Apple
- 1 bag shredded Cabbage
- 2 bulbs Fennel

# Vacation Body Challenge Recipes

## Week 2

### *Breakfast*

#### **Sweet potato, Pancetta breakfast hash serves 2**

0.50 cup diced Onion  
1 cup, Brussels sprouts (shaved)  
1 tsp, Black Pepper - Ground  
0.25 tsp(s), Red Pepper Flake  
2 clove, Garlic, raw  
4 large, Egg  
2 oz, Pancetta (cubed)  
0.50 cup (133 g), Sweet Potato

Dice sweet potato in ¼ inch chunks and sauté in medium frying pan (with oil) on medium high heat until potatoes begin to soften. Add in shaved brussel sprouts, onion, garlic, and pancetta. When mixture is nearly cooked, crack 4 eggs evenly over hash mixture. Finish in the oven at 350 for 5 minutes until egg whites are fully cooked and yolks are still runny. Sprinkle with salt pepper and red pepper flake. Serve immediately. Option to cook eggs as a scramble and mix in with hash if preferred.

#### **Egg bake (serves 4)**

**Bake in 8x8 pan at 350**

0.25 lb(s), Ham  
½ Cup cherry tomatoes, diced  
8 large, Egg  
1 tsp., Kosher Salt  
1 tsp, Black Pepper - Ground  
0.50 tsp(s), Spices, oregano, dried  
1 cup, shredded, Cheese, cheddar  
0.50 cup, Skim Milk

Dice cherry tomatoes and ham. In large bowl whisk eggs with salt, pepper, milk, ½ cup cheese and add in ham and tomatoes. Pour into casserole dish. Add remaining ½ cup cheese to the top. Place in oven for 25 min at 350 or until egg mixture is cooked (a knife should come out clean if stuck in the center of the frittata). Serve immediately or store in refrigerator and reheat each piece.

### *Snacks*

#### **Red Velvet Smoothie (serves 2)**

0.50 medium, Avocado  
0.50 beet (2" dia), Beets, raw  
0.25 tsp, Vanilla extract  
1 Cup (240ML), Almond Milk - Original  
1 tbsp(s), Cocoa, dry powder, unsweetened  
2 scoops, Protein Powder- Vanilla

# Vacation Body Challenge Recipes

2 cups ice

Combine all ingredients into blender and blend for 30 seconds until uniform. Serve immediately.

## *Main Courses*

### **Shrimp Tamarind Stew (serves2)**

(1 cup whole), Shitake Mushrooms, Fresh  
1.00 Onion  
2 clove, Garlic, raw  
3 oz(s), Tomatoes  
4 fluid ounce tamarind paste  
4.00 cup, Baby Bok Choy  
4 ounce, Beans (white or cannellini)  
1.00 cup, Okra  
4 cups water  
16 oz, Shrimp  
2 cups cauliflower

In large stock pot, add 4 cups water, tamarind paste, chopped tomatoes, chopped onion, and mushrooms. \* begin with 2oz tamarind paste and increase if prefer a sourer stew. Bring to a boil then reduce heat to simmer. Add in pork chops (4 pork chops) and allow to simmer for 30 minutes. After 30 minutes add chopped bok choy, okra, and 4oz of cooked white beans. Continue to simmer for 10 minutes until bok choy and okra are tender.

Pulse raw cauliflower in food processor until “crumbles” form. In a medium saucepan, stir fry cauliflower for 2-3 min on medium high heat, until tender.

Place cauliflower “rice” in bottom of bowl and ladle stew on top. Serve hot.

### **Kale Pesto and Lamb Chops**

Pesto

2 cup, Kale, raw  
3 clove, Garlic, raw  
0.25 cup(s), Extra Virgin Olive Oil  
0.25 cup, Nuts, pine nuts, dried  
0.25 cup, Cheese - Parmesan, shredded  
4 chops, Lamb Loin Chops

In a food processor, blend kale, garlic, pine nuts, olive oil, and cheese until a thick green paste forms. Can substitute pine nuts for walnuts.

Coat each lamb loin in pesto then broil on baking sheet (500degrees) for 6 minutes.

Allow to rest for another 6-10 minutes (can wrap in tinfoil) before serving. Best served medium- medium well.

*More Main Courses... Next Page*

# Vacation Body Challenge Recipes

## BBQ chicken and Pumpkin Cheesy “grits”

1 cup, Almond Flour  
1 cup (8 fl oz), Water - Municipal  
0.25 teaspoon, Salt  
1 cup canned pumpkin (1 can)  
0.25 lb(s), Cheese Cheddar, Low Fat  
4 chicken breasts  
1 cup bbq sauce

In a medium saucepan, place 1 cup almond meal (same as almond flour), 1 cup water, 1/4 teaspoon salt. Whisk until almond meal is free of lumps. Bring to boil over medium heat, whisking occasionally. When the meal is soft, add in 1 cup canned pumpkin and cheddar cheese. Stir occasionally to keep from clumping.

While grits are cooking, coat 4 chicken breasts with BBQ sauce and bake at 350 for 25 min until cooked through. Serve immediately with grits on the side.

## Salmon w/ Fennel Slaw

Slaw Dressing  
3 tbsp(s), Lemon juice, raw  
1 tbsp(s), mustard  
2 tsp(s), Syrups – Maple  
3 oz, Parmesan Cheese  
8.00 g, Large Green Apple diced  
4 portions, Salmon  
1.50 cup, sliced, Fennel, bulb, raw  
4 cups, shredded, Cabbage, raw

In a small dish whisk together lemon juice, mustard, and syrup. Set aside. Dice green apple into small 1/4' cubes and mix with cabbage. Slice fennel into thin slices and add to cabbage and apple. Add in dressing and plate. In separate pan, fry salmon skin side down on medium to high heat about 4-5 minutes, then flip. Fry another 3-4 minutes until cooked all the way through. Serve on top of plated salad and enjoy immediately.

# Vacation Body Challenge Recipes

## *Dessert*

### **Pistachio Chocolate Balls 5 (2balls per serving)**

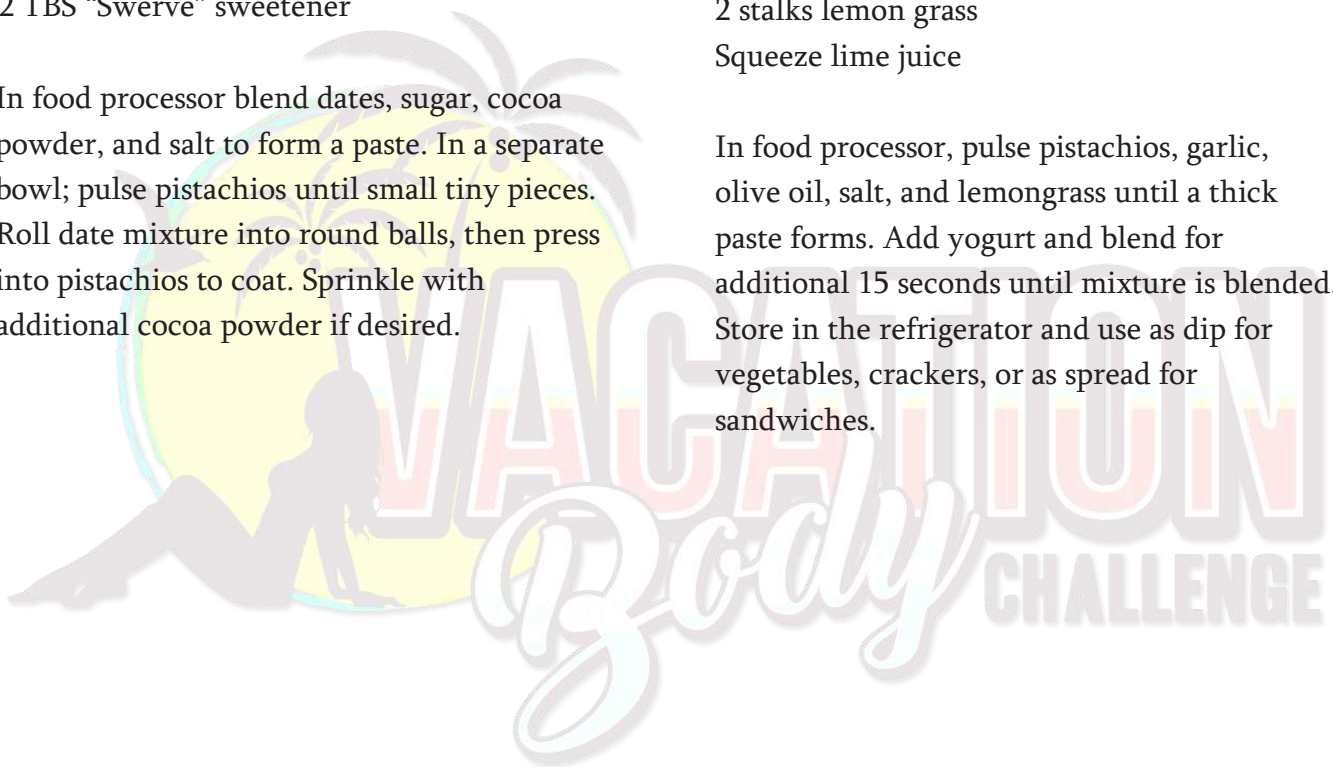
2/3 cup Unsalted Shelled Pistachios  
0.75 tsp., Kosher Salt  
4 medium (2-1/4" dia), Figs, raw  
4 tbsp(s), Cocoa, dry powder, unsweetened  
1 tbs chocolate protein powder  
2 TBS "Swerve" sweetener

In food processor blend dates, sugar, cocoa powder, and salt to form a paste. In a separate bowl; pulse pistachios until small tiny pieces. Roll date mixture into round balls, then press into pistachios to coat. Sprinkle with additional cocoa powder if desired.

### **Pistachio Lemongrass Yogurt Sauce. Serves 8.**

1 clove, Garlic, raw  
1 cup, Icelandic Yogurt  
1 tsp, Salt  
2 tbsp olive oil  
½ cup pistachios, salted, deshelled  
2 stalks lemon grass  
Squeeze lime juice

In food processor, pulse pistachios, garlic, olive oil, salt, and lemongrass until a thick paste forms. Add yogurt and blend for additional 15 seconds until mixture is blended. Store in the refrigerator and use as dip for vegetables, crackers, or as spread for sandwiches.





Week 3	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Tuesday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40. Fat: 24. Net Carb:	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Wednesday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Shaved Brussel Sprout Salad w. Steak. Cal 315. Protein 25. Fat: 22. Net Carb: 6.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Thursday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Friday</b>	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Honey PB Popcorn Balls. Cal: 165. Protein: 10. Fat: 11. Net Carb: 10	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Saturday</b>	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Sunday</b>	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Shaved Brussel Sprout Salad w. Steak. Cal 315. Protein 25. Fat: 22. Net Carb: 6.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40. Fat: 24. Net Carb:	Chocolate Almonds: 114cal. 9P. 9F. 3NC

# Vacation Body Challenge Recipes

## Week 3 Grocery list

### Meat

- 1/4 lb Turkey sausage
- 16oz lamb cubes
- 1lb Pork (cubed, off bone)
- 1lb Ham Steak
- 1lb Haddock (4 filets)
- 2.5lb lb Sirloin Steak

### Dairy/Miscellaneous

- 1 can Black eyed peas
- 2 dozen Eggs
- 1 jar Salsa
- 1 container Sour cream
- ½ Gallon Milk (or Soy milk)
- 1pint heavy whipping cream
- Peanuts
- Almonds
- Pecans
- Unsweetened Chocolate (8oz)
- 1 container (4oz) Feta
- 1 Large Container Greek yogurt
- 1 block Parmesan cheese
- Coconut milk ½ gallon or large 16oz can
- Low Carb Wraps

### Produce

- 2 Avocado
- 2 beets
- Fresh mint
- 1 package Cherry tomato
- 2 Onion
- 2 cups Brussel sprouts
- 2 Sweet potato
- 8oz Mushroom
- 2 Onion
- 4 cups Bok Choy
- 1 small bag kale
- 1 cup Okra
- 1 head Cauliflower
- 1 Green Apple
- 1 bag shredded Cabbage
- 2 bulbs Fennel
- 1 Carrot
- 1 Cucumber

# Vacation Body Challenge Recipes

## Week 3

### Breakfast

#### Black Eyed Pea Greens Egg and Ham (serves 4)

1.00 Onion  
1.50 tsp, Creole Seasoning  
1 cup, Chicken Broth  
4 large, Egg  
1 lb(s), Ham steak  
6 oz(s), Kale, raw  
1 cup, Black Eye Peas (cooked)

To save time, use cooked black eyed peas. Saute black eyed peas in chicken broth with onion, chopped kale, and diced ham steak in large cast iron skillet. Add creole seasoning. When liquid is absorbed, crack an egg in 4 locations and continue cooking until whites are cooked (solid and not runny). Use spatula to serve out portion, cut into egg yolk and allow it to run into the hot mixture to create creamy coating.

#### Breakfast Burrito

4 large, Egg  
0.25 cup, Sauce - Salsa  
0.25 cup, Sour cream  
1 medium, Avocado  
4 Oz Low Fat ground Turkey Sausage  
Hot sauce (optional)  
Chopped chive  
Mama lupe low carb wraps (4)

Slice avocado and set aside. Cook turkey sausage until just slightly under done. Using the same pan, add in scramble eggs and cook with sausage. When cooked, scoop into wrap

and assemble burrito with sliced avocado, sour cream, and salsa. Top with hot sauce and chopped chive (if desired)

### Snack

#### Carrot Cake Smoothie (serves 2)

0.25 cup, chopped, Nuts, pecans  
1 cup(s), Almond Milk - Original  
1 tsp, Spices, cinnamon, ground  
0.50 tsp(s), Spices, nutmeg, ground  
1 tsp, Vanilla extract  
2 medium, Carrots, raw  
1 Scoop, Designer Whey Chocolate

Place all ingredient in blender and blend for 30 seconds until uniform. Serve immediately.

#### Devilled Eggs (serves 6)

12 eggs  
½ Cup mayo  
2 tsp paprika

Hard boil 12 eggs. Once cool, de-shell and cut in half. Place cooked yolks in a bowl and combine until smooth with mayonnaise. Scoop egg yolk mixture into hollowed out cooked egg whites and top with paprika. Store in the refrigerator until ready to eat.



# Vacation Body Challenge Recipes

## *Main Courses*

### **Shaved Brussel Sprout Salad (serves 4)**

2 tbsp(s), Orange juice - Raw  
1 tsp, mustard  
0.75 lb(s), Brussel Sprouts  
1 lb(s), Sirloin  
2 tablespoon, Oil - Olive  
2 tbsp, Balsamic Vinegar

In a small bowl, whisk orange juice, mustard, olive oil, and vinegar. Set aside. If unable to purchase shaved brussel sprouts, use mandolin to shave raw sprouts for salad. Pan fry sirloin steak to medium well and allow to rest for several minutes to retain juices.

Mix raw brussel sprouts with orange dressing and plate. Place sirloin on top of brussel sprouts and serve immediately.

### **Coconut Lemongrass Pork (serves 4)**

1.50 Cup, Coconut Milk  
1 pepper, large (3-3/4" long, 3" dia), Peppers, sweet, yellow, raw  
1 Green Pepper  
1 Medium Pepper, Bell Pepper - Orange  
2 Tbsp, Green Curry Paste  
2 stalk, Lemongrass (fresh)  
1 lb pork (cubed)  
2 TBS lime juice  
Salt and Pepper

Cube the pork if necessary and set aside. Dice the peppers into cubes and saute in a large pot or dutch oven on medium heat. When the peppers begin to soften add the pork, stirring occasionally to prevent burning. When the pork begins turn white, add in the coconut milk, green curry paste, and chopped lemongrass. Stir well. Squeeze in lime juice. Turn heat to low and simmer for 30 minutes. Ladle into bowls and serve as a stew.

### **Indian Lamb w/ Cucumber Salad (serves 4)**

(prep by marinating chicken several hours- 24hrs ahead of time)

#### Salad

1 whole cucumber, English Cucumber - Seedless  
0.50 tsp, whole, Spices, cumin seed  
0.50 Cup, Greek Yogurt - Fat Free - Plain  
1 tsp, Lemon juice, raw  
0.25 cup, Chopped Cilantro

#### Lamb

16oz cubed lamb  
1 tsp coriander  
1 tsp, whole, Spices, cumin seed  
0.25 tsp, Tumeric

For salad:

Dice cucumber into 1/4' cubes and place in a small mixing bowl. . In a small separate bowl, mix yogurt, lemon juice, cumin, and cilantro until a uniform dressing is made. Pour over diced cucumber and coat evenly. Set aside and keep chilled.

## Vacation Body Challenge Recipes

Coat lamb cubes with coriander, cumin, and turmeric. Sear in a frying pan on medium heat about 5min per side until a crust forms, then finish in the oven for 15 min at 350degrees. Serve lamb on top of cucumber salad.

continuously until completely melted, then mix in nuts until coated. Transfer nuts onto a cookie sheet lined with parchment paper and lay flat. Store in the refrigerator until hard and keep cool until ready for serving.

### **Haddock Parmesan + 1 cup steamed Asparagus w/ squeeze lemon**

0.33 cup, Greek Low Fat Yogurt  
0.33 cup(s), Mayo  
0.33 cup, Cheese - Parmesan, shredded  
1 lemon yields, Lemon juice, raw  
0.25 tsp, Salt and Pepper  
1 lb(s), Haddock

In small bowl, combine yogurt, mayonnaise, parmesan cheese, lemon juice, salt and pepper. Coat each piece of haddock with yogurt mixture and place on baking sheet. Bake for 25 min at 350 degrees until a crust forms. Serve with a side of steamed asparagus.

### ***Dessert***

#### **Chocolate covered almonds (serves 8)**

1 cup, ground, Nuts, almonds  
2.00 sections, 60% Bittersweet Chocolate  
2 tbsp, Cream, fluid, heavy whipping  
2 tbsp swerve sweetener

Melt bittersweet chocolate over low heat with heavy cream and swerve, using a whisk. Stir



Week 4	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chili. 236Cal. 25P. 13F. 4NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Greek Turkey Meat Loaf, yogurt mint sauce, eggplant. Cal: 330. Protein 32. Fat 17. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Tuesday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Greek Turkey Meat Loaf, yogurt mint sauce, eggplant. Cal: 330. Protein 32. Fat 17. Net Carb 4.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Chicken Florentine Roll Up. Cal: 300. Prtoein 39. Fat 13. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Wednesday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chili. 236Cal. 25P. 13F. 4NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Chicken Florentine Roll Up. Cal: 300. Prtoein 39. Fat 13. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Thursday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	orange chicken and broccoli: 280cal. 29P. 13F. 8NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Turkey Black Eyed Pea Chili Verde. Cal: 240. Protien 30. Fat: 10. Net Carb: 10.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Friday</b>	Pancetta Basil Egg Muffins. 305cal. 19P. 15F. 2NC	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chicken Florentine Roll Up. Cal: 300. Protein 39. Fat 13. Net Carb 4.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Collard Wrapped Salmon w/ 1/4 cup dill sauce. Cal 400. Protein 39gm. Fat 24gm. Net Carb 3gm.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Saturday</b>	Pancetta Basil Egg Muffins. 305cal. 19P. 15F. 2NC	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Collard Wrapped Salmon w/ 1/4 cup dill sauce. Cal 400. Protein 389m. Fat 24gm. Net Carb 3gm.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	orange chicken and broccoli: 280cal. 29P. 13F. 8NC	Pumpkin Mousse. 131cal. 8P. 12F. 1NC

# Vacation Body Challenge Recipes

## Week 4 Grocery list

### Meat

- 1lb Bacon
- 5oz pancetta
- 2lb Ground turkey
- 2 package Chicken breast (8 breasts)
- 4 Salmon filet (24oz)

### Dairy/Miscellaneous

- 2 dozen Eggs
- ½ gallon Milk
- 1 pint heavy cream
- 1 package Cheddar
- 2 Large container Icelandic yogurt
- Small Container (4oz) Feta
- Small package (3-4oz) Goat cheese
- 32oz can tomatoes
- Sugar free orange marmalade

### Produce

- 1 bag fresh Spinach
- 1lb bag frozen spinach
- 1 Onion
- 1 bag shredded Purple cabbage
- 1 small jar Sun dried tomatoes
- 2 large Collard green leaves
- 2 crowns broccoli
- 1 pint Strawberry
- 1 pint Blueberries
- 2 Sweet potato
- 1 package fresh Basil
- 1 package fresh mint
- 1 package fresh Dill

# Vacation Body Challenge Recipes

## Week 4

### *Breakfast*

#### **Classic Breakfast Scramble - serves 4**

8 slices (18g), Bacon  
8 large, Eggs  
0.50 cup, Skim Milk  
1 Cup mushroom  
1 cup, Spinach - Raw  
0.25 lb(s) Cheese (cheddar, reduced fat)

In large frying pan, fry bacon on medium heat until cooked. Place bacon in food processor and pulse for 15 seconds. Set aside. Using same frying pan, sauté sliced mushroom and raw spinach until spinach is wilted and mushrooms are soft. In separate bowl, whisk eggs and milk and cheddar cheese. Pour egg mixture into pan and add chopped bacon. Pull eggs away from the pan's edge with a spatula until eggs are cooked - matte and not runny. Serve immediately.

#### **Pancetta Basil Breakfast Muffins makes 12, 2 per serving.**

Mix and pour into muffin tins. Bake at 350 for 15min

12 large, Eggs  
1 Tablespoon scallion (optional)  
5oz, Pancetta  
6 oz, Cheese  
1 tbsp, Basil, fresh  
0.50 cup, Skim Milk

Cut prosciutto slices in half and line each muffin tin with ½ slice. Whisk together eggs,

milk, and basil and set aside. Place cheese in bottom of each muffin tin. Pour egg mixture into each muffin tin leaving about 1/8" space remaining. Bake at 350 degrees for 15 minutes until cooked. Can be stored in the refrigerator.

### *Snack*

#### **Frozen yogurt Snack Bar (serves 8)**

2.50 cup, Icelandic Yogurt  
1 cup, halves, Strawberry  
0.25 cup, ground, Nuts, almonds  
1 C, 1 Cup Raw Blueberries  
1 tbsp, Chia Seed  
0.50 cup, Oats  
0.25 cup (80g), Coconut Shredded  
1 TBS swerve sweetener.

Mix all ingredients into large mixing bowl until uniform. Press mixture onto cookie sheet with parchment paper until flat. Put in freezer overnight. Slice into 8 bars and serve chilled.

#### **Sweet potato hummus + ½ Cup broccoli (can use celery, crackers, carrots)**

2 cloves, Garlic, raw  
1.50 tsp., Kosher Salt  
2 cup, Roasted Sweet Potato  
0.50 cup(s), Tahini

1 tablespoon, Oil - Olive

Roast sweet potato prior to making this by baking for 30 min on a baking sheet at 400 degrees and removing the skin after cooling. Using cooked potato, blend in food processor with tahini paste, olive oil, garlic, and salt until uniform paste. Serve as dip and store in the refrigerator

# Vacation Body Challenge Recipes

## ***Main Courses***

### **Greek Turkey Meatloaf + mint yogurt sauce + 1 cup sautéed eggplant Sauce**

#### *Mint Yogurt Sauce*

1 cup, Icelandic Yogurt  
1 Tablespoons, Salt  
1 g, Pepper  
1 clove, Garlic, raw  
1 lemon yields, Lemon juice, raw  
1 tsp, whole, Spices, cumin seed  
1 tbs fresh chopped mint

Using a small bowl combine yogurt, salt, pepper, garlic, lemon juice, mint, and cumin. Mix until uniform and set aside.

#### *Meatloaf*

bake at 350 for 1 hour in bread pan.

Makes 4 servings

1 lb (s), Ground Turkey  
1 chopped, Onion  
½ cup Feta Crumbled Cheese  
1 large, Egg  
1 tbsp, Extra Virgin Olive Oil  
4 tsp(s), Vinegar Wine Red  
1 tbsp(s), Oregano  
0.25 teaspoon, Salt  
0.25 tsp, Black Pepper – Ground

Combine all ingredients in large bowl and mix with hands until completely blended together. Using bread pan, place meat mixture into a

greased loaf pan and form into a smooth “log”. Bake in oven for 1hr at 350 degrees. Allow to rest several minutes before serving. Slice into 8 slices and serve with 2 TBS of yogurt mint sauce.

Additional side- chop eggplant into 1/2 “ cubes and sauté with olive oil and salt for 5-6 minutes on medium heat in frying pan unto eggplant is tender.

#### **Chili**

1 lb (s), Ground Beef  
1.00 cup (25g), Whole Green Onion  
2 clove(s), Garlic, raw  
3 tbsp, Spices, chili powder  
1 tsp(s), Ground Dried Oregano  
3 tsp (2.1g), Ground Cumin  
0.50 teaspoon, Salt  
2 diced green peppers  
2 cans cooked, Organic Diced Tomatoes

In 3-quart saucepan, cook beef, onions, peppers and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked. Stir in chili powder, oregano, cumin, salt, pepper sauce and tomatoes. Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cover; cook 1 hour, stirring occasionally.

Optional: Icelandic yogurt or sour cream to top. Adds 25 calories, 1-2 carb, 2gm protein

# Vacation Body Challenge Recipes

2 crowns broccoli

In a medium saucepan combine marmalade, orange juice, soy sauce, sesame oil and bring to a boil. Reduce heat and simmer for 3-5 minutes to thicken. In a large frying pan combine chicken, chopped broccoli, and the orange glaze and stir fry, stirring often; until chicken is cooked and broccoli is tender.

## Chicken Florentine Roll Up- serves 4

10oz frozen spinach  
4 TBS sun dried tomatoes  
3 TBS grated parmesan  
¼ fresh basil  
3 oz goat cheese  
1 egg white  
4 boneless skinless chicken breasts  
¼ cup low sodium chicken broth.

If using frozen spinach, thaw thoroughly and squeeze out excess water. In a mixing bowl combine spinach with tomatoes, parmesan, basil, egg white, and goat cheese. Fill each raw chicken breast with the mixture and roll and hold with a toothpick. Sear each roll in a skillet about 2 min per side then cover with chicken broth and transfer to oven for 14 minutes at 400degrees.

## Orange Chicken and Broccoli (serves 4)

4 chicken breasts, cut into chunks  
½ cup sugar free orange marmalade  
2 tbs orange juice  
2 tbs soy sauce  
1 tsp ginger

## Collard Green Wrapped Salmon-Serves 4

¼ Cup walnut pieces  
2 large collard green leaves  
4 6oz salmon filet  
½ tsp salt and pepper  
3 TBS olive oil  
1 lemon  
¼ Cup fresh Dill  
½ Cup plain Icelandic or Greek yogurt

Remove spine of each collard to create 4 “leaves”. Wrap each salmon filet in collard green leaf and secure with toothpick. Grill Salmon 4 min per side in frying pan, enough to wilt leaves. Add walnuts to frying pan and toast while salmon is cooking.

In separate bowl combine, olive oil, lemon, dill, and Greek yogurt. Serve as sauce on top of cooked wrapped salmon.

## *Dessert*

### Pumpkin Mousse

½ Cup canned pumpkin  
¼ cup swerve sweetener  
1 tsp pumpkin pie spice  
¼ tsp clove

## Vacation Body Challenge Recipes

¼ cup cream cheese

1 cup heavy cream.

1 scoop protein powder

Using food processor, whip swerve, pumpkin, spices, protein powder and cream cheese until uniform. In a separate bowl using a hand mixer, whip heavy cream until soft peaks form. Fold whipped cream into cream cheese pumpkin mixture, then scoop into lined muffin tins, and let freeze overnight.







Week 5	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	Instant apple crisp. Cal 172. 6P. 7F. 12NC
<b>Tuesday</b>	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	Instant apple crisp. Cal 172. 6P. 7F. 12NC
<b>Wednesday</b>	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	Instant apple crisp. Cal 172. 6P. 7F. 12NC
<b>Thursday</b>	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC
<b>Friday</b>	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	Instant apple crisp. Cal 172. 6P. 7F. 12NC
<b>Saturday</b>	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC
<b>Sunday</b>	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC

# Vacation Body Challenge Recipes

## Week 5 Grocery list

### Meat

- Chicken breast (8 breasts)
- 28 oz Steak tips
- 1.25lb Shrimp

### Dairy/Miscellaneous

- ½ Gallon Milk
- 2 bags (8count) String cheese
- 1 dozen Eggs
- 1 loaf Ezekiel bread
- 1 Quart Cottage cheese
- Large Container Icelandic yogurt
- 1 block Parmesan
- 1 pint Cream
- 1 15oz can Tomato Sauce

### Produce

- 1.5lb Cauliflower
- 4 medium apples
- 1lb brussel sprouts
- 1 Onion
- 1 bag Kale
- 2 cups fresh parsley
- 2+ cups fresh cilantro



# Vacation Body Challenge Recipes

## Week 5

### *Breakfast*

#### **Open Face Breakfast Sandwich**

assemble by placing cottage cheese on toast, and over easy egg on top. Allow yolk to pop and mix with cottage cheese. Salt and pepper to taste.

2 slices low carb gluten free toast  
2 over easy eggs  
1 cup skim cottage cheese.

#### **Cauliflower Pancake w/ Icelandic yogurt “sour cream” – serves 4.**

1 lb(s), Cauliflower - Raw  
4 large, Eggs  
½ white onion, chopped  
1tsp, Salt  
1tsp, ground, Pepper  
4 ounces, Icelandic Yogurt plain + squeeze lemon juice and 1 tsp chive.

Grate raw cauliflower with food processor or grater, mix with eggs, chopped onion, salt. Let sit for several minutes. Pour batter onto heated skillet to form 3-4” patties. Cook 3-4 minutes per side until a golden crust appears. Mix yogurt with lemon juice and chive in small bowl. Serve as dip for pancake.

### *Snacks*

#### **Chocolate Protein Bar**

0.25 tsp., Kosher Salt  
1 cup, Oats  
0.25 cup, Skim Milk  
0.25 cup, Cocoa, dry powder, unsweetened  
0.50 cup(s), Unsalted Unsweetened Peanut Butter  
2 tbsp, Maple Syrup  
2 scoopful, Unflavored Protein Powder  
2 TBS Swerve Sweetener  
(12) Chocolate Protein Bar

Pulse all ingredients accept milk into food processor. Once uniform slowly pulse in milk until it holds a paste like structure. Press into 8x8 sheet and place in refrigerator to set. Slice into 8 bars and serve chilled.

#### **Mozzarella Sticks- 1 serving**

(prep: freeze mozzarella sticks overnight)  
2 tablespoon, Gluten Free Bread Crumbs  
2 stick (28g), Natural String Cheese  
1 large, Eggs - White only, raw  
Place egg white in small bowl. In separate bowl, place bread crumbs. Coat 2 string cheese in egg white, roll in bread crumbs and freeze overnight. From freezer, bake 15min at 350- until inside is melted.  
Option to serve with tomato sauce.  
2 Tbs adds 25 cal, 5 carbs.

# Vacation Body Challenge Recipes

## *Main Courses*

### **Mustard Chicken w/ shredded brussel sprouts (serves 4)**

4 chicken breast  
1lb brussel sprouts  
2 tbs red wine vinegar  
2 tbs olive oil  
2 tbs mustard  
2 tsp honey

In a small bowl whisk together red wine vinegar, olive oil, mustard and honey. Slice chicken into strips and sauté in a large saucepan on medium high heat with mustard mixture.

Using a mandolin, shred brussel sprouts. When the chicken is almost cooked, add brussel sprouts to mixture and cook, stirring occasionally until chicken is cooked and brussel sprouts are crisp. Serve immediately.

### **Steak Tips w/ Chimichurri Sauce (serves 4)**

¼ Cup olive oil  
2 tsp, ground, Pepper  
2 clove, Garlic, raw  
2 cup, Parsley, fresh  
2 cup, Chopped Cilantro  
¼ cup red wine vinegar  
1 tbsp, Agave  
24 oz, Steak Tips

Blend all ingredients (accept steak) in food processor to make a paste. Sear steak tips in frying pan at medium high heat- 3-4 minutes per side. Remove from heat and allow to rest several minutes before eating. Immediately before serving, pour chimichurri sauce over steak.

**Easy Chicken Tikka Masala- serves 4.** Option to marinate chicken in plain yogurt overnight.  
15 fluid ounce, Tomato Sauce-can  
2 tbsp, Spices, cumin seed  
0.50 cup, Cream - Half and half  
0.25 cup, Chopped Cilantro  
2 Tbsp, Garam Masala  
4 chicken breast, cubed

Combine tomato sauce, cream, and spices into large saucepan on medium heat. Bring to a simmer. Add cubed chicken breast and simmer on low for 30 minutes until chicken is completely cooked.

*2 cup, Cauliflower – Raw*

While chicken is simmering, pulse raw cauliflower in food processor raw, then sauté in medium frying pan for several minutes in until tender.

Place cauliflower rice in bowl and ladle chicken masala over it. Garnish with cilantro.

### **Shrimp with Kale and Smoked Paprika (serves 4)**

1.25lb shrimp, peeled and deveined  
3 large clove garlic, chopped

## Vacation Body Challenge Recipes

5 cups kale, chopped.  
3TBS olive oil  
2 tsp smoked paprika  
¼ tsp salt  
¼ tsp cayenne

Sautee shrimp, garlic, olive oil, paprika, cayenne in large frying pan until almost cooked, then add kale and cook until kale is wilted. Serve immediately.

### *Dessert*

#### **Instant apple crisp- serves 2**

1 medium apple  
2 tbsp Oats  
1 tsp brown sugar (packed)  
1 tbsp butter  
½ tsp, Cinnamon  
1 tbsp swerve sweetener

Peel and slice apple into small cubes and divide into 2 bowls. In a separate bowl combine swerve, brown sugar, cinnamon, oats, and cold butter. Mash with a fork into a paste. Pour equal amounts of oat mixture over apples and microwave for 2-3 minutes. Enjoy warm.



Week 6	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
<b>Tuesday</b>	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
<b>Wednesday</b>	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
<b>Thursday</b>	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
<b>Friday</b>	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
<b>Saturday</b>	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
<b>Sunday</b>	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8

# Vacation Body Challenge Recipes

## Week 6 Grocery list

### Meat

- 1lb Smoked salmon
- Lamb; 8 ¼ lb filets
- Chicken breast- 8 pack
- Mahi mahi- 40oz Mahi Mahi. (can substitute for alternative white fish if not in season)
- 18 oz Shrimp
- 1 package bacon

### Dairy/Miscellaneous

- 2 dozen Eggs
- 1 package Cheddar
- 8oz package Cream cheese
- 1 small container Pumpkin seeds
- 1 small container Sunflower seeds
- 1lb bag almonds
- 1 8oz bag deshelled salted pistachios
- Icelandic yogurt
- Ezekiel bread
- 1 bag Pistachios
- Small bag dark chocolate chips

### Produce

- 1 package sliced mushroom
- 1 cucumber
- 1 package Dried apricots
- Spinach
- 4oz Dates
- Peas (10oz frozen)
- 1 Zucchini
- 1 Yellow squash
- 1 bunch fresh asparagus
- 1 package fresh Mint
- 1 package fresh tarragon
- 2 Lemongrass stalk fresh
- 1 Cucumber
- 1 bag chopped romaine
- 1 leek
- Pomegranate seeds

# Vacation Body Challenge Recipes

## Week 6

### *Breakfast*

#### **Egg Frittata (serves 6)**

1 cup chopped spinach  
1 cup sliced mushroom  
½ cup onion  
12 large, Egg  
1 cup low fat cheddar cheese  
½ cup chopped bacon  
½ cup milk

Whisk together egg, milk, and cheese. Set Aside. If using fresh spinach, sauté for 5 minutes in frying pan until spinach wilts. If using frozen spinach, thaw thoroughly and squeeze out excess water before using. Add mushrooms, onion, and bacon and sauté for 3-4 minutes on medium heat. Lay vegetable mixture in bottom of a casserole dish then pour egg mixture on top. Top with additional cheese if desired. Bake for 30min at 350 degrees. Can be refrigerated and reheated.

#### **Smoked Lox w/ Cream Cheese**

12 oz, Fish, salmon, chinook, smoked  
1 sliced cucumber  
4 tablespoons, Cheese, cream  
Garnish with capers and chive

Slice cucumber into 1/8" slices. Spread cream cheese on top and layer with salmon. Garnish with capers and or chive. Serve immediately.

### *Snacks*

#### **Vanilla Cinnamon Almonds (serves 12)**

2 egg, Egg Whites  
2 tbsp(s), Vanilla extract  
2 tbsp(s), Swerve Sweetener  
0.75 teaspoon, Salt  
0.50 Tsp, Cinnamon

Whisk together egg whites, vanilla swerve sweetener, and salt to form a frothy foam. Coat almonds with egg mixture then toss with cinnamon. Lay almonds on a baking sheet and bake at 300 degrees for 25 minutes. Allow to cool

#### **Date/Seed Bars- makes 10 bars**

2 fluid ounce, Pumpkin Seeds  
2 oz(s), Seeds, sunflower seed kernels, dried  
0.75 ounce, Unsweetened Coconut Flakes  
1 tbsp(s), Seeds, sesame seeds, whole, dried  
4 pieces, Apricots, Dried  
4 oz(s), Dates, medjool  
1 TBS Swerve Sweetener  
2 scoops, Protein Powder- Vanilla

Pulse all ingredients in food processor until thick paste forms. If moisture is needed, add 1 TBS water. Press mixture in 8x8 pan, press flat, and place in refrigerator overnight. Cut into bars.



# Vacation Body Challenge Recipes

## *Main Courses*

### **Lamb Chops w/ Mint-Pea Sauce- serves 4**

1 ¼ cups low sodium chicken broth  
One 10oz package frozen peas  
8 quarter pound lamb chops  
½ cup fresh mint  
1 leek

In large pot or Dutch oven, cook peas and leek in chicken broth. Once cooked, pulse in food processor with salt pepper and mint. Set aside

Using cast iron skillet (frying pan will work too) sear lamb chops on high heat about 2-3 minutes per side to cook medium. Let rest several minutes before serving. Pour mint pea sauce over lamb chops and enjoy.

### **Lemon Tarragon Chicken with zucchini ribbons. (serves 4)**

- 4 skinless boneless chicken breast
- 1 clove garlic
- 3 tbsp flour (gluten free)
- 2 tbs olive oil
- ¾ cup white wine (optional)
- 1 cup low sodium chicken broth
- 2 TBS fresh tarragon
- 1 medium zucchini
- 1 medium yellow squash
- Salt and pepper to taste.
- lemon

Dredge chicken in flour, shake off excess, and pan sear in olive oil to brown on both sides. Set aside.

Using vegetable peeler, peel both squash around the perimeter to form long ribbons. Sauté ribbons in white wine, chicken broth, lemon juice, and tarragon. Once tender add chicken back and cook until done. Flour will help thicken the sauce.

### **Pistachio Lemon Grass Crusted Mahi + 1 Cup Steamed Asparagus**

*Combine in food processor to make paste:*

½ Cup salted pistachios unshelled  
1 lemon (juice)  
1 TBS olive oil  
2 TBS Fresh Lemon Grass  
1.5lb mahi mahi (or other white fish)

Coat fish with pistachio paste and cook in frying pan 3-4 min per side until crust is toasted. Transfer pan to preheated oven of 350 degrees for 15-18 minutes. Serve w/ side of steamed or sautéed asparagus.

### **Shrimp Salad with Pistachio and Mint Dressing**

2 tbsp(s), Orange juice - Raw  
2 tbsp., Rice Vinegar  
2 tablespoons, Oil – Olive  
In small bowl, combine orange juice, rice vinegar, and olive oil. Set aside.  
Salad  
¼ cup salted deshelled pistachio  
¼ cup Fresh Mint  
2 tbsp fresh tarragon  
18 oz, Shrimps  
1 cup chopped Romaine  
2 ounce, Parmesan Cheese - Shaved  
2 oz(s), Tomatoes

## Vacation Body Challenge Recipes

Chop fresh romaine into 1-2" chunks, mix with fresh mint, pistachios, fresh tarragon, chopped tomatoes, and shaved parmesan cheese. Once mixed, add dressing and coat evenly.

In frying pan. Sauté shrimp on medium high heat for 2-3 minutes until cooked (pink). Transfer shrimp to salad mixture, and toss, Serve immediately.

### *Dessert*

#### **Peppermint Yogurt bark- makes 8 pieces**

2 cup, Icelandic Yogurt  
1/2cup Pomegranate Seeds  
¼ cup Dark Chocolate Chips  
1 tbsp Peppermint oil  
2 TBS swerve sweetener

Mix all ingredients until thoroughly blended. Press flat into a small cookie sheet and freeze overnight. Once frozen cut into 8 pieces and serve chilled.