

# SIMPLIFIED MEAL PLAN **BEEF** (WITH PLANT-BASED OPTIONS)



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## Simplified Meal Plan: Beef (with Plant-Based Option) 3-Day At-A-Glance Menu

*Tip: Post this menu on your fridge to refer to throughout the three days.*

MONDAY (DAY 1)	TUESDAY (DAY 2)	WEDNESDAY (DAY 3)
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Phase 1 Power Shake	Breakfast Stuffed Pepper. Side of berries	Cottage cheese, nut and berry parfait
Prep: Pack snacks for the day.	Prep: Pack snacks for the day.	Prep: Pack snacks for the day.
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Trail Mix or Spicy Pumpkin Seeds	Cold-Cut Lettuce Boats	Trail Mix or Spicy Pumpkin Seeds
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Creamy Cauliflower Soup, Meatballs with Mayo or Lemon Aioli, and a side of cucumbers and tomatoes. Serve with ½ cup berries OR ¼ cup white beans.	Steak (or Tempeh) Fajita Lettuce Wraps with vegetables, mayonnaise, beans and salsa. Side of a tangerine and dark chocolate.	Stuffed Pepper with Mayo. Side of berries.
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Cold-Cut Lettuce Boats	A small apple with 1 ounce cheese or 2 tablespoons peanut butter.	A small apple with 1 ounce cheese or 2 tablespoons peanut butter.
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Steak Fajita Stir-Fry (or Tempeh) with beans, non-starchy vegetables, olive oil and salsa. Serve raspberries and canned coconut milk for dessert.	Steak Salad with Blue Cheese Dressing and Creamy Cauliflower Soup. Berries for dessert.	Marinara Primavera with Meatballs or Tempeh. Berries and cream for dessert.
Prep: Pack 5 ounces leftover steak, lettuce, mayonnaise or Lemon Aioli, beans, and salsa to make into lettuce wraps tomorrow. Optional add shredded carrots and/or cabbage. Pack a tangerine and dark chocolate on the side.	Prep: Pack Stuffed Pepper with Mayo and a side of berries for tomorrow lunch.	Prep: Pack tomorrow's lunch.

## Phase 1: Three-Day Simplified Meal Plan - Beef (with Plant-Based Option) (Designed to Serve 1 Person)

### Sauces to Prep or Buy

- 1) **Basic Mayonnaise** (*Always Hungry?* pg. 259) or **Lemon Aioli** (*Always Delicious* pg. 298) -  
QUICKER PREP TIP: Use store-bought mayonnaise (no sugar added). If you use Basic Mayonnaise, you can add different flavorings to small portions of the mayo to serve with meals throughout the week. For example, you could add chile peppers, or lemon and garlic, or fresh basil (or other herbs), or chipotle powder, or curry pastes/powders.
- 2) Additional salad dressing(s): CHOOSE 1 or 2 to make and use on salads and vegetables throughout the week:  
See *Always Delicious* pp. 283 - 307 Or *Always Hungry?* pp. 259 - 273 for sauce and dressing recipes.

### Optional: Snacks / Desserts / Roasted Nuts & Seeds to Buy or Prep

- 1) **Spicy Pumpkin Seeds** (*Always Hungry?* pg. 292) OR **Trail Mix** (*Always Hungry?* pg. 291) OR buy roasted nuts/seeds
- 2) Prep snacks of your choice to use throughout the week, or write down a list of snacks to keep around. Roasted nuts/seeds, hummus, deli meats, or boiled eggs are easy to buy or make quickly.

### Ingredients/Recipes to Prep (Proteins, Grains, Soups, etc. to use throughout the week)

- 1) **Creamy Cauliflower Soup** (*Always Hungry?* pg. 280) - refrigerate half of the soup for use in the meal plan and freeze half to use later.

### Ingredients or Recipes to Prep

- 1) **Beef, Bison, or Turkey Meatballs** (*Always Delicious* pg. 149) - Use half of the recipe to make meatballs, and set aside half to use for Stuffed Peppers (see stuffed peppers directions below).  
**QUICKER PREP TIP:** Use ¾ teaspoon salt in place of All-Purpose Seasoned Salt and Worcestershire. Use ¼ cup chickpea flour in place of **Chickpea Breadcrumbs**. TIP: Prepare by baking in mini muffin tins at 350°F for 15-20 minutes (or until cooked through). Remove from oven, let cool to room temperature, and store in an air-tight container or zip-top bag.  
Optional: Prepare a double batch of meatballs for snacks or to freeze for future meals.
- 2) **Stuffed Peppers** - Mix ¼ cup cheddar cheese and 2 cups raw or frozen chopped spinach into the reserved half of the meatball recipe. Cut the tops off of two bell peppers (any color). Remove seeds and fill each with the meatball mixture. Place the tops back on the peppers. Bake in the oven at 350°F for 45 minutes or until peppers are softened and meat is cooked throughout. Refrigerate to reheat and use throughout the week.

### **Plant-Based Option:**

- 1) In place of Meatballs: Prepare **Vegetable Tofu Balls** (AD pg. 171) - Half of the recipe is used to make Tofu Vegetable Balls. Use one portion of Vegetable Tofu Balls for Day 1 lunch and freeze the second portion for later use. Set aside the other half of the Vegetable Tofu Balls recipe to use as filling for Stuffed Peppers (see stuffed peppers directions above).
- 1) In place of steak: Prepare EITHER **Crumbled Tempeh** (*Always Hungry?* pg. 244 or *Always Delicious* pg. 192) OR **Pan-Fried Tempeh Strips** (*Always Hungry?* pg. 243 or *Always Delicious* pg. 193) - Store in 4 portions. These will be used for Day 1 Dinner, Day 2 Lunch & Dinner, and Day 3 Dinner.

### **Weekly “Big Why” Reminder or Inspiring Affirmation:**

## Phase 1: Three-Day Simplified Meal Plan - Beef (with Plant-Based Option) (Designed to Serve 1 Person)

Monday (Day 1)
<b>Breakfast</b>
<b>Phase 1 Power Shake</b> // <i>Always Hungry?</i> pg. 220
Protein: 22% Fat: 54% Carbohydrate: 24% Calories: 500
Prep: Pack today's snacks.
<b>Optional Snack Suggestion</b>
¼ cup <b>Spicy Pumpkin Seeds</b> ( <i>Always Hungry?</i> pg. 292) or <b>Trail Mix</b> ( <i>Always Hungry?</i> pg. 291)
<b>Lunch</b>
<b>Meatballs</b> and <b>Creamy Cauliflower Soup</b> // <i>Always Delicious</i> pg. 149 (Meatballs), <i>Always Hungry?</i> pg. 283 (Soup) Serve a bowl of <b>Creamy Cauliflower Soup</b> (about 1 ½ cups) garnished with 1 tablespoon heavy cream. <b>Meatballs</b> with a dollop of <b>Mayo</b> or <b>Lemon Aioli</b> (from Prep Day) for dipping, and a side of chopped cucumbers and tomatoes with a squeeze of lemon, and salt/pepper to taste. Serve with ½ cup berries.
Alternative meal: Instead of serving with ½ cup berries, blend ¼ cup of white beans into your soup for an extra thick and creamy texture.
Vegetarian Option: Serve a bowl of <b>Creamy Cauliflower Soup</b> (about 1 ½ cups) garnished with 1 tablespoon heavy cream. Serve with a side salad of tomatoes, cucumbers, <b>Vegetable Tofu Balls</b> (AD pg. 171), one chopped hard boiled egg, and a dollop of Greek yogurt with a squeeze of lemon and salt/pepper to taste.
Protein: 25% Fat: 48% Carbohydrate: 27% Calories: 580
<b>Optional Snack Suggestion</b>
<b>Cold-Cut Lettuce Boats</b> ( <i>Always Hungry?</i> pg. 294) with dressing of choice
<b>Dinner</b>
<b>Quick Steak Fajita Stir-Fry</b> (Tempeh option) // <i>Recipe Below</i> Prepare 20 ounces of lean steak of your choice. This will cook down to about 15 ounces - 3 portions. Sear on both sides in a hot cast iron skillet, then broil for 2-5 minutes each side or to desired doneness. Set aside to rest for a few minutes and slice into strips. Separate into 3 portions. One for tonight, and the remaining 2 for Day 2 Lunch and Dinner.
For dinner tonight: Stir fry 2 cups non-starchy vegetables (like peppers, onions, zucchini) and ½ cup cooked beans (like black or pinto) in 1 tablespoon oil. For additional flavor: Add a scoop of <a href="#">salsa</a> (store bought or homemade, no sugar added). Serve 5 ounces steak strips OR 4 ounces tempeh (from Prep Day) on top of or tossed into the stir-fry. For dessert, enjoy 1 cup raspberries with 2 tablespoons of heavy cream or canned coconut milk.
Additional prep: Chop lettuce and non-starchy vegetables for tomorrow's salad or lettuce wraps. Store remaining steak for tomorrow's lunch and dinner.
Protein: 26% Fat: 46% Carbohydrate: 28% Calories: 670
Pack tomorrow's lunch -- 5 ounces leftover steak OR 4 ounces tempeh (from Prep Day) served as a salad or in lettuce wraps. Toss or top with 2 tablespoons mayonnaise or <b>Lemon Aioli</b> (from Prep Day), non-starchy vegetables, ½ cup beans, and salsa. Serve with 1 small tangerine and ½ ounce dark chocolate.

## Phase 1: Three-Day Simplified Meal Plan - Beef (with Plant-Based Option) (Designed to Serve 1 Person)

Tuesday (Day 2)
<b>Breakfast</b>
<p>Breakfast Stuffed Pepper // <i>From Prep Day</i> Reheat one Stuffed Pepper from Prep Day. To reheat, simply slice in half and put in the toaster oven OR use a steamer basket to reheat.</p> <p>Beef Version Meal: Top the stuffed pepper with a dollop of <b>Basic Mayonnaise</b> or <b>Lemon Aioli</b> (from Prep Day). Serve with a side of ½ cup berries.</p> <p>Vegetarian Version Meal: Top with 2 tablespoons of plain, whole-milk Greek yogurt or 4% cottage cheese. Serve with ½ cup berries.</p> <hr/> <p>Protein: 27% Fat: 51% Carbohydrate: 22% Calories: 540</p>
Prep: Pack today's snacks.
<b>Optional Snack Suggestion</b>
<b>Cold-Cut Lettuce Boats</b> ( <i>Always Hungry?</i> pg. 294) with AH/AD dressing/sauce of your choice.
<b>Lunch</b>
<p><b>Steak or Tempeh Salad or Lettuce Wraps</b> // <i>Leftovers</i> 5 ounces leftover steak or 4 ounces <b>Pan-Fried Tempeh Strips</b> (<i>Always Delicious</i> pg. 193) or tempeh from prep day, served as a salad or in lettuce wraps. Toss or top with 2 tablespoons mayonnaise or <b>Lemon Aioli</b> (from Prep Day), non-starchy vegetables (like carrots, celery, tomatoes, shredded cabbage), ½ cup beans and salsa. Serve with 1 small tangerine and ½ ounce dark chocolate.</p> <hr/> <p>Protein: 26% Fat: 46% Carbohydrate: 28% Calories: 630</p>
<b>Optional Snack Suggestion</b>
A small apple with 1 ounce cheese or 2 tablespoons peanut butter.
<b>Dinner</b>
<p><b>Steak Salad with Blue Cheese Dressing and Creamy Cauliflower Soup</b> // <i>Always Hungry?</i> pp. 253, 283 <b>Creamy Cauliflower Soup</b> (from Prep Day) garnished with 1 to 2 tablespoons of heavy cream. Serve with 5 ounces leftover steak (from last night's dinner prep) or 4 ounces leftover tempeh (from prep day) on top of salad greens and non-starchy vegetables of choice tossed with <b>Blue Cheese Dressing</b> (<i>Always Hungry?</i> pg. 263). Garnish with 2 tablespoons chopped nuts/seeds of choice. For dessert, enjoy ¾ cup berries.</p> <p>QUICKER PREP: Instead of making the <b>Blue Cheese Dressing</b> recipe, simply mix 1 ounce blue cheese with 2 tablespoons mayonnaise.</p> <hr/> <p>Protein: 24% Fat: 55% Carbohydrate: 21% Calories: 700</p>
Pack tomorrow's lunch -- Stuffed Pepper with mayo. Side of berries

## Phase 1: Three-Day Simplified Meal Plan - Beef (with Plant-Based Option) (Designed to Serve 1 Person)

Wednesday (Day 3)
<b>Breakfast</b>
Cottage Cheese Breakfast Parfait // <i>Recipe Below</i> Mix together 1 cup full fat cottage cheese, 2 tablespoons nut butter (or ¼ cup nuts/seeds of choice) and ½ cup berries. <hr/> Protein: 28% Fat: 51% Carbohydrate: 21% Calories: 460
Prep: Pack today's snacks.
<b>Optional Snack Suggestion</b>
¼ cup <b>Spicy Pumpkin Seeds</b> ( <i>Always Hungry?</i> pg. 292) or <b>Trail Mix</b> ( <i>Always Hungry?</i> pg. 291)
<b>Lunch</b>
Stuffed Pepper with <b>Basic Mayo</b> or <b>Lemon Aioli</b> // <i>Leftovers</i> Meat Version Meal: Serve leftover stuffed pepper topped with a dollop of <b>Basic Mayo</b> or <b>Lemon Aioli</b> (from Prep Day). Serve with a side of 1 cup berries.  Vegetarian Version Meal: Serve leftover vegetarian stuffed pepper with 2 tablespoons of plain, whole-milk Greek yogurt or 4% cottage cheese. Serve with ½ cup berries. <hr/> Protein: 25% Fat: 47% Carbohydrate: 28% Calories: 590
<b>Optional Snack Suggestion</b>
A small apple with 1 ounce cheese or 2 tablespoons peanut butter.
<b>Dinner</b>
<b>Marinara Primavera</b> with Leftover Meatballs // <i>Always Hungry?</i> Pg. 234 Prepare ¼ recipe of <b>Marinara Primavera</b> . Use the remaining serving of <b>Meatballs</b> or <b>Tempeh</b> (from Prep Day). Serve with ½ cup berries topped with 2 tablespoons heavy cream.  Optional: Make the entire recipe of <b>Marinara Primavera</b> and refrigerate or freeze for later meals. <hr/> Protein: 24% Fat: 50% Carbohydrate: 26% Calories: 610
Pack tomorrow's lunch.