

The 3 Day



MEAL PLAN



The 3 Day

MEAL PLAN

Our Mission

Balanced Habits is the leading nutrition coaching program for clients to reach their goals and live a higher quality of life.

Unlike other weight loss and nutrition programs, Balanced Habits is the only one that provides sustainable solutions based on personalized coaching and real food. Because we are a macronutrient based program, we are able to work with anyone, no matter what their goal.



The 3 Day

MEAL PLAN

DAY 1

BREAKFAST

Nirvana Smoothie

LUNCH

Tuna Boat Salad

SNACK

Pack & Go

DINNER

Crock Pot Roast
Chicken & Warm
Lentil Salad

DAY 2

BREAKFAST

Pancake with Maple
Orange Spread and
Sausage

LUNCH

Turkey, Sharp
Cheddar & Apple
Wrap w/ Veggies

SNACK

Pack & Go

DINNER

Crock Pot Lasagna

DAY 3

BREAKFAST

Carrot Cake Muffin
and Protein Ideas

LUNCH

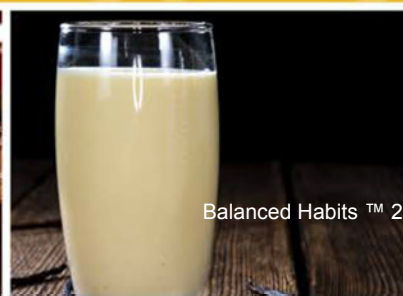
Devilish Deviled Eggs,
Veggies,
& White Bean Dip

SNACK

Collin's Peanutbutta
Whip & Apple Slices

DINNER

Dijon Flank Steak
and Colorful Salad



The 3 Day MEAL PLAN

Grocery List

Key

* = optional item
? = choice of

Note

Many recipes use the same ingredients; refer to recipe prior to shopping.

Proteins

Chocolate Protein Powder ?
Vanilla Protein Powder ?
2 x 5 oz. cans Albacore Tuna in H2O
4 lb. Whole Chicken
Ground Lean Turkey
Ground Turkey Breast
1.5 lb. Flank Steak
Breakfast Protein Ideas ?
Deli Turkey Breast Meat
Minced Ham Cubes *
Original Jerky

Healthy Fats

Natural Peanut Butter ?
Almond Butter ?
Smoked Almonds
Chopped Walnuts
Olive Oil Mayonnaise ?
Avocado Oil Mayonnaise ?
Extra Virgin Olive Oil
Canola Oil
Olive Oil Cooking Spray
Canola Oil Cooking Spray

Grains & Breads

Flaxseed Meal
Lentils
Rolled Oats
Wheat Wrap ?
Flat Bread ?
Lavosh ?

Dairy

Baby Bell Cheese
Crumbled Goat Cheese
Low Fat Plain Yogurt
Non Fat Plain Yogurt
Low Fat Plain Greek Yogurt
Non Fat Plain Greek Yogurt
Low Fat Milk?
Large Eggs
Low Fat Cottage Cheese
Part Skim Ricotta Cheese
Sliced Sharp Cheddar Cheese
Part Skim Shredded Mozzarella
Freshly Shredded Parmesan

Produce

Bananas (freeze peeled)
Veggie "Boats"
Celery
Purple Onion
Yellow Onions
Garlic
Ginger
Roma Tomatoes
Fresh Veggies of choice
Fresh Veggies for Salad
Sliced Brown Mushrooms *
Whole Carrots
Apples
Oranges
Limes
Chives
Baby Arugula
Baby Spinach ?
Spring Mix ?
Any Lettuce

Miscellaneous Items

No Added Sugar Vanilla Almond Milk
Almond Milk ?
Raw Honey
Unsweetened Applesauce
Lite Sugar Diced Pineapple ?
Golden/White Raisins ?
Sherry Vinegar
Red Wine Vinegar ?
White Balsamic Vinegar
Kalamata Olives
15 oz. can Cannellini Beans
15 oz. can White Kidney Beans
14.5 oz. can Diced Tomatoes
Low Sodium Chicken Broth ?
Low Sodium Vegetable Broth ?
26 oz. jar Roasted Garlic Pasta Sauce
Yellow or Dijon Mustard
Brown or other Mustard
No Boil Lasagna Noodles
Sandwich Size Ziploc Bags

Seasonings / Baking Needs

Coconut Extract *
Maple Extract
Butter Extract *
Sweetener Packets *
Splenda Brown Sugar ?
Brown Sugar ?
Whole Wheat Flour
White Whole Wheat Flour
Baking Powder
Salt
Ground Cinnamon
Allspice
Dried Thyme
Dried Sage
Smoked Paprika
Onion Powder
Whole Bay Leaves
Kosher Salt
White Pepper
Ground Black Pepper
Coarse Ground Black Pepper
Low Sodium All Purpose Seasoning



The 3 Day

MEAL PLAN

DAY 1

BREAKFAST

Nirvana Smoothie

LUNCH

Tuna Boat Salad

SNACK

Pack & Go

DINNER

Crock Pot Roast
Chicken
& Warm Lentil Salad



The 3 Day MEALPLAN

DAY 1

Nirvana Smoothie



Ingredients

1 scoop Chocolate or Vanilla Protein Powder

1/2 cup No Added Sugar Vanilla Almond Milk

1 Tbsp. Creamy Natural Peanut Butter
or **1 Tbsp.** Almond Butter

1 Tbsp. Flax Seed Meal

1/2 Frozen Banana

Ice

Optional
1/4 tsp. Coconut Extract

Optional
packet Splenda, Stevia, Truvia

Step 1

Put all ingredients in a blender. The amount of ice you use is based on how thick you like your smoothie.



The 3 Day MEAL PLAN

DAY 1

Tuna Boat Salad



Ingredients

Possible "boats" Bell Pepper, Zucchini, Large Tomato, Cucumber...etc.!

3 Tbsp. EVOO (Extra Virgin Olive Oil)

3 Tbsp. Sherry Vinegar

Finger pinch Kosher Salt

Finger pinch White Pepper

4 of any "boats" you choose

2 – 5 oz. cans Albacore Tuna in Water, rinsed in a colander, flaked with your fingers, pressing water out

1/3 cup Celery, diced small

1/4 cup Purple Onion, diced small

1/4 cup Kalamata Olives, diced small

1 large Roma Tomato, seeded, finely diced

finger pinch Dried Thyme
15 oz. can Cannellini Beans, drained, rinsed

8 cups Baby Arugula or Baby Spinach or Spring Mix Leaves

Step 1

Whisk EVOO, sherry, salt and pepper in a medium bowl. Transfer ¼ cup of this dressing mixture to a large bowl; set aside.

Step 2

Prepare your 4 "boats" by hollowing them out and discarding the pulp. *The best way to accomplish this is with a melon baller. See optional "boats" above.

Step 3

Add the beans and salad leaves to the large bowl. Toss to combine with reserved dressing. Divide among plates.



The 3 Day MEALPLAN

DAY 1

Pack & Go Snack Idea

Ingredients

- 1 any kind of your favorite Apple
- 1 Baby Bell Cheese
- 4-5 Smoked Almonds



The 3 Day MEAL PLAN

DAY 1

Crock Pot Roasted Chicken

Ingredients

4 lb. Whole Chicken
2 Tbsp. Smoked Paprika
1.5 tsp. Onion Powder
2 Tbsp. Minced Garlic Finger
Finger pinch Kosher Salt
Finger pinch White Pepper
 Warm water to make paste
 Olive Oil Cooking Spray

Step 1

Coat Crock Pot insert with Olive Oil Cooking Spray. Rinse and pat dry a whole chicken removing and discarding giblets and neck. Place on parchment paper on counter

Step 2

Add all spice ingredients to a small dish. Add warm water 1 tsp. at a time to make a paste. Coat dry chicken inside and out with paste. Place chicken breast side up in Crock Pot. Cover and cook on LOW 6 – 7 hours or HIGH for 3 – 4 hours; until inserted thermometer in thickest area of thigh registers 165°

Step 3

When cooled enough to handle, use tongs to remove all of the meat from the bones and discard skin. The chicken meat will literally fall off the bone. Discard or save broth for another use. If saving the broth let cool before placing it in the refrigerator. The next day remove the top layer of fat from your broth. You can freeze this for another time



The 3 Day MEAL PLAN

DAY 1

Warm Lentil Salad



Ingredients

- 2 cups** Black, Brown or Green Dry Lentils, rinsed and picked over
- 1/2** Yellow Onion
- 2 Tbsp.** Minced Garlic, divided
- 3 cups** LS Chicken or Vegetable Broth 3 cups Water
- 1** Whole Bay Leaf
- Finger pinch** Kosher Salt
- 1/4 cup** Red Wine or Sherry Vinegar
- 1/3 cup** EVOO (extra virgin olive oil)
- 1/4 cup** broth from Lentils
- 2 oz.** Goat Cheese, crumbled
- 1/4 cup** LF Plain Yogurt
- Finger pinch** White Pepper
- 1/4 cup** Chives, chopped thin
- Wild or Baby Arugula

Step 1

In a medium pot, combine lentils, whole-1/2 onion, 1 Tbsp. garlic, bay leaf with broth and water. Bring to a gentle boil over med-high heat. Add salt, cover; reduce heat to low; simmer 25 – 30 minutes. Goal is for lentils to be tender not mushy. Remove pot from heat. Use tongs and remove onion and bay leaf. Set aside.

Step 2

Meanwhile in a measuring cup, mix together EVOO, vinegar and remaining garlic. Whisk lightly. Set aside.

Step 3

Place strainer over a bowl and drain lentils, reserving 1/4 cup lentil broth. Return lentils to the same pot. Whisk in reserved broth to the reserved EVOO mixture then drizzle over-top lentils. Add goat cheese, yogurt and pepper. Stir until cheese is melted into the lentils. Gently stir in chives. Place Arugula on plate or in an individual bowl. Top with Lentil mixture. Serve immediately.



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MEAL PLAN

DAY 2

BREAKFAST

Whole Wheat Pancake w/
Maple Orange Spread
& Breakfast Sausages

LUNCH

Turkey, Sharp Cheddar,
and Tart Apple Wrap
w/ Fresh Veggies

SNACK

Pack & Go

DINNER

Crock Pot Lasagna



The 3 Day MEAL PLAN

DAY 2

Pancakes with Orange-Maple Spread



Ingredients

3/4 cup Plain LF Yogurt
(not Greek)

Juice from **1/2** of one Orange

1/2 tsp. Maple Extract

3/4 cup 2% Milk or Almond Milk

1 Whole Egg + **2** Egg Whites

1/4 cup Plain NF Greek Yogurt

2 Tbsp. Canola Oil

1 Tbsp. Agave or Honey

***1/2 tsp.** Butter Extract (optional)

1 cup Whole Wheat Flour *or
1 cup Oat Flour (see notes)

2 tsp. Baking Powder

1/8 tsp. Salt

Canola Oil Cooking Spray

Step 1

Whisk together first three spread ingredients in a small bowl. Set aside

Step 2

Whisk milk, eggs, yogurt, oil, Agave and optional extract in a medium bowl until well blended. Add flour, baking powder and salt; whisk until just blended.

Step 3

Heat a griddle or large skillet sprayed with Canola Spray over med.-high heat. Use a 1/4 measuring cup to drop pancakes onto hot griddle. Cook for about 2 min.; until dull bubbles begin to form at the edges. Flip and continue cooking 1 – 2 more minutes. Remove to a waiting plate.

Note* To make Oat Flour, simply place Old Fashioned Oats in a blender and grind until a flour. Voila!



The 3 Day MEAL PLAN

DAY 2

Breakfast Sausage Patties



Yields Approximately
28 - 1.5 oz. sausage patties

Ingredients

1 Tbsp. EVOO
(extra virgin olive oil)

1/3 cup Yellow Onion,
finely chopped

3./4 cup. Fuji or Granny Smith
Apple, peeled and shredded

Finger pinch Dried Thyme

Finger pinch Dried Sage

Finger pinch Kosher Salt &
Black Pepper

20 oz. tray Ground Turkey Breast
Meat

20 oz. tray Ground Lean
Turkey Meat

Olive Oil Cooking Spray

Step 1

Heat EVOO in a non-stick skillet over medium-high heat. Add the chopped onion and shredded apple; sauté about 3 minutes. Add the minced garlic; sauté for less than a minute. Remove from skillet and cool completely; at least to room temperature.

Step 2

In a large bowl, combine the remaining ingredients well with clean hands. Add the cooled onion mixture, again with clean hands. Lay out a large piece of wax or parchment paper on the counter. Weigh out into 1.5 oz. portions. Portion into patties 1/2" thick.

Step 3

Heat a large non-stick skillet coated with the cooking spray. When the skillet is hot, add half of the patties. Cook 3 min. on each side or until done. Repeat procedure with remaining half.

Note* May be frozen for up to 2 months
Wrap well in plastic wrap then place into a freezer zip-lock bag.



The 3 Day MEALPLAN

DAY 2

Turkey, Cheddar, Apple Wrap



Ingredients

1 oz. Deli Turkey Breast Meat,
your choice thickness (watch the
sodium)

1 Sandwich Slice Sharp Cheddar

Grated Granny Smith Apple
(Green) -with skin on please

Any Mustard you like (except
Honey) -Brown Mustard is a
great choice

Wheat Wrap or Flat Bread or
Lavosh

Sandwich size Ziploc with fresh
Veggies that you enjoy
Think "color!"

Veggie Ideas:
Bell Peppers
Cherry Tomatoes
Cucumber
Jicama
Celery
Carrots
Green Beans



The 3 Day MEALPLAN

DAY 2

Pack & Go Snack Idea

Ingredients

1 oz. Original Turkey or
Beef Jerky

4 inch Banana or
1 Apple

1 Tbsp. Natural Peanut or
Almond Butter



The 3 Day MEAL PLAN

DAY 1

Crock Pot Triple Layered Lasagna



Ingredients

- 1 lb.** Lean Ground Turkey Meat
- 1 - 14.5 oz. can** Diced Tomatoes
- 1 cup** Yellow Onion, finely diced
- 1 cup** *White Mushrooms, sliced
*optional ingredient
- 1 tsp.** Minced Garlic
- 9** No-Boil Lasagna Noodles, divided
- 1 - 26 oz. jar** Roasted Garlic Pasta Sauce, divided
- 1 cup** 2% Cottage Cheese, divided
- 1 cup** Part Skim Ricotta Cheese, divided
- 1.5 cup** shredded Part Skim Mozzarella Cheese, divided
- 1/4 cup** fresh Shredded Parmesan Cheese
- Olive Oil Cooking Spray

Step 1

Cook turkey meat, tomatoes, onion, mushrooms and garlic in a large non-stick skillet until meat is crumbly and no longer pink.

Step 2

Coat a slow cooker with olive oil cooking spray. Place 3 noodles, side by side, on the bottom of the cooker. Top with 1/3 of the sauce, 1/3 of the cottage cheese, 1/3 of the ricotta cheese, 1/3 of the turkey mixture, and 1/3 of the mozzarella cheese. Repeat layers two more times ending with mozzarella. Sprinkle on parmesan.

Step 3

Cover crock pot and cook on LOW until lasagna is hot and cheese is bubbly; about 5– 6 hours.



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MEAL PLAN

DAY 2

BREAKFAST

Carrot Cake Muffins
& Breakfast Protein
“Ideas”

LUNCH

Delish Deviled Eggs,
Veggies, and
White Bean Dip

SNACK

Collin’s Peanutbutta
Whip & Apple Slices

DINNER

Dijon Flank Steak and
Colorful Salad



The 3 Day MEAL PLAN

DAY 3

Carrot Cake Muffin



Ingredients

3/4 cup Splenda Brown Sugar, packed or **1.5 cup** Light Brown Sugar, packed

3/4 cup Unsweetened Applesauce

1/8 cup Cold Water

2 Whole XL Eggs and **4** XL Large Egg Whites, beaten (or equivalent Egg Beaters)

1.5 cups White Whole Wheat Flour

1.5 cups Old Fashioned Oats

1 Tbsp. Baking Powder

1 tsp. Salt

1 tsp. Ground Cinnamon

1/2 tsp. Allspice

1/2 cups Grated Carrots

1/3 cup White Raisins, chopped or **1/3 cup** Diced Pineapple

1/3 cup Walnut Pieces

Step 1

Pre heat oven to 350° Lightly spray muffin tin with Canola Oil and lightly dust with flour or add paper muffin cups, sprayed with Canola; set aside.

Step 2

In a large bowl combine sugar, applesauce, water and beaten eggs. In a medium bowl, combine 6 dry ingredients (thru allspice). Add to applesauce mixture just until dry ingredients are moist. Do not over-mix. Fold in grated carrots, raisins and walnut pieces. Use a 1/3 measuring cup; add to prepared muffin tins.

Step 3

Bake in pre heated oven for 18 – 20 minutes, or until a wooden toothpick inserted in the middle of a muffin comes out clean. Cool on a wire rack for 10 minutes before removing from muffin tins. Completely cool before storing in an airtight container. Refrigerate.



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DAY 3

Breakfast Protein Ideas



Ingredients

1. 1 Whole Egg
 2. 2 Egg Whites
 3. 1/4 cup Egg Beaters
 4. 1 Lean Turkey Breakfast Sausage
 5. 1 Lean Chicken Breakfast Sausage
 6. *1 slice Turkey Bacon
 7. 1 oz. Sliced Turkey Breast Deli Meat
 8. *1 oz. Sliced Lean Ham Deli Meat
 9. *1 oz. any Cheese (not American)
 10. 1/4 cup Low-Fat Cottage Cheese
 11. 1/2 cup NF Plain Greek Yogurt
 12. 1/3 cup Light Plain Greek Yogurt
 13. 1/3 cup Light Flavored Greek Yogurt
 14. 2 oz. Firm Tofu
 15. *1 slice Pasteurized Pork Bacon
 16. 7 grams Protein Powder
- * = you should only have ONE of this choice of protein due to presence of saturated fat.



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DAY 3

Delish Deviled Eggs



Ingredients

10 XL Hard-Boiled Eggs
(discard 5 yolks!)

1/3 cup Minced Ham cubes
*optional

1/4 cup Olive Oil or Canola Mayo

1/4 cup Plain NF Plain Yogurt

1.5 Tbsp. Yellow or Dijon Mustard

Generous shakes of Low Sodium All Purpose Seasoning

Step 1

Hard-boil the eggs in a large pot with enough salted water to cover all of the eggs for at least 8 minutes of a rolling boil. Cover pot and remove from heat. Let stand for at least 10 - 12 minutes. Uncover and put the pot into the sink and run cold water into it until there is no more hot water. Let eggs cool in fridge until no longer warm to the touch.

Step 2

Peel all of the eggs, slice length- wise, remove the yolks and discard HALF of the yolks, in this case five yolks. In a bowl, smash yolks with a fork until creamy, but not crumbly. Add ham, mayo, yogurt and mustard and cream together until smooth. Add seasoning to your taste.

Step 3

Place the white halves on a flat tray and fill with the yolk mixture. Garnish if you'd like with chopped parsley and/or paprika for color.



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DAY 3

White Bean Dip



Ingredients

15.5 oz. can White Kidney Beans
rinsed, drained

2 Tbsp. Fresh Lime Juice

Pinch Kosher Salt

1 Roma Tomato, seeded, diced

1 Tbsp. Chives, finely diced

Step 1

Place rinsed beans in a bowl. Add lime juice and salt. Use a potato masher and mash until semi- smooth. Add tomato and chives; stir to blend.

*Add some fresh veggies to turn this into a tasty and healthy snack!



The 3 Day MEALPLAN

DAY 3

PeanutButta Whip & Apple Dippers



Ingredients

2/3 cup LF Plain Greek Yogurt

1 Tbsp. Creamy Natural Peanut Butter or Almond Butter

Your Favorite Apple

*Optional Splenda or Truvia or Stevia

Step 1

Place yogurt in a bowl. Add peanut butter. Stir until a creamy blend. If desired, add a bit of a sweetener of choice; stir in.

Step 2

Wash, slice your apple.
Dip & enjoy!



The 3 Day MEALPLAN

DAY 3

Dijon Flank

Ingredients

1.5 lb. Flank, trimmed of visible fat

1 Tbsp. Dijon Mustard

Pinch Kosher Salt

Pinch Black Pepper

2 tsp. Minced Garlic

1 tsp. Minced Ginger

1 tsp. Water

Olive Oil Cooking Spray

Step 1

Combine Dijon + next 5 ingredients in a small bowl. Make into a paste. Brush evenly all over flank. Place flank on a hot grill for about 8 minutes (max) on each side; or until desired degree of doneness. Remove from heat to a clean tray and let stand 10 minutes. Cut diagonally across the grain into thin slices.

** This steak is intended to pair with the "Colorful Salad" recipe featured on the following page.*



The 3 Day MEALPLAN

DAY 3

Colorful Salad



Ingredients

3 cups Any Lettuce

1/3 cup of any FOUR of the following vegetable ideas:

*Bell Peppers
Tomatoes
Cucumbers
Carrots
Jicama,
Mushrooms
Celery
Onions
Green Beans
Peas
Beets,
Radishes
Sprouts of any kind*

+4.5 oz. prepared Flank

Dressing Ingredients

1 1/2 tsp. Extra Virgin Olive Oil

3/4 tsp. Dijon Mustard

Up to: 1 1/2 Tbsp. White Balsamic Vinegar

Course Cracked Black Pepper to taste

**add 1 pack Splenda or Truvia if desired to make this more like a Honey Dijon*

** This salad is intended to pair with the "Dijon Flank Steak" recipe featured on the previous page.*



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