



# **JOHHNY DOWORK MEAL PLAN WEEK 2**

**STRONG HUMAN TRAINING**



# JOHHNY DOWORK MEAL PLAN WEEK 2

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**  
Easy Peach Crumble



**SNACK 1**  
Avocado with Everything Bagel Seasoning



**LUNCH**  
Beef with Cabbage & Mushrooms



**SNACK 2**  
Sweet & Salty Kale Chips



**DINNER**  
Pasta with Spinach & Turkey

## TUE



**BREAKFAST**  
Chorizo & Squash Breakfast Hash



**SNACK 1**  
Sweet & Salty Kale Chips



**LUNCH**  
Pasta with Spinach & Turkey



**SNACK 2**  
Avocado with Everything Bagel Seasoning



**DINNER**  
Beef with Cabbage & Mushrooms

## WED



**BREAKFAST**  
Easy Peach Crumble



**SNACK 1**  
Avocado with Everything Bagel Seasoning



**LUNCH**  
Beef with Cabbage & Mushrooms



**SNACK 2**  
Sweet & Salty Kale Chips



**DINNER**  
Pasta with Spinach & Turkey

## THU



**BREAKFAST**  
Chorizo & Squash Breakfast Hash



**SNACK 1**  
Sweet & Salty Kale Chips



**LUNCH**  
Sardine & Avocado Salad



**SNACK 2**  
Avocado with Everything Bagel Seasoning



**DINNER**  
Strawberry Balsamic Salad with Maple Walnuts

## FRI



**BREAKFAST**  
Easy Peach Crumble



**SNACK 1**  
Avocado with Everything Bagel Seasoning



**LUNCH**  
Strawberry Balsamic Salad with Maple Walnuts



**SNACK 2**  
Sweet & Salty Kale Chips



**DINNER**  
Sardine & Avocado Salad

## SAT



**BREAKFAST**  
Chorizo & Squash Breakfast Hash



**SNACK 1**  
Sweet & Salty Kale Chips



**LUNCH**  
Sardine & Avocado Salad



**SNACK 2**  
Avocado with Everything Bagel Seasoning



**DINNER**  
Strawberry Balsamic Salad with Maple Walnuts

**MON****FAT 42%** **CARBS 39%** **PROTEIN 19%**

**Calories** 1473      Sodium 2461mg  
**Fat** 72g      Potassium 2649mg  
Saturated 15g      Vitamin A 5623IU  
Trans 1g      Vitamin C 100mg  
**Carbs** 149g      Calcium 322mg  
Fiber 32g      Iron 14mg  
Sugar 42g      Vitamin D 25IU  
**Protein** 75g      Vitamin E 8mg  
Cholesterol 158mg

**TUE****FAT 48%** **CARBS 31%** **PROTEIN 21%**

**Calories** 1711      Sodium 3092mg  
**Fat** 96g      Potassium 3450mg  
Saturated 18g      Vitamin A 14080IU  
Trans 1g      Vitamin C 118mg  
**Carbs** 139g      Calcium 442mg  
Fiber 38g      Iron 19mg  
Sugar 27g      Vitamin D 66IU  
**Protein** 93g      Vitamin E 11mg  
Cholesterol 344mg

**WED****FAT 42%** **CARBS 39%** **PROTEIN 19%**

**Calories** 1473      Sodium 2461mg  
**Fat** 72g      Potassium 2649mg  
Saturated 15g      Vitamin A 5623IU  
Trans 1g      Vitamin C 100mg  
**Carbs** 149g      Calcium 322mg  
Fiber 32g      Iron 14mg  
Sugar 42g      Vitamin D 25IU  
**Protein** 75g      Vitamin E 8mg  
Cholesterol 158mg

**THU****FAT 66%** **CARBS 22%** **PROTEIN 12%**

**Calories** 1622      Sodium 2580mg  
**Fat** 125g      Potassium 3976mg  
Saturated 19g      Vitamin A 22727IU  
Trans 0g      Vitamin C 180mg  
**Carbs** 93g      Calcium 697mg  
Fiber 38g      Iron 15mg  
Sugar 32g      Vitamin D 138IU  
**Protein** 53g      Vitamin E 17mg  
Cholesterol 262mg

**FRI****FAT 62%** **CARBS 28%** **PROTEIN 10%**

**Calories** 1384      Sodium 1949mg  
**Fat** 101g      Potassium 3175mg  
Saturated 16g      Vitamin A 14270IU  
Trans 0g      Vitamin C 162mg  
**Carbs** 103g      Calcium 577mg  
Fiber 32g      Iron 10mg  
Sugar 47g      Vitamin D 97IU  
**Protein** 35g      Vitamin E 14mg  
Cholesterol 76mg

**SAT****FAT 66%** **CARBS 22%** **PROTEIN 12%**

**Calories** 1622      Sodium 2580mg  
**Fat** 125g      Potassium 3976mg  
Saturated 19g      Vitamin A 22727IU  
Trans 0g      Vitamin C 180mg  
**Carbs** 93g      Calcium 697mg  
Fiber 38g      Iron 15mg  
Sugar 32g      Vitamin D 138IU  
**Protein** 53g      Vitamin E 17mg  
Cholesterol 262mg

## FRUITS

- 9 Avocado
- 3/4 Lemon
- 2 Peach
- 1 1/2 cups Strawberries

## BREAKFAST

- 2/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tbsp Everything Bagel Seasoning
- 3/4 tsp Italian Seasoning
- 1 2/3 tbsps Sea Salt
- 3/4 cup Walnuts

## VEGETABLES

- 15 cups Baby Spinach
- 1 1/2 cups Butternut Squash
- 1/3 cup Cilantro
- 2 1/4 cups Green Cabbage
- 12 cups Kale Leaves
- 2 2/3 cups Mushrooms
- 1 1/2 tbsps Parsley
- 1/3 cup Radishes

## BOXED & CANNED

- 6 ozs Chickpea Pasta
- 3/4 cup Jasmine Rice
- 5 1/4 ozs Sardines

## BAKING

- 1 cup Oats
- 1/4 cup Unsweetened Applesauce

## BREAD, FISH, MEAT & CHEESE

- 12 ozs Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Turkey
- 1/3 cup Goat Cheese

## CONDIMENTS & OILS

- 2 1/4 tsps Balsamic Vinegar
- 1 1/2 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil

## COLD

- 3 Egg

## OTHER

- 12 ozs Chorizo
- 1 1/2 tbsps Water





# Easy Peach Crumble

3 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil  
1 cup Oats (rolled, divided)  
1/4 cup Unsweetened Applesauce  
2 tbsps Maple Syrup  
2 Peach (pit removed, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	205	Sodium	4mg
Fat	4g	Potassium	331mg
Saturated	2g	Vitamin A	332IU
Trans	0g	Vitamin C	7mg
Carbs	39g	Calcium	34mg
Fiber	4g	Iron	1mg
Sugar	19g	Vitamin D	0IU
Protein	5g	Vitamin E	1mg
Cholesterol	0mg		

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 02 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 03 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 04 Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving equals approximately 1 cup.

### MORE FLAVOR

Add cinnamon, nutmeg, lemon juice and/or lemon zest.

### ADDITIONAL TOPPINGS

Ice cream, yogurt, whipped coconut cream or crushed nuts.

### NO OAT FLOUR

Use any flour on hand.

### NO APPLESAUCE

Use mashed banana instead with a few tablespoons of water as needed.

# Chorizo & Squash Breakfast Hash

3 SERVINGS 30 MINUTES



## INGREDIENTS

12 ozs Chorizo (casing removed)  
1 1/2 cups Butternut Squash (chopped into small cubes)  
1/3 tsp Sea Salt  
3 Egg  
1/3 cup Cilantro (roughly chopped)  
1 1/2 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	443	Sodium	635mg
Fat	28g	Potassium	1132mg
Saturated	5g	Vitamin A	8789IU
Trans	0g	Vitamin C	25mg
Carbs	29g	Calcium	154mg
Fiber	10g	Iron	6mg
Sugar	4g	Vitamin D	41IU
Protein	23g	Vitamin E	4mg
Cholesterol	186mg		

## DIRECTIONS

- 01 In a large cast iron skillet over medium heat, add the chorizo and break it apart with the back of a spoon until crumbled. Cook for about 5 to 7 minutes, until cooked through. Remove with a slotted spoon and set aside, leaving the fat in the pan.
- 02 Add the butternut squash and salt to the same pan. Cook for about 18 to 20 minutes, stirring every few minutes, until cooked through and crispy. Move to the sides of the pan, and crack the eggs. Cook until the whites are set and the yolks are done to your liking.
- 03 Add the chorizo back to the pan to heat it up slightly. Divide the hash between plates and top with the eggs. Add cilantro and avocado over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the squash and chorizo in an airtight container for up to four days. The eggs are best enjoyed the same day.

### MORE FLAVOR

Add sliced onion or garlic to the chorizo while cooking.

### MEAL PREP OPTION

Hard boil the eggs. Cook the butternut squash and chorizo ahead of time and store in airtight containers for an easy on-the-go meal.

# Avocado with Everything Bagel Seasoning

6 SERVINGS 5 MINUTES



## INGREDIENTS

6 Avocado  
1 tbsp Everything Bagel Seasoning

## DIRECTIONS

01 Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Sodium	114mg
Fat	29g	Potassium	975mg
Saturated	4g	Vitamin A	293IU
Trans	0g	Vitamin C	20mg
Carbs	17g	Calcium	24mg
Fiber	13g	Iron	1mg
Sugar	1g	Vitamin D	0IU
Protein	4g	Vitamin E	4mg
Cholesterol	0mg		

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### EVERYTHING BAGEL SEASONING

An even mix of poppy seeds, sesame seeds, garlic powder, dried onion flakes, and salt.



# Beef with Cabbage & Mushrooms

3 SERVINGS 25 MINUTES



## INGREDIENTS

3/4 cup Jasmine Rice  
12 ozs Extra Lean Ground Beef  
3/4 tsp Sea Salt (divided)  
2 2/3 cups Mushrooms (sliced)  
2 1/4 cups Green Cabbage (thinly sliced)  
1 1/2 tbsps Water

## NUTRITION

### AMOUNT PER SERVING

Calories	395	Sodium	681mg
Fat	12g	Potassium	745mg
Saturated	5g	Vitamin A	81IU
Trans	1g	Vitamin C	26mg
Carbs	45g	Calcium	44mg
Fiber	4g	Iron	3mg
Sugar	4g	Vitamin D	9IU
Protein	29g	Vitamin E	0mg
Cholesterol	74mg		

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 03 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 04 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 05 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 06 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

### ADDITIONAL TOPPINGS

Top with sesame seeds or sliced green onion.

### NO GREEN CABBAGE

Use purple cabbage instead.

### NO BEEF

Use ground chicken, ground turkey or ground pork.



# Sardine & Avocado Salad

3 SERVINGS 20 MINUTES



## INGREDIENTS

5 1/4 ozs Sardines (packed in oil, drained)  
3/4 Lemon (juiced and divided)  
1 1/2 tbsps Parsley (finely chopped)  
6 cups Baby Spinach (packed)  
1/3 cup Radishes (thinly sliced)  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 Avocado (sliced)  
1/8 tsp Sea Salt

## DIRECTIONS

- 01 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 02 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

## NOTES

**NO SARDINES**  
Use tuna instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	344	Sodium	362mg
Fat	28g	Potassium	1077mg
Saturated	4g	Vitamin A	5989IU
Trans	0g	Vitamin C	36mg
Carbs	12g	Calcium	270mg
Fiber	8g	Iron	4mg
Sugar	2g	Vitamin D	97IU
Protein	16g	Vitamin E	5mg
Cholesterol	71mg		





# Sweet & Salty Kale Chips

6 SERVINGS 30 MINUTES



## INGREDIENTS

12 cups Kale Leaves (packed, torn into pieces)  
1 tbsp Sea Salt  
1/3 cup Maple Syrup  
3 tbsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	126	Sodium	1205m...
Fat	7g	Potassium	189mg
Saturated	1g	Vitamin A	2021IU
Trans	0g	Vitamin C	39mg
Carbs	15g	Calcium	127mg
Fiber	2g	Iron	1mg
Sugar	13g	Vitamin D	0IU
Protein	1g	Vitamin E	1mg
Cholesterol	0mg		

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Place kale leaves in a large bowl and add the salt, maple syrup, and oil on top. Massage lightly to coat the leaves.
- 03 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!

## NOTES

### LEFTOVERS

Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for 4 to 5 minutes at 350°F (177°C).

### SERVING SIZE

One serving is equal to one cup of kale chips.

### MORE FLAVOR

Add cinnamon.

# Pasta with Spinach & Turkey

3 SERVINGS 20 MINUTES



## INGREDIENTS

6 ozs Chickpea Pasta  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
12 ozs Extra Lean Ground Turkey  
3/4 tsp Italian Seasoning  
1/3 tsp Sea Salt  
3 cups Baby Spinach (packed)

## NUTRITION

### AMOUNT PER SERVING

Calories	425	Sodium	457mg
Fat	20g	Potassium	409mg
Saturated	3g	Vitamin A	2896IU
Trans	0g	Vitamin C	8mg
Carbs	33g	Calcium	93mg
Fiber	9g	Iron	8mg
Sugar	5g	Vitamin D	16IU
Protein	36g	Vitamin E	2mg
Cholesterol	84mg		

## DIRECTIONS

- 01 Cook the pasta according to the directions on the box.
- 02 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 03 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 04 Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

### SERVING SIZE

One serving is approximately 2 cups.

### MORE FLAVOR

Add garlic, red pepper flakes or fresh herbs.

### NO CHICKPEA PASTA

Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

### NO TURKEY

Use ground chicken, pork, beef or cooked lentils instead.





# Strawberry Balsamic Salad with Maple Walnuts

3 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Walnuts  
1 1/2 tbsps Maple Syrup  
6 cups Baby Spinach  
1 1/2 cups Strawberries (sliced)  
1/3 cup Goat Cheese (crumbled)  
2 1/4 tsps Balsamic Vinegar  
2 1/4 tbsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Sodium	264mg
Fat	33g	Potassium	603mg
Saturated	5g	Vitamin A	5635IU
Trans	0g	Vitamin C	60mg
Carbs	20g	Calcium	122mg
Fiber	5g	Iron	3mg
Sugar	12g	Vitamin D	0IU
Protein	9g	Vitamin E	3mg
Cholesterol	5mg		

## DIRECTIONS

- 01 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 02 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 03 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

## NOTES

### MORE PROTEIN

Add quinoa, edamame, chickpeas or strips of chicken breast.

### SAVE TIME

Leave the walnuts raw and add maple syrup to the dressing.

### NO GOAT CHEESE

Use feta or cashew cheese instead.

### STORAGE

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.