

Red Kingdom Fitness

Meal Plan for Men

Day 1

Oatmeal w/ Blueberries

1 cup oatmeal / steel cut or original - quick cook
¼ cup fresh blueberries
1 cup almond milk
¼ teaspoon ground cinnamon

Over medium heat. Heat almond milk to a simmer and add cinnamon. Add oatmeal and cook until your desired consistency, reduce heat add blueberries to oatmeal and cook 1 minute before plating for cooked blueberries.

Nutritional Facts: 290 calories, 7g protein, 26g carbs

Sautéed Chicken w/ Broccoli & Rice

8 ounce chicken breast
¾ cup white or brown rice
1 cup broccoli florets
½ teaspoon chili powder
½ teaspoon paprika
1 teaspoon fresh chopped cilantro
½ lime
light olive oil
sea salt
cracked black pepper

Season chicken breast with salt, pepper, paprika, and chili powder on both sides. Heat 2 tablespoons of olive oil over medium high heat until hot. Place chicken breast in pan and cook for 3 to 4 minutes each side or until a crispy brown finish, juicy and firm to the touch.

Remove pan from heat and place chicken breast aside to rest. Wipe away any debris from pan and add 3 tablespoons of olive oil. Place pan back on heat, add broccoli, and cook for 1 to 2 minutes or until tender. Mix in rice, add chopped cilantro and season with salt and pepper. Heat until flavors are mixed well, and plate chicken and broccoli. Finish with a squeeze of lime over chicken breast.

Nutritional Facts: 390 calories, 50g protein, 33g carbs

Herbed Salmon w/ Spinach & Zucchini

8 ounce salmon filet
1 cup zucchini, diced
1 cup fresh baby spinach
1 teaspoon fresh chopped cilantro
1 teaspoon fresh chopped thyme
1 teaspoon chopped garlic
1 lemon, zested, and cut in half
light olive oil
sea salt
cracked black pepper

Coat salmon with olive oil on both sides. Season with salt, pepper, lemon zest, cilantro, and thyme on both sides. Heat 1 tablespoon of olive oil in a sauté pan over medium heat until hot. Place salmon in pan and sauté approximately 4 minutes on each side to attain a crispy brown crust, and firm to the touch.

Remove pan from heat and place salmon aside for a few minutes to rest. Wipe away any debris from pan and place back on stovetop with a tablespoon of olive oil. Sauté zucchini until tender, then add garlic and toss for a few seconds, add spinach until wilted. Plate zucchini and salmon with a squeeze of lemon over salmon.

Nutritional Facts: 510 calories, 49g protein, 9g carbs

Day 2

Honey-Laced Yogurt w/ Grapefruit

1 ruby red peeled and sectioned
1 cup plain fat free, or non-dairy yogurt
1 tablespoon raw unfiltered honey
3 eggs

Heat a pan with 2 tablespoons of olive oil, and scramble eggs with salt and pepper to taste. Combine honey and yogurt and place grapefruit segments on top.

Nutritional Facts: 448 calories, 42g protein, 32g carbs

Pesto Chicken & Zucchini Bowl

8-ounce chicken breast, cut cubed bite sized pieces
1 cup diced zucchini, cut cubed bite sized pieces
 $\frac{3}{4}$ cup sliced carrots
1 teaspoon chopped garlic
1 teaspoon chopped cilantro
2 teaspoons pesto
1 teaspoon chopped sundried tomato (2 to 3 pieces)
light olive oil
sea salt
cracked black pepper

Heat a sauté pan with 2 tablespoons of olive oil until hot. Add chicken to pan and spread pieces out evenly. Season chicken thoroughly with salt and pepper turning a few times in the pan, and sauté 4 to 5 minutes or until pieces firm and juicy. Remove chicken from pan and set aside.

Add a tablespoon of olive oil to the pan, stir in garlic and sauté for about 15 seconds. Add zucchini, carrots, and sundried tomatoes, mix and season with salt and pepper to taste. Sauté for 1 to 2 minutes or until vegetables are nice and tender. Sprinkle in cilantro and mix well until combined and hot. Remove and place vegetable mixture in a bowl.

Turn heat down to medium, return chicken to the pan to reheat for about 30 to 45 seconds, next stir in pesto. Season with salt and pepper to taste. Reheat until chicken and pesto are heated and coated well. Spoon pesto chicken on top of zucchini mixture and serve.

Nutritional Facts: 370 calories, 49g protein, 8g carbs

Spiced Red Snapper w/ Asparagus & Mushrooms

8 ounce red snapper filet
6 ounces asparagus, cut 1" pieces
1 cup white or brown rice, cooked
1 cup fresh baby spinach
1 cup sliced mushrooms
4-5 cherry tomatoes, cut in half
1 teaspoon chopped garlic
1 teaspoon fresh chopped cilantro
1 teaspoon chili powder
1 teaspoon paprika
1 lime, cut in half
sea salt
cracked black pepper
light olive oil

Season tilapia with salt and pepper on both sides. Sprinkle cilantro, chili powder and paprika on both sides, and gently press seasoning into fish then set aside for a few minutes.

Heat two medium sauté pans. In the first pan, add 2 tablespoons of olive oil over medium heat. Add asparagus and sauté for about 30 seconds. Then add garlic and stir for about 10 seconds. Add mushrooms and sauté, season with salt and pepper and cook until mushrooms are tender. Add rice mix well until vegetables and rice are combined and heated. Fold in spinach to wilt, season with salt and pepper, add cilantro and mix well. Reduce heat to a simmer for a minute or two or until hot. Before plating add cherry tomatoes to the mixture and serve.

In the second pan, add 2 tablespoons olive oil and cook fish for about 2 to 3 minutes each side or until firm to the touch. Plate rice first, place tilapia on top, and finish with a squeeze of lime over the tilapia.

Nutritional Facts: 331 calories, 51g protein, 22g carbs

Day 3

Egg Whites & Sweet Potato Bowl

3 egg whites
1 cup sweet potatoes, cut in bite sized pieces
2 tablespoons turkey bacon
1 cup baby spinach
1 teaspoon chopped thyme
sea salt
cracked black pepper
light olive oil

Over medium heat. Heat two medium sauté pans with 2 tablespoons of olive oil until hot. In the first pan add sweet potatoes and sauté for about 3 minutes, season with salt and pepper, add mushrooms and sauté for an additional 2 minutes or until mushrooms are softened but not mushy. Stir in turkey bacon, and a half teaspoon of chopped thyme and mix well. Fold in spinach until wilted, season to taste with salt and pepper. Turn down heat to low and let simmer for a minute.

In the second pan, over medium heat with 2 tablespoons of olive oil. Scramble egg whites and season with salt, pepper, and a pinch or two of chopped thyme. When egg whites are cooked, break up with a wooden spoon or spatula and mix in with sweet potato pan and mix well. Place egg potato mixture in a bowl and serve.

Nutritional Facts: 208 calories, 20g protein, 27g carbs

Turkey & Rice

7 ounces ground turkey, cooked
3 tablespoons turkey bacon
1 cup broccoli florets
½ cup sliced carrots
1 cup white or brown rice, cooked
1 teaspoon chopped cilantro
2 teaspoon diced red onion
3 tablespoon light olive oil
sea salt
cracked black pepper

Heat a pan with 2 tablespoons of olive oil over medium heat. Add diced onions and sauté for 20 seconds. Add broccoli and sauté for about a minute, then add carrots and cook for an additional minute or until broccoli and carrots are both tender to the touch. Add rice and mix in cilantro. Season with salt and pepper, turn down heat and let simmer uncovered for 3 to 5 minutes stirring occasionally until heated and combined well. Taste and serve.

Nutritional Facts: 436 calories, 41g protein, 28g carbs

Lemon Garlic Chicken

8-ounce chicken breast, cut cubed into bite size pieces

1 cup white or brown rice, cooked, ready to reheat

1 lemon, zested, cut in half

1 teaspoon chopped garlic

½ teaspoon garlic powder

2 teaspoons chopped cilantro

1 teaspoon chopped basil

¼ teaspoon cayenne pepper

sea salt

light olive oil

Place chicken pieces in a bowl, add 1 teaspoon olive oil and mix to coat pieces. Season with salt, pepper, cayenne pepper and garlic powder, and mix turning until all chicken pieces are seasoned.

Over medium heat. Heat 2 tablespoons of olive oil in a sauté pan until hot. Add chicken and sauté for approximately 3 to 4 minutes or until firm to the touch. Mix in chopped garlic and season with salt to cook for about a minute or until chicken is tender and juicy. Remove pan from heat. Mix in chopped basil, cilantro and squeeze half lemon with a pinch or two of salt and pepper to combine. Heat rice separately and plate, spoon chicken mixture on top of rice and serve.

Nutritional Facts: 380 calories, 48g protein, 27g carbs

Day 4

Mushroom - Avocado & Zucchini Omelet w/ Honey Grits

¼ cup quick cook grits
1 cup water or almond milk
2 egg whites, 1 yolk, whisked
¾ cup sliced mushrooms
¾ cup diced zucchini
¼ cup diced avocado
1 tablespoon unfiltered raw honey
2 tablespoons turkey bacon
1 tablespoon chopped cilantro
1 teaspoon chopped red onion
light olive oil
sea salt
cracked black pepper

To prepare the grits: On stovetop: Slowly stir grits into boiling water. Reduce heat to medium-low and cover. Cook 5 to 7 minutes or until thickened, stirring occasionally. Remove from heat. For microwave: Combine water grits and a dash of salt in a 2-cup microwave-safe bowl; stir. Microwave on high for 3 to 4 minutes or until thickened; stir in honey and taste. Add a smidgen more of honey if needed.

Heat two sauté pans. In the first pan add 3 tablespoons of olive oil over medium heat. Add chopped onions and sauté for 20 seconds, then add zucchini and cook for a minute or until tender. Next, add turkey bacon and sauté for 30 seconds then add mushrooms and mix. Add cilantro and season with a few pinches of salt and pepper.

In the second pan add one tablespoon of olive oil until hot, add eggs to pan but do not stir. Spread to cover the surface area of the pan, cook for 30 to 40 seconds on both sides. Remove pan from heat and plate eggs. Place zucchini mixture on top of eggs, and finish with a sprinkle of cilantro.

Nutritional Facts: 320 calories, 27g protein, 38g carbs

Black Pepper Chicken w/ Garlicky Carrots

8 ounce chicken breast
1 cup sliced carrots
1 tablespoon chopped garlic
1 teaspoon chopped cilantro
1 teaspoon chopped thyme
1 lemon, zested, cut in half
light olive oil
sea salt
cracked black pepper

Rub chicken breast with olive oil on both sides. Season chicken well with cracked black pepper enough to cover well but not coat completely, salt, chopped thyme, and lemon zest. Gently press seasoning into chicken breast. Heat a sauté pan with 1 tablespoon of olive oil over medium heat. Place chicken in pan and cook approximately 3 to 4 minutes per side or until chicken is firm but juicy. Remove chicken from pan and set aside to rest.

Wipe away any debris from pan, add 1 tablespoon of olive oil and place pan back on stovetop. Add sliced carrots and sauté for a minute. Add garlic and cilantro and cook for 1 minute or until carrots are tender, add in cilantro and season with salt and pepper to taste. Plate carrots and chicken, and finish with a squeeze of lemon over chicken.

Nutritional Facts: 313 calories, 46g protein, 12g carbs

N.Y. Strip w/ Broccoli & Sweet Potatoes

1 New York Strip
¾ cup sweet potatoes, cut bite sized or large dice
1 cup broccoli florets
1 cup baby spinach
1 teaspoon chopped garlic
1 teaspoon chopped cilantro
light olive oil
sea salt
cracked black pepper

In the first pan, 2 tablespoons of olive oil over medium high heat. Season steak with salt and pepper on both sides. Place steak in pan and cook about 2 to 3 minutes a side or to your desired temperature. Remove steak from pan and set aside to rest for a few minutes.

In the second pan with 3 tablespoons of olive oil over medium high heat. Add sweet potatoes and sauté for approximately 1 minute, then add broccoli and sauté for an additional minute. Season with salt and pepper, then stir in garlic and sauté for 20 seconds. Next, mix in spinach and add cilantro, and season to taste if necessary. Turn down the heat to low for a minute or two or until potatoes are tender. Taste. Plate steak and potatoes and enjoy.

Nutritional Facts: 510 calories, 64g protein, 25g carbs

Day 5

Breakfast Smoothie

1 cup almond milk
2 cup baby spinach
1 cup frozen banana slices
1 cup plain yogurt
½ cup frozen blueberries
¼ cup oats
½ cup frozen raspberries

Combine almond milk, spinach, banana, yogurt, blueberries, raspberries, and oats in a blender. Blend on high until smooth, about 3 minutes. Add more milk if needed to achieve desired consistency.

Nutritional Facts: 389 calories, 31g protein, 32g carbs

Turkey Wraps

7 ounces ground turkey, cooked
2 gluten free tortillas
½ avocado, sliced
2 teaspoons chopped red onion
3 tablespoons turkey bacon
1 jalapeno, diced
4 tablespoons tomato salsa
1 teaspoon chili powder
1 teaspoon chopped cilantro
light olive oil
sea salt
cracked black pepper

Heat two tablespoons of olive oil over medium high heat until hot. Add a teaspoon of chopped onion and sauté for 20 seconds, add jalapeno and sauté for 20 seconds. Add ground turkey, mix in paprika and chili powder, and season with salt and pepper. Finish with one teaspoon of fresh chopped cilantro to heat and combine. For wrap: ground turkey, turkey bacon, avocado slices. Spoon a little salsa on top.

Nutritional Facts: 590 calories, 41g protein, 12g carbs

Salmon w/ Sautéed Mushrooms

8-ounce salmon filet
¾ cup sliced mushrooms
1 cup broccoli florets
4 tablespoons balsamic vinegar
1 teaspoon chopped garlic
1 teaspoon chopped parsley
light olive oil
sea salt
cracked black pepper

Heat 2 pans. In a sauté pan, add 2 tablespoons of olive oil over medium heat. Season salmon with salt and pepper on both sides and gently press seasoning into filet. Place salmon in pan and cook for approximately 3 to 4 minutes each side, or until it's firm to the touch. Remove salmon from pan and set aside to rest for a few minutes. Wipe away any debris from pan and return to heat. You should have two hot pans available.

In pan one, add 2 tablespoons of olive oil and sauté broccoli approximately 3 to 4 minutes, or until tender, season with salt and pepper, and serve.

In pan two, add 3 tablespoons olive oil and sauté garlic for 15 seconds, add mushrooms and sauté until they're soft, season with salt and pepper. Add balsamic vinegar and let it soak into the mushrooms, season with salt and pepper. Sauté until the balsamic vinegar is reduced and thickened, but not dry leaving some juices in the pan. Remove from heat, mix in and finish with chopped parsley. Spoon mushroom goodness over salmon.

Nutritional Facts: 504 calories, 50g protein, 33g carbs

Grocery List

Produce

Asparagus
Avocado – 1 or 2
Broccoli
Carrots – 3 large
Mushrooms
Spinach - 1
Zucchini - 4
Sweet Potatoes – 2
Red Onion -1
Jalapenos - 3
Cherry Tomatoes – 1
Garlic

Fruits

Bananas – 4
Raspberries - 1
Strawberries - 1
Blueberries - 1
Grapefruit – Ruby Red - 1
Lemons - 4
Limes - 4
Bananas - 4

Herbs

Cilantro – 1 bunch
Thyme – 1 pkg
Parsley – 1 bunch
Basil – 1 pkg

Dry Goods/ Packaged

Eggs
Almond Milk
Light Olive Oil
Corn Chips
Grits – (5-minutes)
Rice – white or brown
Pesto
Almond Meal/ Flour
Taco Shells
Yogurt – plain, fat free or non-dairy
Oats – old fashioned or steel cut
Sundried Tomatoes
Honey – Raw Unfiltered
Tomato Salsa
Balsamic Vinegar

Spices

Chili Powder
Paprika
Ground Cinnamon
Cayenne Pepper
Ground Ginger

Meats & Fish

Chicken Breasts - 4
Salmon - 2
Red Snapper - 1
Ground Turkey – 1lb
N.Y. Strip - 1

Prep List

Chicken Breasts

Cleaned (cut off fatty edges). Store in an airtight container.

Turkey Bacon

Cut entire package 1/4" slices. Heat a pan with 1 tablespoon of olive oil over medium heat and precook bacon stirring regularly until it's crisping but not too crispy. Drain and store in an airtight container.

Ground Turkey

Brown ground turkey in a pan. Drain the excess fat from pan, and season with paprika and chili powder, salt and pepper. Taste, and if needed adjust seasonings to your preference. Let cool and store in an airtight container.

Salmon

Remove skin from salmon filet and store in an airtight container.

Broccoli

Cut into bite sized florets and place in fridge in a Ziploc bag

Thyme, Cilantro, Parsley & Basil

Chop herbs and store in airtight containers and refrigerate.

Zucchini

Cut into bite sized or large dice pieces and store in an airtight container. (Ziploc bag)

Mushrooms

Slice and store in an airtight container. (Ziploc bag)

Red Onion

Minced

Carrots

Peel and slice. Store in a Ziploc bag.

Asparagus

Cut off approximately 1 inch from the bottom ends and refrigerate.

Rice

Cook 1 cup of uncooked long grain rice. Let cool and store in an airtight container. Boil in the bag and microwavable rice are accepted. Just watch the salt and caloric content.

Jalapenos

Chop and store in fridge.