

crystal

ELIZABETH'S



7-DAY FITMAMA
MEAL PLAN

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mombod:

the beautiful body of a mama



Hey mama!

I am so excited that you're here & putting some energy into YOU and your goals. I know what it's like to be in that post-partum stage in a new squishy body, feeling like you're starting from scratch, and wondering if you'll ever look & feel confident in that new bod.

And I know how challenging it is to make the time to move your body & eat in a way that both nourishes your body and gets you

closer to your goal. We're all busy raising littles, working our tushies off, keeping the house in order, and sometimes we just don't have the mental bandwidth for allllll the things.

That's why I put together this done-for-you meal plan, to save you time, energy, decision-making AND help you kick-start losing the stubborn weight so you can rock your mombod!

And before you dive into the recipes + plan, I'm going to share some fundamental nutrition habits that when you practice consistently and learn to master, will allow you to create a better relationship with food and your body, no matter what the food looks like beyond these 7 days.

Let's dive in!

foundations

start here

It's really quick + easy to just get on a plan, or try the newest "diet", or look for a short-term fix. And while I love tools that help you get quick wins and build momentum, my biggest goal as a coach is to empower you to be able to make healthy food decisions, no matter what's going on with life around you.

The truth is, if you don't master some fundamental skills and beliefs around food, exercise, and how you feel about your body, you will constantly be on the hamster wheel, the vicious cycle of restriction-overdoing it that soooooo many women find themselves on. Been there, done that, over it!!!

And I don't want that to be YOU.

So even though I'm giving you a laid out 7-day guide with recipes, I want you to take the next 3 concepts, and put them into action RIGHT AWAY.

If you do nothing else beyond this guide, do these 3 things, because these are the HOW-TOs of eating that begin to give you food freedom and help you navigate through your day without feeling stressed about food decisions.

You have enough things to worry about as a mama, you don't need to be stressing about every food decision too. SO, here are 3 Habits to Master:

- 1) Hydration
- 2) Hunger & Fullness
- 3) Portion Control



hydration

Before we talk food, I always start with hydration. Water makes up almost 70% of the human body - nuts right?!

When we're properly hydrated EVERYTHING in the body functions better. Period.

I know its such a small, simple habit, but do YOU drink enough every. single. day?

I think we ALL need reminders on this one. SO, let's **aim for at least 2 L/day**, more if you are exercising regularly, sweating more, and if you are breastfeeding.

A few PRO TIPS:

1) *Treat yourself to a nice water bottle*

It doesn't have to break the bank, but if I didn't carry a bottle with me every where I went I'd probably drink one glass of water a day. The bottle is your anchor to drink up, buttercup!

2) *Use elastic bands*

This easy trick helps you remember how much to drink. Measure how much your bottle holds, do some simple math to figure out how many elastics you need, then put around the base and take off as you complete a bottle. Works every time!

3) *Flavour your water*

If you don't like the plain taste of water, add lemon juice or sugar-free electrolyte mix, or consider drinking soda water - whatever you need to make it taste better so you drink it :)



hunger + fullness

This is one of the first places to build awareness around HOW you eat. Too often we eat for sooooo many reasons other than hunger:

- boredom
- upset/sad/angry
- happy/celebratory
- PMS

Improving this ONE habit alone will help you manage your food intake daily, minimize unnecessary eating, & help you start trusting your body cues. For your main meals:

Aim to eat when you feel like a 7-8/10 hunger, where 10 = starving

Aim to stop eating when you feel like a 7-8/10 fullness, where 10 = stuffed

PRO TIP: If you think you're hungry, start with hydration and wait 10 min. If you are still hungry after 10min, then get some food in you!

If you slow down enough to notice how you ACTUALLY feel, you'll start to tap into what your body actually needs.



portion control

easy hand rules

This simple tool is a great way to ensure you're getting a healthy variety of nutrients at every main meal, without the stress of calorie or macro counting, or feeling like you need to always "stick to a meal plan". Its a great place to start, and bonus: you can take it everywhere you go so there's no stress when eating out!

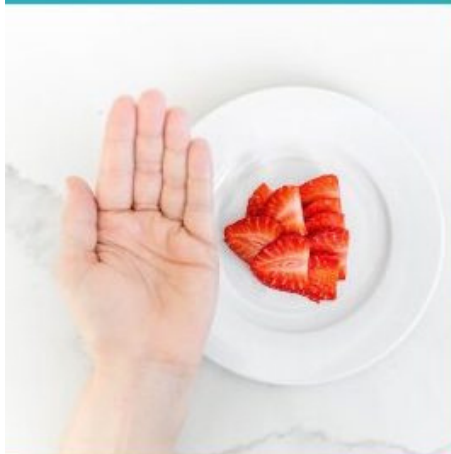
It's easy to estimate portion size using just your hand.
Each time you're preparing to eat,
make sure your plate features:



1 palm of protein-dense
foods with each meal
(2 for men)



1 fist of vegetables
with each meal
(2 for men)



Optional: 1 cupped hand
of carb-dense foods
(2 for men)



Optional: 1 thumb-sized
portion of fat-dense foods
(2 for men)

meal prep

+ how to use this guide

You and I are busy mamas, and the way this guide was laid out was to:

- 1) save you decision making (reducing stress)
- 2) save you time
- 3) give you flexibility + room for things you LOVE
- 4) get you some quick wins & results
- 5) empower you to make great food choices beyond this guide

So to make the most out of this guide and kick-start your weight loss goals, use the following suggested tips and create a solid SYSTEM you can implement consistently:

MY BEST TIPS:

- this meal plan assumes a SATURDAY grocery shop with dinner as the first meal being prepped - if this doesn't work for you, adjust the days accordingly
- choose pre-cut/washed veggies where possible (if your budget allows)
- online grocery shop and create a master list off this shopping list - you can edit week-to-week, and ensure you minimize food waste, stay on budget & save time
- print the meal plan and put it on your fridge - check it off as you go OR get a small magnetic whiteboard for the fridge to keep you on track
- not loving some veggies? swap for ones you DO like and will eat
- not loving some of the meat options? substitute for meat you prefer or consider swapping for non-meat options like tofu, tempeh, or other seafood
- opt out of your snack if you're NOT physically hungry - use your judgement and really check in with yourself here

And what's the *FREEBIE* about?

I purposefully put these in the plan to give you flexibility and to enjoy what your cravings call for! You don't have to stick to a "perfect diet" to see results, and I want you to have the most *long-term* success. Use the 3 foundational habits we just discussed to be able to enjoy those moments without going overboard.

7-day meal plan

	BREAKFAST	LUNCH	SNACK	DINNER
SUN	Spinach & Goat's Cheese Omelet	Vegan Quinoa Chilli	Yogurt Granola Bowl	Steak & Veggie Stir-fry
MON	Lemon Blueberry Chia Pudding	Steak & Veggie Stir-fry	Veggies & Hummus	Mexican Chicken Skillet
TUES	Glow Up Green Smoothie	Mexican Chicken Skillet	Peanut Butter & Apple	Mediterranean Avocado Salmon Salad
WED	Lemon Blueberry Chia Pudding	Mediterranean Avocado Salmon Salad	<i>FREEBIE</i>	Cajun Sweet Potato Rice Bowl
THURS	Glow Up Green Smoothie	Cajun Sweet Potato Rice Bowl	Veggies & Hummus	Honey Mustard Chicken w/ Sheet Pan Veggies
FRI	Spinach & Goat's Cheese Omelet	Honey Mustard Chicken w/ Sheet Pan Veggies	Yogurt Granola Bowl	<i>FREEBIE</i>
SAT	Glow Up Green Smoothie	<i>FREEBIE</i>	Peanut Butter & Apple	Vegan Quinoa Chilli

CONGRATS! YOU'RE ON YOUR WAY TOWARDS BECOMING
A HEALTHIER, STRONGER FITMAMA!

breakfast

Spinach & Goat's Cheese Omelet

Ingredients (1 serving):

- 3 eggs
- 1/2 tomato, sliced
- handful baby spinach
- 2 tablespoons goat's cheese
- 1-2 teaspoons extra-virgin olive oil

Total time: 10 min

Toppings:

- salsa/ketchup

Optional:

- 1 slice whole grain bread



Instructions:

1. Heat a large skillet over medium heat. Add olive oil and swirl it around to coat the pan.
2. In a small bowl, whisk the eggs, then transfer into the hot skillet.
3. Once the egg starts to set, add tomato, spinach and goat's cheese to one half of the omelet. Fold the omelet over, creating a half moon. Cook for a few minutes, then flip over to cook the other side evenly.
4. Serve it up with your favorite condiment, and a slice of toast (optional)

Glow Up Green Smoothie

Ingredients (1 serving):

- 1 scoop vanilla protein powder (see notes)
- 1/2 avocado
- 1/2 banana
- handful baby spinach
- squeeze of lemon juice
- water & ice

Total time: 5 min

**WANT EVEN LESS PREP?

- 2 scoops Isagenix IsaLean vanilla/vanilla chai shake
- 1 scoop Isagenix organic greens powder
- squeeze of lemon juice
- water & ice



Instructions:

1. Add water and ice to your high-speed blender first, then add the ingredients and blend.

*NOTES:

1. Choose a high-quality protein powder without artificial colours/sweeteners/preservatives. I choose Isagenix Tri-Release vanilla protein or Isalean Vanilla Whey-based shake

breakfast

Lemon Blueberry Chia Pudding

Ingredients (1 serving):

Prep time: 10 min

- ¼ cup chia seeds
- 1 cup milk of choice
- 1 scoop vanilla/plain protein powder (*see notes)
- 1 tablespoon maple syrup
- ½ cup blueberries
- 2 tablespoons pumpkin seeds
- a little lemon zest



Instructions:

1. Place all ingredients into a Mason jar or sealable glass jar, and shake vigorously for 3-4 minutes.
2. Place in the fridge for at least 2hr or overnight.

*NOTES:

1. Save time by prepping 2 of these on Sunday for the first half of the week
2. Throw some music on and get your kiddos to help with this - they'll have fun shaking it up!
3. Choose a quality protein powder without artificial colors/sweeteners (I use Isagenix Tri-release vanilla whey protein)

snack

Yogurt Granola Bowl

Ingredients (1 serving):

Total time: 3 min

- 3/4 cup plain Greek yogurt (2%) (*see notes)
- 1/2 banana
- small handful blueberries
- 2 tablespoons granola

Instructions:

1. Place yogurt in a small bowl, then add granola, banana, and blueberries on top.

*NOTES:

1. If you can't tolerate cow's dairy, substitute for a goat's or dairy-free yogurt of choice



Peanut Butter & Apple

Ingredients (1 serving):

Total time: 1 min

- 1 medium apple
- 1 tablespoon peanut butter (*see notes)

Instructions:

1. Slice apple and dip in peanut butter. Easy peasy!

*NOTES:

1. Substitute any nut/seed butter of your choice
2. Hungrier than this? Toast a slice of bread, spread the PB on it, and put sliced apples on top. Yum!



snack

Veggies & Hummus

Ingredients (1 serving):

- handful cherry tomatoes
- handful baby carrots
- 5 slices cucumber
- handful snap peas
- 3 tablespoons hummus

Total time: 3 min



Instructions:

1. Dip + eat!

*NOTES:

1. You can prep a snack-sized ziploc bag with all these veggies on Sundays and make 2+ of them, for easy grab-and-go during the week.
2. Not diggin these veggies? Swap out any veggie for others you like and will eat!

dinner/lunch

Mexican Chicken & Rice Skillet

Ingredients (6 servings):

- 750 grams boneless chicken breasts, cut into 1/2 inch cubes
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 large yellow onion, diced
- 2 bell peppers, seeded and diced
- 2-3 fresh garlic cloves, minced
- 1 (14 oz.) can black beans, rinsed and drained
- 1 cup of frozen organic corn
- 2 tomatoes, diced

Total time: 30 min

- 1/2 cup shredded cheddar cheese
- 2 tablespoons olive oil
- freshly ground black pepper
- sea salt, to taste
- 2 cups uncooked rice

Toppings:

- 1 avocado, diced
- fresh cilantro, chopped (optional)
- 1 lime, sliced into wedges
- salsa (optional)



Instructions:

1. In a medium-sized pot, add uncooked rice, and 4 cups water. Bring it to a boil then reduce heat to simmer, until rice is cooked through (~15min).
2. While rice cooks, heat a large skillet over medium heat. Add in olive oil and swirl it around to coat the pan.
3. Add onion and chicken to the pan, and sprinkle with cumin, paprika, salt and pepper. Cook, stirring occasionally for about 5-7 minutes or until chicken is cooked through.
4. Add bell pepper and garlic, and sauté for 3-4 minutes.
5. Next, stir in the beans, corn, tomatoes, and a pinch of sea salt & pepper; stir until everything is well combined and begins bubbling.
6. Sprinkle with shredded cheese. Place the lid on and reduce your heat.
7. Continue to cook until cheese is melted, about 4-5 minutes more.
8. Make your bowl: place 1/2 cup rice first, then skillet mix on top. Add some avocado, fresh cilantro, and a squeeze of lime juice.

*NOTES:

1. Don't like rice? Swap for quinoa or couscous
2. Rice will be used for this recipe and the Cajun Sweet Potato Bowl - yay batch cooking!
3. Don't want the grains? Top this over lettuce leaves for a skillet salad

dinner/lunch

Cajun Sweet Potato Rice Bowl

Ingredients (6 servings)

Total time: 40 min

- 3 large sweet potatoes, peeled & cubed small
- 2-3 tablespoons Cajun seasoning, divided
- 2 tablespoons olive oil
- 1 (14-oz) can black beans, rinsed and drained
- salt, pepper to taste
- 1 large onion, chopped
- 2-3 cloves garlic, minced
- 1 tablespoon extra virgin olive oil
- 2 bell peppers, chopped
- 1 avocado, cubed
- fresh cilantro, chopped (optional)

Tahini Dressing:

- 1/3 cup tahini
- 1 tablespoon garlic powder
- 1 lemon, juiced
- 2-3 tablespoons water, to thin.

Instructions:

1. Preheat oven to 425°Fahrenheit
2. On a baking sheet prepared with parchment paper, mix the sweet potato cubes with olive oil, half of the cajun seasoning, salt and pepper. Bake for around 30 minutes.
3. In a large skillet, heat oil over medium heat, then add minced garlic, onions and bell pepper. Season with salt, pepper and cajun seasoning, and sauté for 5-7 minutes.
4. Add beans, and continue to sauté for another 3-4 minutes. Set aside.
5. Assemble the bowl: start with a 1/2 cup rice (from yesterday!), followed by sweet potatoes, beans/peppers, avocado, cilantro (optional) and a good amount of tahini dressing drizzled over.

*NOTES:

1. Make it KID-FRIENDLY: if your kiddo isn't into beans/sautéed veggies, make their bowl with rice, sweet potato and avocado, and a drizzle of the tahini dressing.



dinner/lunch

Mediterranean Avocado Salmon Salad

Ingredients (6 servings):

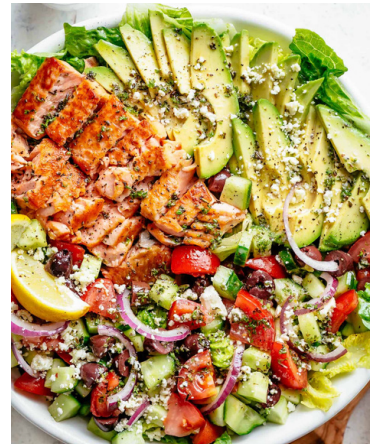
Marinade/Dressing:

- 4-5 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh chopped cilantro (optional)
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- fresh black pepper, to taste
- 1 large (600-700 grams) skinless salmon fillet (wild, when possible)

Total time: 25 min

Salad:

- 1 large head Romaine lettuce, washed and chopped
- 1 large cucumber diced
- 2 tomatoes, diced
- 1 red onion sliced (optional)
- 1 avocado, sliced
- 4 tablespoons feta cheese, crumbled
- 1/3 cup pitted Kalamata olives (or black olives), sliced (optional)
- Lemon wedges, to serve



Instructions:

1. Whisk together all of the marinade/dressing ingredients in a small bowl. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later.
2. Coat the salmon with the marinade in the shallow dish. Heat a bit of olive oil in a skillet over medium-high heat. Sear salmon on one side for 1-2 minutes, then flip to the other side and sear again for 1-2 minutes. reduce heat to medium-low and continue cooking to desired level of doneness. (*See notes)
3. While salmon is cooking, prepare all of the salad ingredients and mix in a large salad bowl.
4. Slice salmon and arrange over salad. Drizzle with the remaining unused dressing. Serve with lemon wedges.

*NOTES:

1. Cooked salmon should be darker pink in the centre, lighter pink towards the outside with a crispy edge if you seared it. It should flake easily with a fork, for a well cooked but not dry salmon. I err on less cooking time here because you can always throw it back on the pan to cook it up. But overcooked fish is bleh!
2. Make it KID-FRIENDLY: if your kiddo isn't into salad, I would cook up some quinoa/rice, and before I throw the veggies into the salad I would set some aside for them to eat with their salmon and rice.

dinner/lunch

Steak & Veggie Stir-Fry

Ingredients (6 servings):

Total time: 25 min

- 750 grams steak (sirloin, skirt, or flank) thinly sliced into 1/4" strips against the grain
- 2 tablespoons extra virgin olive oil, divided
- 2 cloves garlic, minced
- 2 medium carrots, peeled and thinly sliced
- 1/2 lb asparagus ends trimmed, sliced into 1" pieces
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 6 oz sugar snap peas
- 2 tablespoons sesame seeds
- 1 teaspoon sea salt
- 1 teaspoon fresh black pepper
- 1 package rice noodles



Stir Fry Sauce:

- 1/4 cup low sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons fresh orange juice
- 2 tablespoons honey
- 1 tablespoon flour
- 2 teaspoons sesame oil (or sub extra virgin olive oil)

Instructions:

1. Combine all stir fry sauce ingredients in a bowl. Whisk until combined and set aside.
2. Heat a large skillet over medium heat. Add olive oil and once hot, add steak to the skillet, Season with salt and pepper, and stir fry until medium rare, about 2 minutes.
3. Add the garlic and sauté 1 minute. Add the carrots and asparagus and sauté 4 minutes, stirring frequently. Add the bell pepper and snap peas, and stir fry all vegetables an additional 4 minutes. Be sure to stir frequently.
4. While stir-fry is cooking, place a medium-sized pot of water of high heat, and once boiling add rice noodles. Cook for 3-4 minutes or until cooked. Drain and set aside
5. Once stir-fry is done cooking and veggies are tender crisp (test with a fork!), make your plate: a 1/2 cup serving rice noodles, a serving of the stir-fry, and a sprinkle of sesame seeds, and serve immediately.

dinner/lunch

Honey Mustard Chicken with Sheet Pan Veggies

Ingredients (6 servings):

Total time: 40 min

- 750 grams boneless, skinless chicken thighs (or breast)
- 2 zucchinis, washed + sliced
- 2 large carrots, peeled & sliced (*see notes)
- 1 lb broccoli florets (*see notes)
- Sea salt & black pepper, to taste
- Drizzle extra virgin olive oil
- 1-2 teaspoons dried rosemary

Honey Mustard Dressing

- 1/4 cup extra virgin olive oil
- 2 tablespoons honey
- 2 tablespoons grainy Dijon mustard
- 1 tablespoon dried rosemary
- 2-3 garlic cloves, minced
- sea salt and black pepper, to taste



Instructions:

1. Pre-heat oven to 425 Farenheit, convect roast setting.
2. In a small bowl, mix the oil, honey, mustard, rosemary and garlic until combined.
3. In a 9x13" roasting pan, place your chicken and season with salt and pepper. Using a basting brush, paint the chicken with the dressing on one side, then flip over to season and baste again.
4. On a large sheet pan, place a sheet of parchment paper, then place all your veggies on top evenly spread. Drizzle with olive oil, then season with salt, pepper, dried rosemary, and toss to combine.
5. Place chicken on one rack, and the veggies on another, and roast for 25min. Then change the setting to broil (450 Farenheit) for 5 minutes to get a crispy outer layer. Serve with roasted veggies (see note).

*NOTES:

1. Hungry family? You can cook up rice while veggies & chicken roast in the oven and serve this over top.
2. Wanna save time? Buy a bag of baby carrots and pre-cut & pre-washed broccoli florets. You can just throw these right on the pan without any prep :)

dinner/lunch

Vegan Quinoa Chilli

Ingredients (8 servings):

Total time: 30 min

- 1 large onion, chopped
- 2 large sweet potatoes, peeled & diced small (see notes)
- Sea salt, to taste
- 1 teaspoon garlic powder
- 1/2 teaspoon fresh black pepper
- 1 teaspoon ground cinnamon
- 2 tablespoons cumin
- 1 teaspoon chili powder (adjust based on spiciness preference)
- 3-4 cups vegetable broth
- 1 cup quinoa, uncooked
- 1 - 15oz can diced tomatoes
- 1 - 15oz can kidney beans, drained & rinsed
- 1 - 15oz can black beans, drained & rinsed
- 1 1/2 cups frozen corn
- Garnish: lime juice, fresh cilantro (optional, but delicious)



Instructions:

1. In a large pot over medium heat, sauté onions in olive oil until translucent and soft.
2. Add sweet potato, salt, pepper, garlic powder, cinnamon, cumin, and chili powder. Stir until combined, and cook covered for 5-6 minutes.
3. While sweet potato cooks up, place quinoa in a fine sieve and rinse under cold water (to remove the "soapiness")
4. Add quinoa, diced tomatoes, kidney beans, black beans, corn, and 3 cups vegetable broth to the pot, and increase heat to boil. Once boiling, reduce heat to medium-low and simmer for 20min, stirring occasionally
5. Taste test the chili and adjust seasonings according to preference. You may also need to add the final cup of broth, depending on how thick you like it. Serve with a squeeze of lime juice and fresh cilantro on top.

*NOTES:

1. Wanna save time? Buy a 1 pound bag of peeled, pre-cut, pre-washed sweet potatoes.

grocery list

VEGGIES:

- onions - 3
- sweet potatoes - 5
- zucchinis - 2
- carrots - 4 large
- baby carrots - small bag
- broccoli/broccoli florets - 1
- bell peppers - 6
- garlic bulb - 2
- cucumbers - 2
- baby spinach - 1 box (142g)
- asparagus - 1/2 pound
- sugar snap peas - 8oz bag
- romaine lettuce - 1 head
- tomatoes - 5
- cherry tomatoes - 200g
- red onion - 1 (optional)
- fresh cilantro (optional)

FRUIT:

- limes - 2
- lemons - 2
- avocados - 4
- apples - 2
- bananas - 3
- blueberries - 1 pint

MEAT/FISH:

- 750g boneless chicken thighs
- 750g boneless chicken breast
- 750g lean steak (flank/top round/sirloin)
- 650g wild salmon filet

GRAINS/SEEDS:

- quinoa
- rice noodle - 1 package
- white/brown rice
- granola
- chia seeds - 200g
- pumpkin seeds - 200g
- sesame seeds - 100g

BEANS/LEGUMES:

- 15oz can diced tomatoes - 1
- 15oz can kidney beans - 1
- 15oz can black beans - 2
- frozen corn - 1 package

DAIRY/EGGS:

- feta cheese (150g)
- cheddar cheese (200g)
- Goat's cheese (150g)
- plain Greek yogurt - 750g
- milk - 1L
- eggs - 6

CONDIMENTS:

- extra virgin olive oil
- red wine vinegar
- low sodium soy sauce
- rice vinegar
- grainy Dijon mustard
- sesame oil (optional)

SPICES:

- sea salt
- black pepper
- garlic powder
- ground cinnamon
- cumin
- cajun
- chili powder
- smoked paprika
- dried oregano
- dried rosemary

OTHER:

- vegetable broth - 1L
- orange juice
- flour
- peanut butter
- maple syrup
- honey
- kalamata olives
- tahini
- hummus
- salsa (optional)
- vanilla/plain protein powder (I use Isagenix Tri-Release vanilla whey protein) (optional)
- IsaLean Plant-based vanilla chai shake (optional)

want more?

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for more free recipes, workouts, tips & inspiration so you can rock your mombod with me!



And let's stay connected!

Feel free to say hello over on [Instagram](#) - I love chatting with you in the DMs!

