


























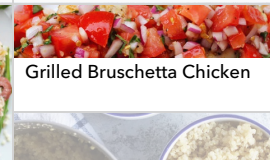























MEGHAN
PENDLETON
NUTRITION

Sample Meal Plan

Meghan Pendleton
<http://meghanpendleton.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Hummus Toast with Avocado	 Hummus Toast with Avocado	
Lunch	 Lentil & Feta Tabbouleh	 Penne with Bursting Cherry Tomato Sauce	 Greek Chicken Salad	 Roasted Carrots with Lentils & Tahini	 One Pan Mediterranean Trout	 Quinoa	 Greek Kale Chickpea Salad	 Mediterranean Tuna Pasta Salad
Snack 2	 Salmon Cucumber Bites	 Salmon Cucumber Bites	 Celery & Hummus	 Celery & Hummus	 Chocolate Avocado Pudding	 Chocolate Avocado Pudding	 Chocolate Avocado Pudding	
Dinner	 Penne with Bursting Cherry Tomato Sauce	 Greek Chicken Salad	 Roasted Carrots with Lentils & Tahini	 One Pan Mediterranean Trout	 Quinoa	 Greek Kale Chickpea Salad	 Mediterranean Tuna Pasta Salad	 Grilled Bruschetta Chicken

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  41%	Fat  41%	Fat  39%	Fat  41%	Fat  44%	Fat  54%	Fat  49%
Carbs  37%	Carbs  32%	Carbs  36%	Carbs  34%	Carbs  35%	Carbs  34%	Carbs  35%
Protein  22%	Protein  27%	Protein  25%	Protein  25%	Protein  21%	Protein  12%	Protein  16%
Calories 1331	Calories 1363	Calories 1300	Calories 1364	Calories 1567	Calories 1752	Calories 1771
Fat 63g	Fat 64g	Fat 59g	Fat 64g	Fat 80g	Fat 113g	Fat 103g
Saturated 11g	Saturated 9g	Saturated 11g	Saturated 12g	Saturated 14g	Saturated 18g	Saturated 14g
Carbs 131g	Carbs 114g	Carbs 121g	Carbs 122g	Carbs 143g	Carbs 160g	Carbs 164g
Fiber 36g	Fiber 27g	Fiber 36g	Fiber 42g	Fiber 44g	Fiber 44g	Fiber 40g
Sugar 34g	Sugar 38g	Sugar 38g	Sugar 28g	Sugar 48g	Sugar 41g	Sugar 36g
Protein 77g	Protein 96g	Protein 84g	Protein 88g	Protein 89g	Protein 55g	Protein 77g
Cholesterol 46mg	Cholesterol 127mg	Cholesterol 111mg	Cholesterol 100mg	Cholesterol 120mg	Cholesterol 35mg	Cholesterol 100mg
Sodium 885mg	Sodium 1821mg	Sodium 2166mg	Sodium 1518mg	Sodium 1158mg	Sodium 1505mg	Sodium 1205mg
Potassium 2324mg	Potassium 2338mg	Potassium 3007mg	Potassium 3606mg	Potassium 3662mg	Potassium 3320mg	Potassium 3654mg
Calcium 903mg	Calcium 722mg	Calcium 830mg	Calcium 794mg	Calcium 800mg	Calcium 526mg	Calcium 379mg
Iron 19mg	Iron 14mg	Iron 14mg	Iron 17mg	Iron 15mg	Iron 16mg	Iron 16mg

Fruits

- 3 Avocado
- 3/4 cup Blueberries
- 9 1/2 Lemon
- 1/3 cup Lemon Juice
- 3/4 cup Raspberries

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1/4 cup Greek Seasoning
- 1 1/8 cups Hemp Seeds
- 2 tbsps Italian Seasoning
- 1 tsp Paprika
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sunflower Seeds

Frozen

- 1 cup Cauliflower Rice
- 2 cups Frozen Raspberries

Vegetables

- 16 cups Arugula
- 8 1/4 cups Basil Leaves
- 8 stalks Celery
- 18 cups Cherry Tomatoes
- 4 Cucumber
- 1/4 cup Fresh Dill
- 12 Garlic
- 2 Green Bell Pepper
- 24 Heirloom Carrots
- 24 cups Kale Leaves
- 4 cups Parsley
- 1 1/2 cups Red Onion
- 15 Tomato

Boxed & Canned

- 4 cups Brown Rice Fusilli, Cooked
- 1 lb Chickpea Pasta
- 4 cups Chickpeas
- 6 cups Lentils
- 3 cups Quinoa
- 2 cans Tuna

Baking

- 1/3 cup Cocoa Powder
- 1/4 cup Nutritional Yeast
- 1 cup Oats
- 1/2 cup Pitted Dates

Bread, Fish, Meat & Cheese

- 3 1/2 lbs Chicken Breast
- 1 2/3 cups Feta Cheese
- 8 Rainbow Trout Fillet
- 4 slices Rye Bread
- 7 1/16 ozs Smoked Salmon

Condiments & Oils

- 3 cups Artichoke Hearts
- 1/2 cup Balsamic Vinegar
- 2 tbsps Coconut Oil
- 3 1/2 cups Extra Virgin Olive Oil
- 1 cup Green Olives
- 3 cups Pitted Kalamata Olives
- 2 tbsps Red Wine Vinegar
- 1 cup Sun Dried Tomatoes
- 1/3 cup Tahini

Cold

- 2/3 cup Cow's Milk, Reduced Fat
- 2 cups Hummus
- 3/4 cup Plain Greek Yogurt
- 1 1/2 cups Soy Milk

Other

- 1 1/4 cups Vanilla Protein Powder
- 5 cups Water



Mixed Berry Protein Overnight Oats

3 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 3 tbsps Chia Seeds
- 1 tbsp Cinnamon
- 3 tbsps Maple Syrup
- 3/4 cup Vanilla Protein Powder
- 1 1/2 cups Soy Milk (Unsweetened)
- 1/3 cup Plain Greek Yogurt
- 3/4 cup Blueberries
- 3/4 cup Raspberries

Directions

- 1 In a lidded container, add the ingredients Oats through Yogurt and mix until well-combined. Refrigerate overnight or for at least eight hours.
- 2 When ready to serve, top each portion with 1/4 cup each blueberries and raspberries, and additional ground cinnamon as desired.

Nutrition

Amount per serving	
Calories	400
Fat	9g
Saturated	1g
Carbs	53g
Fiber	13g
Sugar	18g
Protein	31g
Cholesterol	8mg
Sodium	100mg
Potassium	546mg
Calcium	466mg
Iron	3mg



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

1/2 cup Cauliflower Rice
1 cup Frozen Raspberries
3 tbsps Lemon Juice (or juice of 1
lemon)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 tbsps Cow's Milk, Reduced Fat

Directions

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

Nutrition

Amount per serving	
Calories	257
Fat	6g
Saturated	1g
Carbs	30g
Fiber	12g
Sugar	12g
Protein	24g
Cholesterol	6mg
Sodium	69mg
Potassium	603mg
Calcium	264mg
Iron	2mg



Hummus Toast with Avocado

1 serving
10 minutes

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Nutrition

Amount per serving	
Calories	675
Fat	46g
Saturated	6g
Carbs	55g
Fiber	18g
Sugar	4g
Protein	19g
Cholesterol	0mg
Sodium	833mg
Potassium	1090mg
Calcium	118mg
Iron	6mg



Lentil & Feta Tabbouleh

4 servings

10 minutes

Ingredients

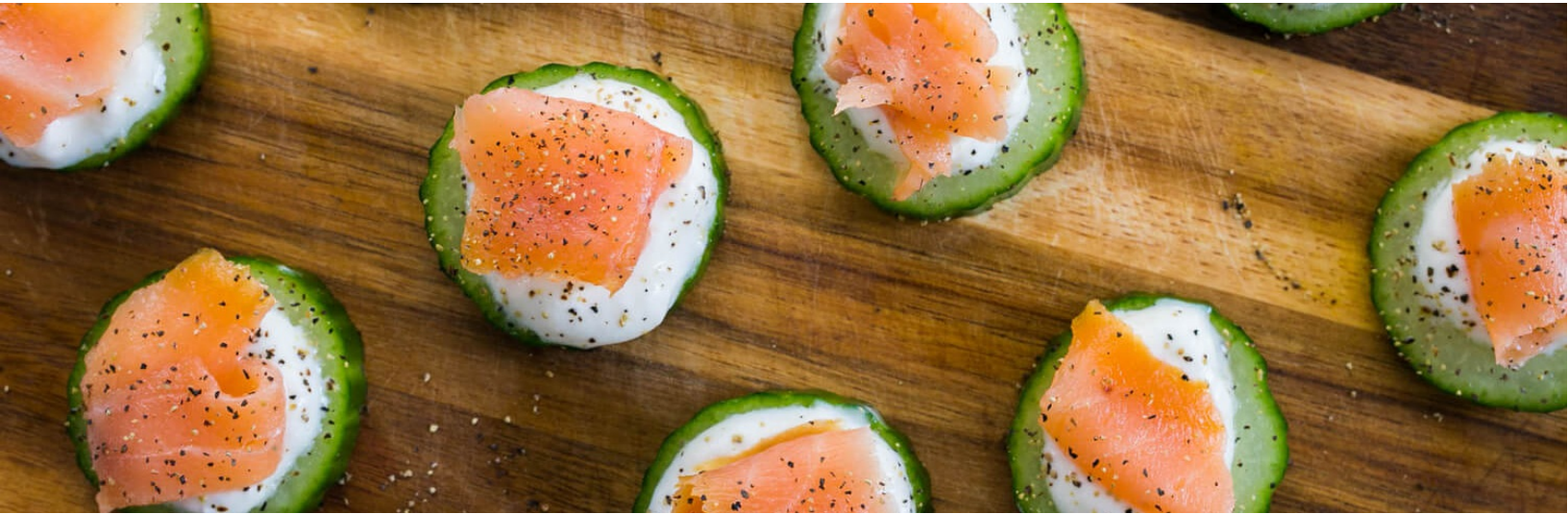
2 cups Lentils (cooked)
2 Tomato (medium, diced)
2/3 cup Feta Cheese (crumbled)
4 cups Parsley (chopped)
1/2 cup Red Onion (finely diced)
1/4 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tsps Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	344
Fat	20g
Saturated	5g
Carbs	30g
Fiber	11g
Sugar	3g
Protein	15g
Cholesterol	22mg
Sodium	345mg
Potassium	876mg
Calcium	247mg
Iron	8mg



Salmon Cucumber Bites

4 servings

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 Cucumber (sliced)
- 7 1/16 ozs Smoked Salmon (sliced)
- 1/2 tsp Black Pepper

Directions

- 1 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Nutrition

Amount per serving	
Calories	93
Fat	3g
Saturated	1g
Carbs	4g
Fiber	0g
Sugar	2g
Protein	12g
Cholesterol	16mg
Sodium	355mg
Potassium	203mg
Calcium	82mg
Iron	1mg



Celery & Hummus

4 servings

5 minutes

Ingredients

- 8 stalks Celery (cut into sticks)
- 1 cup Hummus
- 1 tsp Paprika (optional)

Directions

- 1 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Nutrition

Amount per serving	
Calories	159
Fat	11g
Saturated	2g
Carbs	12g
Fiber	5g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	326mg
Potassium	413mg
Calcium	62mg
Iron	2mg



Chocolate Avocado Pudding

3 servings

10 minutes

Ingredients

2 Avocado
1/2 cup Pitted Dates (chopped, soaked
in water for 10 minutes and drained)
2 tbsps Hemp Seeds
2 tbsps Maple Syrup
1/2 cup Cow's Milk, Reduced Fat
(Lactaid)
1/3 cup Cocoa Powder

Directions

- 1 Add the avocado, soaked dates, hemp seeds, and maple syrup to the food processor and pulse to combine. Add the milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Nutrition

Amount per serving	
Calories	397
Fat	25g
Saturated	4g
Carbs	47g
Fiber	15g
Sugar	27g
Protein	9g
Cholesterol	3mg
Sodium	33mg
Potassium	1121mg
Calcium	105mg
Iron	3mg



Penne with Bursted Cherry Tomato Sauce

8 servings

30 minutes

Ingredients

- 1 lb Chickpea Pasta (dry)
- 1 cup Extra Virgin Olive Oil
- 12 cups Cherry Tomatoes
- 8 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Basil Leaves (chopped)
- 1/4 cup Nutritional Yeast

Nutrition

Amount per serving	
Calories	494
Fat	31g
Saturated	4g
Carbs	44g
Fiber	12g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	85mg
Potassium	699mg
Calcium	108mg
Iron	7mg

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!



Greek Chicken Salad

8 servings

45 minutes

Ingredients

1/4 cup Greek Seasoning
2 Lemon (juiced)
1/2 cup Extra Virgin Olive Oil
2 1/2 lbs Chicken Breast (boneless, skinless)
6 cups Cherry Tomatoes (halved)
2 Cucumber (diced)
1/2 cup Red Onion (finely diced)
2 cups Pitted Kalamata Olives (chopped)
1/3 cup Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Nutrition

Amount per serving	
Calories	376
Fat	21g
Saturated	3g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	34g
Cholesterol	103mg
Sodium	1281mg
Potassium	890mg
Calcium	66mg
Iron	3mg



Roasted Carrots with Lentils & Tahini

8 servings
25 minutes

Ingredients

24 Heirloom Carrots (washed)
2 tbsps Coconut Oil
1 tsp Sea Salt
1/3 cup Tahini
2 Lemon (juiced)
1/2 cup Water
1/4 cup Extra Virgin Olive Oil (divided)
16 cups Kale Leaves (finely sliced)
2 tbsps Red Wine Vinegar
4 cups Lentils (cooked, drained and rinsed)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

Nutrition

Amount per serving	
Calories	365
Fat	18g
Saturated	5g
Carbs	43g
Fiber	16g
Sugar	11g
Protein	14g
Cholesterol	0mg
Sodium	459mg
Potassium	1158mg
Calcium	236mg
Iron	6mg



One Pan Mediterranean Trout

8 servings

25 minutes

Ingredients

- 4 cups Basil Leaves
- 1 Lemon (juiced)
- 2 Garlic (clove)
- 1/2 tsp Sea Salt
- 1/2 cup Hemp Seeds
- 1/2 cup Extra Virgin Olive Oil
- 8 Rainbow Trout Fillet (about 5 oz. each)
- 3 cups Artichoke Hearts
- 1 cup Pitted Kalamata Olives
- 8 Tomato (large, quartered)

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Nutrition

Amount per serving	
Calories	427
Fat	26g
Saturated	4g
Carbs	10g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	94mg
Sodium	660mg
Potassium	1193mg
Calcium	203mg
Iron	5mg



Quinoa

12 servings

15 minutes

Ingredients

3 cups Quinoa (uncooked)

4 1/2 cups Water

Nutrition

Amount per serving	
Calories	156
Fat	3g
Saturated	0g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	4mg
Potassium	239mg
Calcium	29mg
Iron	2mg

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Greek Kale Chickpea Salad

8 servings

15 minutes

Ingredients

- 1/4 cup Fresh Dill (chopped)
- 1/2 cup Extra Virgin Olive Oil
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 4 cups Chickpeas (cooked, drained and rinsed)
- 1 Cucumber (diced)
- 2 Tomato (diced)
- 2 Green Bell Pepper (diced)
- 8 cups Kale Leaves (finely sliced)
- 1 cup Feta Cheese (crumbled)

Directions

- 1 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 2 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Nutrition

Amount per serving	
Calories	330
Fat	20g
Saturated	5g
Carbs	29g
Fiber	8g
Sugar	6g
Protein	11g
Cholesterol	17mg
Sodium	392mg
Potassium	506mg
Calcium	199mg
Iron	3mg



Mediterranean Tuna Pasta Salad

8 servings

15 minutes

Ingredients

4 cups Brown Rice Fusilli, Cooked
1/2 cup Extra Virgin Olive Oil
2 Lemon (juiced)
2 tbsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
1 cup Green Olives (sliced)
1 cup Sun Dried Tomatoes (sliced)
2 cans Tuna (drained and flaked)
16 cups Arugula
1/2 cup Hemp Seeds

Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

Nutrition

Amount per serving	
Calories	350
Fat	22g
Saturated	3g
Carbs	29g
Fiber	3g
Sugar	4g
Protein	16g
Cholesterol	15mg
Sodium	247mg
Potassium	603mg
Calcium	104mg
Iron	4mg



Grilled Bruschetta Chicken

4 servings

30 minutes

Ingredients

1 lb Chicken Breast
Sea Salt & Black Pepper (to taste)
3 Tomato (medium, diced)
1/2 cup Red Onion (finely diced)
2 Garlic (cloves, minced)
1/4 cup Basil Leaves (chopped)
1 tbsp Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Nutrition

Amount per serving	
Calories	193
Fat	7g
Saturated	1g
Carbs	6g
Fiber	1g
Sugar	1g
Protein	27g
Cholesterol	82mg
Sodium	88mg
Potassium	601mg
Calcium	23mg
Iron	1mg