

BONUS · THE 20-MINUTE GOOD ENERGY MEALS

24-Week Meal Plan & Kitchen Food List

Six four-week phases with breakfast, lunch, dinner and snack options,
plus the whole-food shopping list used throughout the cookbook.

Alexandra Grace · Bonus companion to the cookbook

How to use this plan

Each phase lasts four weeks and lists three options per meal. Rotate the options across the week, repeat the ones you like, and swap ingredients for what is in season. Every dish follows the 20-minute principle of the cookbook: whole foods, minimal processing, protein and fiber at every meal. This plan is general information and not medical advice; consult your healthcare provider before changing your diet, especially if you take medication or manage a condition.

Weeks 1–4: Metabolic Reset

Focus: Lower carb intake, eliminate processed foods, increase high-fiber vegetables, lean proteins and healthy fats.

Breakfast

- Veggie-loaded scrambled eggs with avocado
- Smoothie with spinach, chia seeds, almond butter and unsweetened almond milk
- Overnight oats with chia seeds, berries and a drizzle of honey

Dinner

- Baked salmon with roasted Brussels sprouts and sweet potato
- Grass-fed beef stir-fry with broccoli, mushrooms and coconut aminos
- Grilled chicken with cauliflower rice and sautéed spinach

Lunch

- Grilled chicken salad with mixed greens, olive oil and lemon dressing
- Turkey lettuce wraps with avocado, tomato and hummus
- Quinoa bowl with roasted vegetables and tahini sauce

Snacks

- Handful of mixed nuts
- Sliced cucumber with hummus
- Apple slices with almond butter

Weeks 5–8: Fiber and Fermented Foods

Focus: More high-fiber vegetables and fermented foods to support gut health.

Breakfast

- Greek yogurt with flaxseeds, blueberries and walnuts
- Chia pudding with unsweetened coconut milk and fresh fruit
- Veggie omelet with mushrooms, bell peppers and spinach

Lunch

- Lentil soup with mixed greens and olive oil dressing
- Tuna salad with olive oil, lemon juice and chopped veggies in lettuce wraps
- Quinoa and black bean bowl with avocado and salsa

Dinner

- Grilled shrimp with sautéed kale and roasted butternut squash
- Baked chicken thighs with roasted carrots and garlic spinach
- Spaghetti squash with grass-fed beef bolognese

Snacks

- Sauerkraut or kimchi
- Celery sticks with almond butter
- Boiled eggs

Weeks 9–12: Protein and Variety

Focus: Increase protein intake and vary protein sources while keeping vegetables and whole grains central.

Breakfast

- Protein smoothie with almond milk, chia seeds, spinach and protein powder
- Scrambled eggs with smoked salmon and avocado
- Almond-flour pancakes with berries and coconut yogurt

Lunch

- Grilled chicken Caesar salad (olive oil and lemon dressing)
- Grass-fed beef burger in lettuce with avocado and tomato
- Mediterranean quinoa salad with olives, feta and cucumbers

Dinner

- Grilled steak with roasted asparagus and sweet potato fries
- Baked cod with lemon, garlic and sautéed green beans
- Chicken stir-fry with bell peppers, zucchini and cauliflower rice

Snacks

- Greek yogurt with almonds and honey
- Mixed seeds (pumpkin, sunflower)
- Dark chocolate (70% or higher)

Weeks 13–16: Omega-3 and Anti-Inflammatory Foods

Focus: Fatty fish, nuts and seeds take centre stage.

Breakfast

- Chia pudding with coconut milk, flaxseed and berries
- Scrambled eggs with smoked salmon and spinach
- Smoothie with almond butter, blueberries, flaxseeds and almond milk

Lunch

- Salmon salad with mixed greens, avocado and olive oil
- Chicken lettuce wraps with cucumber, carrots and sesame dressing
- Lentil and vegetable soup

Dinner

- Grilled salmon with sautéed kale and quinoa
- Baked chicken with turmeric cauliflower and greens
- Grilled shrimp with avocado salsa and roasted sweet potatoes

Snacks

- Mixed nuts and seeds
- Sliced cucumber with guacamole
- Berries with walnuts

Weeks 17–20: Carb Cycling

Focus: Alternate low-carb and moderate-carb days to build metabolic flexibility.

Breakfast

- Eggs scrambled with spinach and avocado (low-carb day)
- Overnight oats with chia seeds and almond butter (moderate-carb day)
- Protein smoothie with spinach, chia and coconut milk (low-carb day)

Lunch

- Grilled chicken salad with olive oil dressing (low-carb day)
- Quinoa bowl with black beans, avocado and salsa (moderate-carb day)
- Tuna lettuce wraps with avocado and cucumber (low-carb day)

Dinner

- Grass-fed beef burger with roasted Brussels sprouts (low-carb day)
- Baked salmon with sweet potato fries and mixed greens (moderate-carb day)
- Grilled shrimp with zucchini noodles (low-carb day)

Snacks

- Hard-boiled eggs
- Veggies with hummus
- Handful of mixed nuts

Weeks 21–24: Gut Health

Focus: Fermented foods and fiber-rich vegetables.

Breakfast

- Smoothie with kefir, flaxseeds, berries and spinach
- Scrambled eggs with avocado and sauerkraut
- Chia pudding with almond milk and fresh fruit

Dinner

- Baked cod with roasted vegetables and sauerkraut
- Grilled chicken with steamed broccoli and kimchi
- Turkey stir-fry with zucchini noodles and sesame oil

Lunch

- Chicken salad with fermented veggies and olive oil
- Lentil soup with mixed greens
- Grilled shrimp with sautéed kale and avocado

Snacks

- Sauerkraut and avocado
- Mixed nuts and seeds
- Celery sticks with almond butter

Kitchen Food List

Stock these and most recipes in the cookbook can be made without a special trip to the shop.

Proteins

- Grass-fed beef
- Wild-caught salmon
- Organic chicken
- Free-range eggs
- Turkey
- Shrimp
- Tofu (non-GMO)
- Lentils and beans

Vegetables

- Spinach
- Kale
- Broccoli
- Cauliflower
- Zucchini
- Bell peppers
- Brussels sprouts
- Asparagus
- Sweet potatoes
- Carrots
- Butternut squash

Fruits

- Berries
- Apples

Healthy fats

- Extra virgin olive oil
- Avocado oil

- Avocados
- Citrus fruits
- Bananas (sparingly)

Whole grains

- Quinoa
- Oats (gluten-free)
- Brown rice
- Buckwheat

Fermented foods

- Sauerkraut
- Kimchi
- Kefir
- Tempeh
- Miso

- Coconut oil
- Chia seeds
- Flaxseeds
- Walnuts
- Almonds

Dairy and alternatives

- Greek yogurt (unsweetened)
- Coconut yogurt
- Almond milk (unsweetened)
- Kefir

Spices

- Turmeric
- Ginger
- Garlic
- Cumin
- Paprika
- Cinnamon
- Black pepper