

# Protein Type Meal Plan



TRANSFORMATIONAL  
WEIGHT LOSS & WELLNESS

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## Day 1

Meal	<a href="#">*Read here about coconut oil and why it will help you release fat.</a>
Breakfast	1 cup non-starchy veggies such as mushrooms and spinach or tomatoes and zucchini. I sauté a bit of onion and garlic in coconut oil and add any veggies that sound good.  3 ounces sausage of choice
Snack	2 – 3 TBS nut butter (according to food allowance chart) 1 cup sliced veggies such as carrots, celery, cucumber, bell pepper.
Lunch	Spinach salad with raspberry vinaigrette. Place spinach on plate and add red onion and cucumbers. Top with 2 TBS dressing or 1 TBS dressing and ½ ounce pecans.  One 3 – 4 ounce beef burger according to meal proportion chart.
Snack	Two hard-boiled eggs and one apple or other fruit of choice.
Dinner	4 - 5 ounces chicken leg or thigh (lightly baked at 225) topped with 2 raw butter(or Strauss or Kerrigold brand) and poultry seasoning, 1 cup lightly steamed asparagus drizzled with olive oil, minced garlic and salt and pepper.  *make extra chicken for lunch tomorrow. I always eat dinner leftovers for lunch unless I am doing a green smoothie or meal replacement shake.

**Raspberry Vinaigrette, from [Marks Daily Apple](#)**

1/4-1/2 cup Raspberry vinegar

1/2 cup Olive Oil

1 tablespoon Dijon mustard

1 tsp minced garlic

1/2 teaspoon salt

1/2 teaspoon pepper

Instructions:

Put spinach in a bowl and mix with nuts and onions. Mix together dressing ingredients.

For more salad dressing recipes visit

<http://www.mariarippo.com/blogrecipes/category/dressings>

## Day 2

Meal	<a href="#">*Read here about coconut oil and why it will help you release fat.</a>
Breakfast	1 slice sprouted grain or gluten free, whole grain toast w/ 1 tsp butter (we'll cut out a fat at lunch although, fat is the least of weight gain worries for a protein type, so if you feel you need more, experiment with it.) 1 – 2 eggs and 1 – 2 slices bacon. Cook the egg in coconut oil. There is a brand that has a <a href="#">unflavored coconut oil that's great for cooking!</a>
Snack	1 pear ½ ounce raw walnuts
Lunch	1 cup salad ( I use leftovers from dinner. I don't add the dressing until I eat it so it will last a few days for lunches). If you feel you need more than one cup, experiment with how you feel afterwards. Use about <a href="#">1 TBS dressing of choice</a> . I usually make a batch of dressing and use it up and then, make a different kind to keep it exciting. 3 – 5 ounces chicken from dinner last night.
Snack	1 cup sliced veggies. 2 – 3 TBS nut butter of choice.
Dinner	4 – 5 ounces Asian style grilled salmon. One cup Zucchini Noodle and Wakame Salad with Ginger Vinaigrette.

## Recipes below from Body Ecology Meal Plan

<http://bodyecology.com/menu-plan>

### Asian Style Grilled Salmon

Yield: 4 servings

4 (4 oz.) fillets salmon

2 TBS coconut aminos or wheat free tamari soy sauce

1 shallot, minced

2 TBS grated ginger

2 TBS apple cider vinegar

2 TBS extra virgin olive oil

Directions:

Place salmon in a shallow baking dish or a resealable plastic bag. Whisk ginger, shallot, coconut aminos, vinegar and olive oil together in a small bowl. Pour over salmon and allow the salmon to marinate in the refrigerator for up to 15 minutes. Remove salmon from the marinade and grill about 5 minutes on each side or until the fish flakes easily with a fork. Serve over Zucchini Noodle and Instant Wakame Salad with Ginger Vinaigrette (see recipe below.)

### Zucchini Noodle and Wakame Salad with Ginger Vinaigrette

**For the salad you'll need:**

¼ cup instant wakame (in Asian section of store)

3 medium zucchini, sliced into thin "noodles" using a vegetable peeler.

2 green onions, sliced

**For the Ginger Vinaigrette you'll need:**

2 tsp grated ginger

1 shallot, minced

Juice of 1 lime

3 TBS extra virgin olive oil

Directions:

Place the instant wakame in a bowl and cover it with water. Allow it to soak for 5 minutes, then drain and rinse well. Toss instant wakame with zucchini and green onions. Prepare vinaigrette by whisking ginger, shallot, and lime juice with oil. Pour over the vegetables and toss gently to coat.

## Day 3

Meal	<a href="#">*Read here about coconut oil and why it will help you release fat.</a>
Breakfast	3 egg cups
Snack	½ - ¾ cup cottage cheese (depending on meal proportions for your type) with 1 cup or 1 piece fruit of choice.
Lunch	Dinner leftovers or make a wrap with collards as the 'tortilla' with 3 – 5 ounces sliced turkey meat, 2 ounces cheese/avocado or 1 ounce of each, mustard and shredded carrots, cucumber and tomato. You can also find spring roll wrappers at your local health food or Asian store to use as a wrap.
Snack	1 – 1-1/2 ounces nuts or seeds with 1 piece or 1 cup fruit or veggies.
Dinner	4 – 5 ounces Chinese 5 spice pork chops with 1 cup escarole. <a href="#">You will find the recipe here.</a>

## Egg Cups

If you do not have a lot of time in the morning to make breakfast, you can make egg cups and freeze them and just warm them up each day.



12 eggs

1 cup mushrooms, chopped

1 red bell pepper, chopped

3 green onion, chopped

2 cloves garlic

1 tomato, chopped

2 handfuls spinach, chopped, about 2 cups chopped

8 slices COOKED bacon or ½ lb. sausage or ground meat, COOKED and chopped

Celtic or Himalayan salt and freshly ground pepper to taste.

Preheat oven to 350. Grease two muffin pans with butter (this works better than using cupcake cups, as the eggs stick to the paper). Whisk eggs in a big bowl and add chopped veggies and meat. Fill each muffin cup with ¼ cup of the mixture. Bake 20 – 25 minutes or until eggs are set in the middle. Serve with sliced avocado and salsa or hot sauce. Once cooled, freeze any cups you will not use in the first couple of days. Remember to take them out of the freezer at night to thaw. Heat in the oven or a toaster oven.

## Day 4

Meal	<a href="#">*Read here about coconut oil and why it will help you release fat.</a>
Breakfast	<p>3 oz. breakfast sausages, nitrate free, preferably from a local farmer. You can tell if they are nitrate free by simply looking at the front of the package. It will usually say right on there. Applegate Farms and Shelton are two good brands to use from the store. In the U.S., Trader Joe's offers non organic, nitrate free sausage and bacon.</p> <p>1 cup Sautéed onions, peppers and mushrooms. Place 1 tsp organic butter, <a href="#">ghee</a> or <a href="#">coconut oil</a> in pan. Add ¼ of an onion, sliced and one minced garlic clove and sauté 4 minutes, add ½ of a red or green bell pepper, sliced and 3 sliced mushrooms. Saute until soft. Add <a href="#">Celtic</a> or <a href="#">Himalayan</a> Salt to taste.</p>
Snack	<p>1 piece of fruit or 1 cup berries 1 ounce nuts or seeds</p>
Lunch	<p>Tostada: 1 organic corn tortilla fried in coconut oil, 4 – 5 ounces of ground beef, shredded lettuce, ½ avocado, 1 TBS sour cream</p>
Snack	<p>2 hard boiled eggs 1 cup sliced veggies</p>
Dinner	<p>4 – 5 ounces halibut, 1 cup asparagus. Eat some cheese or other fat along with the meal if needed.</p>



## **Cuban Halibut and steamed asparagus, serves 4**

Ingredients:

4 4 oz. halibut filets, skin and bones removed

Marinade:

1 tsp orange zest

1 tsp lime zest

Juice of ½ lime

¼ tsp salt

1/8 tsp fresh ground black pepper

For the asparagus:

2 bunches asparagus

2 tsp butter

½ tsp salt

Instructions:

Set oven to broil. Place halibut in large bowl. Prepare marinade: In small bowl, mix together orange and lime zests, lime juice, salt and pepper. Pour marinade over halibut and set aside for about 15 minutes.

Place halibut and marinade on a baking sheet and broil in oven for about 8 minutes.

For the asparagus:

Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler. Place them in the top half of a steamer pan. Steam for 5 to 10 minutes depending on the thickness of the asparagus, or until asparagus is tender. Remove from pan, allow butter to melt on asparagus. Add salt, and pepper if desired.

## Day 5

Meal	<a href="#">*Read here about coconut oil and why it will help you release fat.</a>
Breakfast	2 eggs fried in coconut oil. 1 slice toast. 1 tsp or more, butter. 1 or two pieces of bacon.
Snack	12 ounces Greek yogurt, ½ ounce nuts or seeds, 1 cup berries.
Lunch	Salad made with lettuce of choice, cucumbers, celery, carrots, tomato with <a href="#">dressing of choice</a> . 3 – 4 ounces meat of choice. You can use sliced meat (Applegate Farms is a good brand or Deistel), or you can use leftover halibut or even some canned meat such as tuna or salmon. Another option is to use a couple hard boiled eggs and nuts or seeds.
Snack	1 banana, 2 – 3 TBS almond butter
Dinner	Beef with creamed spinach from Mark's Daily Apple. Eat 4 – 5 ounces beef with about a cup of the creamed spinach.

## Beef with Creamed Spinach

Serves: 4

Time in the Kitchen: 25 minutes

Ingredients:

16 ounces boneless beef (tenderloin, sirloin, flank steak, strip steak) (227 g)

2 tablespoon olive oil or coconut oil

16 ounces frozen chopped spinach (227 g)

1 bell pepper, thinly sliced

2 cans coconut milk (13.5 ounces/400 ml)

2 limes, juiced

Pinch of salt

Pinch of black pepper

Instructions:

Slice the beef very thinly into 1 to 2 inch (25 to 50 cm) long slices.

Lightly season with salt and pepper.

In a wide skillet or pot heat a tablespoon of oil.

When the oil is hot add the beef. Cook the meat, stirring only once or twice, just to brown the outside, about 1 to 2 minutes.

Add the spinach. Cook until soft then add the bell pepper and coconut milk.

Bring to a boil for five minutes then turn off the heat under the pot.

Season with lime juice, salt and pepper.

From [www.marksdailyapple.com](http://www.marksdailyapple.com)

## Day 6

Meal	<a href="#">*Read here about coconut oil and why it will help you release fat.</a>
Breakfast	2 – 3 flourless pancakes with butter and ½ cup of berries.
Snack	1 ½ ounces trail mix with mixed fruit and dark chocolate chips. Simply mix nuts and seeds of choice with dried berries, raisins, etc... and add dark chocolate chips. Makes a great snack on the run!
Lunch	Salad with leftover beef from dinner, dressing and ½ avocado.
Snack	2 hard boiled eggs, 1 cup berries or 1 piece of fruit or sliced veggies.
Dinner	Seared tuna and salad with Asian Orange Dressing.



**Seared Tuna Over Salad**, my favorite meal ever!

5 ounce fresh tuna steak

1 TBS gluten free soy sauce, I use San-J Organic Tamari available at many grocers

1 tsp olive oil

1 TBS sesame seeds

Powdered Wasabi, I use Hime brand which I have been able to find at Albertson's. It's the only clean one I have found.

2 more TBS soy sauce for dipping

### **Directions**

Place tuna steak in bowl and pour soy sauce over it. Allow to sit for 5 minutes.

Spread sesame seeds on a plate and press tuna into seeds to coat the steak on both sides. Place olive oil in sauté pan on medium heat. If oil begins to smoke, it has gotten too hot and will break down and become harmful to your health. This is the case for all oils! Place tuna steak in heated oil and sear on each side for 1 ½ minutes. It will still be raw on the inside. If this is not your preference, continue cooking until cooked to your liking. Slice tuna steak and place over the following salad. Make a wasabi and soy sauce dipping sauce by placing ½ tsp wasabi powder in dipping bowl. Add a bit of water to make a paste. Add 1 – 2 TBS soy sauce and use this to dip each piece of tuna in as you eat it.

Make a salad with greens, cucumber, orange bell peppers, snow peas, and celery.

### **Orange Asian Ginger Sesame Dressing**

1 orange

½ Roma tomato, seeded

2 TBS olive oil

2 TBS sesame oil

1 ½ TBS Bragg's Apple Cider Vinegar

1 TBS organic, raw honey

1 clove garlic

1 one thumb size piece ginger root, peeled

### **Directions:**

Wash the orange thoroughly and use zesting tool to zest half of orange, carefully avoiding the white pith, as it will make your dressing bitter. Squeeze the orange for 3 tablespoons of orange juice and add orange juice and zest with remaining ingredients to **blender** and secure lid. Blend on 'whole juice' setting until well blended.

## Day 7

This is an important part of the process. You get to take today off and just listen to your hunger. On my day off, if I want peanut butter chocolate chip cookies, I'll eat them for my meal or as a snack. I do not eat a meal and then have dessert. I listen to my hunger and eat what sounds good. Cheers! You could follow this same meal plan a few more weeks until you really have the hang of it. When you're ready, I'll send you 7 weeks of general meal plans, healthy recipes, to play with!