From the editors of
Women’s Health

Eat What You Love
THE 80/20 MEAL PLAN
FOR EASY WEIGHT LOSS
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PHOTOGRAPHY BY MITCH MANDEL
The rules of an 80/20 diet are pretty simple. Eat healthy 80% of the time, then indulge the other 20% of the time. This basic strategy has helped countless people lose weight thanks to its nothing-off-limits nature. On this plan you can eat pizza, tacos, and ice cream (yes!). By limiting more indulgent items to 20% of the time, you’ll never go weeks without a treat, which makes 80/20 a sustainable alternative to restrictive diets.
The beauty of this plan, developed with Sarah Mirkin, R.D.N, is that it’s so flexible. But to do it right, there are some things to keep in mind.

**BE MINDFUL OF PORTION SIZES**
Overeating during your 20% window can undermine the efforts you logged during your 80% window. But don’t stress about every calorie. We designed this plan with a little wiggle room. While you generally want to aim for 300-350 calories for your daily treat, you can also just be mindful of portion size (and ultimately don’t have to stress about it since the rest of your diet is so nutrient-packed!).

**LISTEN TO YOUR BODY**
Tune into your body’s satiety signals. Eat slowly and take note of how you’re feeling throughout your meal to help you stop eating when you’re full. Also, be sure to check out our mindful eating tips starting on page 7!

**LOAD UP ON PROTEIN**
This plan carefully combines the perfect blend of metabolism-boosting lean protein while staying within a healthy calorie range for each day. Research shows that reducing calories while consuming adequate protein is the best way to safeguard your lean muscle mass while maximizing fat loss.

**MIX THINGS UP**
Focus on a variety of nutrients. During every day of this plan, you’ll get the right amount of healthy fat and good-for-you carbs to up your energy while minimizing cravings. Whole grains, fruits, veggies, and low-fat dairy are all good choices to round out your 80%.
How the Plan Works

You can follow this plan to kickstart your weight loss, or you can repeat it multiple times. Each day, eat the suggested breakfast, lunch, dinner, and designated snack. Anywhere you see “Eat What You Want” is your 20%.

THE 80

Anywhere a recipe or food suggestion is listed out is part of your 80%

THE 20

Any Eat What You Want is part of your 20%
How Much Can I Indulge?

Feel free to eat more indulgent foods whenever you see “Eat What You Want.” This could be anything from chips to cookies to wine. Just be sure to avoid overeating in these windows. We’ve factored your 20% into every day of this plan, so you’ll never go weeks without a little something indulgent.

Make it your goal to stay within the 300-350 calorie range for every “Eat What You Want.” You likely won’t be craving much more than that because your breakfasts, lunches, and dinners are loaded with filling, good-for-you ingredients. You can consume these calories in one of two ways:

- **1 MINI MEAL**
  This would be a larger portion than a snack, with some protein mixed in.

- **OR**

- **2 SNACKS**
  Split these up throughout the day. This could be 3 store-bought cookies after lunch and ½ cup ice cream after dinner, for example.
Mindful eating, or being mentally present for every bite of food you take, can have positive impacts on your mind and body. Research that looked at multiple studies on mindful eating found that participants ended up losing weight in every. Single. Study. Not only that, but people usually continued to drop pounds over a follow-up period. Follow these tips to bring the practice into your own life:

CONTINUED
1. AIM TO MAKE MEALS LAST FOR 20 MINUTES
Slowing down helps you get in touch with your hunger and fullness cues—and if you look at it as a game instead of a mandate, you’ll be able to have more fun with it. Some strategies that can help you get there: putting down your fork between bites and starting with a smaller serving than you’d normally get (you can always grab seconds if you’re still hungry later).

2. CHECK IN WITH YOURSELF BEFORE EATING
Ask yourself if you want to eat because you’re stressed or if you’re genuinely hungry. If you are, that’s totally normal! But maybe try something else first—like yoga, journaling, or even just taking a few deep breaths—to see if that helps.

3. THINK ABOUT YOUR FAVE FEEL-GOOD FOODS
If you’re planning to splurge on a treat, make it something you really love. Make sure to savor each bite and stop when you’re not really enjoying it anymore. The most pleasure usually comes from the first bite, so you may not even need to eat the whole thing to feel satisfied.

4. GIVE EVERY BITE 100% OF YOUR ATTENTION
Don’t eat when you’re working, reading, or watching TV. No way around this tip. It’ll take some practice and may feel weird at first, but it’ll become easier with time—promise.

Ready to get started? Check out your entire week at a glance below, then read on for every delicious recipe!
The Meal Plan

Day 1

BREAKFAST
Blueberry Muffin Parfait

LUNCH
Mediterranean Mason Jar Salad

SNACK
Green Hummus and Veggies

DINNER
Chicken Stir-Fry

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks

Day 2

BREAKFAST
Cafe Mocha Smoothie

SNACK
¾ cup plain fat-free Greek yogurt mixed with ¾ cup raspberries

LUNCH
Chicken and Bacon Pizza

DINNER
Poached Salmon with Steamed Vegetables

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks

Day 3

BREAKFAST
Pear-Ginger Smoothie

SNACK
Banana Peanut Butter Parfait

LUNCH
Red Pepper Pesto Egg Pita

DINNER
Chicken Tacos with Tangy Guacamole

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks

Day 4

BREAKFAST
Frittata Muffins

LUNCH
Rainbow Chard Chicken Wrap

SNACK
Kale Chips

DINNER
Hearty Lasagna

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks

Day 5

BREAKFAST
Banana-Almond Protein Smoothie

SNACK
Two large organic hard-boiled eggs

LUNCH
Chicken Salad Sandwich

DINNER
Pesto Chicken Bake

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks

Day 6

BREAKFAST
Bacon-Almond Pancakes

SNACK
¾ cup (1%) low-sodium cottage cheese mixed with ½ cup blueberries

LUNCH
Healthy Egg Salad

DINNER
Spaghetti Squash Bolognese

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks

Day 7

BREAKFAST
Avocado Egg Boat with Smoked Salmon

SNACK
¾ cup plain Greek yogurt mixed with ½ cup grapes

LUNCH
Portobello Turkey Burger with Bruschetta

DINNER
Arugula Salad with Zucchini Ribbons

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks
Day 1

BREAKFAST

Blueberry Muffin Parfait

LUNCH

Mason Jar Mediterranean Salad

SNACK

Green Hummus and Veggies

DINNER

Chicken Stir-Fry

EAT WHAT YOU WANT

1 Mini Meal or 2 Snacks
BLUEBERRY MUFFIN PARFAIT
Blueberry Muffin Parfait

ACTIVE TIME: 2 MIN / COOK TIME: 5 MIN
SERVES 1

DIRECTIONS

1. Lightly grease a large mug or ramekin. In a small bowl, combine the almond flour, coconut flour, flaxseed, baking powder, cardamom or cinnamon, and salt. Mix in the egg, applesauce or banana, and milk until fully incorporated. Stir in 2 Tbsp of the blueberries, then pour the mixture into the prepared mug.

CONTINUED
2. Microwave on high until a toothpick inserted into the center comes out clean, 1 to 1 ½ minutes. Cool briefly until cool enough to handle.

3. Crumble half the muffin into the bottom of a small jar, bowl, or parfait glass. Top with half the yogurt. Repeat layers with the remaining muffin and yogurt. Top with the remaining 2 Tbsp blueberries and enjoy.

*PER SERVING* 310 cal, 14 g fat (4 g sat), 22 g pro, 531 mg sodium, 25 g carb, 16 g sugar, 6 g fiber
Mason Jar Mediterranean Salad

ACTIVE TIME: 7 MIN / COOK TIME: 10 MIN
SERVES 1

1  Tbsp olive oil
2  Tbsp lemon juice
¼  tsp dried oregano
Pinch of salt
Pinch of ground black pepper
½  medium cucumber, chopped
1  3-oz can unsalted tuna in water, drained
¼  cup crumbled feta cheese
8  kalamata olives, pitted
1  medium tomato, chopped
2  cups baby spinach, rinsed

DIRECTIONS

1. To a 1-qt mason jar, add the olive oil, lemon juice, oregano, salt, and pepper. Screw on the lid and shake vigorously.

2. In the mason jar, layer the remaining ingredients in the following order: cucumber, tuna, feta, olives, tomato, and spinach. Replace the lid and refrigerate until ready to take.

3. To eat, shake the jar into a bowl or onto a plate; that should be enough to coat the salad with the dressing. If not, gently toss with a fork.

PER SERVING 403 cal, 27 g fat (6 g sat), 28 g pro, 942 mg sodium, 14 g carb, 6 g sugar, 4 g fiber
SNACK

GREEN HUMMUS AND VEGGIES
**Green Hummus and Veggies**

**ACTIVE TIME: 5 MIN / COOK TIME: 5 MIN**

**SERVES 4**

1 15.5-oz can chickpeas, drained and rinsed  
½ cup chopped kale  
⅛ cup full-fat plain Greek yogurt  
Juice of 1 lemon  
1 Tbsp chia seeds  
1 Tbsp tahini  
Salt and ground black pepper, to taste  
2 Tbsp sunflower kernels  
8 asparagus spears, ends trimmed  
1 cup broccoli florets  
1 medium carrot, cut into sticks

**DIRECTIONS**

Place the chickpeas, kale, yogurt, lemon juice, chia seeds, and tahini in a food processor and process until smooth. If necessary, add water by the Tbsp to thin. Season to taste with salt and pepper and transfer to a dish. Sprinkle with the sunflower kernels and serve with the vegetables.

**PER SERVING** 154 cal, 7 g fat (1 g sat), 9 g pro, 257 mg sodium, 18 g carb, 2 g sugar, 6 g fiber
Chicken Stir-Fry

ACTIVE TIME: 5 MIN / COOK TIME: 8 MIN
SERVES 4

DIRECTIONS

1. In a small bowl, combine the soy sauce and honey. Set aside.

2. Heat the oil in a large skillet or wok over medium-high heat. Add the asparagus, broccoli, and garlic. Cook for 4 minutes, stirring frequently. Toss in the chicken and soy sauce mixture and heat thoroughly, 1 to 2 minutes.

3. Divide the rice among 4 bowls, top with the chicken mixture, and sprinkle with the sesame seeds.

PER SERVING 418 cal, 12 g fat (2 g sat), 34 g pro, 213 mg sodium, 43 g carb, 5 g sugar, 6 g fiber

1 Tbsp reduced-sodium soy sauce
2 tsp honey
2 Tbsp sesame oil
1 bunch asparagus, ends trimmed and stalks cut into 1-inch pieces
1 cup broccoli florets
1 clove garlic, minced
10 oz (about 2 1/2 cups) cooked chicken breast, sliced
4 cups cooked brown rice
1 Tbsp sesame seeds
Day 2

BREAKFAST
Cafe Mocha Smoothie

VIEW RECIPE

SNACK
¾ cup plain fat-free Greek yogurt mixed with ¾ cup raspberries

LUNCH
Chicken and Bacon Pizza

VIEW RECIPE

DINNER
Poached Salmon with Steamed Vegetables

VIEW RECIPE

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks
Cafe Mocha Smoothie

ACTIVE TIME: 2 MIN / COOK TIME: 1 MIN
SERVES 1

⅔ cup chilled brewed coffee
1 frozen banana, cut into chunks
½ cup whole milk
½ cup ice cubes
1 scoop unsweetened vanilla or chocolate whey protein powder
1 Tbsp unsweetened cocoa powder

DIRECTIONS

In a blender, combine the coffee, banana, milk, ice, protein powder, and cocoa powder. Blend until frothy, about 1 minute.

PER SERVING 285 cal, 6 g fat (3.5 g sat), 23 g pro, 102 mg sodium, 41 g carb, 22 g sugar, 6 g fiber
Chicken and Bacon Pizza

**ACTIVE TIME: 5 MIN / COOK TIME: 12 MIN**

**SERVES 1**

- ½ tsp olive oil
- ½ tsp minced garlic
- 1 cup fresh baby spinach, rinsed
- 1 low-carb whole wheat tortilla (8-inch diameter) (We like La Tortilla Factory’s organic non-GMO tortillas.)
- 1 Tbsp grated Parmesan cheese
- 2 oz (⅓ cup) cooked chicken breast (from a rotisserie chicken), shredded
- 1 slice low-sodium turkey bacon, cooked and crumbled
- 1 oz (¼ cup) shredded mozzarella cheese

**DIRECTIONS**

1. Heat the oven to 400°F.
2. In a nonstick skillet over low heat, warm the oil and garlic until the garlic sizzles, about 1 minute. Add the spinach. Cook, tossing, until spinach is wilted, about 2 minutes.
3. Set the tortilla on a baking sheet and sprinkle with Parmesan. Top with the spinach, then the chicken, bacon, and mozzarella. Bake for 7 to 10 minutes, or until the cheese is bubbly. Cut into wedges and serve.

**PER SERVING** 405 cal, 19 g fat (7 g sat), 35 g pro, 692 mg sodium, 25 g carb, 1 g sugar, 15 g fiber
Poached Salmon with Steamed Vegetables

ACTIVE TIME: 5 MIN / COOK TIME: 11 MIN
SERVES 4

6 cups water
1 celery stalk, quartered
1 lemon, sliced
4 6-oz skinless salmon fillets
2 cups sugar snap peas
2 medium carrots, sliced into coins
1 bunch asparagus, ends trimmed

DIRECTIONS

1. In a large pan with a lid, heat the water with the celery and lemon. Bring to a boil, reduce the heat, and add the salmon fillets (the water should just cover the fillets). Cover the pan and cook until the salmon is opaque, 8 to 10 minutes (depending on thickness).

CONTINUED
2. Meanwhile, fill a large pot with 1 inch of water and put a steamer basket in the bottom. Bring to a boil and add the peas, carrots, and asparagus. Steam the vegetables until tender-crisp, about 5 minutes.

3. To serve, divide the vegetables among 4 plates. Carefully lift the salmon from the poaching liquid and place the salmon atop the vegetables (discard poaching liquid, celery, and lemon).

*PER SERVING* 402 cal, 23 g fat (5 g sat), 38 g pro, 122 mg sodium, 9 g carb, 5 g sugar, 3 g fiber
Day 3

BREAKFAST

Pear-Ginger Smoothie

VIEW RECIPE

SNACK

Banana Peanut Butter (Ice Cream) Parfait

VIEW RECIPE

LUNCH

Red Pepper Pesto Egg Pita

VIEW RECIPE

DINNER

Chicken Tacos with Tangy Guacamole

VIEW RECIPE

EAT WHAT YOU WANT

1 Mini Meal or 2 Snacks
Pear-Ginger Smoothie

**ACTIVE TIME: 3 MIN / COOK TIME: 1 MIN**

**SERVES 1**

1 pear, cored and diced
2 cups baby spinach, rinsed
1½ cups unsweetened almond milk
1 scoop unsweetened vanilla whey protein powder
1½ tsp fresh lemon juice
½ tsp powdered ginger
½ tsp pure vanilla extract
¼ tsp ground cardamom or ½ tsp grated nutmeg

**DIRECTIONS**

Blend the pear, spinach, almond milk, protein powder, lemon juice, ginger, vanilla, and cardamom or nutmeg until smooth and frothy, about 1 minute.

**PER SERVING** 279 cal, 6 g fat (1 g sat), 20 g pro, 372 mg sodium, 40 g carb, 19 g sugar, 9 g fiber
SNACK

BANANA PEANUT BUTTER (ICE CREAM) PARFAIT
DAY 3

Banana Peanut Butter (Ice Cream) Parfait

ACTIVE TIME: 2 MIN / COOK TIME: 5 MIN
SERVES 1

½ frozen medium banana
¼ cup fat-free plain Greek yogurt
1 tsp natural peanut butter
½ cup blackberries

DIRECTIONS

Place the banana in a blender and blend until smooth, about 1 minute. In a small bowl, stir together the yogurt and peanut butter. In a parfait glass, alternate layers of banana with the yogurt mixture. Top with blackberries and serve.

PER SERVING 148 cal, 4 g fat (1 g sat), 9 g pro, 25 mg sodium, 24 g carb, 13 g sugar, 6 g fiber
LUNCH

Red Pepper Pesto Egg Pita

ACTIVE TIME: 4 MIN / COOK TIME: 8 MIN
SERVES 1

3 Tbsp reduced-fat ricotta cheese
1 tsp jarred roasted garlic
1 whole wheat pita
2 Tbsp chopped jarred roasted peppers
1 Tbsp premade pesto
1 large egg
3 Tbsp grated reduced-fat mozzarella cheese
Pinch of ground black pepper

DIRECTIONS

1. Heat the oven to 375°F.
2. In a small bowl, stir together the ricotta and garlic, blending well.
3. Place the pita on a baking sheet and spread the ricotta mixture on the pita. Arrange the peppers and dollop the pesto around the edges to contain the egg. Crack the egg into the center of the pita, top with the mozzarella, and season with the black pepper. Bake until the cheese is melted and the pita is crisp, about 6 minutes. Cut into wedges and serve.

PER SERVING 386 cal, 18 g fat (7 g sat), 23 g pro, 621 mg sodium, 31 g carb, 4 g sugar, 4 g fiber
Chicken Tacos with Tangy Guacamole

ACTIVE TIME: 10 MIN / COOK TIME: 20 MIN
SERVES 6

1 small yellow onion, coarsely chopped
3 cloves garlic, halved
1 small serrano chile or jalapeño pepper, halved and seeded
½ cup loosely packed cilantro
Juice of 2 limes (about ⅓ cup)
¼ cup plus 1 Tbsp olive oil, divided
1 tsp salt, divided
¼ tsp ground black pepper
4 boneless, skinless chicken breast halves (about 1¼ lbs)
2 ripe avocados
12 corn tortillas (6-inch diameter)

DIRECTIONS

1. In a blender or food processor, blend the onion, garlic, chile pepper, cilantro, lime juice, ¼ cup olive oil, ½ tsp salt, and black pepper until smooth. Put the chicken in a shallow dish and spread half of this mixture over all sides of the chicken and marinate for 10 minutes while you make the guacamole.

CONTINUED
CHICKEN TACOS
WITH TANGY GUACAMOLE
(CONTD.)

2. To make the guacamole: Peel and pit the avocados and put the flesh in a medium bowl. Add the remaining onion mixture and ¼ tsp salt. Coarsely mash with a fork and set aside, covered.

3. In a large skillet over medium heat, heat the remaining 1 Tbsp oil. Lift each chicken breast and let the excess marinade drip off (discard excess marinade). Add the chicken to the hot skillet and sprinkle with the remaining ¼ tsp salt. Brown on one side, about 5 minutes, then flip and finish cooking, 3 or 4 minutes longer. Remove to a cutting board and let rest 5 minutes before cutting against the grain into ¼-inch slices.

4. Wrap the tortillas in damp paper towels and microwave on high to warm them, 30 to 60 seconds. Serve the chicken with the tortillas and guacamole.

PER SERVING 399 cal, 22 g fat (3 g sat), 24 g pro, 524 mg sodium, 28 g carb, 1 g sugar, 7 g fiber
Day 4

BREAKFAST

Frittata Muffins

VIEW RECIPE

LUNCH

Rainbow Chard Chicken Wrap

VIEW RECIPE

SNACK

Kale Chips

VIEW RECIPE

DINNER

Hearty Lasagna

VIEW RECIPE

EAT WHAT YOU WANT

1 Mini Meal or 2 Snacks
### Frittata Muffins

**ACTIVE TIME: 7 MIN / COOK TIME: 15 MIN**

**SERVES 2**

<table>
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<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tbsp olive oil</td>
</tr>
<tr>
<td>2</td>
<td>cups loosely packed spinach, arugula or kale, chopped</td>
</tr>
<tr>
<td>4</td>
<td>slices Canadian bacon, diced</td>
</tr>
<tr>
<td>¼</td>
<td>small red onion, sliced</td>
</tr>
<tr>
<td>4</td>
<td>large eggs</td>
</tr>
<tr>
<td>1</td>
<td>Tbsp whole milk</td>
</tr>
<tr>
<td>⅛</td>
<td>tsp Kosher salt</td>
</tr>
<tr>
<td>⅛</td>
<td>tsp ground black pepper</td>
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</table>

#### DIRECTIONS

1. Heat oven to 400°F. Lightly mist 6 paper liners with nonaerosol cooking spray and place in a 6-cup muffin pan.

2. In a small skillet over medium heat, warm the oil. Cook the spinach, Canadian bacon, and onion, stirring, until the onion is soft and the spinach is wilted, about 4 minutes. Divide among the muffin tins.

3. In a measuring cup, beat together the eggs, milk, salt, and pepper. Pour over the vegetables and bake until puffed and golden brown, about 10 minutes.

4. Let cool slightly before removing from the pan.

**PER SERVING** 312 cal, 21 g fat (5.5 g sat), 25 g pro, 796 mg sodium, 4 g carb, 1 g sugar, 1 g fiber
Rainbow Chard Chicken Wrap

**ACTIVE TIME: 10 MIN / COOK TIME: 12 MIN**

**SERVES 1**

1 tsp olive oil

½ medium sweet potato, peeled and chopped

½ red bell pepper, chopped

½ medium onion, chopped

2 leaves rainbow chard, tough stems removed and chopped

Kosher salt and ground black pepper, to taste

4 oz cooked chicken breast, sliced (about 1 cup)

2 Tbsp 2% plain Greek yogurt

**DIRECTIONS**

1. In a medium skillet, heat the oil over medium heat. Add the sweet potato, bell pepper, onion, diced chard stems, and salt and pepper to taste. Cover the pan and cook, stirring occasionally, until the sweet potato is tender, about 8 minutes.

2. Spread the chard leaves on a work surface and divide the chicken between them. Top with the sweet potato mixture and a dollop of yogurt. Roll up the chard, tucking in the sides as you would a burrito. Secure with a toothpick, if necessary.

**PER SERVING** 356 cal, 10 g fat (2 g sat), 42 g pro, 614 mg sodium, 25 g carb, 11 g sugar, 6 g fiber
Kale Chips

ACTIVE TIME: 5 MIN / COOK TIME: 17 MIN
SERVES 1

3 cups coarsely chopped kale, tough ribs removed
1 tsp grapeseed oil
1½ tsp nutritional yeast flakes
¼ tsp salt
¼ tsp ground black pepper

DIRECTIONS

1. Heat the oven to 350°F. Lightly spray a baking sheet with nonaerosol cooking spray or line it with parchment paper.

2. In a large bowl, toss the kale with the grapeseed oil. Sprinkle with the nutritional yeast, salt, and pepper. Arrange the kale in a single layer on the baking sheet. Bake until crisp, about 15 minutes, tossing once. Serve immediately.

PER SERVING 152 cal, 7 g fat (0.5 g sat), 11 g pro, 318 mg sodium, 19 g carb, 0 g sugar, 5 g fiber
DINNER

HEARTY LASAGNA
Hearty Lasagna

ACTIVE TIME: 5 MIN / COOK TIME: 45-60 MIN
SERVES 6

1. Heat the oven to 350°F. Coat a 9” × 13” baking dish with nonaerosol cooking spray.
2. In a large bowl, mix together the ricotta, basil, sausage, eggs, garlic, and red pepper flakes.

CONTINUED

3 cups whole-milk ricotta
½ cup chopped basil
3 links cooked chicken sausage, diced
2 large eggs
2 cloves garlic, minced
½ tsp red pepper flakes
2 medium zucchinis
2 cups tomato basil pasta sauce, divided
3 Tbsp grated Parmesan cheese
3. Thinly slice the zucchini lengthwise using a mandoline or sharp knife. Spread ½ cup of the pasta sauce in the bottom of the prepared dish. Lay 4 zucchini “noodles” over the sauce, and cover with one-third of the ricotta mixture and 1 cup of the sauce. Repeat with another layer of zucchini, ricotta mixture, and sauce. Top with a final layer of zucchini, the remaining ricotta mixture, and ½ cup sauce. Sprinkle with Parmesan.

4. Cover with foil and bake until the lasagna is heated through and bubbling, 30 to 45 minutes. Cool slightly before cutting and serving.

PER SERVING 404 cal, 25 g fat (13 g sat), 27 g pro, 925 mg sodium, 20 g carb, 9 g sugar, 3 g fiber
Day 5

**BREAKFAST**

Banana-Almond Protein Smoothie

VIEW RECIPE

**SNACK**

Two large organic hard-boiled eggs

**LUNCH**

Chicken Salad Sandwich

VIEW RECIPE

**DINNER**

Pesto Chicken Bake

VIEW RECIPE

**EAT WHAT YOU WANT**

1 Mini Meal or 2 Snacks
**Banana-Almond Protein Smoothie**

**ACTIVE TIME: 2 MIN / COOK TIME: 1 MIN**

**SERVES 2**

1½ Tbsp natural almond butter
2 tsp hulled hemp seeds
½ frozen banana, cut into chunks
¼ cup 2% plain Greek yogurt
¼ cup coconut water
2 Tbsp unsweetened vanilla whey protein powder
½ cup ice cubes

**DIRECTIONS**

In a blender, combine the almond butter, hemp seeds, banana, yogurt, coconut water, protein powder, and ice. Blend until frothy, about 1 minute.

**PER SERVING** 329 cal, 18 g fat (3 g sat), 21 g pro, 159 mg sodium, 26 g carb, 14 g sugar, 5 g fiber
Chicken Salad Sandwich

**ACTIVE TIME: 7 MIN / COOK TIME: 3 MIN**

**SERVES 1**

2 tsp low-fat sour cream
2 tsp low-fat plain yogurt
1 tsp spicy brown mustard
3 oz cooked chicken breast meat (from a rotisserie chicken), cubed
2 Tbsp finely chopped celery
2 Tbsp grated carrot
1 Tbsp pine nuts
1 Tbsp golden raisins
1 Tbsp finely chopped onion
Pinch of ground black pepper
2 slices whole grain bread
1 leaf romaine lettuce
1/2 plum tomato, sliced

**DIRECTIONS**

1. In a medium bowl, stir together the sour cream, yogurt, and mustard. Toss in the chicken, celery, carrot, pine nuts, raisins, onion, and pepper until coated.

2. Spread the chicken salad on 1 slice of bread. Add the lettuce leaf and tomato slices, and top with another bread slice.

**PER SERVING** 402 cal, 12 g fat (2 g sat), 35 g pro, 585 mg sodium, 38 g carb, 14 g sugar, 7 g fiber
**Pesto Chicken Bake**

ACTIVE TIME: 5 MIN / COOK TIME: 50 MIN
SERVES 4

### INGREDIENTS

- 8 boneless, skinless chicken thighs
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 lb baby potatoes (red or Yukon Gold)
- 1 pint cherry tomatoes
- ⅓ cup premade pesto
- 2 Tbsp water
- 1 Tbsp olive oil

### DIRECTIONS

1. Heat the oven to 425°F. Season the chicken thighs with salt and pepper.

2. In a large roasting pan, combine the chicken thighs, potatoes, cherry tomatoes, pesto, water, and olive oil, tossing to coat all the ingredients with the pesto.

3. Bake until the potatoes are tender and the chicken is cooked through or a thermometer inserted in the thickest part reads 165°F, about 45 minutes. Serve 2 thighs with one-quarter of the veggies per person.

**PER SERVING** 398 cal, 19 g fat (4 g sat), 33 g pro, 437 mg sodium, 24 g carb, 3 g sugar, 4 g fiber
Day 6

**BREAKFAST**

Bacon-Almond Pancakes

**SNACK**

¾ cup (1%) low-sodium cottage cheese mixed with ½ cup blueberries

**LUNCH**

Healthy Egg Salad

**DINNER**

Spaghetti Squash Bolognese

**EAT WHAT YOU WANT**

1 Mini Meal or 2 Snacks
BACON-ALMOND PANCAKES
**Bacon-Almond Pancakes**

**ACTIVE TIME: 3 MIN / COOK TIME: 7 MIN**
**SERVES 2**

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<tbody>
<tr>
<td>almond meal</td>
<td>¼ cup</td>
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<tr>
<td>coconut flour</td>
<td>2 Tbsp</td>
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<tr>
<td>ground flaxseed</td>
<td>2 Tbsp</td>
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<td>Canadian bacon, diced</td>
<td>2 slices</td>
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<tr>
<td>eggs</td>
<td>2</td>
</tr>
<tr>
<td>fat-free plain Greek yogurt</td>
<td>½ cup</td>
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<tr>
<td>maple syrup</td>
<td>2 tsp</td>
</tr>
<tr>
<td>cinnamon</td>
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**DIRECTIONS**

1. In a large bowl, combine the almond meal, coconut flour, and flaxseed. Mix in the bacon.

2. In a small bowl, combine the eggs and yogurt. Mix into the flour mixture until just combined. If the batter is too thick to drop from the spoon, add a bit more yogurt, a Tbsp at a time, until it’s the proper consistency.

**CONTINUED**
3. Heat the oil in a griddle or skillet over medium heat. Pour the batter in 4 circles onto the cooking surface, using ¼ cup per pancake. Cook 3 to 4 minutes, carefully turning once, or until lightly browned on both sides. Drizzle each serving with 1 tsp syrup and dust with cinnamon.

*PER SERVING* 345 cal, 22 g fat (4 g sat), 23 g pro, 370 mg sodium, 17 g carb, 8 g sugar, 6 g fiber
HEALTHY EGG SALAD

LUNCH
Healthy Egg Salad

ACTIVE TIME: 5 MIN / COOK TIME: 5 MIN
SERVES 2

DIRECTIONS

1. In a medium bowl, mix the yogurt, mustard, scallions, raisins, chia seeds, curry powder (if using), and salt and pepper to taste. Stir the eggs.

2. In a 1-qt mason jar, layer the lettuce with the egg mixture. Top with the avocado, cilantro, and pumpkin seeds. Cover with the lid and refrigerate until ready to eat.

3. To eat, shake the jar into a bowl or onto a plate.

PER SERVING 372 cal, 24 g fat (5 g sat), 20 g pro, 284 mg sodium, 22 g carb, 10 g sugar, 9 g fiber

½ cup 2% plain Greek yogurt
1 tsp Dijon mustard
2 sliced scallions
2 Tbsp golden raisins
2 Tbsp chia seeds
½ tsp curry powder (optional)
Salt and ground black pepper, to taste
4 hard-boiled eggs, chopped
4 Bibb or butter lettuce leaves
½ avocado, sliced
2 Tbsp cilantro leaves
2 tsp pumpkin seeds
Spaghetti Squash Bolognese

ACTIVE TIME: 7 MIN / COOK TIME: 15 MIN
SERVES 1

1/2 small spaghetti squash (about 3 lbs whole), halved lengthwise and seeded
1 tsp olive oil
3 oz uncooked turkey sausage, casings removed
1/4 cup chopped yellow onion
1 clove garlic, minced
1 tsp dried Italian seasoning
1/4 tsp ground black pepper
3/4 cup tomato puree
1 Tbsp 2% plain yogurt
Grated Parmesan cheese (optional)

DIRECTIONS

1. Place the squash, cut side down, on a plate, and cover with a bowl. Microwave on high until the skin gives when lightly squeezed, about 10 minutes.

2. Meanwhile, heat the oil in a medium skillet over medium heat. Add the sausage, onion, garlic, Italian seasoning, and pepper. Cook, breaking up the sausage with a wooden spoon, until the sausage is no longer pink, about 5 minutes. Stir in the tomato puree and cook to meld the flavors, about 5 minutes more. Remove from the heat.

CONTINUED
3. Remove the squash from the microwave and, using a fork, scrape out the strands. Toss the squash strands and yogurt into the sauce. Transfer to a plate and top with the cheese, if using.

**PER SERVING** 379 cal, 13 g fat (3 g sat), 23 g pro, 639 mg sodium, 48 g carb, 22 g sugar, 10 g fiber
Day 7

BREAKFAST
Avocado Egg Boat with Smoked Salmon

SNACK
¾ cup plain Greek yogurt mixed with ½ cup grapes

LUNCH
Portobello Turkey Burger with Bruschetta

DINNER
Arugula Salad with Zucchini Ribbons

EAT WHAT YOU WANT
1 Mini Meal or 2 Snacks
**Avocado Egg Boat with Smoked Salmon**

_DireCTIONS_  
Cut a sliver off the side of the avocado so it can lie flat in a pan. Crack the egg into the hole of the avocado, cover, and cook over low heat until the white is set and the yolk is cooked to your liking, about 5 minutes. Top with smoked salmon and serve with raspberries on the side.

**PER SERVING** 331 cal, 22 g fat (4 g sat), 19 g pro, 523 mg sodium, 16 g carb, 4 g sugar, 11 g fiber

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½ avocado, peeled and pitted  
1 large egg  
2 oz smoked salmon, thinly sliced  
½ cup raspberries
PORTOBELLO TURKEY BURGER WITH BRUSCHETTA
Portobello Turkey Burger with Bruschetta

**ACTIVE TIME: 10 MIN / COOK TIME: 10 MIN**

**SERVES 1**

4 oz ground turkey  
⅛ tsp garlic powder  
⅛ tsp Kosher salt, plus more to taste  
⅛ tsp ground black pepper, plus more to taste  
2 large portobello mushrooms, wiped clean and stems removed  
1 plum tomato, coarsely chopped  
1 Tbsp chopped red onion  
1 thinly sliced basil leaf  
1 Tbsp balsamic vinegar  
1½ oz slice fresh mozzarella cheese

**DIRECTIONS**

1. In a small bowl, combine the turkey, garlic powder, salt, and pepper. Form into a patty.

2. Heat a grill or grill pan to medium high and lightly oil the grates. Cook the turkey burger and portobello caps, flipping once, until the burger is cooked through and the mushrooms are tender, about 8 minutes.

**CONTINUED**
PORTOBELLO
TURKEY BURGER WITH
BRUSCHETTA (CONTD.)

3. Meanwhile, in a small bowl, combine the tomato, onion, basil, and vinegar. Season to taste with salt and pepper.

4. Using the mushroom caps as buns, place the burger inside, top with the cheese and bruschetta mixture, and enjoy.

   PER SERVING 267 cal, 12 g fat, (3.5 g sat), 30 g pro, 341 sodium, 13 g crab, 9 g sugar, 3 g fiber
ARUGULA SALAD WITH ZUCCHINI RIBBONS
Arugula Salad with Zucchini Ribbons

ACTIVE TIME: 5 MIN / COOK TIME: 5 MIN
SERVES 2

3 Tbsp extra-virgin olive oil
Juice of ½ lemon
4 cups arugula
1 medium zucchini
1 15.5-oz can chickpeas, drained and rinsed
1 cup artichoke hearts, drained and quartered
½ cup toasted pumpkin seeds
3 oz (about ¾ cup) Parmesan cheese, shaved

DIRECTIONS

1. In a large bowl, stir together the olive oil and lemon juice. Place the arugula in the bowl.

2. Over the arugula and using a vegetable peeler, shave the zucchini on one side over and over to make ribbons, turning every few strokes to distribute the peel evenly. Stop when you reach the seedy core and no more ribbons can be sliced.

CONTINUED
3. Add the chickpeas and artichoke hearts and gently toss to coat with the dressing. Sprinkle with the pumpkin seeds and Parmesan shavings. Serve immediately.

*PER SERVING* 408 cal, 26 g fat (7 g sat), 20 g pro, 366 mg sodium, 28 g carb, 5 g sugar, 10 g fiber