Simple Food Diet: Meal Plan, Week 1

humanOS.me :: Ideal Weight Program

On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare al your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 2
- ☐ Ground turkey: ~1.5lb
- ☐ Beef roast meat: ~1.5lb
- ☐ Fish fillet, mussels, scallops: 3 servings
- ☐ Low-fat Greek yogurt
- ☐ Low-fat cottage cheese
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 3 servings
- ☐ Celery: 1 bunch
- ☐ Fennel: 1 bulb
- ☐ Carrots: 10
- ☐ Cabbage: 1 head
- ☐ Tomatoes: 4
- ☐ Jalapenos: 2
- ☐ Green onions: 1 bunch
- ☐ Parsley: 1 bunch
- ☐ Cilantro: 1 bunch
- ☐ Lemon: 1
- ☐ Potatoes: (russet, blue, yellow, white, red, sweet or yam) 3
- ☐ Avocados: 2
- ☐ Fruit: 2 varieties, 12 servings
- ☐ **Restock Pantry Essentials**!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Turkey-stuffed cabbage
- ☐ Fish stew
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Salsa
- ☐ Vinaigrette
- ☐ Marinara
- ☐ Steam potatoes
- ☐ Steam beans or lentils

MONDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Turkey-stuffed cabbage ⊕ Marinara ⊕ Roasted vegetable
Dinner: Fish stew ⊕ Steamed potato ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette ⊕ Fruit

TUESDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Steamed beans or lentils ⊕ Steamed leafy greens ⊕ Avocado
Dinner: Turkey-stuffed cabbage ⊕ Marinara ⊕ Steamed potato ⊕ Steamed vegetable ⊕ Fruit

WEDNESDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Fish stew ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Chicken breast ⊕ Steamed vegetable ⊕ Steamed beans or lentils ⊕ Salsa ⊕ Avocado ⊕ Fruit

THURSDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Turkey-stuffed cabbage ⊕ Marinara ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Fish stew ⊕ Roasted vegetable ⊕ Steamed potato ⊕ Fruit

FRIDAY (Prepare Beef Roast in AM!)

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Cottage cheese ⊕ Steamed vegetable ⊕ Avocado
Dinner: Beef roast ⊕ Steamed leafy greens ⊕ Steamed beans or lentils ⊕ Fruit

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Beef roast ⊕ Steamed leafy greens
Dinner: Chicken breast ⊕ Roasted vegetable ⊕ Steamed beans or lentils ⊕ Salsa ⊕ Avocado ⊕ Fruit

© humanOS.me

For more meal ideas see our Recipe Libraries on humanOS.me

Simple Food Diet: Meal Plan, Week 2

humanOS.me :: Ideal Weight Program

On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 2
- ☐ Ground beef: ~1.5lb
- ☐ Beef stew meat: ~1.5lb
- ☐ Fish fillets: 3
- ☐ Low-fat Greek yogurt
- ☐ Low-fat cottage cheese
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 3 servings
- ☐ Celery: 1 bunch
- ☐ Eggplant: 1
- ☐ Squash, zucchini: 2 of each
- ☐ Carrots: 4
- ☐ Cabbage: 1 head
- ☐ Parsley: 1 bunch
- ☐ Potatoes: (russet, blue, yellow, white, red, sweet or yam) 3
- ☐ Avocados: 2
- ☐ Fruit: 2 varieties, 12 servings
- ☐ **Restock Pantry Essentials**!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Beef meatloaf
- ☐ Poached fish
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Chunky vegetable soup
- ☐ Steam potatoes
- ☐ Steam beans or lentils

MONDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Cottage cheese ⊕ Chunky vegetable soup
Dinner: Poached fish ⊕ Roasted vegetable ⊕ Steamed potato ⊕ Fruit

TUESDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Steamed vegetable ⊕ Avocado
Dinner: Beef meatloaf ⊕ Roasted vegetable ⊕ Steamed beans or lentils ⊕ Fruit

WEDNESDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Beef meatloaf ⊕ Chunky vegetable soup
Dinner: Poached fish ⊕ Steamed leafy greens ⊕ Steamed potato ⊕ Fruit

THURSDAY (Prepare Beef Stew in AM!)

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Steamed beans or lentils ⊕ Steamed vegetable ⊕ Avocado
Dinner: Beef stew ⊕ Roasted vegetable ⊕ Steamed potato ⊕ Fruit

FRIDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Beef stew ⊕ Chunky vegetable soup
Dinner: Poached fish ⊕ Steamed leafy greens ⊕ Steamed potato ⊕ Fruit

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Beef stew ⊕ Steamed vegetable
Dinner: Chicken breast ⊕ Steamed leafy greens ⊕ Steamed beans or lentils ⊕ Avocado ⊕ Fruit

© humanOS.me

For more meal ideas see our Recipe Libraries on humanOS.me

Simple Food Diet: Meal Plan, Week 3

humanOS.me :: Ideal Weight Program

On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 2
- ☐ Ground beef: ~1.5lb
- ☐ Beef roast meat: ~1.5lb
- ☐ Fish fillet, mussels, scallops: 3 servings
- ☐ Low-fat Greek yogurt
- ☐ Low-fat cottage cheese
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 3 servings
- ☐ Celery: 1 bunch
- ☐ Fennel: 1 head
- ☐ Carrots: 10
- ☐ Cabbage: 1 head
- ☐ Tomatoes: 4
- ☐ Jalapenos: 2
- ☐ Green onions: 1 bunch
- ☐ Parsley: 1 bunch
- ☐ Cilantro: 1 bunch
- ☐ Lemon: 1
- ☐ Potatoes: (russet, blue, yellow, white, red, sweet or yam) 3
- ☐ Avocados: 2
- ☐ Fruit: 2 varieties, 12 servings
- ☐ **Restock Pantry Essentials**!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Beef meatballs
- ☐ Fish stew
- ☐ Steamed leafy greens: 3servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Salsa
- ☐ Vinaigrette
- ☐ Marinara
- ☐ Steam potatoes
- ☐ Steam beans or lentils

MONDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Beef meatballs ⊕ Marinara ⊕ Roasted vegetable
Dinner: Fish stew ⊕ Steamed Potato ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette ⊕ Fruit

TUESDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Steamed leafy greens ⊕ Salsa ⊕ Avocado
Dinner: Beef meatballs ⊕ Marinara ⊕ Steamed vegetable ⊕ Steamed beans or lentils ⊕ Fruit

WEDNESDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Cottage cheese ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Fish stew ⊕ Roasted vegetable ⊕ Steamed potato ⊕ Fruit

THURSDAY (Prepare Beef Roast in AM!)

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Steamed vegetable ⊕ Avocado
Dinner: Beef roast ⊕ Steamed leafy greens ⊕ Steamed Potato ⊕ Fruit

FRIDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Steamed beans or lentils ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Beef meatballs ⊕ Marinara ⊕ Steamed potato ⊕ Roasted vegetable ⊕ Fruit

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Cottage cheese ⊕ Steamed vegetable
Dinner: Beef roast ⊕ Steamed leafy greens ⊕ Steamed beans or lentils ⊕ Salsa ⊕ Avocado ⊕ Fruit

© humanOS.me

For more meal ideas see our Recipe Libraries on humanOS.me

Simple Food Diet: Meal Plan, Week 4

humanOS.me :: Ideal Weight Program

On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 2
- ☐ Ground turkey: ~1.5lb
- ☐ Beef stew meat: ~1.5lb
- ☐ Fish fillets: 3
- ☐ Low-fat Greek yogurt
- ☐ Low-fat cottage cheese
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 3 servings
- ☐ Celery: 1 bunch
- ☐ Carrots: 10
- ☐ Cabbage: 1 head
- ☐ Parsley: 1 bunch
- ☐ Potatoes: (russet, blue, yellow, white, red, sweet or yam) 3
- ☐ Avocados: 2
- ☐ Fruit: 2 varieties, 12 servings
- ☐ **Restock Pantry Essentials**!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Turkey meatloaf
- ☐ Poached fish
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Pureed vegetable soup
- ☐ Steam potatoes
- ☐ Steam beans or lentils

MONDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Turkey meatloaf ⊕ Roasted vegetable
Dinner: Poached fish ⊕ Pureed vegetable soup ⊕ Steamed potato ⊕ Fruit

TUESDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Steamed beans or lentils ⊕ Steamed vegetable ⊕ Avocado
Dinner: Turkey meatloaf ⊕ Steamed leafy greens ⊕ Steamed potato ⊕ Fruit

WEDNESDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Turkey meatloaf ⊕ Pureed vegetable soup
Dinner: Poached fish ⊕ Roasted vegetables ⊕ Steamed beans or lentils ⊕ Fruit

THURSDAY (Prepare Beef Stew in AM!)

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Pureed vegetable soup
Dinner: Beef stew ⊕ Steamed leafy greens ⊕ Steamed beans or lentils ⊕ Fruit

FRIDAY

Breakfast: Whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Cottage cheese ⊕ Steamed vegetable ⊕ Avocado
Dinner: Poached fish ⊕ Roasted vegetable ⊕ Steamed potato ⊕ Fruit

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Greek yogurt ⊕ Fruit
Lunch: Beef stew ⊕ Steamed leafy greens
Dinner: Chicken breast ⊕ Steamed vegetable ⊕ Steamed beans or lentils ⊕ Avocado ⊕ Fruit

© humanOS.me