

Red Kingdom Fitness

Women's Meal Plan

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 - 2
Ground Turkey – 1lb

Prep List

Chicken Breasts

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

Turkey Bacon

Cut entire package to ¼ inch slices. Heat a pan with 1 tablespoon of olive oil over medium heat and precook bacon stirring regularly until it's crisp but not crispy. Drain on a paper towel and store in an airtight container.

Ground Turkey

Brown 1lb of ground turkey. When cooked, drain the excess fat from pan, and season with a half teaspoon of paprika and 1 teaspoon of chili powder, salt, and pepper. Taste, and if needed adjust seasoning 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 resealable 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. (Resealable bag)

Mushrooms

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

Red Onion

Minced

Carrots

Peel and slice. Store in a resealable 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

Chopped and store in fridge

Day 1

Oatmeal w/ Blueberries

1 cup oatmeal / steel cut or old fashioned
¼ cup fresh blueberries
1 ½ cups almond milk, or water
¼ tsp ground cinnamon

Prepare oatmeal according to its instructions and cook to your desired consistency. Add blueberries to oatmeal and cook 1 to 2 minutes before plating.

Nutritional Facts: 290 calories, 7g protein, 36g carbs

Sautéed Chicken w/ Broccoli

8-ounce chicken breast
1 cup broccoli florets
½ tsp 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, cilantro, paprika, and chili powder on both sides then set aside for a few minutes.

Place a pan with 2 tablespoons of olive oil over medium high heat until hot. Place chicken breast in pan and cook approximately 4 minutes on each side, or until juicy and firm to the touch.

Remove pan from heat. Remove chicken from pan and set aside to rest. Wipe away any debris from pan. Lower heat and add 3 tablespoons of olive oil and place back on heat and add broccoli and toss and cook for approximately 3 to 4 minutes or until tender, and season with salt and pepper. Plate chicken and broccoli, and finish with a squeeze of lime over chicken breast.

Nutritional Facts: 260 calories, 48g protein, 5g 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, cut in half
light olive oil
sea salt
cracked black pepper

Coat salmon with olive oil on both sides. Season with salt, pepper, sprinkle and gently press lemon zest, cilantro, and thyme into salmon on both sides and set aside for a few minutes. Heat 1 tablespoon of olive oil in a sauté pan over medium heat until pan is hot. Place salmon in pan and sauté approximately 4 minutes each side, or until 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. Add a tablespoon of olive oil to pan. Add zucchini and sauté until tender. Add garlic and toss for a few seconds then add spinach until wilted. Plate zucchini and salmon and 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

Combine honey and yogurt and place grapefruit segments on top.

Nutritional Facts: 308 calories, 34g 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 pan with 2 tablespoons of olive oil over medium heat until hot. Add chicken spread pieces out evenly, season thoroughly with salt and pepper, and cook approximately 3 to 4 minutes or until pieces are juicy and firm. Remove chicken from pan and set aside for a minute.

Add a tablespoon of olive oil to the pan. Add zucchini and carrots and sauté for 1 to 2 minutes, or until vegetables are tender. Mix in garlic, sundried tomatoes and cilantro, season with salt and pepper, and cook an additional 2 to 3 minutes or until tender and flavors are combined and hot, then place vegetable mixture in a bowl.

Turn down heat, return pan to stovetop, place chicken in the pan for 30 seconds to reheat, stir in pesto and season with salt and pepper. Heat for a few seconds, and place over vegetables 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 bite sized into pieces
¾ cup white or brown rice, cooked
1 cup fresh baby spinach
¾ 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 red snapper with salt, pepper, cilantro, chili powder and paprika on both sides, gently press seasoning into fish and set aside for a few minutes. Heat 2 pans.

In the first pan, add 2 tablespoons of olive oil over medium heat. Add asparagus and sauté for about 30 seconds, add garlic and stir for 10 to 15 seconds. Add mushrooms and sauté, season with salt and pepper and cook until mushrooms soften. Add rice and mix well until vegetables and rice are combined and heated. Stir in spinach to wilt, season with salt and pepper, add cilantro and mix well to combine.

Turn down heat to low and let 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 and fish. Finish with a squeeze of lime over the top of the red snapper.

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

Heat two sauté pans with 2 tablespoons of olive oil until hot. In the first pan, add sweet potatoes and sauté for about 3 minutes or until potatoes are tender, season with salt and pepper. Add turkey bacon and chopped thyme and mix in well, add spinach and season. In the second pan, scramble egg whites with salt and pepper along with a few pinches of thyme. When egg whites are cooked break up with a wooden spoon or spatula and add in with sweet potato mixture and mix well. Place egg potato mixture in a bowl and serve.

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

Turkey & Rice

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

Heat a pan with 2 tablespoons of olive oil over medium heat. Add onions and sauté for 20 seconds. Next 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, and season with salt and pepper. Add rice and mix in cilantro. Season with salt and pepper, turn down heat and let simmer for a few minutes stirring occasionally until heated and combined. Taste and serve.

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

Lemon Garlic Chicken

8-ounce chicken breast, cut 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
cracked black pepper

Place chicken pieces in a bowl and add 1 teaspoon olive oil and mix to coat pieces. Season with salt, pepper, cayenne, and garlic powder, mix until all chicken pieces are seasoned.
Heat 2 tablespoon of olive oil in a sauté pan over medium heat until hot.
Add chicken and cook for 2 to 3 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 and squeeze ½ lemon and a pinch of salt and pepper.
Heat rice and plate, place chicken mixture on top of rice and serve.

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

Day 4

Avocado-Mushroom & Zucchini Omelet w/ Honey Grits

¼ cup quick cook grits
1 cup water or almond milk
2 egg whites, 1 yolk, whisked
½ cup sliced mushrooms
½ 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 little more honey if needed.

Heat two sauté pans. In the first pan, 3 tablespoons of olive oil over medium heat until hot. Add zucchini and cook for about 30 seconds. Next, add turkey bacon and sauté for about 30 seconds then add mushrooms and cook until vegetables are tender. Add cilantro and season with salt and pepper.

In the second pan add one tablespoon of olive oil until hot, add egg mixture to pan and do not stir. Let it spread to cover the surface area of the pan, cook for 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 with cracked black pepper to cover but not coat completely, salt, chopped thyme, and lemon zest. Gently press seasoning into chicken breast.

Heat a sauté pan with 2 teaspoons of olive oil over medium heat. Place chicken in pan and cook approximately 4 minutes per side or until chicken is firm but juicy.

Set aside to rest for a minute or two and finish with a squeeze of lemon.

Wipe away any debris from pan and 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.

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

Almond Crusted Red Snapper w/ Spinach & Sweet Potatoes

8-ounce red snapper filet
¾ cup sweet potatoes, cut bite sized or large dice
1 cup baby spinach
¼ cup almond flour
1 tablespoon minced red onion
1 teaspoon chopped garlic
1 lemon, cut in half
1 teaspoon chopped cilantro
light olive oil
sea salt
cracked black pepper

Heat two pans. In the first pan, add 2 tablespoons of olive oil over medium heat. Add sweet potatoes and sauté for 2 to 3 minutes or until it softens. Add onions and garlic and sauté for 20 seconds. Season with salt and pepper, and sauté for 20 seconds. Stir in spinach season with salt and pepper, turn down the heat to low for a minute or two or until potatoes are tender. Taste, season if necessary and serve.

In the second pan, add 3 tablespoons of olive oil and place over medium heat. Season snapper filet with salt, pepper, and cilantro on both sides and gently press seasoning into filet. Sprinkle almond flour on filet until coated on each side, and gently press flour into filet. Place filet in pan and cook about 2 to 3 minutes a side until crust is a golden brown. Remove filet from pan and plate and finish with a squeeze of lemon.

Nutritional Facts: 390 calories, 51g protein, 24g 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 Tacos

7 ounces ground turkey, cooked
3 corn taco shells
½ avocado, sliced
2 teaspoons chopped red onion
3 tablespoons turkey bacon
4-5 cherry tomatoes, sliced in half
1 jalapeno, diced
4 tablespoons tomato salsa, prepared
½ teaspoon paprika
1 teaspoon chili powder
1 teaspoon chopped cilantro
light olive oil
sea salt
cracked black pepper

In a skillet heat two tablespoons of olive oil over medium high heat until hot. Add a teaspoon chopped onion and sauté for 20 seconds, add jalapeno and sauté for 30 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 taco: ground turkey, cherry tomatoes, turkey bacon, avocado slices. Spoon a little salsa on top.

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

Salmon w/ Balsamic 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 filet top side down and cook for approximately 3 to 4 minutes on 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 the first pan, add 2 tablespoons of olive oil and cook broccoli approximately 3 to 4 minutes, or until tender, season with salt and pepper, and serve.

In the second pan, add 3 tablespoons olive oil and cook 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