



1-Week Fit Meal Planner

Shopping List:

- **1 lb brown rice or quinoa or buy a bit of both!**
- **8 oz container of old-fashioned oats**
- **3 lbs of lean ground turkey (try for 85-90% lean)**
- **1 flank steak (1 lb can be divided into 2 servings; 2 lbs makes 4 servings)**
- **1 dozen eggs**
- **1 avocado**
- **1 large package fresh spinach salad mix**
- **Fresh veggies including:**
- **2 bell peppers**
- **1 head of broccoli (or 1 package pre-chopped, fresh broccoli)**
- **1 bunch asparagus**
- **1 pack pre-cut and washed mushrooms (or 1 lb fresh mushrooms-but then you have to cut them yourself)**
- **1 pack celery**
- **1 package fresh pre-cut stir-fry veggies (or build your own by buying onion, Chinese cabbage, shredded carrots, broccoli, snow peas, and water chestnuts)**

Pantry/Fridge Essentials:

Always have these items on hand.

- **Garlic Powder or Fresh Garlic**

- **Mustard Powder**
- **Thyme**
- **Sage**
- **Black Pepper**
- **Worcestershire Sauce**
- **Egg Whites (or enough eggs to use the whites)**
- **Soy Sauce**
- **Vinegar**
- **Onion or dried onion flakes**
- **Fresh Ginger**
- **Brown Sugar**
- **Oil (Olive Oil or Canola Oil is recommended)**
- **Homemade Dressing**

Sunday Night Meal: Meat Muffins

- **2 lbs ground meat (I've used beef, turkey, and combinations)**
- **1/4 heaping cup chopped celery**
- **1/4 heaping cup mushroom, diced**
- **1/4 cup oatmeal**
- **1/4 cup finely chopped onion or 1 tbsp dehydrated onion flakes**
- **2 cloves garlic, minced, or 1 tsp garlic powder**
- **1 tsp dry mustard powder**
- **1 tsp dried thyme**
- **1 tsp dried sage**
- **1/2 tsp black pepper**
- **2 tbsp Worcestershire sauce**
- **2 tsp salt**
- **2 egg whites**
- **1/4 cup water**

Directions:

Preheat oven at 325 degrees.

Spray 2 muffin tins with nonstick spray or oil.

**Mix all ingredients in a bowl (using your hands works best).
Cook at 325 degrees for 22 minutes.**

Monday Night Meal: Quinoa Bowl

- **1/3 cup cooked quinoa**
- **1 cup cooked ground turkey**
- **1 cup stir fry veggies**

Directions:

Mix together and add 1 tbsp soy sauce.

Tuesday Night Meal: Meat Muffins

Warm up the meat muffins you baked on Sunday.

Sautee 1 cup of veggies (mushrooms, celery, and asparagus in a small amount of soy sauce)

Wednesday Night Meal: Steak And Veggies

Ginger Soy Marinated Flank Steak

- **1/2 cup soy**
- **1/4 cup vinegar**
- **2 tbsp brown sugar**
- **2 tbsp onion**
- **1 tbsp oil**
- **1 garlic clove**
- **1/2 tsp ginger**
- **1/8 tsp pepper**

Directions:

Mix the above ingredients together in a big enough container to fit your steak. Marinate the flank steak for as long as you like. Start the night before or in the morning when you leave for work, or even when arriving home if you plan to eat a bit later. For a great flavor, you want at least a couple hours in the marinade.

To cook the steak, grill or broil it for 8 minutes on one side and 6 minutes on the other side. Adjust the cooking time according to the thickness of the meat and how done you like your steak. A 2-pound flank steak feeds a little over four people in my family. So if you cook for one, you may only need to buy a steak between 1 and 2 pounds. Or if you cook the whole 4-pound steak, you should have plenty of leftovers for easy lunches!

Veggie Salad

- **Asparagus**
- **Broccoli**
- **Red and green bell peppers**

Directions:

Mix the above ingredients together in a salad bowl.

Thursday Night Meal: Omelet/Egg Scramble

- **2/3 cup egg whites**
- **1/4 cup ground turkey**
- **1/4 cup favorite veggies and/or 2 tbsp quinoa**
- **1/2 avocado**

Directions:

Scramble the egg whites, ground turkey and veggies together and top with the avocado.

Friday Night Meal: Chef Salad

- **2 large handfuls spinach salad mix**
- **1/2 cup ground turkey**
- **1/2 avocado**
- **1 cup chopped veggies (bell pepper, broccoli, mushrooms)**
- **2 tbsp homemade dressing**

Directions:

Mix the above ingredients together in a salad bowl.