Northwest Health Coaching's

3-Day Real Foods Meal Plan

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It's pretty simple- the more real food you eat the better your body will work and feel.

This quick and easy 3-day meal plan helps you get real food into your body in a no-stress, no-fancy kitchen tools, approachable way. Anyone can do it- really!

So, turn on your favorite Pandora station, make a cup of tea, put on your coziest slippers and get prepping! Enjoy!

Takes approximately 2 hours to prep all 3 days.
Naturally vegetarian and gluten-free.
Modification notes for vegan and carnivores.
The only rule is real food.

Tag @Northwesthealthcoaching on Instagram or Facebook when you post a picture of your meal-prepping self!

NWHC 3-Day Real Food Meal Plan Menu

Recipes that are italicized have links to websites for the full recipe.
All recipes and portion sizes are for two people. If you are doing it for just yourself, or are cooking for your family of four, adjust accordingly.

Day 1

Breakfast- *Lovable Green Smoothie* + *Chia Seed Pudding w/ fruit topping* .
Lunch- *African Almond Stew*
Dinner-Burrito Bowl, recipe below
Snacks- Cut up veggies of your choice, with almond butter + fresh fruit

Day 2

Breakfast-Lovable Green Smoothie + Chia Seed Pudding w/ fruit topping
Lunch- Burrito Bowl Salad w/ avocado dressings, recipe below
Dinner- African Almond Stew
Snacks- Veggies w/ hummus + olives

Day 3

Breakfast- *Overnight Oats* .
Lunch- African Almond Stew
Dinner- Good Gut Fried Rice, recipe below
Snacks-Lovable Green Smoothie

3-Day Real Food Meal Prepping Schedule

This schedule reflects serving sizes for 2 people. Adjust serving size accordingly.

DAY 1- Should take about 90 minutes of prepping.

1. Wash and cut the *loveable green smoothie* produce (amount of produce will depend on how many batches you will be making) and portion into a container for each day you are going to have it. When ready to make each day, add to blender with water and blend!
2. Double the Chia Seed Pudding recipe and top with toppings. Portion out 4 servings.
3. Double the African Almond Stew and portion out 6 servings, if needed.

Burrito Bowl Recipe-

- Bring 5 cups water to a boil. Add 3 cups of rinsed rice and cover. Turn heat down to low and simmer for about 20-40 minutes (until water is absorbed and rice has softened to liking).
- Rinse 3 cans of beans.
- Preheat oven to 375 degrees. Wash, cut, and chop 1 onion, 2 bell peppers, and 1 cup of mushrooms. Drizzle with 1 tablespoon avocado oil and sprinkle with salt and pepper on baking sheet. Bake about 20 minutes, flipping halfway through.
- Make avocado dressing, recipe below.
- Make bowl- combine rice, beans, veggies, avocado dressing, cilantro and pico.
- Portion out your lunch for day 2 by putting greens, beans, and cilantro in containers. Place veggies in a glass containers that can be heated. Place dressing in small containers. When ready to eat, top greens with dressing and warmed veggies. Could also add shredded chicken, hardboiled egg, or warmed tempeh.

Avocado Dressing Recipe-

- Combine 2 tablespoons chopped cilantro, 1 medium garlic clove, 3 tablespoons olive oil, 2 tablespoons lime juice, 1 avocado, and salt and pepper to taste in a food processor and pulse until creamy.
- One spoonful at a time, add water and process until desired consistency is reached. Keeps in fridge for 2-3 days in a sealed jar.

Snacks- Wash and cut veggies you want to snack on for two days. Prep fruit, if needed. Portion out nut butter for 1 day, hummus for 1 day, and olives for 1 day.

DAY 2- Should take about 5 minutes.

1. Blend your smoothie for the morning.
2. Make the Overnight Oats recipe and leave in fridge for day 3 breakfast.

DAY 3- Should take about 20 minutes of prepping.

1. Blend your smoothie, if having as a snack.
2. Make Good Gut Fried Rice Recipe-

- In a large pan over medium heat, add avocado oil. Add 1 clove minced garlic, 1 tablespoon minced fresh ginger, and 1/4 cup chopped scallions. Let cook about 1 minute until it starts to brown.
- Add 1 cup chopped mushrooms and 1/2 cup shelled, thawed edamame. Saute for 5 minutes.
- In a medium bowl, whisk together 4 eggs.
- Turn heat down to medium-low. Add whisked eggs to the pan and stir continuously until hardened to your liking.
- Add 2 cups of cooked rice (should have some from burrito bowls leftover) and stir. Let rice warm.
- Add 2 tablespoons of tamari or soy sauce and stir.
- Add salt and pepper to taste.
- Serve, topping with sesame seeds.

If you want to make this vegan, instead of adding eggs add drained, crumbled, firm tofu. Follow the recipe the same way, adding the tofu when it says to add the eggs.

3-Day Real Foods Meal Plan
Shopping List

Check your pantry and fridge to see what you already have, then hit the store!

PRODUCE
14 cups greens of your choice
Large bunch of cilantro
7 ripe bananas
3 Apples
2 onions
Garlic bulb
3 bell peppers
1 jalapeños
1 sweet potatoes
4 avocados
2 cups mushrooms
1 lime
Pre-cut veggies for snacking
Fresh fruit for snacking
Scallions (green onions)
Bag of frozen berries of your choice
Bag of frozen, shelled edamame
Fresh ginger root

SPICES
Chili powder
Salt
Pepper
Cinnamon
Cayenne pepper

GRAINS
3 cups of Rice
Rolled oats, about 2 cups

CANNED GOODS
1 can chickpeas
1 28oz cans diced tomatoes
4 cups vegetable broth
3 cans of favorite beans (black, pinto, etc.)

MISCELLANEOUS
4 Eggs
Nut butter of choice (almond, peanut, etc.)
Chia seeds
Almond/Coconut/Hemp milk (low to no sugar added)- about 7 cups
Honey or pure maple syrup
Vanilla extract
Avocado Oil or Olive Oil- interchangeable
Chopped almonds
Sesame Seeds
Fresh pico (check labels for clean ingredients)
Tamari or Soy Sauce
Premade hummus (check label for clean ingredients)
Olives