



# COACH JAYMI MEAL PLAN WEEK 4

STRONG HUMAN TRAINING



# COACH JAYMI MEAL PLAN WEEK 4

WADBOD HQ3

Hi, STRONG HUMAN

Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## GROCERY LIST TIPS

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

KIND REGARDS  
COACH JAYMI



**MON**

**BREAKFAST**  
Classic Breakfast Sandwich

**SNACK 1**  
Vanilla Coconut Cups

**LUNCH**  
Healthy Fish n Chips

**SNACK 2**  
Pressure Cooker Hard Boiled Eggs

**DINNER**  
Chicken & Broccoli Casserole

**TUE**

**BREAKFAST**  
Yogurt & Berry Breakfast Toast

**SNACK 1**  
Pressure Cooker Hard Boiled Eggs

**LUNCH**  
Chicken & Broccoli Casserole

**SNACK 2**  
Vanilla Coconut Cups

**DINNER**  
Healthy Fish n Chips

**WED**

**BREAKFAST**  
Classic Breakfast Sandwich

**SNACK 1**  
Vanilla Coconut Cups

**LUNCH**  
Healthy Fish n Chips

**SNACK 2**  
Pressure Cooker Hard Boiled Eggs

**DINNER**  
Chicken & Broccoli Casserole

**THU**

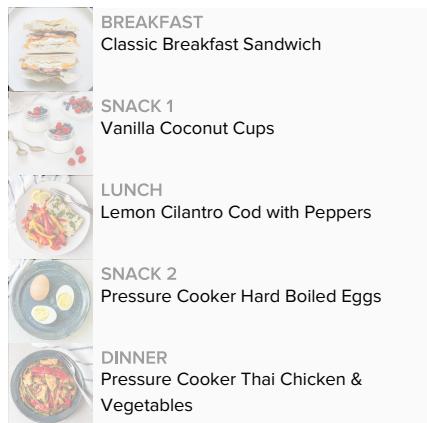
**BREAKFAST**  
Yogurt & Berry Breakfast Toast

**SNACK 1**  
Pressure Cooker Hard Boiled Eggs

**LUNCH**  
Pressure Cooker Thai Chicken & Vegetables

**SNACK 2**  
Vanilla Coconut Cups

**DINNER**  
Lemon Cilantro Cod with Peppers

**FRI**

**BREAKFAST**  
Classic Breakfast Sandwich

**SNACK 1**  
Vanilla Coconut Cups

**LUNCH**  
Lemon Cilantro Cod with Peppers

**SNACK 2**  
Pressure Cooker Hard Boiled Eggs

**DINNER**  
Pressure Cooker Thai Chicken & Vegetables

<b>MON</b>	<b>TUE</b>	<b>WED</b>						
<b>FAT 54%</b>	<b>CARBS 23%</b>	<b>PROTEIN 23%</b>	<b>FAT 46%</b>	<b>CARBS 31%</b>	<b>PROTEIN 23%</b>	<b>FAT 54%</b>	<b>CARBS 23%</b>	<b>PROTEIN 23%</b>
Calories 1601	Sodium 2206mg	Calories 1459	Sodium 1740mg	Calories 1601	Sodium 2206mg	Calories 1601	Sodium 2206mg	Calories 1601
Fat 98g	Potassium 2728mg	Fat 75g	Potassium 2838mg	Fat 98g	Potassium 2728mg	Fat 98g	Potassium 2728mg	Fat 98g
Saturated 56g	Vitamin A 23152IU	Saturated 45g	Vitamin A 22364IU	Saturated 56g	Vitamin A 23152IU	Saturated 56g	Vitamin A 23152IU	Saturated 56g
Trans 0g	Vitamin C 125mg	Trans 0g	Vitamin C 136mg	Trans 0g	Vitamin C 125mg	Trans 0g	Vitamin C 125mg	Trans 0g
Carbs 92g	Calcium 626mg	Carbs 112g	Calcium 468mg	Carbs 92g	Calcium 626mg	Carbs 92g	Calcium 626mg	Carbs 92g
Fiber 20g	Iron 9mg	Fiber 23g	Iron 10mg	Fiber 20g	Iron 9mg	Fiber 20g	Iron 9mg	Fiber 20g
Sugar 25g	Vitamin D 98IU	Sugar 36g	Vitamin D 42IU	Sugar 25g	Vitamin D 98IU	Sugar 25g	Vitamin D 98IU	Sugar 25g
Protein 95g	Vitamin E 5mg	Protein 84g	Vitamin E 5mg	Protein 95g	Vitamin E 5mg	Protein 95g	Vitamin E 5mg	Protein 95g
Cholesterol 618mg		Cholesterol 372mg				Cholesterol 618mg		
<b>THU</b>	<b>FRI</b>							
<b>FAT 49%</b>	<b>CARBS 24%</b>	<b>PROTEIN 27%</b>	<b>FAT 57%</b>	<b>CARBS 16%</b>	<b>PROTEIN 27%</b>			
Calories 1409	Sodium 1973mg	Calories 1551	Sodium 2439mg					
Fat 76g	Potassium 2630mg	Fat 99g	Potassium 2520mg					
Saturated 43g	Vitamin A 5645IU	Saturated 54g	Vitamin A 6433IU					
Trans 0g	Vitamin C 217mg	Trans 0g	Vitamin C 206mg					
Carbs 84g	Calcium 397mg	Carbs 64g	Calcium 555mg					
Fiber 18g	Iron 8mg	Fiber 15g	Iron 7mg					
Sugar 28g	Vitamin D 125IU	Sugar 17g	Vitamin D 181IU					
Protein 95g	Vitamin E 5mg	Protein 106g	Vitamin E 5mg					
Cholesterol 369mg		Cholesterol 615mg						

**FRUITS**

- 1 1/4 cups Blueberries
- 3 tbsps Lemon Juice
- 2 cups Raspberries

**BREAKFAST**

- 2 1/8 tbsps Maple Syrup

**SEEDS, NUTS & SPICES**

- 2 tps Chia Seeds
- 1/3 tsp Garlic Powder
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

**VEGETABLES**

- 3 cups Baby Spinach
- 3 3/4 cups Broccoli
- 3/4 cup Cilantro
- 1 Garlic
- 1 1/2 tps Ginger
- 3/4 cup Green Beans
- 1/2 cup Kale Leaves
- 1 Red Bell Pepper
- 3 Sweet Potato
- 1 Tomato
- 1/2 Yellow Bell Pepper
- 2/3 Yellow Onion

**BOXED & CANNED**

- 1 1/16 cups Organic Chicken Broth
- 4 1/2 cups Organic Coconut Milk

**BAKING**

- 2/3 oz Gelatin
- 1 1/4 tps Honey
- 2 1/4 tps Nutritional Yeast
- 2 1/4 tps Tapioca Flour
- 1 3/4 tps Vanilla Extract

**BREAD, FISH, MEAT & CHEESE**

- 4 1/2 ozs Cheddar Cheese
- 8 ozs Chicken Breast
- 12 ozs Chicken Thighs
- 2 Cod Fillet
- 6 ozs English Muffin
- 3 slices Organic Bacon
- 15 ozs Salmon Fillet
- 4 slices Whole Grain Bread

**CONDIMENTS & OILS**

- 3 1/4 tbsps Avocado Oil
- 1 tbsp Coconut Aminos
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Tamari
- 1 tbsp Thai Red Curry Paste

**COLD**

- 8 Egg
- 1/2 cup Unsweetened Coconut Yogurt

**OTHER**

- 3/4 cup Water

# Classic Breakfast Sandwich

3 SERVINGS 15 MINUTES



## INGREDIENTS

- 3 slices Organic Bacon
- 3 Egg
- 4 1/2 ozs Cheddar Cheese (sliced)
- 6 ozs English Muffin (halved, toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	450	Sodium	794mg
Fat	30g	Potassium	187mg
Saturated	13g	Vitamin A	802IU
Trans	0g	Vitamin C	0mg
Carbs	30g	Calcium	407mg
Fiber	8g	Iron	2mg
Sugar	1g	Vitamin D	56IU
Protein	23g	Vitamin E	1mg
Cholesterol	246mg		

## DIRECTIONS

- 01 Warm a medium-sized skillet over medium heat and add the bacon slices. Cook for five minutes per side, or until the bacon is cooked through. Remove from the pan and set aside, leaving some of the bacon grease.
- 02 In the same skillet, cook the egg until the white is set and yolk is done to your liking.
- 03 Layer the egg, bacon and cheese between the english muffin slices and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MEAL PREP

Increase serving size, package individually and store in the freezer. Reheat in a microwave or toaster oven.

### GLUTEN-FREE

Use a brown rice tortilla, rice cake, lettuce wrap, or gluten-free bread instead of english muffin.

### DAIRY-FREE

Omit the cheese.

### ADDITIONAL TOPPINGS

Avocado, tomato and/or lettuce.

### ENGLISH MUFFIN

One English muffin is roughly 2-ounces or 57-grams.

# Yogurt & Berry Breakfast Toast

2 SERVINGS 10 MINUTES



## INGREDIENTS

2/3 cup Raspberries  
2 tsps Maple Syrup  
1/2 tsp Vanilla Extract  
2 tsps Chia Seeds (optional)  
1/2 cup Unsweetened Coconut Yogurt  
4 slices Whole Grain Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	308	Sodium	328mg
Fat	7g	Potassium	297mg
Saturated	2g	Vitamin A	14IU
Trans	0g	Vitamin C	11mg
Carbs	50g	Calcium	249mg
Fiber	11g	Iron	3mg
Sugar	12g	Vitamin D	0IU
Protein	12g	Vitamin E	1mg
Cholesterol	0mg		

## DIRECTIONS

- 01 Add the raspberries to a bowl and mash with a fork. Stir in the maple syrup, vanilla extract and chia seeds, if using.
- 02 Spread the coconut yogurt evenly on the toasted bread and top with the mashed raspberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the mashed raspberries in an airtight container for up to two days. Toast the bread and assemble just before serving.

### SERVING SIZE

One serving is two pieces of toast.

### GLUTEN-FREE

Use gluten-free bread instead.

### ADDITIONAL TOPPINGS

Top with additional chia seeds, hemp seeds, cinnamon or additional fresh raspberries.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO MAPLE SYRUP

Use sweetener of choice and adjust sweetness to taste.

# Vanilla Coconut Cups

5 SERVINGS 3 HOURS



## INGREDIENTS

**3 1/8 cups** Organic Coconut Milk (full fat, from the can, divided)

**2/3 oz** Gelatin

**1 1/4 tsps** Honey

**1 1/4 tsps** Vanilla Extract

**1/3 tsp** Sea Salt

**1 1/4 cups** Blueberries (for topping)

**1 1/4 cups** Raspberries (for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	325	Sodium	186mg
Fat	27g	Potassium	304mg
Saturated	25g	Vitamin A	30IU
Trans	0g	Vitamin C	12mg
Carbs	14g	Calcium	16mg
Fiber	3g	Iron	0mg
Sugar	8g	Vitamin D	0IU
Protein	6g	Vitamin E	0mg
Cholesterol	0mg		

## DIRECTIONS

- 01 In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
- 02 In a small pot over medium-low heat, add the remaining coconut milk and honey. Whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm. Do not let it boil.
- 03 Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
- 04 Place a sieve over the top of your jars and pour the mixture into the jars through the sieve. This will ensure there are no clumps of gelatin remaining. Store the jars in the fridge for two hours to set. Serve with berries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### NO HONEY

Use maple syrup or another sweetener of your choice.

### NO BERRIES

Use another type of fruit instead.

# Healthy Fish n Chips

3 SERVINGS 1 HOUR



## INGREDIENTS

15 ozs Salmon Fillet  
1 1/2 tbsps Maple Syrup  
1 1/2 tbsps Tamari  
3 Sweet Potato  
1 1/2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
3 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Sodium	662mg
Fat	16g	Potassium	1340mg
Saturated	2g	Vitamin A	2131IU
Trans	0g	Vitamin C	12mg
Carbs	34g	Calcium	98mg
Fiber	5g	Iron	3mg
Sugar	12g	Vitamin D	0IU
Protein	32g	Vitamin E	2mg
Cholesterol	78mg		

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 02 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 03 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 04 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

# Pressure Cooker Thai Chicken & Vegetables

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Organic Coconut Milk (full fat, from the can)  
1/2 cup Organic Chicken Broth  
1 tbsp Thai Red Curry Paste  
1 tbsp Coconut Aminos  
1 1/2 tsps Ginger (fresh, minced)  
1 Garlic (clove, minced)  
8 ozs Chicken Breast  
1/2 Red Bell Pepper (sliced)  
1/4 Yellow Onion (sliced)  
3/4 cup Green Beans  
1/2 cup Kale Leaves (chopped)

## DIRECTIONS

- 01 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 02 Set to “sealing”, then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 03 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 04 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine. Divide between plates and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	293	Sodium	644mg
Fat	14g	Potassium	672mg
Saturated	11g	Vitamin A	2978IU
Trans	0g	Vitamin C	49mg
Carbs	12g	Calcium	48mg
Fiber	2g	Iron	2mg
Sugar	6g	Vitamin D	1IU
Protein	28g	Vitamin E	1mg
Cholesterol	84mg		

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

### SERVE IT WITH

Brown rice, jasmine rice, quinoa, cauliflower rice or naan.

### NO CHICKEN BREAST

Use chicken thighs instead.

### NO GREEN BEANS

Use another vegetable like snap peas or broccoli.

**NO KALE**

Use spinach or bok choy instead.

# Pressure Cooker Hard Boiled Eggs

5 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Water

5 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	72	Sodium	72mg
Fat	5g	Potassium	69mg
Saturated	2g	Vitamin A	270IU
Trans	0g	Vitamin C	0mg
Carbs	0g	Calcium	32mg
Fiber	0g	Iron	1mg
Sugar	0g	Vitamin D	41IU
Protein	6g	Vitamin E	1mg
Cholesterol	186mg		

## DIRECTIONS

- 01 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 02 Set to “sealing”, then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 03 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container in the shell for up to seven days.

### SERVING SIZE

One serving is one egg.

### HOW TO MAKE AN ICE BATH

Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.

# Chicken & Broccoli Casserole

3 SERVINGS 50 MINUTES



## INGREDIENTS

12 ozs Chicken Thighs (boneless, skinless)  
1/8 tsp Sea Salt (divided)  
3/4 tsp Avocado Oil  
3 3/4 cups Broccoli (cut into florets)  
1/3 Yellow Onion (thinly sliced)  
1 cup Organic Coconut Milk (full fat, from the can)  
2 1/4 tsps Nutritional Yeast  
2 1/4 tsps Tapioca Flour  
1/3 tsp Garlic Powder  
1/2 cup Organic Chicken Broth

## NUTRITION

### AMOUNT PER SERVING

Calories	343	Sodium	492mg
Fat	20g	Potassium	828mg
Saturated	14g	Vitamin A	737IU
Trans	0g	Vitamin C	101mg
Carbs	14g	Calcium	73mg
Fiber	4g	Iron	3mg
Sugar	4g	Vitamin D	1IU
Protein	28g	Vitamin E	1mg
Cholesterol	108mg		

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
- 03 In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
- 04 Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
- 05 Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

### ADDITIONAL TOPPINGS

Serve with rice or cauliflower rice.

### NO TAPIOCA FLOUR

Use arrowroot flour or corn starch.

# Lemon Cilantro Cod with Peppers

2 SERVINGS 35 MINUTES



## INGREDIENTS

- 3 tbsps Lemon Juice
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Cilantro (finely chopped, divided)
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Sodium	743mg
Fat	23g	Potassium	1288mg
Saturated	3g	Vitamin A	2353IU
Trans	0g	Vitamin C	145mg
Carbs	8g	Calcium	52mg
Fiber	2g	Iron	2mg
Sugar	2g	Vitamin D	83IU
Protein	43g	Vitamin E	2mg
Cholesterol	99mg		

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 03 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 04 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 05 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

## NOTES

### FILLET SIZE

Each cod fillet is equal to 231 grams or 8 ounces.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add more herbs like parsley or oregano. Serve with additional lemon wedges.

### NO LEMON

Use lime instead.

### NO COD

Use another white fish, like haddock, instead.