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Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



AMY LUCAS MBA, RDN, LD

CHEF CRAFTED NUTRITION



Avocado Egg Toast with Strawberries



Avocado Egg Toast with Strawberries



Avocado Egg Toast with Strawberries



Strawberry Banana Greek Yogurt Bowl



Strawberry Banana Greek Yogurt Bowl



Tomato Pesto Mozzarella Lunch Box #1, Greek



Leftover: Tomato Pesto Mozzarella Lunch Box #1,



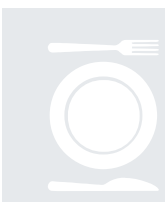
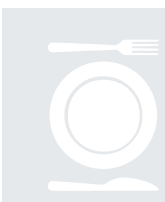
Leftover: Tomato Pesto Mozzarella Lunch Box #1,



Kale Orange Salad, Almonds



Leftover: Kale Orange Salad, Almonds



Low-Carb Zucchini Lasagna, Garlic Mushrooms



Leftover: Low-Carb Zucchini Lasagna, Garlic Mushrooms



Veggie Chili with Butternut Squash 2.0



Leftover: Veggie Chili with Butternut Squash 2.0



Leftover: Veggie Chili with Butternut Squash 2.0



Apple Pie Energy Bombs



Leftover: Apple Pie Energy Bombs



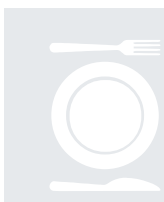
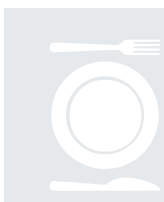
Leftover: Apple Pie Energy Bombs



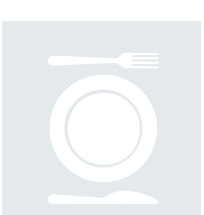
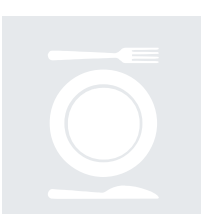
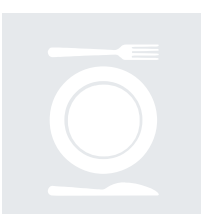
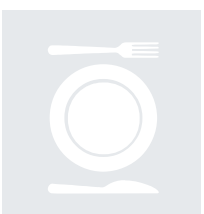
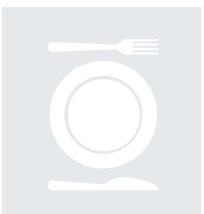
Sliced Red Bell Peppers & Guac



Leftover: Sliced Red Bell Peppers & Guac



2ND SNACK





CHEF CRAFTED NUTRITION

AMY LUCAS MBA, RDN, LD

Grocery List

Ground Flax Seed

BAKING GOODS

1/8 pounds of Flaxseed Meal

1 bottle (2 fl oz) of Vanilla Extract

BRAND NAME FOOD

Organic Oatmeal

The Ultimate Beefless Ground

BREADS / CEREALS

1 loaf (24 oz) of Whole Wheat Bread

CANNED / JAR GOODS

1 jar (12 oz) of Almond Butter

2 cans (14-15 oz) of Canned Diced Tomatoes

4 cans (15 oz) of Canned Kidney Beans

1 jar (18 oz) of Marinara Sauce

1 jar (18 oz) of Peanut Butter

1 jar (8 oz) of Pesto

1 container (32 oz) of Vegetable Broth

DAIRY

1 dozen Eggs

1 package (16 oz) of Fresh Mozzarella Cheese

1 tub (4 oz) of Goat Cheese

1 container (8 oz) of Grated Parmesan Cheese

7 containers (8 oz) of Plain Low-Fat Greek Yogurt

1 container (15 oz) of Ricotta Cheese

1 package (8 oz) of Shredded Mozzarella Cheese

PRODUCE

3 Avocados

2 Banana

1 Butternut Squash

3 pints of Cherry Tomatoes 

2 Cucumber 

2 bunches of Curly Kale 

1 bulb of Garlic

1 Green Apples 

2 containers (12 oz) of Guacamole



 EWG RECOMMENDS TO BUY ORGANIC



CHEF CRAFTED NUTRITION

AMY LUCAS MBA, RDN, LD

Grocery List

PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> 2 Oranges | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach  | <input type="checkbox"/> 4 Red Bell Peppers  |
| <input type="checkbox"/> 9 pints of Strawberries  | <input type="checkbox"/> 2 packages (8 oz) of White Mushrooms |
| <input type="checkbox"/> 3 Yellow Onions | <input type="checkbox"/> 4 Zucchini |

SNACKS

- | | |
|--|---|
| <input type="checkbox"/> 1 bar (3-4 oz) of Dark Chocolate Bar | <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds |
| <input type="checkbox"/> $\frac{3}{8}$ pounds of Whole Almonds | |

SPICES / CONDIMENTS

- | | |
|--|---|
| <input type="checkbox"/> 1 bottle (16 fl oz) of Balsamic Vinaigrette | <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder |
| <input type="checkbox"/> 1 jar (2 oz) of Cumin | <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | <input type="checkbox"/> 1 bottle (12 oz) of Honey |
| <input type="checkbox"/> 1 jar (0.75 oz) of Italian Seasoning | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 bottle (12 fl oz) of White Wine Vinegar | |





Tomato Pesto Mozzarella Lunch Box #1

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 12 ounces mozzarella sliced
- 6 cups cherry tomatoes
- 1/4 cup pesto

Serve with

- 6 cups cucumber sliced
- 6 cups strawberries
- 6 squares dark chocolate

NUTRITION INFORMATION PER SERVING

Protein 18g
 Carbs 30g
 Calories 391kcal
 Vegetables 2 servings

Method

1. Slice and prepare ingredients. Arrange cherry tomatoes and cheese slices in alternating fashion using small wooden skewers.
2. Serve with pesto for dipping and remaining ingredients, or pack into a lunchbox. Each lunchbox contains 3 mozzarella and cherry tomato skewers, 1 cup cucumber slices, 1 cup strawberries, and 1 chocolate square.

PORTIONS





Greek Yogurt

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Spoon greek yogurt into a bowl and serve.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

3 cups greek yogurt

NUTRITION INFORMATION PER SERVING

Protein 11g
Carbs 6g
Calories 90kcal
Vegetables 0 servings

PORTIONS





Apple Pie Energy Bombs

🕒 20 MINS | 🍴 12 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/2 cup Peanut Butter
- 2 cups Organic Oatmeal
- 1/4 cup Ground Flax Seed
- 1/4 cup Honey
- 1 teaspoon Vanilla Extract
- 1 Green Apple
- 1/4 teaspoon Sea Salt
- 1 teaspoon Ground Cinnamon

NUTRITION INFORMATION PER SERVING

Protein 4.73g
 Carbs 22g
 Calories 176kcal
 Vegetables 0 servings

Method

1. In a large bowl, stir together the oats, flaxseed, and cinnamon.
2. In another bowl stir together the nut butter, honey, vanilla, and salt until combined & pour over the oat mixture and stir until evenly coated.
3. Stir in the grated apple. (It may be easiest to use your hands to ensure its all well mixed)
4. Scoop the mixture into tablespoon-sized portions and roll into balls (wet hands will help to keep the mixture from sticking)
5. Two Energy Balls per serving. Store in airtight container in fridge for up to 3 days or in freezer for 3 months.

PORTIONS





Low-Carb Zucchini Lasagna

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

Zucchini Lasagna

- | | |
|--------------------------------|-------------------------------|
| 4 zucchinis sliced | 2 cups marinara sauce |
| 1 pound ricotta cheese | 1 dash salt |
| 1/4 cup parmesan cheese grated | 1 dash pepper |
| 1 1/2 cups mozzarella cheese | 1 tablespoon olive oil |
| 1 egg | 3 teaspoons Italian seasoning |

Side Salad

- 3 cups raw spinach
- 1 tablespoon olive oil
- 1 teaspoon white wine vinegar

NUTRITION INFORMATION PER SERVING

Protein 29g
 Carbs 27g
 Calories 469kcal
 Vegetables 3.11 servings

Method

For the Zucchini Lasagna

- Preheat oven to 400F. Grease a sheet pan with olive oil and set aside.
- Slice zucchini into 1/8" thick slices. Lay zucchini slices flat on greased sheet pan using 1 tablespoon of olive oil and oven roast for 10-12 minutes. Remove from oven. Leave oven on for cooking the lasagna.
- While the zucchini is roasting, mix together the ricotta cheese, parmesan cheese, 1/3 of the mozzarella cheese, egg, Italian seasonings, and salt & pepper to taste. Be careful not to not over stir.
- In a 9x13 casserole dish, spread 1/3 the marinara sauce on the bottom.
- Assemble zucchini roll ups by laying a zucchini strip on a flat surface and spread about 2 tablespoons of the ricotta mixture first over each individual zucchini strip. Top with a tablespoon of marinara sauce and a sprinkle of mozzarella cheese.
- Roll up and place in casserole dish — each zucchini roll standing up. Repeat with remaining rolls. Drizzle remaining sauce on the rolls and sprinkle with remaining mozzarella cheese.
- Bake uncovered for 20-25 minutes at 400F or until the cheese is melted.

For the Side Salad

- Toss the salad leaves with olive oil and vinegar.

PORTIONS





Garlic Mushrooms

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat oil in a large pan over medium-high heat. Add garlic and stir until fragrant, about 1 minute.
2. Stir in the mushrooms and cook until tender, about 8 minutes. Season to taste with salt and pepper.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 2 SERVINGS

- 1 pound mushrooms sliced
- 2 tablespoons olive oil
- 4 cloves garlic minced
- 2 dashes salt
- 2 dashes pepper

NUTRITION INFORMATION PER SERVING

Protein 3.7g
 Carbs 4.72g
 Calories 89kcal
 Vegetables 1.51 servings

PORTIONS





Avocado Egg Toast with Strawberries

BY EATLOVE

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 eggs hard boiled
- 2 cups fresh strawberries
- 2 slices whole wheat bread
- 1 avocado

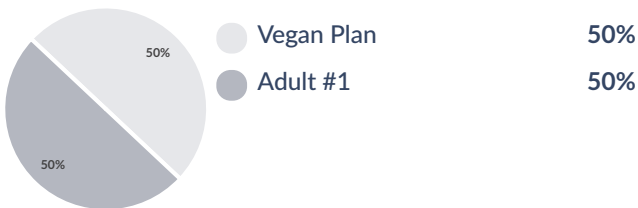
NUTRITION INFORMATION PER SERVING

Protein 13g
 Carbs 32g
 Calories 319kcal
 Vegetables 0 servings

Method

1. Peel the hard boiled egg and cut in half.
2. Wash fresh fruit.
3. Spread the avocado over the bread (optional to toast).
4. Serve with fruit.

PORTIONS





Veggie Chili with Butternut Squash 2.0

BY EATLOVE

🕒 15 MINS | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- | | |
|--|-----------------------------|
| 1/4 cup olive oil | 1 3/4 pounds diced tomatoes |
| 3 yellow onions chopped | 1 cup Vegetable Broth |
| 13 3/4 ounces The Ultimate Beefless Ground | 2 tablespoons chili powder |
| 4 cups butternut squash diced | 2 tablespoons cumin |
| 4 cloves garlic minced | 1 tablespoon dried oregano |
| 2 cups spinach | 1 dash salt |
| 5 cups kidney beans drained & rinsed | 1 dash pepper |

Method

1. Saute yellow onions in 1/4 cup olive oil over medium heat until tender. Add 4 cloves of minced (chopped) garlic and sauté another minute.
2. Combine in the slow cooker or crockpot all ingredients.= (except for spinach).
3. Cook on low for about 6 hours, or about 45 minutes if using a pressure cooker. Add spinach to the warm chili, let leaves wilt slightly and stir into mixture.
4. Add any optional garnishes you have on hand, grated cheese, sliced avocado, chopped cilantro leaves, pickled red onions, salsa etc.

NUTRITION INFORMATION PER SERVING

Protein 29g
 Carbs 59g
 Calories 450kcal
 Vegetables 1.77 servings

PORTIONS





Strawberry Banana Greek Yogurt Bowl

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

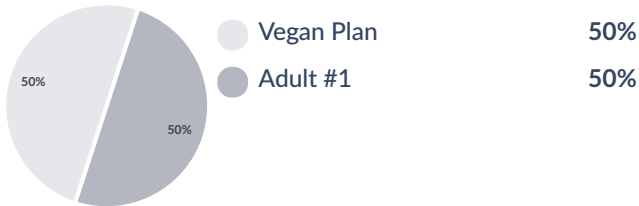
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 cups greek yogurt
- 2 tablespoons ground flaxseed
- 1 cup strawberries sliced
- 2 tablespoons Almond Butter
- 1 Banana sliced

NUTRITION INFORMATION PER SERVING

Protein 28g
 Carbs 36g
 Calories 392kcal
 Vegetables 0 servings

PORTIONS



Method

1. Spoon greek yogurt into a bowl. Top with strawberries, banana ground flax, and a drizzle of almond butter.





Sliced Red Bell Peppers & Guac

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 4 Red Bell Peppers
- 2 cups guacamole

NUTRITION INFORMATION PER SERVING

Protein 5g
 Carbs 15g
 Calories 229kcal
 Vegetables 0.8 servings

Method

1. Wash and slice bell pepper. Serve with guacamole.

PORTIONS





Kale Orange Salad

BY LET'S REGALE

🕒 15 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Rinse the kale and chop into bite-sized pieces.
2. Slice the oranges about 1/2 inch thick, then cut the rind and pith away from each slice. Cut each slice into quarters, then toss with the kale and vinaigrette.
3. Sprinkle in the hemp seeds and radish, and garnish with goat cheese.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 2 SERVINGS

- | | |
|--------------------------|---|
| 2 bunches kale chopped | 1 cup balsamic vinaigrette |
| 2 oranges | 2 radishes sliced |
| 2 tablespoons hemp seeds | 1/2 cup goat cheese crumbles (optional) |

NUTRITION INFORMATION PER SERVING

Protein 14g
 Carbs 26g
 Calories 344kcal
 Vegetables 3.56 servings

PORTIONS





Almonds

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Pour almonds into a bowl and serve.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 ounces almonds

NUTRITION INFORMATION PER SERVING

Protein 6g
Carbs 6.1g
Calories 164kcal
Vegetables 0 servings

PORTIONS

