




















Energy 3-Day Sample Meal Plan

Welcome to the energy nutrient-based eating meal plan. All of the foods this week include energy promoting nutrients. You can substitute any ingredient or meals as necessary with other energy boosting 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 |
|---|---|---|------------------|------------------|------------------|------------------|
| <p>Breakfast</p> <div data-bbox="100 375 348 459">  Soft Scrambled Eggs </div> <div data-bbox="100 467 348 521">  Mango </div> | <p>Breakfast</p> <div data-bbox="369 375 617 428">  Soft Scrambled Eggs </div> <div data-bbox="369 440 617 493">  Blueberries </div> <div data-bbox="369 505 617 558">  Green Tea </div> | <p>Breakfast</p> <div data-bbox="646 375 894 459">  Sweet Potato and Blueberry Hash </div> <div data-bbox="646 467 894 521">  Green Tea </div> | <p>Breakfast</p> | <p>Breakfast</p> | <p>Breakfast</p> | <p>Breakfast</p> |
| <p>Lunch</p> <div data-bbox="100 634 348 688">  Tuscan Chicken Skillet </div> <div data-bbox="100 699 348 784">  Zoodles (Zucchini Noodles) </div> | <p>Lunch</p> <div data-bbox="369 651 617 735">  Balsamic Glazed Pork Chops (AIP) (leftover) </div> <div data-bbox="369 781 617 865">  Roasted Broccoli (leftover) </div> | <p>Lunch</p> <div data-bbox="646 651 894 735">  Quick Taco Salad with Avocado (leftover) </div> | <p>Lunch</p> | <p>Lunch</p> | <p>Lunch</p> | <p>Lunch</p> |
| <p>Dinner</p> <div data-bbox="100 959 348 1044">  Balsamic Glazed Pork Chops (AIP) </div> <div data-bbox="100 1057 348 1110">  Roasted Broccoli </div> | <p>Dinner</p> <div data-bbox="369 959 617 1044">  Quick Taco Salad with Avocado </div> | <p>Dinner</p> <div data-bbox="646 959 894 1013">  Grilled Salmon </div> <div data-bbox="646 1024 894 1109">  Rosemary Grilled Asparagus </div> | <p>Dinner</p> | <p>Dinner</p> | <p>Dinner</p> | <p>Dinner</p> |

Meal Plan Summary

Monday

Breakfast

Soft Scrambled Eggs (p.5) , Mango (p.5)

Lunch

Tuscan Chicken Skillet (p.5) , Zoodles (Zucchini Noodles) (p.6)

Dinner

Balsamic Glazed Pork Chops (AIP) (p.6) , Roasted Broccoli (p.7)

Tuesday

Breakfast

Soft Scrambled Eggs (p.5) , Blueberries (p.7) , Green Tea (p.7)

Lunch

Balsamic Glazed Pork Chops (AIP) (leftover) (p.6) , Roasted Broccoli (leftover) (p.7)

Dinner

Quick Taco Salad with Avocado (p.7)

Wednesday

Breakfast

Sweet Potato and Blueberry Hash (p.8) , Green Tea (p.7)

Lunch

Quick Taco Salad with Avocado (leftover) (p.7)

Dinner

Grilled Salmon (p.8) , Rosemary Grilled Asparagus (p.9)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 pound asparagus
- 3/4 cup blueberries
- 1/3 teaspoon fresh rosemary
- 2 zucchini

Non-refrigerated

- 1 avocado
- 1/3 lemon
- 2 teaspoons minced garlic

Meat/Seafood

- 1/3 pound chicken breast
- 1 pound pork chops

Eggs & Dairy

- 4 egg

Spices

- 1 teaspoon cinnamon
- 1/8 teaspoon ground black pepper
- 1 teaspoon Italian seasoning
- 1 tablespoon taco seasoning

Sweeteners & Baking Supplies

- 1 1/2 tablespoons honey

Vinegar and Oils

- 1/8 cup balsamic vinegar
- 3 tablespoons extra virgin olive oil

Canned/Jarred Goods

- 1/3 cup artichoke heart
- 1/8 cup coconut cream
- 1/8 cup sun-dried tomatoes in oil

Drinks

- 16 ounces green tea

- 3 ounces baby spinach
- 1 head broccoli
- 2 1/2 ounces lettuce

- 1 Granny Smith apple
- 1 mango
- 1 sweet potato

- 1 ground beef
- 1/4 pound salmon

- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon ground ginger
- 1/3 teaspoon sea salt

- 3 tablespoons coconut oil

- 1/4 cup chicken broth
- 1 1/2 tablespoons kalamata olives

- 3/4 cup water

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.

Mango

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



Ingredients

1 mango

How to prepare

1. Peel and slice mangoes. Enjoy!

Tuscan Chicken Skillet

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



Ingredients

1/3 pound chicken breast
3/4 teaspoon extra virgin olive oil, or oil from the tomato jar
1 teaspoon minced garlic
1/8 cup sun-dried tomatoes in oil
1/3 cup artichoke heart
1/4 cup chicken broth, or chicken stock
1/8 cup coconut cream, or coconut milk
1/4 teaspoon sea salt
1/8 teaspoon ground black pepper
1/4 teaspoon Italian seasoning, optional
3 ounces baby spinach
1 1/2 tablespoons kalamata olives, optional

How to prepare

1. Pat chicken breasts dry with a paper towel. If the thickness of the chicken breasts is uneven gently pound to a standard thickness. Season lightly with salt and pepper.
2. In a large skillet, heat the oil over medium-low heat. Add the chicken and brown for about 2-3 minutes. Flip the chicken once it easily releases.
3. Add garlic, tomatoes, and artichokes to the pan and saute as the chicken browns on the second side, about 2-3 minutes.
4. Stir in the broth, coconut cream, and seasonings. Bring to a simmer.
5. Add in the spinach and olives, if using, and cover. Allow to cook together for about 5 more minutes, until the spinach is wilted and the chicken is cooked through.

Publisher's note

Recipe contributed by Laura of CookAtHomeMom.com - @cookathomemom on Instagram.

Zoodles (Zucchini Noodles)

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



Ingredients

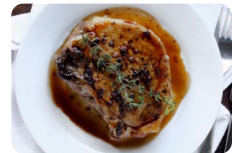
2 medium zucchinis
coarse sea salt

How to prepare

1. To make zucchini noodles, either purchase a julienne peeler or a spiral cutter, OR simply use a sharp knife to cut the zucchini first lengthwise into strips, then slice those strips as finely as possible into spaghetti-like pieces.
2. Sprinkle some sea salt over the zoodles and let them sit for 25 minutes in the sink to sweat out excess water. After the 25 minutes, rinse and pat them dry with a paper towel.
3. Use raw or cook in a large pan over medium heat for about 2 minutes, to allow the zoodles to soften slightly. Remove from heat and serve.

Balsamic Glazed Pork Chops (AIP)

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



Ingredients

1 pound pork chops
coarse sea salt, to taste
1 tablespoon coconut oil
1/8 cup balsamic vinegar
1 1/2 tablespoons honey
1 teaspoon minced garlic
3/4 teaspoon Italian seasoning

How to prepare

1. Preheat oven to 400F. Season pork chops with salt.
2. Melt coconut oil in an oven proof skillet over medium high heat. Add pork chops and cook for 2-3 minutes on each side until golden brown.
3. Place pork chops into oven and roast until completely cooked through, reaching an internal temperature of 140F, about 8-10 minutes for 1" pork chops. Thinner chops will need less time; check early and adjust oven time as needed.
4. Meanwhile, to make the glaze, combine balsamic vinegar, honey, garlic, and Italian seasoning in a saucepan over medium heat. Season with salt.
5. Bring to a boil, then reduce heat and simmer about 5 minutes, until balsamic vinegar begins to thicken.
6. Serve pork chops topped with balsamic glaze.

Roasted Broccoli

Active time: 5 minutes Total time: 20 minutes Servings: 2



Ingredients

1 head broccoli
1 tablespoon 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.

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

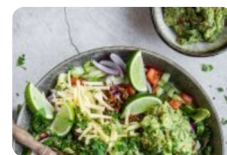
8 ounces green tea

How to prepare

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

Quick Taco Salad with Avocado

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1 tablespoon extra virgin olive oil
1 ground beef
1 tablespoon taco seasoning
1/3 cup water
1 avocado
2 1/2 ounces lettuce
sea salt, to taste

How to prepare

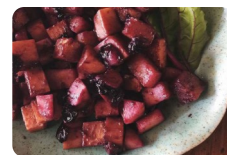
1. Heat the olive oil in a large skillet over medium-high heat. Add the ground meat, and use a spatula to break it up. Stir occasionally for about 10 minutes, or until cooked through.
2. Sprinkle the taco seasoning over the meat, and stir until combined. Add the water and increase the temperature to high, bringing the mixture to a boil. Reduce temperature to medium-low, and let simmer for 3-5 minutes, until the mixture thickens. Cover, and keep warm over low heat.
3. Peel and slice the avocados.
4. For serving, top the lettuce with taco meat and avocado.

Notes

When buying taco seasoning, read through the ingredient label, to ensure the brand is sugar-free.

Sweet Potato and Blueberry Hash

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



Ingredients

1 sweet potato
1 Granny Smith apple
1 teaspoon cinnamon
1 tablespoon coconut oil
1/8 cup water
1/2 teaspoon ground ginger
1/4 cup blueberries

Publisher's note

This recipe was contributed by Lisa McLeod of MadebyMcLeod.com - @lisamcleod on Instagram.

How to prepare

1. Peel and dice sweet potatoes and apples.
2. Toss sweet potato in cinnamon in a mixing bowl.
3. Heat coconut oil in a large skillet over medium heat. Add the sweet potato to the skillet, and simmer and stir for about a minute or two. Add water to skillet, and cover for about 5 minutes.
4. Meanwhile, toss the diced apple in ground ginger.
5. Remove skillet lid and add the apple. Simmer and stir for about a minute, and then toss in the blueberries. Give it all another big stir, then cover again for another 4 minutes. You may need a little more water to continue steaming.
6. When the potatoes are soft, and the apples still slightly crisp, it is done! The blueberries are going to bleed their sweet flavor, and turn this dish purple. It's like painting with food!

Grilled Salmon

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



Ingredients

1/4 pound salmon
coarse sea salt
ground black pepper
1 1/2 teaspoons extra virgin olive oil
1/4 lemon

How to prepare

1. On the Stove: Generously salt and pepper the skinless side of the salmon.
2. Heat skillet on medium-high. Add oil.
3. When oil is hot, place salmon filets in pan, skin side up.
4. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
5. Remove salmon from pan.
6. Cut lemon into wedges and serve alongside the salmon.
7. On the Grill: Heat a grill to medium-high (you can hold your hand about 1 inch above the grill grate).
8. Brush grill grate with oil. Place salmon, skin-side-down, on the grill and cover. Cook, undisturbed, until salmon just starts to release its fat and/or flesh flakes easily, 10-15 minutes for most 1 inch thick fillets.
9. Allow another 10 minutes for each extra inch of thickness. Use a spatula to remove fish from grill and serve.

Rosemary Grilled Asparagus

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



Ingredients

1/2 pound asparagus
1 1/2 teaspoons coconut oil, or other solid cooking fat
1/3 teaspoon fresh rosemary
1/8 teaspoon sea salt
1/8 lemon, for finishing

How to prepare

1. Preheat your grill or grill pan.
2. Trim the ends, rinse and dry the asparagus. Melt the fat. Mince the rosemary. Juice the lemon.
3. Coat the asparagus evenly with the cooking fat, rosemary, and salt.
4. Grill for 10 minutes or until soft, turning occasionally, removing some of the thinner spears as they cook. Serve warm with a squeeze of fresh lemon juice.

Publisher's note

Photo: Kyle Johnson