
















## Skin Beauty Sample 3-Day Meal Plan

---

Welcome to the skin beauty nutrient-based eating meal plan. All of the foods this week include skin health promoting nutrients. You can substitute any ingredient or meals as necessary with other skin beautifying 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  5 Ingredient Go-To Green Smoothie	Breakfast  Soft Scrambled Eggs  5 Ingredient Go-To Green Smoothie	Breakfast  Soft Scrambled Eggs  Mango	Breakfast	Breakfast	Breakfast	Breakfast
Lunch  Chicken Zucchini Fritters	Lunch  Orange Rosemary Pork Chops (leftover)  Rosemary Grilled Asparagus (leftover)	Lunch  Sheet Pan Blueberry Glazed Salmon (leftover)	Lunch	Lunch	Lunch	Lunch
Dinner  Orange Rosemary Pork Chops  Rosemary Grilled Asparagus	Dinner  Sheet Pan Blueberry Glazed Salmon	Dinner  Chicken Taco Lettuce Cups	Dinner	Dinner	Dinner	Dinner

# Meal Plan Summary

## Monday

---

### Breakfast

5 Ingredient Go-To Green Smoothie (p.5)

### Lunch

Chicken Zucchini Fritters (p.5)

### Dinner

Orange Rosemary Pork Chops (p.6) , Rosemary Grilled Asparagus (p.6)

## Tuesday

---

### Breakfast

Soft Scrambled Eggs (p.7) , 5 Ingredient Go-To Green Smoothie (p.5)

### Lunch

Orange Rosemary Pork Chops (leftover) (p.6) , Rosemary Grilled Asparagus (leftover) (p.6)

### Dinner

Sheet Pan Blueberry Glazed Salmon (p.7)

## Wednesday

---

### Breakfast

Soft Scrambled Eggs (p.7) , Mango (p.5)

### Lunch

Sheet Pan Blueberry Glazed Salmon (leftover) (p.7)

### Dinner

Chicken Taco Lettuce Cups (p.8)

# Shopping List

## Real Plans

---

### Produce

#### Refrigerated

- 1 pound asparagus
- 1/2 pound Brussels sprouts
- 1 bunch cilantro
- 3 ounces spinach
- 1/2 cup blueberries
- 1/4 head butter lettuce
- 2 1/4 teaspoons fresh rosemary
- 1/2 zucchini

#### Non-refrigerated

- 1/2 avocado
- 1/2 lemon
- 1 mango
- 1 banana
- 3/4 teaspoon lime juice
- 1/2 shallot

#### Meat/Seafood

- 3/4 pound boneless pork chops
- 1/2 pound ground chicken
- 1/2 cup cooked chicken
- 3/4 pound salmon

#### Eggs & Dairy

- 4 egg

#### Spices

- 3/4 teaspoon coarse sea salt
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- taco seasoning
- 1/2 teaspoon cumin
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon sea salt

#### Vinegar and Oils

- 1 1/2 teaspoons avocado oil
- 2 tablespoons coconut oil
- 1/4 cup balsamic vinegar
- 2 tablespoons extra virgin olive oil

#### Canned/Jarred Goods

- 2 cups almond milk
- 1/4 cup beef broth

#### Deli & Prepared Foods

- 1/4 cup guacamole
- 1/8 cup salsa

#### Household

- aluminum foil

#### Supplements

- 2 tablespoons protein powder

#### Drinks

- 1 1/2 cups ice
- 1/4 cup water
- 1/4 cup orange juice

## 5 Ingredient Go-To Green Smoothie

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



### Ingredients

1/4 avocado  
1/2 banana, fresh or frozen  
3/4 cup ice  
1 1/2 ounces spinach, or greens of choice  
1 cup almond milk, or coconut milk  
1 tablespoon protein powder

### How to prepare

1. Peel and pit avocado. Peel bananas and cut into chunks.
2. Place all ingredients into a blender.
3. Blend until smooth and creamy and no chunks remain.
4. Serve and enjoy (or store in a mason jar with lid for up to 24 hours in refrigerator).

### Publisher's note

You may sub 1 cup fruit of choice such as green apple, frozen pineapple, or mango for each banana.

## Chicken Zucchini Fritters

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



### Ingredients

1/2 zucchini  
1/4 bunch cilantro  
1/2 pound ground chicken  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons onion powder  
sea salt, to taste  
ground black pepper, to taste  
1/2 teaspoon cumin  
1 1/2 teaspoons avocado oil, or oil of your choice

### How to prepare

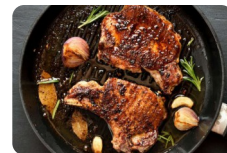
1. Spiralize or shred zucchini. Chop cilantro.
2. Mix all ingredients, except oil, well. It will be moist, not to worry!
3. Add avocado oil to your pan. Scoop about 1 1/2 inch sized balls to the pan, (I used a small scooper) and cook about 3-4 minutes on medium heat. Turn and press down cooking the other side.
4. Enjoy!

### Publisher's note

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

## Orange Rosemary Pork Chops

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



### Ingredients

1 1/2 teaspoons fresh rosemary  
1/2 shallot  
3/4 pound boneless pork chops  
1/8 teaspoon coarse sea salt  
1/8 teaspoon ground black pepper  
1 tablespoon extra virgin olive oil  
1/4 cup beef broth  
1/4 cup orange juice

### How to prepare

1. Chop rosemary. Peel and mince shallot.
2. Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove pork chops to a serving platter and cover to keep warm.
3. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes.
4. Pour sauce over pork chops and serve garnished with extra rosemary.

## Rosemary Grilled Asparagus

Active time: 10 minutes Total time: 20 minutes Servings: 2



### Ingredients

1 pound asparagus  
1 tablespoon coconut oil, or other solid cooking fat  
3/4 teaspoon fresh rosemary  
1/8 teaspoon sea salt  
1/4 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

## 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.

## Sheet Pan Blueberry Glazed Salmon

Active time: 20 minutes Total time: 30 minutes Servings: 2



### Ingredients

aluminum foil  
1/2 pound Brussels sprouts  
1/4 lemon  
3/4 pound salmon  
1/8 teaspoon extra virgin olive oil  
sea salt, to taste  
1/2 cup blueberries, fresh or frozen  
1/4 cup balsamic vinegar

### How to prepare

1. Line a baking sheet with aluminum foil. Slice Brussels sprouts in half. Slice lemon.
2. Place salmon and Brussels sprouts on baking sheet.
3. Drizzle sprouts and top of salmon with oil. Sprinkle sea salt over top.
4. Place baking sheet into a COLD oven.
5. Turn oven on to 400F and set timer for 25 minutes.
6. While fish and sprouts are cooking, add blueberries and balsamic vinegar to a pot. Bring to a boil and let reduce for 10 minutes, stirring occasionally.
7. When blueberry sauce is thickened, remove salmon from oven and pour blueberries all over salmon. Top with lemon slices and let cook additional 10 minutes, or until salmon is done.
8. Remove from oven and add a little more salt if desired.

### Publisher's note

This recipe was contributed by Jen of PretendItsADonut.com - @pretend\_its\_a\_donut on Instagram.

## Mango

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



### Ingredients

1 mango

### How to prepare

1. Peel and slice mangoes. Enjoy!

## Chicken Taco Lettuce Cups

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



### Ingredients

---

1/2 cup cooked chicken  
3/4 teaspoon lime juice  
taco seasoning, to taste  
1/4 head butter lettuce  
1/8 cup salsa, to taste  
1/4 cup guacamole, to taste

### How to prepare

---

1. Shred the cooked chicken and place into a large bowl. Generously sprinkle with taco seasoning to taste. Stir in lime juice.
2. Remove leaves from the head of lettuce. Rinse and pat dry.
3. Fill each leaf with seasoned chicken, salsa, and guacamole. Enjoy!