

Sample Plan 3 day

WELLBYNESS

*This is a SAMPLE plan to show the format of the recipes and how the meal plans from WELLBYNESS are presented.

It DOES NOT (nor is meant to) fall into any specific category for weight loss, medical condition or intervention strategy. The types of foods, choices, macros and strategy is individualized based on each client's individual needs and requirements, identified in a comprehensive evaluation.

Enjoy looking at these samples!

Kind Regards

Vanessa

MON



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Slow Cooker Lamb & White Bean Stew



SNACK 2
Yogurt & Berries



DINNER
Salmon, Rice & Arugula

TUE



BREAKFAST
Brownie Protein Pancakes



SNACK 1
Cottage Cheese with Blueberries



LUNCH
Unstuffed Cabbage Rolls



SNACK 2
Tuna Nori Wraps



DINNER
Keto Burger Meal

WED



BREAKFAST
Coconut Chia Pudding



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Simple Tuna Salad



SNACK 2
Greek Yogurt, Apple



DINNER
Beef & Broccoli Horseradish Stirfry

FRUITS

- 1 Apple
- 1/2 Avocado
- 1/2 cup Blueberries
- 1 Green Apple
- 1 1/4 Lemon
- 3 cups Strawberries

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1/2 tsp Dried Onion Flakes
- 1/8 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/16 tsp Ground Mustard
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Turmeric

FROZEN

- 3 cups Frozen Berries
- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries

VEGETABLES

- 2 cups Arugula
- 3/4 cup Broccoli
- 1 Carrot
- 1/2 Cucumber
- 1/2 Garlic
- 4 cups Green Cabbage
- 2 stalks Green Onion
- 2 tbsps Red Onion
- 1 1/2 Tomato
- 1/2 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 3/4 Yellow Potato

BOXED & CANNED

- 1/4 cup Brown Rice
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Jasmine Rice
- 3 tbsps Organic Coconut Milk
- 1 1/16 tbsps Tomato Paste
- 3 cans Tuna
- 1 1/2 cups White Navy Beans

BAKING

- 1 tbsp Baking Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Organic Dark Chocolate Chips
- 1/4 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 227 grams Extra Lean Ground Beef
- 71 grams Flank Steak
- 151 grams Ground Beef
- 298 grams Lamb Shank
- 227 grams Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1 tsp Coconut Aminos
- 1 tbsp Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Horseradish Sauce
- 2 tbsps Mayonnaise
- 1 1/2 tsps Worcestershire Sauce

COLD

- 1 cup Cottage Cheese
- 1/4 cup Creme Fraiche
- 10 Egg
- 1/3 Eggs
- 3 cups Plain Greek Yogurt
- 2 1/2 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 6 Nori Sheets
- 1/4 cup Vanilla Protein Powder
- 4 2/3 cups Water

Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

Brownie Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tbsp Baking Powder
1 cup Unsweetened Almond Milk (or water)
1/4 cup Organic Dark Chocolate Chips
1 1/2 tsps Coconut Oil

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME

Make the pancake batter in a blender.

TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.

Coconut Chia Pudding

1 SERVING 1 HOUR



INGREDIENTS

- 3 tbsps Organic Coconut Milk (from the can or carton)
- 3 tbsps Water
- 1 tbsp Chia Seeds
- 1/4 tsp Vanilla Extract

DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and divide into cups or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to five days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of chia pudding.

MORE FLAVOR

Add monk fruit sweetener, cinnamon or cardamom. 100% pure cocoa powder is also a great option for chocolate lovers!

ADDITIONAL TOPPINGS

Top with shredded coconut, berries or nuts. Be aware of calorie count increasing with toppings.

NET CARBS

Net Carbs are 4g per serving.

Hard Boiled Eggs

5 SERVINGS 15 MINUTES



INGREDIENTS

10 Egg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Fresh Strawberries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Strawberries

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

NOTES

MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Cottage Cheese with Blueberries

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1/2 cup Blueberries (fresh or frozen)

DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers.
Enjoy!

NOTES

MAKE IT SWEET

Drizzle honey or maple syrup overtop.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Slow Cooker Lamb & White Bean Stew

3 SERVINGS 5 HOURS



INGREDIENTS

3 3/4 cups Water
298 grams Lamb Shank
1 1/2 cups White Navy Beans (cooked)
3/4 Yellow Onion (medium, diced)
1 1/2 Tomato (diced)
3/4 Yellow Potato (medium, diced)
1 1/2 tsps Turmeric
1 1/2 tbsps Apple Cider Vinegar
2 1/4 tsps Tomato Paste
1 1/2 tsps Sea Salt

DIRECTIONS

- 01 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 02 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

NOTES

SERVE IT WITH

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

MORE VEGGIES

Add watercress, kale or spinach before serving.

NO POTATO

Use cauliflower instead.

SERVE AS IRANIAN ABGOOSHT

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

VEGAN & VEGETARIANS

Replace the lamb with chickpeas.

Unstuffed Cabbage Rolls

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 cup Brown Rice (uncooked)
1/3 cup Water
1 1/2 tsps Coconut Oil
227 grams Extra Lean Ground Beef
1/2 Yellow Onion (small, finely diced)
4 cups Green Cabbage (finely sliced)
1 1/2 cups Diced Tomatoes
1/4 tsp Sea Salt
1/4 tsp Black Pepper

DIRECTIONS

- 01 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

NOTES

NO BEEF

Any type of ground meat will work.

VEGETARIAN & VEGAN

Use lentils instead of ground meat.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Simple Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna (drained)
1 Green Apple (chopped)
2 stalks Green Onion (finely sliced)
2 tbsps Mayonnaise
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

NOTES

HOW TO SERVE

Enjoy alone, on crackers, on a sandwich, or over greens.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Yogurt & Berries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Plain Greek Yogurt
3 cups Frozen Berries (thawed)

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Tuna Nori Wraps

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 can Tuna (drained and flaked)
- 1 Carrot (smaller, julienned)
- 1/2 Cucumber (julienned)
- 1/2 Avocado (peeled and sliced)
- 6 Nori Sheets (snack size)

DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

STORAGE

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

Salmon, Rice & Arugula

2 SERVINGS 25 MINUTES



INGREDIENTS

227 grams Salmon Fillet
1/4 tsp Sea Salt
1/2 cup Jasmine Rice (dry, uncooked)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
2 cups Arugula

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

NOTES

NO SALMON

Use any type of fish fillet instead, or use canned fish.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

NO RICE

Use quinoa instead.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

Keto Burger Meal

1 SERVING 35 MINUTES



INGREDIENTS

151 grams Ground Beef
1/2 tsp Dried Onion Flakes
1 tsp Coconut Aminos
Sea Salt & Black Pepper
1/8 tsp Garlic Powder
1/16 tsp Ground Mustard
1/3 Eggs
1 tsp Tomato Paste

DIRECTIONS

- 01 Preheat oven to 350 degrees.
- 02 Brown the ground beef in a heavy pan, breaking it up into smaller pieces as it cooks. Add the dried onions and spices. Cook 1-2 minutes more until onions are translucent.
- 03 Add the tomato paste to the beef and spread in a pie plate. Whisk the egg and then pour evenly over the beef.
- 04 Bake for 20 minutes till set.

Beef & Broccoli Horseradish Stirfry

1 SERVING 15 MINUTES



INGREDIENTS

- 1/2 Garlic (cloves, minced)
- 1/4 cup Creme Fraiche (or sour cream, cream)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Horseradish Sauce
- 2 tsps Red Onion (sliced)
- 71 grams Flank Steak (any teak, sliced against the grain)
- 1/2 Yellow Bell Pepper (sliced)
- 3/4 cup Broccoli (florets, chopped)
- 1 1/2 tsps Worcestershire Sauce

DIRECTIONS

- 01 Slice the steak thinly across the grain, and marinate briefly in a glass or ceramic bowl with the worcestershire sauce and 1 tbsp olive oil. set aside.
- 02 In a small bowl, whisk together the horseradish and creme fraiche
- 03 Heat a skillet / wok over medium heat and add the remaining oil. Once it is hot, sauté the onion, yellow pepper and garlic till soft.
- 04 Add the broccoli, stir and then cover and cook for an additional 3 minutes. set this aside.
- 05 Now, check the wok is hot. sear the steak and cook for 3 to 4 minutes. Add the broccoli, pepper and onion mix into the pan. add the sauce to the pan and stir through until heated.
- 06 optional: some crushed, toasted cashews scattered ontop are a nice finish to this dish.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add toasted sesame oil once finished cooking.

ADDITIONAL TOPPINGS

Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

NO COCONUT AMINOS

Use tamari instead.

NO ARROWROOT POWDER

Use cornstarch or tapioca flour instead.

NO BONE BROTH

Use chicken, beef or vegetable broth instead.

