

WELLNESSCAPTAIN PRESENTS:  
**14-DAYS MEAL PLAN**  
- DEVELOPED BY EXPERTS -

# ATKINS

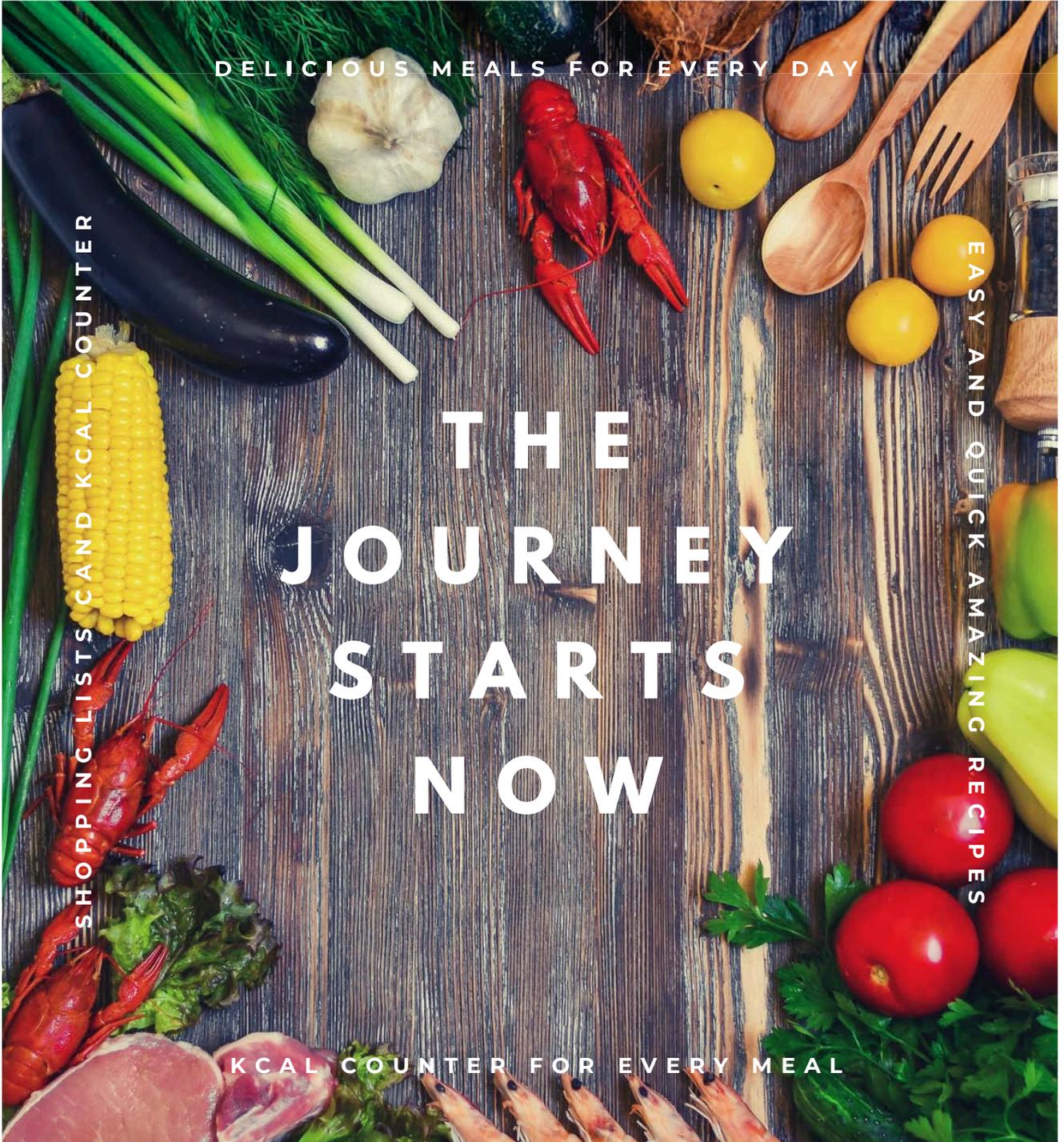
DELICIOUS MEALS FOR EVERY DAY

SHOPPING LISTS AND KCAL COUNTER

EASY AND QUICK AMAZING RECIPES

THE  
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KCAL COUNTER FOR EVERY MEAL





# THE ATKINS DIET

*WellnessCaptain.com*

The Atkins diet is one of the most popular and debated low-carb diets, especially effective if your aim is to lose weight. The theory behind it is that you can eat as much protein and fats as you like, as long as you stay away from high-carb foods.

Its success comes from the fact that a higher consumption of protein provides a higher level of satiety and reduces appetite more efficiently and in a healthier manner than other diets. Also, compared to low-fat diets, it recorded better improvements in terms of blood sugar, “good” HDL cholesterol, triglycerides and other health markers.

As with other low-carb diets, the reported downside of Atkins diet is that weight loss is short term unless you change your whole lifestyle to maintain it. That being said, our meal plan is for Atkins 40, which, as the name suggests, limits the carb intake to 40 grams a day.

...

All in all, keep in mind that these are more like guidelines and can be adapted to your own needs and lifestyle. In the end, the best diet is the one that is easy for you to follow on the long term and makes you feel healthy and good about yourself.

01

**Today's menu may be low on carbs but it's packed with savory goodness.**

*Did someone say cheese?*

*You get not two, not three, but FIVE varieties today including the sultan of Swiss fromage — Gruyere.*

*And don't forget, cheese is not only delicious it's an excellent source of bone-building calcium.*

*Co-starring on the nutrition team today are the veggies of course, namely the spinach, which is loaded with vitamin K, magnesium and potassium.*

*And speaking of magnesium, your almonds and dark chocolate happen to be great sources of this essential mineral, as well.*

# DAY 1

DAILY TOTAL: 1,470 KCAL

## 1 BREAKFAST

- 303 KCAL

2 egg omelette with 70g sliced mushrooms and 30g grated Gruyere cheese. Olive oil spray for pan. Seasoned with salt, pepper, dried herbs of your choice (thyme, oregano, etc.)

## 2 SNACK

- 170 KCAL

30g lightly salted or seasoned almonds (about 20)

## 3 LUNCH

- 290 KCAL

½ cup chicken salad wrapped in 3 leaves Romaine lettuce  
5 Kalamata (Greek) olives

## 4 SNACK

- 176 KCAL

8 cheddar cheese cubes

## 5 DINNER

- 531 KCAL

Bacon Wrapped Stuffed Zucchini, 2 zucchini halves  
*- recipe on the next page*

1 square 70% dark chocolate (about 10g)

# BACON WRAPPED STUFFED ZUCCHINI

*by Lena Abraham, via delish.com*

## INGREDIENTS

3 medium zucchini, halved lengthwise  
8 oz. cream cheese, softened  
1/2 c. finely chopped artichoke hearts  
1/2 c. frozen spinach, defrosted, drained, and chopped  
1 c. shredded mozzarella  
1/2 c. freshly grated Parmesan  
1 Garlic clove, minced  
1/2 tsp. red pepper flakes, plus more for garnish  
kosher salt  
Freshly ground black pepper  
12 slices bacon

## DIRECTIONS

*Preheat oven to 350°. Line a baking sheet with parchment paper and fit with a cooling rack. Using a spoon, remove the seedy centers of each zucchini.*

*In a large bowl, combine cream cheese, artichoke hearts, spinach, mozzarella, parmesan, garlic and red pepper flakes. Season with salt and pepper and stir to combine.*

*Scoop cream cheese mixture into zucchini boats, then wrap each boat with 2 slices bacon. Place on prepared cooling rack and place in oven to bake, 35 to 40 minutes, or until zucchini is tender and bacon is crisp. Let cool slightly and serve.*

*Photo credits and recipe details go to the author.*

*You can find the recipe here:  
<https://www.delish.com/cooking/recipe-ideas/recipes/a58198/bacon-wrapped-stuffed-zucchini-recipe/>*

02

## Wake up to this yummy

*orange creamsicle smoothie, with whey protein for staying power.*

*Lunch is your anchor meal of the day today, a Mexican fiesta of a salad loaded with all the things you love about tacos — namely meat and cheese!*

*While avocado is on the scene to provide nutritional bona fides.*

*Then a quick and easy dinner brings your day to a close, featuring a vitamin and mineral laden sweet potato at its center.*

# DAY 2

DAILY TOTAL: 1,216 KCAL

## 1 BREAKFAST

- 179 KCAL

Blended smoothie with 200 mL water, 75 ml orange juice, 30g vanilla flavored whey protein, 1 Tbsp heavy whipping cream and 1 tsp vanilla extract

## 2 SNACK

- 78 KCAL

1 hard boiled egg

## 3 LUNCH

- 456 KCAL

Taco salad with 80g lettuce, 60g ground beef, 30g shredded cheddar cheese, 1 diced tomato and ½ sliced avocado, topped with 1 Tbsp sour cream and juice of 1 lime

## 4 SNACK

- 210 KCAL

Meat/Cheese roll-ups with 2 slices prosciutto and 2 slices provolone cheese

## 5 DINNER

- 293 KCAL

½ medium baked sweet potato topped with 2 slices chopped bacon, 1 Tbsp sour cream and 1 Tbsp fresh chives

03

## This hearty, high-protein

*breakfast wrap is sure to keep you satisfied all morning, but just in case a yummy Atkins-friendly snack awaits later on, not to mention a savory lunch.*

*You won't miss the bread in your bacon-loaded BLT wrap, featuring lots of potassium, lycopene and vitamin A from the "LT" contingent.*

*A lighter, Mediterranean inspired dinner finishes things off, with flaky white fish and a heaping portion of cancer-fighting cruciferous veggies.*

# DAY 3

DAILY TOTAL: 1,769 KCAL

1

## BREAKFAST

- 461 KCAL

Low Carb Breakfast Wraps  
*- recipe on the next page*

2

## SNACK

- 127 KCAL

4 almond crackers  
(such as Nut Thins)  
with 1 Tbsp natural peanut butter

3

## LUNCH

- 367 KCAL

Breadless BLT with 6 slices of bacon and 1 sliced tomato wrapped in 85g romaine lettuce spread with 1 Tbsp real mayonnaise

4

## SNACK

- 170 KCAL

30g lightly salted or seasoned almonds (about 20)

5

## DINNER

- 644 KCAL

170g flounder filet (or other white fish) lightly floured and pan-seared in 1 Tbsp butter and 1 Tbsp olive oil, served with 200g broccoli roasted in 2 Tbsp olive oil, seasoned with lemon juice, garlic powder, salt and pepper

# LOW-CARB BREAKFAST WRAPS

*by Lena Abraham, via delish.com*

## INGREDIENTS

4 large eggs  
1/4 c. milk  
1 tbsp. butter  
6 breakfast sausages, cooked according to package instructions  
1 1/2 c. shredded cheddar, divided  
1 avocado, cut into thin slices  
1/2 c. grape tomatoes, quartered  
kosher salt  
Freshly ground black pepper  
1 tbsp. Chopped chives

## DIRECTIONS

*In a large bowl, whisk together eggs and milk. Season with salt and pepper.*

*In a medium skillet over medium heat, melt butter.*

*Pour 1/3 of the egg mixture into the skillet, moving to create a thin layer that covers the entire pan.*

*Cook for 2 minutes. Add 1/2 cup cheddar and cover for 2 minutes more, until the cheese is melty.*

*Add sausage, avocado and tomatoes to the center of egg wrap. Using a spatula, fold both ends over filling and "glue" shut with melted cheese.*

*Remove from pan.*

*Garnish with chives and serve.*

*Photo credits and recipe details go to the author.*

*You can find the recipe here:*

*<https://www.delish.com/cooking/recipe-ideas/recipes/a57866/low-carb-breakfast-wraps-recipe/>*

04

**Talk about a lot of flavor**  
*and nutrition packed into less than 1,400 calories!*

*Begin the day with a great Greek omelette followed by a unique sweet-and-salty snack full of beta carotene, protein and omega-3 fats.*

*More tantalizing flavor combinations await at lunch, as shrimp, pumpkin seeds and pears all play atop this high fiber salad.*

*Then for dinner, enjoy a twist on traditional spaghetti and meatballs with this leaner and more nutritious veggie version.*

# DAY 4

DAILY TOTAL: 1,396 KCAL

**1**

## **BREAKFAST**

- 302 KCAL

2 egg Greek omelette with 30g sauteed spinach, 1 clove minced and sauteed garlic, 110g halved cherry tomatoes and 30g crumbled feta cheese

**2**

## **SNACK**

- 138 KCAL

2 chunks cantaloupe wrapped in thin slices of smoked salmon

**3**

## **LUNCH**

- 490 KCAL

Tossed salad with 85g cooked shrimp, 60g baby greens, 35g diced asian pear, 15g pumpkin seeds and 15g shaved parmesan cheese, dressed with 2 Tbsp olive oil and 1 Tbsp red wine vinegar

**4**

## **SNACK**

- 60 KCAL

15g (about 1 cup) popcorn

**5**

## **DINNER**

- 396 KCAL

Garlic Butter Meatballs and Zoodles  
*- recipe on the next page*

# GARLIC BUTTER MEATBALLS

*by Makinze Gore, via delish.com*

## INGREDIENTS

1 lb. ground chicken  
5 garlic cloves, minced and divided  
1 egg, beaten  
1/2 c. grated Parmesan, plus more for garnish  
2 tbsp. freshly chopped parsley  
1/4 tsp. red pepper flakes  
Kosher salt  
Freshly ground black pepper  
2 tbsp. extra-virgin olive oil  
4 tbsp. butter  
Juice of 1/2 a lemon  
1 lb. zoodles

## DIRECTIONS

*In a large bowl mix together ground chicken, 2 garlic cloves, egg, Parmesan, parsley, and red pepper flakes. Season with salt and pepper then form into tablespoon sized meatballs.*

*In a large skillet over medium heat, heat oil and cook meatballs until golden on all sides and cooked through, 10 minutes. Transfer to a plate and wipe out skillet with a paper towel.*

*Melt butter in skillet then add remaining 3 garlic cloves and cook until fragrant, 1 minute. Add zoodles to skillet and toss in garlic butter then squeeze in lemon juice.*

*Add meatballs back and heat just until warmed through. Garnish with Parmesan to serve.*

*Photo credits and recipe details go to the author.*

*You can find the recipe here:  
<https://www.delish.com/cooking/a22159055/garlic-butter-meatballs-recipe/>*

05

## Kick things off with

*a quick-and-easy frittata that tips the scale with 22g protein, not to mention a blast of nutrients including vitamin K, iron and potassium.*

*Next up is a nice dose of bone-building calcium and more protein in your Greek yogurt snack, followed by a heat-and-eat lunch of those fantastic meatball zoodles from last night.*

*Today wraps up with a steak fajita, minus the tortilla of course, but with all this meaty cheesy goodness you won't miss it.*

# DAY 5

DAILY TOTAL: 1, 433 KCAL

1

## BREAKFAST

- 315 KCAL

Spinach frittata with bacon and cheddar

- recipe on the next page

2

## SNACK

- 253 KCAL

100g plain low-fat Greek yogurt topped with 30g chopped walnuts and cinnamon to taste

3

## LUNCH

- 396 KCAL

Leftover dinner from Day 4, Garlic Butter Meatballs and Zoodles

4

## SNACK

- 89 KCAL

60g quartered carrots dipped in 2 Tbsp roasted garlic hummus

5

## DINNER

- 380 KCAL

Fajita plate with 100g sliced skirt or flank steak, 100g sliced bell pepper and 80g sliced white onion (spray pan with cooking spray, saute all ingredients to desired doneness), topped with 30g shredded cheddar cheese and 60g fresh salsa

# SPINACH FRITTATA WITH BACON AND CHEDDAR

*by Danilo Alfaro, via [thespruceeats.com](https://www.thespruceeats.com)*

## INGREDIENTS

8 eggs  
1/2 cup whole milk  
1/2 pound fresh spinach (rinsed, dried, and torn into roughly 1-inch pieces)  
8 slices bacon  
1/2 large onion (peeled and diced)  
1 cup cheddar cheese (grated)  
Kosher salt (to taste)

## DIRECTIONS

*Gather the ingredients.*

*Preheat oven to 450 F.*

*Cook the bacon in a cast iron skillet over medium-low heat. When bacon is crispy, remove it from the pan, drain on paper towels, and set aside.*

*When it's cool, roughly chop it into 1/4-inch pieces—or just crumble it up.*

*Reserve about 2 tablespoons of bacon fat, then add diced onion and sauté for 2 to 3 minutes or until it's slightly translucent.*

*Turn off the heat under the pan, then add the spinach pieces and stir with a wooden spoon for a minute until the leaves are fully wilted.*

*In a glass mixing bowl, thoroughly beat the eggs until nice and frothy. Add the milk and stir until combined. Season to taste with Kosher salt.*

*While the egg mixture is still frothy, pour it into the skillet, and sprinkle the bacon pieces in as well. Give everything a stir to distribute the ingredients evenly. This is the last time you're going to stir, so get it all out of your system now!*

*Turn the heat under the skillet back on to about medium and cook for about 5 minutes or until the egg begins to set. No stirring!*

*Add the grated cheese, sprinkling it evenly across the top, and then transfer the skillet to the oven. Bake 10 to 15 minutes or until the eggs are fully cooked.*

***Photo credits and recipe details go to the author.***

You can find the recipe here:  
<https://www.thespruceeats.com/spinach-frittata-bacon-and-cheddar-995519>

06

## Kick things off with

*a quick-and-easy frittata that tips the scale with 22g protein, not to mention a blast of nutrients including vitamin K, iron and potassium.*

*Next up is a nice dose of bone-building calcium and more protein in your Greek yogurt snack, followed by a heat-and-eat lunch of those fantastic meatball zoodles from last night.*

*Today wraps up with a steak fajita, minus the tortilla of course, but with all this meaty cheesy goodness you won't miss it.*

# DAY 6

DAILY TOTAL: 1, 554 KCAL

1

## BREAKFAST

- 527 KCAL

Egg in the hole, 1 avocado halved and pit removed with 1 fried egg in each hole (2 eggs total), drizzled with 1 Tbsp olive oil

2

## SNACK

- 77 KCAL

4 almond crackers (such as Nut Thins) with 1 Tbsp cream cheese

3

## LUNCH

- 246 KCAL

Tuna salad with 180g homemade tuna salad served with 1 sliced tomato on a bed of 60g butter lettuce  
*- recipe on the next page*

4

## SNACK

- 194 KCAL

30g roasted/salted sunflower seeds

5

## DINNER

- 510 KCAL

600 mL (about 1 ½ portions) Chicken Meatball Vegetable Soup  
*- recipe on the next page*

# TUNA SALAD

*by Ina Garten, via [foodnetwork.co.uk](http://foodnetwork.co.uk)*

## INGREDIENTS

900g very fresh tuna steak, cut 2.5cm thick  
4 tbsp olive oil, plus extra for brushing  
2 1/2 tsps salt, plus extra for sprinkling  
1/2 tsp coarsely ground black pepper, plus extra for sprinkling  
2 limes, zest grated  
1 tsp wasabi powder  
3 limes, juiced  
30ml soy sauce  
10 dashes hot sauce (recommended: Tabasco)  
1 to 2 ripe Hass avocados, medium diced  
50g spring onions, white and green parts, minced (2 spring onions)  
50g red onion, small diced

## DIRECTIONS

*Brush the tuna steaks with olive oil, and sprinkle with salt and pepper. Place the tuna steaks in a very hot saute pan and cook for only 1 minute on each side. Set aside on a platter.*

*Meanwhile, in a small bowl, combine the olive oil, salt, pepper, lime zest, wasabi, lime juice, soy sauce and hot sauce. Add the avocados to the vinaigrette.*

*Cut the tuna in chunks and place it in a large bowl. Add the spring onions and red onion and mix well. Pour the vinaigrette mixture over the tuna and carefully mix.*

*Photo credits and recipe details go to the author.*

You can find the recipe here:  
<http://www.foodnetwork.co.uk/recipes/tuna-salad.html>

# CHICKEN MEATBALL AND VEGETABLE SOUP

by Ann Taylor Pittman via [cookinglight.com](http://cookinglight.com)

## INGREDIENTS

Cooking spray  
1 1/2 pounds ground chicken (not ground chicken breast)  
2/3 cup panko (Japanese breadcrumbs)  
1 teaspoon kosher salt, divided  
1 teaspoon dried oregano  
3 ounces Parmesan cheese, grated and divided (about 3/4 cup)  
1 medium garlic clove, grated on a Microplane  
1 large egg  
2 tablespoons canola oil  
3 cups sliced carrot  
2 cups chopped white onion  
1 1/2 cups diced celery  
8 cups unsalted chicken stock (Swanson)  
1 teaspoon freshly ground black pepper  
2 bay leaves  
12 ounces fresh baby spinach

## DIRECTIONS

*Preheat oven to 400°F.*

*Line a large rimmed baking sheet with foil; coat foil with cooking spray. Place chicken in a medium bowl. Add panko, 1/4 teaspoon salt, oregano, half of cheese, garlic, and egg; mix well to combine. Shape into 32 meatballs (about 2 tablespoons each) and arrange on prepared pan. Bake at 400°F for 15 minutes or until cooked through. Increase heat to high broil (do not remove pan from oven); broil 2 to 3 minutes or until lightly browned.*

*Meanwhile, heat oil in a large Dutch oven over medium heat. Add carrot, onion, and celery; cook 10 minutes or until softened, stirring occasionally. Stir in stock, pepper, bay leaves, and remaining 3/4 teaspoon salt. Bring to a boil; reduce heat, and simmer 15 minutes or until carrot is tender. Gradually add spinach, stirring just until spinach wilts. Gently stir in cooked meatballs. Sprinkle soup with remaining cheese.*

*Photo credits and recipe details go to the author.*

You can find the recipe here:

<https://www.cookinglight.com/recipes/chicken-meatball-vegetable-soup>

07

## What could possibly

*make a smoothie creamier and more satisfying than REAL CREAM? Nothing, that's what.*

*Protein and just a touch of berry flavor make this a breakfast of champions. Lunch today is easy to make and even easier to eat, especially if you hold those roll-ups together with some toothpicks.*

*Finally sink your teeth into this interesting take on a bunless cheeseburger complete with lettuce, tomato and all the fixings.*

# DAY 7

DAILY TOTAL: 1, 549 KCAL

## 1 BREAKFAST

- 576 KCAL

Blended smoothie with 240 mL unsweetened almond milk, 120 mL heavy whipping cream, 3 Tbsp unsweetened protein powder (such as whey), 6 frozen raspberries and a few drops of liquid stevia (or other zero-calorie sweetener) to taste

## 2 SNACK

- 95 KCAL

2 Tbsp cream cheese spread into ½ red bell pepper

## 3 LUNCH

- 355 KCAL

4 dill pickle spears each wrapped with 1 slice Swiss cheese and 1 slice roasted turkey

## 4 SNACK

- 207 KCAL

30g pecans

## 5 DINNER

- 316 KCAL

Cheeseburger Tomatoes  
- recipe on the next page

# CHEESEBURGER TOMATOES

by Lauren Miyashiro via delish.com

## INGREDIENTS

1 tbsp. extra-virgin olive oil  
1 medium onion, chopped  
2 cloves garlic, minced  
1 lb. ground beef  
1 tbsp. ketchup  
1 tbsp. yellow mustard  
4 slicing tomatoes  
Kosher salt  
Freshly ground black pepper  
2/3 c. shredded cheddar  
1/4 c. shredded iceberg lettuce  
4 pickle coins  
Sesame seeds, for garnish

## DIRECTIONS

*In a medium skillet over medium heat, heat oil. Add onion and cook until tender, about 5 minutes, then stir in garlic. Add ground beef, breaking up the meat with a wooden spoon, and cook until the beef is no longer pink, about 6 minutes. Drain fat. Season with salt and pepper, then stir in ketchup and mustard.*

*Flip tomatoes so they are stem-side down. Cut the tomatoes into six wedges, being careful to not cut completely through the tomato. Carefully spread open the wedges. Divide cooked ground beef evenly among the tomatoes, then top each with cheese and lettuce.*

*Garnish with pickle coins and sesame seeds.*

**Photo credits and recipe details go to the author.**

You can find the recipe here:  
<https://www.delish.com/cooking/recipe-ideas/a20720147/cheeseburger-tomatoes-recipe/>

08

## The beauty of a

*breakfast muffin is that it can be made ahead and reheated for a grab-and-go type of breakfast, or else made to order and eaten in a leisurely fashion.*

*Better yet, these particular muffins contain tons of protein, nutrient-rich spinach and almost zero carbs.*

*Later on you'll enjoy a sort of pumpkin pie a la mode, without all the guilt.*

*And another special treat awaits you at the end of the day — a succulent steak dinner with roasted veggies.*

# DAY 8

DAILY TOTAL: 1, 689 KCAL

## 1 BREAKFAST

- 280 KCAL

Cauliflower Breakfast Muffins  
(2 muffins)

- recipe on the next page

## 2 SNACK

- 177 KCAL

120g canned pumpkin topped with 6 Tbsp homemade whipped cream (no sugar added)

## 3 LUNCH

- 510 KCAL

Leftover Chicken Meatball Vegetable Soup from Day 6 dinner

## 4 SNACK

- 130 KCAL

4 thin pear slices each wrapped in 1 thin slice prosciutto

## 5 DINNER

- 592 KCAL

100g NY strip steak topped with 30g crumbled bleu cheese, served with 60g each carrots and broccoli roasted in 2 Tbsp olive oil

# CAULIFLOWER BREAKFAST MUFFINS

*by Lauren Miyashiro via delish.com*

## INGREDIENTS

1 large cauliflower (or about 3 cups riced cauliflower)  
6 oz. diced ham  
1/2 c. baby spinach  
1/2 c. finely chopped onion  
5 Eggs, beaten  
1/2 tsp. garlic powder  
1 c. shredded Cheddar  
kosher salt  
Pinch cayenne pepper  
Freshly ground black pepper

## DIRECTIONS

*Preheat oven to 375 degrees F. On a box grater or in a food processor, grate cauliflower and transfer to a large bowl. Place cauliflower in paper towels or cheesecloth and wring out any excess water.*

*Add eggs, cheddar cheese, garlic powder and whisk until combined. Fold in cheddar cheese, ham, spinach and onion. Grease a muffin tin with cooking spray, then fill each one about two-thirds full. Bake for about 20-25 minutes, or until lightly golden.*

*Photo credits and recipe details go to the author.*

You can find the recipe here:  
<https://www.delish.com/cooking/recipes/a51528/cauliflower-breakfast-muffins-recipe/>

09

## The beauty of a

breakfast muffin is that it can be made ahead and reheated for a grab-and-go type of breakfast, or else made to order and eaten in a leisurely fashion.

Better yet, these particular muffins contain tons of protein, nutrient-rich spinach and almost zero carbs.

Later on you'll enjoy a sort of pumpkin pie a la mode, without all the guilt.

And another special treat awaits you at the end of the day — a succulent steak dinner with roasted veggies.

# DAY 9

DAILY TOTAL: 1, 519 KCAL

## 1 BREAKFAST

- 280 KCAL

Kathleen's Cottage Pancakes (3 pancakes) with 1-2 Tbsp sugar-free syrup, such as maple flavored monkfruit syrup

- recipe on the next page

## 2 SNACK

- 130 KCAL

4 turkey sausage breakfast links

## 3 LUNCH

- 463 KCAL

Tossed salad with 85g smoked/cooked salmon, 60g arugula, 30g sliced bell pepper, 15g pine nuts and 15g shredded asiago cheese, dressed with 2 Tbsp olive oil and 1 Tbsp champagne vinegar

## 4 SNACK

- 187 KCAL

2 hard boiled eggs and 6 green olives

## 5 DINNER

- 459 KCAL

Baked poblano pepper halves (2) each stuffed with 60g cooked ground beef and 15g shredded Mexican cheese blend, topped with 30g fresh salsa

# KATHLEEN'S LOW-CARB COTTAGE PANCAKES

*by Ann, via fountainavenuekitchen.com*

## INGREDIENTS

6 eggs  
1 1/2 cups cottage cheese  
1/2 teaspoon kosher or sea salt\*  
1/2 cup flour (see comments above regarding gluten-free options)  
1/4 teaspoon baking soda

## DIRECTIONS

*Beat eggs until light. Mash cottage cheese (Kathleen uses a food processor, I used my mini chopper to really get it smooth).*

*Add to eggs along with the remaining ingredients.*

*Drop by tablespoonfuls onto a lightly-greased griddle (I like to use my cast iron skillet) and cook over medium heat until browned on both sides and cooked through.*

*Top with maple syrup or fresh fruit, as desired.*

*Makes about 2 dozen small pancakes.*

*Photo credits and recipe details go to the author.*

You can find the recipe here:  
<https://fountainavenuekitchen.com/kathleens-cottage-pancakes/>

10

## Prepare for a day of

*satisfying meals and good solid nutrition, starting with this yummy omelette filled with Italian sausage, mozzarella cheese and vibrant veggies.*

*The spinach will pump some iron into your diet, while the tomatoes offer the super antioxidant lycopene.*

*Your lunch wrap is perfect for a quick bite on the go, or at the office.*

*Then at dinner you'll love these easy baked avocados, with everything your body needs — healthy fat, protein and loads of vitamins and minerals — and everything you crave like melted cheese and tangy, spicy flavor.*

# DAY 10

DAILY TOTAL: 1, 681 KCAL

## 1 BREAKFAST

- 426 KCAL

2 egg omelette with 60g Italian sausage, 30g sauteed spinach, 1 clove minced and sauteed garlic, 110g halved cherry tomatoes and 30g shredded mozzarella cheese  
Olive oil spray for pan  
Italian seasoning, salt and pepper to taste

## 2 SNACK

- 185 KCAL

8 Kalamata olives and 30g feta cheese

## 3 LUNCH

- 455 KCAL

Sandwich wrap using low carb multigrain wrap filled with 8 slices roasted turkey, 2 slices gouda cheese, 1 sliced tomato and 30g lettuce, seasoned with 1 Tbsp stone ground mustard, 1 tsp olive oil and 1 tsp red wine vinegar

## 4 SNACK

- 130 KCAL

30g pumpkin seeds

## 5 DINNER

- 495 KCAL

Cheesy Chicken Baked Avocados (2 avocado halves)

- recipe on the next page

# CHEESY CHICKEN BAKED AVOCADOS

by Jessica, via [howsweeteats.com](https://www.howsweeteats.com)

## INGREDIENTS

5 avocados  
1 ½ cups shredded chicken  
1/2 cup cherry tomatoes, chopped  
2/3 cup freshly grated white cheddar cheese  
2 green onions, thinly sliced  
3 tablespoons freshly chopped cilantro  
½ teaspoon chili powder  
½ teaspoon smoked paprika  
½ teaspoon garlic powder  
¼ teaspoon cumin  
pinch of salt and pepper  
SRIRACHA YOGURT DRIZZLE  
½ cup plain greek yogurt  
1 1/2 tablespoons sriracha  
1 lime, juiced

## DIRECTIONS

*Preheat the oven to 350 degrees F.*

*Cut the avocados in half and remove the pits. Cut 1 avocado open and scoop all the flesh out. Place it in a large bowl. I like to scoop out just a tiny bit of the remaining 4 avocados to create more of a "bowl" and have more room for the chicken, but it's not necessary. If you scoop a bit out, add it to the bowl.*

*To that same bowl, add the chicken, 1/3 cup cheese, tomatoes, green onions, cilantro, chili powder, paprika, garlic powder, cumin, salt and pepper. Stir well until combined, making sure to mash the avocado into the mixture to act as a binder and hold the chicken together.*

*Take an ice cream scoop or spoon and place about ¼ cup (or however much you want!) of the chicken mixture into the cut avocados. Sprinkling the remaining 1/3 cup of cheese over top of the avocados.*

*Bake for 15 to 20 minutes, until the chicken is warmed through and the cheese is melted. Remove from the oven and drizzle the avocados with the sriracha drizzle. The avocados will get a little dark in color from the baking. Sprinkle with extra cilantro and greek onions if you wish. Serve immediately!*

## SRIRACHA YOGURT DRIZZLE

*Whisk together the yogurt, sriracha and lime juice until combined. You can make this a few hours ahead of time and store it in the fridge!*

**Photo credits and recipe details go to the author.**

You can find the recipe here:  
<https://www.howsweeteats.com/2019/02/baked-avocados/>

# 11

## Prepare for a day of

*satisfying meals and good solid nutrition, starting with this yummy omelette filled with Italian sausage, mozzarella cheese and vibrant veggies.*

*The spinach will pump some iron into your diet, while the tomatoes offer the super antioxidant lycopene.*

*Your lunch wrap is perfect for a quick bite on the go, or at the office.*

*Then at dinner you'll love these easy baked avocados, with everything your body needs — healthy fat, protein and loads of vitamins and minerals — and everything you crave like melted cheese and tangy, spicy flavor.*

# DAY 11

DAILY TOTAL: 1, 773 KCAL

## 1

### BREAKFAST

- 324 KCAL

Mushroom-Chorizo Skillet with 80g chorizo sausage, 60g sliced cremini mushrooms, 1 clove minced garlic and 1 Tbsp heavy whipping cream

## 2

### SNACK

- 211 KCAL

1 red bell pepper cut in wedges, dipped in 125g whole milk ricotta cheese

## 3

### LUNCH

- 495 KCAL

Leftover Cheesy Chicken Baked Avocados (2 avocado halves) from Day 10 dinner

## 4

### SNACK

- 299 KCAL

50g dry roasted peanuts

## 5

### DINNER

- 444 KCAL

Roasted Tomato Walnut Chicken  
- recipe on the next page

# ROASTED TOMATO WALNUT CHICKEN

by *Patty Mastracco, via walnuts.org*

## INGREDIENTS

3 tablespoons balsamic vinegar  
2 tablespoons extra virgin olive oil  
2 cups multi-color cherry or grape tomatoes  
3/4 teaspoon garlic salt, divided  
4 small chicken breasts, boneless and skinless  
1 teaspoon Italian herb seasoning blend, divided  
1 cup shredded smoked mozzarella cheese  
Cooked polenta slices (optional)  
1/2 cup coarsely chopped and toasted California walnuts  
Fresh basil, snipped

## DIRECTIONS

*Preheat oven to 400°F. Line a baking sheet with foil. Place balsamic vinegar and oil on baking sheet, add tomatoes and toss to coat. Place to one side of the baking sheet and sprinkle with 1/4 teaspoon garlic salt.*

*Season chicken with remaining garlic salt and Italian seasoning. Place on baking sheet next to tomatoes. Roast 30 minutes or until chicken is cooked through.*

*Top chicken with mozzarella and cook 5 minutes more to melt cheese. Serve chicken, tomatoes and cooking juices over cooked polenta slices, if desired.*

*Top with walnuts and basil.*

*Photo credits and recipe details go to the author.*

You can find the recipe here:  
<https://walnuts.org/recipe/roasted-tomato-walnut-chicken/>

12

## Prepare for a day of

*satisfying meals and good solid nutrition, starting with this yummy omelette filled with Italian sausage, mozzarella cheese and vibrant veggies.*

*The spinach will pump some iron into your diet, while the tomatoes offer the super antioxidant lycopene.*

*Your lunch wrap is perfect for a quick bite on the go, or at the office.*

*Then at dinner you'll love these easy baked avocados, with everything your body needs — healthy fat, protein and loads of vitamins and minerals — and everything you crave like melted cheese and tangy, spicy flavor.*

# DAY 12

DAILY TOTAL: 1, 847 KCAL

## 1 BREAKFAST

- 405 KCAL

Blended green smoothie with 120 mL unsweetened almond milk, 80 mL water, 30g vanilla flavored whey protein, 30g spinach, 3 frozen strawberries, 2 Tbsp almond butter and 1 Tbsp chia seeds

## 2 SNACK

- 226 KCAL

150g plain low-fat Greek yogurt with 5 raspberries, 15g chopped walnuts and 1 tsp zero-calorie sweetener (such as stevia or erythritol)

## 3 LUNCH

- 569 KCAL

120g pimento cheese wrapped in 3 large romaine lettuce leaves

## 4 SNACK

- 227 KCAL

1 whole avocado, sliced, seasoned to taste

## 5 DINNER

- 420 KCAL

Skinny eggplant rollatini (4 rollatini)  
- recipe on the next page

# SKINNY EGGPLANT ROLLATINI

*by Marie, via [notenoughcinnamon.com](http://notenoughcinnamon.com)*

## INGREDIENTS

2 large eggplants  
1 cup reduced fat ricotta 9 oz/ 250 g  
1 1/2 cups shredded light mozzarella divided in 1/2 cup and 1 cup  
1/2 cup shredded Parmesan  
9 oz frozen spinach / 250 g, thawed and squeezed to remove as much liquid as possible  
1 egg  
1 clove garlic germ removed, minced  
salt and pepper to taste  
1 cup tomato passata or marinara

## DIRECTIONS

*Preheat oven to 400F/200C.*

*Remove eggplants' ends and slice them thinly lengthwise. Spray a baking sheet with olive oil and place 12 eggplant slices on it. You may need to use two baking sheets or bake eggplant in two batches depending on the size of your oven).*

*Bake for 10 minutes, remove from the oven and let cool.*

*While eggplants are cooking, prepare ricotta/spinach mixture. In a bowl, combine ricotta, mozzarella (1/2 cup), parmesan, spinach, egg and garlic. Mix well and season to taste.*

*Spread 1/2 cup tomato sauce on the bottom of a large baking dish.*

*Generously spread ricotta/spinach mixture on an eggplant slice (about two heaped tablespoons), roll it and arrange in prepared dish, seam side down.*

*Continue with remaining eggplant.*

*Top with remaining tomato sauce (1/2 cup) and sprinkle with remaining mozzarella (1 cup).*

*Cover with foil, reduce oven to 350F and bake for 45 minutes. Remove foil and bake another 15 minutes or until cheese is golden brown. Bake for 10 minutes, remove from the oven and let cool*

***Photo credits and recipe details go to the author.***

You can find the recipe here:

***<https://www.noenoughcinnamon.com/skinny-eggplant-rollatini/>***

# 13

**Journey from earthy to exotic flavors today. Your breakfast is a little different take on granola, not only grain free but spiced up with fennel and ginger to arouse the senses. Then skipping ahead to dinner, you'll feast on sweet and spicy Korean-style barbecue beef, sparing the carbs by substituting cauliflower rice for the traditional starchy stuff.**

# DAY 13

DAILY TOTAL: 1, 783 KCAL

## 1 BREAKFAST

- 318 KCAL

Fennel and Ginger Grain-Free Granola (use zero-calorie sweetener such as stevia) with 120 mL whole milk  
*- recipe on the next page*

## 2 SNACK

- 148 KCAL

2 slices ham and 1 boiled egg

## 3 LUNCH

- 420 KCAL

Leftover eggplant rollatini (4 rollatini) from Day 12 dinner

## 4 SNACK

- 195 KCAL

90g canned tuna mixed with 1 Tbsp olive oil, chopped green onions and lemon juice to taste

## 5 DINNER

- 408 KCAL

Easy Bulgogi (Korean BBQ Beef) served over 120g cauliflower rice

# FENNEL & GINGER GRAIN FREE GRANOLA

*by the Team, via ditchthecarbs.com*

## INGREDIENTS

400 g desiccated/shredded coconut unsweetened  
150 g sunflower seeds  
150 g pumpkin seeds  
2 tbsp dried fennel seeds  
2 tbsp ground ginger  
2 tbsp ground cardamon  
5 tbsp granulated sweetener of choice or more, to your taste  
50 g coconut oil melted

## DIRECTIONS

*Place all the ingredients in a large roasting dish.*

*Mix together with a large spoon.*

*Bake in the oven at 180C/350F for 20 minutes but you must turn the mixture every 3-4 minutes. I set my timer each time I put it back in the oven as it is too darn easy to forget and lose an expensive batch of grain free granola if it accidentally burns.*

*Once the entire grain free granola is browned and baked, remove from the oven and allow to cool completely before placing in storage jars.*

## Notes

*Serving size is 1/2 cup, aprox 43g.*

*I store mine in the pantry, even in the summer where it should last for up to a month.*

*Alternatively, store in the fridge for up to 2 months or can be frozen for up to 3 months.*

*Photo credits and recipe details go to the author.*

You can find the recipe here:

<https://www.nutenoughcinnamon.com/skinny-eggplant-rollatini/>

13

Journey from earthy to exotic flavors today. Your breakfast is a little different take on granola, not only grain free but spiced up with fennel and ginger to arouse the senses. Then skipping ahead to dinner, you'll feast on sweet and spicy Korean-style barbeque beef, sparing the carbs by substituting cauliflower rice for the traditional starchy stuff.



# DAY 14

DAILY TOTAL: 1, 524 KCAL

## 1 BREAKFAST

- 408 KCAL

2 egg omelette with 60g andouille sausage, 30g sauteed mushrooms, 1 clove minced and sauteed garlic, 80g halved cherry tomatoes and 30g shredded monterey jack cheese. Olive oil spray for pan

## 2 SNACK

- 180 KCAL

Espresso shot with 60 mL heavy whipping cream, instant espresso powder and zero-calorie sweetener to taste

## 3 LUNCH

- 404 KCAL

Tossed salad with 85g grilled chicken, 60g spinach, 30g sliced red onion, 15g slivered almonds and 15g crumbled goat cheese, dressed with 2 Tbsp olive oil and 1 Tbsp balsamic vinegar

## 4 SNACK

- 60 KCAL

15g (about 1 cup) popcorn

## 5 DINNER

- 472 KCAL

Veggie lasagna stuffed portobello mushrooms  
(2 mushroom caps)  
*- recipe on the next page*

# VEGGIE LASAGNA STUFFED PORTOBELLO MUSHROOMS

*by Gina, via [skinnytaste.com](http://skinnytaste.com)*

## INGREDIENTS

1 teaspoon olive oil  
2 loose cups baby spinach, chopped  
3 cloves chopped garlic  
1/3 cup chopped onion  
1/3 cup chopped red bell pepper  
kosher salt  
3/4 cup part skim ricotta  
1/2 cup grated parmesan cheese  
1 large egg  
4 large basil leaves, chopped  
4 large portobello mushroom caps  
1/2 cup marinara sauce  
1/2 cup part skim shredded mozzarella

## DIRECTIONS

*Preheat the oven to 400F. Spray a baking sheet with oil.*

*Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with 1/8 tsp salt and fresh pepper.*

*Heat a large nonstick saute pan over medium heat, add oil, onion, garlic and red pepper and season with 1/8 tsp salt. Cook until soft, 3 to 4 minutes.*

*Add the baby spinach and saute until wilted, about 1 minute.*

*In a medium bowl add the ricotta, parmesan cheese and egg, mix well.*

*Add the cooked vegetables and basil and mix.*

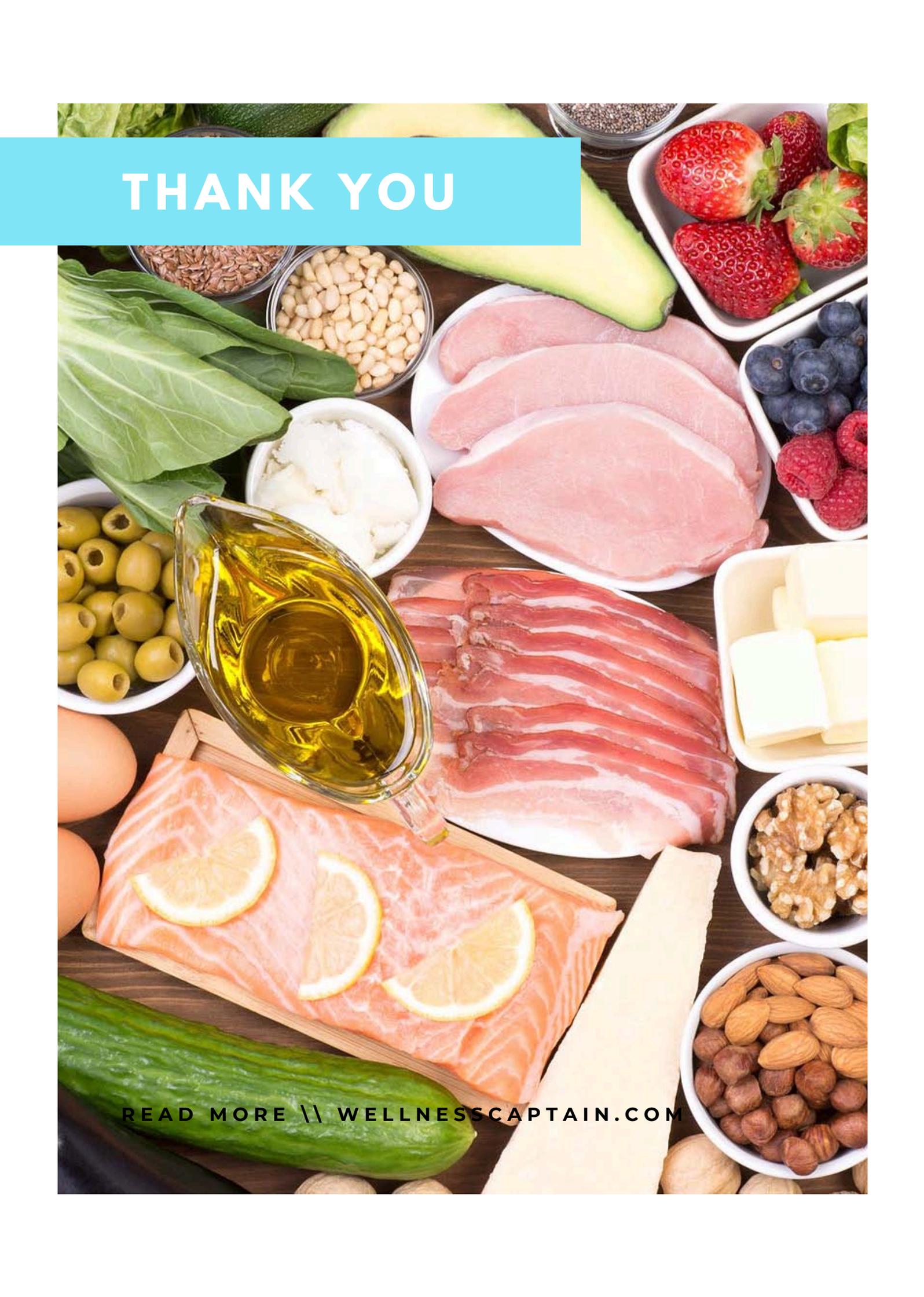
*Stuff the mushrooms with ricotta mixture and top each with 2 tbsps marinara, 2 tbsps mozzarella.*

*Bake in the oven for 20 to 25 minutes. Garnish with basil and enjoy!*

*Photo credits and recipe details go to the author.*

You can find the recipe here:

<https://www.skinnytaste.com/veggie-lasagna-stuffed-portobello/#more>

A top-down view of a wooden surface covered with a variety of fresh ingredients. In the center, there's a large piece of salmon on a wooden board with three lemon slices. To its right is a stack of raw chicken breasts. Below the chicken is a stack of raw bacon. To the left of the salmon are two eggs and a glass pitcher of olive oil. Surrounding these are various other items: a cucumber, a bunch of leafy greens, a bowl of olives, a bowl of pine nuts, a bowl of almonds, a bowl of walnuts, a bowl of blueberries, a bowl of raspberries, a bowl of strawberries, a bowl of white cheese, a bowl of butter, and a piece of cheese. The overall composition is vibrant and healthy.

**THANK YOU**

**READ MORE \ \ [WELLNESSCAPTAIN.COM](https://www.wellnesscaptain.com)**