



PETERSON & COMPANY FITNESS

# NUTRITION RESET

28 days to reset, refuel, get results. Weeks 1&2



# Your Meal Plan

DAILY TARGETS

DAILY CALORIES

**1400**<sub>kcal</sub>

PROTEIN

**142**<sub>g</sub>

CARBS

**102**<sub>g</sub>

FATS

**50**<sub>g</sub>

# Meal Plan

Example week of meals

| DAY | BREAKFAST                                                 | LUNCH                                              | DINNER                                            | SNACK                              | KCAL                |
|-----|-----------------------------------------------------------|----------------------------------------------------|---------------------------------------------------|------------------------------------|---------------------|
| MON | Vanilla & Almond Protein Pancakes                         | Quick Southwest Chicken Salad                      | Easy Stuffed Mexican Peppers                      | Zucchini Chocolate Protein Muffins | <b>1341</b><br>KCAL |
| TUE | Egg Broccoli & Ham Breakfast Muffins                      | Tuna Salad Lettuce Boats<br>Serving size: 2        | Zesty Light Orange Chicken<br>Serving size: 2     | Almond & Cranberry Balls           | <b>1493</b><br>KCAL |
| WED | Egg Salad on Rice Cakes<br>Serving size: 1.5              | High Protein Turkey Salad                          | Easy Pork Meatballs in Tomato Sauce               | Blueberry Cottage Cheese Ice Cream | <b>1499</b><br>KCAL |
| THU | Vanilla & Almond Protein Pancakes                         | Quick Southwest Chicken Salad<br>Serving size: 1.5 | Easy Stuffed Mexican Peppers                      | Zucchini Chocolate Protein Muffins | <b>1502</b><br>KCAL |
| FRI | Egg Broccoli & Ham Breakfast Muffins<br>Serving size: 1.5 | Tuna Salad Lettuce Boats<br>Serving size: 2        | Zesty Light Orange Chicken<br>Serving size: 1.5   | Almond & Cranberry Balls           | <b>1351</b><br>KCAL |
| SAT | Egg Salad on Rice Cakes                                   | High Protein Turkey Salad                          | Easy Pork Meatballs in Tomato Sauce               | Blueberry Cottage Cheese Ice Cream | <b>1325</b><br>KCAL |
| SUN | Vanilla & Almond Protein Pancakes                         | Quick Southwest Chicken Salad                      | Easy Stuffed Mexican Peppers<br>Serving size: 1.5 | Zucchini Chocolate Protein Muffins | <b>1478</b><br>KCAL |

# Shopping List

## Fruits, Vegetables

### FRUITS

- ¼ Apple
- 1 Bananas
- 4 tbsp Dried Blueberry
- 0.25 cup Fresh Blueberry
- ½ Granny Smith Apple
- Juice 1 Lemon
- 4 tbsp Lemon Juice
- 1 Lime Juice
- 2.1 oz Raspberries

### VEGETABLES

- Bell Pepper
- ½ Broccoli
- 1 Carrots
- Garlic
- 1 tbsp Ginger
- 1 Onion
- 1 tbsp Red Chili Flake
- Red Onion
- Spring Onion
- Tomato
- Tomato Passata
- 1 Zucchini

## Protein, Dairy

### MEATS

- 1.8 lb Chicken Breast
- 1 lb Cooked Turkey Breast
- 14 oz Lean Ground Beef
- 14 oz Lean Pork

### FISH, SEAFOOD

- 10 oz Tuna In Olive Oil

### COLD

- 4 tbsp Almond Butter
- 1 cup Cottage Cheese
- Eggs
- 1 tbsp Natural Almond Butter
- Yogurt

## Pantry, Baking

### NUTS, SEEDS

- Almonds
- 2 tsp Sesame Seeds
- 4 tbsp Tahini

### BAKING

- 1 tsp Baking Powder
- 5.6 oz Cooked Rice
- Oat Flour
- 6 Rice Cake
- 1 tbsp Rice Vinegar
- Rolled Oats

### OILS

- Coconut Oil

### SWEETENERS

- 6 tbsp Coconut Sugar
- 1 tbsp Honey
- 1 tbsp Maple Syrup

### BOXED, CANNED, CONDIMENTS

- 1.5 tbsp Tamari Sauce

### FRESH HERBS

- 0.7 oz Dill

## Other

### MISC, OTHER

- 3.5 oz Bean Sprout
- 6 oz Canned Black Bean
- 5.2 oz Canned Sweet Corn
- 1 oz Cheese
- 1 lb Cooked
- 4 tbsp Coriander
- 1 tbsp Cornstarch
- 1 tsp Dijon Mustard
- 4 tbsp Dried Cranberry
- 4 Ham
- 8 Lettuce Leave
- 10 Medjool Date
- 2 tbsp Mexican Spice Blend
- 12 fl oz Orange Juice
- 1.5 tbsp Orange Zest
- 4.2 oz Panko Breadcrumbs
- 6 Radishes
- 6 tbsp Raw Cacao Powder
- 2.4 oz Red Cabbage
- 2 tsp Sriracha
- 3 tbsp Toasted Sesame Seed
- Whey Protein Powder
- 2.4 oz White Cabbage

# Vanilla & Almond Protein Pancakes

SERVES 1    TIME 3 MINS



## INGREDIENTS

- 4.2 oz egg whites
- 1 whole egg
- 4 tbsp rolled oats
- 1 scoop (25g) vanilla protein powder
- 1 tbsp natural almond butter
- 1 tsp ground cinnamon
- 1 tsp coconut oil
- 2.1 oz raspberries
- 1 tbsp maple syrup

## INSTRUCTIONS

- 1** Place the egg whites, whole egg, rolled oats, vanilla protein powder, almond butter, and cinnamon in a blender. Blend for 20-30 seconds until smooth.
- 2** Heat the coconut oil in a nonstick skillet over medium heat.
- 3** Pour the pancake batter into the skillet and cook for a few minutes on each side until golden brown.

NUTRITION  
PER SERVE

KCAL  
**532**

FATS  
**20<sub>g</sub>**

CARBS  
**39<sub>g</sub>**

PROTEIN  
**49<sub>g</sub>**

# Quick Southwest Chicken Salad

SERVES 4



## INGREDIENTS

- 1 lb cooked, shredded chicken breast
- 5.2 oz canned sweet corn
- 6 oz canned black beans, drained & rinsed
- 1 small red onion, diced
- 4 tbsp cilantro, chopped
- 1 red bell pepper, diced
- 4.2 oz Greek yogurt (Dressing)
- 1 lime juice (Dressing)
- 0.5 tsp ground cumin (Dressing)
- 0.5 tsp chili powder (Dressing)
- 0.25 tsp salt (Dressing)
- 2 tsp sriracha (Dressing)

## INSTRUCTIONS

- 1 In a large bowl, mix all the dressing ingredients until well combined.
- 2 Then, add the remaining salad ingredients and mix until evenly coated.

NUTRITION  
PER SERVE

KCAL  
**321**

FATS  
**5<sub>g</sub>**

CARBS  
**26<sub>g</sub>**

PROTEIN  
**43<sub>g</sub>**

# Easy Stuffed Mexican Peppers

SERVES 4    TIME 1 HOUR



## INGREDIENTS

- 4 bell peppers
- 14 oz lean ground beef
- 1 × 14 oz. (400g) chopped tomatoes
- 5.6 oz cooked rice
- 2 tbsp mexican spice blend

## INSTRUCTIONS

- 1 Preheat the oven to 375°F (190°C).
- 2 Brown beef in a pan over medium-high heat for 5-7 minutes.
- 3 Add tomatoes and rice, then bring to a boil.
- 4 Reduce heat and simmer, covered, for 6-8 minutes.
- 5 While the mixture simmers, cut off the tops of the peppers and remove the seeds.
- 6 Stuff the peppers with the beef mixture.
- 7 Cover with foil and bake for 35 minutes, until the peppers are tender.

NUTRITION  
PER SERVE

KCAL  
**274**

FATS  
**10<sub>g</sub>**

CARBS  
**23<sub>g</sub>**

PROTEIN  
**23<sub>g</sub>**

# Zucchini Chocolate Protein Muffins

SERVES 6    TIME 20 MINS



## INGREDIENTS

- 4 scoops (100g) chocolate whey protein powder
- 2.1 oz oat flour
- 6 tbsp raw cacao powder
- 6 tbsp coconut sugar
- 2 eggs
- 1 tsp baking powder
- 1 tbsp coconut oil
- 5.4 fl oz water
- 1 zucchini, finely shredded

## INSTRUCTIONS

- 1** Preheat the oven to 350°F (180°C). Line a muffin tin with paper liners.
- 2** In a large bowl, combine all the ingredients, stirring in the shredded zucchini until well mixed.
- 3** Pour the batter into the muffin cups, filling each about two-thirds full.
- 4** Bake in the preheated oven for 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- 5** Remove the tray from the oven and transfer the muffins to a wire rack to cool.

NUTRITION  
PER SERVE

KCAL  
**214**

FATS  
**6<sub>g</sub>**

CARBS  
**20<sub>g</sub>**

PROTEIN  
**20<sub>g</sub>**

# Egg Broccoli & Ham Breakfast Muffins

SERVES 6

TIME 10 MINS



## INGREDIENTS

- ½ head of broccoli
- 5 eggs
- 1 clove of garlic, minced
- 4 slices of ham, chopped
- 1 oz of grated cheese

## INSTRUCTIONS

- 1 Preheat the oven to 360°F (180°C).
- 2 Boil the broccoli for 3 minutes, then drain and chop.
- 3 Beat the eggs in a bowl. Add minced garlic, and a pinch of salt, and pepper.
- 4 Grease a 6-mold muffin tray. Evenly distribute the broccoli, ham, and cheese among the molds.
- 5 Pour the egg mixture into each mold. Bake for 10-15 minutes or until set.

NUTRITION  
PER SERVE

KCAL  
**90**

FATS  
**6<sub>g</sub>**

CARBS  
**1<sub>g</sub>**

PROTEIN  
**8<sub>g</sub>**

# Tuna Salad Lettuce Boats

SERVES 2



## INGREDIENTS

- 10 oz tuna in olive oil, drained
- 1 tbsp tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

## INSTRUCTIONS

- 1 Combine the tuna and half of the oil from the can in a bowl with the tomato puree.
- 2 Finely chop the red onion and add it to the bowl.
- 3 Halve the apple, remove the core, and chop it into small cubes; add it to the bowl.
- 4 Mix all ingredients thoroughly.
- 5 Divide the tuna mixture evenly among the 8 lettuce leaves, spooning it into the center of each leaf.
- 6 Fold or wrap the leaves to enclose the filling and serve immediately.

NUTRITION  
PER SERVE

KCAL  
**295**

FATS  
**11<sub>g</sub>**

CARBS  
**10<sub>g</sub>**

PROTEIN  
**39<sub>g</sub>**

# Zesty Light Orange Chicken

SERVES 6



## INGREDIENTS

- 1.8 lb chicken breast, cut into even-sized pieces
- 3.2 oz oat flour
- 4 egg whites, whisked
- 4.2 oz panko breadcrumbs
- 12 fl oz orange juice
- 1.5 tbsp orange zest
- 1 tbsp ginger grated
- ¼ apple peeled, grated
- 1.5 tbsp tamari sauce
- 1 tbsp rice vinegar
- 1 tbsp red chili flakes
- 1 tbsp cornstarch
- 2 tsp sesame seeds
- 2 green onions, sliced

## INSTRUCTIONS

- 1** Preheat the oven to 420°F (220°C). Line a baking sheet with baking paper.
- 2** Season the chicken with salt and pepper. Dredge each piece in oat flour, dip into the whisked egg whites, and coat with panko breadcrumbs. Place the coated chicken on the prepared baking sheet.
- 3** Bake for 15-20 minutes, or until the chicken is golden and cooked through.
- 4** While the chicken cooks, combine all sauce ingredients (except the cornstarch) in a saucepan. Bring to a simmer. Stir in the cornstarch, whisking continuously until the sauce thickens.
- 5** Once the chicken is cooked, toss it in the orange sauce to coat evenly. Garnish with sesame seeds and sliced green onions before serving.

NUTRITION  
PER SERVE

KCAL  
**375**

FATS  
**7<sub>g</sub>**

CARBS  
**38<sub>g</sub>**

PROTEIN  
**40<sub>g</sub>**

# Almond & Cranberry Balls

SERVES 20

TIME 1 HOUR 15 MINS



## INGREDIENTS

- 10 medjool dates
- 3.1 oz rolled oats
- 4 tbsp dried cranberries
- 4 tbsp almonds
- 4 tbsp almond butter

## INSTRUCTIONS

- 1 Blend dates in a food processor until smooth.
- 2 Add oats, cranberries, almonds, and almond butter, and pulse until mixed.
- 3 Roll the mixture into balls using slightly wet hands.
- 4 Chill the balls in the fridge for 1 hour to set.
- 5 Store in an airtight container in the refrigerator for up to 2 weeks.

## STORAGE

Store in an airtight container in the refrigerator for up to 2 weeks.

NUTRITION  
PER SERVE

KCAL  
**63**

FATS  
**3<sub>g</sub>**

CARBS  
**7<sub>g</sub>**

PROTEIN  
**2<sub>g</sub>**

# Egg Salad on Rice Cakes

SERVES 2    TIME 20 MINS



## INGREDIENTS

- 6 eggs
- 0.7 oz fresh dill, chopped
- 2 green onions, sliced
- Juice of 1 lemon
- 2.1 oz Greek yogurt, 2% fat
- 1 tsp Dijon mustard
- salt
- pepper
- 6 rice cakes
- 1 tomato, sliced

## INSTRUCTIONS

- 1** Boil the eggs for 7 minutes, then rinse with cold water and drain.
- 2** Peel the eggs and mash in a bowl with a fork.
- 3** Mix in the dill, green onions, lemon juice, Greek yogurt, mustard, and season with salt and pepper.
- 4** Spoon the egg salad onto the rice cakes, top with sliced tomato, garnish with extra dill, and season with pepper.

NUTRITION  
PER SERVE

KCAL  
**348**

FATS  
**16<sub>g</sub>**

CARBS  
**27<sub>g</sub>**

PROTEIN  
**24<sub>g</sub>**

# High Protein Turkey Salad

SERVES 5



## INGREDIENTS

- 1 lb cooked turkey breast, sliced
- 2.4 oz white cabbage, shredded
- 2.4 oz red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 3.5 oz bean sprouts
- 3 green onions, finely sliced
- 4 tbsp chopped coriander
- 3 tbsp toasted sesame seeds
- 1 oz chopped almonds
- 4 tbsp tahini
- 4 tbsp water
- 4 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp honey

## INSTRUCTIONS

- 1 Blend all dressing ingredients in a food processor until creamy. Set aside.
- 2 In a separate bowl, combine all salad ingredients and mix well.
- 3 Pour the dressing over the salad and toss to coat.
- 4 Serve immediately or refrigerate.

NUTRITION  
PER SERVE

KCAL  
**398**

FATS  
**18<sub>g</sub>**

CARBS  
**19<sub>g</sub>**

PROTEIN  
**40<sub>g</sub>**

# Easy Pork Meatballs in Tomato Sauce

SERVES 4    TIME 35 MINS



## INGREDIENTS

- 14 oz lean pork
- 1 garlic
- 1 onion
- 16 fl oz passata
- 4 tbsp parsley

## INSTRUCTIONS

- 1 Place pork in a bowl, season with salt and pepper, add garlic, and mix.
- 2 Shape into 1-tablespoon meatballs.
- 3 Heat 1 tbsp olive oil in a pan over medium heat.
- 4 Cook meatballs, turning occasionally, for 10 minutes until browned and cooked through. Set aside.
- 5 In the same pan, add 1 tbsp oil and cook the onion for 3-4 minutes until soft.
- 6 Return the meatballs to the pan, add the passata and season.
- 7 Boil, then simmer for 10 minutes.
- 8 Serve meatballs with parsley.

NUTRITION  
PER SERVE

KCAL  
**327**

FATS  
**23<sub>g</sub>**

CARBS  
**10<sub>g</sub>**

PROTEIN  
**20<sub>g</sub>**

# Blueberry Cottage Cheese Ice Cream

SERVES 2

TIME 1 HOUR



## INGREDIENTS

- 1 cup cottage cheese
- 1 banana
- 0.5 cup vanilla whey protein powder
- 4 tbsp dried blueberries
- 0.25 cup fresh blueberries

## INSTRUCTIONS

- 1 Blend cottage cheese, banana, and whey powder in a blender until smooth.
- 2 Stir in dried blueberries.
- 3 Freeze for 45 minutes, then stir and freeze for another 45 minutes.
- 4 Stir again and serve with fresh blueberries.

NUTRITION  
PER SERVE

KCAL  
**252**

FATS  
**4<sub>g</sub>**

CARBS  
**26<sub>g</sub>**

PROTEIN  
**28<sub>g</sub>**