

THE
FIT
COOK
KEVIN CURRY

3-DAY

SAMPLE

MEDITERR-ASIAN INSPIRED MEAL PLAN

MEAL PLAN

BREAKFAST

Fried Brown Rice Bowl

SNACK 1

Edamame Snack Pot

LUNCH

Almond Butter Chopped Chicken Salad

SNACK 2

Spicy Cucumbers over Greek Yogurt

DINNER

Red Curry Salmon with Sugar Snap Peas & Peppers

Remember to Log Any Tweaks

GROCERY LIST

PRODUCE

- ☐ 1 garlic bulb
- ☐ 1 bundle green onion
- ☐ 3 limes
- ☐ Bag frozen peas & carrots
- ☐ Frozen shelled edamame
- ☐ Romaine lettuce
- ☐ Small red cabbage
- ☐ Bundle cilantro
- ☐ 2 red bell peppers
- ☐ 1 carrot
- ☐ Small bundle of radish
- ☐ Fresh ginger
- ☐ Medium cucumber
- ☐ Medium head of cauliflower
- ☐ 10oz Sugar snap peas

OILS/SEASONINGS/CONDIMENTS

- ☐ Olive oil
- ☐ Spray olive oil
- ☐ Liquid Aminos (or coconut aminos, low sodium soy sauce or low sodium tamari)
- ☐ Sesame oil
- ☐ Red chili garlic sauce or Sriracha
- ☐ Apple cider vinegar
- ☐ Korean red chili flakes
- ☐ 1 lemon
- ☐ Tomato paste
- ☐ Red curry paste
- ☐ Chili powder
- ☐ Garlic powder

PROTEIN

- ☐ Carton of eggs
- ☐ 1 1/4 lb chicken breast
- ☐ 15oz wild center-cut salmon

GRAINS/NUTS/SEEDS

- ☐ Long grain brown rice
- ☐ Almonds
- ☐ Almond butter

DAIRY

- ☐ 2% Greek yogurt

OTHER

- ☐ Unsweetened almond milk
- ☐ Low Carb whey or vegan protein powder

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Ingredients for 1 serving

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 green onion stalk, chopped
- 3/4 cup cooked long grain brown rice
- 3 eggs (Note: substitute egg white to reduce fat calories)
- 1/2 cup frozen peas & carrots
- 1 tablespoon Liquid Aminos (or low sodium soy sauce)

Garnish

- Green onions
- Fresh lime

BREAKFAST

Fried Brown Rice Bowl

Steps

- 1** Set a nonstick skillet on medium heat. Once hot, add oil, garlic and onion and cook for 2 minutes until the oil is flavored.
- 2** Increase the heat to medium high heat and add the cooked (and cold) brown rice. Cook for another 2 minutes so that the rice gets warm and toasted along the edges. Make a hole in the skillet and add the eggs. Scramble the eggs in the middle of the skillet, and once scrambled, begin mixing everything together. Chop and mix.
- 3** Add the frozen peas & carrots, sprinkle in Liquid Aminos and continue cooking everything together.
- 4** Garnish and enjoy! Add fresh lime juice or another tablespoon of aminos if needed.

Remember to Log Any Tweaks

SNACK 1

Edamame Snack Pot

Ingredients for 1 serving

- 1 cup (frozen) shelled edamame
- 1/2 tablespoon olive oil
- 1 teaspoon sesame oil
- 2 tablespoons red chili garlic sauce
OR sriracha
- 1 tablespoon Liquid Aminos

Optional Protein Boost

- 1 scoop whey or vegan protein powder
+ water



Steps

- 1** Add ingredients to a sealable container and shake to mix. Enjoy!

Remember to Log Any Tweaks



Steps

- 1** Toss the cucumber in oil and red chili flakes. Enjoy over chilled Greek yogurt.

Remember to Log Any Tweaks

SNACK 2

Spicy Cucumbers over Greek Yogurt

Ingredients for 1 serving

- 1 medium cucumber, peeled and chopped
- 1 tablespoon olive oil
- 1 tablespoon Korean red chili flakes (or chili powder)
- Juice from lemon (optional)
- Pinch of sea salt (OR 1 teaspoon liquid aminos)
- 1 cup 2% Greek yogurt



LUNCH

Almond Butter Chopped Chicken Salad

Steps

1 Bring a pot of water to a boil. Add the chicken breasts and cook until the chicken is cooked through, about 12 - 15 minutes. Remove from the pot and set aside to cool down to room temperature.

2 To a large cutting board or surface, add the ingredients for the salad - minus the carrot and radish - and continuously chop it up until well mixed. Once to your desired liking, grate in the carrots and add the radish. Mix and toss together.

3 Mix together the ingredients for the dressing. Season to taste with lime juice.

Remember to Log Any Tweaks

Ingredients for 3 servings

- 1 1/4 lb chicken breasts

Salad

- 4 Romaine lettuce leaves
- 1/2 small red cabbage, chopped
- 1 1/2 cups fresh cilantro
- 1 red bell pepper, sliced
- 1 large carrot, grated
- 3 radish, sliced

Dressing

- 1/2 cup almond butter
- Juice from 1 lime
- 1 tablespoon apple cider vinegar (or rice vinegar)
- 3 tablespoons liquid aminos
- 1 tablespoon fresh ginger (OPTIONAL)
- 2 teaspoons garlic powder (OPTIONAL)
- 2 tablespoons warm water (or more/less according to desired consistency)

Garnish

- 3 tablespoons crushed almonds (OPTIONAL)

SPICE UP YOUR MEAL PREP.

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DINNER

Red Curry Salmon w/ Sugar Snap Peas & Peppers

Steps

- 1** Set a nonstick skillet on medium high heat. Once hot, add the pieces of salmon. Cook for 1 - 2 minutes on each side until dark mark appear along the edges. Then carefully remove from the skillet (and no worries if the salmon is not cooked all the way).
- 2** Reduce the heat to medium and let the skillet cool down.
- 3** Add the tomato paste, red curry paste, ginger and chili powder. Mix everything together in the skillet until it becomes fragrant, about 1 minute. Deglaze the skillet with almond milk and bring to a gentle simmer.
- 4** Add the sugar snap peas and bell pepper slices. Add the salmon back to the skillet and make sure the pieces are nestled in the sauce. If more sauce is needed, add tablespoons of almond milk or water. Cook for about 5 minutes, allowing the salmon to cook through.
- 5** For the meal, mix together cooked brown rice with 1 cup freshly grated cauliflower. Heat in the microwave for 1 minute. Garnish and enjoy the red curry salmon & veggies over the rice mix!

Remember to Log Any Tweaks

Ingredients for 3 servings

- 1 tablespoon olive oil
- 15oz center-cut wild salmon, skinned and chopped into 2-inch nuggets

Curry

- 6oz tomato paste
- 4 tablespoons red curry paste (or yellow curry paste)
- 2 tablespoons fresh ginger
- 1 tablespoon chili powder
- 1 3/4 cups unsweetened almond milk
- liquid aminos or sea salt to taste
- 10oz sugar snap peas
- 1 red bell pepper, sliced
- 1/3 cup cooked long grain brown rice
- 1 cup cauliflower rice

Garnish

- Fresh cilantro

Fried Brown Rice Bowl

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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Edamame Snack Pot

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Almond Butter Chopped Chicken Salad

Nutrition Facts		Per Serving % DV*		Per Container % DV*		Per Serving % DV*		Per Container % DV*		
3 servings per container Serving size (356g) Calories 510 1540 per serving per container	Total Fat	28g	36%	85g	109%	Total Carb.	15g	5%	46g	17%
	Saturated Fat	3g	15%	8g	40%	Dietary Fiber	6g	21%	19g	68%
	Trans Fat	0g		0g		Total Sugars	5g		16g	
	Cholesterol	140mg	47%	415mg	138%	Incl. Added Sugars	0g	0%	0g	0%
	Sodium	1070mg	47%	3220mg	140%	Protein	54g		162g	
	Vitamin D	0mcg	0%	0.1mcg	0%	Iron	2.7mg	15%	8mg	45%
	Calcium	180mg	15%	530mg	40%	Potassium	1200mg	25%	3610mg	80%
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Spicy Cucumbers over Greek Yogurt

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container Serving size (446g) Calories per serving 330	Total Fat	19g	24%	Total Carbohydrate	16g 6%
	Saturated Fat	5g	25%	Dietary Fiber	2g 7%
	Trans Fat	0g		Total Sugars	12g
	Cholesterol	10mg	3%	Includes 0g Added Sugars	0%
	Sodium	80mg	3%	Protein	24g
	Vitamin D 0mcg 0% • Calcium 270mg 20% • Iron 0.9mg 4% • Potassium 270mg 6%				

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Red Curry Salmon with Sugar Snap Peas & Peppers

Nutrition Facts		Per Serving		Per Container		Per Serving		Per Container		
			% DV*		% DV*		% DV*		% DV*	
3 servings per container Serving size (570g) Calories 440 1330 per serving per container	Total Fat	16g	21%	49g	63%	Total Carb.	33g	12%	98g	36%
	Saturated Fat	2g	10%	7g	35%	Dietary Fiber	10g	36%	29g	104%
	Trans Fat	0g		0g		Total Sugars	14g		42g	
	Cholesterol	80mg	27%	235mg	78%	Incl. Added Sugars	0g	0%	0g	0%
	Sodium	830mg	36%	2490mg	108%	Protein	38g		114g	
	Vitamin D	1.6mcg	8%	4.8mcg	25%	Iron	6.8mg	40%	20.5mg	110%
	Calcium	410mg	30%	1240mg	100%	Potassium	1540mg	35%	4630mg	100%
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