

# Basic Meal Plan

Red Kingdom Fitness

## **Avocado Butter**

2 Avocados

2 cloves garlic, rough chop

¼ teaspoon cayenne pepper

2 limes, juiced

¼ teaspoon sea salt

light olive oil

In a food processor, place your avocados, rough chopped garlic, cayenne pepper, lime juice, and salt and puree avocado mix to a smoother consistency, don't forget to scrape the sides with a rubber spatula. Place lid back on top and continue to puree. Drizzle approximately 2 tablespoons of the olive oil into the puree until it becomes very smooth in consistency. Stop and taste the butter, add a little more salt or cayenne if needed. When the consistency of the butter is smooth and the taste is to your liking, place the butter in an airtight container and place in fridge for 1 hour before using. Avocado Butter lasts about 7 to 10 days.

Avocado Butter usage:

Avocado Butter is great on baked potatoes in substitution of butter, and just plain awesome on sandwiches in substitution of mayonnaise. You can make Avocado Sauce with almond milk. Simply place ¼ cup of almond milk in a small sauté pan over medium heat to a simmer for about 15 to 30 seconds, turn down heat and add 1 to 2 tablespoons of Avocado Butter to the milk and stir well to a smooth consistency. Season with a little salt and pepper if needed, remove from stovetop and spoon sauce over chicken, turkey, fish, beef, and vegetables. You can make an Avocado dressing for salads as well.

For an avocado dip, it's ready to go, all you need are corn chips.

## **Turkey Bacon**

Heat a medium pan or skillet with 2 to 3 tablespoons light olive oil over medium high heat until pan is hot. Meanwhile ....

Slice one package of turkey bacon on the bias about ¼ "thick slices until you have a small pile of bacon strips. Next, use your hands to separate the pieces as much as possible for the bacon to cook more evenly.

Add bacon to the pan and mix well. Let the bacon cook for about a minute before stirring to prevent it from burning. Repeat this process of cooking for about a minute and stirring until the bacon starts to crisp, it should take only a few minutes. When the bacon starts to crisp, make sure all the pieces that are crisping are the same or close.

**Note:** *Some pieces will be darker than others. Some pieces may appear to be burned, just keep stirring until most if not all the turkey pieces are crispy on the outside but still a little soft.*

When the bacon is crispy, and looks beautiful, remove the bacon from pan onto a paper towel to drain and let cool for 30 to 40 minutes. Store the turkey bacon in an airtight container, and place in fridge.

### **Turkey Bacon usage:**

2 to 3 tablespoons of Turkey bacon can be used in rice with veggies. You can add a tablespoon or two of turkey bacon to vegetables while cooking. It's great for baked potatoes, or any sauté potatoes. You can also add it to your ground beef and rice with vegetables. Scrambled eggs with turkey bacon. Tacos and turkey bacon. I think you get the point, there are many uses for turkey bacon. Once you taste it, you'll understand. Try this for a week, let me know what you think.

## **Breakfast**

### **Oatmeal**

1 cup oatmeal, old fashioned, or steel cut  
1 tablespoon peanut butter  
1½ cups almond milk

Heat almond milk to a simmer and add oatmeal. Simmer oatmeal for 5 minutes, or to your preference. Place oatmeal in a bowl and mix in peanut butter.

### **Grits**

1 cup quick cook grits, cooked  
½ cup cooked ground beef, or ground turkey  
½ cup baby spinach  
salt & pepper

Cook the grits according to its instructions. In a small pan heat ground beef or turkey, and season with salt and pepper. Add spinach and stir until wilted and combined. Place grits in a bowl and spoon spinach mixture on top.

### **Scrambled Egg Whites w/ Spinach**

3 - 4 egg whites, scrambled  
½ cup baby spinach  
3 teaspoons turkey bacon  
2-3 corn tortillas  
fruit

In a pan sauté bacon and spinach for a few seconds, add egg whites season with salt and pepper. Warm tortillas and fill them with egg mixture.

### **Zucchini & Mushroom Omelet**

½ cup diced zucchini

¼ cup sliced mushrooms

3 whole eggs

orange or banana

Sauté zucchini and mushrooms in one pan and cook until tender. On a lower heat setting, cook the eggs in another pan. Add vegetable mix to egg, and fold into an omelet onto a plate.

### **Shrimp & Grits**

1 cup grits, cooked

6 - 8 shrimp

4 oz. asparagus, cut

Prepare grits according to the instructions on the package.

In a pan sauté shrimp with a ½ teaspoon garlic, and asparagus, and cook until done. Place grits in a bowl, and spoon shrimp and asparagus over grits

## Lunch

### **Steak & Rice**

8oz sirloin steak, cut in strips  
1 cup white or brown rice  
6oz broccoli florets

Cut steak into strips and season with salt and pepper. In a pan sauté steak for 1 to 2 minutes. Remove steak from pan and add broccoli and cook for 1 minute or until tender. Return steak back to the pan to reheat, then add rice, season with salt and pepper. Mix well to incorporate, turn heat down to low and let simmer for about a minute and serve.

### **Ground beef or turkey & Rice**

8oz ground turkey or beef, cooked  
1 cup diced zucchini  
½ teaspoon chopped garlic  
2 tablespoons sliced green onion  
1 cup rice, cooked

In a pan, sauté zucchini for about a minute. Add garlic and green onion for a few seconds. Then add beef or turkey to combine and season with salt and pepper. Stir in rice and season more if necessary. Heat to combine and serve.

### **Chicken & Sweet Potatoes**

8 oz. chicken breast  
1 cup diced sweet potatoes  
6 oz. asparagus  
1 cup baby spinach

In a pan, or on a grill. Sauté or grill chicken breast until done. In another pan sauté potatoes for about 3 to 4 minutes or until tender. Add asparagus and baby spinach for an additional minute.

### **Chicken Tacos**

3-4 corn tortillas

8oz. chicken breast, cut into bite sized pieces, cooked

sliced lettuce

diced tomatoes

salsa

sliced jalapeno (optional)

Fill each tortilla shell accordingly.

### **Fish and Rice**

7oz. Red Snapper, Tilapia, Cod

6 oz. broccoli florets

1 cup white or brown rice (optional)

1 lemon, cut in half

Grill or sauté fish. Sauté broccoli until tender, add rice to heat and season lightly.

## **Dinner**

### **Salmon**

8oz. Salmon

1 cup diced zucchini

1 cup white or brown rice (optional)

2 teaspoons turkey bacon

In a hot pan sauté salmon for 2 to 3 minutes on each side or until cooked completely through and set salmon aside to rest for a minute. Wipe away any debris from pan and return to stovetop. Add zucchini to pan, sauté until tender, add turkey bacon to heat. Stir in rice to heat and combine. Season to taste and plate.

### **Grill Chicken w/ Broccoli**

8 oz. chicken breast

1 cup broccoli florets

1 cup diced sweet potatoes (optional)

Grill or sauté chicken breast until done. Sauté sweet potatoes for a minute and add broccoli and sauté until both are tender. Season lightly with salt and pepper.

### **Steak & Potatoes**

10 - 12 oz. N.Y. Strip

7 oz. green beans, or broccoli, or carrots

1 cup sliced red potatoes (optional)

Grill steak to your desired temperature. Grill or Sauté potatoes and green beans, and season with salt and pepper.

### **Chicken, Zucchini and Rice**

7oz. chicken breast

1 cup white or brown rice (optional)

6 oz. zucchini, diced

Slice chicken breast into strips, season with salt and pepper. In a hot pan sauté chicken pieces until almost cooked, and add zucchini until tender, then add rice to heat and combine and season with salt and pepper.



**Red Snapper**

8 oz. chicken breast, cut into bite sized pieces

6 oz. sliced carrots, or green beans, or asparagus

1 cup baby spinach

1 cup sweet potatoes, diced

In a hot pan sauté sweet potatoes until tender add asparagus and season with salt and pepper and mix in spinach to wilt. Season filet with salt and pepper, and sauté until completely cooked. Finish with a squeeze of lemon or lime.