



PETERSON & COMPANY FITNESS

NUTRITION RESET

28 days to reset, refuel, get results. Weeks 3&4



Your Meal Plan

DAILY TARGETS

DAILY CALORIES

1500 kcal

PROTEIN

117 g

CARBS

85 g

FATS

77 g

Meal Plan

Example week of meals

DAY	BREAKFAST	LUNCH	DINNER	SNACK	KCAL
MON	Sweet Potato Protein Power Pancakes	BLT Chicken Salad Serving size: 1.5	The Best Turkey Meatloaf	Protein Strawberry Muffins	1410 KCAL
TUE	High Protein Egg, Bacon & Avo Breakfast Bowl	Cured Ham, Pear & Walnut Salad	Asian Inspired Beef & Broccoli Stir-Fry	Easy Pumpkin Spiced Cake	1348 KCAL
WED	Tex-Mex Breakfast Bowl	Chicken Salad with Orange & Walnuts Serving size: 1.5	Salmon & Herb-Roasted Vegetables	Yogurt & Peanut Butter Protein Fluff	1781 KCAL
THU	Sweet Potato Protein Power Pancakes	BLT Chicken Salad Serving size: 1.5	The Best Turkey Meatloaf	Protein Strawberry Muffins	1410 KCAL
FRI	High Protein Egg, Bacon & Avo Breakfast Bowl	Cured Ham, Pear & Walnut Salad	Asian Inspired Beef & Broccoli Stir-Fry	Easy Pumpkin Spiced Cake	1348 KCAL
SAT	Tex-Mex Breakfast Bowl	Chicken Salad with Orange & Walnuts Serving size: 1.5	Salmon & Herb-Roasted Vegetables	Yogurt & Peanut Butter Protein Fluff	1781 KCAL
SUN	Sweet Potato Protein Power Pancakes	BLT Chicken Salad Serving size: 1.5	The Best Turkey Meatloaf	Protein Strawberry Muffins	1410 KCAL

Shopping List

Fruits, Vegetables

FRUITS

- Avocados
- Lemon Juice
- Lime Wedge
- 3.5 oz Strawberries
- Zest ½ A Lemon

VEGETABLES

- 1 tbsp Bell Pepper
- 1 Broccoli
- Cherry Tomatoes
- Garlic
- 1-inch (2.5 cm) piece Ginger
- 1 Green Pepper
- 2.5 oz Kale
- Onion
- Red Onion
- Sea Salt & Ground Black Pepper
- Spring Onion
- 6 tbsp Tomato

Protein, Dairy

MEATS

- Chicken Breast
- 1 lb Ground Beef
- Lean Ground Turkey

FISH, SEAFOOD

- 2x (6 oz./170g) Salmon

COLD

- 2 tbsp Almond Milk
- Eggs
- 8.8 oz Full-fat Greek Yogurt
- 2 Hard-boiled Egg
- 4.4 oz Non-fat Greek Yogurt
- 2 tbsp Peanut Butter Or Almond Butter
- 5 oz Yogurt

Pantry, Baking

NUTS, SEEDS

- Pecans
- 1 tbsp Sesame Seeds
- 4 tbsp Walnuts

BAKING

- 2 tsp Baking Powder
- 0.5 tsp Baking Soda
- 3.2 oz Dry Quinoa
- 4.2 zo. (120g) Oat Flour
- 0.5 tsp Pure Vanilla Extract
- 4.4 oz Self-rising Flour
- 1 tsp Vanilla Extract

OILS

- Coconut Oil
- 1 tbsp Sesame Oil

SWEETENERS

- 5.2 oz Coconut Sugar
- Honey
- Maple Syrup

BOXED, CANNED, CONDIMENTS

- 4 tbsp Salsa
- 1 oz Taco Seasoning
- 4 fl oz Tamari Sauce

Other

MISC, OTHER

- 4 tbsp 75% Dark Chocolate
- 2 oz Arugula
- 6 slices Bacon
- 2 Bacon Medallion
- 3 oz Blue Cheese
- 1.8 oz Breadcrumb
- 1 tbsp Cornstarch
- 3.5 oz Cured Ham
- 1.2 oz Ground Flaxseed
- 4 tbsp Kalamata Olive
- ¼ Lettuce
- 2 tbsp Mustard
- 1 Orange
- 2 tbsp Orange Juice
- Pinch Cinnamon
- Pinch Sea Salt
- ⅓ Pomegranate
- 8.1 oz Pumpkin Puree
- 1 tsp Ranch Seasoning
- 1 Ripe Pear
- 4.4 oz Rocket
- Stevia
- 1 Sweet Potato
- 0.5 tsp Vinegar Based Hot Sauce
- Whey Protein Powder
- 2 tsp Worcestershire Sauce

Sweet Potato Protein Power Pancakes

SERVES 2 TIME 15 MINS



INGREDIENTS

- 1 large sweet potato, cooked, mashed
- 7.9 oz egg whites
- 1 oz vanilla protein powder
- 1.2 oz ground flaxseed
- 2 tsp baking powder
- 0.5 tsp pure vanilla extract
- 0.13 tsp ground cinnamon
- 0.13 tsp salt
- 1 tbsp coconut oil, for cooking
- 2 tbsp pecans, chopped
- 2 tbsp maple syrup, for serving

INSTRUCTIONS

- 1 Blend all the pancake ingredients, except the coconut oil, with $\frac{1}{8}$ tsp of salt until smooth.
- 2 Heat coconut oil in a non-stick skillet over medium-high heat.
- 3 Pour $\frac{1}{4}$ of the batter into the skillet and cook for 2-4 minutes until bubbles appear in the center.
- 4 Flip and cook for another 2-3 minutes until golden brown.
- 5 Repeat with remaining batter to make 2 large pancakes.
- 6 Serve warm with chopped pecans and maple syrup.

NUTRITION
PER SERVE

KCAL
392

FATS
16_g

CARBS
34_g

PROTEIN
28_g

BLT Chicken Salad

SERVES 4



INGREDIENTS

- 2.5 oz kale, deboned & chopped
- 1 tsp olive oil
- 1 lb chicken breast, cooked, shredded
- 6 slices bacon, cooked, chopped
- 5.3 oz cherry tomatoes, halved
- ½ small red onion, finely diced
- 5 oz Greek yogurt
- 1 tsp ranch seasoning
- 0.5 tbsp lemon juice
- 0.5 tsp vinegar based hot sauce

INSTRUCTIONS

- 1** Begin by preparing the kale. Place the kale in a medium bowl and drizzle over 1 tsp olive oil. Massage the oil into the kale using your hands for 3 minutes until it wilts.
- 2** In a large bowl, combine the chicken, bacon, cherry tomatoes, red onion and kale. Mix everything together and set aside.
- 3** Make a sauce by mixing together the Greek yogurt, ranch seasoning, lemon juice and hot sauce. Add the prepared sauce to the shredded chicken mixture in the large bowl. Mix thoroughly until all ingredients are evenly combined and coated with the sauce.

NUTRITION
PER SERVE

KCAL
385

FATS
21_g

CARBS
5_g

PROTEIN
44_g

The Best Turkey Meatloaf

SERVES 4 TIME 45 MINS



INGREDIENTS

- 6 tbsp tomato ketchup, divided
- 2 tsp Worcestershire sauce
- 1 tsp olive oil
- ½ onion, minced
- 1.3 lb lean ground turkey
- 1.8 oz breadcrumbs
- 1 egg
- 1 tsp dried oregano
- 1 tsp salt

INSTRUCTIONS

- 1** Preheat the oven to 350°F (180°C). Line a loaf pan with baking paper.
- 2** In a small bowl, combine 2 tablespoons of the ketchup with Worcestershire sauce.
- 3** In a small pot over low heat, add the olive oil and cook the onion for 3-5 minutes. Remove from heat.
- 4** In a medium bowl, combine the ground turkey, cooked onion, breadcrumbs, egg, remaining 4 tablespoons of ketchup, salt, and oregano.
- 5** Place the mixture into the prepared loaf pan and spoon the sauce on top.
- 6** Bake for 55-60 minutes.
- 7** Remove from the oven and let it rest for 5 minutes before serving.

NUTRITION
PER SERVE

KCAL
332

FATS
16g

CARBS
16g

PROTEIN
31g

Protein Strawberry Muffins

SERVES 12 TIME 25 MINS



INGREDIENTS

- 3.5 oz strawberries, finely chopped
- 4 tbsp 75% dark chocolate, coarsely chopped
- 4.2 zo. (120g) oat flour
- 4 tbsp vanilla protein powder
- 1 tbsp lemon juice
- zest of ½ a lemon
- 2 tbsp stevia
- 0.5 tsp baking soda
- pinch of sea salt
- pinch of cinnamon
- 1 tbsp coconut oil, melted
- 3.5 oz egg whites
- 2 tbsp unsweetened almond milk
- 4.4 oz non-fat Greek yogurt
- 1 tsp vanilla extract

INSTRUCTIONS

- 1 Combine all Dry ingredients in a large bowl.
- 2 Mix all Wet ingredients in a separate bowl until smooth.
- 3 Gradually stir the Wet mixture into the Dry ingredients until combined. Fold in strawberries and most of the chocolate, reserving some for topping.
- 4 Line a muffin tray with liners and spray with oil.
- 5 Distribute the batter evenly among the cups. Top with reserved chocolate.
- 6 Bake for 23-25 minutes until set and lightly browned.
- 7 Cool in the tray for 10 minutes, then transfer to a wire rack to cool completely.

STORAGE

Store muffins in an airtight container for 1-2 days at room temperature or 5-7 days in the refrigerator.

NUTRITION
PER SERVE

KCAL
108

FATS
4_g

CARBS
12_g

PROTEIN
6_g

High Protein Egg, Bacon & Avo Breakfast Bowl

SERVES 1

TIME 5 MINS



INGREDIENTS

- 2 bacon medallions
- 2 hard-boiled eggs, peeled and chopped
- ½ large avocado, chopped
- 1 tbsp red onion, finely chopped
- 1 tbsp red bell pepper, finely chopped

INSTRUCTIONS

- 1 Fry the bacon in a non-stick pan until crisp.
- 2 Cool slightly, then chop.
- 3 Combine the bacon, eggs, avocado, onion, and bell pepper in a bowl.
- 4 Season with salt and pepper. Serve.

NUTRITION
PER SERVE

KCAL
373

FATS
25_g

CARBS
10_g

PROTEIN
27_g

Cured Ham, Pear & Walnut Salad

SERVES 2



INGREDIENTS

- 4.4 oz rocket (arugula)
- 1 ripe pear, peeled, quartered, cored, & sliced
- 3 oz blue cheese, cubed
- 3.5 oz cured ham, cut into strips
- 4 tbsp walnuts, chopped
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tbsp maple syrup
- sea salt & freshly ground black pepper, to taste

INSTRUCTIONS

- 1 Whisk all dressing ingredients in a bowl and season with salt and pepper.
- 2 Divide the rocket (arugula) between two bowls.
- 3 Top with the remaining ingredients.
- 4 Drizzle dressing over the salads and serve immediately.

NUTRITION
PER SERVE

KCAL
486

FATS
34_g

CARBS
20_g

PROTEIN
25_g

Asian Inspired Beef & Broccoli Stir-Fry

SERVES 4 TIME 10 MINS



INGREDIENTS

- 4 fl oz tamari
- 1 tbsp honey
- 2 garlic cloves, minced
- 1-inch (2.5 cm) piece fresh ginger, grated
- 1 tbsp cornstarch
- 1 tbsp sesame oil
- 1 lb ground beef, 5% fat
- ½ yellow onion, chopped
- 1 broccoli head, cut into florets
- 1 tbsp sesame seeds, toasted
- 3 green onions, sliced

INSTRUCTIONS

- 1** In a small bowl, whisk together tamari, honey, garlic, ginger, and cornstarch. Set aside.
- 2** Heat sesame oil in a large skillet over medium-high heat.
- 3** Add beef and onion. Cook, stirring occasionally, for 5 minutes or until the beef is cooked through.
- 4** Pour in the sauce, stir to combine, and cook for 1 minute.
- 5** Add broccoli and cook for an additional 2-3 minutes.
- 6** Divide the stir-fry evenly between 4 bowls. Garnish with sesame seeds and green onions. Serve immediately.

NUTRITION
PER SERVE

KCAL
323

FATS
15_g

CARBS
17_g

PROTEIN
30_g

Easy Pumpkin Spiced Cake

SERVES 8 TIME 1 HOUR



INGREDIENTS

- 3 eggs
- 5.2 oz coconut sugar
- 8.1 oz pumpkin puree
- 2 tsp cinnamon
- 4.4 oz self-rising flour

INSTRUCTIONS

- 1** Preheat the oven to 375°F (190°C).
- 2** Beat eggs and coconut sugar in a bowl until fluffy and tripled in size, about 5 minutes.
- 3** Mix in pumpkin puree and cinnamon.
- 4** Fold in sifted self-rising flour gently.
- 5** Grease an 8-inch (20 cm) cake pan and pour in batter.
- 6** Bake for 50 minutes or until a toothpick comes out clean.
- 7** Cool, slice, and serve.
- 8** Store in an airtight container.

STORAGE

Store in an airtight container.

NUTRITION
PER SERVE

KCAL
166

FATS
2_g

CARBS
34_g

PROTEIN
3_g

Tex-Mex Breakfast Bowl

SERVES 4

TIME 15 MINUTES



INGREDIENTS

- 3.2 oz dry quinoa
- 1 lb lean ground turkey
- 1 oz taco seasoning
- 4 eggs
- 1 avocado, mashed
- 4 tbsp salsa
- 1 green onion, sliced
- 1 tbsp cilantro, chopped
- lime wedges, to serve

INSTRUCTIONS

- 1 Cook the quinoa according to package instructions.
- 2 Heat 1 tsp olive oil in a non-stick skillet over medium heat and add the ground turkey and taco seasoning. Mix to combine and sauté until the turkey is cooked all the way through, then remove from the skillet and set aside.
- 3 In the same skillet, fry the eggs until done to your liking.
- 4 Assemble the breakfast bowls by dividing the cooked quinoa, turkey and mashed avocado equally between 4 bowls.
- 5 Top each bowl with a tbsp of salsa and a fried egg, then garnish with green onions and cilantro. Serve immediately with lime wedges.

STORAGE

The cooked turkey and quinoa can be stored in individual containers in the refrigerator until you are ready to assemble the bowls, making it perfect for meal prep.

NUTRITION
PER SERVE

KCAL
448

FATS
24_g

CARBS
25_g

PROTEIN
33_g

Chicken Salad with Orange & Walnuts

SERVES 2 TIME 20 MINS



INGREDIENTS

- 3 tbsp honey
- 2 tbsp mustard
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp orange juice
- 0.33 tsp cinnamon
- 7 oz chicken breast
- 2 oz arugula (rocket)
- ¼ iceberg lettuce, roughly chopped
- 1 orange
- ⅓ pomegranate, seeds only
- 1 oz pecans, roasted

INSTRUCTIONS

- 1 Peel the orange, separate the pulp, and set aside.
- 2 Squeeze the juice and save it.
- 3 Mix the dressing ingredients and season with salt and pepper.
- 4 Cut the chicken breast into four pieces.
- 5 Season, coat with olive oil, and grill for four minutes on each side.
- 6 Drizzle with 1 tbsp of dressing and grill for 1.5 minutes on lower heat.
- 7 Flip, drizzle with another 1 tbsp, and grill for another minute.
- 8 Remove, cool slightly, then slice.
- 9 Mix salad leaves and divide between two plates.
- 10 Top with orange, chicken, pomegranate seeds, and pecans.
- 11 Drizzle with dressing and serve.

NUTRITION
PER SERVE

KCAL
473

FATS
21_g

CARBS
44_g

PROTEIN
27_g

Salmon & Herb-Roasted Vegetables

SERVES 2 TIME 15 MINS



INGREDIENTS

- 2x (6 oz./170g) salmon fillets
- 5.3 oz cherry tomatoes, quartered
- 1 green pepper, diced
- 1 red onion, diced
- 4 tbsp kalamata olives
- 2 garlic cloves, pressed
- 0.25 tsp salt
- 0.5 tsp dried oregano, divided
- 2 tbsp extra virgin olive oil
- 0.5 tsp red pepper flakes
- to taste parsley, chopped (for garnish)

INSTRUCTIONS

- 1** Preheat the oven to 400°F (200°C). Pat the salmon dry.
- 2** Place the cherry tomatoes, green pepper, red onion, kalamata olives, garlic, salt, and half the oregano into a large ovenproof dish. Pour over the olive oil and toss until well combined.
- 3** Lay the salmon in the middle of the baking dish, surrounded by all the vegetables. Add the remaining oregano and red pepper flakes to the salmon.
- 4** Place the dish into the hot oven and bake for 15 minutes, until the salmon is cooked.
- 5** Add fresh parsley and serve.

NUTRITION
PER SERVE

KCAL
404

FATS
24_g

CARBS
8_g

PROTEIN
39_g

Yogurt & Peanut Butter Protein Fluff

SERVES 2



INGREDIENTS

- 8.8 oz full-fat Greek yogurt
- 2 tbsp peanut butter or almond butter
- 2 tsp stevia

INSTRUCTIONS

- 1** Whisk all ingredients in a bowl until fluffy.
- 2** Serve across two bowls and top with your choice of garnish.

NUTRITION
PER SERVE

KCAL
219

FATS
11_g

CARBS
14_g

PROTEIN
16_g