JORGE TALKS PEPS

Core 41

Food and Meal Guide

A practical food directory with 42 breakfast, lunch, dinner, and snack ideas.



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CORE FOODS

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MEAL IDEAS

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FOOD GROUPS

01 YOUR FOOD DIRECTORY

Core foods for your kitchen

Use this list as your shopping reference, then mix the ingredients into the meal ideas that follow.

Proteins 11

01 Skim Milk
02 Non-Fat Greek Yogurt
03 Low-Fat Cottage Cheese
04 Egg Whites
05 Eggs
06 Chicken Breast
07 Salmon
08 Tuna
09 Lean Ground Beef
10 Lean Ground Turkey
11 Protein Powder

Complex Carbohydrates 7

12 Oatmeal
13 Sweet Potatoes
14 Rice
15 Quinoa
16 Lentils
17 Garbanzo Beans
18 Edamame

Fruit 7

19 Bananas
20 Apples
21 Blueberries
22 Strawberries
23 Blackberries
24 Mango
25 Craisins

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06 to 10 Lunch and dinner
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12 Plan your week

01 YOUR FOOD DIRECTORY

Vegetables and finishing touches

Round out your grocery list with produce, fats, cheese, and simple flavor options.

Vegetables 9

26 Spinach
27 Broccoli
28 Brussels Sprouts
29 Green Beans
30 Carrots
31 Beets
32 White Onion
33 Red Onion
34 Bell Peppers

Healthy Fats 3

35 Avocados
36 Walnuts
37 Cashews

Cheese 2

38 Feta
39 Mozzarella

Flavor Enhancers 2

40 Salsa
41 Cinnamon

MAKE THE LIST YOURS

Circle your favorites before shopping. The 41 foods give you options to rotate through the week.

02 BREAKFAST

Breakfast bowls and smoothies

Ingredient combinations to help you choose your next meal.



01 **Protein Oatmeal**
Oatmeal / Skim milk / Protein powder / Blueberries

02 **Berry Greek Yogurt Bowl**
Greek yogurt / Blueberries / Strawberries / Blackberries

03 **Tropical Protein Smoothie**
Protein powder / Skim milk / Banana / Mango

04 **Cottage Cheese Fruit Bowl**
Cottage cheese / Banana / Strawberries

05 **Apple Cinnamon Cottage Cheese**
Cottage cheese / Apples / Cinnamon

Choose a breakfast
Keep the ingredients for one or two favorites ready to use.

02 BREAKFAST

Breakfast eggs and protein options

Ingredient combinations to help you choose your next meal.

06
Protein Yogurt Parfait
Greek yogurt / Protein powder / Strawberries / Blueberries / Walnuts

07
Veggie Egg White Scramble
Egg whites / Spinach / White onion / Feta

08
Veggie Omelet
Eggs / Bell peppers / Onion / Mozzarella

09
Eggs and Avocado Bowl
Eggs / Spinach / Avocado

10
Cottage Cheese Protein Shake
Cottage cheese / Protein powder / Banana / Skim milk

Keep a short rotation

Pick your favorites and repeat them when you want a simpler morning.

03 LUNCH AND DINNER

Chicken fish and grain bowls

Ingredient combinations to help you choose your next meal.



11 **Chicken Rice Bowl**
Chicken / Rice / Broccoli

12 **Salmon Sweet Potato Plate**
Salmon / Sweet potatoes / Green beans

13 **Tuna Rice Bowl**
Tuna / Rice / Spinach

14 **Quinoa Chicken Bowl**
Chicken / Quinoa / Broccoli / Feta

15 **Edamame Quinoa Bowl**
Quinoa / Edamame / Red onion / Feta

Use the ingredients as a starting point
Choose your quantities and preparation style for each combination.

03 LUNCH AND DINNER

Legumes salads and skillet meals

Ingredient combinations to help you choose your next meal.

16
Lentil Vegetable Bowl
Lentils / Spinach / Carrots / Onion

17
Garbanzo Bean Salad
Garbanzo beans / Spinach / Red onion / Feta

18
Chicken Sweet Potato Hash
Chicken / Sweet potatoes / Onion

19
Salmon Spinach Salad
Salmon / Spinach / Red onion / Feta

20
Chicken Broccoli Stir Fry
Chicken / Broccoli / Onion / Rice

Make your next shopping list

Select two meal ideas, then combine their ingredient lists.

03 LUNCH AND DINNER

Roasts grain bowls and beef meals

Ingredient combinations to help you choose your next meal.

21 **Brussels Sprouts Chicken Roast**

Chicken / Brussels sprouts / Sweet potatoes

22 **Tuna Stuffed Avocado**

Tuna / Avocado / Red onion

23 **Power Grain Bowl**

Rice / Quinoa / Chicken / Broccoli / Edamame

24 **Lean Beef Sweet Potato Skillet**

Lean ground beef / Sweet potatoes / Onion / Spinach

25 **Beef Rice Broccoli Bowl**

Lean ground beef / Rice / Broccoli

Plan around overlapping ingredients

Several meals share rice, vegetables, or a protein you can prepare together.

03 LUNCH AND DINNER

Beef and turkey meal ideas

Ingredient combinations to help you choose your next meal.

26
Mediterranean Beef Bowl
Lean ground beef / Quinoa / Spinach / Red onion / Feta

27
Beef Veggie Stir Fry
Lean ground beef / Broccoli / Green beans / Carrots / Onion

28
Beef Lentil Protein Bowl
Lean ground beef / Lentils / Spinach / Onion

29
Turkey Sweet Potato Skillet
Lean ground turkey / Sweet potatoes / Bell peppers / Onion

30
Turkey Rice Bowl
Lean ground turkey / Rice / Broccoli / Salsa

Keep your favorites easy to find

Save the numbers of the meal ideas you want to make again.

03 LUNCH AND DINNER

Taco bowls and stuffed peppers

Ingredient combinations to help you choose your next meal.

31 **Turkey Taco Bowl**

Lean ground turkey / Rice / Salsa / Avocado / Spinach

32 **Turkey and Quinoa Bowl**

Lean ground turkey / Quinoa / Bell peppers / Feta

33 **Turkey Stuffed Bell Peppers**

Lean ground turkey / Bell peppers / Rice / Mozzarella

34 **Beef Taco Bowl**

Lean ground beef / Rice / Salsa / Avocado / Feta

35 **Chicken Salsa Bowl**

Chicken / Rice / Salsa / Bell peppers

Add variety with the finishing touches

Salsa, avocado, feta, and mozzarella appear in several of these combinations.

04 SNACKS

Seven simple snack ideas

Quick ingredient combinations to keep in your weekly rotation.



36 **Greek Yogurt Snack Bowl**
Greek yogurt / Craisins / Walnuts

37 **Apple and Walnuts**
Apple / Walnuts

38 **Cottage Cheese and Blueberries**
Cottage cheese / Blueberries

39 **Hard Boiled Eggs**
Eggs

40 **Edamame**
Edamame

41 **Protein Shake**
Protein powder

42 **Protein Bowl**
Protein powder / Yogurt / Sweetener

The protein bowl includes sweetener as an extra ingredient beyond the Core 41 list.

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JORGE ABREU



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