

ONE MONTH ECTOMORPH MEALPLAN WITH GROCERY LISTS

This meal plan is ideal for someone with an ectomorph body type, or who tends to be more slim and slender.

This plan will give you the building blocks for building more muscle mass and having more energy for all your activities.

HEALTHY EATING HABITS

Your meals will emphasize these basic healthy eating habits for Ectomorphs:

- 1) Eating at regular intervals throughout the day to give you more energy.
- 2) Eating lots of protein with every meal.
- 3) Eating lots of fresh produce with every meal.
- 4) Eating healthy fats throughout the day.
- 5) Eating complex/starchier carbohydrates at most meals of the day.

What about portion sizes? The quality of ingredients that you put into each meal is more important than the amount of ingredients. You will notice that sometimes portions are indicated with foods that are particularly dense. But otherwise, it's more important to focus on being mindful and saying "enough" when you feel about 80% full.

THINGS TO CONSIDER

This meal plan is not intended to treat any medical issues. Rather, this simply helps you create better meals and implement general healthy eating habits. This meal plan assumes that you do not have any dietary restrictions. However, if you are aware that you should be avoiding certain food groups, use substitutions when necessary.

Days can be rearranged. If a certain meal works better for you on a different day, simply adjust the schedule.

When the meal plan indicates "Eat Whatever You Want", these are considered your "splurge" meals: your opportunities to deviate from the healthy eating habits and enjoy your favorite foods. Do so with mindfulness, choosing your absolute favorite things so you don't feel deprived. Practice NOT overeating with these meals and feeling fully satisfied.

Aim for drinking half your bodyweight in ounces of water per day. For example, a 140 pound woman should aim for drinking 70 ounces of water per day.

I recommend two supplements with this meal plan: fish oil capsules (omega-3's) and a high quality protein powder supplement. Any omega-3 supplement (algae oil, hempseed oil, etc.) would be sufficient. Aim for 2-4g total omega-3's per day. For the protein powder supplement, you may use whey protein isolate or a plant-based protein powder. Aim for 20-30g protein per scoop.

The grocery lists provide everything you need to make all of the meals for each week. The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just you, Momma. Purchase extra quantities of certain items if needed.

The recipes for the meals marked with (R) can be found at <https://www.strong-mommas.com/recipes.html>

For more nutrition coaching, full workout programs, and accountability, join the Strong Mommas Coaching Program.





STRONG MOMMAS
MEAL PLANNER
ECTOMORPH

WEEK 1

MON

B Green Eggs & Ham (R). Half grapefruit or orange	L Mixed greens salad w/ added veggies, 1/2 avocado, chicken/steak, vinaigrette-style dressing	S Large handful broccoli & cauliflower, 2 Tbsp hummus, handful pistachios	D Creamy Baked Chicken Thighs (R) w/ Roasted Veggies (R) & Quinoa
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TUES

B 2-3 eggs scrambled w/ asparagus, mushrooms, & onions; Half grapefruit; whole grain toast	L Strawberry Banana Shake (R)	S 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	D Egg Roll in a Bowl (R), served over brown rice
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WED

B Mixed Berry Protein Shake (R)	L Egg Roll in a Bowl leftovers or Chicken Salad Wrap (R)	S Whole apple or pear, Hard-boiled egg, small handful mixed raw nuts	D Tandoori Spiced Chicken w/ Herbed Greek Yogurt Sauce (R), served w/ quinoa
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THUR

B Green Eggs & Ham (R). Half grapefruit or orange	L Chicken Salad Wrap (R)	S Large handful broccoli & cauliflower, 2 Tbsp hummus, handful pistachios	D Broccoli Chicken Quinoa Salad (R)
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FRI

B Mixed Berry Protein Shake (R)	L Broccoli Chicken Quinoa Salad leftovers or smoothie of your choice	S 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	D WHATEVER YOU WANT!
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SAT

B 2-3 eggs scrambled w/ asparagus, mushrooms, & onions; Half grapefruit; whole grain toast	L Mixed greens salad w/ added veggies, 1/2 avocado, chicken/steak, vinaigrette-style dressing	S Whole apple or pear, Hard-boiled egg, small handful mixed raw nuts	D WHATEVER YOU WANT!
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SUN

B WHATEVER YOU WANT!
L Mixed greens salad w/ added veggies, 1/2 avocado, chicken/steak, vinaigrette-style dressing
S Large handful broccoli & cauliflower, 2 Tbsp hummus, handful pistachios
D Honey Lime BBQ Chicken (R) w/ small mixed greens salad & watermelon

HEALTHY EATING HABITS FOR ECTO'S

- eat every meal
- eat protein
- eat produce
- add healthy fats
- eat high quality carbs
- eat real, whole food
- drink water
- plurge sometimes

ECTOMORPH MEAL PLAN WEEK 1



PRODUCE

Grapefruits (2) or oranges
Pears or apples (3)
Bananas (1 bunch)
Grapes (1 pound)
Watermelon (small or medium)
Lemon (1)
Strawberries
Other mixed berries (fresh or frozen)
Avocados (4 medium)
Broccoli (2-3 heads)
Cauliflower (1-2 heads)
Cherry tomatoes (for lunch salads)
Cucumbers (for lunch salads)
Green onions (1 bunch)
Celery (1 bunch)
Asparagus (1 bunch)
Onions (3-5)
Red onion (1)
Ginger
Garlic (jar of minced garlic ok)
Fresh mint
Fresh cilantro
Bagged coleslaw mix (1 bag)
Bagged mixed leafy greens (3 bags)
Bagged spinach (1 bag)
Raisins or dried cranberries

PROTEINS

Eggs (2-3 dozen)
Canadian bacon
Chicken breasts (6-8)
Rotisserie chicken or steak (for lunch salads)
Boneless/skinless chicken thighs (8-10)
Ground pork (1 pound, as lean as possible)
Chicken drumsticks (8-10)
Greek yogurt (plain, nonfat)
Lowfat cottage cheese
Canned chicken (2 cans)

THE AISLES

Hummus
Quinoa
Brown rice
Vanilla protein powder (whey isolate is best)
Vinaigrette-style dressing
Pistachios
Chopped pecans & other mixed raw nuts
Slivered almonds
Chia seeds
Sunflower seeds
Ground flax meal
Dijon mustard
Honey
Basil pesto
Roasted red peppers (jarred)
Rice wine vinegar
Sesame oil
Whole grain english muffins
Whole grain tortillas
Whole grain bread (for toast)

This grocery list provides everything you need to make all the meals on the Ectomorph Meal Plan Week 1.

The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just you, momma.

Purchase extra quantities of certain items if needed.

The recipes for the meals marked with (R) can be found at

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STRONG MOMMAS
MEAL PLANNER
ECTOMORPH

WEEK 2

MON	B 2-3 eggs any style, piece of whole grain toast, ½ avocado, tomato, ½ grapefruit	L Large mixed green salad w/ chicken, other veggies, vinaigrette dressing, whole apple or orange	S Large handful baby carrots and/or broccoli, 2 Tbsp hummus, small handful mixed raw nuts	Turkey Meatballs (R) with spaghetti squash or whole grain pasta, mixed green salad, vinaigrette dressing
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TUES	B Pumpkin Pie Oatmeal (R)	L Chicken Salad Wrap (R) or Turkey Meatballs leftovers	S Whole banana or apple, 2 Tbsp nut butter	D Shrimp & Quinoa w/ Avocado-Mango Salsa (R)
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WED	B Signature scramble, ½ whole wheat English muffin, ½ grapefruit or orange	L Large mixed green salad w/ chicken, other veggies, vinaigrette dressing, whole apple or orange	S 2 Hard-boiled eggs, handful sliced peppers, 2-3 Tbsp hummus	D Chicken Fajitas (R) w/ condiments.
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THUR	B 2-3 eggs any style, piece of whole grain toast, ½ avocado, tomato, ½ grapefruit	L Chicken Fajita Bowl from leftovers or Strawberry Banana Smoothies (R)	S Large handful baby carrots and/or broccoli, 2 Tbsp hummus, small handful mixed raw nuts	D Crockpot Chili (R), small mixed green salad, vinaigrette dressing
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FRI	B Signature scramble, ½ whole wheat English muffin, ½ grapefruit or orange	L Crockpot Chili leftovers or Mixed Berry Smoothie (R)	S Whole banana or apple, 2 Tbsp nut butter	D WHATEVER YOU WANT!
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SAT	B 2-3 egg omelet w/ bacon, tomato & green onion, ½ grapefruit or orange	L Strawberry Banana Smoothie (R) or Mixed Berry Smoothie (R)	S 2 Hard-boiled eggs, handful sliced peppers, 2-3 Tbsp hummus	D WHATEVER YOU WANT!
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SUN			
B	Pumpkin Pie Oatmeal (R)		
L	Large mixed green salad w/ chicken, other veggies, vinaigrette dressing, whole apple or orange		
S	Large handful baby carrots and/or broccoli, 2 Tbsp hummus, small handful mixed raw nuts		
D	WHATEVER YOU WANT!		

HEALTHY EATING HABITS FOR ECTO'S

- eat every meal
- eat protein
- eat produce
- add healthy fats
- eat high quality carbs
- eat real, whole food
- drink water
- splurge sometimes

ECTOMORPH MEAL PLAN WEEK 2



PRODUCE

Bananas (1 bunch)
Apples (4)
Oranges (3)
Grapefruit (2)
Mango (1 large)
Lime (2)
Mixed berries (fresh or frozen)
Tomatoes (3)
Cherry tomatoes (1 package)
Avocados (3)
Baby carrots
Green & Red peppers (3 each)
Green onions (1 bunch)
Celery (1 bunch)
Cilantro
Spaghetti squash (1)
Onions (3-5)
Mixed leafy greens (2 bags)
Spinach (2 bags)

PROTEINS

Rotisserie chicken (for lunch salads)
Lean ground beef or sirloin (90-93% lean)
Half pound good lean bacon
Chicken breasts
Shrimp (1 pound)
Ground turkey (1 pound)
Eggs (2-3 dozen)
Nonfat plain Greek yogurt
Shredded parmesan cheese

THE AISLES

Reduced sodium chicken stock
Quinoa
Canned pumpkin
Canned chicken
Diced tomatoes (4-15oz. cans)
Tomato paste (small can)
Vanilla protein powder (whey isolate is best)
Vinaigrette-style dressing
Almonds, pecans, other mixed nuts
Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Whole grain tortillas
Whole grain English muffins

This grocery list provides everything you need to make all the meals on the Ectomorph Meal Plan Week 2.

The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just you, momma.

Purchase extra quantities of certain items if needed.
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STRONG MOMMAS
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WEEK 3

MON	B 1 piece whole grain toast with ½ avocado, 2-3 eggs any style, mixed fruit	L Strawberry Banana Smoothie (R)	S Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	D Nourish Bowls (R)
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TUES	B 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	L Nourish bowl leftovers	S Apple or banana, 2 Tbsp nut butter	D Creamy baked chicken thighs (R) w/ Roasted veggies (R) & quinoa or brown rice
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WED	B Signature Scramble (R), mixed fruit, 1 piece whole grain toast	L Sirloin steak salad w/ vinaigrette style dressing & other veggie	S 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	D Shrimp Mexi-Bowls (R)
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THUR	B Mixed Berry Smoothie (R)	L Leftovers or Broccoli Chicken Quinoa Salad (R)	S Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	D Honey Lime BBQ Chicken Thighs (R), Bagged salad of mixed greens
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FRI	B 1 piece whole grain toast with ½ avocado, 2-3 eggs any style, mixed fruit	L Broccoli Chicken Quinoa Salad (R)	S Apple or banana, 2 Tbsp nut butter	D WHATEVER YOU WANT!
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SAT	B Turkey Sausage Mini Quiches (R), mixed fruit, whole grain toast	L Leftovers or smoothie of your choice	S Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	D WHATEVER YOU WANT!
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SUN	
B	Turkey Sausage Mini Quiches (R) or 3-egg veggie omelet of your choice
L	Bagged salad of mixed greens w/ chicken or sirloin steak, vinaigrette-style dressing
S	1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds
D	WHATEVER YOU WANT!

HEALTHY EATING HABITS FOR ECTO'S
 eat every meal
 eat protein
 eat produce
 add healthy fats
 eat high quality carbs
 eat real, whole food
 drink water
 splurge sometimes

ECTOMORPH MEAL PLAN WEEK 3

PRODUCE

Bananas (1 bunch)
Apples (5-6)
Oranges (3)
Mixed berries (fresh or frozen bag)
Strawberries (fresh)
Lime (2)
Avocado (6)
Tomatoes (3)
Cherry tomatoes (1 package)
Mushrooms (8 oz. package)
Red peppers (3)
Green peppers (2)
Red onion (1)
White onion (1)
Shallot (1)
Baby carrots (1 package)
Shredded carrots (1 small bag)
Cilantro (1 bunch)
Broccoli (2 heads)
Zucchini (1 medium)
Asparagus (1 small bunch)
Green onions (1 bunch)
Radishes (1 bunch)
Beets, red or golden (4)
Garlic (fresh or jarred)
Cucumbers (2)
Kale (1 large bunch)
Mixed greens bagged salad (2 bags)
Bagged spinach (2 bags)



PROTEINS

Chicken breasts (2)
Boneless, skinless chicken thighs (8-10)
Turkey polska kielbasa (1 package)
Shrimp (1 pound)
Sirloin steaks (1-2 pounds)
Bacon, as lean as possible (1/2 pound)
Eggs (18-24)
Plain nonfat Greek yogurt
2% Cottage cheese
Parmesan cheese
Shredded sharp cheddar cheese

THE AISLES

Reduced sodium chicken stock or bone broth
Quinoa
Brown rice
Frozen edamame
Vinaigrette-style dressing
Almonds, pecans, other mixed raw nuts
Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Honey
White wine vinegar
Dijon mustard
Reduced sodium soy sauce
Whole grain bread or English muffins
Vanilla protein powder (whey isolate is best)

This grocery list provides everything you need to make all the meals on the Ectomorph Meal Plan Week 3.

The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just you, momma.

Purchase extra quantities of certain items if needed.

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STRONG MOMMAS
MEAL PLANNER
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WEEK 4

MON

B Three eggs any style, 1/2 avocado, salsa, 1/2 half grapefruit or orange, whole grain toast	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	S Celery w/ nut butter, whole apple	D Crockpot Turkey Sausage & Kale Stew (R), 1 piece whole grain bread
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TUES

B Lowfat cottage cheese, tomato, avocado, salt/pepper, whole apple, whole grain toast	L Sausage & kale stew leftovers or smoothie of your choice	S Handful mixed raw nuts, large handful broccoli & cauliflower, 2 Tbsp hummus	D Sweet Potato Hash (R)
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WED

B Pumpkin Pie Oatmeal (R)	L Chicken salad wrap (R)	S Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple	D Quinoa Mexi-bowl (R)
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THUR

B Three eggs sautéed with mixed veggies, & half grapefruit or orange	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	S Celery w/ nut butter, whole apple	D Coconut chicken strips (R) & sweet potato fries & mixed green salad
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FRI

B Pumpkin Pie Oatmeal (R)	L Cabbage Chicken Salad (R)	S Apple or banana, 2 Tbsp nut butter or string cheese	D WHATEVER YOU WANT!
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SAT

B Two egg omelet w/ mixed veggies & other proteins, half grapefruit or orange	L Leftovers, Cabbage Chicken Salad (R)	S Handful mixed raw nuts, large handful broccoli & cauliflower, 2 Tbsp hummus	D WHATEVER YOU WANT!
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SUN

B WHATEVER YOU WANT!
L Leftovers of anything or smoothie of your choice
S Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple
D Crockpot Chili (R)

HEALTHY EATING HABITS FOR ECTO'S

- eat every meal
- eat protein
- eat produce
- add healthy fats
- eat high quality carbs
- eat real, whole food
- drink water
- splurge sometimes

ECTOMORPH MEAL PLAN WEEK 4

PRODUCE

Bananas (1 bunch)
Grapefruit (2)
Grapes (1/2 pound)
Avocados (3 medium)
Apples (3-5)
Red Peppers (2)
Green Peppers (2)
Celery (1 package)
Onions (3)
Green onions (1 bunch)
Jalapeno (1)
Tomatoes (5-6)
Cherry tomatoes (1 package)
Baby carrots (1 package)
Sweet potatoes (2 large)
Cucumbers (2)
Mixed greens salad (2 bags)
Bagged spinach (1 bag)
Kale (1 bunch)
Cabbage (1 head)
Mixed berries (fresh or frozen bag)
Strawberries (fresh or frozen)

PROTEINS

Eggs (18)
Mild Italian turkey sausage (5 links)
Rotisserie chicken (for salads)
Lowfat cottage cheese
Turkey polska kielbasa (2 packages)
Shrimp (1 pound)
Extra lean ground beef or sirloin (1 pound)
Chicken breasts (6-8)
Plain nonfat Greek yogurt
Parmesan cheese

THE AISLES

Vanilla protein powder (whey isolate is best)
Salsa
Vinaigrette-style dressing
Whole wheat bread crumbs
Quinoa
Shredded coconut
Ground flax meal
Chia seeds
Sunflower seeds
Almonds, pecans, other mixed nuts
Almond or peanut butter
Hummus
Canned pumpkin
Canned chunk chicken breast (12.5 oz. can)
Whole wheat tortillas
Diced tomatoes (4 - 15oz. can)
Cannellini beans (2 - 15 oz. cans)
Black beans (2 - 15 oz. cans)
Kidney beans (2 - 15oz. cans)
Tomato sauce (1 small can)
Reduced sodium chicken broth

The logo for 'Strong Mommas' features the word 'STRONG' in a bold, purple, sans-serif font at the top. Below it, the word 'Mommas' is written in a large, purple, cursive script font. The entire text is enclosed within a thin purple circular border. A small horizontal line is positioned below the 'Mommas' text, just above the bottom edge of the circle.

This grocery list provides everything you need to make all the meals
on the Ectomorph Meal Plan Week 4.

The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just
you, momma.

Purchase extra quantities of certain items if needed.

**The recipes for the meals marked with (R) can be found at
<https://www.strong-mommas.com/recipes.html>**