

JILLIAN

MICHAELS

one week

SHRED



ARE YOU READY TO
SHRED YOUR BODY
IN JUST 7 DAYS?!

Welcome to my One Week Shred meal plan! For the next 7 days you'll be eating 3 meals and 1 snack each day (the snack should follow lunch). Space these meals out in 4-hour intervals. There are five recipes per meal to choose from. I have included a meal schedule you can follow or you can fill out your own schedule using the blank chart included in this PDF. If a meal or snack does not appeal to you, simply mix and match a breakfast for a breakfast, or a snack for a snack - you get the idea. Do not swap meals between "meal types," meaning do not swap a breakfast for a lunch or dinner, etc.

During this one-week period:

- Drink water, unsweetened tea and unsweetened coffee only.
- Make sure to consume at least 80oz of water a day.
- Do not drink alcohol.
- You can eat unlimited raw or steamed green veggies. We want you to eat at least four servings a day!
- Do not add additional salt to your food.

You can do anything for one week! I've given you the schedule, workouts, nutrition, and motivation; all you have to do is show up!

Jillian

WANT EVEN MORE WAYS TO SHRED YOUR BODY?
GET A **FREE 30 DAY MEMBERSHIP** TO JILLIAN'S ONLINE PROGRAM AT
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JILLIAN MICHAELS *one week* SHRED

Find the recipes, nutritional information and cooking instructions for each of the meals below in the accompanying recipe file.

7 DAY MEAL PLAN

	Breakfast	Lunch	Snack	Dinner
DAY 1	Turkey Bacon & Eggs	Black Bean & Salmon Stir-Fry	Hummus & Vegetable Plate	Almond Crusted Chicken Breast w/ Red Cabbage & Apple Slaw
DAY 2	Asparagus Frittata	Chef Salad	Whole Grain Toast w/ Soft Cheese & Raspberries	Rosemary Tilapia w/ Baby Spinach Salad
DAY 3	Greek Yogurt w/ Cinnamon & Pumpkin Seeds	Poached Chicken & Vegetable Soup	Hard Boiled Egg	Lemon Baked Chicken w/ Roasted Brussels Sprouts & Cauliflower
DAY 4	Scrambled Eggs & Cheese	Grilled Salmon Citrus Salad	KRAVE Jerky - single serve bag	Peppercorn Steak on Bed of Wilted Spinach w/ Tomato Salad
DAY 5	Breakfast Burrito	Chef Salad	Greek Yogurt w/ Blackberries	Almond Crusted Chicken Breast w/ Red Cabbage & Apple Slaw
DAY 6	Asparagus Frittata	Louisiana Red Beans and Rice w/ Turkey Bacon	Whole Grain Toast w/ Soft Cheese & Raspberries	Rosemary Tilapia w/ Baby Spinach Salad
DAY 7	Greek Yogurt w/ Cinnamon & Pumpkin Seeds	Grilled Salmon Citrus Salad	Hummus & Vegetable Plate	Green Bean Salad w/ Shrimp



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If you would rather create your own meal schedule instead of the one provided on the previous page, use this handy blank chart to fill in the meals! Remember, only use breakfast recipes for breakfast, lunch recipes for lunch, snack recipes for snack, and dinner recipes for dinner. Do not swap meals between “meal types”. Enjoy!

7 DAY MEAL PLAN

	Breakfast	Lunch	Snack	Dinner
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				



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BREAKFAST RECIPES



TURKEY BACON & EGGS

Ingredients

1/2 cup egg whites, liquid
2 slices turkey bacon, nitrate/nitrite free, chopped
1 teaspoon olive oil, extra-virgin
1/2 cup green onion, chopped
pepper, black ground, to taste

Preparation

In small bowl, beat egg and egg whites until smooth and then add the turkey bacon to the mixture. Coat bottom of small skillet or frying pan with oil. Pour egg mixture into skillet and scramble with a fork until eggs are thoroughly cooked. Add green onion and cook for 1 minute longer. Remove from heat and add pepper to taste. Serve immediately.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories:162
Total Fat: 5.5 g
Total Carbohydrate:6 g
Protein:20 g



ASPARAGUS FRITTATA

Ingredients

1/2 tablespoon olive oil, extra-virgin
1/2 cup onion, thinly sliced
1 clove garlic, minced
1 teaspoon fresh thyme, chopped
12 stalks asparagus, cooked and cut into 2-inch pieces
1/2 medium tomato, seeded and diced
1 1/2 cup liquid egg whites
1/2 teaspoon salt
1/2 teaspoon pepper, black
1/2 cup grated Parmesan cheese, reduced-fat

Preparation

Heat the olive oil over medium heat in a nonstick, ovenproof frying pan. Add the onion, garlic, and thyme. Sauté until the onion is soft but not brown. Add the asparagus and cook for a minute longer. Add half the tomato and stir a few times. Remove the vegetables and wipe out the pan.

Turn on the broiler. In a mixing bowl, beat the egg whites, salt, pepper, and cheese together. Spray the same frying pan with nonstick cooking spray and heat on medium. Pour in the eggs and scatter the vegetables on top of the eggs. Turn the heat to low and cook 5 to 8 minutes until the frittata is golden brown on the bottom. Place the frittata under the broiler and cook until firm, about 5 minutes. Slide onto a plate and garnish with the remaining chopped tomato.

NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories: 144
Total Fat: 5 g
Total Carbohydrate: 11 g
Protein:14 g

BREAKFAST RECIPES CONT'D



SCRAMBLED EGGS & CHEESE

Ingredients

1/2 cup liquid egg whites
1/2 cup milk, fat-free
1/2 ounce cheese, mozzarella, part-skim
salt and black pepper, to taste

Preparation

Coat a nonstick skillet with cooking spray and heat over medium-high flame. Mix together milk and egg whites. Add to skillet. Season with salt and pepper and mix well. Cook, stirring, about 2 minutes or until egg is set. Add the cheese to the skillet and continue to cook, stirring until cheese is melted. Spoon the scrambled egg mixture onto plate and serve.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories:151
Total Fat:3 g
Total Carbohydrate:8 g
Protein:21 g



GREEK YOGURT W/ CINNAMON & PUMPKIN SEEDS

Ingredients

10 ounces yogurt, nonfat, Greek-style
2 teaspoons ground cinnamon
1 teaspoon pumpkin seeds

Preparation

In a small bowl combine yogurt and cinnamon and top with pumpkin seeds.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories:184
Total Fat:2 g
Total Carbohydrate:15 g
Protein:26 g



BREAKFAST BURRITO

Ingredients

5 slices turkey bacon, nitrate/nitrite free
cooking spray, 1/3 second spray
1/2 cup liquid egg whites
1 small tomato, cored, seeded, and chopped
1/2 cup reduced-fat shredded cheddar cheese
4 reduced-fat flour tortillas, low-carb, six-inch

Preparation

Place the bacon between two paper towels on a paper plate. Microwave on high 4–5 minutes, just until the bacon is crisp. Break into pieces. Spray a skillet with nonstick cooking spray and heat on medium. Scramble the egg whites in skillet until almost done. Add the tomato and bacon. Cook 30 seconds to 1 minute. Heat the tortillas for 10 seconds in the microwave, or you can warm them in a pan for a minute or two. Spoon the egg scramble equally into center of tortillas. Sprinkle low-fat cheese on top. Fold burrito style. Serve immediately with salsa to taste.

NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories:200
Total Fat:6 g
Total Carbohydrate:15 g
Protein:20 g

LUNCH RECIPES



BLACK BEAN & SALMON STIR-FRY

Ingredients

1/4 cup water
2 tablespoons rice vinegar
2 tablespoons black bean garlic sauce
1 tablespoon rice wine, Shao Hsing, or dry sherry
2 teaspoons cornstarch
1 pinch crushed red pepper flakes
1 tablespoon olive oil, extra-virgin
1 pound skinned salmon fillet, cut into 1-inch cubes
12 ounces sprouts, mung bean
1 bunch green onions (scallions), sliced

Preparation

Whisk water, vinegar, black bean-garlic sauce, rice wine (or sherry), cornstarch and crushed red pepper in a small bowl until combined. Heat oil in a large nonstick skillet over medium-high heat. Add salmon and cook, stirring gently, for 2 minutes. Add bean sprouts, scallions and the sauce mixture (the pan will be full). Cook, stirring, until the sprouts are cooked down and very tender, 2 to 3 minutes. Serve immediately.

NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories: 302
Total Fat: 17 g
Total Carbohydrate: 12 g
Protein: 26 g



LOUISIANA RED BEANS AND RICE W/ TURKEY BACON

Ingredients

1 cup long grain brown rice, uncooked
3/4 teaspoon sea salt
2 tablespoons olive oil, extra-virgin
1 cup onion, finely chopped
1 small green bell pepper, finely chopped
1/4 cup celery, finely chopped
2 cloves garlic, finely chopped
1 teaspoon dried thyme, finely crushed
6 slices organic turkey bacon, such as Applegate Farms, finely chopped
2 15-oz cans red kidney beans, drained
1 15-oz can organic diced tomatoes

Preparation

Cook the rice according to package directions, using 1/2 teaspoon of the salt. Meanwhile, in a large nonstick skillet, heat the oil over medium heat. Add the onion and cook 3 minutes. Add the peppers, celery, garlic, thyme, and remaining 1/4 teaspoon of salt and cook 5 minutes longer. Add the bacon and cook, stirring occasionally, 5 minutes. Stir in the beans and tomatoes with liquid. Reduce heat to low, cover, and simmer for 15 minutes. Serve the bean mixture over hot rice.

NUTRITION FACTS

Number of Servings: 6

Amount Per Serving

Calories: 356
Total Fat: 7 g
Total Carbohydrate: 56 g
Protein: 18 g

LUNCH CONT'D



POACHED CHICKEN AND VEGETABLE SOUP

Ingredients

3 tablespoons olive oil, extra-virgin
1 cup white onion, chopped
1 teaspoon dried oregano
2 cloves garlic
4 cups zucchini, sliced
1 cup carrots, chopped
1 15-oz can organic diced tomatoes
32 ounces low-sodium vegetable broth (in a carton if possible)
1 1/4 cup fresh or frozen lima beans
4 cups baby spinach leaves, cleaned and dry

Preparation

Heat oil in a Dutch oven over medium-high heat. Add onion to pan; sauté 3 minutes or until softened. Add oregano and garlic; sauté 1 minute. Stir in zucchini and carrots; sauté 5 minutes or until vegetables are tender. Stir in tomatoes, broth and lima beans; bring mixture to a boil. Reduce heat and simmer 20 minutes. Stir in spinach and cook until wilted.

For chicken:

1 pound boneless skinless chicken breasts
2-3 strips lemon zest, removed with a peeler
1 fresh or dried bay leaf

Place the chicken in a shallow pot with a tight fitting lid. Fill the pan with water to cover the chicken by about 1 1/2 inches. Add the lemon zest and bay leaf, and set the pan over medium heat. Bring the water to a simmer, then reduce the heat so the water barely bubbles, partially cover, and cook until the meat is firm and releases clear juices when pierced with a fork, about 10 minutes. Remove bay leaf from water and toss.

Remove the chicken from the water and transfer it to a towel-lined plate to drain. Serve warm or let cool completely. Store in a tightly sealed container in the refrigerator for up to 4 days.



CHEF SALAD

Ingredients

1 hard boiled egg, peeled and sliced into quarters
3 oz water packed tuna
1 red pepper, sliced
1 cup steamed broccoli, chopped
1/2 cup chopped tomatoes
2 cups mixed lettuce greens
1-2 tablespoons low-fat ranch dressing

Preparation

Arrange lettuce and vegetables on a large salad plate, placing the 4 quarters of egg along the rim of the plate. Toss salad with ranch dressing and then top with tuna. Season with salt and pepper.

NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories: 409
Total Fat: 12 g
Total Carbohydrate: 39 g
Protein: 37 g

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories: 378
Total Fat: 13 g
Total Carbohydrate: 32 g
Protein: 35 g

LUNCH CONT'D



GRILLED SALMON CITRUS SALAD

Ingredients

2 tablespoons olive oil, extra-virgin
2 tablespoons lemon or lime juice
4 6-oz wild salmon steaks
8 cups mixed greens
2 tomatoes, quartered
1 yellow or orange bell pepper, cleaned and sliced
1 medium cucumber, peeled and thinly sliced

Preparation

Grill or broil salmon until desired degree of doneness is achieved. Meanwhile, arrange salad greens, tomatoes, bell pepper and cucumber on 4 large salad plates. Whisk together the olive oil and lemon/lime juice and toss salad with the citrus dressing. Top each salad with a salmon filet and enjoy.

NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories: 368
Total Fat: 17 g
Total Carbohydrate: 13 g
Protein: 40 g



SNACKS RECIPES



HUMMUS & VEGETABLE PLATE

Ingredients

1/4 cup hummus
8 baby carrots
1 bell pepper, cleaned and sliced

Preparation

Arrange the sliced pepper and baby carrots on a plate, dip into hummus and enjoy.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories: 164
Total Fat: 6 g
Total Carbohydrate: 22 g
Protein: 6 g



HARD BOILED EGG

Ingredients

1 egg

Preparation

Place eggs in a large saucepan. Cover them with cold water by 1 inch and bring to a boil. When the water has reached a boil, cover and remove from heat. Let sit 12 minutes. Transfer eggs to a colander and place under cool running water to stop the cooking. Eggs can be peeled and served immediately.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories: 78
Total Fat: 5.3 g
Total Carbohydrate: 0.6 g
Protein: 6.3 g



GREEK YOGURT W/ BLACKBERRIES

Ingredients

4 ounce fat-free plain yogurt, Greek-style
1/3 cup blackberries

Preparation

Spoon yogurt into a small bowl and top with blackberries.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories: 81
Total Fat: 0 g
Total Carbohydrate: 9 g
Protein: 10 g

SNACKS RECIPES CONT'D

KRAVE[®] JERKY

Single serve bag.
Open up any flavor of Krave jerky single serving bag and enjoy!

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories:90
Total Fat:0.5 g
Total Carbohydrate:11 g
Protein:9 g

WHOLE GRAIN TOAST W/ SOFT CHEESE & RASPBERRIES

Ingredients

1/2 oz soft goat cheese, or part-skim ricotta, at room temperature
1 1/2 teaspoon nonfat plain Greek yogurt
Pinch of ground black pepper
1 slice whole-grain bread
1/3 cup fresh raspberries
1/2 teaspoon honey

Preparation

In a small bowl, place the goat cheese, yogurt, and pepper. Use a fork to mash and mix the cheese and yogurt together until well combined. Toast the bread and let it cool slightly. Spread the goat cheese and yogurt mixture on the toast. Place the raspberries in a single layer on top and mash them with a fork. Drizzle with the honey and serve.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories:134
Total Fat:4 g
Total Carbohydrate:21 g
Protein:6.1 g

DINNER RECIPES



PEPPERCORN STEAK ON BED OF WILTED SPINACH W/ TOMATO SALAD

Ingredients

1 4-oz steak: filet mignon, flank steak or sirloin
Fresh ground pepper
1 cup baby spinach leaves, cleaned and dry
1 plum tomato, cut into 8ths
4 black Greek olives, roughly chopped
1/4 of a red onion, sliced paper thin
2 teaspoon olive oil, extra-virgin
1-2 teaspoon balsamic vinegar

Preparation

Season steak with freshly ground pepper and any other herbs of choice. Broil or grill steak, on each side, until desired degree of doneness is achieved. Serve steak over baby spinach leaves. Meanwhile, make a tomato salad in a medium salad bowl by tossing together the chopped tomatoes, onion, olives, olive oil and vinegar.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories: 399
Total Fat: 23 g
Total Carbohydrate: 13 g
Protein: 35 g



ROSEMARY TILAPIA W/ BABY SPINACH SALAD

Ingredients

1 5-7 oz tilapia fish filet or other white flaky fish such as cod or flounder
2 teaspoon olive oil, extra-virgin
1-2 tablespoon fresh lemon juice
1/2 teaspoon dried rosemary
1 tablespoon capers
2 cups arugula or other salad green, cleaned and dry
1 tomato, chopped
1 tablespoon low-fat vinaigrette dressing

Preparation

Place the fish filet into an oven-proof baking dish. Top with olive oil, lemon, rosemary and capers. Sprinkle with a dash of salt and pepper, if desired. Bake in a 400 degree oven for 10-15 minutes, or until fish is cooked throughout and flakes easily with a fork. Meanwhile, toss together salad greens, tomato and vinaigrette dressing. Serve with fresh lemon wedges.

NUTRITION FACTS

Number of Servings: 1

Amount Per Serving

Calories: 379
Total Fat: 17 g
Total Carbohydrate: 14 g
Protein: 47 g



DINNER RECIPES CONT'D



ALMOND CRUSTED CHICKEN BREAST W/ CABBAGE SLAW

Ingredients

1/2 cup unsalted almonds, toasted
2 tablespoons olive oil, extra-virgin
3/4 teaspoon lemon zest, grated
1 tablespoon lemon, juice, fresh
3/4 teaspoon rosemary, dried
1 clove garlic
1/4 teaspoon salt
4 medium chicken breast halves, 4-5 ounces each, boneless and skinless

Preparation

Preheat the oven to 425°F. In the work bowl of a food processor, place the almonds, olive oil, lemon zest and juice, rosemary, garlic, and salt. Process until coarsely chopped; the mixture will be a thick paste. Arrange the chicken breast halves in a baking dish. Divide the almond paste and spread on the breasts; pat down to cover each breast completely. Roast in the oven until cooked through and an instant-read thermometer reads 165° to 170°F, about 10 minutes. Loosely tent with foil and let stand for 5 to 10 minutes before serving.

CABBAGE SLAW

Ingredients

2 cups green cabbage, finely shredded
1/2 cup red bell pepper, thinly sliced
1/3 cup red onion, red, thinly sliced
2 tablespoons rice vinegar, seasoned
2 tablespoons olive oil, extra-virgin
1/4 teaspoon salt
1/8 teaspoon black pepper, freshly ground

Preparation

Toss cabbage, bell pepper, onion, vinegar and oil in a large bowl. Season with salt and pepper; toss again to combine.
Tip: Use pre-shredded cabbage to make it even quicker.



NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories: 374.3
Total Fat: 24.4 g
Total Carbohydrate: 8.3 g
Protein: 31 g

DINNER RECIPES CONT'D



LEMON BAKED CHICKEN W/ ROASTED BRUSSELS SPROUTS & CAULIFLOWER

LEMON BAKED CHICKEN

Ingredients

1/2 cup lemon juice
2 tablespoons olive oil, extra-virgin
1/4 teaspoon salt
1/4 teaspoon black pepper, ground
1 pound boneless skinless chicken breast

Preparation

In a small dish, whisk together the lemon juice, olive oil, salt and pepper.
Rinse chicken breasts and pat dry. Place chicken breasts in a resealable plastic bag with the lemon sauce. Let marinate in the refrigerator for 30 minutes.
Preheat oven to 350°F.
Place chicken in an aluminum pan and bake for about 30 minutes or until chicken is no longer pink inside.
Serve hot.

ROASTED BRUSSELS SPROUTS AND CAULIFLOWER

Ingredients

1 1/2 pounds Brussels sprouts, trimmed
4 cups cauliflower
2 tablespoons olive oil, extra-virgin
1/8 teaspoon salt
1/8 teaspoon pepper, black ground

Preparation

Preheat oven to 400 degrees.
Coat Brussels sprouts and cauliflower with olive oil, salt, and pepper. Spread the vegetables on a large baking pan coated with cooking spray.
Bake vegetables for 25 to 30 minutes, stirring occasionally, until the vegetables are tender. Serve immediately.



NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories: 354

Total Fat: 18 g

Total Carbohydrate: 24 g

Protein: 31 g

DINNER RECIPES CON'T



GREEN BEAN SALAD W/ SHRIMP

Ingredients

2 1/2 tablespoons red wine vinegar
3 garlic cloves, finely chopped
1 tablespoon fresh oregano leaves, chopped
1/4 teaspoon salt
1/4 teaspoon ground black pepper
3 tablespoons olive oil, extra-virgin
1/2 lb shrimp, shelled and deveined, **or**
1/2 lb boneless, skinless chicken breast, thinly sliced on the diagonal
1 lb green beans or a mix of yellow and green beans, trimmed
1 pint cherry tomatoes, halved
1/4 cup pitted kalamata olives

Preparation

In a small bowl, whisk together the vinegar, garlic, oregano, salt and pepper. Whisking constantly, pour in the olive oil in a steady stream. Place the shrimp **or** chicken in a small bowl and pour 1/4 cup of the dressing over it. Turn to coat. Cover and place in the refrigerator for 30 minutes.

Meanwhile, prepare a large bowl of ice water. Place the beans in a microwave-safe bowl. Cover and microwave, on high, until the green beans are bright green and crisp-tender, about 3 minutes. Drain the beans and immediately plunge them into the ice water. Drain thoroughly. Place a rack 4 inches from the broiler and heat the broiler on high. Spread the shrimp (or chicken) on a rimmed baking sheet and broil until thoroughly cooked and firm, about 3 minutes. In a medium bowl, mix the tomatoes and olives. Add the beans and reserved dressing and toss. Transfer the beans to a serving platter or four individual plates. Arrange the shrimp or chicken on top and serve.



NUTRITION FACTS

Number of Servings: 4

Amount Per Serving

Calories:208.6

Total Fat:13.2 g

Total Carbohydrate:12.3 g

Protein: 12 g