



THE GALVESTON DIET

A TASTE OF THE GALVESTON DIET

5-DAY MEAL PLAN



A TASTE OF THE GALVESTON DIET

5-DAY MEAL PLAN

DAY	MEAL 1	SNACK 1	MEAL 2	SNACK 2
DAY 1	<p>Steak Bites and Zucchini Noodles</p> <p>Marinade: -1 ½ tbsp low sodium soy sauce -1 tbsp lemon juice -2 tbsp olive oil -1 tbsp Franks Red Hot</p> <p>Entree: -4 oz flank steak, sliced -1 zucchini -1 tbsp olive oil -1 garlic clove -2 ½ tsp butter -1 tbsp fresh lemon juice -1 tbsp dry white wine -1 tbsp parsley, chopped -Pinch crushed red pepper flakes, salt and black pepper</p>	<p>Bacon Egg and Cheese Sliders</p> <p>-1 hard boiled egg -½ slice cheddar cheese -⅓ slice cooked bacon (nitrate free pork or turkey) -2 spinach leaves -⅓ avocado -Squeeze fresh lime juice -Dash cumin</p>	<p>Avocado Bacon Chicken Salad</p> <p>-½ cup rotisserie chicken (breast or thighs) -2 slices cooked bacon (nitrate free pork or turkey) -1 avocado -6 tbsp scallions or onions of choice -6 tbsp celery -Salt and pepper to taste -Creamy dressing of choice</p>	<p>Roasted Cauliflower Bites</p> <p>-½ medium head cauliflower -1 ½ tbsp olive oil -Blackened seasoning to taste</p>
DAY 2	<p>Shrimp and Broccoli Mash</p> <p>Mash: -1 tsp olive oil -¼ head broccoli -1 garlic clove -¾ cup vegetable broth -1 ½ tsp heavy cream -2 tbsp parmesan cheese -Pinch salt</p> <p>Shrimp: -1 tsp olive oil -5 raw shrimp -¼ garlic clove -1 tbsp roasted pistachios -Salt and pepper to taste -Pinch crushed red pepper flakes</p>	<p>Beef and Cheese Roll Ups</p> <p>-2 slices lean deli roast beef -2 cheese sticks</p>	<p>Rotisserie Chicken Salad on Lettuce Wraps</p> <p>-1 cup rotisserie chicken, shredded -1 tbsp celery -1 tbsp green onions -2 tbsp cooked bacon (nitrate free pork or turkey) -2 tbsp sharp cheddar cheese -1 tbsp full fat plain Greek yogurt -1 tbsp creamy dressing of choice -Pinch salt, black pepper, garlic powder -2 tbsp almond slivers</p>	<p>Avocado Chips</p> <p>-1 avocado -¼ cup parmesan -1 tsp fresh lemon juice -½ tsp garlic powder and dried Italian seasoning -Salt and black pepper to taste</p>

A TASTE OF THE GALVESTON DIET

5-DAY MEAL PLAN

DAY	MEAL 1	SNACK 1	MEAL 2	SNACK 2
DAY 3	BLT Salmon Burger -4 slices cooked bacon (nitrate free pork or turkey) -1 salmon filet (about 4 ounces) -½ cup avocado, mashed -1 tbsp chives -½ tomato, sliced -Fresh lemon juice, salt and pepper to taste -Butter or other lettuce	Everything Bagel Cucumber Bites -¼ cucumber -1 oz cream cheese -1 ½ tbsp butter -1 ½ tsp full fat plain Greek yogurt -1 tsp Everything Bagel seasoning -Pinch garlic powder	Pizza Roll Ups -2 slices mozzarella cheese -1 tsp olive oil -1 tbsp onion -2 tbsp green bell pepper -1 tbsp mushrooms -¼ cup cooked spinach -Dash Italian seasoning	Coconut Chia Seed Pudding -1 cup coconut milk -¼ cup chia seeds -¼ tsp vanilla extract -⅛ tsp pumpkin pie spice -Pinch stevia or Monk fruit -¼ cup raspberries
DAY 4	Curry Vegetable Stew -1 tbsp olive oil -½ onion -1 garlic clove -½ cup tomatoes -½ cup chicken stock -½ cup baby spinach *Optional addition: garbanzo beans and/or carrots diced -Pinch of cinnamon, cardamom and red pepper flakes	Pasta-Free Minestrone -2 cups beef stock -1 garlic clove -1 tbsp olive oil -1 ½ scallions, sliced -½ carrot, diced -½ cup tomatoes, diced -½ inch piece of fresh parmesan -½ tsp fresh thyme -½ cup baby spinach -3 oz kidney beans	Winter Greens with Nuts and Chicken -½ tbsp olive oil -¼ shallot -¼ bunch collard greens, Swiss chard or kale -¼ cup coconut milk -1 tsp low sodium soy sauce -4 oz chicken breast or thighs -¼ cup walnuts, chopped	Olives and Cucumbers with Thyme and Dill -1 cucumber -2 tbsp vinegar of choice -1 tsp each fresh thyme and dill -¼ cup olives of choice -Zest of one lemon

A TASTE OF THE GALVESTON DIET

5-DAY MEAL PLAN

DAY	MEAL 1	SNACK 1	MEAL 2	SNACK 2
DAY 5	<p>Greens and Things Soup and Salad</p> <p>-2 tbsp olive oil -½ onion -1 celery stalk, diced -½ carrot, diced -2 cups broth of choice -1 asparagus stalk -1 garlic clove -1 cup kale or Swiss chard -¼ cup fresh basil -¼ cup parmesan, grated</p> <p>-2 ½ oz lettuce -½ avocado -1 tbsp pumpkin seeds -1 tbsp olive oil -Fresh lemon juice</p>	<p>Portobello Pizza</p> <p>-1 tbsp olive oil -2 portobello mushroom caps -¼ cup red onion -¼ grape tomatoes -¼ cup mozzarella, shredded -1 tbsp parmesan, shredded -1 tbsp fresh basil -Salt and black pepper to taste</p>	<p>Zesty Mini Meatloaf with Spinach Sauté</p> <p>Meatloaf: -4 oz 90% lean ground beef -¼ carrot, shredded -½ tbsp olive oil -½ tsp low sodium soy sauce -Salt, black pepper and dried Italian herbs to taste</p> <p>Spinach Saute: -½ tbsp olive oil -¼ lb spinach -Splash of balsamic vinegar -Salt, black pepper and dried Italian herbs to taste</p>	<p>Pom Seed and Pumpkin Seed Yogurt</p> <p>-¼ cup fresh pomegranate seeds -4 oz full fat plain Greek yogurt -2 tsp pumpkin seeds -¼ tsp Chinese -5 spice blend (optional)</p>

This 5-day meal plan is just a taste of the guidance that you get inside of the Galveston Diet Program. To access all the information, tools, and meals plans TGD offers, [click here](#).

We hope to see you in the Program!