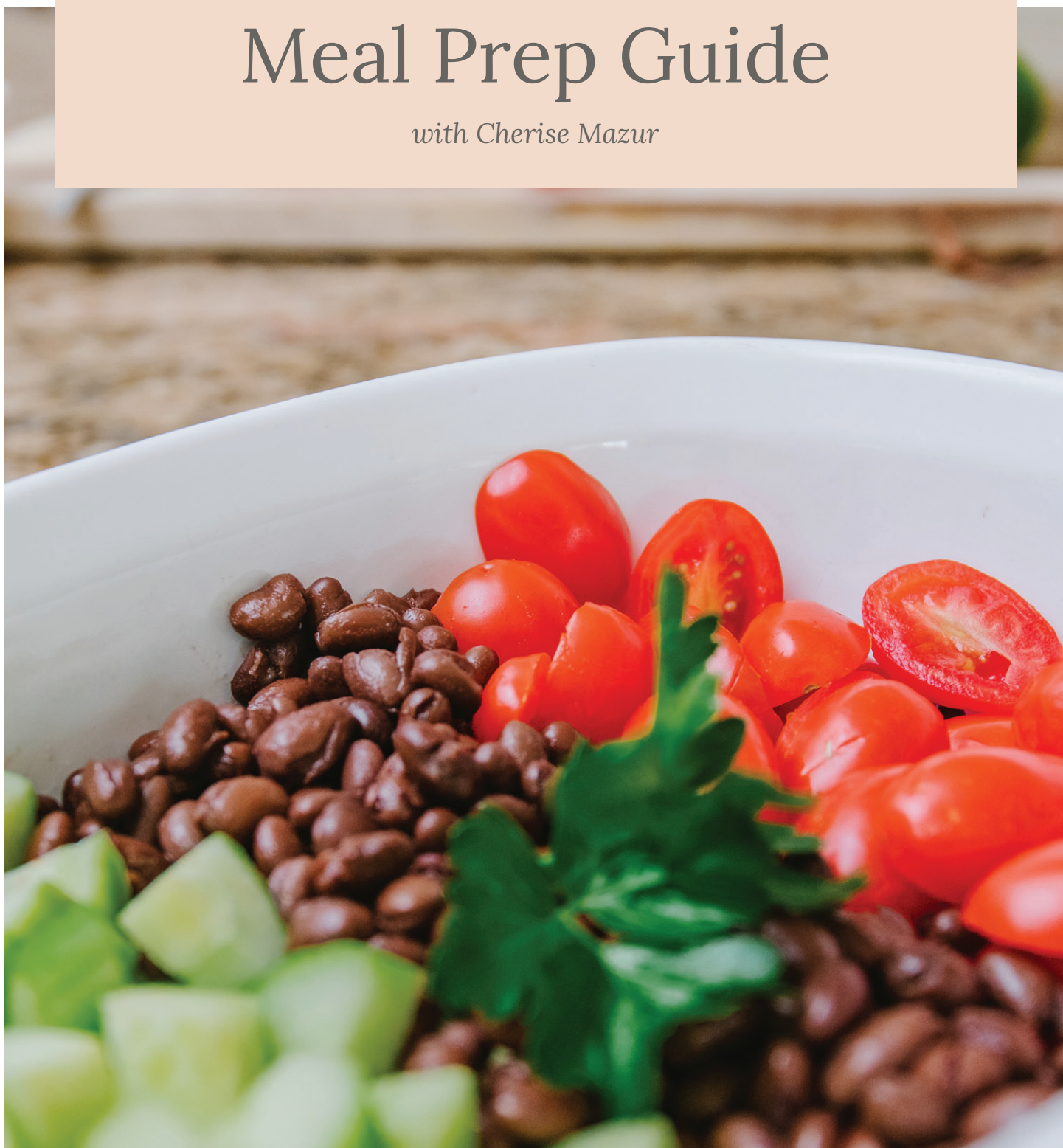


5 DAY

Meal Prep Guide

with Cherise Mazur





Hello & Welcome to My Fit Life!

My name is Cherise Mazur, I am a wife and mother of 2 current teenagers plus 1 dog, a white boxer named Rocco. I too, struggled with my weight for years growing up and my own personal journey to health & wellness is how My Fit Life was born! While I hold several health & fitness certifications, being a holistic health coach is what lights me up the most! I love helping others on their own Fit Life journey and share what has worked and didn't work for me along the way. I get that planning and prepping can be challenging and time-consuming and that is why I am sharing my 5 Day Meal Prep Guide & Shopping Guide all for FREE!

I have designed simple tasty recipes that focus on whole foods with a nice combination of animal & plant-based proteins (you can opt for full plant-based if needed), healthy carbs, and fats. By allocating some time on any given day for your meal prep you will be planned for a week of success!

A vital key to your health & fitness goals (whether to lose weight, tone up, more energy) is all in your planning.

You will have the option to mix and match the lunch and dinner options to your liking. There are several snack options as well for grab and go convenience. What I am giving you is a template. You can adjust the meal options to fit your schedule, after all life happens!

You can aim to eat every 3-6 hours and end after dinner. I like to have herbal tea at night before bed. It's a nice ritual to let my body know digestion is slowing down and it's time for rest.

Grab your list, plan your day to prep, get family/friends involved, turn up the music and have fun!

I would love to hear from you and how it went! Email me at hello@cherisemazur.com Also share and tag your My Fit Life creations over at [@cherisemazur](https://www.instagram.com/cherisemazur) #myfitlife

P.S. If you loved this meal guide and are looking for more guidance & accountability on your health journey email me for a FREE 30-minute discovery call!

xo-Cherise, My Fit Life



Your 5 Day Clean Eating Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Eggs in a Jar Side Fruit	Oats in a Jar	Eggs in a Jar Side Fruit	Oats in a Jar	Optional Eggs or Oats
LUNCH	Mediterranean Salad	Minestrone Soup	Mediterranean Salad	Minestrone Soup	Leftover option from week (Lunch/Dinner)
PM SNACK (OPTIONAL)	Raw Veggies & Hummus	Cheese Wedge & Fruit or Mixed Nuts	2 Brownie Bliss Bites (Option to Add Fruit)	Raw Veggies & Hummus	Cheese Wedge & Fruit or Mixed Nuts
DINNER	Baked Chicken Roasted Veggies & Sweet Potato	Baked Fish & Steamed Vegg	Baked Chicken/ Fish & Tequila Lime Salad	Turkey Burger & Sweet Potato Fries	Leftover option from week (Lunch/Dinner)

Swap meals as you like & drink plenty of water!



Meal Prep Tips

Find a day or 2 and set aside some time to plan out your meals for the week, food shop, and prep. I usually plan my meals Friday nights, food shop Saturday, and prep Saturday/Sunday depending on my schedule.

Easiest is to roast or steam your batch of veggies and keep them in an airtight container in the fridge. Easy to grab from for lunch or dinner options. Even a quick snack if you find yourself hungry with nothing to grab. Same with sweet potatoes - dice, season, and roast.

Lean meats can be cooked ahead of time as well. Grilled/Baked chicken, turkey burgers, veggie burgers, ground meat.....

Wash and prep fruit that you are eating for the week. Have berries washed, watermelon cut up, bananas are easy to grab and peel, as are oranges.

Raw veggies - have cleaned and sliced as well. Portion them out into little baggies to grab and go. Think freshly sliced carrots, sliced cucumbers, sliced peppers or snap peas to dip in hummus.

Eggs you can hard boil ahead of time as well. Even make your omelet the night before so you can just heat it up in the morning. Prep your eggs in a jar so you just grab and go! (see recipe notes)

Oatmeal - make a batch in a mason jar Sunday and measure out a 1/2 cup the mornings you are having oatmeal - add fruits, nut butters, and hemp seeds to top it off as a well-rounded meal! (see recipe notes for oats in a jar)

Yogurts - try plain! It may take some getting used to taste-wise but you can sweeten with cinnamon, honey, fruits, and/or extracts. If you love the fruit infused option, look for whole ingredients and less than 10 grams of sugar per serving. Siggis is my go-to brand!

Meats & eggs should be organic when possible, no hormones, GMO-free, cage-free, these are terms to look for on your meat packages Same with fish also opt for wild-caught.



Shopping List

Below is your shopping list!

Remember to buy organic when possible especially with meats and any fruit where you eat the skin. You may have some ingredients already but double-check any recipe that was given to be sure you are prepared!
Happy Shopping!

FRUIT

- Mixed berries (strawberries, blueberries...)(can buy frozen for oats recipe)
- Bananas
- Apples
- Plus any others you enjoy!

VEGETABLES

- Various one's for roasting; broccoli, cauliflower, zucchini, squash, green beans, peppers, cherry tomatoes (pick your favs!)
- 1 cup chopped tomatoes
- 1 red bell pepper
- 1 cucumber
- Sweet potatoes (2 medium for roasting)
- Raw veggies for snacks (carrots, cucumbers, peppers, celery...)
- Large bag mixed greens/spinach (for salad and breakfast. Can add to protein shakes, you won't even taste it!) Plus additional for soup
- A frozen bag of mirepoix (onions, celery & carrots)
- 26 oz can crushed tomatoes (look for low sodium)
- 32 oz vegetable broth (low sodium)
- Cooking Onion & mushrooms (turkey burger & eggs in a jar)
- Artichokes (2 cans)
- Cauliflower rice (can be frozen)
- Jar Roasted Peppers



PROTEINS

- Chicken Breasts (enough for 2-3 nights of dinner - maybe 2 packages)
- Turkey Meat 1lb - you could get 4-5 burgers
- Shrimp (if adding to salad)
- Red Kidney beans (soup)
- Quinoa
- 2 pieces Fish (can be frozen)(salmon or cod - wild or organic)
- Dozen eggs
- Plain yogurt (quart)
- Chickpeas (1 can)

OTHER

- Kalamata Olives
- Hummus (for a raw veggie snack)
- Avocado
- Almond Milk (look for organic and unsweetened)
- Plain yogurt (Siggs is a good yogurt)
- Feta Cheese
- Red onion for Salad
- Cheese snacks (Babybel is a good brand)
- Avocado
- Cacao powder

PANTRY STAPLES

- Almond Butter (only ingredients should be almonds)
- Oatmeal (old fashioned rolled oats - not the instant kind)
- Cinnamon
- Vanilla Extract
- Lots of seasonings (I love Trader Joes 21 seasoning salute) parsley, basil, S&P, oregano, garlic powder, turmeric, cumin, parsley, dill....
- Olive oil/balsamic
- Coconut oil (liquid is a good find!)
- Lemon Juice
- Garlic (you can find these frozen too!)
- Dark chocolate chips (enjoy life is a good brand)
- Hemp and Flax seeds (great to add to oatmeal, cottage cheese, yogurt) needed for energy bite snacks
- Herbal tea (great for a nighttime snack!)
- Honey
- Dijon or Honey Mustard
- Panko Breadcrumbs
- Coconut Aminos (soy sauce alternative)
- Apple Cider Vinegar
- Lemon Juice
- Baking Powder
- Coconut Flakes (unsweetened)
- Silvered Almonds
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Meal Prep Quick & Easy Recipes

***BAKED SWEET POTATO** - (Makes 1 serving) Serving Size: 1 sweet potato

1. Preheat oven to 400° F.
2. Wash and scrub sweet potato, pat dry, and pierce 5 to 6 times with a fork.
3. Place sweet potato on a square of foil large enough to completely wrap the sweet potato.
4. Lightly drizzle with ½ tsp. olive oil; rub to evenly coat. Wrap sweet potato loosely with foil and twist ends to seal.
5. Place on a baking sheet.
6. Bake for 40 to 60 minutes, or until tender. Or dice into cubes, drizzle with ½ tsp olive oil, and TJ 21 seasoning salute. Cook on a baking sheet for about 40 minutes or until cooked through. Microwaving is an option too if you are pressed for time. I do think they come out tastier in the oven.

***ROASTED VEGGIES** - (Makes 1 serving) Serving Size: 1 cup

1. Preheat oven to 425° F.
2. Combine 1 cup veggies of your choice in a large bowl.
3. Drizzle with 1 to 2 tsp. olive oil + 1 dash sea salt (or Himalayan salt) + 1 dash ground black pepper + ¼ tsp. seasonings of your choice.
4. Toss to coat.
5. Arrange in one layer on a baking sheet, spreading veggies out evenly.
6. Bake for the time listed below, turning veggies once, or until tender-crisp.

Tip: Make a batch of your fave veggies at once! Add carrots, broccoli, and chopped sweet potato to a pan and roast together!

Cooking Times:

- Asparagus, green beans: 10 to 20 minutes
- Cauliflower, broccoli florets: 15 to 25 minutes
- Brussels sprouts: 30 to 40 minutes
- Zucchini (cubed): 10 to 20 minutes
- Eggplant (cubed): 20 to 25 minutes (may require additional oil)
- Butternut squash, sweet potato (peeled and cubed): 25 to 35 minutes
- Carrots: 30 to 45 minutes
- Beets (peeled and cubed): 30 to 45 minutes



STEAMED VEGGIES - (Makes 1 serving) Serving Size: 1 cup

1. Fill a medium pan with 2 inches of water.
2. Place a steamer basket in the pan and heat to boiling over medium-high heat.
3. Fill the steamer basket with 1 cup of veggies of your choice; cover. .

Steam Times:

- Leafy greens (kale, spinach, baby bok choy): 1 to 5 minutes
 - Peas: 3 to 5 minutes
 - Corn: 3 to 5 minutes
 - Broccoli: 5 to 7 minutes
 - Cauliflower: 5 to 7 minutes
 - Green beans: 5 to 7 minutes
 - Carrots (diced or chopped): 8 to 10 minutes
 - Butternut squash (cubed): 8 to 10 minutes
 - Potatoes (cubed): 10 to 15 minutes
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*BAKED FISH - (Makes 1 serving)

1. Preheat oven to 400° F.
2. Drizzle 4 to 6 oz. raw fish (like salmon, halibut, or cod) with 1 tsp. olive oil.
3. Sprinkle with 1 to 2 dashes seasoning of your choice (like sea salt (or Himalayan salt), ground black pepper, dried oregano, ground cumin, or seasoning of your choice).
4. Place on a baking sheet and bake for the time listed below, or until fish is cooked through and flakes easily when tested with a fork.

Cooking Times:

- Salmon: 10 to 12 minutes
- Halibut: 12 to 14 minutes
- Cod: 10 to 12 minutes



COOKED SHRIMP - (Makes 1 serving)

1. Preheat oven to 400° F.
 2. Drizzle 4 to 6 oz. raw fish (like salmon, halibut, or cod) with 1 tsp. olive oil.
 3. Sprinkle with 1 to 2 dashes seasoning of your choice (like sea salt (or Himalayan salt), ground black pepper, dried oregano, ground cumin, or seasoning of your choice).
 4. Place on a baking sheet and bake for the time listed below, or until fish is cooked through and flakes easily when tested with a fork.
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BASIC BALSAMIC VINAIGRETTE DRESSING -

(Makes 16 servings) Serving Size: 1 Tsp

1. Combine 6 Tbsp. balsamic vinegar + ¼ cup lemon juice + 1 tsp. raw honey in a medium bowl; whisk to blend.
 2. Add 2 tsp. Dijon mustard; whisk to blend.
 3. Slowly add 6 Tbsp. olive oil while whisking constantly.
 4. Store in an airtight container.
 5. Mix well before serving
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BAKED CHICKEN BREAST

1. Preheat oven to 375° F.
2. Place 1 lb. (approx 4) raw chicken breast, boneless, skinless in an ovenproof dish.
3. Drizzle with 1 tbsp. olive oil + 1 tbsp seasoning of your choice. (I like Trader Joe's 21 Seasoning Salute)
4. Bake for 15 to 20 minutes, (flip halfway through) until chicken is no longer pink in the middle and juices run clear.



GRILLED LEAN TURKEY PATTY - (Makes 4 servings) Serving Size: 1 patty

1. Preheat grill (or broiler) to high.
2. Form 4 equal patties from 1 lb. raw 93% lean ground turkey breast.
3. Place patties on the grill; cook for 4 to 5 minutes on each side, or until cooked through. Option to add in sauteed onions. Mushrooms and spinach to bulk them up in flavor. (or follow the recipe for Mediterranean Turkey Burgers)

*OATS IN A JAR - (Makes 1 serving)

1. Fill a mason jar (or any jar/container) with ¼ cup old fashioned rolled oats, 1 cup plain yogurt, 1 tsp nut butter, 1 cup fruit of choice (berries work well or sliced banana) sprinkle with cinnamon. Optional to add in ¼ cup water or almond milk as it may be thick.
2. Let sit overnight in the fridge or for up to 3 days.
3. Take out and enjoy! Put in the microwave for a few seconds to take the chill out. Can prep a few to grab and go all week!

*EGGS IN A JAR - (Makes 1 serving)

1. Fill a mason jar halfway with veggies of choice (diced peppers, onions, mushrooms, spinach, tomatoes, etc..) You can even add in diced ham or sausage (go for organic if possible).
2. Crack 2 eggs over the top, add seasonings of choice, cover with a lid, and storage containers in the fridge.
3. When ready, microwave for 1-2 minutes. The egg mixture will rise so do not fill to the top! Can prep a few to grab and go all week!

*recipes needed for meal plan included

xo,
Cherise, My Fit Life LLC



Eggs in a Jar



Eggs in a Jar

INGREDIENTS

- ¼ cup chopped onion
- ¼ cup chopped mushrooms
- ¼ chopped peppers
- ½ cup fresh spinach
- 2 eggs
- Salt & Pepper to taste

INSTRUCTIONS

1. Add all ingredients to jar (leave eggs for last-add right before cooking)
2. Add eggs, scramble all together in Jar.
3. Add Salt & Pepper
4. Microwave for 1-2 minutes (microwave times may vary)
5. Be sure not to fill jar to the top and the mixture will rise.



Oats in a Jar



Oats in a Jar

INGREDIENTS

- ¼ cup old fashioned rolled oats
- 1 cup plain yogurt
- ¼ TBSP hemp seeds
- ¼ TBSP flax seeds or chia seeds
- 1 cup mixed berries or half sliced banana
- ⅓ cup almond milk or water
- Cinnamon

INSTRUCTIONS

1. Start with layering oats on the bottom of the jar.
2. Add in almond milk or water
3. Add in Yogurt
4. Add in fruit
5. Top with seeds and cinnamon
6. Put on a lid and leave in the fridge overnight up to 3 days.



Mediterranean Salad



Mediterranean Salad

INGREDIENTS

- 2 cups cooked quinoa
- 1/2 cup olives - chopped
- 1/2 cup red onion - chopped
- 1 cup diced cucumbers
- 1/2 cup crumbled feta
- 1 can artichoke hearts - drained and chopped
- Fresh spinach leaves - optional
- Diced tomatoes - optional

RED PEPPER SAUCE

- 1 jar roasted red peppers - drained
- 2 tbsp olive oil
- 1/4 cup slivered almonds
- 1 clove garlic
- 1 tsp paprika
- 1 tsp cumin
- Sprinkle red pepper flakes (optional)
- Salt & Pepper to taste
- Blend together in a food processor until smooth.

INSTRUCTIONS

1. For each bowl divide evenly cooked quinoa (I used 1/2 cup) with olives, red onion, cucumbers, feta, artichokes and spinach, and tomatoes if using.
2. Add in chicken or other protein or keep separate if you want to heat it up before adding it into bowls.
3. Keep red pepper sauce separate until ready for consumption then drizzle on.
4. Mix everything well and enjoy!!



Minestrone Soup



Minestrone Soup

INGREDIENTS

- 1 tbsp olive oil
- 1 cup quinoa (revised for sweet potato)
- 1 can organic low sodium red kidney beans (rinsed) (revised for hemp seeds)
- 32 oz low sodium vegetable broth
- 26 oz crushed tomatoes (low sodium)
- 10 oz fresh spinach (also added in chopped zucchini)
- 12oz bag frozen mirepoix (or fresh)
- 3 garlic cloves
- 1 tsp each fresh or frozen herbs such as basil, oregano, parsley
- Red pepper flakes (optional)
- Salt & Pepper to taste
- Frozen parm -cheese rind (optional) (revised with nutritional yeast)

INSTRUCTIONS

1. Add oil to a stock pot on medium heat.
2. Add in garlic and let simmer a little (careful not to burn)
3. Add in mirepoix blend and cook 5 minutes through
4. Pour in vegetable stock, red kidney beans, and crushed tomatoes
5. Stir well to combine and bring to a boil.
6. Once boiled add in rind and simmer for 20 minutes
7. Add in herbs and S&P
8. Taste test and adjust seasonings to your liking
9. Remove and discard cheese rind before serving



Summer Tequila Salad



Summer Tequila Salad

INGREDIENTS

- 1-pint cherry or mixed tomatoes chopped
- 1 large cucumber diced small
- 1 can of beans (I used black but any will do!)
- 1 avocado diced
- 2 limes
- 2 tsp Tequila
- 2 TBS EVOO
- S&P to taste
- Fresh parsley & basil (any Italian seasoning will do)

INSTRUCTIONS

1. Add chopped veggies, avocado, drained, and rinsed beans to a big bowl
2. Cut and squeeze limes over the bowl (this will also help keep the avocado from turning brown)
3. Add the Tequila and EVOO
4. Season with spices
5. Toss gently to coat everything
6. Chill for a few minutes to let the flavors hang out and get to know one another-they like that!
7. if serving later or bringing to a party you can add the avocado later
8. Serve and Enjoy!!



Mediterranean Turkey Burger



Mediterranean Turkey Burger

INGREDIENTS

- 1 lb organic ground turkey meat
- 1/2 cup chopped tomatoes
- 1 red bell pepper diced
- 1/4 cup chopped kalamata olives
- 1/3 cup red onion chopped
- 1 large handful chopped spinach
- 2 garlic cloves chopped
- 1/2 cup feta cheese
- 1/3 cup chopped fresh parsley
- 1/3 cup chopped fresh basil
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 1 tsp coriander
- Salt & Pepper to taste

INSTRUCTIONS

1. Saute onion, pepper, and tomatoes for a few minutes.
2. Add spinach and garlic until wilted.
3. Add ingredients to a large bowl then add feta and turkey meat. Sprinkle in seasonings and mix well.
4. Form into patties (I got 6!) and grill on each side until cooked through.
5. Server over greens, on a bun, with avocado.....whatever you love most!



Brownie Bliss Balls



Brownie Bliss Balls

INGREDIENTS

- 1 cup hemp seeds
- 4 tbsp cacao powder
- 4 tbsp freeze dried blueberries
- 2 tbsp honey
- ½ tbs liquid coconut oil
- 1 tsp vanilla

INSTRUCTIONS

1. Add all ingredients to a food processor and blend into a paste-like consistency.
2. Shape batter into 1 tsp size balls.
3. Put in fridge or freezer until firm - Enjoy!
4. Tip*Keep refrigerated or in freezer





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MY FIT LIFE