















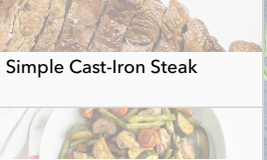

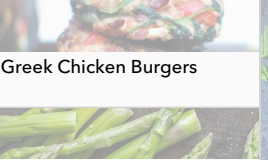
























Sample 7 Day

Kate Wheeler

<https://ironstrongcoaching.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cauliflower Rice Breakfast Hash	 Cauliflower Rice Breakfast Hash	 Cauliflower Rice Breakfast Hash	 Cauliflower Rice Breakfast Hash	 Cauliflower Rice Breakfast Hash	 Sweet Potato Waffles	 Sweet Potato Waffles
Snack 1	 Strawberry Protein Smoothie	 Strawberry Protein Smoothie	 Strawberry Protein Smoothie	 Strawberry Protein Smoothie	 Strawberry Protein Smoothie	 Strawberry Protein Smoothie	 Strawberry Protein Smoothie
Lunch	 Berry & Quinoa Protein Salad	 Berry & Quinoa Protein Salad	 Simple Cast-Iron Steak	 Berry & Quinoa Protein Salad	 Greek Chicken Burgers	 Berry & Quinoa Protein Salad	 Crispy Broiled Haddock & Broccoli
Snack 2	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins	 Green Smoothie Muffins
Dinner	 Simple Cast-Iron Steak	 Simple Cast-Iron Steak	 Greek Chicken Burgers	 Greek Chicken Burgers	 Crispy Broiled Haddock & Broccoli	 Crispy Broiled Haddock & Broccoli	 One Pot Taco Pasta
	 Roasted Veggie Medley	 Roasted Veggie Medley	 Steamed Asparagus	 Steamed Asparagus			



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Fruits

- 2 Banana
- 1 cup Blueberries
- 11 2/3 cups Strawberries

Breakfast

- 3/4 cup Almond Butter
- 2 3/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1/8 tsp Chili Powder
- 1/3 tsp Cinnamon
- 1/8 tsp Cumin
- 1 1/2 tsps Dried Thyme
- 1/2 cup Ground Flax Seed
- 3/4 tsp Oregano
- 1 1/3 tbsps Pumpkin Seeds
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 1/3 tbsps Frozen Corn

Vegetables

- 3 cups Asparagus
- 4 1/2 cups Baby Spinach
- 1 1/2 bunches Broccolini
- 1 1/2 Carrot
- 7 1/2 cups Cauliflower Rice
- 2 1/2 tbsps Chives
- 1/4 Cucumber
- 1/3 Garlic
- 1 1/2 cups Green Beans
- 2/3 stalk Green Onion
- 1 tbsp Mint Leaves
- 2 cups Mixed Greens
- 1 1/2 cups Mushrooms
- 2/3 Red Bell Pepper
- 1/4 cup Red Onion
- 1 head Romaine Hearts
- 1/3 Sweet Potato
- 1/8 Tomato
- 2 1/2 Yellow Bell Pepper
- 2 1/2 Yellow Onion

Boxed & Canned

- 1 1/3 tbsps Black Beans
- 1/3 cup Brown Rice Pasta Shells
- 1/3 cup Organic Chicken Broth
- 2 2/3 tbsps Organic Salsa
- 1/2 cup Quinoa

Baking

- 1 1/8 cups Almond Flour
- 1 1/4 tbsps Baking Powder
- 2 cups Oats
- 2 tbsps Pitted Dates
- 1/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast, Cooked
- 2 2/3 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 1/4 cup Feta Cheese
- 3 Haddock Fillet
- 1 1/2 lbs Ny Striploin Steak
- 10 slices Organic Bacon

Condiments & Oils

- 3 tbsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 1/4 cup Black Olives
- 2 1/2 tsps Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 1 1/8 tbsps Extra Virgin Olive Oil

Cold

- 12 2/3 Egg
- 9 1/2 cups Unsweetened Almond Milk

Other

- 2 1/4 cups Vanilla Protein Powder



Cauliflower Rice Breakfast Hash

5 servings

25 minutes

Ingredients

- 10 slices Organic Bacon
- 2 1/2 Yellow Onion (chopped, small)
- 2 1/2 Yellow Bell Pepper (chopped)
- 7 1/2 cups Cauliflower Rice
- 10 Egg
- Sea Salt & Black Pepper (to taste)
- 2 1/2 tbsps Chives (optional, chopped)

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor: Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings: Serve with avocado.

No Chives: Use another fresh herb such as parsley.



Sweet Potato Waffles

2 servings

25 minutes

Ingredients

- 1/3 Sweet Potato (large, peeled, chopped)
- 2/3 Egg
- 1 1/3 tbsps Maple Syrup (plus more for topping, optional)
- 1/3 tsp Vanilla Extract
- 2/3 cup Almond Flour
- 2/3 tsp Baking Powder
- 1/3 tsp Cinnamon
- 1 1/2 tsps Coconut Oil (divided)
- 1 1/3 tbsps Almond Butter (divided)
- 1 3/4 tbsps Strawberries (stem removed, sliced)
- 1 1/3 tbsps Pumpkin Seeds (divided)

Directions

- 1 Boil the sweet potatoes until they are fork-tender, roughly 10 minutes. Drain and set aside.
- 2 In a food processor, add the cooked sweet potato, eggs, maple syrup and vanilla extract. Process until blended. Add the almond flour, baking powder and cinnamon and process until fully combined.
- 3 Coat the waffle maker with some of the coconut oil and add enough batter to cover the bottom of your maker. Cook for 5 minutes or until golden brown. Repeat the process until all the batter is cooked.
- 4 To serve, top with almond butter, strawberries, pumpkin seeds and maple syrup, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size: One serving is one waffle.

Additional Toppings: Add additional berries or nuts.

No Waffle Maker: Make them into pancakes on a pan instead.



Strawberry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Berry & Quinoa Protein Salad

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1 cup Strawberries (chopped)
- 1 cup Blueberries (chopped)
- 1 tbsp Mint Leaves (chopped, optional)
- 3 tbsps Balsamic Vinegar
- 1 1/2 tbsps Maple Syrup
- 1 1/2 tsps Dijon Mustard
- 1 head Romaine Hearts
- 1 lb Chicken Breast, Cooked

Directions

- 1 Bake chicken in the oven and then chop or shred.
- 2 Cook the quinoa according to the package directions. When the quinoa is cooked, let it cool.
- 3 Meanwhile, in a mixing bowl combine the strawberries, blueberries and mint, if using.
- 4 In a jar with a lid, add the balsamic vinegar, maple syrup and dijon mustard and shake until well combined.
- 5 To assemble the salad, divide the lettuce between bowls and top with the quinoa and then the berries. Drizzle with the balsamic dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Assemble the salad just before serving.

More Fat: Add extra virgin olive oil to the dressing or top the salad with avocado or hemp seeds.

More Protein: Add chickpeas, lentils or cooked chicken breast.

More Veggies: Add chopped cucumber or bell pepper.

No Mint: Use basil or parsley instead.

No Romaine: Use baby spinach or other lettuce instead.

Quinoa: Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. A 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.



Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Directions

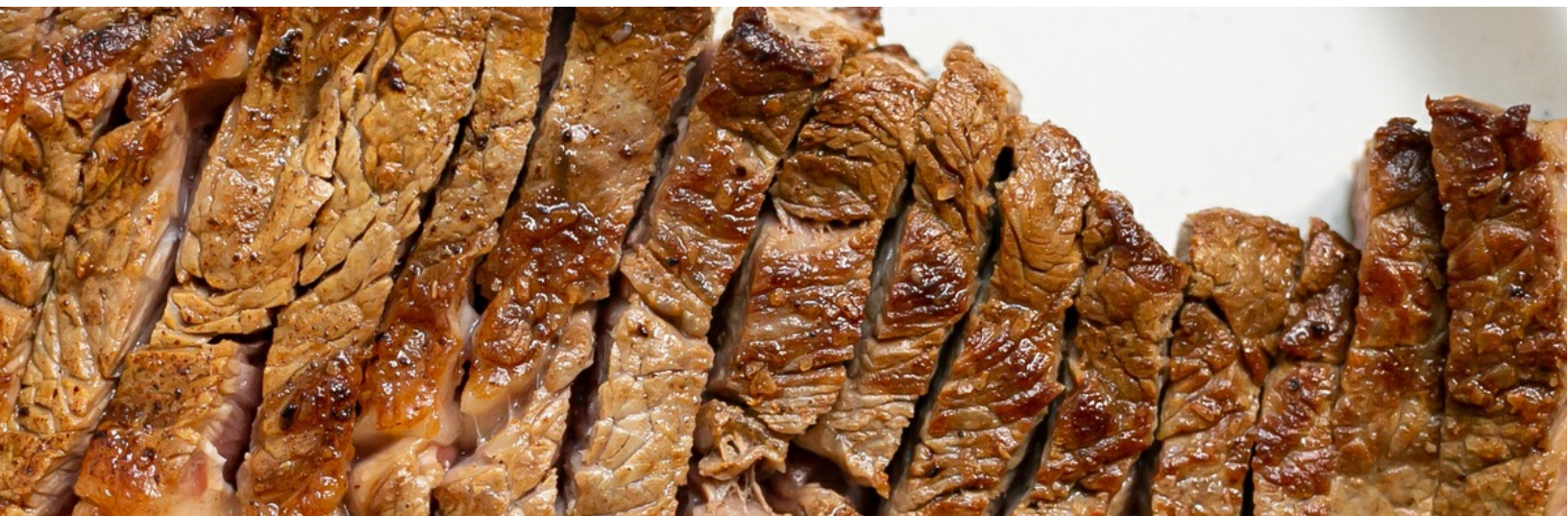
- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder: This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers: Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins: After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Simple Cast-Iron Steak

3 servings

1 hour 15 minutes

Ingredients

1 1/2 tps Sea Salt (divided)

1 1/2 lbs NY Striploin Steak

Directions

- 1 Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
- 2 When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
- 3 Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
- 4 Continue flipping the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
- 5 Remove the steak and place it on a plate. Cover it with tinfoil and allow it to rest for 10 minutes before cutting into it. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Top with your favorite pesto or chimichurri. Add a pat of butter to the steak as it rests on the plate.

Serve it With: Add to a bed of greens, roasted potatoes or alongside roasted vegetables.



Roasted Veggie Medley

3 servings

40 minutes

Ingredients

- 1 1/2 Carrot (medium, chopped)
- 1 1/2 cups Mushrooms (chopped)
- 1 1/2 cups Green Beans (trimmed)
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Balsamic Vinegar
- 3/4 tsp Oregano (dried)
- 1/3 tsp Sea Salt
- 1/8 tsp Black Pepper

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

No Mushrooms: Swap in bell peppers or broccoli instead.

Even Cooking: Chop your vegetables to be approximately the same size to ensure even cooking.



Greek Chicken Burgers

3 servings

45 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
1/2 Red Bell Pepper (diced and divided)
1/4 cup Red Onion (diced and divided)
2 cups Baby Spinach
1/2 cup Almond Flour
8 ozs Extra Lean Ground Chicken
1/4 cup Black Olives (chopped and divided)
1/4 cup Feta Cheese (crumbled and divided)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
2 cups Mixed Greens

Directions

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- 3 Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- 4 Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- 5 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- 6 Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

Notes

Added Touch: Serve with homemade tzatziki.

Wrap it Up: Serve in a lettuce wrap or brown rice tortilla.

Get Creative: These also work well as meatballs or sliders.



Steamed Asparagus

3 servings

10 minutes

Ingredients

3 cups Asparagus (woody ends trimmed, chopped in half)

Directions

1

Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 5 days.

Serving Size: One serving is equal to approximately one cup of cooked asparagus.



Crispy Broiled Haddock & Broccolini

3 servings

15 minutes

Ingredients

- 3 Haddock Fillet (5 ounces each)
- 1 1/2 bunches Broccolini (trimmed)
- 3 tbsps Avocado Oil
- 1 1/2 tsps Dried Thyme
- 3/4 tsp Sea Salt

Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock: Use cod or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



One Pot Taco Pasta

1 serving
40 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
2 2/3 ozs Extra Lean Ground Beef
2/3 stalk Green Onion (finely chopped)
1/3 Garlic (cloves, minced)
1/8 tsp Cumin (ground)
1/8 tsp Chili Powder
1/16 tsp Sea Salt
1/8 Tomato (large, diced)
1 1/3 tbsps Frozen Corn (thawed)
1 1/3 tbsps Black Beans (cooked, from the can)
1/8 Red Bell Pepper (diced)
1/3 cup Organic Chicken Broth
2 2/3 tbsps Organic Salsa
1/3 cup Brown Rice Pasta Shells (dry, uncooked)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.