



November Super Slim Down

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Welcome to the November Super Slim Down!

I'm super excited for you to get started, and...

I know you're going to lose A LOT of weight...

Now, I wanted to make this as simple as possible, so...

In this program, you'll see a 7-day meal plan...






















Simply follow the meal plan for as many weeks as you'd like...

It's designed for 14 days total, however...

You can follow it for as long as you'd like...

Let's get started!

Derek, CTT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 One Pan Cauliflower, Mushroom & Egg	 One Pan Cauliflower, Mushroom & Egg	 BLT Scramble	 BLT Scramble	 Simple Chocolate Protein Shake	 Broccoli & Cheddar Egg Muffins	 Broccoli & Cheddar Egg Muffins
Lunch	 Rosemary Chicken Patties	 Rosemary Chicken Patties	 Tuna & Olive Salad	 Tuna & Olive Salad	 One Pan Turkey Sausage, Beans & Tomatoes	 Chicken & Broccoli Stew	 Chicken & Broccoli Stew
Dinner	 Ground Beef, Cabbage & Carrot Skillet	 Ground Beef, Cabbage & Carrot Skillet	 Creamy Chicken & Mushrooms	 Creamy Chicken & Mushrooms	 Chipotle Steak, Cauliflower Rice & Guacamole Bowls	 Chipotle Steak, Cauliflower Rice & Guacamole Bowls	 One Pan Cheesy Tomato Zucchini

Fruits

- 2 Avocado
- 4 Lemon
- 2 Lime
- 1/4 cup Lime Juice

Seeds, Nuts & Spices

- 1/4 tsp Chili Flakes
- 2 tsps Chipotle Powder
- 2 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 6 cups Cauliflower Rice
- 6 Ice Cubes

Vegetables

- 2 cups Baby Spinach
- 9 cups Broccoli
- 4 Carrot
- 3/4 head Cauliflower
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1 2/3 cups Cilantro
- 28 Cremini Mushrooms
- 1/2 cup Fresh Dill
- 24 Garlic
- 8 cups Green Cabbage
- 1 cup Mushrooms
- 1 3/4 cups Red Onion
- 8 leaves Romaine
- 1/4 cup Rosemary
- 1 Tomato
- 1 1/2 cups Yellow Beans
- 1 1/3 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 3 1/16 quarts Bone Broth
- 2 cups Canned Coconut Milk
- 2 cans Tuna

Bread, Fish, Meat & Cheese

- 4 slices Bacon, Cooked
- 2 3/4 ozs Cheddar Cheese
- 4 lbs Chicken Breast
- 2 lbs Extra Lean Ground Beef
- 2 lbs Extra Lean Ground Chicken
- 4 ozs Mozzarella Cheese
- 2 tbsps Parmigiano Reggiano
- 14 ozs Pork Sausage
- 1 1/4 lbs Top Sirloin Steak
- 8 ozs Turkey Sausage

Condiments & Oils

- 2 1/3 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 2/3 cup Green Olives
- 2 cups Tomato Sauce
- 2 tsps Whole Grain Mustard

Cold

- 3/4 cup Cottage Cheese
- 1/4 cup Cream, Half & Half
- 26 Egg
- 2/3 cup Unsweetened Almond Milk

Other

- 1/4 cup Chocolate Protein Powder
- 1/2 cup Water



One Pan Cauliflower, Mushroom & Egg

4 servings

20 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1/2 head Cauliflower (small, chopped into florets)
8 Cremini Mushrooms (sliced)
8 Egg
2 tsps Fresh Dill
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a pan over medium heat. Add the cauliflower and cook for seven to eight minutes, stirring often to cook evenly, until starting to become fork-tender.
- 2 Add the mushrooms to the pan and cook for another three to four minutes or until browned.
- 3 In a bowl, whisk together the egg, dill, salt, and pepper. Pour into the pan and turn the heat down to low. Cook for about six to seven minutes or until the egg has set.
- 4 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: This recipe was made in a 10-inch (26 cm) pan. One serving is half of the pan.

More Flavor: Add paprika and chili flakes.

Additional Toppings: Top with mozzarella cheese.

No Fresh Dill: Use parsley or green onion instead.



BLT Scramble

1 serving
10 minutes

Ingredients

2 Egg
Sea Salt & Black Pepper (to taste)
2 slices Bacon, Cooked (chopped)
1/2 Tomato (chopped, seeds removed)
1/2 tsp Avocado Oil
4 leaves Romaine (chopped)
1/2 Avocado (sliced)

Directions

- 1 Whisk the eggs in a bowl. Season with salt and pepper. Add the bacon and tomato and stir to combine.
- 2 Heat a skillet over medium-low heat and add the oil. Once the skillet is hot, add the egg mixture to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
- 3 Place the romaine on a plate and top with the scramble. Top with avocado. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days and reheat the scramble in the oven or in a pan.

Serving Size: One serving is about 1 1/2 cups chopped romaine and one cup of scrambled eggs.

More Flavor: Add nutritional yeast or cheddar cheese.

Additional Toppings: Dress the romaine with olive oil and lemon juice or your favorite dressing.



Simple Chocolate Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Chocolate Protein Powder

6 Ice Cubes (large)

Directions

1

Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving is approximately 1 1/4 cups of shake.

More Flavor: Use frozen fruit instead of ice cubes.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

No Chocolate Protein: Use vanilla or another flavour instead.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Broccoli & Cheddar Egg Muffins

6 servings

25 minutes

Ingredients

- 1/2 cup Broccoli (chopped)
- 1/2 cup Mushrooms (chopped)
- 1 1/3 ozs Cheddar Cheese (shredded)
- 5 Egg (whisked)
- 1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a muffin tray or use a silicone muffin tray.
- 2 Divide the broccoli, mushrooms, and cheese evenly between the cups of the prepared muffin tray.
- 3 Mix the eggs and salt together and pour into the muffin tray. Bake for 18 to 20 minutes or until the eggs are cooked through. Let cool for five minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one egg muffin.

Dairy-Free: Use vegan cheese.

More Flavor: Add red pepper flakes.



Rosemary Chicken Patties

4 servings

20 minutes

Ingredients

- 1/4 cup Red Onion (grated)
- 1 lb Extra Lean Ground Chicken
- 2 Garlic (small, minced)
- 2 tbsps Rosemary (fresh, chopped)
- 1/2 Lemon (juiced, zested)
- 1 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil

Directions

- 1 In a mixing bowl, add the grated onion. Use your hand and squeeze the onion so the excess water comes out of it. Discard the onion water.
- 2 In the same bowl, add the ground chicken, garlic, rosemary, lemon juice, lemon zest, and salt. Mix until well combined.
- 3 Heat the oil in a pan over medium heat. Divide the chicken mixture evenly and form into patties approximately four inches (10 cm) in diameter.
- 4 Cook the patties in the pan until lightly browned and cooked through, about five minutes on each side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one patty.

More Flavor: Add parsley.

Serve it With: Serve it with salad or between lettuce for a low-carb meal.



Tuna & Olive Salad

2 servings

10 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Fresh Dill (chopped)
1/4 tsp Sea Salt
1 can Tuna (drained)
1/3 cup Green Olives (pitted, sliced)
1/2 stalk Celery (finely chopped)
2 tbsps Red Onion (diced)

Directions

- 1 In a bowl, whisk together the oil, lemon juice, dill, and salt.
- 2 Add the tuna, olives, celery, and red onion. Stir well, adjust the seasoning to your taste, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 2/3 cup.

No Dill: Use parsley or green onion instead.

Serving Option: Use lettuce to make a lettuce wrap if desired.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



One Pan Turkey Sausage, Beans & Tomatoes

2 servings

30 minutes

Ingredients

8 ozs Turkey Sausage
1 1/2 cups Yellow Beans (trimmed)
1/2 tsp Extra Virgin Olive Oil
1 cup Cherry Tomatoes (halved)
2 tbsps Parmigiano Reggiano (shaved)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat a cast-iron grill pan over medium heat.
- 2 Once the pan is hot, add the sausages and cook for five to seven minutes on one side. Flip, and cook for another minute.
- 3 Toss the beans with the oil and place them in the pan beside the sausages. Cover the pan and cook for five minutes or until the sausages are cooked through.
- 4 Divide the sausages and beans evenly between plates. Add the tomatoes on top of the beans and top with parmesan. Season with sea salt and black pepper and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one cup of beans and tomatoes and one sausage.

More Flavor: Add shallot, garlic, and/or balsamic vinegar to the beans while cooking.

Additional Toppings: Chopped parsley, basil, and/or chives.



Chicken & Broccoli Stew

4 servings

30 minutes

Ingredients

- 2 tps Extra Virgin Olive Oil
- 1 1/4 lbs Chicken Breast (cut into cubes)
- 1 tsp Sea Salt (divided)
- 4 Garlic (clove, minced)
- 1 1/2 quarts Bone Broth
- 4 cups Broccoli (chopped into florets)
- 1 cup Canned Coconut Milk (full fat)
- 1 Lemon (juiced)

Directions

- 1 Heat the oil in a pot over medium heat. Season the chicken cubes with half of the salt. Add the chicken to the pot and sauté for about five minutes or until browned on all sides.
- 2 Add the garlic and sauté for another minute. Add the broth, cover the pot with a lid and simmer on low heat for about 10 minutes.
- 3 Add the broccoli and coconut milk and add the remaining salt. Stir and cover the pot again. Simmer for another 10 minutes or until everything is cooked through.
- 4 Remove from the heat, stir in the lemon juice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add carrot and celery.



Ground Beef, Cabbage & Carrot Skillet

4 servings

25 minutes

Ingredients

2 tsp Extra Virgin Olive Oil
2/3 Yellow Onion (diced)
2 Garlic (clove, minced)
1 lb Extra Lean Ground Beef
4 cups Green Cabbage (thinly sliced)
2 Carrot (medium, julienned)
Sea Salt & Black Pepper (to taste)
1 Lime (juiced)
1/4 cup Cilantro (chopped)

Directions

- 1 Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
- 3 Drizzle with lime juice and top with cilantro before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add mushrooms.

No Lime: Use lemon instead.



Creamy Chicken & Mushrooms

2 servings

25 minutes

Ingredients

1/4 tsp Extra Virgin Olive Oil
12 ozs Chicken Breast
1/4 tsp Sea Salt (divided)
8 Cremini Mushrooms (large, sliced)
1 tsp Whole Grain Mustard
1/4 cup Water
2 tbsps Cream, Half & Half
1 tbsp Cilantro (chopped)

Directions

- 1 Warm the oil in a skillet over medium heat and season the chicken breast with half of the salt.
- 2 Add the chicken to the pan and cook for six to eight minutes per side or until browned and almost cooked through. Add the mushrooms to the pan and cook for three to four minutes or until soft and browned.
- 3 Add the mustard to the pan, cook another minute, then add water and cream. Bring to a boil, reduce the heat down to a simmer, and simmer for two to three minutes or until the sauce has thickened. Season with the remaining salt.
- 4 Divide the chicken and sauce evenly between plates. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add lemon juice.

Dairy-Free: Use canned coconut milk or cream instead.

No Cilantro: Omit or use parsley instead.



Chipotle Steak, Cauliflower Rice & Guacamole Bowls

2 servings
30 minutes

Ingredients

- 2 tbsps Lime Juice (divided)
- 1 tbsp Avocado Oil (divided)
- 1 tsp Chipotle Powder
- 1/2 tsp Sea Salt (divided)
- 10 ozs Top Sirloin Steak
- 3 cups Cauliflower Rice
- 1/2 Avocado (large)
- 2 Garlic (clove, minced)
- 1/2 cup Red Onion (diced)
- 1/2 cup Cilantro (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Whisk together half of the lime juice, half of the oil, chipotle powder, and half of the salt. Pour over the steaks and marinate for two to three minutes, flipping a few times to thoroughly coat.
- 3 Add the steak to the prepared baking sheet and cook in the oven for 25 minutes, or until desired doneness. Let rest for five minutes before slicing.
- 4 Meanwhile, heat the remaining oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring sometimes, for five to seven minutes or until desired doneness.
- 5 Combine the avocado, garlic, remaining lime juice, and remaining salt in a bowl and mash with a fork until well combined.
- 6 Divide the cauliflower rice, steak, red onion, cilantro, and guacamole between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.



One Pan Cheesy Tomato Zucchini

4 servings

30 minutes

Ingredients

14 ozs Pork Sausage (casing remove)
Sea Salt & Black Pepper (to taste)
4 Garlic (clove, minced)
1/4 tsp Chili Flakes
2 cups Tomato Sauce
4 Zucchini (large, thinly sliced lengthwise)
2 cups Baby Spinach (chopped)
3/4 cup Cottage Cheese
4 ozs Mozzarella Cheese (grated, divided)

Directions

- 1 Heat a large non-stick skillet over medium-high heat. Once hot, add the sausage, breaking up as it cooks. Season with salt and pepper. Cook until browned, about five minutes.
- 2 Add the garlic and the chili flakes. Sauté for about 30 seconds. Stir in the tomato sauce and cook for one more minute. Add the zucchini slices, cover, and cook for about three to four minutes.
- 3 Remove the lid, stir in the spinach, cover again, and continue cooking for another three to four minutes or until the zucchini is tender. Stir in the cottage cheese and half of the mozzarella cheese until well combined. Season with salt and pepper.
- 4 Turn off the heat and top with the remaining mozzarella cheese. Cover to let it sit until the cheese melts, about five minutes. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Garnish with freshly chopped basil and Parmesan cheese.