

FASTER WAY

MEMBERSHIP

MEAL PLAN AND RECIPES



WEEK TWO
JULY 29 - AUGUST 4

AMANDA TRESS

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All recipes in this plan were created to support clients on the FASTER Way to Fat Loss and is provided for informational purposes only. We have tested these recipes for accuracy, but your results may vary. Results may vary and adherence to the suggestions made herein do not guarantee results.

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WELCOME TO THE FASTER WAY TO FAT LOSS!

Welcome to the FASTER Way to Fat Loss! There's nothing we love more than empowering our clients to transform their lives through the FASTER Way. As you've learned by now, nutrition is the foundation for the FASTER Way lifestyle. However, we know that transitioning from processed foods to whole-food nutrition can be difficult to navigate.

That's why we created the FASTER Way to Fat Loss meal plan. Our delicious meals will satisfy even the most refined palates, yet are simple enough to make meal planning a breeze. These meal ideas will provide the flexibility you need to seamlessly implement whole-food nutrition into your life using ingredients you already have.

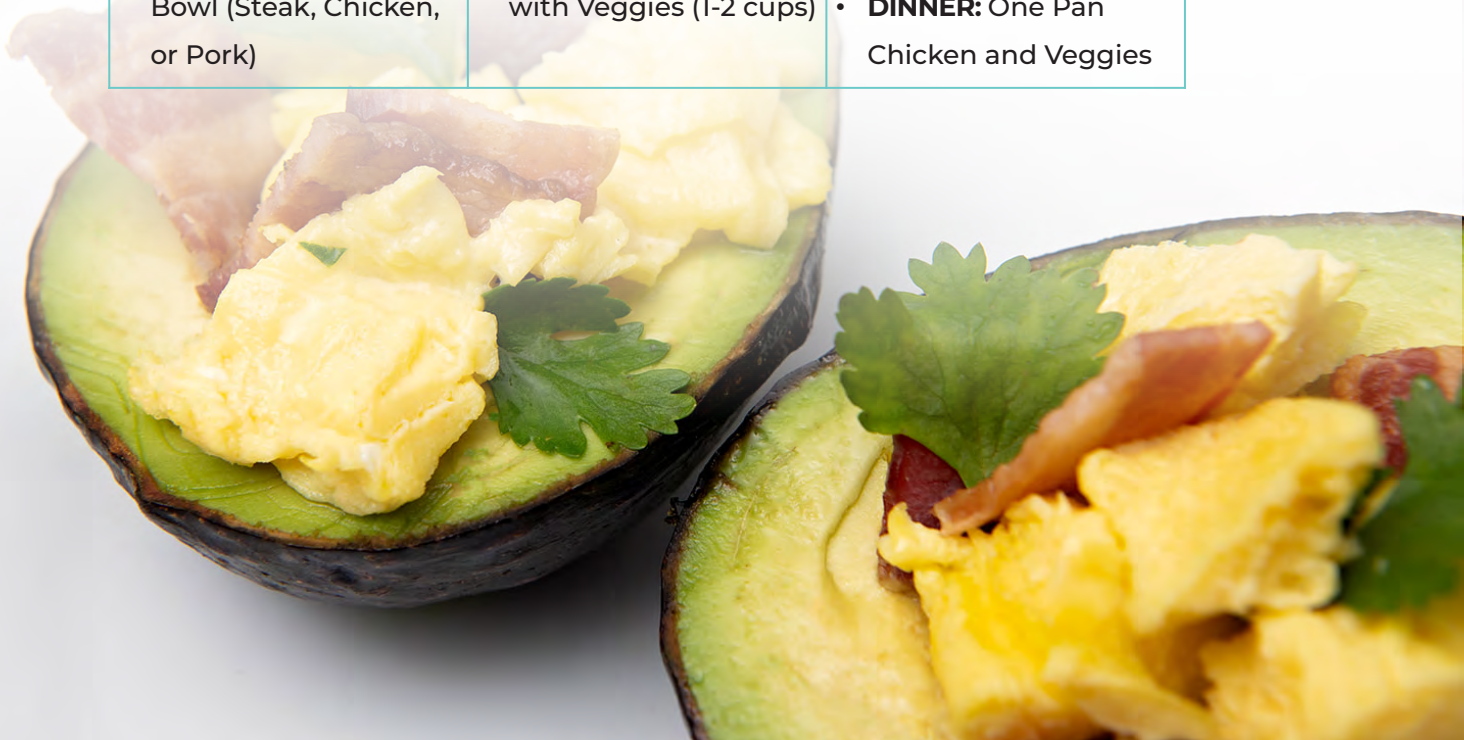
It's always a good idea to pre-plan your macros in MyFitnessPal to determine how to meet your daily goals. Since each of us has unique macro needs on any given day, we've provided suggested portion sizes—but you can adapt the recipes or portions to fit your daily macro needs.

For instance, if you're making the cobb salad on a regular macro day, you can choose to increase the amount of grilled chicken to hit your protein goals and decrease the amount of dressing or hard boiled eggs to avoid exceeding your fat goals. Throughout the program, you'll focus on hitting your macro goals or eating until you're 80% full.

We know this meal plan will make the FASTER Way lifestyle easier than ever. Enjoy!

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> • BREAK FAST: Avocado Egg Boat • MEAL 1: Chicken (6 oz) and Veggies (1-2 cups) • DINNER: Cobb Salad 	<ul style="list-style-type: none"> • BREAK FAST: Hard Boiled Eggs with Arugula and Sausage • MEAL 1: Smoked Salmon (6 oz) with Diced Avocado and Cherry Tomatoes • DINNER: Taco Salad - Ground Meat (1 cup) with Lettuce, Salsa, Avocado, and Black Beans (optional: Taco Seasoning) 	<ul style="list-style-type: none"> • BREAK FAST: Scrambled Egg White Omelet with Spinach, Chicken Sausage, and Roasted Sweet Potatoes • MEAL 1: Chicken Stir Fry • DINNER: Shrimp Tacos 	<ul style="list-style-type: none"> • BREAK FAST: Oatmeal (Gluten-Free) with Berries and Honey • MEAL 1: Tuna or Chicken Salad with Veggies (1 cup) and Fruit (1 cup) • DINNER: Chicken (6 oz), Baked Sweet Potato, and Green Beans (1 cup)
FRIDAY	SATURDAY	SUNDAY	
<ul style="list-style-type: none"> • BREAK FAST: Scrambled Eggs (3) and Fruit (1 cup) • MEAL 1: Rotisserie Chicken (6 oz) with Veggies (1-2 cups) • DINNER: Mexican Rice Bowl (Steak, Chicken, or Pork) 	<ul style="list-style-type: none"> • BREAK FAST: Favorite Leg Day Treat • MEAL 1: Grilled Steak Salad (4 oz steak) with Oil and Vinegar • DINNER: Bourbon Chicken over Rice with Veggies (1-2 cups) 	<ul style="list-style-type: none"> • BREAK FAST: Dairy-Free Yogurt and Banana with Almond or Peanut Butter • MEAL 1: Shrimp (6 oz), Rice or Quinoa (1 cup), and Broccoli (1-2 cups) • DINNER: One Pan Chicken and Veggies 	



GROCERY LIST FOR WEEK 2

FRUIT		
<input type="checkbox"/> Avocados	<input type="checkbox"/> Bananas	<input type="checkbox"/> Lemons
<input type="checkbox"/> Apples	<input type="checkbox"/> Berries	<input type="checkbox"/> Limes

MEAT/PROTEIN		
<input type="checkbox"/> Bacon	<input type="checkbox"/> Chicken Thighs	<input type="checkbox"/> Rotisserie Chicken
<input type="checkbox"/> Canned Tuna	<input type="checkbox"/> Eggs	<input type="checkbox"/> Salmon
<input type="checkbox"/> Chicken Breasts	<input type="checkbox"/> Ground Beef	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Chicken Sausage	<input type="checkbox"/> Hard Boiled Eggs	<input type="checkbox"/> Steak

VEGETABLES		
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cherry Tomatoes	<input type="checkbox"/> Lettuce
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Bagged Stir Fry Veggies	<input type="checkbox"/> Colelaw Mix	<input type="checkbox"/> Red Onion
<input type="checkbox"/> Bell Peppers	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Romaine Lettuce
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic	<input type="checkbox"/> Scallions
<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Ginger Root	<input type="checkbox"/> Spinach
<input type="checkbox"/> Carrots	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Sugar Snap Peas
<input type="checkbox"/> Celery	<input type="checkbox"/> Jalapeño	<input type="checkbox"/> Sweet Potatoes

PANTRY		
<input type="checkbox"/> Black Beans	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Dill Pickles	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Chicken Broth	<input type="checkbox"/> Gluten-Free Oatmeal	<input type="checkbox"/>

SEASONINGS		
<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Himalayan Pink Salt	<input type="checkbox"/> Pepper
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Kosher Salt	<input type="checkbox"/> Salt
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/>
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Onion Powder	<input type="checkbox"/>

CONDIMENTS/NON-DAIRY		
<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Gluten-Free Soy Sauce OR Coconut Aminos	
<input type="checkbox"/> Balsamic Vinegar	<input type="checkbox"/> Honey	<input type="checkbox"/> Rice Vinegar
<input type="checkbox"/> Bourbon	<input type="checkbox"/> Olive Oil	<input type="checkbox"/> Salsa
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Olive Oil Mayo	<input type="checkbox"/> Yellow Mustard
<input type="checkbox"/> Dairy-Free Yogurt	<input type="checkbox"/> Peanut Butter	<input type="checkbox"/>

SNACK IDEAS
<ul style="list-style-type: none"> • Almonds • Avocado • Jerky • Veggie sticks: carrots, celery, broccoli, sugar snap peas • Cherry tomatoes • Hummus with gluten-free crackers or veggie sticks • Hard boiled eggs • Roasted veggies • Tuna fish • Pickles • Olives • Guacamole and veggie sticks • Rice cakes

KID-FRIENDLY SNACKS
<ul style="list-style-type: none"> • Apples or bananas with peanut or almond butter • Unsweetened applesauce • Grapes • Berries • Melon • Sliced fruits • Dried or freeze-dried fruits • Pickles • Gluten-free crackers • Sausage • Veggie sticks • Green smoothie • Ants on a log (celery with peanut butter and raisins) • Popcorn (homemade or clean brand)

SWAPS

Beans Instead of Beef

Similar to lentils, beans are a good swap for beef in many recipes. Beans deliver around 8 grams of protein and 8 grams of fiber per 1/2 cup serving, though it may vary slightly depending on the type of bean. Top your salad with beans, use them in a vegetarian chili, or in place of meat in tacos or taco salad.

Cauliflower Instead of Chicken or Eggs

Cauliflower is a mild vegetable and has a reputation for being able to stealthily replace certain foods, such as potatoes and even pizza crust. Cauliflower also replaces the chicken in buffalo bite recipes and makes a healthy choice for "meatballs."

Jackfruit Instead of Chicken or Fish

It seems strange to think of a fruit as a substitute for meat, but the texture of jackfruit is actually quite similar to shredded chicken (and also works well in place of pulled pork). Though this tropical fruit looks intimidating from the outside, it's sold in supermarkets in cans and in the refrigerated section with other meat substitutes.

Tempeh Instead of Fish

This soy-based protein is similar to tofu (which is also a great substitute for fish), but usually has a firmer texture, a darker brown color and a nutty flavor. Tempeh contains all the essential amino acids so it's a great vegetarian protein source, and because it's fermented, it delivers probiotics (good bacteria essential for gut health). Tempeh is great grilled or pan fried!

Lentils Instead of Beef

These legumes are surprisingly high in protein, with 9 grams per 1/2 cup (cooked). Their hearty texture and peppery flavor make them a good stand-in for ground beef in many recipes. Lentils come in a variety of colors including red, brown, black, and green and ounce for ounce cost less than meat.

Mushrooms Instead of Red Meat

It's become quite popular to use portobello mushrooms as a substitute for a burger, but mushrooms can do so much more. Chopped, sliced, or ground mushrooms provide a meaty texture and earthy, smoky flavor that works well in the place of meat. Try your hand at subbing in mushrooms for meat in sandwiches, stews, main dishes, and appetizers!

Tofu Instead of Chicken or Eggs

Similar to chicken, this soy-based vegetarian protein takes on the flavors of what it is seasoned and cooked with. This makes tofu an excellent canvas for introducing all types of flavors and a perfect swap in just about any chicken dish. Also a great substitute for scrambled eggs. Plus, a 3-ounce serving of tofu packs in 9 grams of protein.

AVOCADO EGG BOAT

2 SERVINGS | 25 MINUTES

MACROS

carbs - **7g** | fiber - **5g** | fat - **19g** | protein - **10g**

INGREDIENTS

1 avocado
2 small eggs, scrambled
2 slices bacon, cooked &
crumbled
salt & pepper, to taste

INSTRUCTIONS

CUT avocado in half and carefully remove pit. Set aside.
SCRAMBLE eggs to your liking, adding salt and pepper to taste.
ADD eggs into the avocado pit cavities.
SPRINKLE with salt and pepper to taste, then crumbled bacon.
ENJOY!

Tip: To add more protein and fat, add in some smoked salmon.

COBB SALAD WITH HONEY LIME DRESSING

1 SERVING | 5 MINUTES

MACROS

carbs - **28.5g** | fiber - **16g** | fat - **57g** | protein - **40.5g**

INGREDIENTS

SALAD:

4 oz chicken
2 cups romaine lettuce
1 hard boiled egg
1/2 avocado
1/4 cup roasted cherry tomatoes
1/4 cup cucumber, chopped
2 Tbsp sunflower seeds
bacon, 1 piece crumbled
1/4 cup mushrooms

DRESSING:

1/4 cup extra virgin olive oil
2 tsp lime zest
3 Tbsp lime juice
1 1/2 tsp honey
kosher salt
freshly ground black pepper

INSTRUCTIONS

FOR SALAD:

SLICE chicken, lettuce, egg, cucumber, tomatoes, and mushrooms and combine in a bowl.

ADD avocado, sliced thin, along with sunflower seeds and crumbled bacon.

FOR DRESSING:

ADD all ingredients to a blender and blend.

ADD 2 tablespoons of dressing to salad.

Tip: To make more friendly for regular macro day, go for 1/4 avocado and only the egg whites, and omit the sunflower seeds. Use less oil in dressing and add more lime!

HARD BOILED EGGS WITH ARUGULA AND SAUSAGE

1 SERVING | 5 MINUTES
(with pre-cooked eggs)

MACROS

carbs - **7g** | fiber - **1g** | fat - **22g** | protein - **28g**

INGREDIENTS

3 hard boiled eggs, rough chopped
2 cups arugula
3 links of chicken or regular sausage
salt & pepper, to taste

INSTRUCTIONS

COOK sausages according to package directions.
PLACE into bowl with chopped eggs and arugula.
MIX and add salt and pepper to taste.

CHICKEN STIR FRY

2 SERVINGS | 10 MINUTES

MACROS

carbs - **60g** | fiber - **7g** | fat - **3g** | protein - **42g**

INGREDIENTS

8 oz chicken breast
sea salt, to taste
garlic powder, to taste
2 cups brown rice, cooked
teriyaki sauce, to taste

STIR FRY VEGGIES:

bagged stir fry veggies
OR
1 cup shredded carrots
1 cup sugar snap peas
1 cup broccoli

INSTRUCTIONS

CUT chicken into bite-sized cubes.

SEASON chicken with sea salt and garlic powder.

DRIZZLE olive oil in large skillet over medium-high heat.

ADD chicken and stir fry veggies.

COOK chicken and veggies until chicken is cooked through and veggies are crisp tender.

PLACE cooked brown rice in a bowl and add the chicken and veggies.

TOP with teriyaki sauce.

SHRIMP TACOS

4 SERVINGS | 20 MINUTES

MACROS

carbs - **11g** | fiber - **3g** | fat - **11g** | protein - **30g**

INGREDIENTS

SHRIMP:

1 lb shrimp, preferably wild-caught
chili powder
cumin
cayenne pepper
2 Tbsp fresh cilantro, chopped
juice of 1 lime
1 Tbsp olive oil

SLAW:

1 bag coleslaw mix
1 jalapeño, diced (optional)
1/2 cup loosely-packed fresh cilantro, coarsely chopped
juice of 1 lime
2 Tbsp olive oil
1 tsp honey

INSTRUCTIONS

SEASON shrimp with desired amount of spices.
DRIZZLE with lime juice.
HEAT olive oil over medium heat in large skillet.
ADD shrimp, careful not to overcook.
COMBINE coleslaw mix and cilantro in large bowl.
WHISK lime juice, honey, and olive oil in separate bowl.
POUR over the coleslaw mix and toss well.
TOP with cooked shrimp and drizzle with lime juice.
SERVE on gluten-free tortillas (optional).

CHICKEN OR TUNA SALAD

1 SERVING | 10 MINUTES

MACROS

(with dressing)

carbs - **9g** | fiber - **5g** | fat - **36g** | protein - **27g** (with chicken)

carbs - **8g** | fiber - **5g** | fat - **23g** | protein - **27g** (with tuna)

INGREDIENTS

1 hard boiled egg
4 oz rotisserie chicken OR 3
oz canned tuna
1/2 avocado
1 large dill pickle, chopped
1 celery stalk, chopped
1 tsp yellow mustard
1 Tbsp olive oil mayo
lemon juice, to taste
Himalayan pink salt, to taste
lemon pepper, to taste
onion powder, to taste

INSTRUCTIONS

COMBINE ingredients in large bowl.
SERVE alone or over a bed of lettuce.
ENJOY!

MEXICAN RICE BOWL

1 SERVING | 5 MINUTES
(with prepared meat and rice)

MACROS

carbs - **84g** | fiber - **19g** | fat - **19g** | protein - **39g**

INGREDIENTS

1 cup protein (chicken, steak,
or shrimp)
1/2 avocado, cubed
1 cup lettuce of choice
1 cup bell peppers, diced
1 cup cooked rice
1/2 cup black beans
1/2 cup salsa

INSTRUCTIONS

LAYER lettuce, rice, beans, and salsa in large bowl.
TOP with veggies and salsa.
ENJOY!

BOURBON CHICKEN

4 SERVINGS | 40 MINUTES

MACROS

carbs - **40g** | fiber - **4g** | fat - **10g** | protein - **59g**

INGREDIENTS

1/4 cup gluten-free soy sauce
1/4 cup bourbon
1/4 cup coconut sugar
2 Tbsp rice vinegar
1 tsp fresh ginger, peeled
and finely minced
2-3 garlic cloves, minced
2 tsp of coconut oil
2 lbs boneless chicken
breasts, cut into bite-size pieces
1/4 cup low-sodium chicken
broth
1 bunch broccoli, cut into florets
1 bunch scallions, cut on a bias

INSTRUCTIONS

MIX together soy sauce, bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.

HEAT coconut oil in nonstick sauté pan (with lid) over medium-high heat.

SEASON chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.

ADD broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.

ADD cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.

TOP with sliced scallions.

ONE PAN CHICKEN AND VEGGIES

4 SERVINGS | 50 MINUTES

MACROS

carbs - **22g** | fiber - **6g** | fat - **24g** | protein - **32g**

INGREDIENTS

8 chicken thighs
2 sweet potatoes
1/2 lb brussels sprouts
1 red onion
1/2 lb asparagus
2 Tbsp olive oil
salt and pepper to taste

INSTRUCTIONS

PREHEAT oven to 475°F.
RINSE chicken thighs and pat dry.
SEASON chicken with sea salt and pepper.
PEEL and cube sweet potatoes.
CUT brussels sprouts in half, asparagus into smaller pieces, and red onion into small pieces.
DRIZZLE pan with 1 tablespoon olive oil and spread veggies evenly.
TOP the veggies with chicken thighs.
SPRINKLE with remaining olive oil and season with salt and pepper.
BAKE for 45-50 minutes or until chicken is cooked through and veggies are soft.