

Healthy Girl Intensive

2200 CALORIE PLAN

DAILY TARGET

110g protein

275g carbs

73g fat

BREAKFAST: GREEN BANANA SMOOTHIE

Serving

Kale	2 cups chopped
Spinach	2 cups
Banana	2 tbsp.
Coconut Water	1 cup
Chia Seeds	3 tbsp.
Mango or frozen fruit of choice	¾ cup
Nuethix Medipure Vanilla protein powder	1 scoop

LUNCH: ARUGULA FIG SALAD WITH GRILLED SALMON

Serving

Arugula	3 packed cups
Dried Figs	5 figs
Lemon Juice	2 tbsp.
Sliced Radishes	1 cup
Balsamic	1 tbsp.
Olive Oil	1 tbsp.
Grilled Salmon or fish of choice	½ cup

DINNER: GROUND TURKEY VEGGIE BOWL	Serving
Ground Turkey	1/4 cup
Zuchinni Squash Medley	3 oz. (3/8 cup)
Bell Peppers	heaping 1/2 cup chopped
Fresh Cucumbers	1 2/3 cup chopped
Sweet Potato Chunks	1/2 cup
PREPARATION NOTES:	
Ground turkey sauteed with seasoning of choice	
Squash medley roasted in olive oil	

SNACKS	Serving
Bone Broth	1 cup
Blueberries	1 cup
Repeat breakfast smoothie	1 smoothie

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BREAKFAST: BERRY MANGO GREENS SMOOTHIE

Serving

Mango	½ cup sliced
Frozen Blueberries	¾ cup
Kale	½ cup
Flax Seed Oil	1 tbsp.
Coconut Water	1 cup
Spinach	⅓ cup
Nuethix Medipure Vanilla protein powder	1 scoop

LUNCH: GREEK SHRIMP ORZO SALAD	Serving
Shrimp	$\frac{3}{4}$ cup
Cucumber Slices	1 $\frac{2}{3}$ cup sliced
Tomato	heaping $\frac{1}{2}$ cup chopped
Kalamata Olives	1 tbsp.
Olive Oil	1 tsp.
Lemon Juice	2 tbsp.
Oregano	0.25 tsp.
Parsley	0.25 tsp.
Red Onion	$\frac{3}{4}$ cup chopped
Cassava Orzo	$\frac{1}{4}$ cup
Red Grapes	$\frac{1}{4}$ cup

DINNER: FISH TACOS WITH SWEET POTATO FRIES	Serving
Cod	$\frac{1}{2}$ cup
Jicama Wrap	2 wraps
Pineapple	$\frac{1}{2}$ cup
Tomato	heaping $\frac{1}{2}$ cup sliced
Sweet Potato Chunks	$\frac{3}{8}$ cup (heaping $\frac{1}{3}$ cup)
Lime Juice	1 tsp.
Cilantro	$\frac{1}{4}$ tsp. chopped

PREPARATION NOTES:

Rub fish with $\frac{1}{4}$ tsp. seasoning of choice, pan fry in avocado, coconut, and olive oil.

Mix tomato, lime, cilantro, and salt into a salsa

Coat sweet potatoes in olive oil, salt, pepper, garlic powder, and onion powder, and air fry or bake on 400 until crispy.

SNACKS

Serving

VEGGIE NORI ROLLS:

Nori	2 tbsp.
Cucumber Slices	1 ½ cup sliced
Avocado	2 ⅓ tbsp.
Pea Shoots	¾ cup (heaping ⅓ cup)
Carrots	⅔ cup sliced
Sesame Oil	1 tbsp.
Snap Peas	1 ⅓ cup
Bone Broth	1 cup
Repeat breakfast smoothie	1 smoothie