

7-DAY MEAL PLAN

STANDARD



TEAM ELITE 21 DAY CHALLENGE

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DAY 1

1267 Calories • 107g Carbs (26g Fiber) • 55g Fat • 97g Protein

BREAKFAST	LUNCH	SNACK	DINNER
313 Cal	306 Cal	328 Cal	320 Cal
Chocolate Shake and Greens with Peanut Butter 1 serving • 313 Cal	Stir Fried Mixed Veggies in Soy Sauce 1 serving • 166 Cal	Almonds 2 ounce • 328 Cal	Easy Grilled Chicken 1 serving • 208 Cal (Make 3 serving , eat 1 serving now, save 2 serving for leftovers)
	Asian Style Chicken and Broccoli 1 serving • 140 Cal		Buttered Soy Sauce Rice 1/2 serving • 112 Cal (Make 1 1/2 serving , eat 1/2 serving now, save 1 serving for leftovers)

DAY 2

1261 Calories • 141g Carbs (28g Fiber) • 36g Fat • 100g Protein

BREAKFAST	LUNCH	SNACK	DINNER
318 Cal	320 Cal	241 Cal	383 Cal
Vanilla Shake and Greens with Strawberries 1 serving • 318 Cal	Easy Grilled Chicken 1 serving • 208 Cal (Leftovers, eat 1 serving)	Peanut Butter & Carrots 1 serving • 241 Cal	Balsamic Chicken with Baby Spinach and Barley 1 serving • 383 Cal
	Buttered Soy Sauce Rice 1/2 serving • 112 Cal (Leftovers, eat 1/2 serving)		

DAY 3

1245 Calories • 114g Carbs (21g Fiber) • 46g Fat • 103g Protein

BREAKFAST	LUNCH	SNACK	DINNER
313 Cal	320 Cal	328 Cal	285 Cal
Chocolate Shake and Greens with Peanut Butter 1 serving • 313 Cal	Easy Grilled Chicken 1 serving • 208 Cal (Leftovers, eat 1 serving)	Almonds 2 ounce • 328 Cal	Chicken Kabobs 1 serving • 285 Cal (Make 3 serving , eat 1 serving now, save 2 serving for leftovers)
	Buttered Soy Sauce Rice 1/2 serving • 112 Cal (Leftovers, eat 1/2 serving)		

DAY 4

1381 Calories • 133g Carbs (19g Fiber) • 47g Fat • 112g Protein

BREAKFAST	LUNCH	SNACK	DINNER
318 Cal	285 Cal	241 Cal	537 Cal
Vanilla Shake and Greens with Strawberries 1 serving • 318 Cal	Chicken Kabobs 1 serving • 285 Cal (Leftovers, eat 1 serving)	Peanut Butter & Carrots 1 serving • 241 Cal	Citrus Broiled Alaska Salmon 1 serving • 368 Cal Garlic Rice 1/2 serving • 169 Cal

DAY 5

1309 Calories • 128g Carbs (28g Fiber) • 46g Fat • 106g Protein

BREAKFAST	LUNCH	SNACK	DINNER
313 Cal	285 Cal	328 Cal	383 Cal
Chocolate Shake and Greens with Peanut Butter 1 serving • 313 Cal	Chicken Kabobs 1 serving • 285 Cal (Leftovers, eat 1 serving)	Almonds 2 ounce • 328 Cal	Balsamic Chicken with Baby Spinach and Barley 1 serving • 383 Cal (Make 3 serving, eat 1 serving now, save 2 serving for leftovers)

Day 6

1316 Calories • 139g Carbs (31g Fiber) • 43g Fat • 102g Protein

BREAKFAST	LUNCH	SNACK	DINNER
318 Cal	383 Cal	241 Cal	375 Cal
Vanilla Shake and Greens with Strawberries 1 serving • 318 Cal	Balsamic Chicken with Baby Spinach and Barley 1 serving • 383 Cal (Leftovers, eat 1 serving)	Peanut Butter & Carrots 1 serving • 241 Cal	Peachy Keen Chicken 1 serving • 209 Cal Stir Fried Mixed Veggies in Soy Sauce 1 serving • 166 Cal

Day 7

1276 Calories • 116g Carbs (23g Fiber) • 44g Fat • 109g Protein

BREAKFAST	LUNCH	SNACK	DINNER
313 Cal	383 Cal	277 Cal	303 Cal
Chocolate Shake and Greens with Peanut Butter 1 serving • 313 Cal	Balsamic Chicken with Baby Spinach and Barley 1 serving • 383 Cal (Leftovers, eat 1 serving)	Granola 2 ounce • 277 Cal	Cheesy Microwave Chicken, Broccoli, and Cauliflower 1 serving • 303 Cal

RECIPES

Chocolate Shake and Greens with Peanut Butter



Ingredients

Scaled to 1 serving

- 1 serving Life by Seacret Greens (10 g)
- 1 serving Powdered Peanut Butter (12 g)
- 1/2 medium (7" to 7-7/8" long) Banana (59 g)
- 1 serving Life by Seacret Shake - Chocolate (32 g)
- 1 cup Almond milk (240 g)

Directions

1. Place almond milk, Shake, Greens, PB2, banana in blender; cover. Blend until smooth.
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Stir Fried Mixed Veggies in Soy Sauce



Ingredients

Scaled to 1 serving

- 1/2 tbsp Coconut oil (6.8 g)
- 1/2 package (10 oz) Mixed vegetables (142 g)
- 1/2 tbsp Soy sauce (9 g)

Directions

Directions are for original recipe of 2 servings

1. Melt coconut oil in a pan over medium-high heat.
 2. Add vegetables and stir, coating in the oil. Add soy sauce and cook until vegetables are tender. Serve hot and enjoy!
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Asian Style Chicken and Broccoli



Ingredients

Scaled to 1 serving

- 3/4 cup chopped Broccoli (68 g)
- 1/8 cup, chopped Onions (20 g)
- 1/4 tbsp Olive oil (3.4 g)
- 1/4 breast, bone and skin removed Chicken breast (59 g)
- 1/8 cup Chicken broth (30 g)
- 3/4 tbsp Soy sauce (12 g)

Directions

Directions are for original recipe of 4 servings

1. Chop broccoli. Bring water to boil in a pan with a steam tray. Place broccoli in steam tray, cover, and steam for 4-6 minutes until broccoli has reached desired tenderness. Rinse under cold water and set aside.
 2. In a 10" skillet or wok heat the oil. Add the onion and cook until translucent. Add the broccoli and cook, stirring frequently, until onions begin to caramelize. Remove from pan and return the pan to the heat.
 3. Chop chicken. Add to pan and cook until no longer pink. Return vegetables to pan and mix
 4. Add in the chicken broth and soy sauce.
 5. Eat hot and enjoy!
 6. Note: For a thicker sauce mix 1-2 tbsp of cornstarch into the broth.
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Almonds

Ingredients

2 oz (23 whole kernels) Almonds (57 g)



Easy Grilled Chicken

Ingredients

Scaled to 3 servings

1 1/2 breast, bone and skin removed Chicken breast (354 g)
3/4 cup Italian dressing (173 g)
1 1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (246 g)
3/4 large Zucchini (242 g)

Directions

Directions are for original recipe of 4 servings

1. Place washed chicken breasts in large sealable bag. Add fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.
 2. Cut up peppers into big chunks, and zucchini into big slices.
 3. Grill chicken and veggies over medium heat.
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Buttered Soy Sauce Rice

Ingredients

Scaled to 1 1/2 serving

1 1/2 cup White rice (261 g)
3/4 tbsp Butter (11 g)
1 1/2 tsp Soy sauce (9 g)

Directions

Directions are for original recipe of 1 serving

1. Prepare rice as per package directions. Once done add in butter and soy sauce. Mix together until butter has melted.
 2. Serve and enjoy!
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Vanilla Shake and Greens with Strawberries

Ingredients

Scaled to 1 serving

1 cup Strawberries (140 g)
1 serving Life by Seacret Greens (10 g)
1 serving Life by Seacret Shake - Vanilla (31 g)
1/2 medium (7" to 7-7/8" long) Banana (59 g)
1 cup Almond milk (240 g)

Directions

1. Place almond milk, Shake, Greens, 1/2 banana and strawberries in blender; cover. Blend until smooth.
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Peanut Butter & Carrots



Ingredients

Scaled to 1 serving

2 tbsp Peanut butter (32 g)
1 cup chopped Carrots (128 g)

Directions

1. Spread peanut butter on carrots and enjoy!
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Balsamic Chicken with Baby Spinach and Barley



Ingredients

Scaled to 4 servings

1 cup Barley (50 g)
1 tbsp Olive oil (3.4 g)
4 cloves, minced Garlic (3 g)
2 breast, bone and skin removed Chicken breast (118 g) 1
7 1/2 cup Spinach (56 g)
2 tbsp Balsamic vinegar (8 g)
1/3 cup Chicken broth (20 g)
1 cup Tomatoes (60 g)

Directions

1. Prepare barley as per package directions; set aside.
 2. Heat a large sauté pan over medium-high heat. Add the olive oil and heat. Add the garlic and cook for 1 minute. Add the chicken and cook about 4 minutes per side, or until cooked through and juices run clear. Remove the chicken and set aside. To the same pan, add the spinach and cook just until wilted, about 1 to 2 minutes. Remove from the pan and set aside. Lower the heat to medium and add the balsamic vinegar and chicken broth to the pan and stir, scraping the bottom of the pan to remove any browned bits. Add the tomatoes, bring to a simmer and cook 3 to 5 minutes.
 3. Place the barley in a serving bowl. Top with the spinach, chicken, and balsamic-tomato sauce.
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Chicken Kabobs



Ingredients

Scaled to 3 serving

1 1/2 breast, bone and skin removed Chicken breast (354 g)
3/4 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (123 g)
3/4 large Onions (113 g)
3/4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (123 g)
3/4 cup (8 fl oz) Barbecue sauce (188 g)

Directions

Directions are for original recipe of 4 serving

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
 2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
 3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.
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Citrus Broiled Alaska Salmon



Ingredients

Scaled to 1 serving

- 1/2 large (3-1/16" dia) Oranges (92 g)
- 8 oz Atlantic salmon (227 g)
- 1/4 tsp Red wine vinegar (1.3 g)
- 4.5g chopped Onions (4.5 g)
- 1/4 tsp Pepper (0.5 g)

Directions

Directions are for original recipe of 8 servings

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with vinegar. Arrange orange rounds on top. Sprinkle with green onions and cracked black pepper. Broil 1 minute longer.

Garlic Rice



Ingredients

Scaled to 1/2 serving

- 1/2 tbsp Olive oil (6.8 g)
- 1 1/2 cloves, minced Garlic (4.5 g)
- 1/2 cup White rice (79 g)
- 7/8 cup Water (207 g)
- 1/2 dash Salt (0.2 g)

Directions

Directions are for original recipe of 1 serving

1. Heat the oil in a medium size saucepan over a medium-high heat. Drop in the garlic, and cook until it becomes fragrant, about 30 seconds. Do not allow the garlic to burn or become really dark brown in color. Add the rice and fry it in the oil for about 1 minute.
2. Add the water and salt and bring to a boil. Once the water is boiling, reduce the heat to low and cover the saucepan. Cook the rice for approximately 15 minutes. If you feel the rice is getting burnt near the base of the pan as it cooks, one trick is to place the saucepan on another flat pan or griddle which is directly on the flame. Toss with a fork. Enjoy!

Granola



Ingredients

Scaled to 2 ounce

- 2 oz Granola (57 g)
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Peachy Keen Chicken



Ingredients

Scaled to 1 serving

- 1/2 cup, halves or slices Peaches (122 g)
- 1/8 tbsp Honey (2.6 g)
- 1 half breast (fillet) Chicken breast (118 g)
- 1/4 tbsp Olive oil (3.4 g)
- 1/4 dash Pepper (0 g)
- 1/4 dash Salt (0.1 g)

Directions

Directions are for original recipe of 4 servings

1. Drain the peaches of syrup (1 can per 4 servings). Place the peaches in a food processor and process to a smooth puree. Add the oil and honey and process briefly to blend; transfer to a large resealable plastic bag.
2. Add the chicken pieces and close, squeezing out the air. Chill for 15 minutes (or you can do it the day before).
3. Prepare the grill (gas grill at medium; charcoal grill arranged for indirect heat), heat a grill pan over medium heat, or preheat the broiler.
4. Remove the chicken pieces from the bag and place on a plate. Season lightly with salt and pepper and transfer to the grill.
5. Cover and cook until charred underneath, 4 to 5 minutes. Turn and cook until charred and firm when poked with a finger, 4 to 5 minutes more.

Cheesy Microwave Chicken, Broccoli, and Cauliflower



Ingredients

Scaled to 1 serving

- 1/2 breast, bone removed Chicken breast (145 g)
- 1/4 cup chopped, (1/2" pieces) Cauliflower (27 g)
- 1/4 cup flowerets Broccoli (18 g)
- 1/8 cup, shredded Mozzarella cheese (14 g)
- 1 dash Salt (0.4 g)
- 1 dash Pepper (0.1 g)

Directions

1. Dice chicken breast. Place cauliflower, broccoli, and chicken in a microwave safe container. Microwave for 4-5 minutes or until chicken is fully cooked and the vegetables are tender.
 2. Sprinkle cheese on top. Microwave for an additional 1-2 minutes or until cheese is melted.
 3. Season with salt and pepper and serve. Enjoy!
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GROCERY LIST

VEGETABLES

Zucchini - 1 1/4 medium (245 g)
Summer squash, includes skin, raw

Red bell pepper - 3 1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (387 g)
Sweet, raw

Carrots - 5 1/3 large (7-1/4" to 8-1/2" long) (384 g)
Raw

Spinach - 7 1/2 cup (225 g)
Raw

Onions - 1/2 stalk (6 g)
Young green, tops only

Green bell pepper - 1 1/4 medium (approx 2-3/4" long, 2-1/2" dia) (149 g)
Sweet, green, raw

Garlic - 5 1/2 clove (17 g)
Raw

Mixed vegetables - 1 1/3 cup (300 g)
Frozen, unprepared

Broccoli - 3/4 cup chopped (68 g)
Raw

Broccoli - 1/4 cup flowerets (18 g)
Flower clusters, raw

Cauliflower - 1/4 cup chopped, (1/2" pieces) (27 g)
Raw

Tomatoes - 1 cup (240 g)
Red, ripe, canned, packed in tomato juice

Onions - 1 1/4 medium (2-1/2" dia) (138 g)
Raw

FRUITS AND FRUIT JUICES

Oranges - 3/4 fruit (2-5/8" dia) (98 g)
Raw, all commercial varieties

Strawberries - 3 cup (420 g)
Frozen - Kirkland Signature

Banana - 3 1/2 medium (7" to 7-7/8" long) (413 g)
Raw

Peaches - 1/2 cup, halves or slices (122 g)
Canned, water pack, solids and liquids

SEAFOOD

Atlantic salmon - 8 oz (227 g)
Fish, wild, raw

SPICES AND HERBS

Balsamic vinegar - 1/4 cup (64 g)

Salt - 1/4 tbsp (4.5 g)
Table

Pepper - 1/4 tbsp (1.6 g)
Spices, black

Red wine vinegar - 1/4 cup (60 g)

SOUPS AND SAUCES

Barbecue sauce - 10 3/4 tbsp (188 g)

Chicken broth - 1/2 cup (120 g)
Soup, canned, less/reduced sodium

LEGUMES

Peanut butter - 6 tbsp (96 g)
Chunk style, without salt

Soy sauce - 2 1/4 tbsp (36 g)
Made from soy and wheat (shoyu)

NUT AND SEED PRODUCTS

Almond milk - 7 cup (1.68 kg)
Plain

Almonds - 1 1/4 cup, whole (179 g)
Nuts, raw

BREAKFAST CEREALS

Granola - 1/2 cup (61 g)
Cereals ready-to-eat, homemade

GRAINS AND PASTA

Barley - 1 cup (200 g)
Pearled, raw

White rice - 2 cup (370 g)
Long-grain, regular, raw, enriched

FATS AND OILS

Coconut oil - 1 tbsp (14 g)

Olive oil - 2 tbsp (27 g)
Salad or cooking

Italian dressing - 3/4 cup (173 g)
Salad dressing, fat-free

DAIRY PRODUCTS

Mozzarella cheese - 1/2 oz (14 g)

Whole milk

Butter - 3/4 tbsp (11 g)

Unsalted

BEVERAGES

Water - 1 cup (237 g)

Plain, clean water

POULTRY PRODUCTS

Chicken breast - 6 3/8 breast, bone and skin removed (1.5 kg)

Broilers or fryers, meat only, raw

SWEETS

Honey - 1/4 tbsp (5.3 g)

LIFE BY SEACRET

Life by Seacret Shake - Vanilla - 3 serving (93 g)

Plant based protein shake

Life by Seacret Greens - 7 serving (70 g)

Greens Shake

Life by Seacret Shake - Chocolate - 4 serving (128 g)

Chocolate flavored plant based protein

UNCATEGORIZED

Powdered Peanut Butter - 4 serving (48 g)

Pb2
