



5 DAY SLIM DOWN

CROCK POT

SIMPLYHEALTHYHEATHER.COM

The Meal Plan

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	Monday	Tuesday	Wednesday	Thursday	Friday
Workout	30 minute Tabata Workout	30 minute Upper Body Circuit	20 minute lower body circuit	30 minute Core Circuit	30 minute yoga
Breakfast	Egg Casserole	Egg Casserole	Egg Casserole	Egg Casserole	Egg Casserole
AM Snack	Small Apple and 10 raw Almonds	Small Apple and 10 raw Almonds	Small Apple and 10 raw Almonds	Small Apple and 10 raw Almonds	Small Apple and 10 raw Almonds
Lunch	Whole Wheat Wrap with chicken breast and veggies of choice	Whole Wheat Wrap with chicken breast and veggies of choice - OR - Left overs	Whole Wheat Wrap with chicken breast and veggies of choice - OR - Left overs	Whole Wheat Wrap with chicken breast and veggies of choice - OR - Left overs	Whole Wheat Wrap with chicken breast and veggies of choice - OR - Left overs
PM Snack	Beef Jerky	Beef Jerky	Beef Jerky	Beef Jerky	Beef Jerky
Dinner	Spaghetti Squash	BBQ Chicken and Sweet Potatoes with steamed veggies	Chicken Tostadas	Chicken Enchiladas	Mac N Cheese

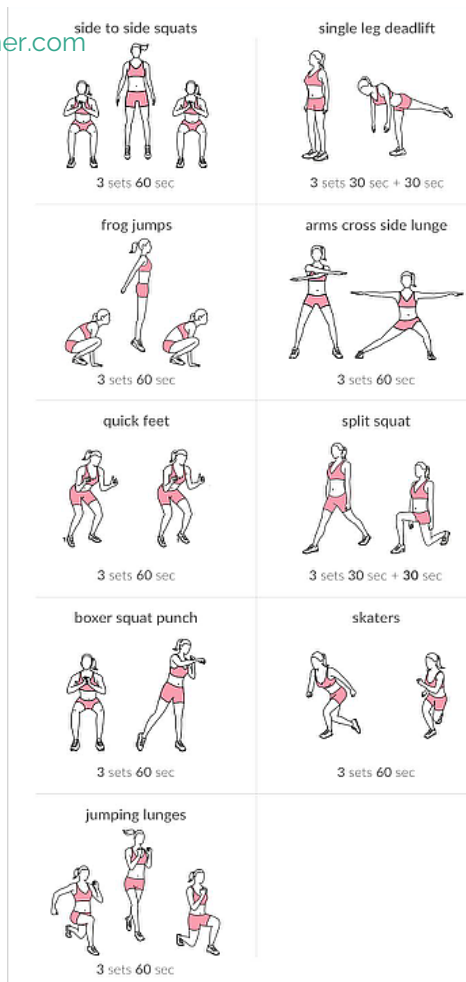
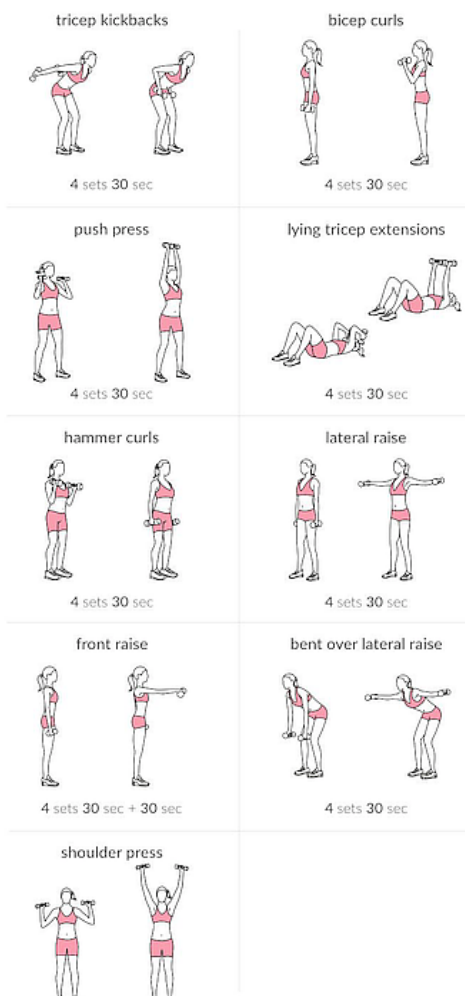
Don't have time to cut and cook veggies for your sides? Buy frozen veggies in steamable bags that you make in the microwave to lessen your cook time! Hubs not feeling full? Add in brown rice or quinoa. You can also buy this frozen!

The workouts

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Monday - 30 minute Cardio Circuit from Spotebi.com. Perform each exercise for 60 seconds with a 60 sec rest after each circuit. Complete the circuit 3 times for a 30 minute workout.

1. Side to Side Squats
2. Single Leg Dead Lift
3. Frog Jumps
4. Arms Cross Side Lunge
5. Quick Feet
6. Split Squat
7. Boxer Squat Punch
8. Skaters
9. Jumping Lunges



Tuesday - 30 minute Dumbbell Upper Body Workout from Spotebi.com. Perform each exercise for 60 seconds with a 60 sec rest after each circuit. Complete the circuit 3 times for a 30 minute workout.

1. Tricep Kickbacks
2. Bicep Curl
3. Push Press
4. Lying Tricep Extension
5. Hammer Curls
6. Lateral Raise
7. Front Raise
8. Bent Over Lateral Raise
9. Shoulder Press

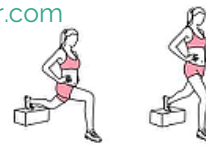
The workouts

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Wednesday - 30 minute Lower Body from Spotebi.com
Perform each exercise for 60 seconds with a 60 sec rest after each circuit. Complete the circuit 3 times for a 30 minute workout.

1. Bulgarian Split Squat
2. Back Leg Lifts
3. Romanian Deadlift
4. Clamshell
5. Squat to Side Kick
6. Hamstring Curls
7. Side Lunge to Curtsy Lunge
8. Single Leg Bridge
9. Pistol Squat

bulgarian split squat



3 sets 30 sec + 30 sec

back leg lifts



3 sets 30 sec + 30 sec

romanian deadlift



3 sets 60 sec

clamshell



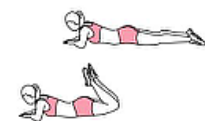
3 sets 30 sec + 30 sec

squat side kick



3 sets 60 sec

hamstring curls



3 sets 60 sec

side lunge to curtsy lunge



3 sets 30 sec + 30 sec

single leg bridge



3 sets 30 sec + 30 sec

pistol squat



3 sets 30 sec + 30 sec

russian twist



3 sets 60 sec

reverse crunches



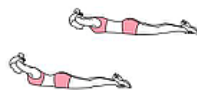
3 sets 60 sec

dead bug



3 sets 60 sec

back extensions



3 sets 60 sec

bicycle crunches



3 sets 60 sec

seated knee tucks



3 sets 60 sec

alternate heel touchers



3 sets 60 sec

bird dogs



3 sets 60 sec

side plank



3 sets 30 sec + 30 sec

Thursday - 30 minute Core Workout from Spotebi.com

1. Russian Twist
2. Reverse Crunch
3. Dead Bug
4. Back Extension
5. Bicycle Crunches
6. Seated Knee Tucks
7. Alternating Heel Touches
8. Bird Dogs
9. Side Planks

The workouts

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Friday - 30 minute Yoga Stretching

From Popsugar.com

Perform each pose for 60 seconds then repeat the other side

1. Forward Fold
2. Side Bend, each side
3. Split Down Dog
4. Open Runners stretch
5. Hip Flexor Stretch
6. Pyramid
7. Elbow Plank
8. Sumo Stretch





The Recipes

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The following pages will provide you with 5 delicious easy to prepare Slow Cooker meals! Print this out and go through the ingredients.

- Create your grocery list based on any items you don't already have in your fridge or pantry.
- Organize your week based on ease/difficulty of prep to make your mornings easier.
- Use Crock Pot liners to make clean up even easier at the end of the night.
- Post pics of your grocery haul, meals, sweaty selfies, and other healthy habits you find helpful throughout the 5 days!
 - Tag me in your posts so I can encourage you throughout the week!
 - Facebook.com/simplyhealthyheather
 - Instagram: @heatherc227

Want more workouts or recipes?
Email me so I can be your free coach!
SimplyHealthyHeather@gmail.com

Breakfast Casserole

Ingredients

12 eggs

3/4 cup canned evaporated low-fat 2% milk

1/2 teaspoon crushed red pepper flakes

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 cup shredded reduced-fat sharp Cheddar cheese (4 oz)

1/2 cup chopped green onions (4 medium)

1 cup shredded reduced-fat Colby-Monterey Jack cheese

1 bag (20 oz) refrigerated cooked shredded hash brown potatoes

1 package (9.6 oz) refrigerated cooked turkey sausage crumbles

1/2 cup chopped roasted red bell peppers (from a jar)

Directions

1 Line sides of 5-quart oval slow cooker with foil that has been folded into thirds; spray with cooking spray.

2 In medium bowl, beat eggs, milk, pepper flakes, salt and pepper with whisk. Reserve 3/4 cup Cheddar cheese and 2 tablespoons green onions; refrigerate while casserole cooks. In small bowl, stir together remaining cheeses.

3 Layer half each of the potatoes, sausage, roasted peppers, remaining green onions and cheese in slow cooker. Repeat layers. Pour egg mixture over layers.

4 Cover; cook on Low heat setting 4 to 4 1/2 hours or until temperature reaches 160°F in center and egg mixture is set.

5 Turn slow cooker off. Sprinkle reserved cheese and green onions over top of casserole. Cover 10 minutes or until cheese is melted. Remove foil before serving by loosening edges with table knife and pulling out.

Spaghetti Squash

Ingredients:

- 1 medium to large spaghetti squash, washed (try to find a skinny one)
- 1 jar of spaghetti sauce, (ry to find <5g of sugar)

Instructions:

1. Cut the spaghetti squash in half around the middle. Use a spoon to remove the seeds and membranes.
2. Place cut sides down in a large crock pot.
3. Pour the spaghetti sauce around the sides of the squash and then place your meat balls around the sides as well.
4. Cook on low for 5-6 hours, or high for 3-4 hours. Test for doneness by piercing the squash with a fork, if it goes through the skin easily, it is done.
5. Use tongs to carefully remove the squash from the crock pot. Use a fork to pull out all the squash, discard the shell. Serve with the sauce and meatballs from the crock pot. Enjoy!

Chicken Meatballs

Ingredients:

- 1 lb ground chicken
- 1 TBSP almond flour
- 1 egg
- 1/3 cup chopped cilantro
- 1/4 cup green onions
- 2 fresh rosemary twigs
- 3/4 cup low-fat mozzarella.

Directions:

1. In a mixing bowl, combine all ingredients and seasoning and mix well
2. Form 1-2 oz size meatballs
3. Set a large nonstick skillet to medium-high heat.
4. Bake at 350 degrees for 20 minutes.

Quick Tip: Make your Meatballs Sunday -- If you don't have time to make meatballs brown the chicken and mix it in with the marinara sauce. If your grocery store doesn't have ground chicken you can use ground turkey.

21 Day Fix Ready:

- 1 Red (2-3 meatballs depending on veggie:meat ratio),
- 1 Green (1 cup of spaghetti squash), 1 Yellow (use this as your wine night!)

BBQ Sweet Potatoes

Ingredients

Sweet Potatoes

BBQ sauce

1lb chicken breast

1 Bundle of Green Onions, chopped

Instructions

1. Scrub, Wash, and thoroughly Dry Sweet Potatoes
2. Wrap 'em up in Foil, then wrap again in foil. {that's right ~ these deserve a double wrap!}
3. Place in Crockpot and cover with Crockpot Lid Cook on High for 4 hours {or low for approx. 8 hours}... larger potatoes will take longer to cook... just make sure not to overcook.
5. Wrap Chicken in foil and place on top of potatoes to prevent over cooking.
6. When finished, shred chicken using two forks and mix in BBQ sauce.
6. Cut Sweet potato in half and spoon over chicken mixture, then sprinkle on chipped green onions! Enjoy!

21 Day Fix Ready:

1 Red shredded chicken

1 Green either half a large or one small sweet potato

1 orange (BBQ sauce)

Chicken Tostadas

Ingredients:

1.5 lb Chicken breasts (3-4 breasts)
1/2 cup Chicken stock (or water)

Taco Seasoning:

1 tbs Chili powder
1 tsp Cumin
1 tsp Paprika
1/2 tsp Oregano
1/2 tsp Onion powder
1/2 tsp Garlic powder
1/2 tsp Salt
1/4 tsp Pepper
*or buy low sodium taco seasoning packet

Directions:

1. To Make in the crockpot: Put chicken breasts, taco seasoning and chicken broth in crock pot. Set crock pot on high for 3-4 hours, or on low for 7-8 hours, or until chicken is tender enough to shred with two forks.
2. To Make the Tostadas:
Preheat oven 425 degrees.
Place tortillas on baking pan and spray with cooking spray.
Bake tortillas for 3-6 minutes, or until crispy and lightly golden brown.
3. Put it all Together: Place shredded chicken on tostadas, and top with toppings of choice if desired. Enjoy!

Chicken Enchiladas

Ingredients

- 1 package corn tortillas
- 1lb of cooked ground chicken
- 8 oz. plain greek yogurt
- 1 hatch green chilies (also called Anehiem Chilies)
- 1/2 cup onion
- 1/2 cup shredded cheddar
- 1/2 cup cream cheese
- 2 cans tomato sauce

Instructions:

1. Mix chicken, greek yogurt, chilies, onion & cream cheese in a bowl.
2. Cut tortillas in strips. Layer 1/3 of the tortilla strips then chicken mixture and another layer of tortilla strips. Pour tomato sauce on top.
3. Start again with chicken mixture then tortillas and tomato sauce until gone. Sprinkle remaining shredded cheddar cheese on top.
4. Cook on low 5-6 hours.

21 Day Fix Ready: Crock pot meal makes 4 servings So use the below portions exactly and when serving serve exactly 1/4th of the crock to have a 21 day fix serving.

8 corn tortillas 2 cups of cooked ground chicken 1 cup of greek yogurt 4 cups of chopped veggies. 1/3 cup of shredded cheese on top, omit cream cheese!

Mac N Cheese

Ingredients

- 1 box of Quinoa elbow noodles
- 3 cups cooked chicken, diced (I cooked an extra breast from the Sweet potato night to use)
- 1/2 cup green pepper, diced
- 1/2 cup celery, diced (optional)
- 1/2 cup onion, diced
- 4 ounces mushrooms
- 1/2 cup chicken broth
- 1/2 cup sharp cheddar cheese
- 1/2 teaspoon basil
- 1 cup small curd cottage cheese
- 1 cup of milk (I use unsweetened original almond)
- 1/2 cup cream cheese

Instructions:

1. Mix with all of ingredients, yes the elbow noodles go in uncooked. (except cheddar cheese).
2. Make sure it is mixed thoroughly so the noodles do not stick together.
3. Put mix into crock and spread around so it is even. Sprinkle cheddar cheese on top!
4. Cook on low for 6-8 hours.

21 Day Fix Ready: Crock pot meal makes 4 servings So use the below portions exactly and when serving serve exactly 1/4th of the crock to have a 21 day fix serving.

1 cup of uncooked quinoa elbow noodles 2 cups of cooked diced chicken
1 cup of cottage cheese 4 cups of chopped veggies, 1/3 cup of cream cheese, omit shredded cheese on top!