



5 Day Dinner Meal Plan

Powered by The Healthy Edge



**INCLUDES
GROCERY LIST
AND
RECIPES**



WELCOME

Some Words of Wisdom

Like most women, you have probably experienced self-sabotage and a lack of preparation on your health and weight loss journey. It's hard to keep results when these two things keep happening. As women, we KNOW that preparation is the key to our success but sometimes our focus waivers and all hell breaks loose. I've been there and I get it! That is why this guide is designed to support you in the meal that most often ends up as an afterthought with pizza, take-out or wine and cheese and the meal that can make or break your results: dinner. Use this guide to create clean dinners for five days that require no planning on your part, just execution. The recipes are designed for 2-4 people (depending on appetites, the desire for leftovers and presence of teenagers). If you are single, this is the perfect plan for leftovers and to freeze for future meals. Day five is set aside for leftovers you have accumulated. Enjoy!



Tips for Success

This meal plan is designed to keep your metabolism charged by consuming whole, clean foods rich in fiber. These dinners will provide combinations of high quality carbohydrates, proteins and fats that will support healthy and consistent blood sugar levels and taste delicious. You may choose to follow this plan exactly or simply use it for ideas.

1. Print out this entire meal plan and put in a three ring binder for easy access to recipes, the grocery list and this tip sheet.
2. Use the grocery list so you will have everything you need for the next five days. You will need to add healthy eating choices for breakfast, snacks and lunch (salads) to make this a comprehensive list for your week.
3. Commit to eating every 2 ½ - 3 hours to keep your metabolism high and your cravings low.
4. Drink 60-80 oz. or more of pure, clean water throughout the day. Black coffee before noon (for you coffee addicts out there) or decaf green tea throughout the day is fine, but this does NOT replace (or count towards) your water goal of 60-80 oz.
5. Prepare the evening before! Look at this guide and make any preparations you need for the next evenings meal. This may include writing directions for your family, grabbing meat from the freezer, printing out the recipe or preparing food to put in the crockpot the next morning.
6. Get your family involved in chopping, dicing, cooking and packing for the day. This makes eating clean less stressful, more enjoyable and you will feel empowered instead of overwhelmed. You can also now buy veggies already chopped at the grocery store if this will support you in executing.
7. Use leftovers! Many of the recipes can last up to five days refrigerated. Be sure to utilize these for lunches or for dinner the next night if you get in a crunch.
8. Always trust your body. You know when you have had enough and are now eating for comfort or to relax. Eat slowly and without distraction (computer, phone, television).
9. All recipes are naturally gluten-free (always check labels) and can be made dairy-free.
10. Day 5 will be leftovers! Get creative! Feel free to add ingredients or spices to the leftovers and modify them into a new recipe. You can also have your leftover day at any point during the five days!

Ingredients

- o 2- 6 oz. cans of wild caught salmon or 12 oz. fresh salmon
- o 1/2 lb. tofu, organic extra firm
- o 1 lb. turkey, organic lean ground
- o Chicken breasts, organic (4 breasts)
- o 100% whole rolled oats (2 ½ cups)
- o Eggs, organic (3)
- o Cilantro
- o Green onions
- o Shredded cheese, organic (optional)
- o Feta cheese, organic (optional)
- o Broccoli, organic
- o Onion (1)
- o Roma tomatoes, organic (3)
- o Pine nuts (¼ cup)
- o Romaine lettuce, organic (optional)
- o Zucchini, organic (2)
- o Carrots, organic (2)
- o Mushrooms (¼ cup)
- o Swiss Chard, organic (1 bunch)
- o Sweet potatoes, (2-4)
- o Green bell pepper, organic (1)
- o Cashews, raw and unsalted (¼ cup)
- o Pine nuts (¼ cup)
- o Sunflower Seeds, raw and unsalted (¼ cup)
- o Dried lentils, any variety, (½ cup)
- o Quinoa or brown/wild rice (optional)

- o Chicken or vegetable stock, organic – 2 containers (8 cups)
- o White beans, low sodium – 5 cups or 2-15 oz. cans
- o Garbanzo beans, low sodium – 2.5 cups or 1-15 oz. can
- o Black beans, low sodium – 2.5 cups or 1-15 oz. can
- o Kidney beans, low sodium – 5 cups or 2 - 15 oz. cans
- o Diced tomatoes, low sodium, organic – 4 – 15 oz. cans

Spices, Oils and Pantry Items

Circle items you need to restock for this week's meal plan.

- o Ground chipotle chili
- o Ground black pepper
- o Sea salt o Olive Oil
- o Balsamic vinegar
- o Thyme
- o Coconut Oil
- o Rosemary
- o Oregano
- o Garlic (6 cloves)
- o Cayenne Pepper
- o Paprika
- o Bay Leaves (2)
- o Cumin
- o Chili Powder
- o Low-sodium soy sauce or Tamari (wheat free soy sauce)
- o Stone ground mustard or Dijon (optional)

Chipotle Salmon Cakes

Prep Time: 15 min. Cook time: 15 min.

Ingredients

- Two 6 oz. cans of wild caught salmon or 12 oz. fresh salmon, cooked
- 3 organic egg whites
- 1 cup whole rolled oats
- ¼ cup fresh cilantro, chopped (or 1/8 cup dried)
- 1 tsp. ground chipotle chili
- 1/3 cup green onions, diced
- 1 tsp. of fresh ground pepper
- ¼ tsp. sea salt
- ½ cup of shredded Mexican blend organic cheese (optional)

Directions

1. Lightly coat skillet with coconut oil. Heat skillet to medium temperature.
2. Add all ingredients in large bowl. Mix well. Don't forget to wash your hands!
3. Prepare mixture into 4 large patties or additional smaller patties.
4. Add patties to skillet and cook each side for approximately 7-8 minutes or until lightly browned on both sides.



Broccoli and Lentil Salad

Prep Time: 10 min. Cook time: 20 - 30 min.

Ingredients

- 4 cups pre-cooked Broccoli, chilled
- 1 ½ cups low-sodium organic chicken or vegetable stock
- ½ cup green lentils (or whatever variety you would like)
- 3 organic Roma tomatoes, diced
- 2 tsp. olive oil
- 2 tsp. Balsamic vinegar
- ¼ cup pine nuts
- ¼ cup feta cheese (optional)
- Romaine lettuce (optional)

Directions

1. Steam broccoli using favorite method if it's not precooked.
2. Combine stock and lentils in a medium pot and simmer for about 20-30 minutes, or until lentils are tender as you like them, but not falling apart.
3. Mix warm lentils with broccoli and all other ingredients and toss together in a large salad bowl.
4. Serve over lettuce or by itself.



Oat Crusted Chicken

Prep Time: 10 min. Bake Time: 30 min.

Ingredients

- 1 cup whole oats (be sure oats are gluten-free if you have gluten allergy)
- 2 Tbsp. fresh thyme or 1 Tbsp. dried thyme
- 1 tsp. sea salt
- 4 organic chicken breasts, 6-7 oz. each
- 2 tsp. coconut oil
- Olive oil or parchment paper

Directions

1. Combine together oats, thyme, and salt in shallow dish.
2. Preheat oven to 350 degrees and prepare a broiler pan with olive oil or parchment paper.
3. Roll each chicken breast in mixture until well covered.
4. Heat coconut oil in a 12" pan on medium-high heat.
5. Put chicken breasts in pan and brown for 1 minute on each side.
6. Transfer chicken to broiler pan and place in oven for 30 minutes or until the center of the chicken reaches 165 degrees.



Vegetable Minestrone Soup

Prep Time: 20 min.

Crockpot Time: 3-5 hours

Ingredients

- 2 (15 oz.) cans low-sodium white beans
- 1 (15 oz.) can low-sodium garbanzo beans
- 2 (15 oz.) cans low-sodium diced tomatoes with juice
- 1 qt. or 4 cups low-sodium chicken or vegetable stock or broth
- 1/2 tsp. sea salt
- 1 tsp. fresh rosemary or 1/2 tsp. dried
- 1 tsp. fresh oregano or 1/2 tsp. dried
- 2 Tbsp. olive oil
- 4 garlic cloves, minced
- 2 medium zucchini, trimmed, cut lengthwise and cut into 1/2 inch chunks
- 2 medium carrots, trimmed, cut into 1/2 inch chunks
- 1 bunch Swiss chard, stems removed and leaves cut into thin strips

Directions

1. Place all ingredients except (not Swiss chard) in crockpot. Coat with a thin layer of oil.
2. Cook on high setting for 2-3 hours or on low setting for 4 -5 hours. If you are at work, many crockpots will default to “warm” after initial cooking time is over.
3. Add Swiss chard after initial cook time and cook for an additional 30 minutes on high setting before serving.

TIPS: Be sure to rinse canned beans in a colander before using. Cannellini are a great white bean variety. Use your favorite vegetables for a variation of this recipe. Add quinoa or rice to soup for variety.



Black Bean Tofu Burgers

Prep and Cook Time: 20 - 25 min.

Ingredients

- ½ lb. extra firm tofu, drained and patted dry
- 1 large organic egg
- ½ cup whole rolled oats
- ¼ cup raw, unsalted cashew nuts
- ¼ cup raw, unsalted sunflower seeds
- ¼ cup sliced mushrooms
- ¼ cup cooked black beans, rinsed
- 1 tsp. Dijon mustard
- 1 tsp. low-sodium Tamari (wheat free soy sauce)
- ½ tsp. ground cumin
- ¼ tsp. ground cayenne red pepper
- 1/8 tsp. sea salt
- 1 tbsp. olive oil



Directions

1. Place all ingredients except for olive oil in a food processor and blend well.
2. Remove mixture with bare hands from food processor and shape into even patties.
3. Pour olive oil into a large frying pan over medium-high heat. When hot, drop patties in pan. Lower heat to medium and cook, turning once, until well browned on both sides and firm to touch (approximately 10-12 minutes).

TIPS: Be sure to rinse canned beans in a colander before using. Cannellini are a great white bean variety. Use your favorite vegetables for a variation of this recipe. Add quinoa or rice to soup for variety.

Baked Sweet Potato Fries

Prep Time 10 min. Bake Time: 20 min.

Ingredients

- 2-4 large sweet potato, peeled and cut into wedges
- 1 -2 Tbsp. olive oil
- ½ - 1 teaspoon salt
- Pinch of cayenne pepper
- Pinch of paprika

Directions

1. Preheat oven to 450°F.
2. Toss sweet potato wedges with oil, salt, cayenne pepper and paprika. You can do this in a large gallon Ziploc bag or Tupperware container.
3. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total

TIPS: Depending on the size of the sweet potatoes and your family, you may want to use larger quantities of the ingredient list to make a larger batch of fries.



Quick Turkey Chili

Prep and Cook Time: 20 minutes

Ingredients

- 1 lb. organic lean ground turkey
- 1 onion, chopped
- 2 cloves fresh garlic, chopped
- 2-15 oz. cans low-sodium diced organic tomatoes
- 2-15 oz. cans low-sodium red kidney beans
- 1 cup water
- 2 whole bay leaves
- 2 tsp. ground cumin
- 2 tsp. ground cumin • 1 Tbsp. chili powder • 1 tsp. sea salt • 1 organic green bell pepper, chopped

Directions

1. Brown ground turkey, onions, and garlic in medium or large skillet on medium-high heat.
2. Add remaining ingredients except for chopped bell peppers.
3. Turn heat up and bring mixture almost to boiling point. Cover and reduce heat to medium-low heat for 10 minutes. Stir occasionally.
4. Stir in chopped bell peppers and cook for an additional 10 minutes.

TIPS: For larger families, increase serving size by adding another can of low-sodium diced organic tomatoes, 2 cans of low-sodium beans (drained and rinsed), 1 cup water, and up to 1 cup frozen green beans. Substitute lean ground organic turkey with ground organic chicken breast. You can add quinoa to chili for a variety! Ground turkey and add all ingredients in a crockpot for 4-6 hours if you would like to prepare this in the morning.

