



90 DAY CHALLENGE
MEAL PLAN
8-WEEK MEAL PLAN
WEEK
ONE

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BY BREE ARGETSINGER

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How to Use the Daily Menus

In each of your meals, I've used a letter to represent which nutrients are included to help you recognize them which will set you up for a lifetime of balanced eating success.

P: Protein

C: Carb

G: Greens/Veggies

F: Fat

V: the Vegetarian/meatless option - will include the nutrients for you as well.

This can be super helpful if you are wanting to swap out different foods for the foods in your meals (use your [Swaps and Substitutions Guide](#) for help with this) - if for example you are dining out, haven't done all of your prep yet or need to substitute an ingredient, and are looking for alternatives that would work just as well as what's on the daily menu.

You can ALWAYS mix up the order of the meals to suit you - I have been known to have dinner for breakfast and a green smoothie for dinner many times.

In your daily menus, you'll see the meals listed in an order that looks like breakfast, smoothie, lunch, snack, dinner. This is a loose interpretation of how your day might go.

That might sound like a lot of meals and snacks - and you could be wondering if you have to eat them ALL. Some days (days you work out, for example), you might be super hungry, or just need more nutrients. Just notice what you're hungry for.

We are all a little different, and you won't be "getting it wrong" if you don't eat every meal on the plan, eat less or more of a suggested food, or swap your meals around.



I would recommend having all 3 of the main meals and your smoothie daily, and as an option having the snack that's suggested each week. You can always swap in a healthy protein bar for the snack if you don't have time to cook that recipe.

Even though I say that, it might feel a little uncomfortable to deviate from the plan. Do not worry. There is no one plan that will ever know what YOU need every single day.

Just allow this to be an experiment for yourself. Most of the diets that don't work aren't because they're bad diets, it's because the implementation of them is just impractical for your day-to-day lifestyle, or because you're left feeling deprived, entrenched in "rules" that aren't very fun to stick to.

When it comes to how much to eat, the daily menus have some great guidelines to start with. The recommended serving sizes in the daily menus are for women, and are a great place to start out. They can be adjusted up or down as you go.

For more details on adjusting your meal plan, eating around workouts and dealing with cravings, read your 90 Day Challenge Eating Guide.



what's your EATING TYPE?



Eating Made Easy: 3 Eating Styles

How you eat and *what* you eat are very personal choices and should be enjoyable, sustainable and give you **lasting results**.

To make eating easy no matter what you eat, having a **sustainable eating strategy** is key.

You should never be subject to crazy rules that leave you discouraged, hungry, lacking energy, and feeling overwhelmed.

Use these eating styles to find your sweet spot, and find a personalized guide for each type in this meal plan so you can be any one of these at any time!



Quick Start Success Checklist

Look at the grocery lists and recipes ahead of time to make substitutions, additions, or omissions.

When you are making changes, always try to substitute a food with similar nutrients to the one you are taking out as best you can (with regard to protein, carbohydrates, fat, fiber, and sugar content). When in doubt, try [google](#).

Be sure you have the necessary kitchen tools for the recipes you'll be making, plus whatever to-go containers you need to pack your daily food when you're not at home.

Set your alarm a little earlier in the morning so you'll have time to pack up your food for the day.

Pre-make a smoothie and/or breakfast if you're taking it with you. Really want something? Make the time for it, and you WILL be successful.

Use your phone alarm to remind yourself of things that will help you stay on track throughout the day. My friend Jeff calls his smartphone his "life device" (haha) – it's with you all day long and has simple features like an alarm you can set to keep you on track! Use it!

You can ALWAYS mix up the order of the meals any day you like to accommodate your workout schedule, your work schedule, and anything else you have going on. I have been known to eat dinner for breakfast and a green smoothie for dinner many times.

Even more important than exact portions and meal times is including nutrient-dense, whole foods in your life consistently. Your body will actually start to self-regulate when you're giving it the right foods. You can think of the foods in this guide as a kind of communication you'll be having with your internal systems. You're going to become great friends with your body.

Week 1: Minimal Eating Guide

Use this approach if you:

- Are traveling
- Are very busy and short on time
- Are a beginner at healthy eating or cooking

I use this method when I'm traveling because it allows me to stay on track with my goals, continue to have good energy, and saves me time.

I rely on my knowledge of healthy food and the nutrients (protein, carbs, healthy fats, greens) to make the best choices for my body on-the-go.

A great resource for healthy travel and dining out is my [How to Eat Healthy Traveling and Eating Out Guide!](#)

If you know the optimal ingredients and shortcut foods to buy, you can still make great choices without cooking.

MINIMAL

If you're choosing the **MINIMAL** approach, you might be in the middle of a very busy week, you might be traveling, or you might just be totally new to all of this "meal planning" stuff



Here's how to Use Minimal this Week

If you choose this option, you won't need to make all the recipes in the plan right off the bat or buy all the groceries; you can instead simply make some basic staples and buy some alternatives for the snacks instead of making them.

For this plan to be even more simplified, here is what I would prep, and here is what I'd buy to cut down on prep time:

Tips:

- Keep track of your eating choices.
- Reach for the best choice available whatever the situation.
- Consider replacing sugary drinks with water with lemon.
- Make sure you're getting protein with each meal.
- Look for ways to include more greens.
- Choose carbohydrates and fats from whole food sources whenever possible.
- Keep a stash or shortcut foods at the ready.

If you want to try a little minimal, easy cooking, here's exactly what I would recommend you start with this week, including how to set yourself up.

- Crust-less Breakfast Quiche [pg.24](#)
- Roasted Sweet Potatoes [pg.29](#)
- Turkey White Bean Chili [pg.34](#)

Write down the ingredients for each recipe using the blank grocery list.

(you can always select different recipes if you prefer - just put the ingredients you need on the blank list below)



Follow these easy steps to put the recipes together:

1. Start by preheating your oven to 350 F.
2. Prepare the ingredients for the **Turkey White Bean Chili** and get it cooking on the stove.
3. Next, prep the **Roasted Sweet Potatoes** and get them in the oven.
4. Finally, cook the veggies for the **Crust-less Breakfast Quiche** and mix with the eggs and bake until set.
5. Once the food is all finished cooking, let it cool slightly before packaging it up and putting it in the fridge.

BONUS IDEA:

In addition to the groceries you pick up for the recipe you choose to make, you can also optionally add a couple nutritious staples to your pantry or refrigerator. Some of these are great shortcut foods and work well on the go, too.

- [Organifi](#)
- [Protein Powder](#)
- [Protein Bars](#)
- Trail Mix
- Greens
- Veggies (for snacking)
- Fruit (for snacking, smoothies)
- Frozen fish or seafood
- Almond milk
- Nut/seed butter
- Hummus
- Turkey deli meat
- Gluten-free or sprouted grain bread



Use the Daily Menus as a Handy Reference

Don't worry about following the daily menus this week, they can be used anytime, and this week they can serve you in being a great reference point to check in on. Just notice whether the meals you're eating have some of the nutrients mentioned in the daily menus.

I've listed the nutrients for each meal in the daily plan so you can easily see what is included, and work toward having your meals have similar nutrients.



Week 1: Hybrid Eating Guide

Use this approach if you:

- Have time to cook on the fly during the week
- Like to have a few staple foods prepared but don't want to spend hours prepping
- Want to take some shortcuts but also cook a little

I use the hybrid method on average 2-3 weeks each month because I enjoy my healthy home cooked food but also like having the flexibility to eat out or use shortcuts.

Check out some of my time-saving resources in the [Healthy Eating Shortcuts Guide](#).

This allows me to cook fresh meals when I have more time, and still make healthy choices when I'm ordering food somewhere else.

HYBRID

If you're choosing HYBRID, you might be anticipating a busy week, wanting to be healthy but needing shortcuts. You might be eating out some but still wanting to cook a bit.



Here's how to Use Hybrid this Week

If you're choosing hybrid, you'll want to make a few staple recipes to save time, while still enjoying the flexibility of some cooking on the fly, some eating out, and taking some shortcuts along the way.

Tips:

- Even when you're not following the meal plans to a "T" you will still be successful by including whole foods in your daily eating as much as you can.
- A great way to get the most out of the Daily Menus (even when you're not following them exactly) is to see them as a useful reference for what nutrients you want to include throughout the day at meals.
- Make sure you're getting protein with each meal.
- Look for ways to include more greens.
- Choose your carbohydrate and fats from whole food sources whenever you can.
- Pick up any shortcut foods to help you stay healthy.

Here's exactly what I would recommend you cook first to set yourself up with a few staples (these are all fast and easy):

- Crust-less Breakfast Quiche [pg.24](#)
- Mixed Greens Salad [pg.29](#)
- Roasted Sweet Potatoes [pg.31](#)
- Raspberry Protein Muffins [pg.32](#)
- Turkey White Bean Chili [pg.34](#)

Write down the ingredients for each recipe using the blank grocery list.

(you can always select different recipes if you prefer - just put the ingredients you need on the blank list below)



Follow these easy steps to put the recipes together:

1. Start by preheating your oven to 350 F.
2. Prepare the ingredients for the **Turkey White Bean Chili** and get it cooking on the stove.
3. Next, prepare the **Raspberry Protein Muffins** and get them in the oven.
4. Next, prep the **Roasted Sweet Potatoes** and get them in the oven.
5. Cook the veggies for the **Crust-less Breakfast Quiche** and mix with the eggs. Once the oven has an open space, bake the quiche.
6. Finally, mix up the **Mixed Greens Salad** and dressing. Store separately.
7. Once the food is all finished cooking, let it cool slightly before packaging it up and putting it in the fridge.

Optional staples to pick up (or order online) if you are ONLY making the recipes

above: if you only really have time to cook the recipes listed above this week and don't have time to make any other food, you can also optionally add a couple nutritious staples to your pantry or refrigerator. Some of these are great shortcut foods and work well on the go, too.

- [Organifi](#)
- [Protein Powder](#)
- [Protein Bars](#)
- Trail Mix
- Greens
- Veggies (for snacking)
- Fruit (for snacking, smoothies)
- Frozen fish or seafood
- Almond milk
- Nut/seed butter
- Hummus
- Turkey deli meat
- Gluten-free or sprouted grain bread



Week 1: Batch Eating Guide

Use this approach if you:

- Are short on time but like to cook in 1 efficient session
- Like having food ready to just grab-and-go every day
- Make sure you have leftovers for the next day when you cook
- Are intermediate to advanced in the kitchen

BATCH

If you're choosing the BATCH approach, you will do one efficient prep session to cook the most important recipes in the week's plans.

I personally use this method about once per month, though many of my readers use it more often.

It takes planning and forethought (though in this plan I've done all that for you), but it always sets me up with healthy meals and snacks for the week, so I don't have to think about it.



Here's how to Use Batch this Week

If you prefer to prepare the bulk of your food for the week all at once, you can follow the steps below to get one main food prep session done.

Try to set aside time to shop and prep on the same day so your food is as fresh as possible and your week is as smooth as possible. It can take some schedule adjusting, but creating a ritual around this kind of self-care during your weekend is ideal.

Batch Prep Steps:

1. I like to begin my prep by starting with the things that need some time to cook, so I can use the time they're cooking to work on other things. More gets done. For this week, start out by turning your oven to 350 F, and while it's pre-heating, follow the steps needed for the **Turkey and White Bean Chili**.
2. Peel and dice the **Sweet Potatoes** – get them in the oven and set a timer for 20 minutes. They may need more time to cook, just make sure to check at 20 minutes to ensure they don't get overcooked.
3. Season your **Rosemary Baked Chicken Breasts** and get them in the oven with the potatoes. They have similar cooking times, so they should be done around the same time.
4. Get the **Quinoa** cooking on the stove. It doesn't need much attention, just a stir here and there. Mix up the batter for the **Raspberry Protein Muffins** (if you're making them this week) and distribute among the muffin tins.
5. Mix up the **Chocolate Protein Breakfast Pudding** and get them in the oven when you have room.
6. By now the sweet potatoes, rosemary chicken, and quinoa should be finished cooking. Take everything out of the oven and put the muffins in for 20 minutes.
7. Cook the veggies for the **Crust-less Breakfast Quiche** and mix with the eggs to bake.
8. Chop the vegetables for the **Mixed Greens Salad** and toss with the greens. Whisk up the dressing separately.
9. Finally, package up your **Green Smoothie Bags** if you decided to make them ahead of time. If not, make sure your greens are washed and bagged and the fruit is clean and ready to be added daily.

Weekly Green Smoothie Prep

When I get home, the first thing I do is wash my fruits and vegetables in a basin of warm water with a little apple cider vinegar (approximately 1/4 cup for a sink half full of water).

Since some of my fruits and veggies are going into smoothies this week, I'll sometimes save myself time later by bagging up ingredients like the greens and some fruits now and setting them aside for quick smoothie making.

I'll also chop up any greens I plan to cook with later as it's super convenient to have pre-washed and ready veggies on hand. For example, I'll take the stalky stems off the kale and chunk it up into a bag so I can quickly cook it when it's time.

These are all optional ideas to help you get organized - try them out to see what you like and find most helpful. Here is a quick video to show you how I sometimes do green smoothie set-ups.

Use the recipes for this week's green smoothies.

[Click to Watch a Helpful Green Smoothie Set-Up Video](#)



Week 1 Grocery List (List for Batch Prep)

Approximate amounts listed, along with how much you need in your recipes in case you're buying in bulk or checking your pantry for how much you have left. I've also included links to some items that you can find online OR in the store so you can compare prices and identify things that may be new to you.

Fruits and Vegetables:

- ✓ 4 oz Baby spinach
 - ✓ 10 oz Mixed salad greens
 - ✓ 12 oz Dark, leafy greens - *kale, chard, spinach, etc.* for smoothies
 - ✓ 1 Cucumber
 - ✓ 1 Red onion
 - ✓ 1 Yellow onion
 - ✓ Garlic - 4 cloves
 - ✓ 1 pint Cherry tomatoes
 - ✓ 2 large Sweet potatoes
 - ✓ Fresh rosemary - 1 T (or use dried)
 - ✓ 1 Avocado
 - ✓ 2 Lemons
 - ✓ 4 Apples
 - ✓ 16 oz Strawberries - *fresh or frozen*
 - ✓ 12 oz Raspberries - *fresh or frozen*
- Optional: *extra berries for topping*

Grains, Seeds, Nuts:

- ✓ [Sprouted quinoa](#) - 3/4 cup
- ✓ Almond flour - 1 cup

Meats and Protein:

- ✓ Large eggs - 11
- ✓ Egg whites - 1/2 cup
- ✓ Ground turkey - 1 lb

- ✓ Chicken breast - 1 1/4 lb
- ✓ Albacore tuna - 2 cans (5 oz each)
- ✓ White fish filets - 2 (4-5 oz each)
- ✓ Chocolate protein powder - 3 servings
- ✓ Vanilla protein powder - 7 servings
- ✓ [Protein powder](#) - 4 servings (flavor is your choice for smoothies)

Pantry Items:

- ✓ Pumpkin puree - 15 oz
- ✓ Coconut milk - 10 oz
- ✓ Almond milk - 32 oz
- ✓ Vegetable broth - 12 oz
- ✓ Chicken broth - 12 oz
- ✓ Tomato sauce - 4 oz
- ✓ Whole tomatoes in their juice - 14 oz
- ✓ White beans - 15 oz
- ✓ Olive oil or [avocado oil](#)
- ✓ [Coconut oil](#)
- ✓ Cooking oil spray
- ✓ Balsamic vinegar
- ✓ [Maple syrup](#)
- ✓ Baking powder
- ✓ Dijon mustard
- ✓ Cumin
- ✓ Chili powder
- ✓ [Sea salt](#)
- ✓ Pepper

Optional: *cinnamon, nutmeg, cardamom, [cacao powder](#), coconut cream*

Helpful Tips:

You can select just the **grocery list page to print** so that you can take it with you to the store and make any changes or substitutions as needed.

I've included the **approximate quantities** needed in case you're buying some of your food in bulk (to save money) or have some items already and just want to make sure you have enough of them.

Please **make substitutions any time you like**, swapping out protein for protein, green for green, fat for fat and carb for carb whenever possible. Vegetarian Alternative meals include grocery list items with each recipe – what you'll add to this list, and what you'll remove.



BREAKFAST





Chocolate Protein Breakfast Pudding

Ingredients:

- 1 (15 oz) can pumpkin puree
- 2 eggs
- 1 1/3 cup canned coconut milk
- 3 servings [chocolate protein powder](#)
- 1/4 cup [cacao powder*](#)
- 1/2 tsp [sea salt](#)

Optional toppings:

coconut cream and berries

Directions:

1. Preheat your oven to 350 F.
2. Add all of the ingredients to a blender and blend until smooth.
3. Pour into the ramekins and bake 40-45 minutes.

**You may not need extra chocolate if your protein powder is extra chocolatey.*

Key: T = Tablespoon tsp = teaspoon

Yield:

3 servings

You will need:

blender or food processor,
measuring cups and spoons,
6 (6-10 oz) ramekins or a
brownie pan





Crust-less Breakfast Quiche

Ingredients:

- 6 eggs
- 1/2 cup egg whites
- 1 T cooking oil ([avocado oil](#) or coconut)
- 1/2 red onion, chopped
- 1/2 pint cherry tomatoes, halved
- 2 cups baby spinach
- 1/4 cup almond milk
- 1/2 tsp [sea salt](#)
- 1/4 tsp pepper

Directions:

1. Preheat your oven to 350 F. Coat a square baking dish or pie plate with cooking oil.
2. Heat the cooking oil over medium heat in your sauté pan and add the onion, cooking a few minutes until soft.
3. Add the cherry tomatoes and spinach, cooking until the spinach is wilted. Pour into the baking dish to cool slightly.
4. In a mixing bowl, whisk together the eggs, egg whites, almond milk, salt, and pepper.

Yield:

4 servings

You will need:

8x8 or 9x9" square baking pan or pie plate, whisk, mixing bowl, sauté pan, mixing spoon, knife, cutting board

5. Pour the egg mixture over the vegetables and bake for 20-25 minutes, until set. Cut into 4 slices.



GREEN SMOOTHIES





Revive

Ingredients:

- 1 cup/handful dark leafy greens (*spinach, kale, chard, baby kale, etc.*)
- 1 cup almond milk
- 1 apple
- 5 strawberries
- 1 serving [protein powder](#) (*flavor of your choice*)

Directions:

1. Add greens and liquid to your blender, and blend until well combined.
2. Add in apple and strawberries - blend again.
3. Add in the protein powder and any needed additional liquid and blend.

Yield:

1 large serving

You will need:

blender, knife, cutting board, measuring cups and spoons





Warrior Smoothie

Ingredients:

- 1 cup/handful dark, leafy greens
- 1 cup almond milk
- 1/2 cup raspberries
- 5 strawberries
- 1 serving vanilla protein powder

Directions:

1. Add greens and liquid to your blender, and blend until well combined.
2. Add in raspberries and strawberries.
3. Add in protein powder and any additional liquid needed and blend one last time.

Optional Spice Blend

This spice blend is a great addition to add a little zest to a green smoothie or to put on top of oatmeal (which will be in your menu next week)! Mix it up and keep it on hand as an option!

Yield:

1 large serving

You will need:

blender, knife, cutting board, measuring cups and spoons

Ingredients:

- 1 1/2 tsp cinnamon
- 3/4 tsp nutmeg
- 3/4 tsp cardamom

Directions:

1. Measure ingredients into a small zip-top bag and mix.

SIDES AND SNACKS





Mixed Green Salad

Ingredients:

10 oz mixed salad greens
1 cucumber, chopped
1/2 pint cherry tomatoes, halved
1/2 red onion, diced

Dressing:

1/4 cup olive oil or [avocado oil](#)
1 lemon, juiced
[sea salt](#) and pepper

Directions:

1. Toss greens in a large mixing bowl with cucumber, tomatoes, and onion. Cover and refrigerate.
2. Whisk up the dressing and store separately from the greens to avoid getting soggy.

Yield:

5 servings

You will need:

large mixing bowl, cutting board and knife, grater or food processor, whisk





Quinoa

Ingredients:

3/4 cup [sprouted quinoa](#) (if you can't find sprouted, buy regular and use the optional soaking method below)

1 1/2 cups vegetable broth (low sodium)

Optional soak method: to partially predigest the grain - Place quinoa in a bowl and cover with water and 1 T apple cider vinegar. Cover and allow to soak for 8 hours. Drain through a cheesecloth or similar and cook in fresh water. This is easily accomplished by setting it out first thing in the morning, and cooking it when you come home, or start it at night and cook it the next day.

Directions:

1. Measure quinoa and rinse very well in a mesh strainer.
2. Add water to a saucepan and then add the quinoa. If you soaked your quinoa overnight, reduce the amount of broth to 1-1 1/4 cups.
3. Cover and cook over medium heat until it comes to a low boil.
4. Reduce heat slightly and cook uncovered for 15-20 minutes or until quinoa has absorbed all the water and is light and fluffy.

Yield:

approximately 3 servings*

You will need:

medium sized pot, measuring cups

*Quinoa will be one of your staple carbs this week. The amount you're making here will be enough if 1/2 cup serving is adequate for you. Increase the amount to 1 1/2 cups, and 3 cups broth if the right amount is 3/4-1 cup per serving (men, those with more muscle, and extremely active individuals).





Roasted Sweet Potatoes

Ingredients:

2 large sweet potato

1 T [coconut oil](#)

[sea salt](#) and pepper to taste

Directions:

1. Preheat oven to 350 F. Coat a baking sheet with oil or cover with parchment paper.
2. Cut the sweet potato into 4 evenly sized chunks.
3. Coat the potatoes in coconut oil, salt and pepper.
4. Place onto a baking sheet.
5. Bake for 20-30 minutes, until easily pierced with a fork.

Yield:

4 servings

You will need:

baking sheet, measuring spoons, bowl, wooden spoon, parchment paper





Raspberry Protein Muffins

Ingredients:

4 servings vanilla [protein powder](#)
1 tsp baking powder
1/2 tsp [sea salt](#)
1 cup almond flour
3 eggs
1/4 cup coconut oil, melted
2 T maple syrup
1/4 cup almond milk
1/2 cup raspberries - fresh or frozen

Directions:

1. Preheat oven to 375 F. Coat a muffin tin well with cooking oil.
2. Combine the protein powder, baking powder, salt, and almond flour.
3. In a separate bowl, combine the eggs, coconut oil, maple syrup, and almond milk.
4. Add the egg mixture to the flour mixture, stirring just to combine. Fold in the raspberries.
5. Fill 10 of the muffin cups with batter (2/3 full) and bake 15-17 minutes.

Yield:

10 muffins (5 servings)

You will need:

muffin tin, whisk, mixing bowls, measuring cups and spoons, rubber spatula



ENTREES





Turkey White Bean Chili

Ingredients:

- 1 lb ground turkey
- 1 T olive oil or [avocado oil](#)
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 1/2 T chili powder
- 1/2 tsp [sea salt](#)
- 1 (14 oz) can whole tomatoes and their juice
- 1 1/2 cups chicken broth
- 4 oz tomato sauce
- 1 can white beans, rinsed and drained

Directions:

1. Heat the olive oil in a large pot on medium.
2. Add the onion and garlic, cooking until soft, about 8 minutes.
3. Add the cumin and let it cook for a minute.
4. Add the turkey and break it up well with a wooden spoon.
5. Stir in the chili powder.
6. Add the tomatoes and start breaking them up with the wooden spoon.

Yield:

4 servings

You will need:

large pot, measuring cups and spoons, wooden spoon, knives, cutting board, can opener, strainer

7. Stir in the broth and tomato sauce. Let simmer for 45 minutes.
8. Add in the beans and stir well. Cook for another 20 minutes.





Meatless Option: White Bean Chili

Ingredients:

2 cans white beans, rinsed and drained
1 T olive oil or avocado oil
1 yellow onion, chopped
2-3 cloves garlic, minced
2-3 tsp ground cumin
1 1/2 T chili powder
1/2 T [cacao powder](#)
1/2 tsp [sea salt](#)
1/2 tsp cinnamon
1 (14 oz) can whole tomatoes and their juice
1 1/2 cups vegetable broth
4 oz tomato sauce

Directions:

1. Heat the olive oil in a large pot on medium.
2. Add the onion and garlic, cooking until soft, about 8 minutes.
3. Add the cumin and let it cook for a minute.
4. Stir in the chili powder, cacao powder, salt, and cinnamon.
5. Add the tomatoes and start breaking them up with the wooden spoon.

Yield:

4 servings

You will need:

large pot, measuring cups and spoons, wooden spoon, knife, cutting board, can opener, strainer

6. Stir in the broth and tomato sauce. Let simmer for 45 minutes.
7. Add in the beans and stir well. Cook for another 20 minutes.

Add to grocery list: 1 can white beans, vegetable broth

Remove from grocery list: 1 lb ground turkey, chicken broth





Rosemary Chicken Salad

Ingredients:

2 servings rosemary baked chicken (recipe below) -
sliced or diced
2 servings mixed green salad

Dressing:

2 T olive oil or avocado oil
1 T balsamic vinegar
2 cloves garlic, minced
[sea salt](#) and pepper

Directions:

1. Place the salad on a plate and top with chicken.
2. Whisk the dressing ingredients together.
3. Drizzle the dressing over the chicken salad and toss to evenly coat.

Yield:

2 servings

You will need:

plate, fork, whisk, bowl





Meatless Option: Baked Tempeh Salad

Ingredients:

2 servings baked tempeh
2 servings mixed green salad

Dressing:

2 T olive oil or avocado oil
1 T balsamic vinegar
2 cloves garlic, minced
sea salt and pepper

Directions:

1. Place the salad on a plate and top with tempeh.
2. Whisk the dressing ingredients together.
3. Drizzle the dressing over the chicken salad and toss to evenly coat.

Yield:

2 servings

You will need:

plate, fork, whisk, bowl





Rosemary Baked Chicken

Ingredients:

1 1/4 lb chicken breast
2 tsp olive oil or avocado oil
1 T fresh rosemary – or 1 tsp dried
sea salt and pepper

Directions:

1. Preheat oven to 350 F. Coat a baking sheet with oil or line with parchment paper.
2. Season the chicken with olive oil, rosemary, salt and pepper to taste. Place on the baking sheet.
3. Bake for 20-30 minutes until no longer pink on the inside.

Yield:

4 servings

You will need:

baking sheet, aluminum foil,
measuring spoons





Meatless Option: Baked Tempeh

Ingredients:

- 2 (8 oz) packages organic tempeh
- 1/4 cup Tamari – *gluten free soy sauce*
- 2 tsp apple cider vinegar
- 1 T finely chopped ginger – *you can also use fine grater for this*
- 1 tsp garlic powder
- 1/4 cup [honey](#)
- 4 tsp sesame oil
- 1/2 cup orange juice – *fresh squeezed*

Directions:

1. Preheat the oven to 375 F.
2. Stir together all ingredients except tempeh and salad. Cut each package of tempeh into 6 even strips.
3. Marinate the tempeh in the mixture for 15-20 minutes, flipping several times.
4. Transfer the pieces to a square baking dish, including any remaining sauce.
5. Bake for 12 minutes, then flip and bake for another 12 minutes.

Yield:
4 servings

You will need:
measuring cups and spoons,
square baking dish, spatula

Add to grocery list: Tamari, honey, sesame oil, 1-2 oranges, 2 (8 oz) packages organic tempeh, fresh ginger

Remove from grocery list: chicken breast, rosemary





Tuna Avocado Salad

Ingredients:

2 cans albacore tuna — *packed in water, no salt added*
1 ripe avocado
2-3 T spicy mustard
[sea salt](#) and pepper

Directions:

1. Drain tuna.
2. Mash in a bowl with ripe avocado.
3. Add mustard, salt and pepper and mix until combined.
4. Optional — *add leftover fresh herbs*

Note: make both servings and save half for another day

Yield:

2 servings

You will need:

can opener, small bowl, fork,
sharp knife





Fish-Less Option: Black Bean Avocado Salad

Ingredients:

1 (15 oz) can black beans, rinsed and drained
1 ripe avocado
1 tsp cumin
sea salt and pepper

Directions:

1. Blend all ingredients in food processor until well mixed.

Yield:

2 servings

You will need:

food processor, knife, spoon,
measuring spoons

Add to grocery list: black beans, cumin

Remove from grocery list: tuna, mustard





Mustard Crusted White Fish

Ingredients:

- 2 white fish filets
- 1 1/2 tsp olive oil or avocado oil
- 1/2 lemon, juice of
- 2 T Dijon mustard
- 1 tsp cumin
- 1/4 tsp [sea salt](#)

Directions:

1. Preheat oven to 425 F.
2. Combine the olive oil, lemon juice, mustard, cumin, and salt in a small bowl.
3. Coat the fish with the mustard mixture and put it on a baking sheet covered with parchment paper.
4. Bake for 8-10 minutes, or until fish can easily be flaked.

Note: make both servings and save the leftovers for the following day

Yield:

2 servings

You will need:

baking sheet, parchment paper, bowl, whisk, measuring spoons





Fish-Less Option: Lemon Pepper White Bean Salad

Ingredients:

- 1 can white beans, drained and rinsed
- 1/4 of a red onion, chopped finely
- 3 T olive oil or avocado oil
- 2 1/2 T fresh lemon juice — *about 1 large lemon*
- 1/4 cup chopped parsley
- 1/2 tsp ground cumin
- 1 tsp black pepper

Directions:

1. Stir together everything except the beans until well combined. be flaked.
2. Toss the beans in the dressing and let it sit for at least 2 hours in the fridge. Stir before serving.

Note: make both servings and save the leftovers for the following day

Yield:

2 servings

You will need:

can opener, mesh strainer, measuring cups and spoons, bowl, wooden spoon

Add to grocery list: 1 can white beans, parsley

Remove from grocery list: 2 white fish filets, Dijon mustard



WEEK 1 DAILY MENUS



DAILY MENUS at a Glance

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
M1	Quiche + Sweet Potatoes	Chocolate Protein Breakfast Pudding	Quiche + Sweet Potatoes	Chocolate Protein Breakfast Pudding	Quiche + Sweet Potatoes	Chocolate Protein Breakfast Pudding	Quiche + Sweet Potatoes
M2	Revive Green Smoothie	Warrior Green Smoothie	Revive Green Smoothie	Warrior Green Smoothie	Revive Green Smoothie	Warrior Green Smoothie	Revive Green Smoothie
M3	Turkey White Bean Chili V: White Bean Chili	Mustard Crusted White Fish + Quinoa V: Lemon Pepper White Bean Salad	Rosemary Chicken + Quinoa V: Baked Tempeh Salad	Turkey White Bean Chili V: White Bean Chili	Rosemary Chicken + Quinoa V: Baked Tempeh Salad	Tuna Avocado Salad + Salad V: Black Bean Avocado Salad with Mixed Green Salad	Turkey White Bean Chili V: White Bean Chili
M4	Mustard Crusted White Fish + Salad V: Lemon Pepper White Bean Salad + Salad	Rosemary Chicken Salad V: Baked Tempeh Salad	Turkey White Bean Chili V: White Bean Chili	Rosemary Chicken Salad V: Baked Tempeh Salad	Tuna Avocado Salad + Salad V: Black Bean Avocado Salad with Mixed Green Salad	Room to Eat Out (NSA)	Room to Eat Out (NSA)

Optional Snack This Week:

Raspberry Protein Muffins (1-2 per serving)

DAY 1



MEAL ONE

1 serving Breakfast Quiche (P, F, G)
1 serving Sweet Potatoes (C)



MEAL TWO

Revive Green Smoothie (P, C, G)



MEAL THREE

1 serving Turkey White Bean Chili (P, C, F, G)

V: 1 serving White Bean Chili (P, C, F, G)



MEAL FOUR

1 serving Mustard Crusted Whitefish (P, F)
1 serving Mixed Green Salad (G)

V: 1 serving Lemon Pepper White Bean Salad
(P, C, F) with Salad (G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

DAY 2



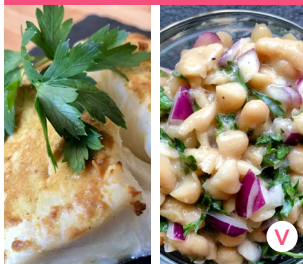
MEAL ONE

1 serving Chocolate Protein Breakfast Pudding (P, C, F)



MEAL TWO

Warrior Green Smoothie (P, C, G)



MEAL THREE

1 serving Mustard Crusted Whitefish (P, F)
1 serving Quinoa (C)

V: 1 serving Lemon Pepper White Bean Salad (P, C, F)



MEAL FOUR

1 serving Rosemary Chicken Salad (P, F, G)
1 serving Green Beans

V: 1 serving Baked Tempeh Salad (P, C, G) with Green Beans (G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

DAY 3



MEAL ONE

1 serving Breakfast Quiche (P, F, G)
1 serving Sweet Potatoes (C)



MEAL TWO

Revive Green Smoothie(P, C, G)



MEAL THREE

1 serving Rosemary Chicken Salad (P, F, G)
1 serving Quinoa (C)

V: 1 serving Baked Tempeh Salad (P, C, G)



MEAL FOUR

1 serving Turkey White Bean Chili (P, C, F, G)

V: 1 serving White Bean Chili (P, C, F, G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

DAY 4



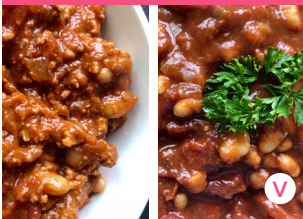
MEAL ONE

1 serving Chocolate Protein Breakfast Pudding (P, C, F)



MEAL TWO

Warrior Green Smoothie (P, C, G)



MEAL THREE

1 serving Turkey White Bean Chili (P, C, F, G)

V: 1 serving White Bean Chili (P, C, F, G)



MEAL FOUR

1 serving Rosemary Chicken Salad (P, F, G)
1 serving Green Beans (G)

V: 1 serving Baked Tempeh Salad (P, C, G)
with Green Beans (G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

DAY 5



MEAL ONE

1 serving Breakfast Quiche (P, F, G)
1 serving Sweet Potatoes (C)



MEAL TWO

Revive Green Smoothie (P, C, G)



MEAL THREE

1 serving Rosemary Chicken Salad (P, F, G)
1 serving Quinoa (C)

V: 1 serving Baked Tempeh Salad (P, C, G)



MEAL FOUR

1 serving Tuna Avocado Salad (P, F, G)

V: Black Bean Avocado Salad (P, C, F)
with Salad (G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

DAY 6



MEAL ONE

1 serving Chocolate Protein Breakfast Pudding (P, C, F)



MEAL TWO

Warrior Green Smoothie (P, C, G)



MEAL THREE

1 serving Tuna Avocado Salad (P, F, G)
1 cup Mixed Green Salad (F, G)

V: Black Bean Avocado Salad (P, C, F)
with Salad (G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

Because days 6 & 7 are the weekend for most people, I've left you some room for eating out.

DAY 7



MEAL ONE

1 serving Breakfast Quiche (P, F, G)
1 serving Sweet Potatoes (C)



MEAL TWO

Revive Green Smoothie (P, C, G)



MEAL THREE

1 serving Turkey White Bean Chili (P, C, F, G)

V: 1 serving White Bean Chili (P, C, F, G)



Optional Snack (if you're hungrier today):
Raspberry Protein Muffins (1-2 per serving)

Because days 6 & 7 are the weekend for most people, I've left you some room for eating out.

Complete Betty Rucker MEAL PLAN SET



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Step 2: [The Body Fuel System:](#) Take your nutrition and body knowledge to the next level with the BODY FUEL SYSTEM - eating made easy with this customizable guide that will give you the perfect solution to eating healthy, burning fat and having a system to use for life! Comes with a 6-week done for you meal plan, amazing recipes, daily menus and more!



Step 3: [The 30-Day Challenge Meal Plan:](#) continue to progress and master healthy nutrient-dense cooking and healthy eating with this 30-day done for you Meal Plan and 4 additional cookbooks!

YOU ARE HERE



Step 4: The 90 Day Challenge Add workouts! This program is a perfect compliment to either of the 30 day guides, as it comes with an 8-week done for you meal plan (meal plans are different in each program) and a 12-Week Home Workout Program!

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