

*Below lies a meal plan with recipes designed to provide you delicious, nutritious JumpstartMD compatible meals. For your first two weeks on program, the plan is designed to provide 2 cups of daily preferred vegetables and unlimited 'free' vegetables, along with 3-4 ounces of meat and seafood protein servings (about the size of your palm) for lunch and dinner. Please refer to serving sizes on each recipe. If needed, add additional healthy dietary fats to curb hunger.*

## Monday

### Breakfast

Sausage and Zucchini Frittata

\*\* you can save 1 piece for Wednesday

Top with: Promise Land Pesto and cherry tomatoes

### Snack

1 tbsp peanut butter

3 stalks of celery

### Lunch

Fiesta Chicken Fajitas over lettuce or in lettuce wraps

Option to top with sugar free:

Salsa, hot sauce, avocado, sour cream or guacamole

### Snack

4 oz plain Greek yogurt with cinnamon

1 - 2 cups salty broth (miso / bouillon, other)  
(Optional but recommended)

### Dinner

Wild Cajun Seasoned Salmon (can sub for other fish)

Steamed Swiss Chard

Radish and Dill Salad

## Tuesday

### Breakfast

Nutty Chia Seed Yogurt

\*\* you can save 1 serving for Thursday

Top with: Desired nuts, nut / seed butter or coconut flakes

### Snack

1 oz cheese (or cheese stick)

½ cup tomatoes

Option to top with balsamic or pesto

### Lunch

Butter Herb Shrimp

Cauliflower Tabbouleh

Optional side of green salad

### Snack

10 olives

1 tbsp Ranch dressing

½ cup bell pepper slices

1 - 2 cups salty broth (miso / bouillon, other)  
(Optional but recommended)

### Dinner

Italian Meatballs with Red Sauce

Roasted Broccolini

Option to top with parmesan. Add a side salad or steamed greens if desired

## Wednesday

### Breakfast

Sausage Zucchini Frittata

Top with: Pesto and cherry tomatoes

### Snack

½ cup cottage cheese

10 roughly cut almonds

### Lunch

Grilled Chicken Cobb Salad

### Snack

½ cup guacamole

Cucumber or jicama slices

1 - 2 Cups salty broth (miso / bouillon, other)

### Dinner

Rosemary Pork Tenderloin and Arugula Salad

## Thursday

### Breakfast

Nutty Chia Seed Yogurt

Top with:

Desired nuts, nut / seed butter or coconut flakes

### Snack

1 oz cheese (or cheese stick)

10 olives

### Lunch

Beef and Vegetable Stir Fry

Side of green salad

### Snack

1 tbsp peanut butter

3 stalks of celery

1 - 2 Cups salty broth (miso / bouillon, other)

(Optional but recommended)

### Dinner

Grilled Herb Chicken

Crispy Fennel Celery Salad

## Friday

### Breakfast

Turnip and Broccoli Scramble with Avocado

### Snack

½ cup guacamole  
Cucumber or jicama slices

### Lunch

Tamari Steak Salad with Sesame Ginger Dressing

### Snack

½ cup cottage cheese  
1 - 2 cups salty broth (miso / bouillon, other)  
(Optional but recommended)

### Dinner

Herb and Caper Baked Chicken Thighs  
Served with steamed green beans or other  
“Free” or “Preferred” vegetables

## Saturday

### Breakfast

Deliciously Deviled Eggs

### Snack

¼ cup tzatziki  
1 cup snap peas

### Lunch

Wild Halibut with Mushrooms and Asparagus

### Snack

1 tbsp Ranch dressing  
½ cup bell peppers  
1 - 2 Cups salty broth (miso / bouillon, other)  
(Optional but recommended and Free)

### Dinner

Pork Chop with Arugula Salad

## Sunday

### Breakfast

Prosciutto Wrap Egg Scramble

Top with: Pesto and cherry tomatoes

### Snack

¼ cup tzatziki

1 cup snap peas

### Lunch

Crunchy Dill Tuna Salad tossed with Mixed Herb Vinaigrette

### Snack

1 tbsp peanut butter

3 stalks of celery

1 - 2 Cups salty broth (miso / bouillon, other)

(Optional but recommended)

### Dinner

Slow Cooker Beef and Vegetable Stew