

MJ'S POWER PLATES

7 DAY SAMPLE MEAL PLAN

Welcome to MJ's Power Plates

7-Day Free Trial!

Get ready to embark on a flavorful journey aimed at nourishing your body and mind. Our sample meal plan brings together the finest of whole foods, designed to energize and support your overall well-being.

Included in Your Trial:

Focus on Whole Foods: Each meal is crafted with nutrient-rich ingredients to boost your health and vitality.

7-Day Meal Plan: A diverse and delicious lineup of meals to keep you satisfied and motivated.

Grocery List: Simplify your shopping with our curated list, ensuring you have everything you need for the week.

Recipe Collection: Enjoy our exclusive MJ's Power Plates Recipes, featuring the meals we love to cook and enjoy ourselves.

Motivation and Consistency

This is more than just a diet; it's a lifestyle change. The Legacy of MJ, we believe in the power of consistent, mindful eating. Join us on this journey and experience the transformation that comes from nourishing your body with intention.

Grocery List

Proteins

Pastured-raised eggs
Grass-fed ground beef
Wild-caught salmon
Chicken thighs
Chicken breast
Baked cod
Grass-Fed Steak
Protein powder

Dairy

Cottage cheese
Greek yogurt
Parmesan cheese
Grass Fed Milk

Vegetables

Spinach
Mixed greens
Cherry tomatoes
Cucumbers
Kale
Brussels sprouts
Sweet potatoes
Asparagus
Green beans
Broccoli
Pumpkin seeds
Cucumbers

Fruits

Avocado
Tomatoes
Apple
Pear
Berries (mixed)
Pineapple chunks
Cantaloupe
Mango
Orange
Papaya
Blueberries

Grains & Bread

Sourdough bread
Quinoa
Jasmine rice

Nuts & Seeds

Almond butter
Raw walnuts
Raw almonds
Chia seeds

Condiments & Add-ins

Honey
Cinnamon

MJ's Power Plates Recipes

Welcome to the recipe collection of MJ's Power Plates, where each dish is crafted to delight your taste buds and nourish your body. These recipes are designed with the finest whole foods, ensuring each meal is both delicious and healthful. All recipes are crafted to serve two, making them perfect for sharing with a loved one or enjoying as a satisfying meal for yourself with leftovers.

Protein Pancakes with Berries and Honey

Ingredients:

- 1 cup rolled oats
- 1 scoop protein powder
- 1 teaspoon baking powder
- 1/2 cup Greek yogurt
- 2 eggs
- 1/4 cup milk (or plant-based alternative)
- 1 teaspoon vanilla extract
- 1 cup mixed berries
- 2 tablespoons honey

Instructions:

1. Blend oats, protein powder, and baking powder in a food processor until fine.
2. In a bowl, mix Greek yogurt, eggs, milk, and vanilla extract. Combine with dry ingredients to form a batter.
3. Heat a non-stick skillet over medium heat. Pour batter to form pancakes. Cook for 2-3 minutes on each side until golden brown.
4. Serve pancakes topped with mixed berries and a drizzle of honey.

MJ's Power Plates Recipes

Salmon with Quinoa and Roasted Brussels Sprouts

Ingredients:

- 2 wild-caught salmon fillets
- 1 cup quinoa
- 2 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Toss Brussels sprouts with 1 tablespoon of olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes until tender.
3. Rinse 1 cup of quinoa under cold water. In a medium saucepan, bring 2 cups of water to a boil. Add the quinoa, cover, and reduce heat to low. Simmer for about 15 minutes, or until the water is absorbed and the quinoa is fluffy.
4. Season salmon fillets with salt and pepper. In a skillet, heat the remaining olive oil over medium heat. Cook salmon for 4-5 minutes on each side until cooked through.
5. Serve salmon on a bed of quinoa with roasted Brussels sprouts. Squeeze fresh lemon over the top before serving.

MJ's Power Plates Recipes

Grilled Chicken Breast with Jasmine Rice & Spinach

Ingredients:

- 2 chicken breasts
- 1 cup jasmine rice
- 2 cups fresh spinach
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 garlic clove, minced

Instructions:

1. **Cook Jasmine Rice:** Rinse the rice under cold water until the water runs clear. In a medium saucepan, bring 2 cups of water to a boil. Add the rice and a pinch of salt, then reduce the heat to low. Cover and simmer for about 15 minutes, or until the water is absorbed and the rice is tender. Remove from heat and let it sit, covered, for 5 minutes before fluffing with a fork.
2. **Grill Chicken:** Season chicken breasts with salt and pepper. Grill over medium heat for 6-7 minutes on each side, or until fully cooked and juices run clear.
3. **Sauté Spinach:** In a pan, heat olive oil and sauté garlic until fragrant. Add spinach and cook until wilted.
4. **Serve:** Arrange the grilled chicken over a bed of jasmine rice and top with sautéed spinach.

Meal Plan

Day 1

Breakfast	Scrambled eggs, spinach, grass-fed ground beef, avocado, cottage cheese, sautéed banana
<i>Snack</i>	Apple & walnuts
Lunch	Grass fed burger, parmesan cheese, sweet potato, asparagus
Snack	Cottage cheese, cinnamon, apple and honey
Dinner	Roasted chicken thighs, jasmine rice, sautéed green beans,

Day 2

Breakfast	Pastured- raised eggs, spinach, diced tomatoes, avocado, sourdough toast, salmon
<i>Snack</i>	Almond butter, apple slices
Lunch	Grass-fed beef burger, mixed greens, cherry tomatoes, cucumbers, kale
Snack	Greek yogurt, honey, raw walnuts
Dinner	Wild-caught salmon, quinoa, roasted Brussels sprouts

Meal Plan

Day 3

Breakfast	Protein pancakes, berries, honey & 3 eggs
<i>Snack</i>	Salmon, cottage cheese, cucumber slices
Lunch	Chicken breast, kale salad, pumpkin seeds
Snack	Greek yogurt, honey, pineapple chunks, chia seeds
Dinner	Baked cod, sweet potato wedges, steamed broccoli

Day 4

Breakfast	Scrambled eggs, spinach, grass-fed ground beef, avocado, cottage cheese, sautéed banana
<i>Snack</i>	Pear, walnuts
Lunch	Beef stew, root vegetables
Snack	Cottage cheese, cinnamon, apple and honey
Dinner	Roasted chicken thighs, jasmine rice, sautéed green beans,

Meal Plan

Day 5

Breakfast	Morning fast
<i>Snack</i>	Mixed berry Greek Yogurt Bowl,
Lunch	Scrambled eggs, spinach, ground beef, avocado, cottage cheese, sautéed banana
Snack	Mango, orange & Almonds
Dinner	Steak, roasted carrots, jasmine rice,

Day 6

Breakfast	4 eggs and cantaloupe
<i>Snack</i>	Raw almonds, salmon, spinach, asparagus
Lunch	Chicken drumsticks, sweet potatoes, black beans
Snack	Peach, chia seeds, Greek yogurt, honey
Dinner	Grilled chicken breast, jasmine rice, sautéed spinach

Meal Plan

Day 7

Breakfast	Sourdough bread, avocado salmon
<i>Snack</i>	Ground beef patties, spinach, 2 boiled eggs, apple
Lunch	Greek yogurt, papaya, honey, blueberries, chia seeds
Snack	Fast
Dinner	Baked cod, sweet potato wedges, steamed broccoli

Privacy Policy for MJ's Power Plates

Introduction

- At MJ's Power Plates, we value your privacy. This Privacy Policy outlines how we collect, use, and share information when you visit our website or purchase our meal plans.

Information We Collect

- Personal Information: We collect personal information that you provide during the purchase process, such as your name, email address, and payment information.
- Usage Data: We collect information about your interaction with our website, such as IP address, browser type, and pages visited.

How We Use Your Information

- We use your information to process orders, manage accounts, and communicate updates, promotions, and offers.
- To improve our website functionality and customer service.

Sharing Your Information

- We do not sell your personal information. We may share information with third-party service providers for payment processing and order delivery.
- We may disclose information if required by law or to protect our rights and safety.

Data Security

- We implement security measures to protect your personal information from unauthorized access and disclosure.

Your Rights

- You have the right to access, update, or delete your personal information. Please contact us to exercise these rights.

Changes to This Privacy Policy

- We may update this policy periodically. We will notify you of significant changes by posting the updated policy on our website.

Contact Us

- For inquiries about this Privacy Policy, please contact us at thelegacyofmj@gmail.com.