

BLISSFUL NUTRITION'S

**7 DAY BALANCED,  
MEAL GUIDE**



hey gorgeous!

WE ARE SO EXCITED TO HAVE YOU APART OF  
THE BLISSFUL NUTRITION FAMILY!

This is the perfect opportunity to refresh, set new goals, and commit to yourself! Whether you are just beginning in your health journey or are wanting to get back on track, this meal guide is for you! In this guide, you will find simple, nourishing recipes to simplify your life, and help you feel your absolute best!

You're going to love the way you feel at the end of this week: strong, healthy, energized.

Commit this week to nourishing your body and see what you can accomplish. You got this!

**LOVE, THE BLISSFUL NUTRITION TEAM**

**FOUNDER & REGISTERED DIETITIAN**

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DIETITIAN, SPEAKER, FOOD STYLIST, RECIPE  
DEVELOPER

**MARKETING & CONTENT MANAGER**

SOPHIA DEAHL



# 7 DAY MEAL GUIDE

Balanced healthy meals ready in 30 minutes or less!

## DAY 1

BREAKFAST



### Overnight Oats

Time to Make: 5 Mins.

- Recommend adding protein powder

[Recipe Link](#)

LUNCH



### Baja Shrimp Tacos

Time to Make: 15 Mins.

[Recipe Link](#)

DINNER



### Salmon Cobb Salad

Time to Make: 15 Mins.

- Recommend adding a carb on the side like crackers or an apple

[Recipe Link](#)



# 7 DAY MEAL GUIDE

## DAY 2



### Egg Bites

Time to Make: 30 Mins.- but can prepare ahead of time and freeze

- Recommend adding berries for carbohydrates

[Recipe Link](#)



### Simple Chicken Salad

Time to Make: 25 Mins.

[Recipe Link](#)



### Shrimp Burrito Bowl

Time to Make: 20 Mins.

[Recipe Link](#)



# 7 DAY MEAL GUIDE

## DAY 3

BREAKFAST



### Creamy Cinnamon Apple Oatmeal

Time to Make: 5 Mins.

- Recommend eggs on the side or a protein shake

[Recipe Link](#)

LUNCH



### Chicken and Avocado Burrito

Time to Make: 20 Mins.

[Recipe Link](#)

DINNER



### Turkey Sausage

Time to Make: 20 Mins.

- + Heat up frozen rice

[Recipe Link](#)



# 7 DAY MEAL GUIDE

DAY 4

BREAKFAST



## Smoked Salmon Toast

Time to Make: 14 Mins.

[Recipe Link](#)

LUNCH



## Chicken Quinoa Caprese Bowl

Time to Make: 10 Mins.

[Recipe Link](#)

DINNER



## Korean Beef Bowls

Time to Make: 20 Mins.

[Recipe Link](#)



# 7 DAY MEAL GUIDE

## DAY 5

BREAKFAST



### Shakshuka

Time to Make: 30 Mins.

- Recommend adding a slice of bread on the side

[Recipe Link](#)

LUNCH



### Teriyaki Salmon Sushi Bowl

Time to Make: 30 Mins.

[Recipe Link](#)

DINNER



### Balsamic Steak Salad

Time to Make: 20 Mins.

[Recipe Link](#)



# 7 DAY MEAL GUIDE

DAY 6



## Veggie Egg Skillet

Time to Make: 10 Mins.

- Recommend adding potatoes

[Recipe Link](#)



## Burger Bowl

Time to Make: 30 Mins.

- Recommend sweet potato fries on the side

[Recipe Link](#)



## Taco Soup

Time to Make: 15 Mins.

[Recipe Link](#)



# 7 DAY MEAL GUIDE

DAY 7

BREAKFAST



## Tomato Pesto Egg White Wrap

Time to Make: 25 Mins.

[Recipe Link](#)

LUNCH



## Egg Roll in a Bowl

Time to Make: 20 Mins.

[Recipe Link](#)

DINNER



## Ricotta Tomato Basil Pasta

Time to Make: 18 Mins.

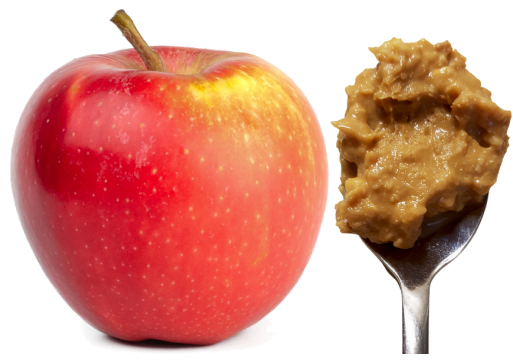
- Recommend adding chicken breast for extra protein

[Recipe Link](#)



# 7 DAY SNACK IDEAS

We recommend eating at least every 3-4 hours for sustained energy and hormone health. Here are some snack ideas to fill in the gaps between mealtimes!



**Apple & Peanut Butter**

Apple + Peanut Butter



**Caprese Skewers**

Tomato + Mozzarella  
Cheese + Balsamic + Basil +  
Sundried Tomato Crackers



**Turkey Cheese Rollup**

Grape + Turkey + Cheese



**Bell Pepper & Guac**

Crackers + Bell Pepper  
Slices + Guac



**Hardboiled Egg & Grapes**

Hard Boiled Egg + Grapes



**Easy Taquito**

Corn Tortilla + Rice +  
Chicken + Salsa



**Parfait**

Nonfat Greek Yogurt +  
Berries + Granola