







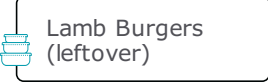
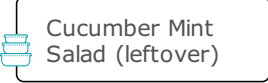









Fitness Performance Sample 3-Day Meal Plan

Welcome to the fitness performance nutrient-based eating meal plan. All of the foods this week include fitness promoting nutrients. You can substitute any ingredient or meals as necessary with other fitness optimizing 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  Mango	Breakfast  Mango	Breakfast  Soft Scrambled Eggs  Beautiful Bacon  Side of Berries & Banana	Breakfast	Breakfast	Breakfast	Breakfast
Lunch  Grilled Adobo Pork Chops  Honey Glazed Carrots	Lunch  Quick Taco Salad with Avocado (leftover)	Lunch  Lamb Burgers (leftover)  Cucumber Mint Salad (leftover)	Lunch	Lunch	Lunch	Lunch
Dinner  Quick Taco Salad with Avocado	Dinner  Lamb Burgers  Cucumber Mint Salad	Dinner  Grilled Salmon  Rosemary Grilled Asparagus	Dinner	Dinner	Dinner	Dinner

Meal Plan Summary

Monday

Breakfast

Mango (p.5)

Lunch

Grilled Adobo Pork Chops (p.5) , Honey Glazed Carrots (p.5)

Dinner

Quick Taco Salad with Avocado (p.6)

Tuesday

Breakfast

Mango (p.5)

Lunch

Quick Taco Salad with Avocado (leftover) (p.6)

Dinner

Lamb Burgers (p.6) , Cucumber Mint Salad (p.7)

Wednesday

Breakfast

Soft Scrambled Eggs (p.7) , Beautiful Bacon (p.8) , Side of Berries & Banana (p.8)

Lunch

Lamb Burgers (leftover) (p.6) , Cucumber Mint Salad (leftover) (p.7)

Dinner

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

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 pound asparagus
- 1 carrot
- 2 tablespoons fresh mint leaves
- 1/3 teaspoon fresh rosemary
- 1/4 cup berries
- 2 cucumber
- 2 tablespoons fresh parsley
- 2 1/2 ounces lettuce

Non-refrigerated

- 1 avocado
- 1/3 lemon
- 1 teaspoon minced garlic
- 1/2 red onion
- 1/4 banana
- 2 mango
- 3/4 teaspoon minced onion

Meat/Seafood

- 1/4 pound bacon
- 1 ground beef
- 1/4 pound salmon
- 2/3 pound bone-in pork chops
- 3/4 pound ground lamb

Eggs & Dairy

- 1 tablespoon butter
- 2 egg

Spices

- 3/4 teaspoon Adobo seasoning
- 3/4 teaspoon cumin
- ground black pepper
- 1/8 teaspoon sea salt
- 1 1/4 teaspoons coarse sea salt
- 2 1/2 teaspoons dried mint
- 1 tablespoon paprika
- 1 tablespoon taco seasoning

Sweeteners & Baking Supplies

- 1 tablespoon honey
- 1/4 teaspoon vanilla

Vinegar and Oils

- 2 tablespoons apple cider vinegar
- 5 tablespoons extra virgin olive oil
- 3 3/4 teaspoons coconut oil

Drinks

- 1/2 cup water

Mango

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



Ingredients

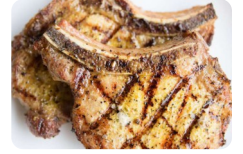
1 mango

How to prepare

1. Peel and slice mangoes. Enjoy!

Grilled Adobo Pork Chops

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



Ingredients

2/3 pound bone-in pork chops
3/4 teaspoon Adobo seasoning

How to prepare

1. Remove pork chops from the refrigerator and allow to come up to temperature while the grill is preheating.
2. Sprinkle Adobo seasoning on both sides.
3. Reduce grill heat to medium, and grill for 4-5 minutes per side, or desired doneness.

Publisher's note

This recipe was contributed by Bill and Hayley of PrimalPalate.com - @primalpalate on Instagram.

Honey Glazed Carrots

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



Ingredients

1 large carrot
1/4 teaspoon coarse sea salt
1 tablespoon butter
1 tablespoon honey
1/4 teaspoon vanilla

How to prepare

1. Peel and cut carrots on the diagonal into half inch slices.
2. Boil the carrots in water for approximately 15 minutes, or until tender. Drain and set aside.
3. Melt butter in a skillet over medium-high heat. Add honey and vanilla, and stir until dissolved.
4. Reduce heat to medium and add carrots. Cook for 2 minutes, stirring until carrots are glazed on all sides. Serve hot.

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

Notes

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

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.

Lamb Burgers

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



Ingredients

3/4 pound ground lamb
1 teaspoon minced garlic
2 1/2 teaspoons dried mint
3/4 teaspoon coarse sea salt
3/4 teaspoon cumin
1 tablespoon paprika
3/4 teaspoon minced onion
ground black pepper, to taste
1 1/2 teaspoons coconut oil, as needed

How to prepare

1. Place in a large bowl, add all the ingredients except for coconut oil and, using clean hands, combine the ingredients well and form into patties.
2. Cook on the grill set to medium-high heat or to cook stovetop, heat coconut oil in skillet on high heat. For either method, cook 3 minutes on the first side. Flip and cook for 3 minutes on the other side until medium-rare, longer if you prefer the burgers well done. Serve.

Cucumber Mint Salad

Active time: 15 minutes Total time: 15 minutes Servings: 2



Ingredients

2 large cucumbers
1/2 small red onion
2 tablespoons fresh parsley
2 tablespoons fresh mint leaves
2 tablespoons apple cider vinegar
3 tablespoons extra virgin olive oil
sea salt, to taste

How to prepare

1. Chop the cucumber, parsley and mint. Thinly slice the onion.
2. Combine the cucumbers, onion, parsley, and mint in a bowl.
3. In a small bowl, whisk the apple cider vinegar, olive oil, and sea salt.
4. Toss the dressing with the vegetables and serve.
5. Keep dressing separate and toss this salad right before serving.

Publisher's note

Photo: Kyle Johnson

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.

Side of Berries & Banana

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



Ingredients

1/4 cup berries

1/4 banana

How to prepare

1. Wash berries, slicing if necessary.
2. Peel and slice banana.
3. Serve.

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