

# ONE MONTH ENDOMORPH MEALPLAN WITH GROCERY LISTS

This meal plan is ideal for someone who falls into the category of an "endomorph". Be sure to read all about your own body's unique design at [www.strong-mommas.com](http://www.strong-mommas.com) to see if you're an endomorph.

This meal plan will help you feel your best, decrease body fat, especially around your midsection, and increase your metabolism.

## HEALTHY EATING HABITS

Your meals will emphasize these basic healthy eating habits for an Endomorph:

- 1) Eating at regular intervals throughout the day to improve your metabolism.
- 2) Eating protein with every meal.
- 3) Eating mostly vegetables and sometimes fruit with every meal.
- 4) Eating plenty of healthy fats throughout the day.
- 5) Limiting starchier carbohydrates.

## 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 3-5g total omega-3's per day. Weeks 1 and 2 of this plan are more intentional about supplementation. Feel free to continue supplementing on Week 3 and 4. 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.





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MEAL PLANNER  
ENDOMORPH

WEEK 1

**MON**

<b>B</b> 2-3 egg scramble w/ 1 piece of bacon, tomato, onion, spinach, ½ avocado, 2 fish oils	<b>L</b> Large mixed green salad w/ chicken breast, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Large handful sliced peppers, 2 Tbsp hummus, small handful mixed raw nuts	<b>D</b> Crockpot Chili (R), small mixed greens salad w/ other veggies, vinaigrette dressing, 2 fish oils
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**TUES**

<b>B</b> Signature Scramble (R), ½ grapefruit or orange, 2 fish oils	<b>L</b> Crockpot Chili leftovers or Mixed Berry Smoothie (R)	<b>S</b> 1 Hard boiled egg, handful peppers, cauliflower or broccoli, 2-3 Tbsp hummus	<b>D</b> Turkey Sausage Mini Quiches (R) w/ salsa, ½ avocado, mixed greens, vinaigrette, 2 fish oils
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**WED**

<b>B</b> Turkey Sausage Mini Quiche leftovers w/ salsa, ½ avocado, ½ grapefruit, 2 fish oils	<b>L</b> Mixed green salad w/ chicken breast, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> Crockpot Turkey Sausage/Kale Soup (R), mixed green salad, vinaigrette dressing, 2 fish oils
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**THUR**

<b>B</b> Signature Scramble (R), ½ grapefruit, 2 fish oils	<b>L</b> Crockpot Turkey Sausage/Kale Soup leftovers, or Mixed Berry Smoothie (R)	<b>S</b> 1 Hard boiled egg, handful peppers, cauliflower or broccoli, 2 Tbsp hummus	<b>D</b> Chicken Fajita Bowls (R) w/ salsa, ½ avocado, sour cream or plain Greek yogurt, 2 fish oils
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**FRI**

<b>B</b> 2-3 poached or fried eggs, ½ avocado, 1 tomato, drizzle of olive oil, ½ grapefruit, 2 fish oils	<b>L</b> Any leftovers or mixed green salad w/ chicken breast, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> WHATEVER YOU WANT!
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**SAT**

<b>B</b> 2-3 egg omelet w/ 1 slice bacon, tomato, green onion, parmesan cheese, 2 fish oils	<b>L</b> Strawberry Banana Smoothie (R)	<b>S</b> Large handful sliced peppers, 2 Tbsp hummus, small handful mixed raw nuts	<b>D</b> WHATEVER YOU WANT!
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**SUN**

<b>B</b> Signature Scramble (R), ½ grapefruit, 2 fish oils
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<b>L</b> Mixed green salad w/ chicken breast, mixed raw nuts or seeds, vinaigrette style dressing
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<b>S</b> 1 Hard boiled egg, handful peppers, cauliflower or broccoli, 2 Tbsp hummus
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<b>D</b> WHATEVER YOU WANT!
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**HEALTHY EATING HABITS FOR ENDO'S**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes

# ENDOMORPH MEAL PLAN WEEK 1



## PRODUCE

Bananas or apples (5-6)  
Oranges or grapefruit (3)  
Mixed berries (fresh or frozen)  
Tomatoes (5)  
Avocados (5)  
Baby carrots (1 package)  
Green & Red peppers (3 each)  
Green onions (1 bunch)  
Mushrooms (1 package)  
Cilantro (1 bunch)  
Lime (3)  
Onions (4)  
Kale (1 bunch)  
Mixed greens (2 bags)  
Spinach (2 bags)

## PROTEINS

Rotisserie chicken  
2 lbs. lean ground beef or sirloin (90-93% lean)  
½ lb. good lean bacon  
Italian turkey sausage (5 links)  
Turkey polska kielbasa (1 package)  
Chicken breasts (6-8)  
Omega-3 Eggs (18-24)  
Nonfat plain Greek yogurt  
Shredded Parmesan cheese  
Shredded Mexican cheese

## THE AISLES

Hummus  
Mixed raw nuts & seeds  
Ground flax meal  
Black beans (2 cans)  
Kidney beans (2 cans)  
Cannellini beans (2 cans)  
Canned diced tomatoes (4 cans)  
Low sodium chicken stock  
Olives  
Salsa  
Olive oil  
All natural peanut or almond butter  
Fish oil capsules  
Optional: Decaf Green Tea  
Optional: Good high quality dark chocolate

This grocery list provides everything you need to make all the meals on the Endomorph 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 <https://www.strong-mommas.com/recipes.html>



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MEAL PLANNER  
ENDOMORPH

WEEK 2

<b>MON</b>	<b>B</b> Zucchini Frittata (R), 1 orange, 2 fish oils	<b>L</b> Strawberry Banana Shake (R)	<b>S</b> 1 Hard boiled egg, 2 handfuls of broccoli or cauliflower, 2-3 Tbsp hummus	<b>D</b> Tandoori Spiced Chicken & Yogurt Sauce (R), mixed green salad w/ vinaigrette dressing, 2 fish oils
	<b>B</b> Yogurt & Berry Bowl (R), 2 fish oils	<b>L</b> Mixed green salad w/ chicken breast, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Handful of mixed nuts, 2 handfuls of broccoli or cauliflower, 2-3 Tbsp hummus	<b>D</b> Spinach & Sausage Breakfast Casserole (R), 1/2 avocado, 1 orange or 1/2 grapefruit, 2 fish oils
	<b>B</b> Spinach/Sausage casserole leftovers, 1/2 avocado, 1/2 grapefruit, 2 fish oils	<b>L</b> Cabbage Chicken Salad (R)	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> Fajitas (in a bowl) (R), 1/2 avocado, salsa, 2 fish oils
	<b>B</b> Zucchini Frittata (R), 1 orange, 2 fish oils	<b>L</b> Cabbage Chicken Salad leftovers (R)	<b>S</b> 1 Hard boiled egg, 2 handfuls of broccoli or cauliflower, 2-3 Tbsp hummus	<b>D</b> Creamy Baked Chicken Thighs (R), Roasted veggies, (R) 2 fish oils
<b>FRI</b>	<b>B</b> 2-3 eggs scrambled w/ 2 handfuls mixed veggies, 1 orange or 1/2 grapefruit, 2 fish oils	<b>L</b> Strawberry Banana Shake (R)	<b>S</b> Handful of mixed nuts, 2 handfuls of broccoli or cauliflower, 2-3 Tbsp hummus	<b>D</b> WHATEVER YOU WANT!
	<b>B</b> Yogurt & Berry Bowl (R), 2 fish oils	<b>L</b> Mixed green salad w/ chicken breast, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> 1 Hard boiled egg, 2 handfuls of broccoli or cauliflower, 2-3 Tbsp hummus	<b>D</b> WHATEVER YOU WANT!

<b>SUN</b>	
<b>B</b>	2-3 eggs scrambled w/ 2 handfuls mixed veggies, 1 orange or 1/2 grapefruit, 2 fish oils
<b>L</b>	Leftovers of anything or Mixed Berry Smoothie (R)
<b>S</b>	Handful of mixed nuts, 2 handfuls of broccoli or cauliflower, 2-3 Tbsp hummus
<b>D</b>	WHATEVER YOU WANT!

**HEALTHY EATING HABITS FOR ENDO'S**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes

# ENDOMORPH MEAL PLAN WEEK 2

## PRODUCE

Zucchini (2)  
Onions (3)  
Bananas (1 bunch)  
Limes (2)  
Oranges (3)  
Apples (3)  
Grapefruit (2)  
Strawberries (1 package)  
Blueberries, raspberries  
Broccoli (1-2 head)  
Cauliflower (1-2 head)  
Cabbage (1 head)  
Green onions (1 bunch)  
Mixed greens salad blend (3 bags)  
Spinach (2 bags)  
Avocados (4)  
Red peppers (2)  
Green peppers (3)  
Baby bella mushrooms (6-8)  
Mint (small bunch)  
Cilantro (small bunch)

## PROTEINS

Eggs (18-24)  
Plain nonfat Greek yogurt  
Lowfat cottage cheese  
Parmesan cheese  
Boneless skinless chicken thighs (8-10)  
Chicken breasts  
Chicken breakfast sausage  
Sliced thin sirloin steak  
Almond milk

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## THE AISLES

Hummus  
Mixed raw nuts & seeds (for snacks)  
Sliced almonds, sesame seeds,  
sunflower seeds (for cabbage  
chicken salad)  
Vinaigrette style dressing  
Olive oil  
All natural peanut or almond butter  
Honey  
Salsa  
Fish oil capsules  
Optional: Decaf Green Tea  
Optional: Good high quality dark  
chocolate

This grocery list provides everything you need to make all the meals  
on the Endomorph 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.

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



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MEAL PLANNER  
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WEEK 3

<b>MON</b>	<b>B</b> Green Eggs & Ham (R) w/ just half whole wheat English muffin	<b>L</b> Smoothie of your choice (R)	<b>S</b> Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	<b>D</b> BBQ Steak: The Best Steak Marinade (R), Roasted veggies, side salad
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<b>TUES</b>	<b>B</b> Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	<b>L</b> Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> Taco Salad: ground turkey or lean beef, black beans, lettuce, tomato, avocado, salsa, etc
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<b>WED</b>	<b>B</b> Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	<b>L</b> Taco salad leftovers or mixed plate w/ raw veggies, hummus, mixed nuts, hard boiled egg,	<b>S</b> Whole pear, string cheese, handful mixed raw nuts	<b>D</b> Michelle's Beef Chili (R)
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<b>THUR</b>	<b>B</b> Green Eggs & Ham (R) w/ just half whole wheat English muffin	<b>L</b> Chili leftovers or smoothie of your choice	<b>S</b> Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	<b>D</b> Teriyaki Turkey Patties (R), Roasted veggies (R), cauliflower rice
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<b>FRI</b>	<b>B</b> Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	<b>L</b> Chicken Salad Wrap (R), on greens	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> WHATEVER YOU WANT!
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<b>SAT</b>	<b>B</b> Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	<b>L</b> Leftovers of Chicken Salad Wrap on greens	<b>S</b> Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	<b>D</b> WHATEVER YOU WANT!
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<b>SUN</b>			
<b>B</b>	WHATEVER YOU WANT!		
<b>L</b>	Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing		
<b>S</b>	Whole pear, string cheese, handful mixed raw nuts		
<b>D</b>	Blackened Chicken w/ Avocado Cream Sauce (R), & cauliflower rice		

**HEALTHY EATING HABITS FOR ENDO'S**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes

# ENDOMORPH MEAL PLAN WEEK 3

## PROTEINS

Eggs (18-24)  
Chicken breasts (6-8)  
Shredded sharp cheddar cheese  
Lean steak (like sirloin or New York strip)  
Beef stew meat (2.5 pounds) (look for lean!)  
Ground turkey (7% fat)  
Canadian bacon Bacon (look for lean!)  
String cheese  
Lowfat cottage cheese  
Plain nonfat Greek yogurt

## THE AISLES

Reduced sodium chicken stock or bone broth  
Quinoa  
Diced tomatoes (2 cans)  
Black beans (2 cans)  
Chili beans (1 can)  
Green chilis (1 4.5 oz can)  
Diced white meat chicken (1 large can)  
Roasted red peppers  
Basil Pesto  
Vinaigrette-style dressing  
Raw diced almonds, walnuts, pecans and other mixed raw nuts  
Chia seeds  
Ground flax meal  
All natural almond or peanut butter  
Hummus or tzatziki  
Salsa  
Honey  
Soy sauce  
Ground espresso (regular or decaf)  
Fish oil capsules  
Optional: Decaf Green Tea  
Optional: Good high quality dark chocolate

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## PRODUCE

Bananas (1 bunch)  
Pears (4-5)  
Apples (4-5)  
Grapefruit (1)  
Orange (2)  
Grapes  
Limes (2)  
Lemon (1)  
Mixed berries (fresh or frozen bag)  
Avocado (5)  
Tomatoes (3)  
Cherry tomatoes (1 package)  
Red peppers (3)  
Green peppers (2)  
Jalepeno (1)  
Baby carrots (1 package)  
Cucumbers (2)  
Mushrooms (1 package)  
Asparagus (1 bunch)  
Broccoli (1 head)  
Celery (1 bunch)  
Green onions (1 bunch)  
Cilantro (1 bunch)  
White onions (5)  
Garlic (fresh or jarred)  
Mixed greens bagged salad (3-4 bags)  
Bagged spinach (1 bags)  
Cauliflower rice (1 bag)

This grocery list provides everything you need to make all the meals on the Endomorph 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

<b>MON</b>	<b>B</b> Chicken sausage link, two handfuls sauteed mixed veggies, whole apple	<b>L</b> Large mixed green salad with chicken or steak, mixed raw nuts or seeds, vinaigrette-style dressing	<b>S</b> 1 hard boiled egg, two handfuls mixed raw veggies dipped in Greek yogurt sauce	<b>D</b> Crockpot Beef & Mushroom Stew (R)	
	<b>TUES</b>	<b>B</b> Orange Banana Green Smoothie (R)	<b>L</b> Stew leftovers or Chicken Salad Wrap (R) on greens	<b>S</b> Large handful pistachios, 2 handfuls of broccoli or cauliflower, 2-3 TBS hummus	<b>D</b> Coconut Chicken Strips (R) w/ large mixed green salad, vinaigrette-style dressing
	<b>WED</b>	<b>B</b> 3 egg omelet or scramble w/ 2-3 handfuls of diced veggies, whole orange	<b>L</b> Leftovers or smoothie of your choice	<b>S</b> 1 cup Lowfat cottage cheese with diced avocado & tomato	<b>D</b> Turkey Meatballs w/ Spaghetti Squash (R), small mixed green salad
	<b>THUR</b>	<b>B</b> Chicken sausage link, two handfuls sauteed mixed veggies, whole apple	<b>L</b> Large mixed green salad with chicken or steak, mixed raw nuts or seeds, vinaigrette-style dressing	<b>S</b> Large handful pistachios, 2 handfuls of broccoli or cauliflower, 2-3 TBS hummus	<b>D</b> Chili Rubbed Salmon w/ Avocado Salsa (R), 1/2 cup cooked quinoa
<b>FRI</b>	<b>B</b> 3 egg omelet or scramble w/ 2-3 handfuls of diced veggies, whole orange	<b>L</b> Orange Banana Green Smoothie (R)	<b>S</b> 1 hard boiled egg, two handfuls mixed raw veggies dipped in Greek yogurt sauce	<b>D</b> WHATEVER YOU WANT!	
<b>SAT</b>	<b>B</b> 1 cup Lowfat cottage cheese with diced avocado & tomato	<b>L</b> Chicken Salad Wrap (R) on greens	<b>S</b> Large handful pistachios, 2 handfuls of broccoli or cauliflower, 2-3 TBS hummus	<b>D</b> WHATEVER YOU WANT!	

<b>SUN</b>	
<b>B</b>	2 Egg Scramble w/ chicken sausage link 2-3 handfuls diced veggies
<b>L</b>	Large mixed green salad with chicken or steak, mixed raw nuts or seeds, vinaigrette-style dressing
<b>S</b>	1 cup Lowfat cottage cheese with diced avocado & tomato
<b>D</b>	WHATEVER YOU WANT!

**HEALTHY EATING HABITS FOR ENDO'S**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes

# ENDOMORPH MEAL PLAN WEEK 4



## PRODUCE

Bananas (1 bunch)  
Apples (4-5)  
Orange (2-3)  
Grapes  
Limes (2)  
Mixed berries (fresh or frozen bag)  
Avocados (5)  
Tomatoes (3)  
Cherry tomatoes (1 package)  
Red peppers (3)  
Green peppers (2)  
Baby carrots (1 package)  
Whole carrots (3)  
Cucumbers (2)  
Mushrooms (1 package)  
Asparagus (1 bunch)  
Broccoli (1 head)  
Cauliflower (1 head)  
Celery (1 bunch)  
Green onions (1 bunch)  
Cilantro (1 bunch)  
White onions (5)  
Garlic (fresh or jarred)  
Mixed greens bagged salad (3-4 bags)  
Bagged spinach (1 bag)

## PROTEINS

Eggs (18-24)  
Chicken sausage links (3-5)  
Chicken breasts (6-8)  
Beef stew meat (1 pound, look for lean!)  
Fresh salmon fillets (1-2 pounds)  
Ground turkey (1 pound, 7% fat)  
Lowfat cottage cheese  
Plain nonfat Greek yogurt

## THE AISLES

Reduced sodium chicken stock or bone broth  
Reduced sodium beef broth  
Quinoa  
Diced tomatoes (1 can)  
Frozen peas (1 small package)  
Diced white meat chicken (1 large can)  
Vinaigrette-style dressing  
Raw pistachios, almonds, walnuts, pecans  
and other mixed raw nuts  
Sunflower seeds  
Chia seeds  
Ground flax meal  
Raisins  
Hummus or Greek yogurt dip  
Worcestershire sauce  
Fish oil capsules  
Optional: Decaf Green Tea  
Optional: Good high quality dark chocolate

This grocery list provides everything you need to make all the meals  
on the Endomorph 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>