

KOA 1600 Kcal
Week 1

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Small Western Omelet	488	318	36	16	12
lunch						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
snack1						
1.00 servings	Crunchy Chia balls	27	132	12	5	7
dinner						
1.00 servings	Cauliflower Shepherd's Pie (Lean)	473	314	40	20	9
2 cup	Green Beans	250	88	5	20	1
snack2						
1.00 servings	60 Second Flax Muffins	94	287	12	15	22
DAILY TOTALS		1917	1509	137	103	67

PCF: 35-26-39

Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	Raspberry	123	64	1	15	1
1.00 servings	Protein pancake small (w low cal syrup)	236	292	24	31	8
lunch						
1.00 servings	Cauliflower Shepherd's Pie (Lean)	473	314	40	20	9
snack1						
1.00 servings	No Bake Oat and Peanut Butter Protein Bar	74	261	26	22	8
15 medium	Baby Carrots	150	53	1	12	0
dinner						
1 cup	Basmati Rice	200	205	4	45	1
1.00 servings	Grilled Salmon and Asparagus	320	303	25	13	18
workout						
1.00 servings	Berry Smoothie	454	313	28	32	9
DAILY TOTALS		2030	1805	149	190	53

PCF: 33-41-26

Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Breakfast Parfait (raspberry)	351	357	27	29	16
lunch						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
snack1						
1.00 servings	Yogourt & Berries (Snack size)	207	147	12	21	2
1 large	Apple	212	110	1	29	0
dinner						
1.00 servings	Grilled Salmon and Asparagus	320	303	25	13	18
snack2						
1.00 servings	Pina Colada Shake (small)	399	254	15	15	16
DAILY TOTALS		2074	1541	112	133	69

PCF: 28-33-39

Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Protein pancake small (w low cal syrup)	236	292	24	31	8
lunch						
1 large	Apple	212	110	1	29	0
1.00 servings	Avocado Tuna Salad	489	351	37	20	15
snack1						
1 oz	Almonds	28	164	6	6	14
1.00 servings	Yogourt & Berries (Snack size)	207	147	12	21	2
dinner						
3 oz	Grilled Chicken Breast	85	147	26	0	4
1.00 servings	Healthy Cream of Broccoli soup	230	151	4	9	13
workout						
1 medium	Banana	118	105	1	27	0
1.00 servings	No Bake Oat and Peanut Butter Protein Bar	74	261	26	22	8
DAILY TOTALS		1678	1729	137	164	65

PCF: 31-37-33

Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Quick Breakfast Parfait	351	351	27	28	16
lunch						
3 oz	Grilled chicken breast	85	140	26	0	3
1.00 servings	Healthy Cream of Broccoli soup	230	151	4	9	13
snack1						
1.00 servings	60 Second Flax Muffins	94	287	12	15	22
dinner						
1.00 servings	Peanut Butter Stir Fry	226	410	38	21	19
snack2						
1.00 servings	Chunky Monkey Shake	351	284	28	21	11
DAILY TOTALS		1335	1625	135	93	83

PCF: 33-22-45

Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Protein pancake small (w low cal syrup)	236	292	24	31	8
1 cup	Blueberry	201	115	1	29	1
lunch						
15 medium	Baby Carrots	150	53	1	12	0
1.00 servings	Turkey Wrap	270	252	32	22	10
snack1						
1 medium	Banana	118	105	1	27	0
1.00 servings	No Bake Oat and Peanut Butter Protein Bar	74	261	26	22	8
dinner						
4 oz	Grilled Sirloin	113	240	33	0	11
1 potato	Baked Potato	173	161	4	37	0
1 cup	Broccoli	156	55	4	11	1
1 piece	Apple Pie	155	411	4	58	19
1 tbsp	Butter	14	102	0	0	12
DAILY TOTALS		1660	2046	131	249	69

PCF: 24-46-29

Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Small Western Omelet	488	318	36	16	12
lunch						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
snack1						
1.00 servings	60 Second Flax Muffins	94	287	12	15	22
dinner						
1.00 servings	Grilled Salmon and Asparagus	320	303	25	13	18
snack2						
1 oz	Almonds	28	164	6	6	14
1.00 servings	Yogourt & Berries (Snack size)	207	147	12	21	2
DAILY TOTALS		1722	1589	124	96	84

PCF: 30-24-46

Sunday

DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
1774	1692	132	147	70

PCF: 30-34-36

KOA 1600 Kcal - Recipe Listing

No Bake Oat and Peanut Butter Protein Bar

Serves 10

Prep time: 10 min.

INGREDIENTS

2 cup Oatmeal, Dry
 5 tbsp Natural Peanut Butter
 6 scoop Protein powder
 1/2 cup Cranberry
 1/2 cup Shredded Unsweetened Coconut
 1/2 cup Almond Milk
 2 tbsp Semi sweet chocolate pieces

DIRECTIONS

In a large bowl, combine oats, protein powder, coconut, cranberries. Add peanut butter and stir till peanut butter is coated. Slowly add ~1/2 cup almond milk, stirring throughout (add just enough liquid to the mix forms a batter-like consistency). Add chocolate pieces if desired. Line an 8x8 pan with wax paper, add mixture to pan. Cover mixture with another layer of wax paper and press down till the mixture is pressed flat.

Refrigerate 30-60 minutes, then cut into bars. Wrap any unused bars in plastic wrap and store in the fridge.

Cauliflower Shepherd's Pie (Lean)

Serves 4

Prep time: 15 min. Cook time: 30 min.

INGREDIENTS

1 lb Lean Ground Beef
 2 head Cauliflower
 2 cup Mushroom
 1 large Onion

DIRECTIONS

Heat oven to 350 degrees.

Bring 5-6 cups water to a boil in a large pot. Cut cauliflower into flowerettes and place in boiling water. Cook 5-10 minutes or until soft. Remove cauliflower and drain the water. Mash well.

Brown ground beef in a frying pan, then drain fat. Remove ground beef from frying pan. Add chopped mushroom and onion, cook until translucent. Add ground beef to vegetable mixture. Cook another 2 minutes, season with salt/pepper/chili seasoning if desired.

Spread meat mixture in a 9 x 9 pan. Layer cauliflower mixture on top. Bake at 350 degrees for 25-30 minutes.

60 Second Flax Muffins

Serves 1

Prep time: 2 min. Cook time: 1 min.

INGREDIENTS

1/4 cup Ground Flax Seed
1 large Egg
2 tsp Cinnamon
1/2 tsp Baking Powder
2 packet Splenda
1 tsp Butter

DIRECTIONS

Grind flax seeds in a blender (if using whole seeds). Add dry ingredients and sift. Add room temperature butter (or coconut oil). Add 1 beaten egg, stir batter. Put batter in a mug or microwaveable dish. Microwave on HIGH for 60 seconds. Let cool 2 minutes, enjoy.

Quick Breakfast Parfait

Serves 1

Prep time: 2 min.

INGREDIENTS

2 tbsp Ground Flax Seed
1 cup Raspberry
0.5 oz Walnut pieces
1 cup Greek yogurt

DIRECTIONS

Mix everything together and enjoy. Additional Stevia or Splenda can be added for sweetness.

1 tbsp = ~0.5 oz of nuts.

Berry Smoothie

Serves 1

Prep time: 2 min.

INGREDIENTS

1 cup Almond Milk
1/2 cup Blueberry (frozen)
1 scoop Whey Protein
1 tbsp Chia Seeds
1/2 cup Raspberry (frozen)

DIRECTIONS

In a blender, add milk, berries (either fresh/frozen), chia seeds and protein. Blend for 30-60 seconds, adding as much additional water or ice to achieve the thickness you like.

Protein pancake small (w low cal syrup)

Serves 1

Prep time: 5 min. Cook time: 10 min.

INGREDIENTS

1/2 cup Egg White
1/3 cup Oatmeal
2 tbsp Ground Flax Seed
2 tbsp Cottage Cheese, 1% Fat
3 tbsp Syrup no sugar added

DIRECTIONS

For best results, grind oats in blender until powderlike. Add all ingredients into large bowl and stir until thoroughly mixed or add everything into a blender and mix. Cook like regular pancakes, using coconut oil or cooking spray. Top with E.D. Smith low-carb sugar (or the like).

** You can substitute Greek Yogourt for Cottage Cheese **

Yogourt & Berries (Snack size)
Serves 1

INGREDIENTS

1/2 cup Greek yogourt (Plain)
1/2 cup Blueberry
6 gram Chia Seed

DIRECTIONS

Mix all ingredients together (6 g chia = 1-1.5 tsp). You may use some Splenda or Stevia for added sweetness.

Greek Salad with Chicken
Serves 2

INGREDIENTS

1 cucumber Cucumber
1 large Red Pepper
20 cherry Cherry Tomato
1 oz Feta Cheese
3 slice Onion
1 tbsp Olive Oil
8 large Kalamata Olives
1 tbsp Balsamic Vinegar
6 oz Chicken Breast

DIRECTIONS

Grill 2 chicken breasts in stove or on BBQ, cut into slices.

Chop cucumber, pepper, onion and tomato into bite-sized pieces. Add vegetable to a bowl. Crumble feta cheese (or cut into small cubes), add to bowl. Top with olive oil and balsamic vinegar.
Add a couple of kalamata olives if desired.

Grilled Salmon and Asparagus
Serves 2

Prep time: 5 min. Cook time: 15 min.

INGREDIENTS

6 oz Atlantic Salmon
2 tbsp Soy Sauce
3 tbsp Syrup no sugar added
1 tbsp Sesame Oil
1 tbsp Lemon Juice
24 spears Asparagus

DIRECTIONS

Mix soy sauce, syrup/honey, oil and lemon juice into a marinade. Cover fish and let stand for 20-30 minutes.

Pre-heat oven to 350 degrees. Bake fish for 12-15 minutes or until done.

Steam or lightly sautee asparagus spears. Serve immediately.

Breakfast Parfait (raspberry)
Serves 1

INGREDIENTS

1 tbsp Splenda
1 cup Raspberry
2 tbsp Flax seed (ground)
1 cup Greek yogourt
1/2 oz Walnuts, 14 halves

DIRECTIONS

* 1/2 oz of walnut = ~7 halves

** If you don't have greek yogourt, you can use regular plain yogourt and some protein powder instead (2/3 scoop or ~18 grams)

*** Substitute any berries you prefer

Pina Colada Shake (small)

Serves 1

Prep time: 2 min.

INGREDIENTS

1/4 cup Coconut Milk
1/2 cup Pineapple
1 cup Almond Milk
1/2 scoop Whey Protein

DIRECTIONS

Add all ingredients to a blender (using as much ice as desired). Blend 30-60 seconds and enjoy.

Healthy Cream of Broccoli soup

Serves 6

Prep time: 5 min. Cook time: 5 min.

INGREDIENTS

1.5 cup Coconut Milk
2 cup Chicken Broth
1 clove Garlic
6 cup Broccoli
1 tsp Black Pepper

DIRECTIONS

Steam broccoli & garlic, then add to blender. Bring chicken broth to a boil, then add to blender. Add coconut milk, garlic & pepper to blender. Close lid and blend for 30 seconds.

Serve immediately.

Crunchy Chia balls

Serves 16

Prep time: 5 min.

INGREDIENTS

1/2 cup Natural Peanut Butter
4 scoop Protein powder
1 oz Unsweetened Shredded Coconut
4 oz Chia Seed

DIRECTIONS

Mix all the ingredients together (coconut flakes are optional). You may need a splash of milk or water to make it easier to mix, but add milk very slowly --> you don't need much added moisture at all!

Roll into 1" balls and put on a plate, then refrigerate for at least 30 minutes.

N.B. 4 oz chia = 1/2 cup.

Chunky Monkey Shake

Serves 1

Prep time: 2 min.

INGREDIENTS

1 cup Almond Milk
1/2 medium Banana (frozen)
2 tbsp Almond pieces
1 scoop Whey Protein

DIRECTIONS

Add water and ice as needed to achieve the desired consistency.

Turkey Wrap
Serves 1
Prep time: 5 min.

INGREDIENTS

4 slice Turkey Breast
1/2 tbsp Mayonnaise
2 outer-leaf Green Leaf Lettuce
2 slice Tomato
1 item Tortilla, High Fiber Wrap

DIRECTIONS

Add mayonnaise (you can swap in mustard for even fewer calories) to your wrap. Then add turkey, lettuce and tomato.

Peanut Butter Stir Fry

Serves 4
Prep time: 10 min. Cook time: 15 min.

INGREDIENTS

1/2 cup Natural Peanut Butter
3 tbsp Chili sauce
1 cup Broccoli
1 cup Green Peas
1 cup Carrot
2 breast Chicken Breast
1 tbsp Syrup no sugar added

DIRECTIONS

1. In a frying pan, heat 1 TSP of oil.
2. Chop chicken into bite-sized pieces and add to pan.
3. Cook until golden-brown on the outside.
4. Add vegetables to pan and cook.
5. In a cup, combine peanut butter, chili sauce and syrup.
6. Add 1/4-1/2 cup water (more if desired) and stir well.
7. Add peanut sauce to the pan, reduce heat and simmer for 10 minutes.

*you may need to adjust ingredients to achieved your preferred balance between chili and peanut butter

Avocado Tuna Salad

Serves 1
Prep time: 5 min.

INGREDIENTS

120 gram Tuna, Canned In Water
1/2 fruit Avocado
1 cup Mushroom
1 cup Green Pepper
1/2 cup Salsa Picante

DIRECTIONS

Drain and empty a can of tuna into a bowl. Add avocado to the bowl and mix. Chop mushroom & pepper into pieces, add to bowl. Stir in salsa and black pepper if desired.

Small Western Omelet

Serves 1

INGREDIENTS

2 large Egg

1/2 cup Egg White
1 cup Mushroom
1/2 cup Onion, Chopped
1/2 cup Green Pepper, Chopped
2 slices Sliced ham

DIRECTIONS

In a frying pan, heat a small amount of oil. Add mushroom, ham, onion and pepper - sautee. Remove from pan, add egg/egg white mixture. Heat until bubbles form. Add meat and vegetable mixture to egg, then fold omelet over and continue cooking until eggs are fully cooked.
