



# 80/20 HEALTHY EATING PLAN

SOREYFITNESS

# MONDAY

**BREAKFAST:** Oatmeal prepared with water with 1/2 a banana or 1/2 cup of berries

**LUNCH:** Amy's Organic Minestrone Soup or veggie soup under 350 calories

**SNACK:** 1/4 cup almonds or walnuts

**DINNER:** Bunless Burgers

**TREAT:** Your choice of treat at or under 250 calories

# TUESDAY

**BREAKFAST:** 1 Slice of Toast with 1 Tbsp natural peanut butter and 1/2 banana

**LUNCH:** Large Chicken Salad (unlimited romaine lettuce, veggies with 4 ounces chicken breast (about 1/2 a chicken breast))

**SNACK:** 1 medium apple with 1 Tbsp. almond butter

**DINNER:** Steak with Spinach & Sweet Potato

**TREAT:** Your choice of treat at or under 250 calories

# W E D N E S D A Y

**BREAKFAST:** 2 Eggs with 1 Slice of Toast

**LUNCH:** Amy's Light & Lean Bean & Cheese Burrito or frozen meal under 350 calories

**SNACK:** 1 zucchini & 1 large carrot with 2 Tbsp. nonfat ranch dressing

**DINNER:** Garlic Chicken with Steamed Veggies

**TREAT:** Your choice of treat at or under 250 calories

# T H U R S D A Y

**BREAKFAST:** 1 Cup Plain Greek Yogurt + 1/2 cup berries + 1 tsp honey

**LUNCH:** Ham Sandwich with an Orange. (3 ounces lean ham, 1 slice low-fat cheese, with unlimited lettuce, tomato and mustard.)

**SNACK:** 1/4 cup almonds or walnuts

**DINNER:** Healthy Tacos

**TREAT:** Your choice of treat at or under 250 calories

# FRIDAY

## BREAKFAST: Berry Protein Smoothie

### Ingredients:

(1/2 cup fresh berries, 3/4 cup plain non fat greek yogurt, 1 cup almond milk, and ice)

Directions: Mix all ingredients in a blender.

## LUNCH: Turkey Avocado Wrap

### Ingredients:

(3 oz turkey breast, 1 whole wheat tortilla (approx. 70 calories) 1/4 avocado, tomato and lettuce to top, 1 Tbsp. nonfat Italian dressing)

Directions: Assemble all ingredients on top of the tortilla and fold into a cone.

## SNACK: 1 Peach or Plum

## DINNER: Healthy Chinese Food

## TREAT: Your choice of treat at or under 250 calories

# BUNLESS BURGERS

- 1lb Ground Hamburger, cooked
- Top with ketchup, mustard, pickles, jalapenos, tomatoes, and lettuce
- Serves 2

## Steak with Spinach & Sweet Potato

- Two 4-oz. beef steaks, lean cuts (loin, flank, or skirt)
- 1 Tbsp. soy sauce
- 1 Tbsp. black pepper
- 1 garlic clove, crushed
- 3 Tbsp. low-fat sour cream
- 2 Tbsp. Parmesan cheese
- 1 medium sweet potato, cut in half
- 1 cup Spinach

Directions: Marinate steak an hour before grilling or overnight, in soy sauce, black pepper, crushed garlic, and red pepper flakes (optional). Grill steak to desired doneness. For the spinach, cook in a saucepan with 1/2 cup of water, stirring often. After 3 minutes of simmering, add sour cream, garlic, and Parmesan. Cook for another 2 minutes. Serve steak and spinach with 1/2 of a sweet potato.

(Serves 2)

# Garlic Chicken with Steamed Veggies

- Chicken Breast
- 1 Tbsp Chopped Garlic on Top to Season
- Sprinkle with Salt and Pepper
- A Steamers Frozen Vegetable Bag

Directions: Top chicken breast with garlic, salt and pepper. Bake at 350 degrees for 25 minutes or until the chicken has no pink. As the chicken cooks, microwave your choice of frozen vegetable.

(Serves 2)

## HEALTHY TACOS

- 1lb Ground Hamburger, browned
- 1 Pack of Taco Seasoning

Directions: Brown your hamburger meat then follow the instructions on the Taco Seasoning packet. Top with 1 Tbsp shredded cheese, 1/4 avocado, and unlimited lettuce, tomatoes, and onions. 2 Tbsp Salsa optional.

(Serves 2)

# Healthy Chinese Food

## (From Oxygen Magazine)

- 4 Oz Chicken Breast
- 1 tsp garlic powder
- 1 tsp red pepper flakes
- 1 red bell pepper
- 1 Tbsp low-sugar ketchup
- 1 Tbsp spicy brown mustard
- 1 Tbsp apricot jam (low sugar)

### Directons

1. Dice chicken into bite size pieces and season with garlic powder and red pepper flakes.
2. Set a skillet on medium-high heat and spray with a bit of cooking oil. Add chicken and cook through (6-8 minutes)
3. Slice red pepper and set aside. Mix the other ingredients together and once the chicken is cooked add to the skillet. Turn heat to low and cook 5 minutes.

(Serves 4)



# THANKS!

We'd love to get to know you and your fitness goals better!

Please email us at [thegirls@soreyfitness.com](mailto:thegirls@soreyfitness.com) to set up a time to chat!

*Kim and Kalee*

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