



WFBW Whole Food Focus Meal Plan

ELEVATE YOUR GUT HEALTH &
IMPROVE ENERGY LEVELS!

Week 1

	Breakfast	Snack1	Lunch	Snack2	Dinner
Sunday	Chia Cherry Smoothie (1 serving per person)	Pears with Ricotta (1 serving per person)	Chicken Cucumber Boats (1 serving per person)	Pumpkin Coconut Trail Mix (1 serving per person)	Lentil Beef Chili (1 serving per person)
Monday	Chia Cherry Smoothie (1 serving per person)	Banana and Peanut Butter Toast (1 serving per person)	Roasted Veggie Quinoa Salad (1 serving per person)	Watermelon Cube Salad with Feta and Mint (1 serving per person)	Lentil Beef Chili (1 serving per person)
Tuesday	Eggless Breakfast Hash (1 serving per person)	Carrots and Guacamole (1 serving per person)	Roasted Veggie Quinoa Salad (1 serving per person)	Cottage Cheese with Raspberries (1 serving per person)	Mediterranean Stuffed Peppers (1 serving per person)
Wednesday	Eggless Breakfast Hash (1 serving per person)	Cottage Cheese with Raspberries (1 serving per person)	Turkey Sausage with Cucumber Tomato Salad (1 serving per person)	Banana and Peanut Butter Toast (1 serving per person)	Mediterranean Stuffed Peppers (1 serving per person)
Thursday	Protein Granola Bars (1 serving per person)	Cucumbers and Hummus (1 serving per person)	Turkey Sausage with Cucumber Tomato Salad (1 serving per person)	Carrots and Guacamole (1 serving per person)	Garlic Shrimp and Greens (1 serving per person)
Friday	Protein Granola Bars (1 serving per person)	Pumpkin Coconut Trail Mix (1 serving per person)	Balsamic Chicken & Burrata Salad (1 serving per person)	Hard-Boiled Eggs with Apple (1 serving per person)	Garlic Shrimp and Greens (1 serving per person)
Saturday	Blueberry Tahini Bliss (1 serving per person)	Greek Yogurt and Apple (1 serving per person)	Balsamic Chicken & Burrata Salad (1 serving per person)	Cucumbers and Hummus (1 serving per person)	Teriyaki Chicken Bowl (1 serving per person)

DAILY AVERAGES

Calories : 1745.48 Fat : 76.79 g Carbs : 158.20 g Protein : 116.80 g Fiber : 36.93 g Sugar : 52.74 g

Shopping List

Number of people: 1

Seasoning

- 7.5 dash [0.75 g] Black Pepper
- 0.625 tsp [1.44 g] Cinnamon
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp, ground [0.9 g] Oregano
- 0.5 tsp [0.9 g] Red or Cayenne Pepper
- 0.25 tsp [1.5 g] Salt
- 0.9 tsp [1.98 g] Turmeric (Ground)
- 0.25 tsp [0.53 g] Black Pepper
- 1.5 tsp [3.15 g] Cumin
- 0.5 tsp [0.9 g] Ginger (Ground)
- 1 tbsp [1.6 g] Peppermint (Mint)
- 3.5 dash [1.4 g] Salt
- 5 dash [2 g] Sea Salt

Cherries

- 2 cups [310 g] Frozen Cherries

Dairy

- 2 cups [450 g] 1% Low Fat Cottage Cheese
- 1.5 tbsp [19.2 g] Clarified Butter Ghee
- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 2 oz [56 g] Burrata Cheese
- 2 cups [480 g] Kefir (Whole Milk)

Beans/Nuts/Grains

- 0.4 cup [93.75 g] Almond Butter
- 3.5 tbsp [49 g] Chia Seeds
- 2 tbsp [17.6 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 0.4 cup [42 g] Pumpkin Seeds
- 1.5 tsp [4.5 g] Sesame Seeds
- 0.5 cup [100 g] Brown Lentils
- 2 tbsp [14 g] Chopped Walnuts
- 2 tbsp [32 g] Peanut Butter
- 0.5 cup [45 g] Rolled Oats Gluten Free
- 1 tbsp [15 g] Tahini

Beverages

- 0.8 cup [183.75 g] Oat Milk
- 0.5 cup (8 fl oz) [118.5 g] Water

Nuts

- 40 almond [48 g] Almonds
- 15 nut [9 g] Pistachio Nuts

Fruit

- 2 apple Apples
- 1 medium [118 g] Banana
- 3 tbsp [42 g] Lemon Juice
- 1 medium [166 g] Pear
- 1 avocado [136 g] Avocado
- 2 tbsp [20 g] Dried Wild Blueberries
- 0.25 fruit [16.75 g] Lime
- 1.5 tsp [3 g] Unsweetened Shredded Coconut

Cheese

- 1 oz [28.35 g] Feta Cheese
- 0.3 cup [61.5 g] Ricotta Cheese
- 0.13 cup, crumbled [17.5 g] Goat Cheese

Meat/Fish/Poultry

- 9 oz [255.15 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 16 oz [448 g] Ground Turkey
- 16 oz [448 g] Skinless Chicken Breast
- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 12 oz [340.8 g] Shrimp

Vegetable Oil

- 2 tsp [9 g] Olive Oil
- 1 tablespoon [13.5 g] Olive Oil

- 4 cups [120 g] Baby Spinach
- 4 medium [244 g] Carrot
- 14 oz [396.9 g] Crushed Tomatoes (Canned)
- 1 small (6-3/8" long) [158 g] Cucumber
- 6 clove [18 g] Garlic
- 1 cup, chopped [21 g] Kale
- 2 cup, chopped [140 g] Mushrooms
- 0.38 cup, chopped [60 g] Onions
- 3.25 medium (approx 2-3/4" long, 2-1/2" dia) [370.5 g] Red Bell Pepper
- 1.5 cups [150 g] Riced Cauliflower
- 0.5 onion [55 g] Yellow Onions
- 3 oz [85.05 g] Zucchini (Frozen)

Coconuts

- 1 1 oz [28 g] Coconut Chips (Dang)

Hamburgers

- 16 oz [453.6 g] Ground Beef (95% Lean / 5% Fat)

Miscellaneous

- 1.5 tsp [7.5 g] Apple Cider Vinegar
- 1 tbsp [15 g] Balsamic Glaze
- 0.5 cup [120 ml] Chicken Broth
- 1.5 tsp [10.5 g] Honey
- 0.5 tbsp, ground [0.9 g] Oregano
- 1 tbsp [14 g] Soy Sauce
- 0.5 tsp [2 g] Za'atar Seasoning

Bread

- 2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread

Quinoa

- 0.8 cup [127.5 g] Quinoa
- 0.75 cup, cooked [120 g] Quinoa (Cooked)

Tomatoes

- 1 cup [149 g] Cherry Tomatoes

Potatoes

- 1 sweetpotato, 5" long [130 g] Sweet Potato
- 2 cup, cubes [266 g] Sweet Potato

Juice

- 1 lemon yields [47 g] Lemon Juice

Melons

- 1 cup, diced [152 g] Watermelon

Dips

- 0.8 cup [174.76 g] Guacamole
- 0.5 cup [123 g] Hummus

Berries

- 1 cup [155 g] Frozen Blueberries
- 0.5 cup [61.5 g] Raspberries

Syrup

- 1.5 tbsp [31.5 g] Honey

Rice

- 0.75 cup, dry, yields [427.5 g] White Rice

Eggs

- 4 beet (2" dia) [328 g] Beets
- 10 tomato [170 g] Cherry Tomatoes
- 1 medium (7" long) [201 g] Cucumber
- 1 medium [201 g] Cucumber
- 1 stalk [15 g] Green Onions
- 1 cup [20 g] Microgreens
- 0.5 small [35 g] Onions
- 1 medium [114 g] Orange Bell Pepper
- 1 tbsp, chopped [5 g] Red Onions
- 1 cup [85 g] Whole Pod Edamame
- 2 cup, chopped [248 g] Zucchini

- 2.3 tbsp [31.5 g] Avocado Oil
- 2 cups [480 g] Beef Bone Broth
- 0.75 scoop [15 g] Collagen Powder
- 2 tbsp [28 g] Olive Oil
- 1 tsp, ground [0.6 g] Oregano
- 1.5 tsp [7.4 g] Water

- 2 large [100 g] Egg

Protein Powder

- 1 scoop [24 g] Organic Vegan Protein Powder

Dried Fruit

- 1 date, pitted [24 g] Medjool Dates