

WEEKS 5-6

The objective of this meal meal plan is to make sure you're getting a great balance of healthy proteins, carbs, and fats. Don't be afraid to crank up your exercise intensity with this meal plan. The complex carbs will fuel any intense workout allowing you to take your body to the next level. As with all JCMF meal plans, we have a great amount of vegetables and fruits to help get naturally occurring vitamins and minerals from the foods we eat to protect our body from disease and help balance inflammation. I hope you enjoy what's laid out for you in this meal plan, and I'll be looking for your feedback.

GROCERY LIST AND RECIPIES

Mr. Fitness Rules for grocery shopping:

- 1.ALWAYS buy organic when possible**
- 2.Look for Non-GMO Verified Label**



- 3.No tilapia**
- 4. Only buy "Wild Caught" fish.**
- 5.Meats need to be organic or naturally raised without hormones, antibiotics, preservative, and raised eating their natural diets. Cows eat grass, not grains. Chickens eat bugs not grains. Fish eat marine life not grains. You get the point.**
- 6. Always check ingredient list**

Grocery List

- 1 dozen eggs
- 1 lb strawberries
- 7 bananas
- 4 medium oranges
- 3 grapefruit
- $\frac{3}{4}$ lbs. of pineapples
- 1 $\frac{3}{4}$ lbs. Brazil nuts
- $\frac{1}{2}$ lbs. of macadamia nuts
- 7 Apples (you can mix any kind red or green)
- 1 onion
- 1 red pepper
- 1 green pepper
- $\frac{3}{4}$ lbs of broccoli
- $\frac{3}{4}$ lbs of brown rice
- 3 sweet potatoes
- 1 lb of your favorite pasta
- 1 lb of romaine lettuce (or spinach if you prefer) along with your favorite ingredients.

Recipes

Fiesta Eggs

2 eggs
¼ red pepper chopped
¼ green pepper chopped
¼ onion chopped
¼ tomato chopped (optional)
1 teaspoon of olive oil or butter

Cooking Directions:

Place oil or butter in small skillet on medium heat. Sautee the peppers, onions, and tomatoes for about 3-5 minutes; then add the eggs and scramble together until eggs are cooked to your desired texture.

Chicken Salad with Bacon, Lettuce and Tomato

2 cups chopped cooked chicken breast
3-1/4 slices bacon
1-1/4 stalks celery, chopped
2/3 cup chopped fresh tomato
1/2 cup mayonnaise
2 teaspoons chopped fresh parsley
1 tablespoon and 1 teaspoon chopped green onion
3/4 teaspoon lemon juice
5/8 dash Worcestershire sauce

salt and pepper to taste
8 leaves romaine lettuce
5/8 avocado - peeled, seeded and sliced

Cooking Directions:

NOTE: Recipe directions are for the original serving size of 6.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside to cool.

Prepare the dressing by mixing together the mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt and pepper.

In a medium bowl, stir together the chicken breast, tomatoes and bacon. Pour dressing over chicken mixture and toss well to coat. Refrigerate until chilled; serve over lettuce leaves and garnish with avocado slices.

Spinach Salad with Veggies

Place two cups of spinach in a salad bowl, with a ¼ cup of red peppers, green peppers, mushrooms, red/white onion, and black olives. Mix together until ingredients are evenly spread through the salad. Drizzle with no more than 2 tablespoons of dressing.

Spaghetti Sauce

2 teaspoons olive oil
1/2 small onion, chopped
2 green onions, chopped
2 teaspoons crushed garlic
1 (28 ounce) can peeled and diced tomatoes
4 teaspoons dried basil
4 teaspoons dried oregano

1 teaspoon white sugar

Cooking Directions:

In a large saucepan heat oil over medium heat. Saute onion, green onion and garlic. When onions are clear, stir in tomatoes, basil, oregano and sugar. Bring to a boil, reduce heat to low, and simmer for 20 minutes. Eat with your favorite pasta.

Spicy Grilled Shrimp

1/2 large clove garlic
1-1/2 teaspoons coarse salt
1/4 teaspoon cayenne pepper
1/2 teaspoon paprika
1 tablespoon olive oil
1 teaspoon lemon juice
1 pound large shrimp, peeled and deveined
4 wedges lemon, for garnish

Cooking Directions:

NOTE: Recipe directions are for the original serving size of 6.
Preheat grill for medium heat.

In a small bowl, crush the garlic with the salt. Mix in cayenne pepper and paprika, and then stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated.

Lightly oil grill grate. Cook shrimp for 2 to 3 minutes per side, or until opaque. Transfer to a serving dish, garnish with lemon wedges, and serve.

Marinated Grilled Chicken II

3 skinless, boneless chicken breast halves skinless, boneless chicken breast halves
3/4 (16 ounce) bottle Italian-style salad dressing
1/8 teaspoon lemon pepper
salt to taste

Cooking Directions:

NOTE: Recipe directions are for the original serving size of 4.
Rinse chicken and pat dry. Place in a shallow glass bowl and pour 1/2 bottle of salad dressing over it. Cover and refrigerate for at least 3 hours.

Lightly oil grill and preheat to medium high.

Remove chicken breasts from marinade. Season with lemon pepper and salt to taste. Grill over medium high heat for 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

Grilled Asparagus

3/4 bunch fresh asparagus, trimmed
1/4 cup Italian-style dressing
1/2 teaspoon lemon pepper
salt and ground black pepper to taste

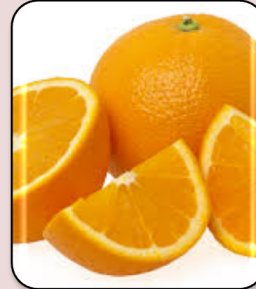
Cooking Directions:

NOTE: Recipe directions are for the original serving size of 4.
Preheat grill for medium heat and lightly oil the grate.

Lay asparagus flat in a 9x9-inch pan. Add Italian dressing, lemon pepper, salt, and black pepper; toss to coat.
Transfer asparagus using tongs to the grill.

Grill asparagus on preheated grill until tender, 3 to 5 minutes per side. Return asparagus to pan and toss with remaining dressing mixture.

Meal plan for Monday, Tuesday, Wednesday, and Thursday (or for the next four days)



Breakfast

- Fiesta eggs with peppers, onion, and tomatoes (optional)
- 1 Banana
- 8 oz of lemon water

Snack #1

- 1/2 cup of fresh strawberries.
- 1/4 cup of brazil nuts

Lunch

- Chicken Salad with Bacon, Lettuce and Tomato

Snack #2

- 1 medium sized orange with 1/4 cup Macadmia nuts

Dinner

- Spaghetti
- Ceasar (or any) Salad

Snack #3

- Green apple with 1 tblsp of ORGANIC almond or penaut butter

Meal plan for Friday, Saturday and Sunday (or for the next three days)



Breakfast

- Fiesta eggs with peppers, onion, and tomatoes (optional)
- 1 Banana
- 8 oz of lemon water

Snack #1

- Grapefruit

Lunch

- Spicy Grilled Shrimp
- 1/2 cup of brown rice
- 1/2 cup broccoli

Snack #2

- 1/2 cup of pineapples with 1/4 cup of Brazil Nuts

Dinner

- Marinated Grilled Chicken
- Baked Sweet potato
- Grilled asparagus

Snack #3

- Green apple with 1 tblsp of ORGANIC almond or peanut butter