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Welcome to the mood nutrient-based eating meal plan. All of the foods this week include mood promoting nutrients. You can substitute any ingredient or meals as necessary with other mood 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
Breakfast  Mango	Breakfast  Mango  Soft Scrambled Eggs	Breakfast  Beautiful Bacon  Blueberries  Green Tea	Breakfast	Breakfast	Breakfast	Breakfast
Lunch  Grilled Adobo Pork Chops  Honey and Rosemary Roasted Carrots	Lunch  Zucchini and Cilantro Turkey Burgers (leftover)  Avocado (Side) (leftover)	Lunch  Quick and Easy Skillet Tri-Tip Steak (leftover)  Steamed Green Beans (DF) (leftover)	Lunch	Lunch	Lunch	Lunch
Dinner  Zucchini and Cilantro Turkey Burgers  Avocado (Side)	Dinner  Quick and Easy Skillet Tri-Tip Steak  Steamed Green Beans (DF)	Dinner  Barbecue Chicken  Cucumber Mint Salad	Dinner	Dinner	Dinner	Dinner

Meal Plan Summary

Monday

Breakfast

Mango (p.5)

Lunch

Grilled Adobo Pork Chops (p.5) , Honey and Rosemary Roasted Carrots (p.5)

Dinner

Zucchini and Cilantro Turkey Burgers (p.6) , Avocado (Side) (p.6)

Tuesday

Breakfast

Mango (p.5) , Soft Scrambled Eggs (p.6)

Lunch

Zucchini and Cilantro Turkey Burgers (leftover) (p.6) , Avocado (Side) (leftover) (p.6)

Dinner

Quick and Easy Skillet Tri-Tip Steak (p.7) , Steamed Green Beans (DF) (p.7)

Wednesday

Breakfast

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

Lunch

Quick and Easy Skillet Tri-Tip Steak (leftover) (p.7) , Steamed Green Beans (DF) (leftover) (p.7)

Dinner

Barbecue Chicken (p.9) , Cucumber Mint Salad (p.9)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 cup blueberries
- 1 bunch cilantro
- 1 tablespoon fresh mint leaves
- 2 1/4 teaspoons fresh rosemary
- 1 zucchini
- 1 carrot
- 1 cucumber
- 1 tablespoon fresh parsley
- 1/2 pound green beans

Non-refrigerated

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

Meat/Seafood

- 1/4 pound bacon
- 2/3 pound boneless chicken thighs
- 1 pound tri-tip
- 2/3 pound bone-in pork chops
- 1/2 pound ground turkey

Eggs & Dairy

- 2 egg

Spices

- 3/4 teaspoon Adobo seasoning
- 1/4 teaspoon cumin
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 2 teaspoons coarse sea salt
- 1 1/2 teaspoons garlic powder
- 1/4 teaspoon ground coriander
- sea salt

Sweeteners & Baking Supplies

- 1/8 cup honey

Vinegar and Oils

- 1 tablespoon apple cider vinegar
- 3 1/2 tablespoons extra virgin olive oil
- 3/4 teaspoon coconut oil

Drinks

- 8 ounces green tea
- 1/4 cup water

Mango

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



Ingredients

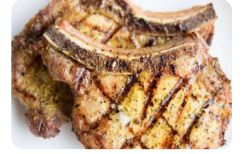
1 mango

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 and Rosemary Roasted Carrots

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



Ingredients

1 large carrot
1/8 cup water
1/8 cup honey, to taste
3/4 teaspoon fresh rosemary

How to prepare

1. Peel and halve lengthwise the carrots. Chop the rosemary.
2. Place the carrots in a large skillet with water. Cover and simmer 10 minutes over medium-low heat. Uncover. Add honey and rosemary. Simmer 5 minutes. Serve and enjoy!

Publisher's note

Photo: Toni Snelling

Zucchini and Cilantro Turkey Burgers

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



Ingredients

1/4 bunch cilantro
1 teaspoon minced garlic
1 medium zucchini
1/2 pound ground turkey
sea salt, to taste

Publisher's note

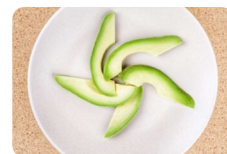
If you have reintroduced it, use black pepper to taste. Photo:Toni Snelling

How to prepare

1. Chop the cilantro.
2. Grate the zucchini with the grating blade of a food processor or a standard cheese grater. Pile grated zucchini onto a clean cotton dishtowel. Roll towel and twist both ends tightly until water begins to drain out of zucchini. Remove as much moisture as possible.
3. In a large bowl, mix all ingredients by hand. Form 4 large patties. Grill on medium heat, approximately 8 minutes per side. Serve and enjoy!

Avocado (Side)

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



Ingredients

1 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.

Quick and Easy Skillet Tri-Tip Steak

Active time: 20 minutes Total time: 25 minutes Servings: 2



Ingredients

1 1/2 teaspoons fresh rosemary
1 tablespoon extra virgin olive oil
1 1/2 teaspoons coarse sea salt
1/2 teaspoon ground black pepper
1 teaspoon garlic powder
1 pound tri-tip, approximately 1 inch thick

How to prepare

1. Heat olive oil in a large cast-iron or other heavy-duty skillet over medium-high heat.
2. Finely chop fresh rosemary.
3. Combine salt, pepper, garlic powder, and rosemary in a small bowl. Rub the salt mixture on all sides of the steak and place in the hot skillet. Sear steak on both sides, approximately 2 minutes per side.
4. Reduce heat to medium and continue cooking the steaks for another 6-8 minutes, turning once to cook evenly on each side. This will yield medium-rare to medium steaks (internal temperature of 145F - 160F). Cook for another 2-3 minutes for more well done steaks. For thinner steaks, reduce cooking time by 3-5 minutes.
5. Remove steaks from skillet and cover loosely. Rest for 5-10 minutes before serving. To serve, cut steaks in thin slices against the grain for more tender results.

Steamed Green Beans (DF)

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



Ingredients

1/2 pound green beans
coarse sea salt, to taste
1 tablespoon extra virgin olive oil

How to prepare

1. Trim the pointy ends off the green beans with a sharp knife.
2. Fill a sauce pan half-way with salted water and bring to a boil.
3. Add green beans and cook until tender, about 10 minutes. Turn off heat. Drain, and return to pan.
4. Toss with olive oil. Serve with sea salt to taste.

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.

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

Barbecue Chicken

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



Ingredients

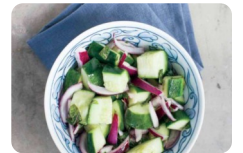
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon cumin
1/8 teaspoon ground black pepper
1/4 teaspoon coarse sea salt
2/3 pound boneless chicken thighs

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.

Cucumber Mint Salad

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



Ingredients

1 large cucumber
1/4 small red onion
1 tablespoon fresh parsley
1 tablespoon fresh mint leaves
1 tablespoon apple cider vinegar
1 1/2 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