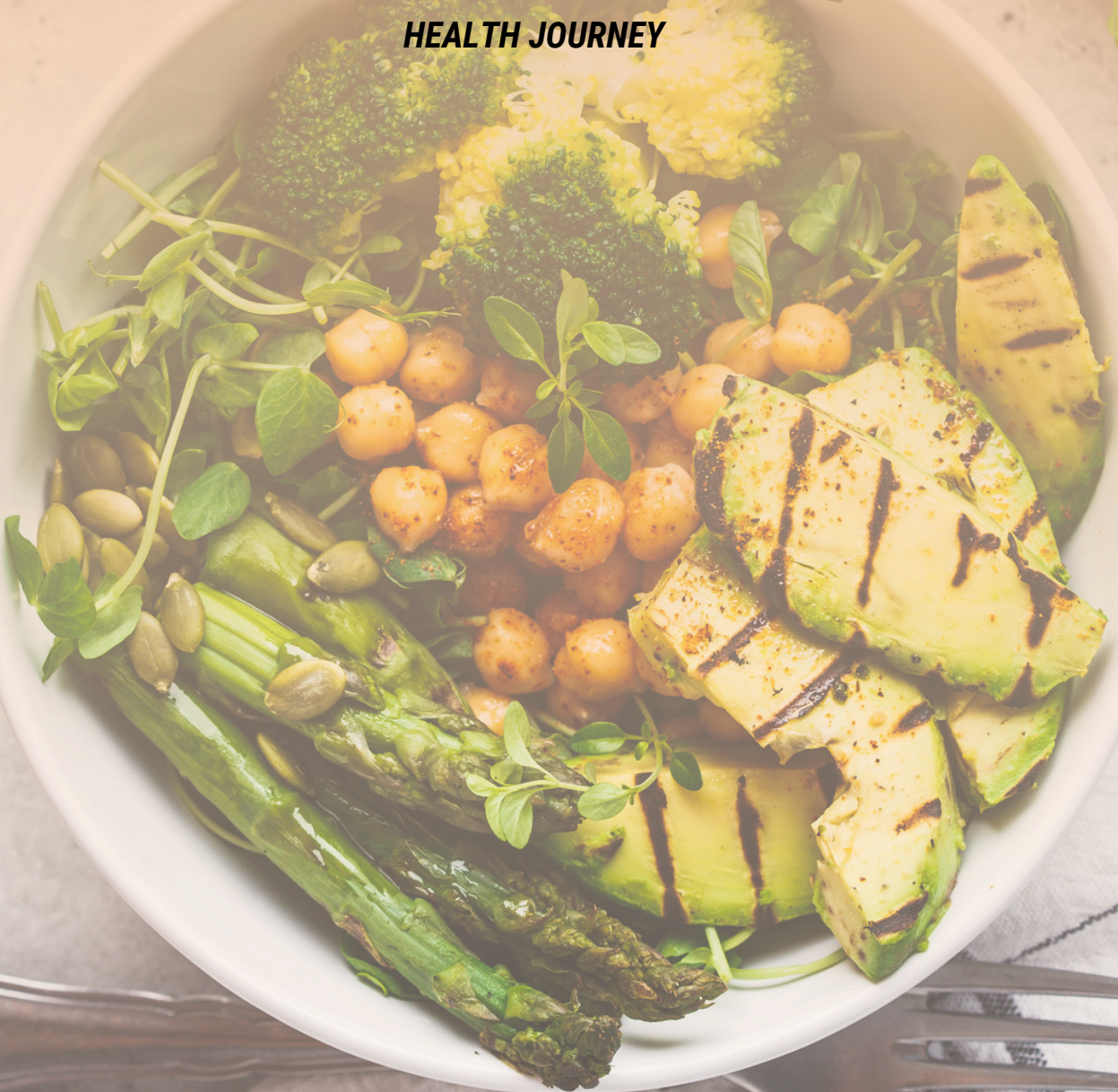


THE 10 DAY METAMEAL PLAN

**10 DAYS OF METABOOST INSPIRED RECIPES AND TIPS TO JUMPSTART YOUR
HEALTH JOURNEY**



Meredith Shirk CPT, FNS, WLS, BCS

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ABOUT MEREDITH SHIRK, CPT

Meredith Shirk has been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with the National Academy of Sports medicine (NASM), and a mind, body nutrition specialist.

As well as additional certifications from the National Academy of Sports Medicine (NASM) in Personal Training, Fitness Nutrition, Behavior Change, and Weight Loss.



Over the years she's helped athletes, celebrities, models... and people just like yourself make their dreams become reality and achieve their best body, inside and out.

"Mere," as her clients and subscribers know her, is the CEO of Svelte Media & Training. She's also the creator of the cutting-edge 7-minute workout plan, **One & Done**, which she's successfully taught to clients for over 12 years now.

Mere has over 1.5 Million subscribers and followers combined on Facebook and YouTube, where she spreads her message of achieving 'total mind, body, and health' globally.

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WELCOME!

Hey there, It's Mere!

First off, let me extend a virtual 'high five' to congratulate you on taking a significant step towards healthy living and truly taking charge of your body's wellbeing.

I'm so excited that you're taking on my **MetaBoost Connection Inspired 10-Day Meal Plan**, filled with recipes that are not only nutritious but incredibly tasty—I like to refer to them as **Meta PowerPlates**.

Whether your goal is to shed a few pounds, diminish inflammation, enhance your body's performance, or simply improve your overall health, adopting this meal plan will guide you towards achieving these aspirations. It's designed to make you feel more energized and vibrant, while giving you *just a taste* of what my full **MetaBoost Connection** has to offer!

The foundation of this meal plan is built on robust nutritional science, not passing trends or quick fixes.

I've dedicated years to exploring and understanding the synergy of specific foods and nutrients that influence our bodies at a molecular level, allowing you to effectively 'eat your way' to a healthier you and achieve realistic, long term results.

Our **Meta PowerPlates** are the cornerstone of a broader system that focuses on integrating supreme **MetaInfluencers** that kickstart your metabolism and support long-term health and vitality.

So, let's get started on this exciting path to a more energized and healthier you!

TIPS TO GET STARTED

Whether you're cooking for one, a family, or planning ahead for busy weeks, this guide offers delicious meal options that can be tailored to fit a vegetarian or vegan lifestyle.

One of the key strategies to make meal preparation efficient and stress-free is doubling recipes. All the recipes in this book are tailored to make 1 (maybe 2) servings. But it's easy to double or triple! This approach not only saves time but also ensures that you have leftovers for a quick meal on busier days or a quick and healthy meal for the whole family.

Transitioning recipes to vegetarian or vegan formats can seem daunting, but with a variety of protein substitutes, it's simpler and more delicious than ever. For those looking to replace meat, here are some hearty and nutritious alternatives:

Vegetarian and Vegan Protein Alternatives:

- Tofu and Tempeh: Great for stir-fry, grills, and salads, they absorb flavors well from marinades and spices.
- Lentils and Beans: Versatile and filling, they're perfect in soups, stews, and as meat substitutes in recipes like tacos and burgers.
- Seitan: Known as wheat meat, seitan has a chewy texture ideal for recipes requiring a bite similar to meat.
- Chickpeas and other legumes: Excellent in curries, salads, and as ground meat substitutes.

For those replacing dairy:

- Nutritional Yeast: Adds a cheesy flavor to dishes without the dairy.
- Vegan cheese and butter: Available in most supermarkets and perfect for baking, cooking, and spreading.

On the next page is a 10 day meal plan for you to follow, however you can adjust this meal plan as you see fit to work for your needs! If meal prepping is for you then you can choose your top recipes and make them in bulk!

MEAL PLAN: DAY 1-10

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	AVOCADO & EGG BREAKFAST BOWL	COCONUT CHIA PUDDING <i>*prep night before</i>	BROCCOLI & EGG FRITTATA	NUTTY KALE SMOOTHIE	EGG & TOMATO SCRAMBLE
LUNCH	CRUNCHY VEGGIE SALAD	CHICKEN VEGGIE KABOBS	AROMATIC ROASTED TOMATOES	FIESTA CHICKEN W/ SALSA	AWESOME VEGETABLE MEDLEY
SNACK	POMEGRANATE YOGURT CUPS	CINNAMON ROASTED NUTS	NUTS & CACAO TRAIL MIX	BROCCOLI & HUMMUS	COCONUT & NUT BUTTER BALLS
DINNER	SCRUMPTIOUS STUFFED STEAK	KALE & QUINOA STUFFED PEPPERS	SALMON KEBABS W/ GREEN TEA MARINADE	STEAK W/ TURMERIC CAULIFLOWER RICE	TOMATO & AVOCADO GAZPACHO
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	COCONUT CHIA PUDDING <i>*prep night before</i>	NUTTY KALE SMOOTHIE	EGG & TOMATO SCRAMBLE	BROCCOLI & EGG FRITTATA	AVOCADO & EGG BREAKFAST BOWL
LUNCH	AROMATIC ROASTED TOMATOES	AWESOME VEGETABLE MEDLEY	CRUNCHY VEGGIE SALAD	FIESTA CHICKEN W/ SALSA	CHICKEN VEGGIE KABOBS
SNACK	CINNAMON ROASTED NUTS	BROCCOLI & HUMMUS	COCONUT & NUT BUTTER BALLS	POMEGRANATE YOGURT CUPS	NUTS & CACAO TRAIL MIX
DINNER	TOMATO & AVOCADO GAZPACHO	SCRUMPTIOUS STUFFED STEAK	STEAK W/ TURMERIC CAULIFLOWER RICE	SALMON KEBABS W/ GREEN TEA MARINADE	KALE & QUINOA STUFFED PEPPERS

SHOPPING LIST

**Remember this is a 10 day shopping list including enough groceries for each meal for only 1 serving*

MEAT/PROTEIN

- 12 eggs
- 12-16 oz Grass fed Steak (choice cut)
- 16 oz Grass fed Flank Steak
- 32 oz Chicken breast (boneless skinless)
- 12 oz Wild Atlantic Salmon
- 32 oz choice protein

HAVE ON HAND

- extra virgin olive oil (EVOO)
- coconut oil
- red wine vinegar
- honey, agave, maple syrup or other natural sweetener
- cinnamon
- chili flakes
- chili powder
- turmeric
- paprika
- cumin
- garlic powder
- red pepper flakes
- salt and pepper
- vanilla extract

FRUITS & VEGGIES

- 5 Avocados
- 1/2 cup black olives
- 5 medium cucumbers
- 1/2 cup cherry tomatoes
- 6 cups kale
- 2 cups spinach
- 2 heads of garlic
- 6 cups fresh broccoli florets
- 2 cups cauliflower florets
- 2 cups cauliflower rice
- 2 cups carrots
- 1 jalapeno pepper
- 1 green bell pepper
- 1 small orange bell pepper
- 1 small red bell pepper
- 3 small yellow bell pepper
- 2 red onions
- 3 yellow onions
- 9 tomatoes
- 1 cup diced tomatoes (canned or fresh)
- 1 bunch fresh parsley
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 springs fresh oregano
- 1 bunch fresh cilantro
- 2 lemons
- 1/2 cup pomegranate seeds
- 16 medium whole mushrooms
- 2 zucchini

MISCELLANEOUS

- 3 1/2 cups mixed nuts
- 1/2 cup cacao chips
- 6 tbsp chia seeds
- 1/2 cup quinoa
- 4 tbsp ground flaxseeds
- 1 1/2 cups unsweetened coconut milk
- 1/2 cup hummus
- 4 tbsp nut butter
- 1 cup greek yogurt
- 1 cup vegetable broth
- 2 green tea bags
- wooden or metal skewers
- 1/2 cup low sodium chicken broth
- 1/2 cup tamari sauce
- 2 oz fat free feta cheese
- 2 cups unsweetened almond milk (or any other plant-based milk of your choice)

Optional Topping Ingredients:

- Shredded coconut
- Crushed nuts
- Grated Parmesan cheese
- Nutritional Yeast

AVOCADO & EGG BREAKFAST BOWL

Ingredients:

- 1 ripe avocado
- 2 large eggs
- 1 cup kale, washed and roughly chopped
- 1 tbsp. ground flaxseed
- 1 tsp. EVOO (extra virgin olive oil)
- Salt and pepper to taste
- Optional: a pinch of chili flakes or paprika for extra spice

Instructions:

1. Heat a non-stick skillet over medium heat. Add the extra virgin olive oil to the skillet; once heated, add the chopped kale. Season with salt and pepper, and sauté until the kale is wilted and tender, about 3-5 minutes. Remove the kale from the skillet and transfer to a serving bowl.
2. Reduce the heat to low under the same skillet. Crack the eggs into the skillet, being careful to keep the yolks intact. Cook the eggs according to your preference: for sunny side up, allow the eggs to cook until the whites are fully set but the yolks remain runny, approximately 3-4 minutes. If you prefer over easy, flip the eggs after the whites set and cook for another minute.
3. While the eggs are cooking, cut the avocado in half, remove the pit, and scoop out the flesh. Slice the avocado flesh into thin strips or cube it, depending on your preference.
4. Layer the previously sautéed kale at the bottom of the bowl. Arrange the sliced or cubed avocado over the kale. Gently place the cooked eggs on top of the avocado.
5. Sprinkle ground flaxseed evenly over the entire bowl. Optionally, you can add a pinch of chili flakes or paprika for additional spice.

BROCCOLI & EGG FRITTATA

Ingredients:

- 1 cup of fresh broccoli florets
- 2 large eggs
- 1/4 tsp. of turmeric
- 1 tbsp. of olive oil
- 1 tbsp. of water
- 1 tbsp. of ground flaxseed
- Salt and pepper to taste

Instructions:

1. Begin by preheating your oven to 375°F (190°C). Heat olive oil in a small oven-safe skillet over medium heat; add the broccoli florets and sauté for about 3-5 minutes until they start to become tender.
2. In a mixing bowl, whisk together the eggs, turmeric, and water; season this mixture with salt and pepper to taste.
3. Pour the egg mixture over the sautéed broccoli in the skillet, making sure the eggs cover the broccoli evenly.
4. Cook on the stove for about 2 minutes until the edges begin to set but the center is still slightly runny. Sprinkle the ground flaxseed evenly over the top, then transfer the skillet to the preheated oven.
5. Bake in the oven for about 10-12 minutes, or until the frittata is fully set and lightly golden on top.
6. Once done, carefully remove from the oven, let it cool for a couple of minutes, and serve!

COCONUT CHIA PUDDING

**Requires Overnight Prep*

Ingredients:

- 1 tbsp. of coconut oil, melted
- 3 tbsp. of chia seeds
- 1/2 tsp. of vanilla extract
- 1/4 tsp. of cinnamon
- 3/4 cup of unsweetened coconut milk (you can use the beverage type for a lighter pudding or canned for a richer texture)
- Optional sweetener to taste (honey, maple syrup)

Instructions:

1. In a small bowl, whisk together the melted coconut oil, coconut milk, and vanilla extract until thoroughly combined.
2. Stir in the chia seeds and cinnamon, mixing until the chia seeds are evenly dispersed and beginning to swell. If you're using a sweetener, add it to the mixture according to your taste preference and stir well.
3. Transfer the mixture into a serving glass or bowl, then cover it with plastic wrap or a tight-fitting lid.
4. Refrigerate the pudding for at least 4 hours, or overnight, which allows the chia seeds to fully expand and the pudding to thicken.
5. Once set, give the pudding a good stir to distribute any settled seeds and check for consistency; add a little more coconut milk if it's too thick.
6. Serve the chilled Coconut Chia Pudding with an additional sprinkle of cinnamon on top for flavor.

NUTTY KALE SMOOTHIE

Ingredients:

- 1 cup of kale leaves, stems removed and roughly chopped
- 1/2 ripe avocado, peeled and pitted
- 1/4 cup of mixed nuts, unsalted
(such as almonds, walnuts, cashews, etc.)
- 1 cup of unsweetened almond milk
(or any other plant-based milk of your choice)
- 1/2 tsp. of ground cinnamon
- Ice cubes (optional, for a colder smoothie)
- Optional sweetener to taste (like honey or agave)

Instructions:

1. Begin by adding the kale leaves and almond milk to your blender; blend on high until the kale is completely broken down and the mixture is smooth.
2. Add the avocado, mixed nuts, and ground cinnamon to the blender. If you're using ice cubes for a chilled smoothie, add them at this stage.
3. Blend everything on high until the mixture is completely smooth and creamy. If the smoothie is too thick for your liking, you can add a bit more almond milk to adjust the consistency.
4. Taste the smoothie, and if desired, add a touch of your chosen sweetener, then blend again briefly to combine.
5. Pour the smoothie into a glass and enjoy immediately.

EGG & TOMATO SCRAMBLE

Ingredients:

- 2 large eggs
- 1/2 cup fresh tomatoes, diced
- 1 cup kale, washed and chopped
- 1/4 tsp. turmeric
- 1 tbsp. EVOO (extra virgin olive oil)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add the chopped kale to the skillet and sauté for about 2-3 minutes until it starts to wilt.
3. Mix in the diced tomatoes and turmeric, cooking for an additional 2 minutes until the tomatoes are just softened.
4. In a small bowl, beat the eggs with salt and pepper, then pour this mixture over the sautéed kale and tomatoes in the skillet.
5. Let the eggs sit undisturbed for about 20 seconds, then gently stir and scramble until the eggs are fully cooked but still soft and slightly creamy, approximately 2-3 minutes.
6. Once cooked to your liking, remove from heat, and adjust seasoning if needed.

CRUNCHY VEGGIE SALAD

Ingredients:

- 1 medium cucumber, chopped
- 1/4 cup cherry tomatoes, halved
- 1/2 cup black olives, pitted and halved
- 1/2 small orange bell pepper, seeded and chopped
- 2 tbsp. red onion, chopped
- 1/2 tsp. fresh parsley leaves, minced
- 1/2 tbsp. extra-virgin olive oil
- 1 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste
- 1 oz. fat-free feta cheese, crumbled

Instructions:

1. In a large serving bowl, add all ingredients except cheese and toss to coat well. Top with cheese and serve



CHICKEN VEGGIE KABOBS

**Prep Marinade in Morning*

Ingredients:

- 2 tbsp. EVOO (extra-virgin olive oil)
- 1/4 cup low-sodium chicken broth
- 1/4 cup tamari sauce
- 8 oz. skinless, boneless chicken breast, cubed into 1" size
- 8 medium whole mushrooms
- 1/2 red bell pepper, seeded and cut into 2" pieces
- 1/2 yellow bell pepper, seeded and cut into 2" pieces
- 1 zucchini, cut into 2" pieces
- 1 tomato, cubed
- 1 onion, cubed
- Ground black pepper, to taste

Instructions:

1. In a large bowl, add olive oil, broth, tamari and black pepper and mix till well combined.
2. Add chicken and vegetables and coat with marinade generously. Refrigerate, covered for about 2 hours.
3. Preheat the grill for high heat. Grease the grill grate. Remove chicken and vegetables from marinade. Shake off excess marinade.
4. Thread the chicken and vegetables onto pre-soaked wooden skewers.
5. Grill the skewers for about 12-15 minutes, flipping and coating with marinade occasionally.

AROMATIC ROASTED TOMATOES

Ingredients:

- 1 large tomato, halved
- 1 tbsp. onion, chopped finely
- 1 garlic cloves, minced
- 1/2 jalapeño pepper, seeded and minced
- 1/2 tbsp. fresh rosemary, minced
- 1 tsp. fresh thyme, minced
- 1 tsp. fresh oregano, minced
- 2 tbsp. extra-virgin olive oil
- 8 oz. protein of your choice
- Freshly ground black pepper and sea salt, to taste

Instructions:

1. Line a large plate with paper towel.
2. Sprinkle the tomatoes with salt evenly. Arrange tomatoes in prepared plate, cut side down.
3. Keep aside for about 30-40 minutes to drain completely.
4. Preheat the oven to 425F. Grease a baking dish.
5. In a small mixing bowl, mix together, onion, garlic, jalapeño pepper, fresh herbs and black pepper.
6. Place tomatoes in prepared baking dish in a single layer, cut side up. Sprinkle with herb mixture evenly and drizzle with oil. Roast for about 20 minutes.
7. Serve with your choice of protein, follow the basic protein prep recipe.

FIESTA CHICKEN WITH SALSA

Ingredients:

Avocado Salsa

- 1 large avocado, peeled, pitted, and cubed
- 1 small cucumber, chopped
- 1 tomato, chopped
- 1/4 cup red onion, chopped
- 1/4 cup fresh cilantro, chopped
- 2 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste

Chicken

- 1 tsp. paprika
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. garlic powder
- 4 oz. grass-fed, skinless, boneless chicken breasts
- 2 tbsp. coconut oil
- Sea salt and freshly ground black pepper, to taste

Instructions:

1. In a large bowl, mix together all salsa ingredients and refrigerate, covered before serving.
2. For chicken in another large bowl, mix together all ingredients except chicken breasts.
3. Add chicken breasts and coat with spice mixture generously.
4. In a large skillet, melt coconut oil on medium heat.
5. Add chicken and cook for about 10-12 minutes or till done completely.
6. Serve chicken breasts with avocado salsa.



AWESOME VEGETABLE MEDLEY

Ingredients:

- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup carrots, peeled and sliced
- 2 tbsp. EVOO (extra-virgin olive oil)
- 1 tbsp. fresh lemon juice
- 1 tsp. fresh rosemary, minced
- 1 tsp. red pepper flakes, crushed
- 8 oz. protein of your choice
- Sea salt and freshly ground black pepper, to taste

Instructions:

1. Preheat the oven to 425F and grease 2 large roasting pans. In a large bowl, add all ingredients and toss to coat well.
2. Transfer the vegetables into prepared roasting pans evenly. Roast for 20-25 minutes.



SCRUMPTIOUS STUFFED STEAK

Ingredients:

- 8 oz. grass-fed flank steak, trimmed
- 1 tbsp. EVOO (extra-virgin olive oil)
- 2 small garlic cloves, minced
- 1 cup fresh spinach, chopped finely
- 1/2 medium green bell pepper, seeded and chopped
- 1/2 medium tomato, chopped finely
- Sea salt and freshly ground black pepper, to taste

Instructions:

1. Preheat the oven to 425F. Grease a large baking dish.
2. Place flank steak onto smooth surface. Hold sharp knife parallel to work surface and slice steak horizontally, without cutting all the way through, so you can open it like a book. With a pounder, flatten steak to even thickness. Sprinkle with salt and black pepper evenly.
3. In a skillet, heat oil on medium heat. Add garlic and sauté for about 1 minute.
4. Add spinach, salt and black pepper and cook for about 2-3 minutes. Stir in bell pepper and tomato and immediately remove from heat.
5. Transfer the spinach in a bowl. Let it cool slightly. Place the filling on the top of steak evenly. Roll up the steak to seal the filling. With cotton twine, tie the steak. Place the steak roll in prepared baking dish.
6. Roast for about 30-35 minutes. Remove from oven and let cool slightly. With sharp knife, cut into desired slices and serve.

STEAK W/ TURMERIC CAULIFLOWER RICE

Ingredients:

- 1 grass-fed steak (about 6-8 ounces, your choice of cut)
- 1 cup of cauliflower rice
- 1/2 tsp. of turmeric
- 1 tbsp. of EVOO (extra virgin olive oil)
- Salt and pepper to taste
- Optional garnishes: chopped fresh herbs like parsley or cilantro

Instructions:

1. Season the steak with salt and pepper to taste. Preheat a grill or skillet over medium-high heat. If using a skillet, add a small amount of olive oil to coat the bottom.
2. Place the steak in the skillet or on the grill and cook for about 3-4 minutes on each side for medium-rare, or adjust the cooking time to achieve your desired level of doneness. Once cooked, remove from heat and let the steak rest for a few minutes before slicing.
3. While the steak is resting, heat the olive oil in a separate skillet over medium heat. Add the cauliflower rice and turmeric, stirring to coat the rice evenly with the turmeric and oil.
4. Cook the cauliflower rice for about 5-7 minutes, stirring occasionally, until it is heated through and slightly crispy. Season with salt and pepper to taste.
5. Slice the rested steak against the grain into thin strips. Serve the sliced steak over the turmeric cauliflower rice, garnishing with fresh herbs if using.

SALMON KEBABS W/ GREEN TEA MARINADE

Ingredients:

- 6 oz. Wild Atlantic Salmon, cut into 1-inch cubes
- 1 green tea bag
- 1/4 cup of boiling water
- 1 tbsp. of extra virgin olive oil (EVOO)
- 1 tbsp. of lemon juice
- Salt and pepper to taste
- Wooden or metal skewers (if using wooden skewers, soak in water for at least 30 mins before grilling to prevent burning)

Instructions:

1. Start by steeping the green tea bag in the boiling water for about 3 minutes to create a strong green tea. Remove the tea bag and allow the tea to cool slightly.
2. In a small bowl, combine the cooled green tea, EVOO, lemon juice, salt, and pepper, whisking together to form the marinade.
3. Place the salmon cubes in a shallow dish or a resealable plastic bag, and pour the marinade over the salmon. Ensure all pieces are well coated. Refrigerate and let marinate for at least 30 minutes, or up to 2 hours for more flavor.
4. Preheat your grill to medium-high heat. Thread the marinated salmon cubes onto the skewers, spacing them slightly apart to ensure even cooking.
5. Grill the kebabs for about 3-4 minutes on each side or until the salmon is opaque and flakes easily with a fork.
6. Once cooked, remove the salmon kebabs from the grill and serve immediately.

KALE & QUINOA STUFFED PEPPERS

Ingredients:

- 1 large yellow bell pepper
- 1/4 cup quinoa
- 1/2 cup vegetable broth or water
- 1 cup kale, finely chopped
- 1/2 cup diced tomatoes (canned or fresh)
- 1 tbsp. olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- Optional: 1 tbsp. grated Parmesan cheese or nutritional yeast for a vegan option

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Rinse the quinoa under cold water until the water runs clear. In a small saucepan, bring the quinoa and vegetable broth (or water) to a boil. Reduce heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and set aside.
3. While the quinoa is cooking, heat the olive oil in a skillet over medium heat. Add the minced garlic and sauté for about 1 minute until fragrant.
4. Add the chopped kale to the skillet, cooking until it starts to wilt, about 3-5 minutes. Stir in the diced tomatoes and cook for another 2 minutes. Season with salt and pepper to taste.
5. Combine the cooked quinoa with the kale and tomato mixture, mixing well.
6. Cut the top off the bell pepper and remove the seeds and membranes. If necessary, slice a small portion off the bottom to help the pepper stand upright without tipping over.
7. Stuff the bell pepper with the quinoa and kale mixture, packing it tightly. Place the stuffed pepper in a baking dish and cover loosely with foil.
8. Bake in the preheated oven for about 30 minutes. Remove the foil, and if using, sprinkle the top with Parmesan cheese or nutritional yeast, then bake for an additional 10 minutes or until the pepper is tender and the topping is golden.

TOMATO & AVOCADO GAZPACHO

Ingredients:

- 1 large ripe tomato, chopped
- 1/2 ripe avocado, peeled and diced
- 1/4 cucumber, peeled and chopped (optional for extra freshness)
- 1 small clove garlic, minced
- 1 tbsp. red onion, chopped
- 1 tbsp. EVOO (extra virgin olive oil)
- 1 tsp. red wine vinegar
- Salt to taste
- A pinch of chili flakes or ground chili powder
- Cold water (optional, for desired consistency)
- Fresh herbs like basil or cilantro for garnish (optional)

Instructions:

1. In a blender or food processor, combine the chopped tomato, half of the diced avocado, cucumber (if using), garlic, and red onion.
2. Add the extra virgin olive oil, red wine vinegar, and a pinch of chili flakes or chili powder. Blend until smooth. If the gazpacho is too thick, add a little cold water to reach your desired consistency. Blend again to mix.
3. Season the gazpacho with salt to taste and blend briefly once more to incorporate.
4. Chill the gazpacho in the refrigerator for at least 30 minutes, or until it is thoroughly cold. Serve the chilled gazpacho in a bowl or glass, topping it with the remaining diced avocado and optional fresh herbs for garnish.

POMEGRANATE YOGURT CUPS

Ingredients:

- 1/2 cup Greek yogurt, plain and unsweetened
- 1/4 cup pomegranate seeds
- 2 tbsp. mixed nuts, chopped (almonds, walnuts, or pecans)
- Optional: A drizzle of honey or a sprinkle of cinnamon for added sweetness

Instructions:

1. Scoop the Greek yogurt into a small bowl or cup.
2. Sprinkle the pomegranate seeds evenly over the yogurt.
3. Add the chopped nuts on top of the pomegranate seeds.
4. Optionally, drizzle a little honey or sprinkle some cinnamon over the top for extra flavor.

COCONUT & NUT BUTTER BALLS

Ingredients:

- 2 tablespoons coconut oil, melted
- 2 tablespoons nut butter (such as almond butter or cashew butter)

Optional: 1 tablespoon unsweetened cacao powder or vanilla extract for flavor variation

Optional: Shredded coconut or crushed nuts for coating

Instructions:

1. In a small bowl, mix the melted coconut oil with the nut butter until thoroughly combined. If using, add cocoa powder or vanilla extract for extra flavor.
2. Place the mixture in the freezer for about 10-15 minutes to firm up slightly, making it easier to handle.
3. Remove the mixture from the freezer. Scoop out teaspoon-sized portions and roll them into balls between the palms of your hands.
4. If desired, roll the balls in shredded coconut or crushed nuts for an additional texture and flavor coating. Place the balls on a plate or tray lined with parchment paper and refrigerate for at least 30 minutes until firm.
5. Once firm, the Coconut and Nut Butter Balls are ready! Store any leftovers in the refrigerator.

CINNAMON ROASTED NUTS

Ingredients:

- 1/2 cup mixed nuts (such as almonds, walnuts, and pecans)
- 1/2 tbsp. extra virgin olive oil (EVOO)
- 1/2 tsp. ground cinnamon
- Optional: a pinch of salt or sugar to taste

Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a bowl, toss the mixed nuts with the olive oil and ground cinnamon until evenly coated. Add a pinch of salt or sugar if desired.
3. Spread the coated nuts on a baking sheet lined with parchment paper.
4. Roast in the preheated oven for about 10-15 minutes, stirring halfway through, until the nuts are golden and fragrant.
5. Remove from the oven and allow to cool before eating.

BROCCOLI & HUMMUS

Ingredients:

- 1 cup raw broccoli florets
- 1/4 cup hummus

Instructions:

1. Wash the broccoli florets thoroughly and pat them dry.
2. Serve the clean, dry broccoli florets alongside a small bowl of hummus for dipping.

NUTS & CACAO TRAIL MIX

Ingredients:

- 1/2 cup mixed nuts (such as cashews, almonds, and Brazil nuts)
- 1/4 cup cacao chips

Instructions:

1. In a bowl, combine the mixed nuts with the cacao chips
2. Mix them together until well incorporated.
3. Transfer the trail mix into a small bag or container for an on-the-go snack or enjoy immediately as a quick energy-boosting treat.

BASIC PROTEIN PREP

FOR CHICKEN, FISH, OR TURKEY.

Ingredients

- 1-2 portions of protein, depending on how much recipe calls for
- Desired fresh and dried spices (MSG free)
- 2 tbsp. extra virgin olive oil

Instructions

1. Sprinkle oil and spices over protein.
2. Let sit in fridge to marinate as long as possible.
3. When ready to prep meal, add 1-2 tbsp to pan and grill protein until thoroughly cooked. You can also cook on a portable grill.

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