



Endless Energy- Week #5

CARMEN OHLING



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Endless Energy Week #5 Meal Planning Guide:

1. Eat the meals in any order or combination that works best for you.
2. Sunday is your day to reflect and plan and prepare for the week ahead. Choose 1-2 meals of your choice this day.
3. If you don't like something swap it out for something that you do like, just ensure it's a like food- ie: veggie for veggie, protein for protein, carb for carb, etc.

Enjoy!

Carmen



MON



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 1
Chipotle Sweet Potato Chicken Poppers



LUNCH
Easy Slow Cooker Paleo Beef Chili (Whole 30 Friendly)



SNACK 2
Yogurt with Pear



DINNER
Slow Cooker Buffalo Chicken Stuffed Sweet Potato, Steamed Broccoli



SNACK 3
Vegan Banana Bread

TUE



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 1
Chipotle Sweet Potato Chicken Poppers



LUNCH
Easy Slow Cooker Paleo Beef Chili (Whole 30 Friendly)



SNACK 2
Yogurt with Pear



DINNER
Slow Cooker Buffalo Chicken Stuffed Sweet Potato, Steamed Broccoli



SNACK 3
Vegan Banana Bread

WED



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 1
Chipotle Sweet Potato Chicken Poppers



LUNCH
Easy Slow Cooker Paleo Beef Chili (Whole 30 Friendly)



SNACK 2
Yogurt with Pear



DINNER
Slow Cooker Buffalo Chicken Stuffed Sweet Potato, Steamed Broccoli



SNACK 3
Vegan Banana Bread

THU



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 1
Chipotle Sweet Potato Chicken Poppers



LUNCH
Easy Slow Cooker Paleo Beef Chili (Whole 30 Friendly)



SNACK 2
Yogurt with Pear



DINNER
Slow Cooker Buffalo Chicken Stuffed Sweet Potato, Steamed Broccoli



SNACK 3
Vegan Banana Bread

FRI



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 1
Chipotle Sweet Potato Chicken Poppers



LUNCH
Easy Slow Cooker Paleo Beef Chili (Whole 30 Friendly)



SNACK 2
Yogurt with Pear



DINNER
Slow Cooker Buffalo Chicken Stuffed Sweet Potato, Steamed Broccoli



SNACK 3
Vegan Banana Bread

SAT



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 1
Chipotle Sweet Potato Chicken Poppers



LUNCH
Easy Slow Cooker Paleo Beef Chili (Whole 30 Friendly)



SNACK 2
Yogurt with Pear



DINNER
Slow Cooker Buffalo Chicken Stuffed Sweet Potato, Steamed Broccoli



SNACK 3
Vegan Banana Bread

SUN



BREAKFAST
Tomato Zucchini Egg Breakfast Bake, 2 Bacon



SNACK 2
Yogurt with Pear



SNACK 3
Vegan Banana Bread



MON

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1412 Fiber 25g
Fat 51g Protein 108g
Carbs 134g

TUE

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1412 Fiber 25g
Fat 51g Protein 108g
Carbs 134g

WED

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1412 Fiber 25g
Fat 51g Protein 108g
Carbs 134g

THU

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1412 Fiber 25g
Fat 51g Protein 108g
Carbs 134g

FRI

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1412 Fiber 25g
Fat 51g Protein 108g
Carbs 134g

SAT

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1412 Fiber 25g
Fat 51g Protein 108g
Carbs 134g

SUN

FAT 36% **CARBS 39%** **PROTEIN 25%**

Calories 704 Fiber 10g
Fat 29g Protein 45g
Carbs 69g



FRUITS

- 3 Banana
- 3 1/2 Pear

BREAKFAST

- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 0 tsp Black Pepper
- 1/3 tsp Cayenne Pepper
- 3 tbsps Chili Powder
- 3/4 tsp Cumin
- 2 tbsps Dried Onion Flakes
- 1 tbsp Garlic Powder
- 1/3 tsp Ground Cinnamon
- 2 tbsps Ground Flax Seed
- 1 3/4 tps Italian Seasoning
- 1 1/2 tps Salt
- 2 1/8 tps Sea Salt
- 2 1/4 tps Smoked Paprika

VEGETABLES

- 6 cups Broccoli
- 3 1/2 cups Cherry Tomatoes
- 4 1/4 Garlic
- 3 stalks Green Onion
- 3/4 Large Yellow Onion
- 1 1/2 Red Bell Pepper
- 1 3/4 tps Rosemary
- 6 Small Baked Sweet Potatoes
- 1 3/4 Small Onion
- 3/4 Small Sweet Potato
- 2 cups Sweet Potato
- 1 3/4 Yellow Squash
- 1 3/4 Zucchini

BOXED & CANNED

- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes

BAKING

- 2 cups All Purpose Gluten Free Flour
- 1 tbsp Baking Powder
- 2 tbsps Tapioca Flour

BREAD, FISH, MEAT & CHEESE

- 12 ozs Boneless Skinless Chicken Breast
- 12 ozs Boneless Skinless Chicken Thighs
- 12 ozs Extra Lean Ground Beef
- 1 lb Ground Chicken
- 7 slices Turkey Bacon

CONDIMENTS & OILS

- 1 3/4 tps Avocado Oil
- 2 1/4 tbsps Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 3/4 cup Hot Pepper Sauce

COLD

- 14 Egg
- 7 cups Plain Greek Yogurt
- 1/2 cup Unsweetened Cashew Milk



Tomato Zucchini Egg Breakfast Bake

4 SERVINGS 20 MINUTES



INGREDIENTS

8 Egg
1 Zucchini
1 Yellow Squash
2 cups Cherry Tomatoes (sliced)
1 Small Onion (diced)
2 Garlic (cloves, minced)
1 tsp Italian Seasoning
1 tsp Rosemary (fresh, minced)
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	189	Fiber	2g
Fat	10g	Protein	15g
Carbs	10g		

DIRECTIONS

- 01 Slice tomatoes, zucchini, and yellow squash into rounds and alternately layer into a medium casserole dish.
- 02 In a saucepan saute diced onion and minced garlic in a drizzling of olive oil (about 1 tablespoon) until golden.
- 03 Whisk eggs and spices together, then add sautéed onions and garlic and pour over vegetables.
- 04 Bake on 350F for about 50 minutes until golden on edges and the middle springs back when you push on it with your finger.



Bacon

4 SERVINGS 15 MINUTES



INGREDIENTS

4 slices Turkey Bacon (or chicken bacon, nitrate free)

NUTRITION

AMOUNT PER SERVING

Calories	44	Fiber	0g
Fat	4g	Protein	3g
Carbs	0g		

DIRECTIONS

- 01 Preheat oven to 390°F (200°C) and spray a sheet pan with cooking spray (or line with parchment/foil.)
- 02 Place the bacon on the sheet pan. Bake for 14-18 minutes.
- 03 Remove the pan from the oven and divide out the bacon.



Chipotle Sweet Potato Chicken Poppers

6 SERVINGS 20 MINUTES



INGREDIENTS

1 lb Ground Chicken (or turkey)
2 cups Sweet Potato (shredded)
2 tbsps Tapioca Flour (or sub arrowroot powder)
2 tbsps Dried Onion Flakes
1 tsp Avocado Oil
1 tsp Chili Powder
1 tsp Garlic Powder
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	192	Fiber	3g
Fat	7g	Protein	15g
Carbs	14g		

DIRECTIONS

- 01 Preheat oven to 400F. Line a baking tray with parchment paper.
- 02 In a bowl combine ingredients fully, then use a small/medium ice-cream scoop to form poppers (24) and place them on a baking tray lined with parchment paper.
- 03 Bake on 400F for 15 minutes, then turn poppers and cook for another 5 minutes until golden browned and fully cooked.

NOTES

SERVING

A serving is 4 poppers.



Easy Slow Cooker Paleo Beef Chili {Whole 30 Friendly}

6 SERVINGS 20 MINUTES



INGREDIENTS

3/4 tsp Avocado Oil
12 ozs Extra Lean Ground Beef (grass fed and finished)
1 1/2 Red Bell Pepper (diced)
3/4 Large Yellow Onion (diced)
3/4 Small Sweet Potato (about 1 1/2 cup, peeled and diced)
1 1/2 cups Crushed Tomatoes (preferably fire-roasted)
1 1/2 cups Diced Tomatoes (preferably fire roasted)
2 1/4 tbsps Chili Powder
2 1/4 tsps Smoked Paprika
3/4 Garlic (chopped)
3/4 tsp Cumin
1 1/2 tsps Salt
1/3 tsp Ground Cinnamon
1 1/8 tsps Chili Powder

NUTRITION

AMOUNT PER SERVING

Calories	186	Fiber	6g
Fat	8g	Protein	15g
Carbs	17g		

DIRECTIONS

- 01 Heat oil in a large skillet over medium high heat.
- 02 Add beef, and cook, stirring often and breaking up the beef with a wooden spoon until the beef is browned, 4 to 6 minutes.
- 03 Transfer the beef to the insert of a large slow cooker.
- 04 Stir in bell peppers, onion, sweet potato, crushed tomatoes, diced tomatoes, chili powder, smoked paprika, garlic, cumin, salt, cinnamon and chipotle.
- 05 Cover and set slow cooker on high for 6 hours.
- 06 Serve topped with garnishes. Choose cilantro, green onion, red onion, and/or salsa for garnish!



Yogurt with Pear

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Pear (halved and cored)
1 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	232	Fiber	3g
Fat	5g	Protein	22g
Carbs	26g		

DIRECTIONS

01 Divide yogurt into bowls. Top with pear and enjoy!

NOTES

DAIRY-FREE

Use coconut or almond yogurt instead of Greek yogurt.

NO PEAR

Use any type of fresh fruit instead.

LIKES IT SWEET

Drizzle with honey or maple syrup.



Slow Cooker Buffalo Chicken Stuffed Sweet Potato

6 SERVINGS 30 MINUTES



INGREDIENTS

12 ozs Boneless Skinless Chicken Breast
12 ozs Boneless Skinless Chicken Thighs
3/4 cup Hot Pepper Sauce (Try Noble Made or Frank's Red Hot Buffalo)
1 1/2 tbsps Coconut Oil
2 1/4 tbsps Coconut Aminos
1 1/8 tps Garlic Powder
1/3 tsp Cayenne Pepper (optional - adds more heat)
6 Small Baked Sweet Potatoes (about 7 oz. each uncooked)
3 stalks Green Onion (chopped, optional)

DIRECTIONS

- 01 Place chicken in a slow cooker set on low.
- 02 In a small saucepan on medium-high heat, combine the hot sauce, coconut oil, coconut aminos, garlic powder and optional cayenne. Stir together and heat until coconut oil is melted.
- 03 Pour sauce into slow cooker.
- 04 Cook for 4-6 hours on low or until chicken is tender.
- 05 Remove chicken from slow cooker and shred with two forks. Return shredded chicken to slow cooker and toss with sauce.
- 06 Turn slow cooker to warm (or remain on low) until ready to serve.
- 07 Serve chicken in baked sweet potatoes and drizzle with buffalo sauce and chopped green onion, if desired.

NUTRITION

AMOUNT PER SERVING

Calories	299	Fiber	4g
Fat	7g	Protein	30g
Carbs	28g		



Steamed Broccoli

6 SERVINGS 10 MINUTES



INGREDIENTS

6 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	31	Fiber	2g
Fat	0g	Protein	3g
Carbs	6g		

DIRECTIONS

01 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

NOTES

MORE FLAVOUR

Toss in olive oil and season with your favourite spices.

SERVE IT WITH

Shredded Chicken or Ginger Steamed Cod Fillets.



Vegan Banana Bread

12 SERVINGS 50 MINUTES



INGREDIENTS

3 Banana (ripe, divided)
1/3 cup Extra Virgin Olive Oil
1/4 cup Maple Syrup
1/2 cup Unsweetened Cashew Milk (or almond milk)
2 tbsps Ground Flax Seed
2 cups All Purpose Gluten-Free Flour
1 tbsp Baking Powder
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	195	Fiber	5g
Fat	6g	Protein	2g
Carbs	33g		

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
- 02 In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
- 03 In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
- 04 Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
- 05 Let cool completely before slicing. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one slice of banana bread.

GLUTEN-FREE FLOUR

This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

ADD-INS

Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

STORAGE

Keeps well in the fridge for 5 days or in the freezer for a few months.

