

# MADCRAVINGS\_ MEAL PLAN



# HI!

My name is Maddie and lets just say, I've been THROUGH it with food. In the process of recovering rom an eating disorder, I've eaten too little, I've eaten too much, I've been obsessive, and I've been emotional.

What has gotten me through these rough patches is sticking to a LOOSE meal plan:

breakfast

lunch

snack

dinner

dessert

The amount of food always changes depending on my hunger level, but loosely following this plan CHANGED MY LIFE. I make sure to have a protein, grain, and fat at each meal. I like to stick to whole foods because it makes me FEEL better, but NOTHING is off limits. Including your favorite foods are KEY.

I put together some of my favorite recipes for each meal, and some snack ideas.

I hope you like it!

xoxo

Madcravings\_



# *contents*

01

B R E A K F A S T

02

L U N C H /  
D I N N E R

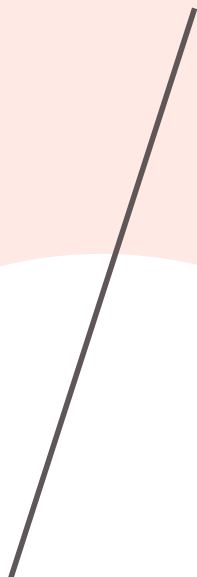
03

S N A C K S

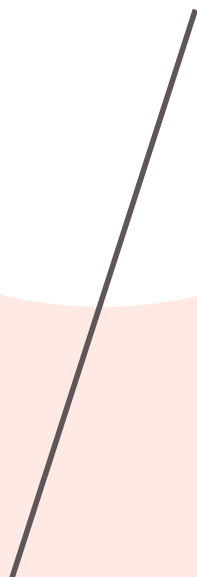
04

D E S S E R T S

01



B R E A K F A S T



01





# EGG WHITE OATS W/ WARMED BLUEBERRY COMPOTE

*Gluten free*

## INGREDIENTS

- 1/2 c of gf oats
- 3/4 c of water
- 1-2 egg whites
- sea salt
- cinnamon
- 1/3 c of blueberries
- toppings of choice:  
flaxmeal, almond  
butter

## PROCEDURE

01

Add oats, water, salt, and cinnamon to a bowl and mix

02

Microwave for 30 seconds

03

add egg whites and MIX MIX MIX

04

Microwave for 30 second increments until desired consistency

05

Let oats cool, and add toppings

06

Place blueberries in microwave for 30 seconds and pour on oats



# AIR FRYER FRENCH TOAST STICKS

*Gluten free*

## INGREDIENTS

- 2 pieces of gf bread
- 1 egg
- 1 c of almond milk
- cinnamon
- sea salt
- vanilla
- maple syrup

## PROCEDURE

01

Cut pieces of bread into stick shapes

02

In a shallow bowl mix eggs, almond milk, cinnamon, salt, and vanilla

03

Place bread sticks in mixture and place in air fryer

04

Turn air fryer to 350 F and cook for 10 minutes flipping halfway through



# AVO TOAST W/ POACHED EGGS

*Gluten free*

## INGREDIENTS

- 1/2 avocado
- 2 pieces of gf bread
- 2 eggs
- sea salt
- pepper

## PROCEDURE

01

Poach eggs using poached egg pot

02

While eggs cook, toast bread and top with avocado, sea salt, and pepper

03

Once eggs are cooked to your liking, place on toast



# EASY BANANA PANCAKES

*Gluten free*

## INGREDIENTS

- 2 eggs
- 1 banana
- sea salt
- cinnamon

## PROCEDURE

- 01** Mash banana and whisk in eggs, cinnamon and sea salt
- 02** Heat a non stick pan to medium high heat
- 03** Place two big spoon fulls of batter to make small pancakes
- 04** Flip pancakes when they start to bubble. Turn heat down if they start to burn.
- 05** Place pancakes on plates and top with maple syrup or creamy peanut butter



# CANTALOUPE BOAT

*Gluten free*

## INGREDIENTS

- 1/3 of a cantaloupe
- 1 small container of yogurt
- 1 tbsp of almond butter
- cinnamon

## PROCEDURE

- 01** Cut a 1/3 of a cantaloupe
- 02** Place yogurt, almond butter and cinnamon in the center

02

L U N C H /  
D I N N E R

02





# TURKEY MEATBALLS WITH ZOODLES

*Gluten free*

## INGREDIENTS

- 1 package of ground turkey
- 1 egg
- 3/4 c of gf crackers (I use Hu Kitchen crackers)
- 2 tsp of minced garlic
- 1/3-1/2 sauteed onion
- 1 tbsp of dijon mustard
- salt
- pepper
- olive oil taste
- amount of zoodles to your liking

## PROCEDURE

01

Blend the crackers in a high speed blender to form a flour

02

Saute chopped onion for 3-5 minutes with oil

03

Add minced garlic for 3 minutes and take off heat

04

All all ingredients to a large mixing bowl and combine

05

Heat cast iron skillet with oil to medium high heat and add meatballs until browned on every side

06

Cover skillet for 5 minutes to cook on inside and place on top of zoodles



# PALEO CHICKEN FINGERS

*Gluten free*

## INGREDIENTS

- 2 chicken breasts
- 3/4 c of gf crackers  
(I use Hu kitchen  
sea salt crackers)
- 1/2 c of tapioca  
flour
- sea salt
- pepper
- 2 eggs

## PROCEDURE

01

Blend the crackers in a high speed blender to form a flour

02

Place tapioca flour with sea salt and pepper in a bowl, 2 whisked eggs in a bowl, and tapioca flour in a bowl

03

Cut chicken breasts into bite size nugget pieces

04

Dunk nuggets into tapioca flour, then eggs, then cracker flour and place in air fryer

05

Air fry chicken fingers at 400 for 7 minutes and flip and cook for another 7 minutes





# MY FAVORITE GO-TO SALAD

*Gluten free, Vegan*

## INGREDIENTS

- washed and chopped kale
- 2 tbsp caesar dressing (I use Primal Kitchen)
- veggies: carrots, radish, cauliflower, broccoli
- chickpeas
- Vegan cheese spread (I use Mishas)

## PROCEDURE

01

Place kale in a bowl with caesar dressing; massage the dressing into the kale

02

Place chickpeas into air fryer for 20 minutes at 400 shaking halfway through

03

Thinly slice veggies and place on salad, along with the cheese spread



# HEALTHY TURKEY CHILI

*Gluten free*

## INGREDIENTS

- 1/2 chopped onion
- 3 chopped garlic cloves
- 1 package of ground turkey
- salt, to taste
- 1 can of kidney beans
- 1 can of pinto beans
- 1 large can of whole canned tomatoes
- 1 small can of tomato paste
- chili powder, to taste
- olive oil

## PROCEDURE

01

Saute onions until translucent

02

Add garlic for 2-3 minutes

03

Add ground turkey until just cooked (all brown) and take mixture off hear

04

In a large pot, add all the ingredients, and the turkey mixture and allow to simmer for three hours

05

Taste, and add additional amount of spices if needed; If too watery, boil to reduce



# EBTB AIR FRYER SALMON

*Gluten free*

## INGREDIENTS

- Wild salmon fillet
- olive oil
- everything but the bagel seasoning

## PROCEDURE

**01**

Coat salmon with olive oil

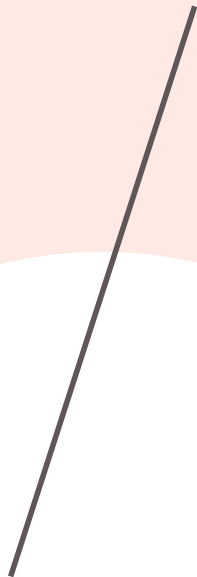
**02**

Place EBTB seasoning on top of salmon (skin side down)

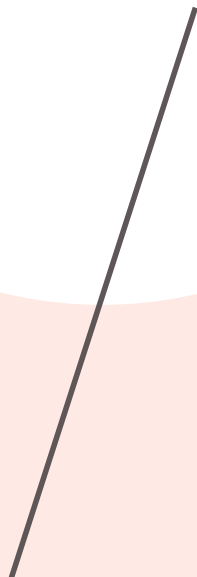
**03**

Place in air fryer skin side down at 375 for 12 minutes

03



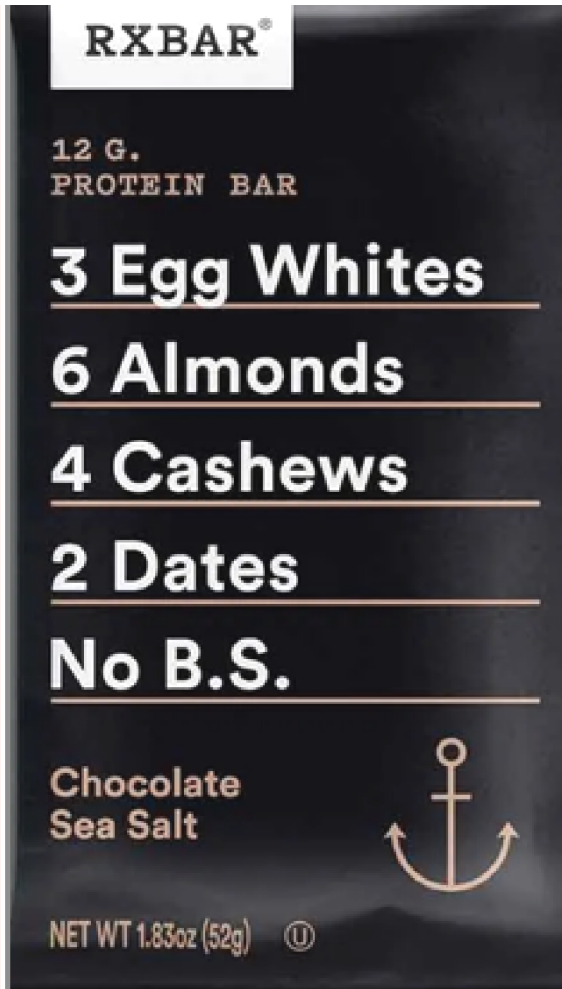
S N A C K S



03



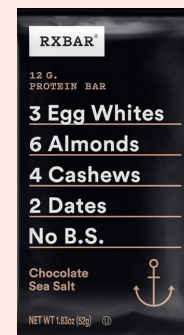
# Bars



## Elemental Superfood Bars



## RX Bars



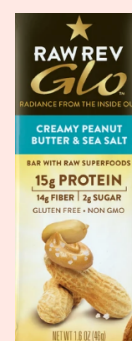
## Perfect Bars



## Papa Steve's No Junk Bars



## Raw Rev





# Packaged Goods



## Popcorn



## Seaweed



## Paleo Puffs



## Crackers





# Whole Foods



**Apples + Peanut Butter**



**Nuts**



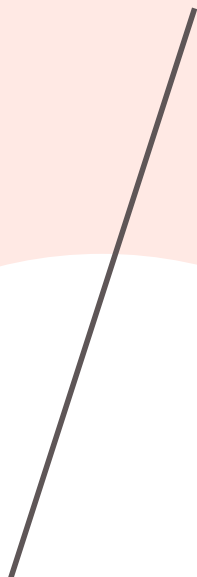
**Carrots + Dip**



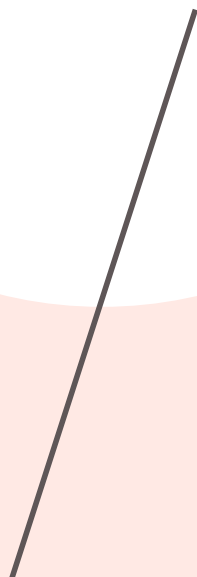
**Fruit Plate**



04



D E S S E R T S



04





# CHUNKY MONKEY OAT CUPS

*Gluten free, Vegan*

## INGREDIENTS

- 1 c of gf oats
- 1/3 c of almond flour
- 1/4 c of maple syrup
- 1 tbsp of coconut oil, melted
- 1/3 c of peanut butter
- salt
- cinnamon
- 1/2 banana, cut into coins

chocolate topping:

- 2/3 cup of chocolate chips
- 3 tsp of coconut oil

## PROCEDURE

- 01** Preheat oven to 350 F
- 02** Mix oats, almond flour, maple syrup, melted coconut oil, peanut butter, cinnamon, salt in a large bowl
- 03** Spray muffin tin with avocado oil and press oat mixture into tins, creating oat "cups"
- 04** Bake for 8-10 minutes
- 05** Place chocolate chips and coconut oil into a bowl and microwave for 30 second increments until liquid
- 06** Place banana coins and then melted chocolate and place in freezer for an hour



# APPLE PIE OAT SQUARES

*Gluten free, Vegan*

## INGREDIENTS

wet:

- 2 eggs
- 1/4 c of almond butter
- 1/4 c of maple syrup

dry:

- 1 1/3 c of oat flour
- salt
- cinnamon
- 1 tsp of baking powder
- 1/4 c of oats

add ins:

- 1/4 of chopped apple w/o skin

cinnamon crumble topping:

- 1/2 c of oats
- 1/4 c of oat flour
- 2 tbsp of maple syrup
- 1 tbsp of coconut sugar
- salt
- 1tbsp of coconut oil, melted

## PROCEDURE

- 01** Preheat oven to 350 F
- 02** Mix wet and dry ingredients separately and then combine
- 03** Place chopped apples into mixture
- 04** Place in bread tin
- 05** In a small bowl mix together the cinnamon crumble topping and sprinkle on top (optional: add sliced apple on top)
- 06** Bake for 20-25 minutes (until top is golden brown)



# DATE STUFFED SNICKERS

*Gluten free, Vegan*

## INGREDIENTS

- 8-10 dates
- peanut butter
- almonds
- 1/2 cup of chocolate chips
- 1 tbsp of coconut oil

## PROCEDURE

- 01** Cut open dates and take pit out
- 02** Stuff with 1-2 tsp of peanut butter and almonds
- 03** Melt chocolate with coconut oil in 30 second increments until melted
- 04** Dip stuffed dates into chocolate and sprinkle with almonds
- 05** Place in freezer for an hour and enjoy!



# S'MORE BROWNIES

*Gluten free*

## INGREDIENTS

- Favorite brownie mix (I use Simple Mills)
- Marshmallows
- Gf granola
- Chocolate bar (I like Hu)

## PROCEDURE

01

Follow brownie mix instructions

02

Once cooked, place marshmallows on top, and turn the oven to broil and 500 F

03

Take out of oven when marshmallows start to brown and top with the rest of toppings



THANK YOU!

I hope that you enjoyed everything! If you want to see more recipes and day to day activities you can follow my Instagram:  
madcravings\_