
3-Day Sample Meal Plan for Sustained Energy



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Hi! I'm Amanda

I help women end a lifetime of dieting so they can find freedom from food and live a vibrant, healthy life.

As a certified Nutrition Therapy Practitioner, I help women cut through the hype and find solutions that work for them using a whole body approach.

Are you ready to end the yoyo dieting, kick sugar to the curb, and heal your body so you can live your best life?

Downloading this meal plan is a great first step! Learning to eat in a way to balance your blood sugar is a very important piece of the puzzle.

These recipes are for the whole family because balancing your blood sugar isn't just beneficial for you.



Eating balanced meals will prevent you from being distracted by what you might find in the vending machine or counting down until your next meal. And as an added bonus, may prevent meltdowns from your family.

When you eat balanced meals and snacks that help you keep your blood sugar steady you may notice benefits such as:

- ✓ fewer cravings
- ✓ improved energy
- ✓ slow steady hunger versus hangry
- ✓ improved focus and clarity
- ✓ and so much more

This sample meal plan is designed to show you how simple and easy eating real food can be. That's important because you need to be able to crush it at home and at work without any added stress.
















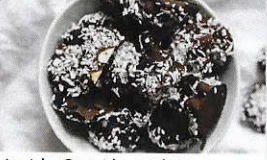


And since your time is limited, I'm giving you quick, easy recipes. Every dinner recipe can be made in 30 minutes or less and you can easily double the recipe, if needed, to ensure you have leftovers for lunch or dinner. This is also an easy way to extend the meal plan.

Since I know you're busy, I've also included a shopping list for you. Print it, check your fridge and pantry for what you already have on hand and you're ready to go!

You've got this!

Amanda

Disclaimer: This is a sample meal plan. Depending on your activity level and energy needs you may need to adjust your portion size.

	Day 1	Day 2	Day 3
Breakfast	 Chocolate Avocado Smoothie	 Grain-Free Coconut Almond Porridge	 Avocado Sweet Potato Toast with Poached Egg
Snack 1	 Apple with Almond Butter	 Carrots & Guacamole	 Cottage Cheese with Blueberries
Lunch	 Creamy Tuna on Cucumber Slices	 House Salad	 Beef Burrito Bowl with Cauliflower Rice
Snack 2	 Hard Boiled Eggs	 Turkey Kale Wraps	 Fruit-On-The-Bottom Chia Pudding
Dinner	 Cucumber Hummus Bites	 Beef Burrito Bowl with Cauliflower Rice	 Spiced Salmon Kabobs
Snack 3	 Creamy Spinach & Sun Dried Tomato Chicken	 Inside Out Almond Joys	 Frozen Yogurt Covered Blueberries

3-Day Balanced Blood Sugar Sample Meal Plan

55 items

Fruits

- 1 Apple
- 4 1/4 Avocado
- 2 3/4 cups Blueberries
- 2 Lemon
- 2 Lime

Breakfast

- 1/2 cup Almond Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 1 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tbsp Coriander
- 1 tbsp Cumin
- 1 tbsp Dried Rosemary
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 tbsp Oregano
- 1/2 tsp Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

Frozen

- 1/2 cup Frozen Berries

Vegetables

- 6 cups Asparagus
- 9 cups Baby Spinach
- 4 Carrot
- 4 cups Cauliflower Rice
- 1 cup Cucumber
- 1 1/4 Cucumber
- 4 Garlic
- 1/8 head Green Lettuce
- 3/4 cup Kale Leaves
- 2 tbsps Parsley
- 2 tbsps Radishes
- 1 Sweet Potato
- 1/2 Tomato
- 1 Yellow Onion

Boxed & Canned

- 2 cups Organic Coconut Milk
- 1 can Tuna

Baking

- 4 1/4 ozs Dark Organic Chocolate
- 1/2 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 1 1/3 cups Hummus
- 1 1/4 lbs Salmon Fillet
- 4 1/4 ozs Sliced Turkey Breast

Condiments & Oils

- 1 tsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 1/4 cup Sun Dried Tomatoes

Cold

- 1 1/2 cups Cottage Cheese
- 6 Egg
- 1/2 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

Other

- 8 Barbecue Skewers
- 2 tbsps Vital Proteins Collagen Whey Protein

Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder

Use hemp seeds and add cocoa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Dairy-Free Version

Replace whey protein powder with hemp seeds and add cocoa powder.

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

2 tbsps Vital Proteins Collagen Whey Protein

Grain-Free Coconut Almond Porridge

6 ingredients · 10 minutes · 1 serving



Directions

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

Notes

No Coconut Milk

Use an alternative milk of your choice.

Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1/3 cup Organic Coconut Milk
- 2 tbsps Almond Butter
- 1/4 cup Unsweetened Shredded Coconut
- 1 tbsp Ground Flax Seed
- 1/2 tsp Cinnamon
- 1 tbsp Hemp Seeds

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

- 1 Apple
- 2 **tbsps** Almond Butter

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Cottage Cheese with Blueberries

2 ingredients · 5 minutes · 3 servings



Directions

1. Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

Notes

Quality

Make sure you're buying 4% fat cottage cheese. The fat content will make you feel full and be lower in sugar so you don't spike your blood sugar.

Storage

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 1/2 cups Cottage Cheese
- 3/4 cup Blueberries (fresh or frozen)

Creamy Tuna on Cucumber Slices

4 ingredients · 10 minutes · 2 servings



Directions

1. Combine the tuna, yogurt and sea salt. Mix well with a fork.
2. Spread tuna evenly onto the cucumbers and enjoy!

Notes

No Greek Yogurt

Use cottage cheese or any type of alternative plain yogurt instead. Remember to buy full-fat dairy (4% or higher) to stay low-carb.

No Cucumbers

This recipe is pictured with oat crackers. Substituting cucumbers makes it lower in carbohydrate, but you still get the crunch factor and you get the bonus of having a vegetable. Feel free to use carrots (sliced vertically) or thick bell pepper slices.

Serving Size

One serving is equal to approximately four topped cucumbers.

Storage

Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

Ingredients

- 1 can Tuna (drained and flaked)
- 1/4 cup Plain Greek Yogurt
- 1/4 tsp Sea Salt
- 1 cup Cucumber (sliced)

House Salad

5 ingredients · 10 minutes · 1 serving



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

Serve it With

Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **1/2 tsps** Red Wine Vinegar
- 1/8 **head** Green Lettuce (roughly chopped)
- 1/2 **Tomato** (medium, sliced)
- 1/4 **Cucumber** (sliced)

Turkey Kale Wraps

4 ingredients · 10 minutes · 1 serving



Directions

1. Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
2. Roll the leaves into a wrap. Enjoy!

Notes

No Kale

Use another large leafy green such as collard or lettuce.

No Turkey

Use sliced chicken breast instead.

Leftovers

Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus

Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor

Sprinkle with sea salt, black pepper, paprika or your favorite spices.

Ingredients

3/4 cup Kale Leaves (whole, lacinato, washed and dried)

1/3 cup Hummus

4 1/4 ozs Sliced Turkey Breast

2 tbsps Radishes (thinly sliced)

Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel

Add salt to the water while boiling.

Ingredients

2 Egg

Fruit-On-The-Bottom Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

Notes

Storage

Store covered in the fridge up to 4 to 5 days.

Additional Toppings

Blackberries, sliced peaches or any chopped fruit you like.

No Almond Milk

Use any other type of milk instead.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Berries (thawed)
- 2 tbsps Almond Butter

Cucumber Hummus Bites

3 ingredients · 10 minutes · 4 servings



Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Ingredients

- 1 Cucumber (large)
- 1 cup Hummus
- 1/2 tsp Black Pepper

Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 1 **lb** Extra Lean Ground Beef
- 1 **tbsp** Cumin (ground)
- 1 **tbsp** Coriander (ground)
- 1 **tbsp** Oregano (dried)
- 1 1/2 **tsps** Sea Salt (divided)
- 1 Lime (juiced)
- 4 **cups** Cauliflower Rice
- 2 Avocado (diced)

Spiced Salmon Kabobs

12 ingredients · 20 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

Oven

If you want to cook in the oven, I'd estimate 30 minutes at 350 degrees F. Add the asparagus in halfway and flip the kabobs.

Ingredients

- 2 **tbsps** Parsley (chopped)
- 1 **tbsp** Sesame Seeds
- 1/2 **tsp** Black Pepper
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Red Pepper Flakes
- 2 **tbsps** Maple Syrup
- 2 **tbsps** Extra Virgin Olive Oil (plus extra for asparagus)
- 1 **1/4 lbs** Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 **cups** Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Creamy Spinach & Sun Dried Tomato Chicken

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Add the chicken thighs and let cook for about 5 minutes per side. Remove from pan and set aside on a small plate.
2. Add spinach to the pan along with the coconut milk. Stir for a few minutes until wilted, then add the chicken thighs back to the pan. Sprinkle with sundried tomatoes, dried rosemary, salt and pepper. Cover and let simmer for 5 to 7 minutes, or until chicken is cooked through.
3. Divide chicken and creamy spinach between plates and enjoy!

Notes

More Veggies

This would also be great served over cauliflower rice.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1 lb** Chicken Thighs
- 8 cups** Baby Spinach (chopped)
- 1 1/2 cups** Organic Coconut Milk (canned, full-fat)
- 1/4 cup** Sun Dried Tomatoes (chopped)
- 1 tbsps** Dried Rosemary
- Sea Salt & Black Pepper (to taste)

Inside Out Almond Joys

4 ingredients · 15 minutes · 24 servings



Directions

1. Microwave dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
2. Meanwhile, line a baking sheet with parchment paper.
3. Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
4. Sprinkle coconut otop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
5. Remove from the freezer and enjoy!

Notes

No Almonds

Use hazelnuts, peanuts or dried fruit instead.

No Coconut

Use hemp seeds instead.

Spread the Love

Package them in a tin or jar lined with parchment paper to give as a gift.

Serving Size

One serving is equal to one cluster.

Keto-Friendly

Use 90% cacao dark chocolate.

Ingredients

4 1/4 ozs Dark Organic Chocolate (at least 70% cacao, chopped)

1 tsp Coconut Oil

1 cup Almonds

1/4 cup Unsweetened Shredded Coconut

Frozen Yogurt Covered Blueberries

2 ingredients · 40 minutes · 4 servings



Directions

1. In a bowl, combine blueberries and yogurt until well coated.
2. Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
3. Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly

Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan

Use a dairy-free yogurt such as coconut or almond.

Ingredients

- 2 cups** Blueberries (fresh or frozen, not wild)
1/4 cup Plain Greek Yogurt

YOU DON'T HAVE TO DO IT ALONE

Making changes can be simple, but it doesn't mean it's *easy*.

If you're still feeling overwhelmed or could use one-on-one support and guidance, schedule a FREE Strategy Session with me.

We'll discuss your unique situation and determine if nutrition and wellness coaching is right for you.

Schedule your FREE Strategy Session

[Schedule
Strategy Session](#)

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