

January 2021  
Workout  
and  
Meal Plan



Chapple Chandler  
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# Workout Plan



Pick Your Plan



2x Week

S	M	T	W	T	F	S
Rest	HIIT* Workout	Walk 45 min	HIIT Workout	Walk 45 min	Yoga*	Walk 30 min

3x Week

S	M	T	W	T	F	S
Walk 30 min	HIIT Workout	Walk 45 min	HIIT Workout	Walk 45 min	Yoga 30 min	Long Run 3+ miles

4x Week

S	M	T	W	T	F	S
Yoga 30 min	HIIT Workout	Walk 45 min	HIIT Workout	Walk 30 min	HIIT Workout	Long Run 3+ miles

## \*Yoga

Every balanced workout plan needs at least one dedicated half hour per week to yoga or stretching. When doing HIIT workouts, your muscles get really tight and need to be deeply stretched on a regular basis.

## \*HIIT = High Intensity Interval Training

You can find lots of free HIIT workouts on YouTube, or you can join a gym that offers this type of class. Orange Theory is my favorite!



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# Meal Plan

## Tips & Tricks

### Tip 1: Prep

#### **Make Ahead:**

Protein Balls  
Chicken Salad  
Soup Recipes

If you're not big on making breakfast, try making healthy muffins or egg cups on Sunday, put them in the freezer to pull out during the week for a quick breakfast!

For any dinners you want to substitute in the plan, find ones you can make ahead and freeze to pull them out during the week for a quicker option!

### Tip 2: Recycle

Try to reduce food waste by using some of the ingredients left over from the recipes to make other meals. There is definitely room to make salads with the lettuces and fruits included in the smoothie recipes. These can be used for lunches or dinner sides.

You can also use those fruits for snacks.

### Tip 3: Hydrate

While on this healthy meal plan, try to get your full water intake, which is half your body weight in ounces!

Limit to one cup of coffee or caffeine per day and limit sodas only to cheat meals.

### Tip 4: Cheat

This plan is a very balanced and super healthy meal plan. It's okay to cheat here and there! Definitely make time for a Friday date night or girlfriends night, and really enjoy yourself and fully cheat! Make Saturday night a family fun night with pizza, movies, brownies, and whatever else you want for a second cheat night!



# Meal Plan

Week 1

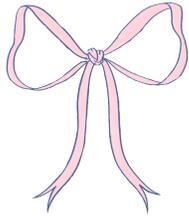
	S	M	T	W	T	F	S
Breakfast	Fried Egg, Hash browns	Avocado Toast	Cashew Butter Smoothie	Fried Egg, Bacon	Avocado Toast	Green Machine Smoothie	Fried Egg on Toast
Snack	Mixed Nuts	Protein Balls	Rx Bar	Protein Balls	Rx Bar	Mixed Nuts	Granola
Lunch	Turkey & Cheese Rolls ups	Turkey & Cheese Rolls ups	To-Go Salad	Turkey & Cheese Roll Ups	Leftovers or Fast	Leftovers or Fast	To-Go Salad
Snack	Carrots & Hummus	Veggie Chips or Sticks	Carrots & Guac	Veggie Chips or Sticks	Carrots & Hummus	Veggie Chips or Sticks	Carrots & Guac
Dinner	Healthy Take-Out	Crock Pot Mexican Chicken Over Rice	Leftovers or Fast	BBQ Loaded Sweet Potatoes	Seasoned Fish & Veggies	CHEAT - DATE NIGHT	CHEAT - PIZZA NIGHT
Dessert	Dessert is optional. If you have a sweet craving after dinner, here are some options: Berries & Frozen Cool Whip // 1-2 Dove Chocolates // Strawberry yogurt						

Sub any of the meals or snacks with items you have in your pantry, fridge, or freezer!



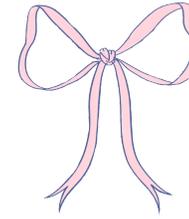
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Week 1



# Meal Plan

## Breakfast Recipes



### Fried Egg + Hash Browns

- Egg
- Bag of Frozen Hash Browns
- Olive Oil

Drop a splash of olive oil over medium heat in a frying pan. Throw desired amount of hash browns on, and huddle them together. Don't move them, cook for about 5 min. Flip in sections, keeping the huddle together as best as possible. Cook until golden brown. In a separate pan, coat with a dash of olive oil and crack the egg over medium heat. Fry the egg, flipping a few times after it solidifies, until well done. Substitute for an over-easy egg or however you prefer to cook your egg!

### Avocado Toast

- 1/2 Avocado
- 1 Slice Bread
- Everything But The Bagel Seasoning

Toast your favorite bread slice. Cut the avocado in half. Save half with the core in it (it stays fresher longer) by wrapping in cling wrap or airtight container and storing in fridge. Scoop half of the avocado out and mash in a bowl. Spread on the toast and sprinkle seasoning on top!  
Done!

### Cashew Butter Smoothie

- 1 Banana
- 2-3 Large Scoops Cashew Butter
- Approx. 1 cup ice
- Dash of Milk

Put all ingredients in a blender and blend!

### Green Machine Smoothie

- 1 cup chopped romaine
- Pinch of fresh spinach
- 1/2 Apple
- 1 Banana
- 1 Lemon (remove rind)
- 1/4 cup water or coconut water
- 1 cup ice

Put all ingredients in a blender and blend!



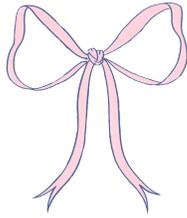
## shopping list

Eggs  
Bacon  
Frozen hash browns  
Avocados  
Bread  
Cashew butter  
Bananas  
Milk  
Romaine  
Spinach  
1 Apple  
1 Lemon

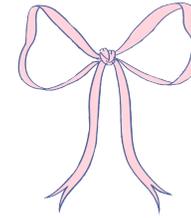


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Week 1



# Meal Plan Lunch & Snacks



## Turkey & Cheese Rolls Up

- Deli Turkey
- Favorite Cheese

Take a slice of turkey and a slice of cheese and roll it up! Make 3-4 roll ups for a light lunch.

## To-Go Salads

Best quick pick up salads:

- Chick-fil-A Market Salad topped with chicken nuggets (fried or grilled) and Avocado Lime Ranch Dressing
- Panera Green Goddess Cobb Salad with Green Goddess Dressing

**Make your own** - Spinach, strawberry slices, feta, pecans, and balsamic dressing!

## Chocolate Peanut Butter Protein Balls

- 1 1/2 cup Rolled Oats
- 1 cup Peanut Butter (Organic, runny works best!)
- 1/4 cup Honey
- 2 scoops chocolate protein powder (organic)
- 2 tablespoons chocolate chips (optional)

Place all ingredients in a large bowl and stir. Knead the dough until well blended. Roll small scoops of dough into balls. Store in a covered container in the fridge or freezer.

Source: Eating Bird Food Blog

## Carrots & Hummus

I like the Roasted Red Pepper Hummus, which you can get in single-serve packs if you're taking your lunch to work, and I use the carrot chips for easy dipping!

## Carrots & Guac

Trader Joe's has the best guacamole single-serve packs but you can get these other places too, and I use the carrot chips for easy dipping!

## Veggie Chips or Sticks

I like the Terra brand Sweets & Beats! Try to squeeze your veggies in for your afternoon snacks!

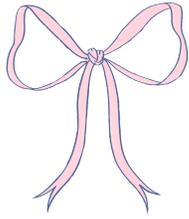


## shopping list

Deli turkey  
Deli cheese  
Rolled oats  
Natural peanut butter  
Honey  
Chocolate protein powder  
Chocolate chips (optional)  
Carrot chips  
Hummus  
Guac single serve packs  
Veggie chips or sticks  
Mixed nuts  
Rx bars  
Granola

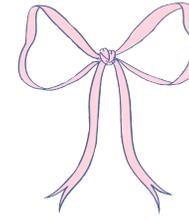


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Week 1

# Meal Plan Dinner Recipes



## Crock Pot Mexican Chicken

- 1 15-ounce can corn, drained
- 6-8 chicken tenders, frozen (or 2 large chicken breasts)
- 1 1/2 tablespoons taco seasoning
- 1 10-ounce can tomatoes with chilies (Rotel)
- 1 15-ounce can black beans, drained and rinsed
- 1/4 cup packed cilantro, chopped
- Juice of 1 lime

Grease bottom of crock-pot with cooking spray. Spread corn into the bottom of the pot and lay chicken on top. Sprinkle chicken with taco seasoning. Layer on tomatoes and then black beans. Cook on low for 3-4 hours. When done, shred chicken with two forks (it will fall apart easily). Mix in cilantro and lime juice. Serve over rice with rice. For family members not dieting, serve in tortillas with rice, cheese, sour cream, and salsa.

Source: Garnish & Glaze

## BBQ Loaded Sweet Potato

- Trader Joe's ready-to-eat BBQ Pulled Pork (Other Brands work)
- Sweet Potatoes
- Optional: Add side salad

Bake Sweet potatoes at 400°F for 45 minutes. Heat BBQ in microwave. Top sweet potatoes with BBQ.

## Seasoned Fish & Broccoli

- Fresh or Frozen Fish Filet of Choice
- Fresh Broccoli
- Parmesan Bread Dip Seasoning (or any kind of fish seasoning you like)
- Garlic Salt
- Olive Oil
- Salt & Pepper

Line a baking sheet with foil. Rub fish with olive oil and sprinkle generously with Parmesan Bread dip seasoning or just simple salt & pepper. Bake at 350°F for 30 minutes. While fish cooks, prep broccoli. Chop off stalks and spray with olive oil. Sprinkle generously with garlic salt and pepper. Roast in oven with fish for 15 minutes.



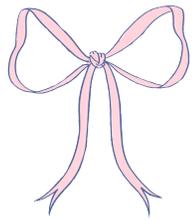
## shopping list

1 can kernel corn  
 Bag of frozen chicken tenders or 2 boneless chicken breasts  
 Taco seasoning  
 1 can Rotel  
 1 can black beans  
 Cilantro  
 Lime or lime juice  
 Sweet potatoes  
 Ready to eat BBQ pork  
 Fresh or frozen fish filets  
 Head of broccoli  
 Garlic salt  
 Parmesan Bread Dip Seasoning

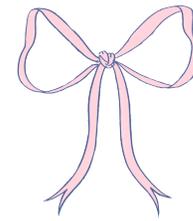


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Week 1



# Meal Plan



## Desserts & To Go Dinners

### Frozen Cool Whip & Berries

- 1/2 cup Blueberries, Strawberries or Peaches
- 2 scoops frozen Cool Whip

Mix together in bowl for a light dessert!

### Other Healthy Options:

2 Dove Chocolates  
Strawberry Yogurt

## shopping list

Strawberries,  
blueberries  
or peaches  
Frozen Cool Whip  
Dove chocolates  
Strawberry yogurt

### Healthy To-Go Dinner Options

- Tazikis Family Feast - Chicken or Steak, and it comes with salad and either roasted potatoes or basmati rice
- Panera Family Feast - Soup Feast, Soup and Salad Feast, or Soup and Sandwich Feast
- Wendy's - You can actually order a burger on a lettuce wrap bun instead of bread! Add a side of chili!
- Chipotle - Rice or Lettuce bowl with chicken or steak, salsa, black beans, and tomatoes
- Chick-fil-A - Chargrilled chicken nuggets and kale crunch salad
- Taco Bell - Fresco style bean burrito
- McDonalds - Southwest Salad With Grilled Chicken or Asian Salad with Grilled Chicken
- Starbucks - Bento Box or Sous vide egg bites

## Notes



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# Meal Plan

Week 2

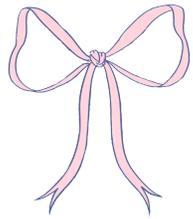
	S	M	T	W	T	F	S
Breakfast	Apple Pie Smoothie Bowl	Cashew Butter Smoothie	Açaí Bowl	Fried Egg over hash browns	Cashew Butter Smoothie	Açaí Bowl	Scrambled Eggs, Bacon
Snack	Rx Bar	Granola or Apple	Trail Mix	Rx Bar	Granola or Apple	Trail Mix	Rx Bar
Lunch	Chicken Salad Lettuce Cups	Chicken Salad Lettuce Cups	To-Go Salad	Chicken Salad Lettuce Cups	To-Go Salad	Leftovers or Fast	To-Go Salad
Snack	Triscuits & Cheese	Veggie Chips or Sticks	Yogurt	Veggie Chips or Sticks	Triscuits & Cheese	Veggie Chips or Sticks	Yogurt
Dinner	Healthy Take-Out	Butternut Squash Carbonara	Leftovers or Fast	Healthy Take-Out	Seasoned Fish & Veggies	CHEAT - DATE NIGHT	CHEAT - PIZZA NIGHT
Dessert	Dessert is optional. If you have a sweet craving after dinner, here are some options: Berries & Frozen Cool Whip // 1-2 Dove Chocolates // Strawberry yogurt						

Sub any of the meals or snacks with items you have in your pantry, fridge, or freezer!

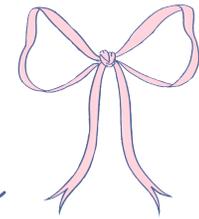


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Week 2



# Meal Plan



## Breakfast, Lunch & Snacks

### Apple Pie Smoothie Bowl

- Apple
- 2-3 Scoops Nut Butter
- Cinnamon
- Cinnamon Granola
- Banana
- 1 cup ice
- Splash of Milk or Coconut Water

Take 1/2 of the apple. Core it, and put it in a blender with the banana, dash of cinnamon, ice and splash of water. Blend. Slice and core other half of the apple. Put apple slices in bowl with cinnamon granola and top with smoothie. Sprinkle cinnamon on top!

### Açaí Bowl

- Frozen Single-Serve Açaí Packet
- Banana
- Honey (optional)
- 1/2 cup ice
- Splash of Water or milk
- Nut Butter (I like cashew or peanut)
- Granola
- Coconut Shavings

Partially thaw Açaí Packet under warm water for 1-2 minutes. Blend Açaí, 1/2 banana, ice or milk, and water in blender. In a bowl, add a cup of granola, pour the Açaí smoothie on top, slice the other 1/2 of the banana on top, sprinkle granola, drizzle honey, drizzle nut butter, and sprinkle coconut shavings on top. Add optional fruit: blueberries / strawberries.

### Chicken Salad Lettuce Cups

- Boneless, skinless chicken breasts
- 1 c Avocado Mayo
- 1 c Pecan pieces
- 1 c halved grapes
- 1 apple, cubed
- Lemon Juice
- Salt
- Romaine Lettuce

Boil chicken for 15 minutes until done. Once cooled, pull chicken. Add mayo, grapes, pecans, and apples (cover with lemon juice first for freshness), and sprinkle salt to taste. Mix together until well blended, and store in refrigerator until ready to serve. Serve in romaine lettuce cups.

### Triscuits & Cheese

Take cheddar cheese slices and place on top of Triscuits. Place on a tray in toaster oven and toast until cheese is melted.



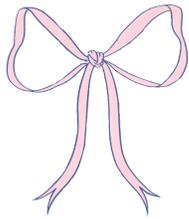
## shopping list

Apples	Lemon/juice
Nut butter	Romaine
Cinnamon	Lettuce
Bananas	Triscuits
Milk or coconut water	Cheddar cheese slices
Frozen Açaí packets	Rx bars
Granola	Trail mix
Cinnamon granola	Yogurt
Honey	Veggie chips
Coconut shavings	Eggs
Boneless, skinless chicken breasts	Hash browns
Avocado mayo	Berries
Pecans	Cool Whip
Grapes	Dove chocolates

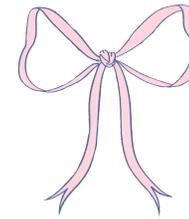


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Week 2



# Meal Plan Dinner Recipes



## Butternut Squash Carbonara

- 1 medium butternut squash, cut in half with seeds removed
- 2 tablespoons extra-virgin olive oil 1 cup whole milk
- 2 egg yolks
- 12 ounces bucatini, spaghetti or linguine
- 4 ounces pancetta (or bacon), diced
- 1 garlic clove, minced
- 1/3 cup grated Parmesan cheese
- Freshly ground black pepper
- Chopped fresh chives, as needed for garnish
- Shaved Parmesan, as needed for garnish

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and place the squash halves on it, skin side down.
2. Drizzle the squash halves with the olive oil and then transfer to the oven. Roast until the squash is very tender, 25 to 30 minutes. Let cool slightly and then scoop the flesh of the squash out of the skin and into a large bowl.
3. Mash the squash with a fork or a potato masher until smooth. Stir in the milk and egg yolks. Set aside.
4. Bring a large pot of salted water to a boil over medium-high heat. Add the pasta and cook until al dente, 8 to 10 minutes. Reserve 1 cup of the pasta cooking water and then drain the pasta.
5. Heat a large sauté pan over medium heat. Add the pancetta and cook until the fat has rendered and it's very crisp, 5 to 6 minutes. Add the garlic and sauté until fragrant, about 1 minute.
6. Reduce the heat to low and then add the pasta to the pan; toss until combined. Add the squash mixture, tossing well to coat the pasta with the sauce. Remove the pan from the heat and add the grated Parmesan, tossing until combined.
7. Divide the pasta among four bowls and garnish each generously with black pepper, chives and shaved Parmesan. Serve immediately.

Source: PureWow



## shopping list

1 medium butternut squash  
Extra virgin olive oil  
Eggs (yolks)  
Bucatini, spaghetti or linguine  
Pancetta or bacon  
Minced garlic  
Parmesan cheese, grated  
Parmesan cheese, shaved  
Ground black pepper  
Chives



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# Meal Plan

Week 3

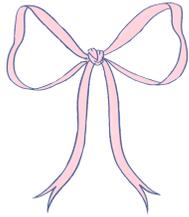
	S	M	T	W	T	F	S
Breakfast	Cashew Butter Smoothie	Fried Egg, on hash browns	Green Machine Smoothie	Fried Egg, bacon	Cashew Butter Smoothie	Egg Over Easy, Hash Browns	Green Machine Smoothie
Snack	Apple	Mixed Nuts	Yogurt	Apple	Mixed Nuts	Yogurt	Apple
Lunch	To-Go Salad	Turkey & Cheese Roll Ups	Turkey & Cheese Roll Ups	To-Go Salad	Leftovers or Fast	Leftovers or Fast	Turkey & Cheese Roll Ups
Snack	Carrots & Hummus	Veggie Chips or Sticks	Carrots & Guac	Veggie Chips or Sticks	Carrots & Hummus	Veggie Chips or Sticks	Carrots & Guac
Dinner	Healthy Take-Out	Steak Bites and Zucchini Noodles	Leftovers or Fast	Healthy Take-Out	Crock Pot Tortilla Soup	CHEAT - DATE NIGHT	CHEAT - PIZZA NIGHT
Dessert	Dessert is optional. If you have a sweet craving after dinner, here are some options: Berries & Frozen Cool Whip // 1-2 Dove Chocolates // Strawberry yogurt						

Sub any of the meals or snacks with items you have in your pantry, fridge, or freezer!

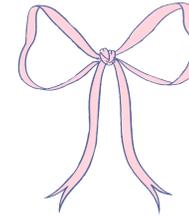


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Week 3



# Meal Plan Dinner Recipes



## Steak Bites and Zucchini Noodles

- 1 1/4 lbs (450g) sirloin steak cut into small cubes
- 4 medium zucchini, spiralized (or a pack of store-bought Zucchini Noodles)
- 1 tablespoon olive oil
- 3 tablespoons butter, divided
- 2 teaspoons minced garlic
- 1/4 cup (60ml) beef or vegetable broth
- 1 tablespoon minced parsley
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon red chili pepper flakes, optional
- Juice of 1/2 lemon

### Marinade:

- 1/4 cup low-sodium soy sauce (or coconut amino for paleo and gluten-free)
- 1 tablespoon olive oil
- 1 tablespoon hot sauce (we used Sriracha)
- Fresh cracked black pepper, to taste
- Juice of 1/2 lemon

1. To prepare the garlic butter steak bites recipe: In a mixing bowl, combine the ingredients for the steak marinade (soy sauce, olive oil, hot sauce, pepper, and lemon juice) and add the steak bites. Mix well and marinate for 15 to 20 minutes minimum, while preparing the other ingredients.

2. Heat the olive oil in a large skillet over high heat. Drain steak bites from the marinade. Keep the remaining marinade for later.

3. Place the steak bites in the skillet in a single layer. Do not overcrowd the skillet or meat will steam, so you may have to work in batches depending on the size of your skillet. Cook steak bites for 3-4 minutes, stirring occasionally until steak bites are golden brown. Repeat with remaining steak bites if needed.

4. Once all the steak bites are golden brown, add 2 tablespoons butter and garlic to the skillet; cook for 1-2 minutes, stirring to coat the meat in the sauce. Remove the steak bites to a shallow plate and set aside.

5. In the same skillet, add butter, lemon juice, red pepper flakes, beef broth, and remaining marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.

6. Add the spiralized zucchini noodles and toss for two to three minutes to cook it up. Stir in the fresh parsley and thyme, then allow the cooking juices to reduce for one minute if the zucchini noodles render too much water. Push the zucchini noodles on the side, add the steak bites back to the pan and reheat for another minute. Serve immediately your garlic butter steak bites and zucchini noodles.

Notes: You can also use tenderloin, rib eye, flank or strip steak if you like. Zucchini Noodles tends to render a lot of water when cooking, so you can sprinkle with salt after spiralizing and allow to sit for a couple of minutes to take off excess water. Rinse well to get rid of salt and drain thoroughly in a colander before cooking. Instead of broth, you can enrich the dish with dry white wine. Source: EatWell101



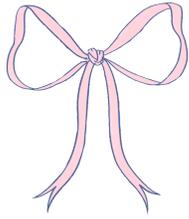
## shopping list

- 1 pack spiraled zucchini noodles
- 1 1/4 lb sirloin steak
- Olive oil
- Butter
- Minced garlic
- Beef or vegetable broth
- Minced parsley
- Fresh Thyme
- Red Chili Pepper Flakes
- Lemon or lemon juice
- Low sodium soy sauce
- Hot Sauce / Sriracha
- Ground black pepper

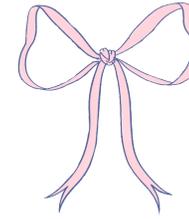


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Week 3



# Meal Plan Dinner Recipes



## Slow Cooker Chicken Tortilla Soup

- 6 6-inch corn tortillas cut ¼-inch strips
- 1 Tablespoon olive oil
- 1 onion chopped
- 3 cloves garlic large, minced
- 1 jalapeño diced and seeded
- 2 teaspoons ground cumin
- 2 teaspoon chili powder
- 14 oz crushed tomatoes
- 1 can rotel
- 4 cups chicken broth
- 14.5 oz black beans
- 1 cup frozen corn
- 2 chicken breasts
- 1/4 cup cilantro

## Soup Instructions

Cook onion, garlic and jalapeño in olive oil. Add to the bottom of a slow cooker. Add remaining ingredients (except tortillas and oil) to the slow cooker and cook on high for 4 hours. Shred chicken and add back to the pot. Serve with tortilla strips.

## Crispy Tortillas

Heat oil over medium-high heat a small pan. Add tortilla strips in small batches and fry until crisp. Drain on paper towels and salt.



## shopping list

- Corn tortillas
- Onion
- Minced garlic
- 1 Jalapeño
- Ground cumin
- Chili powder
- 14 oz can crushed tomatoes
- 1 can Rotel
- Chicken broth
- 14 oz can black beans
- Frozen corn
- 2 chicken breasts
- Cilantro
- Olive oil

## shopping list Week 3 - Other

- |               |                 |
|---------------|-----------------|
| Cashew butter | Veggie chips    |
| Banana        | Romaine         |
| Eggs          | Spinach         |
| Bacon         | Lemon or juice  |
| Hashbrowns    | Apples          |
| Mixed nuts    | Berries         |
| Yogurt        | Cool Whip       |
| Deli turkey   | Dove chocolates |
| Deli cheese   |                 |
| Carrots       |                 |
| Hummus        |                 |
| Guac          |                 |



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# Meal Plan

Week 4

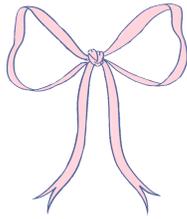
	S	M	T	W	T	F	S
Breakfast	Apple Pie Smoothie Bowl	Scrambled Egg, Bacon	Açaí Bowl	Over Easy Egg, Hash Browns	Cashew Butter Smoothie	Açaí Bowl	Fried Eggs, Bacon
Snack	Rx Bar	Granola or Apple	Mixed Nuts	Rx Bar	Granola or Apple	Mixed Nuts	Rx Bar
Lunch	To-Go Salad	Chicken Salad Cups	Chicken Salad Cups	To-Go Salad	Chicken Salad Cups	Leftovers or Fast	To-Go Salad
Snack	Triscuits & Cheese	Veggie Chips or Sticks	Triscuits & Hummus	Veggie Chips or Sticks	Triscuits & Cheese	Veggie Chips or Sticks	Triscuits & Cheese
Dinner	Healthy Take-Out	Egg Roll in a Bowl	Leftovers or Fast	Healthy Take-Out	Chicken & Wild Rice Soup	CHEAT - DATE NIGHT	CHEAT - PIZZA NIGHT
Dessert	Dessert is optional. If you have a sweet craving after dinner, here are some options: Berries & Frozen Cool Whip // 1-2 Dove Chocolates // Strawberry yogurt						

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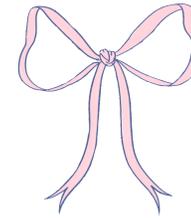


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Week 4



# Meal Plan Dinner Recipes



## Egg Roll in a Bowl

- 1 lb (16 ounces) ground pork or beef
- 1 teaspoon minced garlic
- 14 ounces shredded cabbage or coleslaw mix
- 1/4 cup low-sodium soy sauce (or liquid aminos)
- 1 teaspoon ground ginger
- 2 teaspoons sriracha
- 1 whole egg
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions

Source: The Girl Who Ate Everything Blog

In a large skillet, brown the pork or beef until no longer pink. Drain the meat if it's really wet. Add the garlic and sauté for 30 seconds. Add the cabbage/coleslaw, soy sauce, ginger, and sauté until desired tenderness. You can add a little water if you need more liquid to sauté the coleslaw down. Make a well in the center of the skillet and add the egg. Scramble until done over low heat. Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and sriracha if desired.

## Slow Cooker Chicken & Wild Rice Soup

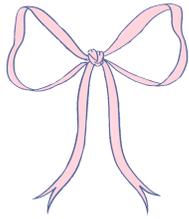
- 1.5 lbs any chicken pieces
- 1 large onion finely chopped
- 2 large garlic cloves minced
- 2 large carrots coarsely chopped
- 3 large celery stalks diced
- 2 large potatoes diced
- 1/2 cup dried mushrooms or 2 cups fresh brown mushrooms sliced
- 1 1/2 cups wild rice
- 9 cups water or chicken broth\*\*
- 1/2 tsp thyme dried
- 1 tbsp prepared mustard
- 2 tsp garlic powder
- 2 tsp salt Ground black pepper to taste
- 2 cups whole milk\*\*\*Small bunch parsley finely chopped
- Avocado oil for stovetop only

Source: ifoodreal.com  
Visit her website for the Instant Pot version of this recipe!

Slow Cooker: In a large slow cooker, add chicken, onion, garlic, carrots, celery, potatoes, mushrooms, wild rice, water, thyme, salt, and pepper; cover and cook on Low for 8-10 hours or on High for 5-6 hours. Remove chicken onto plate and shred with 2 forks. To slow cooker, add milk, mustard and garlic powder; using an immersion blender give a few pulses until soup is desired thickness (don't forget to stir and feel free to adjust thickness with extra water and spices). Add shredded chicken, parsley, stir and serve hot.



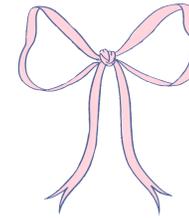
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# Meal Plan

## Week 4

### Shopping List



1 lb ground pork or beef  
 1.5 lb chicken for soup  
 1 lb chicken for chicken salad  
 Eggs  
 Onion  
 Minced garlic\*  
 14 oz shredded cabbage  
 Green onions  
 Low sodium soy sauce\*  
 Ground ginger  
 Siracha\*  
 Sesame oil\*  
 2 large carrots  
 3 large celery stalks  
 2 large potatoes  
 1/2 cup dried mushrooms or 2 cups fresh  
 Wild rice  
 Chicken broth\*  
 Dried thyme  
 Prepared mustard  
 Garlic powder\*  
 Whole milk  
 Avocado oil\*  
 Pepper\*

Apples  
 Bananas  
 Bacon  
 Açai packets\*  
 Granola  
 Honey\*  
 Cinnamon\*  
 Rx bars  
 Mixed nuts  
 Hash browns\*  
 Grapes  
 Pecans\*  
 Veggie chips  
 Triscuits\*  
 Cheese Slices\*  
 Cashew butter\*  
 Peanut butter\*  
 Romaine  
 Coconut flakes\*  
 Yogurt\*  
 Cool Whip\*  
 Berries  
 Dove chocolates\*

Notes



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\*May already have in pantry or freezer

