

*YOU
TOTALLY
GOT THIS*

SOS MEAL GUIDE



WE'VE GOT YOU.

We know that prioritizing macros can be hard to do when life is challenging us. Between work, kids' activities, events, travel, and simple daily hustle, it can be easy to let eating for our goals fall down our priorities list. We want you to know that we have your back and that eating for your goals while efficiently running your life can be conquered, sometimes we just need a little reinforcement to help us out when those weeks are feeling really hard.

AIM's SOS Food Guide is a 'to the point' shopping list and cookbook for those weeks where time for pre-planning is limited. It's the nitty-gritty, the down and dirty, and the 'get food on the table' go-tos that keep our heads above water and our nutrition in line with our goals.

-We've got you.

Your AIM team

FOR MORE TIPS & RECIPES, TRY VISITING

1. Our website — www.aimnutritioncoaching.com
2. Our instagram — [@takeaimnutrition](https://www.instagram.com/takeaimnutrition)
3. Members-only Facebook group — bit.ly/takeaimnutrition

COSTCO MUST-HAVES

cauliflower rice
plain greek yogurt
pbfit
onion soup
lunch meats
pork loin
frozen organic chicken breasts
chicken stock/bone broth
taco seasoning
salsa
dave's bread
cottage cheese low fat
frozen stir fry veggies
frozen green beans
canned chicken
canned sardines
canned tuna
canned salmon
pork chops-thin cut
bagged salads
baked beans
egg whites
snap peas
berries
single serve guacamole/hummus cups
la croix
fletcher's ham
english muffins
frozen berries
columbus turkey burgers

COSTCO QUICK GRABS

lunch meat
smoked salmon
frozen butternut squash or zucchini noodles
trader joes asian spicy vinaigrette
flank steak

GROCERY STORE MUST-HAVES

Ranch packets
Light sour cream
Rice cakes
Laughing Cow cheese
Curry Powder
green chilis
EBTB seasoning Trader Joes
tomatoes
Fresh herbs
Bolthouse greek yogurt dressings
Greek cream cheese
Walmart chicken and apple sausages
Trader Joe's chicken sausages
Joseph's lavash/pitas

QUICK RECIPES

ENTREES

ONION PORK/CHICKEN pork loin or chicken breasts w/
onion soup packet, S & P, chicken broth or water in crock
pot all day

MEXICAN PORK/CHICKEN pork loin or chicken breasts
w/ salsa, chopped fresh onion, can of green chilis and
chicken broth in crockpot all day or night

PHILLY PORK crock pot- layer up pork chops and layer
with sliced fresh onion, mushroom salt and pepper- a little
chicken broth and cook on low all day

MARINARA TURKEY OR ZOODS ground turkey, spaghetti
squash or frozen zoodles, 1/2 cup marinara, spinach,
mozzarella balls

LETTUCE WRAPS shredded or canned chicken or ground
turkey, shredded carrots, green onions, asian spicy vinai-
grette wrapped in lettuce

"BURRITO BOWL" frozen cauli rice, frozen corn, salad
greens, single serve guac cup, crockpotted pork tender-
loin or chicken

BREAKFAST SAMMY english muffin, egg, deli ham, greek
cream cheese

QUICK RECIPES

SOUPS, SALADS, & SAMMYS

CHINESE CHICKEN SALAD canned chicken, mandarin oranges, shredded cabbage, sesame ginger dressing, scallions

CHICKEN "COBBISH" SALAD canned chicken, 1 hard-boiled egg, blue cheese, grape tomatoes, light balsamic dressing, avocado, romaine lettuce

FAJITA SALAD flank steak on a salad with bell peppers, tomato, avocado, salsa

CHICKEN TORTELLINI SOUP simmer 4 sliced carrots in 5 cups chicken broth until tender. add tortellini and simmer until tender. stir in rotisserie/shredded chicken. season with salt and chopped parsley

CHICKEN CAPRESE SANDWICH rotisserie chicken, balsamic glaze, sliced mozzarella, basil, sliced tomato on a toasted slice of bread

QUICK RECIPES

EXTRA GOODS

BALSAMIC SALAD DRESSING 2 tbs evoo, 1/4 cup balsamic vinegar, dijon mustard, 1 teaspoon honey, salt, pepper, and garlic powder to flavor

COLE SLAW DRESSING 1/2 cup greek yogurt, 1/2 cup light mayo or sour cream, 1 tablespoon celery seed, 1 tablespoon sugar, 2 tablespoons vinegar, salt, pepper to taste

BRUSCHETTA TOPPING for chicken or steak: 2 large tomatoes, 2 tablespoons fresh basil, 2 minced garlic, 1/2 tablespoon olive oil, salt and pepper. chop tomatoes and mix ingredients. warm in the oven for a few minutes and add to your protein.