



**40-30-30 Weight Loss Diet
WLMD**

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<http://www.weighlessmd.com>

Weighless MD and Wellness is a dietitian-owned weight loss and wellness business that is passionate about helping people achieve vibrant health by treating the whole person.

Our mission is to be an intrinsic part of a paradigm shift in healthcare by incorporating integrative philosophies by teaching and supporting the core centers of health and empowering self advocacy to those we touch physically, emotionally, spiritually and socially.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie	Cottage Cheese with Blueberries	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Brownie Protein Pancakes	Hard Boiled Eggs
Lunch							
	Slow Cooker Lamb & White Bean Stew	Slow Cooker Lamb & White Bean Stew	Slow Cooker Lamb & White Bean Stew	Unstuffed Cabbage Rolls	Unstuffed Cabbage Rolls	Simple Tuna Salad	Simple Tuna Salad
Snack 2							
	Yogurt & Berries	Cottage Cheese with Blueberries	Yogurt & Berries	Tuna Nori Wraps	Tuna Nori Wraps	Greek Yogurt	High Fat Green Smoothie
Dinner							
	Ground Turkey, Rice & Broccoli	Ground Turkey, Rice & Broccoli	Ground Turkey, Rice & Broccoli	Salmon, Rice & Arugula	Salmon, Rice & Arugula	Hummus-Crusted Chicken with Turmeric Rice	Hummus-Crusted Chicken with Turmeric Rice

Fruits

- 4 Apple
- 1 Avocado
- 4 Banana
- 1 cup Blueberries
- 2 Green Apple
- 4 1/2 Lemon
- 6 cups Strawberries

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1/4 cup Ground Flax Seed
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Turmeric

Frozen

- 6 cups Frozen Berries
- 8 cups Frozen Cauliflower
- 4 cups Frozen Raspberries

Vegetables

- 4 cups Arugula
- 4 cups Baby Spinach
- 6 cups Broccoli
- 2 Carrot
- 1 Cucumber
- 8 cups Green Cabbage
- 4 stalks Green Onion
- 4 Tomato
- 2 1/2 Yellow Onion
- 1 1/2 Yellow Potato

Boxed & Canned

- 1/2 cup Brown Rice
- 3 cups Diced Tomatoes
- 3 1/2 cups Jasmine Rice
- 1 1/2 tbsps Tomato Paste
- 6 cans Tuna
- 3 cups White Navy Beans

Baking

- 2 tbsps Baking Powder
- 1/2 cup Cacao Powder
- 1 cup Chickpea Flour
- 2 tbsps Cocoa Powder
- 1/2 cup Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 1 1/2 lbs Extra Lean Ground Turkey
- 1/4 cup Hummus
- 1 1/3 lbs Lamb Shank
- 1 lb Salmon Fillet

Condiments & Oils

- 3 tbsps Apple Cider Vinegar
- 2 3/4 tbsps Coconut Oil
- 3 1/2 tbsps Extra Virgin Olive Oil
- 1/4 cup Mayonnaise

Cold

- 2 cups Cottage Cheese
- 20 Egg
- 8 cups Plain Greek Yogurt
- 12 cups Unsweetened Almond Milk

Other

- 2 cups Chocolate Protein Powder
- 2 tbsps Maca Powder
- 12 Nori Sheets
- 1 cup Vanilla Protein Powder
- 9 cups Water



Raspberry Zinger Smoothie

2 servings

10 minutes

Ingredients

2 cups Frozen Cauliflower
2 cups Frozen Raspberries
2 Lemon (juiced)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
3 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.



Brownie Protein Pancakes

4 servings

15 minutes

Ingredients

- 1/4 cup Ground Flax Seed
- 3/4 cup Water
- 1 cup Chickpea Flour
- 1 cup Chocolate Protein Powder
- 2 tbsps Cocoa Powder
- 2 tbsps Baking Powder
- 2 cups Unsweetened Almond Milk (or water)
- 1/2 cup Dark Chocolate Chips
- 1 tbsp Coconut Oil

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Hard Boiled Eggs

10 servings

15 minutes

Ingredients

20 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Fresh Strawberries

6 servings
5 minutes

Ingredients

6 cups Strawberries

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Slow Cooker Lamb & White Bean Stew

6 servings

5 hours

Ingredients

- 7 1/2 cups Water
- 1 1/3 lbs Lamb Shank
- 3 cups White Navy Beans (cooked)
- 1 1/2 Yellow Onion (medium, diced)
- 3 Tomato (diced)
- 1 1/2 Yellow Potato (medium, diced)
- 1 tbsp Turmeric
- 3 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Tomato Paste
- 1 tbsp Sea Salt

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Serve it With: Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.

No Potato: Use cauliflower instead.

Serve as Iranian Abgoosht: Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

Vegan & Vegetarians: Replace the lamb with chickpeas.



Unstuffed Cabbage Rolls

4 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Vegetarian & Vegan: Use lentils instead of ground meat.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Simple Tuna Salad

4 servings
10 minutes

Ingredients

4 cans Tuna (drained)
2 Green Apple (chopped)
4 stalks Green Onion (finely sliced)
1/4 cup Mayonnaise
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve: Enjoy alone, on crackers, on a sandwich, or over greens.
Leftovers: Keeps well in the fridge for 2 to 3 days.



Yogurt & Berries

6 servings

5 minutes

Ingredients

- 6 cups Plain Greek Yogurt
- 6 cups Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Cottage Cheese with Blueberries

4 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 cup Blueberries (fresh or frozen)

Directions

- 1 Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

Notes

Make It Sweet: Drizzle honey or maple syrup otop.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Tuna Nori Wraps

4 servings
15 minutes

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smaller, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Serving Size: Each serving size will yield approximately 3 small rolls.

Storage: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.



Greek Yogurt

4 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Apple

2 servings
2 minutes

Ingredients

2 Apple

Directions

- 1 Slice into wedges, or enjoy whole.



Ground Turkey, Rice & Broccoli

6 servings
25 minutes

Ingredients

6 cups Broccoli (chopped into florets)
1 1/2 tbsps Extra Virgin Olive Oil
2 1/4 tsps Coconut Oil
1 1/2 lbs Extra Lean Ground Turkey
1 1/2 cups Jasmine Rice (dry)

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 4 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 5 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

Notes

Leftovers: Refrigerate up to 3 days. Freeze for longer.

No Ground Turkey: Use ground chicken, beef, lamb or pork instead.

Vegan & Vegetarian: Use roasted chickpeas instead of ground meat.

No Rice: Use quinoa or cauliflower rice instead.



Salmon, Rice & Arugula

4 servings

25 minutes

Ingredients

- 1 lb Salmon Fillet
- 1/2 tsp Sea Salt
- 1 cup Jasmine Rice (dry, uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 4 cups Arugula

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Hummus-Crusted Chicken with Turmeric Rice

4 servings
30 minutes

Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 1/4 cup Hummus
- 1 cup Jasmine Rice (dry, uncooked)
- 1 tsp Turmeric
- 1 Tomato (large, diced)
- 4 cups Baby Spinach

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 3 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 4 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker: Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers: Refrigerate in an airtight container up to 3 days.