

2- WEEK MEAL PLAN



Designed by your personal dietitian, Kristen Brogan, this meal plan will teach you how to prepare and plan out your days to help you to reach your goals and become a more mindful eater.

As you go, you can mix and match different offerings or make your own versions of this meal plan. Use the **Food Target** and **Target To Table** Cookbook as your guide to shopping, cooking, and eating. The Cookbook contains over 100 healthy and delicious recipes that are quick and easy. You can find many healthy ingredients for these recipes at your local grocery store.

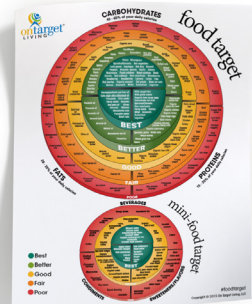
Note: Timing of meals and snacks may vary according to your schedule. Try to eat every 3-4 hours for better energy and metabolism.

3 TIPS TO MAKE YOUR PROGRAM COUNT

- Ideally, you want to fit in some form of movement every day, whether it is a walk, run, workout, yoga class, or some form of play. Just move! Also, try to get natural sunlight at least 10-30 minutes each day for better sleep and mood.
- Aim for 7-9 hours of planned sleep each night to balance hormones & help with weight loss.
- Drink ½ body weight in ounces of water between meals & snacks for better energy & digestion.

HOW-TO ADD SUPERFOODS TO YOUR MEAL PLAN

If looping in the 3 big superfoods, here is an example of what your daily superfood schedule should be for best absorption and greatest benefits.



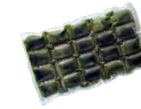
Wheatgrass: Preferably first thing in the morning before breakfast on an empty stomach

Cod Liver Oil: Immediately after wheatgrass or sometime before or after breakfast

Spirulina/Chlorella: 10 tablets mid-morning and 10 tablets mid-afternoon

Just as calories are not created equal, the same is true of superfoods. To make this lifestyle easy, convenient and affordable, I have gathered these high-quality superfoods here: www.shop.ontargetliving.com

SUPER FOODS



Wheatgrass
2 - 5 ice cubes per day in water



Spirulina/Chlorella
10 - 20 tablets per day - swallow, do not chew!



Cod Liver Oil
1-2 TBS/day



Flax or Chia Seeds
1 - 2 TBS/day - add to cereal, smoothie or juice



Organic Coconut oil
1 TBS/day - Use as a spread, cooking oil, or sub for butter



Cacao Nibs
1-2 TBS/day - Add to smoothies, oatmeal, or trail mix

BENEFITS

Highest source of minerals, powerful detoxifier, aids digestion, helps with metabolism, and decreases inflammation.

This fresh water algae is super high in energizing and detoxifying chlorophyll and helps to build the immune system and improve digestion. It is also a great source of protein. (Perfect travel multi-vitamin)

This omega 3 fat contains EPA & DHA all of which contribute to a healthy heart, brain, hormonal balance, and decreased inflammation. Cod liver oil also helps to improve energy, mood, metabolism and aids in weight loss.

These super seeds are high in omega 3s (ALA) and fiber and contain anti fungal, antibacterial, and anticancer properties. They are great for balancing hormones and improving digestion. Flaxseeds must be ground to reap their wonderful benefits.

This is a healthy saturated fat especially helpful for digestion and metabolism.

This raw unprocessed form of chocolate is extremely high in the calming mineral magnesium helping the mind and body to de-stress and relax. Magnesium rich foods tend to be extremely helpful for sleep.

MONDAY

- 8:30am:** Breakfast - **Oatmeal on the Go**
- 11:30am:** Snack - Banana, raw macadamia nuts
- 1:00pm:** Lunch - Mixed Greens Salad (*Add chopped veggies, hemp seeds and mixed greens in a large bowl and toss with extra virgin olive oil & balsamic vinegar dressing*)
- 4:00pm:** Snack - Smoothie (*add frozen fruit, spinach, carrot juice, coconut water, cacao nibs, and chia seeds to a blender & mix*)
- 6:00pm:** 1 glass of mineral water with lemon/lime while preparing dinner
- 7:00pm:** Dinner - **Easy Cookie Sheet Dinner**

TUESDAY

- 8:30am:** Breakfast - Free-range scrambled eggs with baby kale, organic goat cheese, mushrooms and a side of fresh fruit
- 11:30am:** Snack - Healthy food bar (*look at ingredients; healthy options include Rx Bars, That's It Bars, Raw Revolution Bars*)
- 1:00pm:** Lunch - "PB & J" (*Almond butter and apple butter on sprouted grain toast with a side of carrot sticks and hummus*)
- 4:00pm:** Snack - Chia Seed Pudding (*Mix 2 tbsp. chia seeds with ¼ cup of 100% Pomegranate juice or coconut milk, let sit 10 minutes before eating with a spoon*)
- 7:00pm:** Dinner - Pan-seared wild-caught salmon, quinoa, and baked Brussels sprouts
*Prepare **Overnight Oats with Figs & Apples**

WEDNESDAY

- 8:30am:** Breakfast - **Overnight Oats with Figs & Apples**
- 11:30am:** Snack - Trail mix (*raw nuts and dried fruit*)
- 1:00pm:** Lunch - **Broccoli Salad**
- 4:00pm:** Snack - Dried mangos (*www.shop.ontargetliving.com*)
- 6:00pm:** 1 glass of mineral water with lemon while preparing dinner
- 7:00pm:** Dinner - Turkey Burgers (*Form organic ground turkey, chopped onions, salt and pepper into patties and cook. Assemble on pretzel bun and top with organic cheese, avocado and serve with mixed greens side salad.*)

THURSDAY

- 8:30am:** Breakfast - Peanut Butter Bomb or R & R Smoothie
- 11:00am:** Herbal Tea (*Turmeric, Ginger, Peppermint, or Chamomile*)
- 1:00pm:** Lunch - **Superfoods Salad**
- 4:00pm:** Snack - Guacamole & organic blue corn tortilla chips
- 7:00pm:** Dinner - **Turmeric & Sesame Chicken**

FRIDAY

- 8:30am:** Breakfast - **Superhero Quinoa Breakfast**
- 11:00am:** Snack - Sundried Bananas (*shop.ontargetliving.com*)
- 1:00pm:** Lunch - Soup (*Amy's Lentil, Vegetable Lentil or Homemade Very Veggie Soup*)
- 4:00pm:** Snack - Sliced apple lightly drizzled with raw honey and cinnamon
- 7:00pm:** Dinner - **Basic Breaded Chicken**

SATURDAY

- 8:30am:** Breakfast - **Spinach & Feta Quiche**
- 11:00am:** Snack - Apple sauce with cinnamon, raisins and walnuts
- 1:00pm:** Lunch - **Awesome Chicken Salad on Sprouted Grain or Coconut Wrap**
- 4:00pm:** Snack - **Honey Flax Energy Bites**
- 7:00pm:** Dinner - Taco night (*Cook ground grass-fed beef with homemade taco seasoning. Serve with organic taco shells, guacamoney, lettuce, tomato, organic refried black beans a side of organic long grain brown rice, and sautéed red and green peppers*)

SUNDAY

- 8:30am:** Breakfast - **Nutzo Granola** with sliced bananas
- 11:00am:** Snack - Pumpkin seeds
- 1:00pm:** Lunch - **White Bean Chicken Chili**
- 4:00pm:** Snack - Coconut Water
- 7:00pm:** Dinner - **Indian Style Shrimp**

MONDAY

8:30am: Breakfast - **Oatmeal on the Go** (for a new version add ½ cup raw oats, ½ cup coconut milk, 1 tsp. cinnamon, 2 tbsp. goji berries, 2 tbsp. pecans, 1 tbsp. cacao nibs to a plastic container and put in refrigerator overnight)

11:30am: Snack - Celery with natural peanut butter

1:00pm: Lunch - **Goddess Salad**

3:00pm: 8 oz. of water with ¼ cup of apple cider vinegar and 1 tsp. honey

7:00pm: Dinner - Roasted Whole Chicken (Bake a 3 to 5 pound chicken at 375°F for 90-120 minutes or until juices run clear, basting with it's own juices every 45 minutes. Serve with mashed red skin potatoes and baked broccoli)

TUESDAY

8:30am: Breakfast - Over-Easy Eggs & Toast (Make over easy free-range eggs and serve with sprouted bread with virgin coconut oil spread & a side of apple sauce with cinnamon)

11:30am: Snack - Orange

1:00pm: Lunch - Chicken Sandwich (Use leftover chicken from dinner and add lettuce, tomato, avocado, & avocado oil mayo to toasted sprouted grain bread)

6:00pm: 1 glass of mineral water with lemon while preparing dinner

7:00pm: Dinner - Fish & Chips (Take small pieces of cod and dip into egg wash and organic breadcrumbs or organic white unbleached flour. Lightly pan fry in extra virgin olive oil on each side. Serve with sliced baked red skin potatoes, and **Kale Chips**).

8:00pm: Hot water with lemon

WEDNESDAY

8:30am: Breakfast - Organic Greek yogurt with **Traverse City Cherry Granola** and fresh berries

11:30am: Snack - Kombucha or herbal tea

1:00pm: Lunch - Egg Salad (Make egg salad with chopped celery, chives and avocado oil mayo and top on a bed of mixed greens)

4:00pm: Snack - Chopped fresh mango with shredded coconut

7:00pm: Dinner - **Sweet Potato Shepard's Pie**

THURSDAY

8:30am: Breakfast - Mint Chocolate Chip Smoothie (Combine 2 bananas, 1 large can coconut water, ¼ cup of macadamia or Brazil nuts, ½ cup unsweetened shredded coconut, ¼ cup hemp seeds, 4 pitted dates, 1 cup of fresh mint leaves, 1 cup of spinach, handful of ice, & ¼ cup of cacao nibs in blender; Serves 2)

11:00am: Snack - Handful of almonds

1:00pm: Lunch - Snack Plate (Hummus, veggies, 3 slices of raw goat's milk cheddar cheese, organic/whole grain crackers, sliced tomatoes & sliced avocados with salt and pepper)

4:00pm: Hot water with lemon and fresh ginger

7:00pm: Dinner - **Marinated Flank Steak** with **Pearl Couscous & Figs** and sautéed spinach

FRIDAY

8:30am: Breakfast - **Slow Cooker Blueberry Breakfast Crisp**

11:00am: Snack - Apple with almond butter

1:00pm: Lunch - **Black Bean Mango Salad** with organic blue corn tortilla chips

4:00pm: Snack - 2 Dried figs & ¼ cup of walnuts

7:00pm: Dinner - **Basic Breaded Chicken** (Serve with roasted cauliflower & purple potatoes with truffle oil)

8:30am: Dessert - **Banana Ice Cream**

SATURDAY

8:30am: Breakfast - **Smokey Salmon Hash**

11:00am: Snack - Applesauce with cinnamon, raisins and walnuts

1:00pm: Lunch - **Lettuce Wraps**

4:00pm: Snack - **Coconut Oil Kettle Corn**

7:00pm: Dinner - Spaghetti Night (Cook ground bison and top with organic tomato sauce. Serve with organic noodles or use spaghetti squash in place of noodles and serve with baked asparagus)

SUNDAY

8:30am: Breakfast - **Oatmeal Pancakes** and fresh fruit

1:00pm: Lunch - **Beet Salad**

4:00pm: Snack - **Apricot Almond Coconut Bars**

7:00pm: Dinner - **Butternut Squash Soup**