



# HEALTHY FAMILY FIT MOM

5 DAY FAMILY MEAL PLAN  
TO KEEP MOM FIT & SANE

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# WEEK 1 MEAL PLAN

IGNITE 28

## BREAKFAST

## LUNCH

## DINNER

## SNACKS

### DAY 1

Veggie  
Omelette &  
Fruit

Tzatziki (instead  
of mayo)  
Chicken Salad in  
Lettuce Wraps

Taco Salad (no  
shells)

Chia Pudding  
Apple & Nut Butter

### DAY 2

Greek yogurt &  
fruit smoothie

Greens Salad with  
salmon or shrimp

Chicken, Turkey  
or Veg Soup

Berries & Cheese  
Devilled Eggs

### DAY 3

Eggs, Asparagus  
& fruit

BBQ Chicken &  
Roasted Broccoli

Spiralized Zucchini  
with 'spaghetti'  
meat sauce

Homemade frozen  
Greek yogurt  
(Greek yogurt & berries  
mixed & frozen)  
Veggies & Hummus

### DAY 4

Loaded  
Oatmeal  
(nuts, seeds,  
fruit, chia, flax,  
hemp, etc..)

Salad with chicken,  
roasted veg & warm  
goat cheese

Hearty Chili

Cream cheese  
stuffed mushroom  
caps (stuff & cook)  
Cup of Soup

### DAY 5

Banana &  
Greens Power  
Bowl

Chickpea &  
Leftover Buddha  
Bowl

Pita Pizzas\*

Mini crustless  
quiche  
Cup of Chili

*The Journey to Wellness Meal Plan is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Get your Doctor's OK before starting any type of exercise or nutrition plan – especially if you have pre-existing injuries*



# 5-DAY GROCERY LIST

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## Fruits & Veggies:

Bag of frozen veg (Spaghetti, Omelette, Chili, Pizza)  
Big leaf lettuce (for wraps)  
Tomato  
Berries  
Apples  
Banana  
Carrot Sticks  
Zucchini  
Avocado  
Mushrooms  
Asparagus  
Lemon  
Mixed Greens/spinach  
Broccoli  
Soup Veggies

## Meat & Fish:

Eggs  
Chicken pieces  
Full BBQ Chicken  
Ground Lamb or Turkey  
Salmon or Shrimp

## Dairy:

Greek Yogurt  
Tzatziki Dip  
Almond Milk  
Spreadable Cream cheese  
Goat cheese  
Preferred cheese for quiche

## General Grocery:

Hummus  
Rolled oats  
Small pitas  
Kidney Beans  
Crushed tomatoes  
Chia seeds  
Nut butter  
Rice or quinoa (for buddha bowl)  
Spaghetti

## Other Food Items:

Spices for tacos or taco spice package  
Chili powder



## 'FIT MOM' SUBSTITUTIONS & MEAL PLANNING IDEAS

### HEALTHY TIP #1

To save time, energy and money, purchase food items that you will use over multiple meals and prepare ahead of time! When things are prepared ahead of time, even just using the slow cooker, you will be less likely to choose unhealthy options! Just a few examples in this meal plan:

- Purchase a bag of frozen or fresh vegetables that you can use in your omelette, spaghetti, chili and pizza. It is amazing how far a bag of frozen onion and peppers can take you.
- Buy a pack of chicken thighs or chicken breasts to bake ahead of time. Or purchase a full Rotisserie chicken from the deli and use for the chicken salad lettuce wraps, BBQ chicken and broccoli, the salad with roasted veg and chicken, soup and even the pizza!

### HEALTHY TIP #2

Try to replace as much “starchy” food as possible with vegetables.

- Spiralized zucchini can make a great replacement for pasta, or just put your pasta sauce on a big bed of greens. No, it isn't as odd as it sounds.
- Instead of all those taco shells, serve yourself up a huge taco salad of lettuce, tomato, cheese and avocado with just a few crumbled pieces of shell.
- Cauliflower crust pizza can make a great substitute for regular pizza dough. Try a few techniques to get it the way you like it. My tip is to make sure you cook the crust BEFORE you add your toppings so it doesn't come out soggy. Pita pizzas are the easiest option!





## 'FIT MOM' SUBSTITUTIONS & MEAL PLANNING IDEAS

### HEALTHY TIP #3

Learn your serving sizes!

- Carbs always get such a bad reputation but the carbs aren't necessarily "bad". It's just that we eat way too much of them. You'll be surprised at how small a serving of pasta really is!
- Limit one serving of carbohydrate rich food (rice, pasta, bread, cereal, etc...) to 15 carbs per serving and limit any meals as you can to just ONE serving! This is 1 small pita for the pizzas, 1 small soft or hard taco shell, ½ cup cooked pasta (measure it!) This can seem like a huge adjustment but if you are trying to shed body fat, this can really boost your fat loss up a notch.

### HEALTHY TIP #4

Leftovers are your family's best friend!

- When you are trying to save time, energy and money for your family, always choose meals that are great as leftovers and can be used as lunches or even snacks!
- All of the dinner meals in this meal plan can be used for family lunches (including in the kiddos Thermos) the next day! Such a GREAT time and money saver. Plus they will have something different every day and eat so much healthier!

# Crustless Quiche

USE MUFFIN TINS AND FREEZE FOR  
FUTURE MEALS AND SNACKS

## Ingredients

- 1/2 package frozen chopped spinach
- 4 eggs or 3/4 cup liquid egg substitute
- 1/2 cup shredded cheese (pick your fav)
- 1/4 cup finely diced green bell peppers
- 1/4 cup finely diced onions
- 3 drops hot sauce (optional)

## Directions

1. Microwave the spinach for 2 1/2 minutes on high. Drain the excess liquid.
2. Line a 12-cup muffin pan with baking cups or spray the pan with cooking spray.
3. Combine the egg, cheese, peppers, onions and spinach in a bowl. Mix well.
4. Divide evenly among the muffin cups.
5. Bake at 350 degrees for 20 minutes, until a knife inserted in the centre comes out clean.





# Hearty Chili

GREAT FOR THE SLOW COOKER

## Ingredients

1 pound of ground beef or turkey

2 cans crushed tomatoes

Cut up vegetables (onions, peppers, garlic, jalapeño peppers, and also where I hide extra veggies - I blend some with my tomatoes first)

2 cans kidney beans

2 tbsp. chili powder

Other spices like oregano, cayenne, red pepper flakes.

## Directions

1. Brown beef/turkey in a skillet. Drain.
2. Combine all ingredients in a crock pot except the beans.
3. Slow cook on Low for 6-7 hours or High for 4 hours. The longer it sits, the better it tastes.
4. Add the kidney beans during the last hour. It will not hurt if you have to add them at the beginning. They will just be softer.



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# Chia Pudding

MAKE THE NIGHT BEFORE FOR  
BREAKFAST OR A MID MORNING SNACK

## Ingredients

2 cups unsweetened almond milk

1 tsp. vanilla

3 tbsp. real maple syrup

½ cup chia seeds

Frozen or fresh fruit

OPTIONAL TOPPINGS: coconut, nuts, cacao  
nibs, seeds, mint leaves.

## Directions

1. Whisk together almond milk, vanilla and maple syrup.
2. Add chia seeds. Let sit for about 10 minutes, whisking again at about 5 minutes.
3. Prep four 1-cup mason jars with frozen fruit, about half full.
4. Add equal amounts of mixture to each jar.
5. Rest in fridge to set for 1-3 hours or better, overnight.
6. Garnish with favourite toppings.

**This is an older video I did and kind of embarrassing quality but thought it might help.**



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# Buddha Bowl

THE GREAT THING ABOUT THESE  
BOWLS IS YOU CAN MAKE THEM  
YOUR VERY OWN!

## Ingredients

BASE OPTIONS: Brown Rice, Quinoa, Barley

PROTEIN OPTIONS: Look through your leftovers!!  
Chicken breasts, ground turkey or beef, shrimp,  
beans, tofu, fried or hardboiled egg.

VEGETABLES: Peppers, red onions, mushrooms,  
sweet potatoes, water chestnuts, zucchini,  
asparagus, radishes, green onions or chives,  
spinach or greens. More leftovers!

TOPPING: Nuts (cashews, walnuts, almonds,  
pistachios), seeds (sunflower seeds, hemp),  
avocado, hummus, olive oil, balsamic.

## Directions

1. Cook rice, quinoa and/or raw protein as needed.
2. Lightly cooked vegetables if desired.
3. Mix all together and top with favourite dressing or toppings and enjoy.



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*Deborah Peddle-Hann*