



# 5-Day Momentum Meal Plan

Grow Wellthy

Welcome to the 5-Day Momentum Meal Plan! Here you will find the sample meal plan I've created that follows the Wellth Formula concepts like:

- high fiber
- balanced macros
- whole foods

It also includes an itemized grocery list and instructions on how to make the recipes.

## Grocery List Tips

This plan includes 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

If meals on the plan appear to be grey or 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!

Have fun!  
Stevyn

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Money Meal: Berry & Greek Yogurt Smoothie	 Money Meal: Berry & Greek Yogurt Smoothie	 Money Meal: Breakfast Protein Bowl	 Money Meal: Breakfast Protein Bowl	 Money Meal: Berry & Greek Yogurt Smoothie
Snack 1	 Coffee/Tea with Collagen & Creamer	 Coffee/Tea with Collagen & Creamer	 Coffee/Tea with Collagen & Creamer	 Coffee/Tea with Collagen & Creamer	 Coffee/Tea with Collagen & Creamer
Lunch	 Chicken & Cream Cheese Wrap	 Money Meal: Lemon Garlic Salmon, Broccoli & Sweet...	 Money Meal: Pressure Cooker Moroccan Lentil...	 Money Meal: Turkey & Cauliflower Rice Stuffed...  Pear	 Money Meal: Curried Chicken with Broccoli &...
Snack 2	 Bell Peppers with Hummus	 Everything Bagel Cucumber Bites	 Everything Bagel Cucumber Bites	 Bell Peppers with Hummus	 Greek Yogurt & Strawberries
Dinner	 Money Meal: Lemon Garlic Salmon, Broccoli & Sweet...	 Money Meal: Pressure Cooker Moroccan Lentil...  70%+ Dark Chocolate	 Money Meal: Turkey & Cauliflower Rice Stuffed...  Money Meal Side: Strawberry Kiwi Salad	 Money Meal: Curried Chicken with Broccoli &...	 Money Meal: Pressure Cooker Moroccan Lentil...  70%+ Dark Chocolate

### Mon

Fat 33%  
Carbs 35%  
Protein 32%

### Tue

Fat 34%  
Carbs 34%  
Protein 32%

### Wed

Fat 39%  
Carbs 33%  
Protein 28%

### Thu

Fat 36%  
Carbs 35%  
Protein 29%

### Fri

Fat 27%  
Carbs 38%  
Protein 35%

Calories	1563	Calories	1720	Calories	1640	Calories	1492	Calories	1622
Fat	59g	Fat	66g	Fat	72g	Fat	62g	Fat	50g
Carbs	138g	Carbs	148g	Carbs	140g	Carbs	134g	Carbs	156g
Fiber	33g	Fiber	29g	Fiber	26g	Fiber	31g	Fiber	31g
Sugar	50g	Sugar	43g	Sugar	30g	Sugar	36g	Sugar	47g
Protein	129g	Protein	139g	Protein	118g	Protein	111g	Protein	145g
Cholesterol	230mg	Cholesterol	227mg	Cholesterol	567mg	Cholesterol	559mg	Cholesterol	212mg
Sodium	1417mg	Sodium	1905mg	Sodium	2262mg	Sodium	1459mg	Sodium	1185mg

### Fruits

- 1/4 Avocado
- 1 Banana
- 2 Kiwi
- 1 tbsp Lemon Juice
- 2 Pear
- 1 1/2 cups Strawberries

### Breakfast

- 2 cups Coffee
- 1 1/2 tps Maple Syrup

### Seeds, Nuts & Spices

- 1 1/2 tps Curry Powder
- 1 tbsp Everything Bagel Seasoning
- 1/4 cup Ground Flax Seed
- 3/4 tsp Italian Seasoning
- 1 tsp Moroccan Spice Blend
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Sunflower Seeds

### Frozen

- 1 cup Frozen Blueberries

### Vegetables

- 1 1/2 cups Arugula
- 7 1/2 cups Baby Spinach
- 5 cups Broccoli
- 1 3/4 cups Cauliflower Rice
- 2 stalks Celery
- 1/3 cup Cherry Tomatoes
- 1 Cucumber
- 2 Garlic
- 4 cups Mixed Greens
- 1 tbsp Parsley
- 2 Red Bell Pepper
- 4 Sweet Potato
- 2 Yellow Bell Pepper
- 1/2 Yellow Onion

### Boxed & Canned

- 3 1/4 tps Canned Coconut Milk
- 3/4 cup Dry Green Lentils
- 1/2 cup Marinara Sauce
- 1/4 cup Quinoa
- 2 tps Tomato Paste
- 1 1/2 cups Vegetable Broth

### Baking

- 4 ozs Dark Chocolate

### Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 6 ozs Chicken Breast, Cooked
- 8 ozs Extra Lean Ground Turkey
- 1/2 cup Hummus
- 12 ozs Salmon Fillet
- 2 Whole Wheat Tortilla

### Condiments & Oils

- 1 1/2 tps Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil

### Cold

- 2/3 cup Cream Cheese, Regular
- 2 Egg
- 1/4 cup Egg Whites
- 2 cups Plain Greek Yogurt

### Other

- 1 oz Collagen Powder
- 1/2 cup Vanilla Protein Powder
- 3 cups Water



## Money Meal: Berry & Greek Yogurt Smoothie

2 servings

5 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1 Banana (frozen)
- 1 cup Frozen Blueberries
- 1/4 cup Ground Flax Seed
- 2 cups Water
- 1/2 cup Vanilla Protein Powder
- 4 cups Baby Spinach
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	362
Fat	8g
Carbs	39g
Fiber	10g
Sugar	18g
Protein	37g
Cholesterol	21mg
Sodium	172mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Ultra Creamy:** Use milk instead of water.



## Money Meal: Breakfast Protein Bowl

1 serving  
 25 minutes

### Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 1/4 cup Egg Whites
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/4 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	434
Fat	20g
Carbs	37g
Fiber	8g
Sugar	3g
Protein	28g
Cholesterol	372mg
Sodium	597mg

### Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

### Notes

**Prep Ahead:** Make the quinoa in advance and used hard boiled eggs to save time.

**Extra Nutrients:** Top with sprouts or microgreens.



## Coffee/Tea with Collagen & Creamer

2 servings

5 minutes

### Ingredients

2 cups Coffee (brewed (or green or black tea))

1 oz Collagen Powder (one scoop - example Vital Proteins)

3 1/4 tbsps Canned Coconut Milk (Or you can use Laird Superfood creamer)

### Nutrition

Amount per serving	
Calories	92
Fat	4g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	0mg
Sodium	39mg

### Directions

- 1 Put a scoop of collagen and coconut creamer/milk in your brewed coffee/tea. Blend with a frother if desired. Enjoy!

### Notes

**More Fuel:** Add 1 tablespoon MCT oil per cup.

**No Coffee:** Use your favourite tea instead.



## Chicken & Cream Cheese Wrap

2 servings  
10 minutes

### Ingredients

6 ozs Chicken Breast, Cooked  
(shredded or chopped)  
1/4 cup Cream Cheese, Regular  
(divided)  
2 Whole Wheat Tortilla  
1 1/2 cups Arugula  
2 stalks Celery (chopped)

### Nutrition

Amount per serving	
Calories	353
Fat	15g
Carbs	22g
Fiber	5g
Sugar	3g
Protein	33g
Cholesterol	115mg
Sodium	464mg

### Directions

- 1 In a small bowl, mix together the chicken and half the cream cheese.
- 2 Lay the tortilla flat and spread the remaining cream cheese, then add the arugula, chicken, and celery. Roll the tortilla tightly and enjoy!

### Notes

**Leftovers:** Store in the fridge wrapped in tin foil or parchment paper for up to two days.

**Gluten-Free:** Use a gluten-free tortilla.

**Dairy-Free:** Use a dairy-free cream cheese.

**More Flavor:** Add hot sauce to the chicken.

**Additional Toppings:** Add chopped bacon, cucumber, or sprouts.



## Pear

2 servings

5 minutes

### Ingredients

2 Pear

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg

### Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



## Bell Peppers with Hummus

2 servings

5 minutes

### Ingredients

2 Red Bell Pepper (medium, sliced)  
1/2 cup Hummus

### Nutrition

Amount per serving	
Calories	177
Fat	11g
Carbs	16g
Fiber	6g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	267mg

### Directions

- 1 Divide the red bell pepper slices and hummus onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Sprinkle paprika over the hummus.

**No Red Bell Pepper:** Use cucumber slices, celery, carrots, or rice cakes instead.



## Everything Bagel Cucumber Bites

2 servings

5 minutes

### Ingredients

- 1 Cucumber (sliced)
- 1/3 cup Cream Cheese, Regular (plain)
- 1 tbsp Everything Bagel Seasoning

### Nutrition

Amount per serving	
Calories	155
Fat	13g
Carbs	7g
Fiber	1g
Sugar	4g
Protein	4g
Cholesterol	41mg
Sodium	499mg

### Directions

- 1 Spread the cream cheese evenly overtop each cucumber slice. Sprinkle with everything bagel seasoning. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Make it Vegan:** Use vegan cream cheese instead.

**Additional Toppings:** Smoked salmon, cherry tomato, capers or minced red onion.

**Everything Bagel Seasoning:** If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



## Greek Yogurt & Strawberries

1 serving  
5 minutes

### Ingredients

1/2 cup Plain Greek Yogurt  
1/2 cup Strawberries

### Nutrition

Amount per serving	
Calories	113
Fat	3g
Carbs	12g
Fiber	1g
Sugar	7g
Protein	11g
Cholesterol	17mg
Sodium	71mg

### Directions

- 1 Add the yogurt to a bowl and top with strawberries. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

**Make it Vegan:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add maple syrup or honey.

**Additional Toppings:** Top with coconut flakes, granola, nuts, and seeds.



## Money Meal: Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings  
 30 minutes

### Ingredients

- 2 Sweet Potato (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

### Nutrition

Amount per serving	
Calories	478
Fat	21g
Carbs	33g
Fiber	6g
Sugar	7g
Protein	39g
Cholesterol	94mg
Sodium	473mg

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

**More Flavor:** Use other fresh herbs like chives or basil.

**Additional Toppings:** Fresh herbs or lemon wedges.

**No Broccoli:** Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



## Money Meal: Pressure Cooker Moroccan Lentil Stew

2 servings  
 45 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 Yellow Onion (large, chopped)
- 2 tbsps Tomato Paste
- 1 tsp Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Vegetable Broth
- 3/4 cup Dry Green Lentils (rinsed)
- 6 ozs Chicken Breast (Optional for added protein)
- 1 1/2 cups Baby Spinach
- 1/2 cup Plain Greek Yogurt (Optional for creamier texture and added protein)

### Nutrition

Amount per serving	
Calories	463
Fat	8g
Carbs	55g
Fiber	9g
Sugar	7g
Protein	44g
Cholesterol	70mg
Sodium	716mg

### Directions

- 1 Turn your pressure cooker to sauté mode and add the oil. Once hot, add the onion and cook, stirring often for three to four minutes, until softened.
- 2 Add the tomato paste and cook for one minute. Add the Moroccan seasoning, salt, and pepper and cook for two to three more minutes. Deglaze the pot with a splash of broth or water and scrape up any bits. Turn the sauté mode off.
- 3 Add the broth, chicken, and lentils and stir. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 16-20 minutes (depending on the thickness of the chicken and fresh vs frozen) on high pressure. Once finished, let the pressure release naturally for ten minutes, then do a quick release.
- 4 Carefully remove the lid, pull out the chicken, shred it, and add it back in. Stir in the spinach until wilted. Divide into bowls, stir 1/4 cup of greek yogurt into each bowl and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze cooked lentil soup in a freezer safe bag or container for up to three months.

**Serving Size:** One serving is approximately equal to 1 1/2 cups.

**Additional Toppings:** Top with parsley or cilantro.



## 70%+ Dark Chocolate

2 servings

1 minute

### Ingredients

2 ozs Dark Chocolate (at least 70% cacao)

### Nutrition

Amount per serving	
Calories	170
Fat	12g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	2g
Cholesterol	1mg
Sodium	6mg

### Directions

- 1 Break apart chocolate into pieces and divide into bowls. Enjoy!

### Notes

Next Level Chocolate: Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.



## Money Meal: Turkey & Cauliflower Rice Stuffed Peppers

2 servings  
 1 hour 5 minutes

### Ingredients

- 2 2/3 tbsps Water
- 2 Yellow Bell Pepper
- 8 ozs Extra Lean Ground Turkey
- 1/4 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 3/4 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 3/4 cup Cauliflower Rice
- 1/2 cup Marinara Sauce

### Nutrition

Amount per serving	
Calories	266
Fat	12g
Carbs	17g
Fiber	3g
Sugar	3g
Protein	25g
Cholesterol	84mg
Sodium	373mg

### Directions

- 1 Preheat the oven to 350°F (176°C). Add the water to the bottom of a baking dish.
- 2 Cut off the tops of the peppers and discard the seeds and ribs.
- 3 Heat a pan over medium-high 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, about 8 minutes, drain any excess drippings from the pan.
- 4 Add the onion, garlic, Italian seasoning and salt to the pan with the turkey. Cook for 3 to 5 minutes until the onions have softened. Remove the pan from the heat and stir in the cauliflower rice and tomato sauce until well combined.
- 5 Stuff the peppers with the turkey and cauliflower rice filling. Place the peppers so that they are standing up right in the prepared baking dish. Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 6 Serve with a side salad and fruit. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is 1 stuffed pepper.

**More Flavor:** Add red pepper flakes for more spice. Use your favorite pasta or marinara sauce instead of plain tomato sauce. Use hot or mild Italian-spiced sausages or honey garlic sausages instead.

**Additional Toppings:** Top with cheese, fresh herbs or serve with extra tomato sauce.

**Peppers:** Use any colour of bell pepper. If your bell peppers are tipsy and do not stand upright on their own, try thinly slicing the bottom of them to create a flat surface.



## Money Meal Side: Strawberry Kiwi Salad

2 servings

5 minutes

### Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds

### Nutrition

Amount per serving	
Calories	230
Fat	15g
Carbs	23g
Fiber	5g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	38mg

### Directions

- 1 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.



## Money Meal: Curried Chicken with Broccoli & Sweet Potato

2 servings  
35 minutes

### Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 3 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Chicken Breast
- 1 1/2 tsps Curry Powder

### Nutrition

Amount per serving	
Calories	422
Fat	15g
Carbs	36g
Fiber	8g
Sugar	8g
Protein	38g
Cholesterol	103mg
Sodium	181mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 3 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 4 Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add other dried herbs and spices, like cumin or garlic powder.

**No Broccoli:** Use cauliflower or Brussels sprouts instead.