

MY 7-DAY MEAL PLAN

BY CINDY HARMON



Alabama Power Company
emPOWERed
HEALTH
CONNECTING YOU
TO QUALITY HEALTHCARE



MY 7-DAY MEAL PLAN

CINDY HARMON'S PERSONAL GUIDELINES FOR FUELING UP AND FEELING GOOD

Take a sneak peek into my weekly meal plan as I share real life examples of what's on my menu and why I choose the foods I do!

When planning my menu for the week I ask myself the question, **“HOW IS THIS GOING TO MAKE ME FEEL?”** If the answer is energized, focused, light on my feet, ready to go...it passes the test. If the answer is rundown, bloated, foggy-headed...I don't touch it. Feeling healthy, energized, and ready to attack the day motivates me to make healthy food choices throughout my week.

Food is like fuel to help our bodies perform optimally and the right food choices will create a domino effect of optimal health throughout your body. Healthful foods boost the overall health of our skin, hair, and nails. It makes our eyes shine brightly and our joints move well. By incorporating smart food choices and eliminating processed foods full of artificial colors, flavors, and preservatives, I find I also eliminate the feeling of being bloated with a distended abdomen. Needing a little guidance and wondering if your current meal plan is setting you up for success? Reach out to me and let's reevaluate!

HERE ARE MY TOP TIPS ON LIVING AN ACTIVE, HEALTHY LIFESTYLE WITH HIGH QUALITY NUTRITION AS THE CATALYST FOR PURSUING OPTIMAL HEALTH:

1. **Water, water, water.** Drink ALL of the water! I suggest following the hydration chart recommendations.
2. **Avoid these foods that often trigger food sensitivities and inflammation:**
 - Gluten
 - Corn
 - Oats
 - Artificial colors, flavors, preservatives, and sweeteners
3. **Minimal added sugars and dairy**
4. **Try this!** Mix it up and try incorporating non-traditional breakfast foods into your routine for breakfast. You've heard of breakfast for dinner, so why not try dinner for breakfast! This nutrition hack gives me energy and satiety and I think it'll help you too.





Gotta Eat This!

FERMENTED FOODS!

My primary care physician got me started on eating krauts, kimchis, and horseradishes with breakfast a few years ago for good gut and brain health and now I crave them.



LOAD UP ON VEGGIES!

Vegetables can add big volume to meals along with much needed nutrients without adding a lot of calories, so stack your plate full of colorful veggies instead of doubling up on the bread basket. Start small and work your way up to a goal of 7-9 servings of vegetables a day.



ALL ABOUT BALANCE

Not every day will be perfect, but aim for a balanced amount of protein, healthy fat, and healthy carbs to feel healthy and energized throughout the day. This can change from time to time depending on activity level, so adjust accordingly based on the signs your body is giving you. Fueling my body with a balance of these helps keep me satiated and not needing to snack every few hours. I find that a 3-hour window is perfect for me.



HEALTHY HACKS

Designate one day of the week as your meal prep time to save yourself hassle throughout the week. Batch cook in larger quantities, portion out, and then freeze leftovers for multiple meal options.

Check out my 7-day meal plan for healthy inspiration on meal and snack ideas. Here's to feeling happy, healthy, and prepared for the week ahead!

MEAL PLAN DAY ONE

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

Mixed together

- 1/3 cup Jasmine rice
- 1/2 cup ground turkey cooked with sweet onions
- 1/2 cup Pinto beans (Either canned **365 brand** or dried)
- 2 tsps **Kerrygold** butter, salt and pepper
- 1 Tbsp **Gold's** horseradish

On the side (But...still mixed in a little bit)

- 3/4 cup of **Bubbies** Sauerkraut

SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 1 Tbsp **Georgia Grinders** unsweetened almond butter
- 1 scoop **Ancient Nutrition** Chocolate Bone Broth Protein Powder
- 1 scoop **Vitality Wellness Center** Chocolate Greens Drink Powder

LUNCH

Open-faced sandwich

- 1 slice of homemade rice flour bread grilled with a little **Kerrygold** butter
- 1/2 cup roast beef (either sirloin tip cooked in the crockpot or **Boar's Head** sliced)
- 1/2 slice **Boar's Head** Havarti cheese
- Several homemade bread and butter pickles

On the side

- 2 cups steamed broccoli with 2 tsps of **Kerrygold** butter, salt and pepper
- 1/2 cup of pickled okra

GOTTA EAT THIS!

Broccoli is packed with powerful antioxidants like Vitamins A and C that improve eye health.

PICKLE YOUR FANCY!

Cindy loves to garden, and in fact grows her own okra and cucumbers which she pickles herself!



DINNER

Mixed together

- 1/2 cup 90% ground beef and sweet onions
- 1/2 cup black beans (Either canned **365 brand** or dried)
- 1 cup butterhead lettuce
- 1/2 cup medley heirloom tomatoes
- 2 Tbsp avocado
- 1/4 cup **Daiya** dairy-free Mexican 4 Cheese
- Chopped cilantro
- Lime juice, salt and pepper
- Handful of **Siete** "Squeeze of Lime" Grain-Free tortilla chips crumbled up and mixed in

SNACK

Peanut & chocolate chip **Larabar**

SNACK

- Ambrosia apple
- 1 Tbsp **Once Again** Unsweetened Sunflower butter

MEAL PLAN DAY TWO

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

- 1 cup homemade Crockpot 15 bean and ham soup

On the side (But...still mixed in a little bit)

- ½ cup of my homemade sauerkraut
- 1 **Birch Benders** Sweet Potato Pancake with a dab of Kerrygold butter & a drizzle of local honey

SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 1 Tbsp **Once Again** Unsweetened Tahini
- 1 scoop **Ancient Nutrition** Chocolate Bone Broth Protein Powder
- 1 scoop **Vitalogy Wellness Center** Chocolate Greens Drink Powder

LUNCH

Mixed together

- Chicken breast with bones, sweet onion, carrots, Yukon gold potatoes, olive oil, salt and pepper in Crockpot
- Serving size: 1 ½ cups

On the side (But...still mixed in a little bit)

- Dried lentils cooked with sweet onion
- Serving size: ½ cup

SNACK

2-3 Tbsps **Cedar's Original Hummus** with celery sticks and handful of **Simple Mills** Almond Flour crackers

DINNER

Mixed together

- 1 can **Wild Planet** Wild Sardines (mashed up)
- ½ cup **Great Value** canned quartered artichoke hearts
- ¼ cup diced celery
- ¼ cup shredded carrots
- ¼ cup radish slices and black olives
- ¼ cup homemade bread and butter pickles
- 1 Tbsp **Follow Your Heart** Veganase
- 1 tsp yellow mustard
- Salt and pepper

Eat with 1 slice of homemade almond flour and flax seed bread

SNACK

1 cup purple sweet potato with 2 tsps of **Kerrygold** butter, salt and pepper

GOTTA EAT THIS!

Incorporating food like salmon, mackerel, anchovies, sardines, herring, walnuts, flax and chia seeds, and grass-fed foods are all great ways to boost your Omega-3 intake throughout the day.

GOTTA EAT THIS!

Sweet potatoes are a progesterone boosting, hormone balancing superfood! Enjoy them in many varieties including red, purple, white, and Japanese.

MEAL PLAN DAY THREE

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

Mixed together

- 1/3 cup Jasmine rice
- 1/2 cup ground turkey cooked with sweet onions
- 1/2 cup Pinto beans (Either canned **365 brand** or dried)
- 2 tps **Kerrygold** butter, salt and pepper

On the side (But...still mixed in a little bit)

- 3/4 cup of **Cleveland Kraut** Red Cabbage and Beet Sauerkraut

GOTTA EAT THIS!

Fermented foods promote optimal gut health and boost immunity! Add kraut, kimchi, and horseradish to your weekly grocery list.



SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 2 Tbps walnut pieces
- 1 scoop **Purely Inspired** Chocolate Protein Powder
- 1 scoop **Vitalogy Wellness Center** Chocolate Greens Drink Powder
- 4 ice cubes

LUNCH

- 1.5 cups homemade Crockpot Tomato and Pepper Soup
- 1 slice of homemade rice flour bread grilled with a little **Kerrygold** butter and 1/2 slice **Boar's Head** Havarti cheese

SNACK

- 1 Granny Smith apple and carrot mixed in blender with water, lime juice, dash of salt and ice
- 2 **Siete** Grain-Free Mexican Chocolate cookies

DINNER

Mixed together

- **Aidells** Chicken and Apple Sausage, green cabbage, gala apples, sweet onions, white sweet potatoes, chicken broth, Kerrygold butter, salt and pepper cooked in the Crockpot
- Serving size: 2 cups

SNACK

4 homemade canned figs with 1 tbsp **Once Again** Unsweetened Sunflower Butter

MEAL PLAN DAY FOUR

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

- 1 cup homemade Crockpot 15 bean and ham soup

On the side (But...still mixed in a little bit)

- ½ cup of homemade sauerkraut
- 1 **Birch Benders** Sweet Potato Pancake with a dab of **Kerrygold** butter & a drizzle of local honey

SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 1 Tbsp **Once Again** Unsweetened Tahini
- 1 scoop **Ancient Nutrition** Chocolate Bone Broth Protein Powder
- 1 scoop **Vitalogy Wellness Center** Chocolate Greens Drink Powder

LUNCH

Mixed together

- Chicken breast with bones, sweet onion, carrots, Yukon gold potatoes, olive oil, salt and pepper in Crockpot
- Serving size: 1.5 cups

On the side (But...still mixed in a little bit)

- ½ cup of roasted brussel sprouts

SNACK

Ghiradelli 92% Chocolate Square with 1 Tbsp **Georgia Grinders** Unsweetened Almond Butter

DINNER

Mixed together

- ½ cup **Barilla** red lentil pasta
- ½ cup 90% ground beef and sweet onions
- 1.5 cup of medley heirloom tomatoes, zucchini, sweet onions, pepper medley coated in olive oil and roasted in oven
- ¼ cup **Daiya** dairy-free cheddar cheese
- Drizzled with olive oil
- Salt and pepper



SNACK

2-3 Tbsps **Cedar's Original** Hummus with carrots & handful of **Simple Mills** Almond Flour crackers

MEAL PLAN DAY FIVE

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

Mixed together

- **Aidells** Chicken and Apple Sausage, green cabbage, gala apples, sweet onions, white sweet potatoes, chicken broth, **Kerrygold** butter, salt and pepper cooked in the Crockpot
- Serving size: 2 cups

On the side (But...still mixed in a little bit)

- ½ cup of homemade sauerkraut

SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 1 Tbsp **Once Again** Unsweetened Tahini
- 1 scoop **Ancient Nutrition Chocolate Bone Broth Protein Powder**
- 1 scoop **Vitalogy Wellness Center Chocolate Greens Drink Powder**

LUNCH

Mixed together

- ½ cup **Double Q** Salmon with bones
- ½ cup **Great Value** canned quartered artichoke hearts
- ¼ cup diced celery
- ¼ cup shredded carrots
- 1 Tbsp **Follow Your Heart** Veganase
- 1 tsp yellow mustard
- Salt and pepper

Wrap spoonfuls of salmon in **gimMe Organic** sea salt premium roasted seaweed

Eat with handful of **Simple Mills** Almond Flour crackers

SNACK

- Handful of **Sunbelt Co.** Cashews
- 4 **Made in Nature** Apricots In the Buff Supersnacks

JUST ADD SALT!
Iodized, that is.
When eating a diet of whole, unprocessed foods meals you'll need to add salt for your sodium and iodine needs.

DINNER

Mixed together

- ½ cup **Barilla** red lentil pasta
- ½ cup 90% ground beef and sweet onions
- 1 cup of medley heirloom tomatoes, zucchini, sweet onions, pepper medley coated in olive oil and roasted in oven
- 1 cups Homemade Crockpot Tomato and Pepper Soup used as sauce
- Drizzle with olive oil

SNACK

- 1 Tbsp **Once Again** Unsweetened Sunflower Butter
- 1 tsp local honey

MEAL PLAN DAY SIX

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

Mixed together

- ½ cup of Jasmine rice
- ½ cup ground turkey cooked with sweet onions
- 1 cup **TastyBite Organic** Indian Madras Lentils
- 1 cup **Bubbies** Sauerkraut

SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 2 Tbsps pecan pieces
- 2 scoops **Orgain** Vanilla Protein Powder
- 1 scoop **Vitalogy Wellness Center** Chocolate Greens Drink Powder
- 4 ice cubes

LUNCH

Mixed together

- Pork, sweet potato chunks, and apple slices cooked in the Crockpot
- Serving size: 2 cups

On the side

- ½ cup green beans cooked with sweet onion and bacon



SNACK

Ghiradelli 92% Chocolate Square with 1 Tbsp **Georgia Grinders** Unsweetened Almond Butter

DINNER

- 1 cup homemade Crockpot 15 bean and ham soup

On the side (But...still mixed in a little bit)

- ½ cup of homemade sauerkraut
- 1 **Birch Benders** Sweet Potato Pancake with a dab of **Kerrygold** butter and a drizzle of local honey

SNACK

Apple Pie **Larabar** with handful of blueberries

MEAL PLAN DAY SEVEN

Measurements provided here are approximations - tweak to your preference!

BREAKFAST

Mixed together

- 1/3 cup Jasmine rice
- 1/2 cup ground turkey cooked with sweet onions
- 1/2 cup cannellini beans (Either canned **365 brand** or dried)
- 2 tsps **Kerrygold** Butter, salt and pepper

On the side (But...still mixed in a little bit)

- 1 cup of **Cleveland Kraut** Garlic Sauerkraut

SMOOTHIE

- 1 cup unsweetened almond milk
- 1 medium banana
- A dash of salt
- 2 Tbsps of walnut pieces
- 1 scoop **Ancient Nutrition** Chocolate Bone Broth Protein Powder
- 1 scoop **Vitality Wellness Center** Chocolate Greens Drink Powder

LUNCH

Open-faced sandwich

- 1 slice of homemade rice flour bread
- 2 tsps of **Veganase**
- A little yellow mustard
- 1/2 cup chicken (cooked in the Crockpot)
- Tomato slices and butterhead lettuce
- Several homemade bread and butter pickles

On the side

- 2 cups steamed broccoli with 2 tsps of **Kerrygold** butter, salt and pepper
- 1/2 cup of pickled okra

SNACK

Red pear with 2 Tbsps of roasted pumpkin seeds

SNACK

- 1 cup frozen mango (partially thawed)
- 1 Tbsp **Once Again** Unsweetened Sunflower butter

(I don't put the sunflower butter on the mango...I eat them separately)

DINNER

Mixed together

- 1/2 cup 90% ground beef and sweet onions
- 1/2 cup black beans (Either canned **365 brand** or dried)
- 1 cup butterhead lettuce
- 1/2 cup medley heirloom tomatoes
- 2 Tbsp avocado
- 1/4 cup **Daiya** dairy-free Mexican 4 Cheese
- Chopped cilantro
- Lime juice, salt and pepper
- Handful of **Siete** "Squeeze of Lime" Grain-Free tortilla chips crumbled up and mixed in

