



**Premium Distinct Upgrade Edition**

**Days 31-90 • 32 extra recipes • weekly planning support**

# How To Use This Upgrade

A standalone continuation pack for Days 31-90, built to feel premium and distinct from the main guide.

## What is inside

- A 60-day continuation plan covering Days 31-90.
  - 32 additional recipe cards with new names, ingredients, steps, and a more distinct visual set.
  - A distinct premium cover created specifically for this upgrade.
  - Breakfast, lunch, dinner, snack, sauce, and meal-prep ideas.
  - Weekly prep support to reduce decision fatigue.
- This upgrade complements the main 30-day system. It is designed to continue the structure, not replace the original guide.



## Days 31-90 Meal Plan

Use this plan as a continuation of the original 30-day guide. Swap meals as needed for taste, budget, allergies, or professional guidance.

### Upgrade Week 1 - Days 31-37

Day	Breakfast	Lunch	Dinner / Snack
31	Avocado Egg Breakfast Bowl	Zoodle Meatball Marinara	Tomato Herb Soup Bowl / Apple Cottage Crunch Bowl
32	Mango Coconut Smoothie Bowl	Tomato Herb Soup Bowl	Sizzling Chicken Fajita Skillet / Mediterranean Tuna Plate
33	Quinoa Berry Breakfast Bowl	Sizzling Chicken Fajita Skillet	Scrambled Egg Salsa Tacos / Healthy Lunchbox Prep
34	Apple Cottage Crunch Bowl	Scrambled Egg Salsa Tacos	Shrimp Herb Veggie Skillet / Colorful Taco Bowl
35	Mediterranean Tuna Plate	Shrimp Herb Veggie Skillet	Chicken Tomato Herb Pasta Light / Greek Chickpea Crunch Pita
36	Healthy Lunchbox Prep	Chicken Tomato Herb Pasta Light	Roasted Chicken Tray Meal / Chicken Pesto Zucchini Bowl
37	Colorful Taco Bowl	Roasted Chicken Tray Meal	Colorful Buddha Bowl / Zoodle Meatball Marinara

### Upgrade Week 2 - Days 38-44

Day	Breakfast	Lunch	Dinner / Snack
38	Avocado Egg Breakfast Bowl	Colorful Buddha Bowl	Crispy Tofu Garden Stir-Fry / Tomato Herb Soup Bowl
39	Mango Coconut Smoothie Bowl	Crispy Tofu Garden Stir-Fry	Chicken Curry Rice Bowl / Sizzling Chicken Fajita Skillet
40	Quinoa Berry Breakfast Bowl	Chicken Curry Rice Bowl	Garlic Shrimp Quinoa Plate / Scrambled Egg Salsa Tacos
41	Apple Cottage Crunch Bowl	Garlic Shrimp Quinoa Plate	Grilled Turkey Burger Salad / Shrimp Herb Veggie Skillet
42	Mediterranean Tuna Plate	Grilled Turkey Burger Salad	Tuna Avocado Cucumber Cups / Chicken Tomato Herb Pasta Light
43	Healthy Lunchbox Prep	Tuna Avocado Cucumber Cups	Veggie Egg Muffins / Roasted Chicken Tray Meal
44	Colorful Taco Bowl	Veggie Egg Muffins	Red Pepper Turkey Soup / Colorful Buddha Bowl

## Upgrade Week 3 - Days 45-51

Day	Breakfast	Lunch	Dinner / Snack
45	Avocado Egg Breakfast Bowl	Red Pepper Turkey Soup	Smoky Chickpea Snack Mix / Crispy Tofu Garden Stir-Fry
46	Mango Coconut Smoothie Bowl	Smoky Chickpea Snack Mix	Creamy Herb Dip Plate / Chicken Curry Rice Bowl
47	Quinoa Berry Breakfast Bowl	Creamy Herb Dip Plate	Fresh Lemon Herb Dressing Bowl / Garlic Shrimp Quinoa Plate
48	Apple Cottage Crunch Bowl	Fresh Lemon Herb Dressing Bowl	Creamy Avocado Herb Sauce / Grilled Turkey Burger Salad
49	Mediterranean Tuna Plate	Creamy Avocado Herb Sauce	Banana Peanut Butter Oat Bake / Tuna Avocado Cucumber Cups
50	Healthy Lunchbox Prep	Banana Peanut Butter Oat Bake	Southwest Black Bean Quinoa Bowl / Veggie Egg Muffins
51	Colorful Taco Bowl	Healthy Lunchbox Prep	Salmon Toast Plate / Red Pepper Turkey Soup

## Upgrade Week 4 - Days 52-58

Day	Breakfast	Lunch	Dinner / Snack
52	Avocado Egg Breakfast Bowl	Colorful Taco Bowl	Weekly Meal Prep Combo / Smoky Chickpea Snack Mix
53	Mango Coconut Smoothie Bowl	Greek Chickpea Crunch Pita	Avocado Egg Breakfast Bowl / Creamy Herb Dip Plate
54	Quinoa Berry Breakfast Bowl	Chicken Pesto Zucchini Bowl	Mango Coconut Smoothie Bowl / Fresh Lemon Herb Dressing Bowl
55	Apple Cottage Crunch Bowl	Zoodle Meatball Marinara	Quinoa Berry Breakfast Bowl / Creamy Avocado Herb Sauce
56	Mediterranean Tuna Plate	Tomato Herb Soup Bowl	Apple Cottage Crunch Bowl / Banana Peanut Butter Oat Bake
57	Healthy Lunchbox Prep	Sizzling Chicken Fajita Skillet	Mediterranean Tuna Plate / Southwest Black Bean Quinoa Bowl
58	Colorful Taco Bowl	Scrambled Egg Salsa Tacos	Healthy Lunchbox Prep / Salmon Toast Plate

## Upgrade Week 5 - Days 59-65

Day	Breakfast	Lunch	Dinner / Snack
59	Avocado Egg Breakfast Bowl	Shrimp Herb Veggie Skillet	Colorful Taco Bowl / Weekly Meal Prep Combo
60	Mango Coconut Smoothie Bowl	Chicken Tomato Herb Pasta Light	Greek Chickpea Crunch Pita / Avocado Egg Breakfast Bowl
61	Quinoa Berry Breakfast Bowl	Roasted Chicken Tray Meal	Chicken Pesto Zucchini Bowl / Mango Coconut Smoothie Bowl
62	Apple Cottage Crunch Bowl	Colorful Buddha Bowl	Zoodle Meatball Marinara / Quinoa Berry Breakfast Bowl
63	Mediterranean Tuna Plate	Crispy Tofu Garden Stir-Fry	Tomato Herb Soup Bowl / Apple Cottage Crunch Bowl
64	Healthy Lunchbox Prep	Chicken Curry Rice Bowl	Sizzling Chicken Fajita Skillet / Mediterranean Tuna Plate
65	Colorful Taco Bowl	Garlic Shrimp Quinoa Plate	Scrambled Egg Salsa Tacos / Healthy Lunchbox Prep

## Upgrade Week 6 - Days 66-72

Day	Breakfast	Lunch	Dinner / Snack
66	Avocado Egg Breakfast Bowl	Grilled Turkey Burger Salad	Shrimp Herb Veggie Skillet / Colorful Taco Bowl
67	Mango Coconut Smoothie Bowl	Tuna Avocado Cucumber Cups	Chicken Tomato Herb Pasta Light / Greek Chickpea Crunch Pita
68	Quinoa Berry Breakfast Bowl	Veggie Egg Muffins	Roasted Chicken Tray Meal / Chicken Pesto Zucchini Bowl
69	Apple Cottage Crunch Bowl	Red Pepper Turkey Soup	Colorful Buddha Bowl / Zoodle Meatball Marinara
70	Mediterranean Tuna Plate	Smoky Chickpea Snack Mix	Crispy Tofu Garden Stir-Fry / Tomato Herb Soup Bowl
71	Healthy Lunchbox Prep	Creamy Herb Dip Plate	Chicken Curry Rice Bowl / Sizzling Chicken Fajita Skillet
72	Colorful Taco Bowl	Fresh Lemon Herb Dressing Bowl	Garlic Shrimp Quinoa Plate / Scrambled Egg Salsa Tacos

## Upgrade Week 7 - Days 73-79

Day	Breakfast	Lunch	Dinner / Snack
73	Avocado Egg Breakfast Bowl	Creamy Avocado Herb Sauce	Grilled Turkey Burger Salad / Shrimp Herb Veggie Skillet
74	Mango Coconut Smoothie Bowl	Banana Peanut Butter Oat Bake	Tuna Avocado Cucumber Cups / Chicken Tomato Herb Pasta Light
75	Quinoa Berry Breakfast Bowl	Healthy Lunchbox Prep	Veggie Egg Muffins / Roasted Chicken Tray Meal
76	Apple Cottage Crunch Bowl	Colorful Taco Bowl	Red Pepper Turkey Soup / Colorful Buddha Bowl
77	Mediterranean Tuna Plate	Greek Chickpea Crunch Pita	Smoky Chickpea Snack Mix / Crispy Tofu Garden Stir-Fry
78	Healthy Lunchbox Prep	Chicken Pesto Zucchini Bowl	Creamy Herb Dip Plate / Chicken Curry Rice Bowl
79	Colorful Taco Bowl	Zoodle Meatball Marinara	Fresh Lemon Herb Dressing Bowl / Garlic Shrimp Quinoa Plate

## Upgrade Week 8 - Days 80-90

Day	Breakfast	Lunch	Dinner / Snack
80	Avocado Egg Breakfast Bowl	Tomato Herb Soup Bowl	Creamy Avocado Herb Sauce / Grilled Turkey Burger Salad
81	Mango Coconut Smoothie Bowl	Sizzling Chicken Fajita Skillet	Banana Peanut Butter Oat Bake / Tuna Avocado Cucumber Cups
82	Quinoa Berry Breakfast Bowl	Scrambled Egg Salsa Tacos	Southwest Black Bean Quinoa Bowl / Veggie Egg Muffins
83	Apple Cottage Crunch Bowl	Shrimp Herb Veggie Skillet	Salmon Toast Plate / Red Pepper Turkey Soup
84	Mediterranean Tuna Plate	Chicken Tomato Herb Pasta Light	Weekly Meal Prep Combo / Smoky Chickpea Snack Mix
85	Healthy Lunchbox Prep	Roasted Chicken Tray Meal	Avocado Egg Breakfast Bowl / Creamy Herb Dip Plate
86	Colorful Taco Bowl	Colorful Buddha Bowl	Mango Coconut Smoothie Bowl / Fresh Lemon Herb Dressing Bowl
87	Avocado Egg Breakfast Bowl	Crispy Tofu Garden Stir-Fry	Quinoa Berry Breakfast Bowl / Creamy Avocado Herb Sauce
88	Mango Coconut Smoothie Bowl	Chicken Curry Rice Bowl	Apple Cottage Crunch Bowl / Banana Peanut Butter Oat Bake
89	Quinoa Berry Breakfast Bowl	Garlic Shrimp Quinoa Plate	Mediterranean Tuna Plate / Southwest Black Bean Quinoa Bowl
90	Apple Cottage Crunch Bowl	Grilled Turkey Burger Salad	Healthy Lunchbox Prep / Salmon Toast Plate

# New Recipe Cards

These recipe cards use a more distinct image set and avoid recycling the main guide recipe names.



## Upgrade Recipe 1

### Avocado Egg Breakfast Bowl

#### Breakfast | Serves: 1

A balanced savory breakfast with protein, healthy fats, and fresh vegetables.

#### Ingredients

- 2 eggs
- 1/2 avocado
- 1 cup spinach or greens
- 1/2 cup cherry tomatoes
- Pepper and herbs

#### Steps

1. Cook or scramble eggs.
2. Add greens and tomatoes to a bowl.
3. Top with eggs and sliced avocado.
4. Season and serve.



## Upgrade Recipe 2

### Mango Coconut Smoothie Bowl

#### Breakfast | Serves: 1

A bright blended breakfast bowl that feels fresh and different from the main guide.

#### Ingredients

- 1 cup Greek yogurt
- 1/2 cup frozen mango
- 1/3 cup milk
- 1 tbsp shredded coconut
- 1 tbsp pumpkin seeds

#### Steps

1. Blend yogurt, mango, and milk until thick.
2. Pour into a bowl.
3. Top with coconut and seeds.
4. Serve cold.



## Upgrade Recipe 3

### Quinoa Berry Breakfast Bowl

#### Breakfast | Serves: 1

A warm or chilled breakfast option with a different texture than oats.

#### Ingredients

- 3/4 cup cooked quinoa
- 1/2 cup berries
- 1/3 cup milk
- 1 tbsp chopped nuts
- Cinnamon

#### Steps

1. Warm quinoa with milk if desired.
2. Add berries.
3. Top with nuts and cinnamon.
4. Serve warm or chilled.



#### Upgrade Recipe 4

### Apple Cottage Crunch Bowl

**Snack/Breakfast | Serves: 1**

Creamy, crunchy, and simple enough for a fast morning or snack.

#### Ingredients

- 1/2 cup cottage cheese
- 1 apple sliced
- 1 tbsp almonds
- Cinnamon
- Optional: berries

#### Steps

1. Add cottage cheese to a bowl.
2. Top with apple slices.
3. Add almonds and cinnamon.
4. Serve immediately.



#### Upgrade Recipe 5

### Mediterranean Tuna Plate

**Lunch | Serves: 1**

A light lunch plate with protein, vegetables, and simple flavor.

#### Ingredients

- 1 can tuna drained
- 2 cups greens
- 1/2 cucumber
- 1/4 avocado
- Lemon juice and pepper

#### Steps

1. Add greens and cucumber to a plate.
2. Top with tuna and avocado.
3. Add lemon and pepper.
4. Serve cold.



#### Upgrade Recipe 6

### Healthy Lunchbox Prep

**Lunch | Serves: 1 box**

A practical meal-prep box for busy days.

#### Ingredients

- 4 oz cooked chicken or tofu
- 1/2 cup rice or quinoa
- 1 cup vegetables
- 1 tbsp sauce
- Optional: fruit

#### Steps

1. Add carb base to container.
2. Add protein and vegetables.
3. Pack sauce separately.
4. Refrigerate until needed.



#### Upgrade Recipe 7

### Colorful Taco Bowl

**Lunch/Dinner | Serves: 1**

A bowl-style meal with familiar taco flavors and flexible toppings.

#### Ingredients

- 4 oz lean turkey or beans
- 1 cup lettuce
- 1/2 cup salsa
- 1/2 cup rice
- Peppers and cilantro

#### Steps

1. Cook turkey or warm beans.
2. Add lettuce and rice to a bowl.
3. Top with salsa, peppers, and cilantro.
4. Serve warm or chilled.



### Upgrade Recipe 8

## Greek Chickpea Crunch Pita

Lunch | Serves: 1

A fresh pita pocket with chickpeas, cucumber, herbs, and a light creamy finish.

#### Ingredients

- 1 whole-grain pita
- 1/2 cup chickpeas
- 1 cup cucumber and tomato
- 1 tbsp Greek yogurt sauce
- Greens and herbs

#### Steps

1. Warm pita if desired.
2. Fill with greens, chickpeas, and vegetables.
3. Add yogurt sauce and herbs.
4. Fold and serve.



### Upgrade Recipe 9

## Chicken Pesto Zucchini Bowl

Lunch/Dinner | Serves: 1

A fresh bowl with lean chicken, zucchini, herbs, and a light pesto-style finish.

#### Ingredients

- 4 oz cooked chicken
- 1 cup zucchini ribbons or chopped zucchini
- 1/2 cup cooked quinoa
- 1 tbsp light pesto or herb sauce
- Cherry tomatoes

#### Steps

1. Add quinoa to a bowl.
2. Top with chicken, zucchini, and tomatoes.
3. Spoon pesto or herb sauce over the top.
4. Serve chilled or lightly warmed.



### Upgrade Recipe 10

## Zoodle Meatball Marinara

Dinner | Serves: 2

A comfort-style dinner with a lighter vegetable base.

#### Ingredients

- 2 cups zucchini noodles
- 6 turkey meatballs
- 1 cup marinara
- 1 tsp olive oil
- Italian herbs

#### Steps

1. Warm meatballs and marinara.
2. Lightly cook zucchini noodles.
3. Top noodles with sauce and meatballs.
4. Season and serve.



### Upgrade Recipe 11

## Tomato Herb Soup Bowl

Lunch/Dinner | Serves: 2

A warm soup option for simple lunches or lighter dinners.

#### Ingredients

- 2 cups tomato soup base
- 1/2 cup white beans
- 1 cup vegetables
- Fresh herbs
- Pepper

#### Steps

1. Heat soup base.
2. Add beans and vegetables.
3. Simmer until vegetables soften.
4. Top with herbs.



### Upgrade Recipe 12

## Sizzling Chicken Fajita Skillet

Dinner | Serves: 2

A quick skillet dinner with peppers, onions, and lean protein.

#### Ingredients

- 8 oz chicken strips
- 2 cups peppers and onions
- 1 tsp olive oil
- Fajita seasoning
- Lime

#### Steps

1. Cook chicken strips.
2. Add peppers and onions.
3. Season and cook until tender.
4. Finish with lime.



### Upgrade Recipe 13

## Scrambled Egg Salsa Tacos

Breakfast | Serves: 1

A fast savory breakfast with familiar ingredients.

#### Ingredients

- 2 small corn tortillas
- 2 eggs
- 2 tbsp salsa
- Spinach or peppers
- Lime

#### Steps

1. Scramble eggs with vegetables.
2. Warm tortillas.
3. Fill tortillas with eggs.
4. Top with salsa and lime.



### Upgrade Recipe 14

## Shrimp Herb Veggie Skillet

Dinner | Serves: 2

A fast skillet meal with lean protein and fresh vegetables.

#### Ingredients

- 8 oz shrimp
- 2 cups mixed vegetables
- 1 tsp olive oil
- Garlic
- Fresh herbs and lemon

#### Steps

1. Cook vegetables in olive oil.
2. Add shrimp and garlic.
3. Cook until shrimp is pink.
4. Finish with herbs and lemon.



### Upgrade Recipe 15

## Chicken Tomato Herb Pasta Light

Dinner | Serves: 2

A lighter pasta-style meal with protein and vegetables.

#### Ingredients

- 4 oz cooked chicken
- 1 cup cooked pasta
- 1 cup tomatoes/spinach
- 1 tsp olive oil
- Herbs

#### Steps

1. Warm chicken and vegetables.
2. Add cooked pasta.
3. Toss with olive oil and herbs.
4. Serve with extra greens.



### Upgrade Recipe 16

## Roasted Chicken Tray Meal

Dinner | Serves: 2

A simple tray meal designed for leftovers.

#### Ingredients

- 2 chicken breasts
- 2 cups mixed vegetables
- 1 tbsp olive oil
- Garlic and pepper
- Lemon

#### Steps

1. Place chicken and vegetables on tray.
2. Season with olive oil, lemon, and garlic.
3. Bake until chicken is cooked through.
4. Save leftovers.



### Upgrade Recipe 17

## Colorful Buddha Bowl

Lunch/Dinner | Serves: 1

A flexible bowl that works well with leftovers.

#### Ingredients

- 1/2 cup quinoa or rice
- 1 cup vegetables
- 1/2 cup beans or tofu
- 1 tbsp dressing
- Fresh herbs

#### Steps

1. Add grain base to bowl.
2. Top with vegetables and protein.
3. Add dressing and herbs.
4. Serve chilled or warm.



### Upgrade Recipe 18

## Crispy Tofu Garden Stir-Fry

Dinner | Serves: 2

A plant-based dinner with crisp tofu, vegetables, and a simple savory sauce.

#### Ingredients

- 8 oz tofu cubes
- 2 cups broccoli, peppers, or snap peas
- 1 tbsp low-sodium soy sauce
- 1 tsp olive oil
- Garlic and ginger

#### Steps

1. Cook tofu until golden.
2. Add vegetables and cook until tender-crisp.
3. Add sauce, garlic, and ginger.
4. Serve with rice or cauliflower rice.



### Upgrade Recipe 19

## Chicken Curry Rice Bowl

Dinner | Serves: 2

Warm, filling, and easy to portion.

#### Ingredients

- 8 oz chicken
- 2 cups vegetables
- 1/2 cup light coconut milk
- 1 tbsp curry powder
- 1/2 cup cooked rice

#### Steps

1. Cook chicken.
2. Add vegetables and curry powder.
3. Stir in coconut milk and simmer.
4. Serve with rice.



### Upgrade Recipe 20

## Garlic Shrimp Quinoa Plate

Dinner | Serves: 2

A light seafood plate with herbs, quinoa, and fresh vegetables for variety.

#### Ingredients

- 8 oz shrimp
- 1 cup cooked quinoa
- 1 cup cucumber and tomatoes
- 1 tsp olive oil
- Garlic, lemon, and parsley

#### Steps

1. Cook shrimp with olive oil and garlic.
2. Add quinoa to serving plates.
3. Top with shrimp and fresh vegetables.
4. Finish with lemon and parsley.



### Upgrade Recipe 21

## Grilled Turkey Burger Salad

Dinner | Serves: 1

A burger-style meal without needing a heavy bun.

#### Ingredients

- 1 lean turkey patty
- 2 cups greens
- Tomato and cucumber
- 1 tbsp light dressing
- Optional: avocado

#### Steps

1. Cook turkey patty.
2. Build salad base.
3. Slice patty over salad.
4. Add dressing and serve.



### Upgrade Recipe 22

## Tuna Avocado Cucumber Cups

**Snack/Lunch | Serves: 1**

Crunchy cucumber cups with tuna, avocado, lemon, and fresh herbs.

#### Ingredients

- 1 cucumber sliced into cups
- 1 can tuna
- 1/4 avocado mashed
- 1 tbsp Greek yogurt
- Lemon, celery, and pepper

#### Steps

1. Mix tuna with avocado, yogurt, and seasoning.
2. Scoop or top cucumber cups.
3. Add celery or herbs.
4. Serve chilled.



### Upgrade Recipe 23

## Veggie Egg Muffins

**Breakfast | Serves: 6 muffins**

Make-ahead breakfast for several days.

#### Ingredients

- 6 eggs
- 1 cup spinach
- 1/2 cup peppers
- 1/4 cup onion
- Pepper and herbs

#### Steps

1. Whisk eggs and seasoning.
2. Stir in vegetables.
3. Pour into muffin tin.
4. Bake until set.



### Upgrade Recipe 24

## Red Pepper Turkey Soup

**Lunch/Dinner | Serves: 3**

A warm make-ahead soup with lean turkey, peppers, and tomato flavor.

#### Ingredients

- 8 oz lean ground turkey
- 2 cups broth
- 1 cup diced red peppers
- 1 cup tomatoes
- Italian herbs and pepper

#### Steps

1. Cook turkey in a pot until browned.
2. Add peppers, tomatoes, broth, and herbs.
3. Simmer until flavors combine.
4. Portion leftovers for lunches.



### Upgrade Recipe 25

## Smoky Chickpea Snack Mix

**Snack | Serves: 2**

A crunchy make-ahead snack with smoky seasoning and simple ingredients.

#### Ingredients

- 1 can chickpeas
- 1 tsp olive oil
- Smoked paprika
- Garlic powder
- Pepper

#### Steps

1. Dry chickpeas well.
2. Toss with oil and seasoning.
3. Bake until crisp.
4. Cool before storing.



### Upgrade Recipe 26

## Creamy Herb Dip Plate

**Snack | Serves: 2**

A simple dip and vegetable plate for snack prep.

#### Ingredients

- 1/2 cup Greek yogurt
- Fresh herbs
- Lime juice
- Vegetable sticks
- Pepper

#### Steps

1. Mix yogurt, herbs, lime, and pepper.
2. Slice vegetables.
3. Serve dip with vegetables.
4. Store extra dip chilled.



### Upgrade Recipe 27

## Fresh Lemon Herb Dressing Bowl

**Sauce | Serves: 4**

A simple dressing to make bowls taste better.

#### Ingredients

- 2 tbsp Greek yogurt
- 1 tbsp lemon juice
- 1 tsp olive oil
- Fresh herbs
- Pepper

#### Steps

1. Whisk ingredients together.
2. Taste and adjust lemon.
3. Use on bowls, salads, or wraps.
4. Keep chilled.



### Upgrade Recipe 28

## Creamy Avocado Herb Sauce

**Sauce | Serves: 4**

A smooth green sauce for bowls, wraps, salads, and lean proteins.

#### Ingredients

- 1/2 avocado
- 1/3 cup Greek yogurt
- 1 tbsp lime juice
- Fresh cilantro or parsley
- Water, pepper, and garlic

#### Steps

1. Blend avocado, yogurt, lime, herbs, and garlic.
2. Add water until pourable.
3. Taste and adjust seasoning.
4. Store chilled.



### Upgrade Recipe 29

## Banana Peanut Butter Oat Bake

**Snack/Breakfast | Serves: 2**

A cozy baked option for people who want something different from cold bowls.

#### Ingredients

- 1 banana mashed
- 1/2 cup oats
- 1 egg or egg white
- 1 tbsp peanut butter
- Cinnamon

#### Steps

1. Mix banana, oats, egg, peanut butter, and cinnamon.
2. Add to a small baking dish.
3. Bake until set.
4. Cool slightly and portion.



### Upgrade Recipe 30

## Southwest Black Bean Quinoa Bowl

**Lunch/Dinner | Serves: 1**

A hearty plant-forward bowl with beans, quinoa, corn, peppers, and lime.

#### Ingredients

- 1/2 cup cooked quinoa
- 1/2 cup black beans
- 1/2 cup corn and peppers
- 1 cup greens
- Lime and cilantro

#### Steps

1. Add quinoa and greens to a bowl.
2. Top with beans, corn, and peppers.
3. Add lime and cilantro.
4. Serve chilled or warm.



### Upgrade Recipe 31

## Salmon Toast Plate

**Breakfast/Lunch | Serves: 1**

A simple plate with protein and fresh crunch.

#### Ingredients

- 1 slice whole-grain toast
- 3 oz smoked salmon
- Cucumber slices
- Greek yogurt spread
- Dill or herbs

#### Steps

1. Toast bread.
2. Spread yogurt lightly.
3. Top with salmon and cucumber.
4. Add dill and serve.



### Upgrade Recipe 32

## Weekly Meal Prep Combo

**Meal Prep | Serves: 3 boxes**

A repeatable prep formula for busy weeks.

#### Ingredients

- 12 oz cooked protein
- 1.5 cups cooked carb
- 3 cups vegetables
- 3 tbsp sauce
- Fresh herbs

#### Steps

1. Divide carb base into containers.
2. Add protein and vegetables.
3. Keep sauce separate if possible.
4. Refrigerate safely.

# Meal Prep Notes

Use these notes to make the 90-day system easier to repeat.

## Weekly Prep Checklist

- Pick 2 breakfasts, 2 lunches, and 3 dinners.
- Cook 1-2 protein bases.
- Prepare 1 smart carb base.
- Wash/chop vegetables for 3 days.
- Prepare 1 sauce or dip.
- Pack 2 snack options.

## Mix & Match Formula

- Protein + vegetables + smart carb + sauce.
- Use leftovers as lunch bowls.
- Repeat favorite meals instead of forcing variety.
- Keep snacks visible and ready.
- Swap ingredients for allergies or preferences.

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