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Welcome to the weight loss nutrient-based eating meal plan. All of the foods this week include weight loss promoting nutrients. You can substitute any ingredient or meals as necessary with other fat burning foods found in the Nutrevo Body food shopping list. Each meal is designed to be cooked in 30 minutes or less! The recipes are designed to cook 2 servings - one for dinner, one for lunch the next day. The goal is to always have your lunch prepped and ready to go from the night before! If you are cooking for others, you can simply double or triple the ingredients as needed per serving added. You can add mid-morning and mid-afternoon snacks to your meal plan as needed - you can pick items from the foods list for healthy options. You can increase or decrease your portion sizes based on your lifestyle and wellness condition needs. Here's to starting your journey!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <div> Avocado (Side)</div> <div> Soft Scrambled Eggs</div> <div> Beautiful Bacon</div> Can substitute olive oil	Breakfast <div> Avocado (Side)</div> <div> Soft Scrambled Eggs</div> <div> Beautiful Bacon</div> Can substitute olive oil	Breakfast <div> Blueberries</div> <div> Beautiful Bacon</div> <div> Green Tea</div>	Breakfast	Breakfast	Breakfast	Breakfast
Lunch <div> Barbecue Chicken</div> <div> Roasted Broccoli</div>	Lunch <div> Balsamic Chicken Skillet (leftover)</div>	Lunch <div> Chipotle Lime Shrimp Lettuce Cups (leftover)</div>	Lunch	Lunch	Lunch	Lunch
Dinner <div> Balsamic Chicken Skillet</div>	Dinner <div> Chipotle Lime Shrimp Lettuce Cups</div>	Dinner <div> Italian Pork Chops</div> <div> Cauliflower Mash (DF)</div>	Dinner	Dinner	Dinner	Dinner

# Meal Plan Summary

## Monday

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### Breakfast

Avocado (Side) (p.5) , Soft Scrambled Eggs (p.5) , Beautiful Bacon (p.5)

### Lunch

Barbecue Chicken (p.6) , Roasted Broccoli (p.6)

### Dinner

Balsamic Chicken Skillet (p.7)

## Tuesday

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### Breakfast

Avocado (Side) (p.5) , Soft Scrambled Eggs (p.5) , Beautiful Bacon (p.5)

### Lunch

Balsamic Chicken Skillet (leftover) (p.7)

### Dinner

Chipotle Lime Shrimp Lettuce Cups (p.7)

## Wednesday

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### Breakfast

Blueberries (p.8) , Beautiful Bacon (p.5) , Green Tea (p.8)

### Lunch

Chipotle Lime Shrimp Lettuce Cups (leftover) (p.7)

### Dinner

Italian Pork Chops (p.8) , Cauliflower Mash (DF) (p.8)

# Shopping List

## Real Plans

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### Produce

#### Refrigerated

- ☐ 1/2 cup blueberries
- ☐ 1/2 head butter lettuce
- ☐ 1 tablespoon cilantro
- ☐ 3 ounces mushroom

#### Non-refrigerated

- ☐ 1 avocado
- ☐ 1/2 lime
- ☐ 1/4 onion

#### Meat/Seafood

- ☐ 3/4 pound bacon
- ☐ 3/4 pound chicken breast
- ☐ 1/2 pound shrimp

#### Eggs & Dairy

- ☐ 4 egg

#### Spices

- ☐ 1 1/2 teaspoons coarse sea salt
- ☐ 1/4 teaspoon dried basil
- ☐ 3/4 teaspoon dried thyme
- ☐ 1/2 teaspoon ground black pepper
- ☐ 1/8 teaspoon ground sage
- ☐ sea salt

#### Vinegar and Oils

- ☐ 2 tablespoons avocado oil
- ☐ 1 1/2 teaspoons coconut oil

#### Canned/Jarred Goods

- ☐ 1/2 teaspoon capers
- ☐ 1 1/2 tablespoons hot sauce

#### Drinks

- ☐ 8 ounces green tea

- ☐ 1/2 head broccoli
- ☐ 1/4 head cauliflower
- ☐ 1/8 cup fresh basil

- ☐ 1/2 cup grape tomatoes
- ☐ 3 3/4 teaspoons minced garlic
- ☐ 1/2 shallot

- ☐ 2/3 pound boneless chicken thighs
- ☐ 1/3 pound pork chops

- ☐ 1/4 teaspoon cumin
- ☐ 1/4 teaspoon dried oregano
- ☐ 1/2 teaspoon garlic powder
- ☐ 1/4 teaspoon ground coriander
- ☐ 1/2 teaspoon paprika

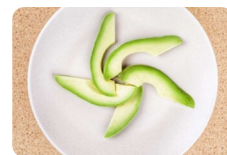
- ☐ 1/8 cup balsamic vinegar
- ☐ 3 3/4 teaspoons extra virgin olive oil

- ☐ 3 ounces diced tomato

- ☐ 1/4 cup water

## Avocado (Side)

Active time: 5 minutes   Total time: 5 minutes   Servings: 1



### Ingredients

1/2 avocado

### How to prepare

1. Peel, pit and slice avocados.
2. Serve as a side dish.

## Soft Scrambled Eggs

Active time: 15 minutes   Total time: 15 minutes   Servings: 1



### Ingredients

2 eggs  
1/8 cup water  
1/4 teaspoon coarse sea salt  
ground black pepper, to taste  
3/4 teaspoon coconut oil

### How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

## Beautiful Bacon

Active time: 20 minutes   Total time: 20 minutes   Servings: 1



### Ingredients

1/4 pound bacon

### How to prepare

1. In the pan:
2. Do not preheat pan. Place bacon in a single layer in a heavy bottomed pan, and turn heat to medium high. Fry bacon to desired doneness using tongs to rotate bacon so that it is evenly cooked. I use a perforated splatter lid to avoid burns and prevent moisture from accumulating and making the fat sizzle. Cook to desired doneness and proceed to step 5.
3. In the oven (chewier):
4. Preheat oven to 375F. Place bacon in a single layer of a lipped baking sheet. Bake for 15-20 minutes until desired doneness is achieved, remove bacon from oven.
5. Using tongs, transfer bacon to a plate lined with a paper towel and serve.
6. While the bacon grease is still hot, strain it through a fine metal mesh strainer into a clean glass jar. Allow to cool before covering to avoid condensation. Bacon fat can be used for cooking.

## Barbecue Chicken

Active time: 30 minutes   Total time: 30 minutes   Servings: 1



### Ingredients

1/2 teaspoon garlic powder  
1/2 teaspoon paprika  
1/4 teaspoon ground coriander  
1/4 teaspoon cumin  
1/8 teaspoon ground black pepper  
1/4 teaspoon coarse sea salt  
2/3 pound boneless chicken thighs

### How to prepare

1. Mix spices in a bowl. Toss with chicken and rub around with your hands to thoroughly coat (don't forget to wash well afterward!).
2. Place on a hot grill. Cook approximately 10 minutes on the first side and 8 minutes on the second side, or until completely cooked. You may have to adjust your cooking time depending on the heat of your barbecue.

## Roasted Broccoli

Active time: 5 minutes   Total time: 20 minutes   Servings: 1



### Ingredients

1/2 head broccoli  
1 1/2 teaspoons extra virgin olive oil  
sea salt, to taste  
ground black pepper, to taste

### How to prepare

1. Preheat oven to 400F.
2. Remove broccoli florets from stems and discard stems. In an oven-safe dish, spread florets in a single layer and drizzle with olive oil, salt, and pepper.
3. Roast for 15-20 minutes, or until desired level of crispness.

## Balsamic Chicken Skillet

Active time: 30 minutes Total time: 30 minutes Servings: 2



### Ingredients

1/2 shallot  
3 ounces mushrooms  
1/2 cup grape tomatoes  
1/8 cup fresh basil  
3/4 pound chicken breast  
1 tablespoon avocado oil, or fat of choice  
sea salt, to taste  
ground black pepper, to taste  
1/8 cup balsamic vinegar  
1 1/2 teaspoons minced garlic  
1/2 teaspoon capers

### Publisher's note

This recipe was contributed by Annabelle - @epicureannie on Instagram.

### How to prepare

1. Finely chop shallot. Slice mushrooms. Cut tomatoes in half. Chop basil. You can choose to leave your chicken breasts whole or cut them into 1" pieces.
2. Using a large skillet, coat the pan with your oil.
3. Add salt and pepper to chicken breasts and cook covered for about 5-7 minutes on each side.
4. Remove chicken from heat and set aside.
5. Add more oil if needed, then add the mushrooms and shallots. Sauté until softened then remove from pan and set aside.
6. Add balsamic vinegar, then add garlic, tomatoes and cook on low-med heat for about 5 minutes, stirring, then add basil.
7. Return chicken and coat with balsamic, tomatoes, basil mixture then return the mushrooms. Add capers. Add more fresh basil and serve.

## Chipotle Lime Shrimp Lettuce Cups

Active time: 25 minutes Total time: 25 minutes Servings: 2



### Ingredients

1/2 pound shrimp  
1/2 lime  
1/2 head butter lettuce  
1 tablespoon cilantro, optional  
1/2 teaspoon coarse sea salt  
1/4 teaspoon ground black pepper  
1 tablespoon avocado oil, or ghee  
1 teaspoon minced garlic  
1 1/2 tablespoons hot sauce, or chipotle hot sauce

### Publisher's note

Recipe contributed by Alex of TheDefinedDish.com - @thedefineddish on Instagram.

### How to prepare

1. Peel and devein shrimp, then slice them in half lengthwise. Zest 1/2 of the lime and juice all of it. Separate the lettuce leaves. Roughly chop the cilantro.
2. Season shrimp with the salt and pepper and toss to coat.
3. Heat oil in a large skillet over medium high heat. Add the shrimp in a single layer and cook until just cooked through, 3-4 minutes, tossing halfway through.
4. Add the garlic, lime zest, and hot sauce and toss until well combined and heated through, 1-2 more minutes.
5. Remove from heat and stir in the lime juice.
6. Serve in lettuce leaves. Top with cilantro, if desired. Enjoy!

## Blueberries

Active time: 5 minutes Total time: 5 minutes Servings: 1



### Ingredients

1/2 cup blueberries

### How to prepare

1. Distribute blueberries evenly. Enjoy!

## Green Tea

Active time: 2 minutes Total time: 2 minutes Servings: 1



### Ingredients

8 ounces green tea

### How to prepare

1. Heat 8 oz. of water with green tea bag on stove

## Italian Pork Chops

Active time: 10 minutes Total time: 20 minutes Servings: 1



### Ingredients

1/3 pound pork chops  
1/4 large onion  
sea salt, to taste  
ground black pepper, to taste  
3/4 teaspoon extra virgin olive oil  
3 ounces diced tomatoes  
1 1/4 teaspoons minced garlic  
1/4 teaspoon dried oregano  
1/8 teaspoon ground sage  
1/4 teaspoon dried basil  
3/4 teaspoon dried thyme

### How to prepare

1. Trim fat from pork chops. Dice onion.
2. Heat a heavy pan on high until warm. Add oil and heat until shimmery, about 20 seconds.
3. Season pork chops with salt and pepper and brown on each side, about 1 minute each (5 minutes if it is a bone-in chop).
4. Reduce heat to medium-low and add onions.
5. Stir onions and flip pork chops after 2 minutes on each side.
6. Add tomatoes, garlic, and spices. Simmer about 5-8 minutes, until tomatoes are soft and sauce has set up.

## Cauliflower Mash (DF)

Active time: 15 minutes Total time: 30 minutes Servings: 1



### Ingredients

1/4 head cauliflower  
1 1/2 teaspoons extra virgin olive oil, or more to taste  
1/4 teaspoon coarse sea salt, plus more to taste  
1/8 teaspoon ground black pepper, plus more to taste

### How to prepare

1. Rinse and break cauliflower into florets.
2. Add cauliflower florets to a large sauce pan and fill halfway with filtered water. Cover and steam until florets are soft; strain and discard water.
3. Add cauliflower to your food processor and process in small batches until very smooth.
4. Add oil plus salt and pepper to taste.