

SIGNATURE MENU



NUTRITION COACH & FITNESS TRAINER

CONSISTENCY OVER PERFECTION.
SIMPLE FOOD. REAL RESULTS.

@FITNESS_KATE_USA

GROCERY LIST

PROTEINS (MEAT, FISH & EGGS)

- Chicken breast
- Chicken thighs (skinless)
- Chicken tenders
- Ground turkey
- Turkey meatballs / turkey patties
- Lean ground beef
- Salmon
- White fish (cod, tilapia, haddock)
- Tuna (fresh or canned)
- Shrimp
- Eggs
- Egg whites

GRAINS & CARBS

- Rolled oats
- Granola (no added sugar)
- White rice
- Brown rice
- Quinoa
- Whole-grain bread
- Whole wheat toast
- Whole wheat tortillas
- Corn tortillas
- Whole wheat pasta
- Whole grain burger buns
- Potatoes
- Sweet potatoes

DAIRY & DAIRY ALTERNATIVES

- Greek yogurt (plain, 2% or low-fat)
- Cottage cheese (low-fat / 2%)
- Feta cheese (light)
- Parmesan cheese (light or shaved)
- Cheddar cheese
- Almond milk (unsweetened)

HEALTHY FATS

- Olive oil
- Avocado oil
- Almond oil
- Natural peanut butter
- Almond butter

GROCERY LIST

VEGETABLES

- Avocados
- Tomatoes
- Cherry tomatoes
- Cucumbers
- Bell peppers
- Zucchini
- Zucchini noodles (zoodles)
- Broccoli
- Cauliflower rice
- Green beans
- Asparagus
- Carrots
- Onion
- Spinach
- Mixed greens
- Romaine lettuce
- Lettuce
- Cabbage
- Corn
- Celery

NUTS & SEEDS

- Almonds
- Walnuts
- Chia seeds
- Shredded coconut / coconut flakes

FRUITS & BERRIES

- Bananas
- Apples
- Pears
- Peaches
- Pineapple
- Blueberries
- Strawberries
- Mixed berries (fresh or frozen)

SAUCES, EXTRAS & PANTRY ITEMS

- Whey protein powder
- Soy sauce (low sodium)
- Hummus
- Honey
- Mustard
- Tomato sauce
- Light BBQ sauce
- Salsa
- Lemon
- Garlic
- Spices & seasonings
 - Salt
 - Black pepper
 - Paprika
 - Cumin
 - Cinnamon
 - Mixed herbs

MONDAY

BREAKFAST

Avocado toast with poached egg

- Whole-grain bread — 30 g
- Egg — 1 pc
- Avocado — 40 g
- Cherry tomatoes — 80 g

SNACK

Greek yogurt with berries and nuts

- Greek yogurt (unsweetened, 2,5%) — 170 g

LUNCH

Healthy chicken bowl

- Chicken breast (grilled) — 140 g
- Sweet potato (baked) — 100 g
- Fresh vegetables — 120 g
- Olive oil — 10 g

DINNER

Salmon & veggies

- Salmon (grilled) — 110 g
- Steamed vegetables — 150 g
- Olive oil — 10 g



TUESDAY

BREAKFAST

Smoothie bowl with berries

- Banana — 1/2 pc
- Mixed berries — 90 g
- Granola (no sugar) — 20 g
- Almond milk — 120 ml
- Protein powder — 1 scoop

SNACK

Peanut butter & apple

- Apple — 1 medium
- Peanut butter (natural) — 15 g

LUNCH

Greek salad with grilled chicken

- Chicken breast — 120 g
- Tomatoes — 100 g
- Cucumber — 100 g
- Feta light — 30 g
- • Olive oil + lemon dressing — 1 tbsp

DINNER

Grilled chicken tacos

- Corn tortillas — 2 pcs
- Grilled chicken — 120 g
- Cabbage or lettuce — 80 g
- Avocado — 50 g
- Lime yogurt sauce — 1-2 tbsp



WEDNESDAY

BREAKFAST

Avocado toast with cottage cheese

- Whole-grain bread — 35 g
- Avocado — 50 g
- Cottage cheese (light) — 40 g
- Cherry tomatoes — 80 g

SNACK

Greek yogurt with granola

- Greek yogurt (unsweetened) — 120 g
- Granola (no sugar) — 20 g
- Berries — 90 g

LUNCH

Chicken wrap

- Whole-grain tortilla — 1 pc
- Grilled chicken — 80 g
- Lettuce or spinach — 50 g
- Tomatoes — 80 g
- Yogurt-mustard sauce — 1 tbsp

DINNER

Salmon bowl

- Grilled salmon — 100 g
- Cooked rice — 50 g
- Cucumber or greens — 60 g
- Avocado — 40 g
- Light soy-yogurt dressing — 1 tbsp
- olive oil/avocado oil — 1 tbsp



THURSDAY

BREAKFAST

Smoothie bowl with banana & granola

- Banana — 1/2 pc
- Mixed berries — 90 g
- Granola (no sugar) — 20 g
- Almond milk — 120 ml
- Protein powder — 1/2 scoop
- Almond oil — 5 g

SNACK

Peanut butter & banana toast

- Whole-grain bread — 35 g
- Peanut butter (natural) — 20 g
- Banana — 1/2 pc

LUNCH

Caesar salad with grilled chicken

- Chicken breast — 90 g
- Romaine lettuce — 80 g
- Cherry tomatoes — 80 g
- Parmesan light — 15 g
- Yogurt Caesar dressing — 1 tbsp

DINNER

BBQ-style chicken with veggies

- Grilled chicken — 100 g
- Mixed veggies — 100 g
- Olive oil — 2 tsp (for cooking veggies)
- Light BBQ yogurt sauce — 1 tbsp



FRIDAY

BREAKFAST

Avocado toast

- Whole-grain bread — 35 g
- Avocado — 50 g
- Cherry tomatoes — 80 g

SNACK

Protein balls

- 1 small balls — $\approx$ 12–15 g each
- Ingredients: oats + peanut butter + chia + coconut

LUNCH

Healthy burger (turkey) + baked sweet potato

- Turkey patty — 120 g
- Whole-grain bun — 45 g
- Lettuce & tomato — 80 g
- Sweet potato fries (baked) — 100 g

DINNER

Salmon bowl

- Salmon — 130 g
- Cooked rice — 80 g
- Cucumber — 60 g
- Avocado — 40 g



SATURDAY

BREAKFAST

Greek yogurt bowl

- Greek yogurt — 135 g
- Berries — 90 g
- Nuts — 20 g
- Honey — 1 tsp

SNACK

Oatmeal cookie (healthy version)

- 1 cookie — 30 g

LUNCH

Chicken wrap

- Whole-grain tortilla — 1 pc
- Grilled chicken — 160 g
- Lettuce — 50 g
- Tomatoes — 80 g
- Olive/ avocado oil— 1 tbsp

DINNER

Fish tacos

- Corn tortillas — 2 pcs
- Grilled fish — 100 g
- Vegetables — 100 g
- Avocado — 65 g



SUNDAY

BREAKFAST

Smoothie bowl

- Frozen berries — 90 g
- Banana — 1/2 pc
- Almond milk — 120 ml
- Granola — 30 g
- Protein powder — 15 g

SNACK

Greek yogurt + fruit

- Greek yogurt — 180 g
- Fruit — 90 g

LUNCH

Greek salad

- Lettuce — 80 g
- Tomato — 80 g
- Cucumber — 100 g
- Feta light — 60 g
- Olive oil — 2 tsp

DINNER

BBQ chicken tenders + veggies

- Chicken tenders (grilled) — 150 g
- Veggies — 100 g
- Light BBQ sauce — 1 tbsp
- Olive/avocado oil — 1 tbsp



MONDAY

BREAKFAST

Egg scramble with veggies

- Eggs — 2 pcs
- Bell pepper — 80 g
- Spinach — 50 g
- Olive oil — 2 tsp

SNACK

Apple with nuts

- Apple — 1 medium
- Almonds — 30 g

LUNCH

Oven-baked chicken with rice

- Chicken breast — 120 g
- White or brown rice — 100 g
- Steamed veggies — 100 g

DINNER

Turkey meatballs with zucchini

- Turkey meatballs — 100 g
- Zucchini — 150 g
- Avocado — 50 g



TUESDAY

BREAKFAST

Oatmeal with cinnamon and apple

- Oats — 30 g
- Apple — 1/2 pc
- Cinnamon — to your liking
- Almond milk or water — 200 ml
- Peanut butter — 10 g

SNACK

Greek yogurt

- Greek yogurt — 170 g

LUNCH

Ground beef skillet with potatoes

- Lean ground beef — 150 g
- Potatoes — 120 g
- Onion — 40 g
- Olive oil — 5 g

DINNER

Baked fish with salad

- White fish — 130 g
- Mixed greens — 120 g
- Olive oil — 10 g



WEDNESDAY



BREAKFAST

Cottage cheese bowl with berries

- Cottage cheese — 200 g
- Berries — 70 g
- Nuts (almond or walnuts) — 10 g

SNACK

Banana with peanut butter

- Banana — 1/3 pc
- Peanut butter — 10 g

LUNCH

Chicken pasta (home-style)

- Whole-grain pasta — 60 g (cooked)
- Chicken — 150 g
- Tomato sauce — 80 g
- Olive oil — 5 g

DINNER

Egg omelet with veggies

- Eggs — 3 pcs
- Tomatoes — 80 g
- Spinach — 50 g
- Olive oil — 5 g

THURSDAY

THURSDAY

BREAKFAST

Toast with eggs and avocado

- Whole-grain toast — 30 g
- Eggs — 3 pcs
- Avocado — 50 g

SNACK

Fruit bowl

- Fruit — 120 g
- Nuts (almonds/walnuts) — 15 g

LUNCH

Turkey rice bowl

- Ground turkey — 150 g
- Rice (cooked) — 100 g
- Veggies — 100 g
- Olives oil — 5 g

DINNER

Chicken soup (home-made)

- Chicken — 150 g
- Broth — 300 ml
- Veggies — 100 g
- Olives oil — 10 g



FRIDAY

BREAKFAST

Oatmeal with peanut butter

- Oats — 30 g
- Peanut butter — 15 g
- Banana — 1/3 pc

SNACK

Greek yogurt with honey

- Greek yogurt — 170 g
- Honey — 1/2 tsp

LUNCH

Baked chicken thighs with potatoes

- Chicken thigh (skinless) — 150 g
- Potatoes — 120 g
- Salad — 100 g
- Olive oil — 5 g

DINNER

Tuna salad

- Tuna — 130 g
- Lettuce — 100 g
- Olive oil — 10 g



SATURDAY

BREAKFAST

Egg toast

- Whole-grain bread — 35 g
- Eggs — 1 pc
- Egg white — 1 pc

SNACK

Cottage cheese

- Cottage cheese — 120 g (low-fat / 2%)

LUNCH

Homemade chicken fried rice (clean)

- Chicken — 100 g
- Rice — 120 g
- Veggies — 100 g

DINNER

Baked salmon

- Salmon — 90 g
- Steamed veggies — 120 g
- Olive oil — 1 tsp



SUNDAY

BREAKFAST

Yogurt bowl with fruit

- Greek yogurt — 170 g
- Fruit — 100 g
- Nuts (almonds/walnuts) — 10 g

SNACK

Apple with peanut butter

- Apple — 1 small
- Peanut butter — 10 g

LUNCH

Home-style meatloaf

- Lean ground beef or turkey — 150 g
- Mashed potatoes — 120 g
- Salad — 100 g
- Olive oil — 5 g

DINNER

Light egg salad

- Eggs — 3 pcs
- Lettuce — 100 g
- Olive oil — 10 g



MONDAY

BREAKFAST

Protein Egg & Avocado Toast

- Eggs 2 + egg whites — 100 g
- Whole wheat toast — 1 slice
- Avocado — 40 g
- Olive oil spray — ½ tsp

SNACK

Apple — 1 medium +
Peanut butter — 15 g

LUNCH

Turkey Burger Bowl

- Ground turkey — 120 g cooked
- Roasted sweet potato — 130 g
- Salad — 100 g
- Olive oil — 1 tsp, mustard



DINNER

Creamy Chicken & Veggies

- Chicken breast — 130 g cooked
- Broccoli — 150 g
- Greek yogurt — 70 g
- Olive oil — 1½ tsp
- Garlic, salt, pepper

TUESDAY

BREAKFAST

Greek Yogurt Parfait

- Greek yogurt 2% — 150 g
- Blueberries — 70 g
- Granola — 20 g
- Chia seeds — 5 g

SNACK

Baby carrots — 100 g +
Hummus — 30 g

LUNCH

Light Chicken Caesar Salad

- Grilled chicken breast — 120 g
- Romaine — 100 g
- Cherry tomatoes — 50 g
- Light Caesar dressing — 1 tsp

DINNER

Baked Salmon & Asparagus

- Salmon — 120 g
- Asparagus — 150 g
- Olive oil — 1 tsp
- Lemon juice, herbs



WEDNESDAY

BREAKFAST

Scrambled Egg Whites + Spinach Wrap

- Egg whites — 150 g
- Spinach — 50 g
- Whole wheat tortilla — 1 small
- Salsa — 1 tbsp



SNACK

Cottage cheese — 100 g +
Pineapple chunks — 50 g

LUNCH

Turkey & Quinoa Bowl

- Ground turkey — 120 g
- Quinoa — 50 g cooked
- Roasted zucchini & bell peppers — 100 g

DINNER

Shrimp Stir-Fry

- Shrimp — 120 g
- Broccoli, snow peas, bell peppers — 150 g
- Olive oil — 1 tsp
- Soy sauce — 1 tsp

THURSDAY

BREAKFAST

Protein Oatmeal

- Rolled oats — 40 g
- Whey protein — 20 g
- Almond milk — 120 ml
- Berries — 50 g

SNACK

Celery sticks 100 g +
Peanut butter — 15 g

LUNCH

Chicken & Sweet Potato Salad

- Grilled chicken — 120 g
- Sweet potato cubes — 130 g
- Mixed greens — 100 g
- Olive oil — 1 tsp, lemon

DINNER

Turkey Meatballs & Zoodles

- Ground turkey — 120 g
- Zucchini noodles — 150 g
- Tomato sauce — 50 g



FRIDAY

BREAKFAST

Egg Muffins

- Eggs 2 + egg whites — 100 g
- Spinach — 50 g
- Bell pepper — 50 g
- Sprinkle feta — 10 g

SNACK

Greek yogurt — 100 g +
Strawberries — 50 g

LUNCH

Salmon Salad

- Salmon — 120 g
- Mixed greens — 100 g
- Cherry tomatoes — 50 g
- Olive oil — 1 tsp, lemon

DINNER

Chicken & Broccoli Stir-Fry

- Chicken breast — 130 g
- Broccoli & carrots — 150 g
- Olive oil — 1 tsp
- Soy sauce — 1 tsp



SATURDAY

BREAKFAST

Avocado Toast & Boiled Eggs

- Whole wheat toast — 1 slice
- Avocado — 40 g
- Boiled eggs — 2 pcs

SNACK

Apple — 1 medium +
Almonds — 15 g

LUNCH

Turkey & Veggie Bowl

- Ground turkey — 120 g
- Roasted peppers & zucchini — 150 g
- Olive oil — 1 tsp

DINNER

Baked Cod & Green Beans

- Cod — 120 g
- Green beans — 150 g
- Olive oil — 1 tsp
- Lemon & herbs



SUNDAY

BREAKFAST

Greek Yogurt Smoothie

- Greek yogurt — 150 g
- Spinach — 50 g
- Frozen berries — 70 g
- Almond milk — 120 ml

SNACK

Cottage cheese — 100 g +
Peach — 50 g

LUNCH

Chicken Taco Bowl

- Grilled chicken — 120 g
- Lettuce, tomato, corn — 100 g
- Salsa — 1 tbsp

DINNER

Shrimp & Cauliflower Rice

- Shrimp — 120 g
- Cauliflower rice — 150 g
- Olive oil — 1 tsp
- Garlic & paprika



MONDAY

BREAKFAST

Protein Pancakes

- Protein powder — 25 g
- Egg 1 + egg white — 100 g
- Rolled oats — 30 g
- Almond milk — 100 ml
- Blueberries — 50 g

SNACK

Baby carrots — 100 g +
Hummus — 30 g

LUNCH

Grilled Chicken & Veggie Wrap

- Grilled chicken — 120 g
- Whole wheat tortilla — 1 small
- Mixed bell peppers & spinach — 100 g
- Mustard — 1 tsp

DINNER

Baked Tilapia & Roasted Brussels Sprouts

- Tilapia — 120 g
- Brussels sprouts — 150 g
- Olive oil — 1 tsp
- Garlic, pepper



TUESDAY

BREAKFAST

Avocado & Egg Breakfast Bowl

- Eggs 2 + egg whites — 100 g
- Avocado — 40 g
- Cherry tomatoes — 50 g
- Olive oil — ½ tsp

SNACK

Apple — 1 medium +
Almond butter — 15 g

LUNCH

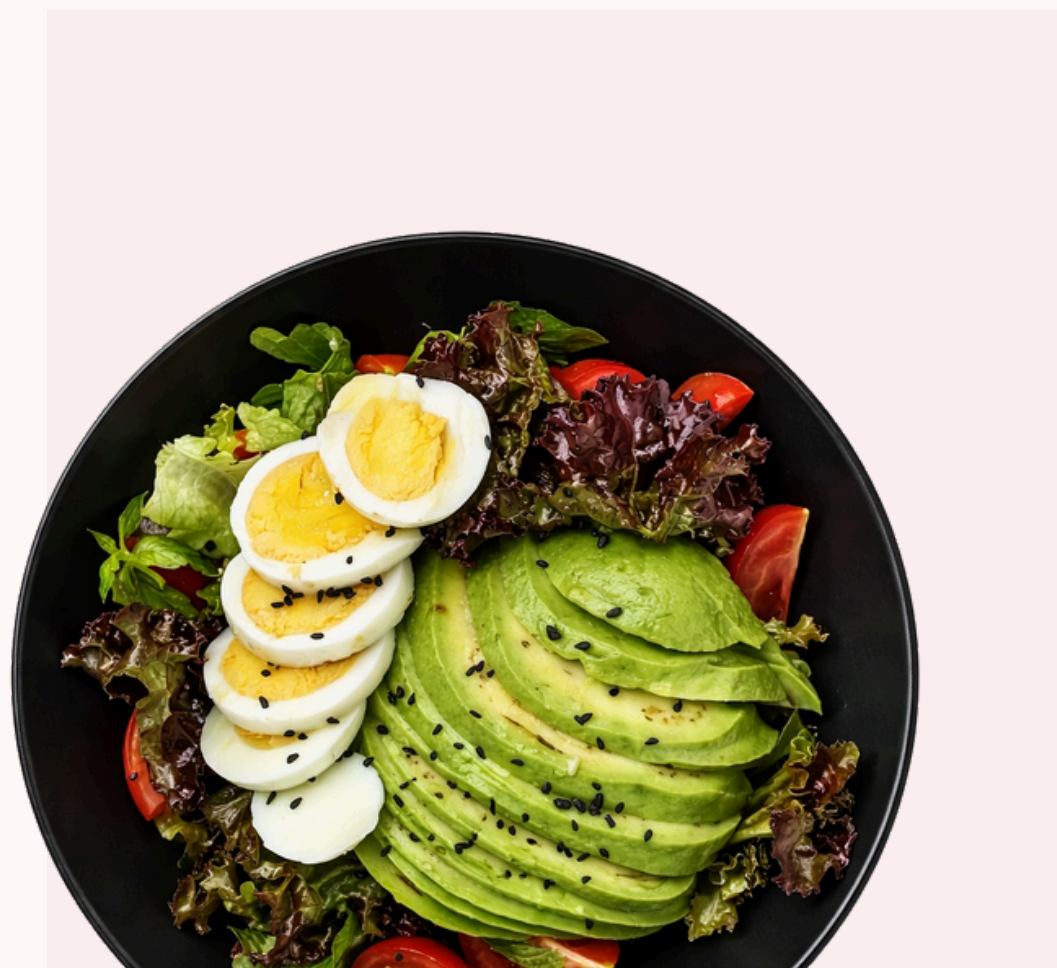
Turkey Chili Bowl

- Ground turkey — 120 g
- Black beans — 50 g cooked
- Tomato & bell pepper — 100 g
- Chili powder, cumin, herbs

DINNER

Lemon Herb Chicken & Green Beans

- Chicken breast — 130 g
- Green beans — 150 g
- Olive oil — 1 tsp
- Lemon, parsley



WEDNESDAY

BREAKFAST

Greek Yogurt & Granola Bowl

- Greek yogurt — 150 g
- Granola — 20 g
- Strawberries — 50 g
- Chia seeds — 5 g

SNACK

Cottage cheese — 100 g +
Pineapple — 50 g

LUNCH

Shrimp & Quinoa Salad

- Shrimp — 120 g
- Quinoa — 50 g cooked
- Mixed greens & cucumber — 100 g
- Olive oil — 1 tsp

DINNER

Turkey Meatballs & Zucchini Noodles

- Ground turkey — 120 g
- Zucchini noodles — 150 g
- Tomato sauce — 50 g



THURSDAY

BREAKFAST

Scrambled Eggs with Spinach & Cheese

- Eggs 2 + egg whites — 100 g
- Spinach — 50 g
- Feta — 10 g
- Olive oil — ½ tsp

SNACK

Apple — 1 medium +
Peanut butter — 15 g

LUNCH

Grilled Salmon & Sweet Potato

- Salmon — 120 g
- Sweet potato — 130 g roasted
- Steamed broccoli — 100 g
- Olive oil — 1 tsp

DINNER

Chicken Stir-Fry with Bell Peppers

- Chicken breast — 130 g
- Bell peppers & zucchini — 150 g
- Olive oil — 1 tsp
- Soy sauce — 1 tsp



FRIDAY

BREAKFAST

Protein Smoothie

- Greek yogurt — 100 g
- Whey protein — 20 g
- Spinach — 50 g
- Frozen berries — 70 g
- Almond milk — 120 ml

SNACK

Celery sticks — 100 g +
Almond butter — 15 g

LUNCH

Turkey & Roasted Veggie Bowl

- Ground turkey — 120 g
- Roasted zucchini, carrots, bell peppers — 150 g
- Olive oil — 1 tsp

DINNER

Baked Cod & Asparagus

- Cod 120 g
- Asparagus 150 g
- Olive oil 1 tsp
- Lemon & herbs



SATURDAY

BREAKFAST

Egg Muffins with Veggies

- Eggs 2 + egg whites 100 g
- Spinach 50 g
- Bell pepper 50 g
- Sprinkle cheddar 10 g

SNACK

Greek yogurt — 100 g +
Blueberries — 50 g

LUNCH

Chicken Taco Bowl

- Grilled chicken — 120 g
- Lettuce, tomato, corn — 100 g
- Salsa — 1 tbsp

DINNER

Shrimp & Cauliflower Rice Stir-Fry

- Shrimp — 120 g
- Cauliflower rice — 150 g
- Olive oil — 1 tsp
- Garlic, paprika



SUNDAY

BREAKFAST

Protein Oatmeal with Berries

- Rolled oats — 40 g
- Whey protein — 20 g
- Almond milk — 120 ml
- Strawberries & blueberries — 70 g



SNACK

Cottage cheese — 100 g +
Peach — 50 g

LUNCH

Turkey & Sweet Potato Bowl

- Ground turkey — 120 g
- Sweet potato — 130 g roasted
- Mixed greens — 100 g
- Olive oil — 1 tsp

DINNER

Lemon Herb Chicken & Broccoli

- Chicken breast — 130 g
- Broccoli — 150 g
- Olive oil — 1 tsp
- Lemon, garlic

THIS IS NOT A SHORT-TERM PLAN — IT'S A SYSTEM.
RETURN TO IT, REPEAT IT, AND ADAPT IT AS YOUR LIFE CHANGES.
I'M HERE TO GUIDE AND SUPPORT YOU EVERY STEP OF THE WAY.

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