

## **Camp TUF “6 Week Meal Example Idea List”**

*‘Following Coach Z’s excellent nutrition advice has helped me to develop a healthier lifestyle, lose 50lbs, and I feel amazing!’*

*Learn to lose body fat, build fast muscle, recovery from workouts, some energy throughout your day, and to live a long healthy lifestyle.*

### **Day 1:**

Meal 1: “Morning Scramble” 2-3 eggs scrambled, 1/3-½ chopped green bell pepper, 2-3 cups spinach leaves, 1 small avocado, 2 table spoons of picante salsa

Meal 2: “Breakfast Booster”

1/3 cup organic oatmeal, 1/3 cup raspberries, 1/3 cup blueberries, ½ cup mixed nuts

Meal 3: “Asian Style Chicken Lunch”

6-8oz chicken breast, 1 cup steamed sliced carrots, 3 cups sautéed Kale, 1 clover of minced garlic, 1-2 table spoons soy sauce

Meal 4: ½ an apple, 2 table spoons of natural peanut butter

Meal 5: “Steak Salad”

6-8oz rib eye steak (cut in strips), 3-4 cups Organic spring mix, 1 small sweet potato

Meal 6: ½ an apple, 1 Protein Shake on the side (1 scoop)

### **Day 2:**

Meal 1: “Egg White Omelet”

2-3 egg whites, 2-3 cups spinach leaves, tad of chopped red onion, 1 small avocado

Meal 2: “Breakfast Snack”

1 banana, 1/3 cup raspberries, 1/3 cup blue berries, 1-2 table spoons of peanut butter

Meal 3: “Lemon Pepper Chicken Salad”

6-8oz Shredded Chicken Breast, Lightly seasoned with Lemon Pepper, 3-4 cups organic Spinach Leaves, Fresh Lemon Squeezed over top, top with sunflower kernels

Meal 4: 1 Cup organic carrots, Organic Hummus of your choice

Meal 5: "Tilapia Dinner"

1 filet of Tilapia, 2 cloves of minced garlic, 1 serving of sautéed/grilled Asparagus, fresh lemon squeezed over top

Meal 6: "Late snack"

¾-1 cup mixed nuts, 1 Protein shake on the side (1 scoop)

### **Day 3:**

Meal 1: "Half n Half Scramble"

1-2 eggs + 1-2 egg whites scrambled, 2-3 cups organic spinach leaves, ¼ green bell pepper chopped, 1 small avocado, 1-2 tablespoons picante salsa

Meal 2: 1/3 Cup Oatmeal. 1 small sweet red apple chopped, 1/3 cup mixed nuts

Meal 3: "Buffalo Chicken Style Salad"

6-8oz Shredded Chicken Breast + 2 tablespoons of Buffalo Wing Sauce, 2-3 cups organic spinach leaves, 1 cup Cauliflower on Side

Meal 4: ½ Green Apple + 2-3 Tablespoons almond butter

Meal 5: "Turkey Burgers"

1/3-1/2lb Lean Ground Turkey Patties light all purpose season, 1-2 pieces of Kale for Lettuce, 1 Slice of Tomato, Mustard, 1 Slice of Red Onion, Use Romaine Lettuce instead of Bread Buns, 1 Small Sweet Potato

Meal 6: 1 Protein Shake (1 scoop) + other half of Green Apple

### **Day 4 ("Cheat Day")**

Meal 1: ¼-1/3 cup oatmeal, ½ green apple chopped + cinnamon, 1/3-1/2 cup of mixed nuts

Meal 2: 1 Protein Shake (1 scoop)

Meal 3: (Lunch of Your Choice)

Meal 4: other ½ green apple +2-3 scoops of peanut butter

Meal 5: "Spaghetti Squash"

Oven baked squash, organic meat sauce + 1/3-1/2 lb of ground turkey, side salad (1-2 cups of spinach leaves, little red onion, little cucumber, 1 boiled egg)

Meal 6: 1-2 cups of strawberries, ¼-1/3 cup granola

### **Day 5:**

Meal 1: 2-3 eggs, 1-2 cups chopped kale sautéed, 1-2 tablespoons of picante salsa, 1 small sweet potato chopped and fried

Meal 2: 1 Protein Shake (1 scoop) + ¼ cup of non-cooked oats mixed in shake

Meal 3: “BBQ Style Chicken Salad”

6-8oz Shredded Chicken, 2-3 tablespoons of BBQ sauce, little chopped red onion, ½-3/4 cup of small sweet tomatoes, ¼ sliced cucumber, 1 small avocado

Meal 4: ¼ cup oatmeal, 1/3 cup organic low sugar granola, 1/3 cup of mixed nuts, 1/3 cup of raspberries

Meal 5: “Healthy Tacos”

¾-1/2 lb ground turkey, light taco seasoning, little chopped red onion, little cilantro, 1/3-1/2 chopped tomato, romaine lettuce as taco shell

Meal 6: 1 small apple of choice + 3-4 tablespoons of almond butter

### **Day 6:**

Meal 1: “Breakfast Sandwich”

2-3 eggs over medium (or egg whites), 1 slice of tomato per sandwich, 1 Cup of spinach leaves per sandwich, 1 Small Avocado, Romaine Lettuce substitute for bread/bun

Meal 2: ¼-1/3 cup oatmeal, 1/3 cup of blueberries

Meal 3: “Turkey Steak”

1/3-1/2 lb of ground turkey patty, all purpose seasoning (light), 1-2 cloves of minced garlic, 2-3 cups of chopped kale sautéed, 1 small sweet potato

Meal 4: 2-3 cups of celery sticks, 3-4 tablespoons of peanut butter

Meal 5: “Lemon Pepper Chicken”

6-8oz of grilled or oven baked chicken breast + little lemon pepper seasoning, 1-2 servings of Grilled or oven baked asparagus + 1-2 cloves of minced garlic, fresh lemon squeezed over top

Meal 6: 2-3 cups of strawberries, ¾-1 cup of mixed nuts

### **Day 7:**

Meal 1: "Kale Omelet"

2-3 eggs or egg whites, 2-3 cups chopped kale sautéed, ¼-1/3 green bell pepper chopped, little red onion chopped, 1 slice of tomato chopped, 1 small avocado

Meal 2: "Berry Smoothie"

1/3 cup of blue berries, 1/3 cup of raspberries, 1/2 cup of strawberries, organic oats, 2-3 cups of spinach leaves, 1-2 tablespoons of peanut butter, 1 cup of ice, 1 cup of water (or more if needed)

Meal 3: "Grilled Shrimp Lunch"

1/3-1/2 lb of grilled shrimp, lightly seasoned, 1-2 cloves of minced garlic, 1-2 servings of grilled or oven baked asparagus, 1 cup of cauliflower rice, lime juice over the top

Meal 4: 1 cup of organic carrot sticks + hummus of your choice

Meal 5: "Tilapia Tacos"

1-2 filets of tilapia shredded, cilantro, little red onion chopped, little taco seasoning, chopped spinach leaves, Romaine lettuce for taco shells, 1 cup of cauliflower rice, lime juice over the top

Meal 6: 1 Protein Shake (1 scoop), 1-2 tablespoons of almond butter

### **Day 8: ("Cheat Day")**

Meal 1: (Breakfast of Your Choice)

Meal 2: ½ apple, 2-3 tablespoons of natural peanut butter

Meal 3: "Chicken Strip Salad"

6-8oz grilled chicken breast cut in strips, 3-4 cups of organic spring mix, 1 slice of tomato chopped, little red onion, ¼ sliced cucumber, little balsamic vinaigrette

Meal 4: 1 protein shake (1 scoop) + ¼ cup organic oats, 1 table spoon of almond butter on side

Meal 5: "Salmon Dinner"

1 serving 6-8oz filet of Grilled Salmon, little all purpose seasoning, 1-2 cloves of minced garlic, 1-2 servings of grilled asparagus, fresh lemon squeezed over top, ¾-1 cup of quinoa

Meal 6: 1-2 cups of strawberries + 2-3 tablespoons of almond butter

**Day 9:**

Meal 1: 1/4-1/3 cup of oatmeal. ½ apple chopped, cinnamon, 1/3 cup mixed nuts

Meal 2: “Breakfast Smoothie”

1 Protein Shake (1 scoop), 8-10oz cold water, 1 cup of Ice, 2-3 cups of spinach leaves, 1-2 cups of chopped kale, 1/2 banana, 1/3 cup of raspberries, 1/3 cup blue berries, 2-3 tablespoons of natural peanut butter

Meal 3: “Shrimp Salad”

½ lb grilled shrimp with 1 clove of minced garlic + all purpose seasoning, 3-4 cups of organic spring mix, ¼ tomato chopped, ¼ sliced cucumber, ½ cup chopped carrots, little red onion chopped, 1 small avocado, fresh lemon squeezed over top

Meal 4: other half apple sliced, 2-3 tablespoons of natural almond butter

Meal 5: 6-8oz steak of choice little steak seasoning + 1-2 cloves of minced garlic, 1-2 servings of Brussel sprouts, ¾-1 cup of quinoa

Meal 6: ½ banana, ½ cup mixed nuts, ½ cup granola

**Day 10:**

Meal 1: “Egg Kale Sandwich”

2-3 sandwiches, 1 over medium egg per sandwich, 1 slice of tomato per sandwich, ½ avocado sliced per sandwich, 5-6 leaves of spinach per sandwich, Organic Kale leaves for buns

Meal 2: ¼ cup-1/3 cup of oatmeal, 1 cup of slice strawberries

Meal 3: “Fancy Lunch”

1-2 filets of tilapia grilled or oven baked + all purpose seasoning & 1-2 cloves of minced garlic, 1-2 cups of steamed broccoli with lemon pepper, 1 small sweet potato, fresh lemon squeezed over top

Meal 4: 1 banana, 2-3 tablespoons of almond butter

Meal 5: “Ground Turkey Salad”

1/3-1/2 lb of ground turkey + all purpose seasoning, 2 cups of spinach leaves, 2 cups of chopped kale, ½ chopped tomato, ¼ chopped cucumber, little red onion chopped, ½ cup chopped carrots, little balsamic vinaigrette

Meal 6: 1 protein shake (1 scoop) + ¼ cup organic oats

### **Day 11:**

Meal 1: 1/4-1/3 cup of oatmeal + 3/4-1 cup of sliced strawberries, 1/3-1/2 cup of mixed nuts

Meal 2: "Breakfast Smoothie"

8-10oz of cold water, 1 cup of ice, 1 scoop of protein, 2 cups of spinach leaves, 1 cup of chopped kale, 1/2 banana, 1/2 cup blue berries, 1/2 cup of raspberries

Meal 3: "Chicken Lunch Scramble"

6-8oz shredded chicken, little all purpose seasoning, lemon pepper, 1/3-1 cup of quinoa, 2-3 cups chopped grilled or oven baked asparagus, 2-3 cups chopped sautéed kale + 1-2 cloves of minced garlic, 1/4-1/3 chopped green bell pepper

Meal 4: 1/2 cup chopped carrots, 1/2 cup of broccoli, 1/2 cauliflower, your choice of hummus

Meal 5: "Salmon Dinner"

6-8oz filet of grilled salmon, little seasoning of your choice, 2-3 cups of chopped kale sautéed + 1-2 cloves of minced garlic, 2-3 cups of chopped grilled or oven baked squash

Meal 6: 1/2-1 banana, 2-3 tablespoons of almond butter

### **Day 12: ("Cheat Day")**

Meal 1: "Traditional Breakfast"

2-3 eggs over medium, 2-3 slices bacon, 2-3 cups sautéed spinach + 1-2 cloves minced garlic + black pepper

Meal 2: 1 Protein Shake (1 scoop), 1/2-3/4 cup blueberries

Meal 3: "Lunch Salad"

2-3 boiled eggs, 3-4 cups organic spring mix, 1/4-1/3 sliced cucumber, 1/4-1/3 chopped tomato, little red onion, 5-7 chopped baby carrots, 1 small avocado, little balsamic vinaigrette

Meal 4: 3/4-1 cup cauliflower + hummus of your choice

Meal 5: (Dinner of Your Choice)

Meal 6: (Desert of Your Choice)(Use previous "Meal 6" examples to not exceed caloric intake)

### **Day 13:**

Meal 1: "Omelet and Potatoes"

2-3 eggs + 1-2 cups chopped kale + little red onion chopped, 1-3-1/2 chopped green bell pepper, 1 small sweet potato chopped & fried

Meal 2: ¼-1/3 cup of oatmeal + 1/3-1 cup of strawberries, 1-2 tablespoons of peanut butter

Meal 3: "Tilapia Salad"

1 filet of tilapia grilled or oven baked + little paprika, 1-2 cloves of minced garlic, organic spring mix, 2-3 slices of tomato, ¼-1/3 sliced cucumber, little red onion chopped, fresh lemon squeezed over top

Meal 4: 1/3-1/2 cup blue berries, ½ - 1/3 cup of mixed nuts

Meal 5: "Shrimp Dinner Mix"

1/3-1/2 lb grilled shrimp + 1-2 cloves of garlic + Fresh Lemon Squeezed over top, 1-2 cups of Grilled Squash Chopped + little paprika, 1 small avocado, 1/3-1 Cup of Quinoa

Meal 6: "Dinner Smoothie"

8-10 oz of cold water, 1 cup of ice, 1 scoop of protein, 1 cup of spinach, 1 cup of chopped kale, 1 cup of strawberries, ½-1 banana, 1-2 tablespoons of peanut butter

#### **Day 14:**

Meal 1: "Breakfast Scramble"

2-3 eggs or egg whites scrambled, ¼-1/3 cup chopped green bell pepper, ¼-1/3 cup chopped tomatoes, 1 cup chopped kale, 2 cups chopped spinach, little red onion chopped, 1-2 tablespoons picante salsa

Meal 2: 1/3-1/2 cup blue berries, 2-3 tablespoons natural peanut butter

Meal 3: "Taco Scramble"

1-3/1-2 lb ground turkey + little taco seasoning, 3-4 cups spinach leaves, ¼-1/3 cup chopped green bell pepper, ¼-1/3 cup chopped tomatoes, little red onion chopped, little cilantro, 1 small avocado

Meal 4: 1 Protein shake (1 scoop) + ¼ cup organic oats

Meal 5: "Tilapia Dinner"

6-8oz filet of Grilled Tilapia + 1-2 cloves minced garlic + black pepper + little lemon pepper + little paprika, 1-2 servings of grilled asparagus + little black pepper + little lemon pepper + little paprika, fresh squeezed lemon over top, 1 small sweet potato chopped and grilled/fried

Meal 6: ¾-1 cup strawberries, 1/3-1/2 cup of mixed nuts

#### **Day 15:**

Meal 1: "Traditional Breakfast"

2-3 eggs or egg whites, 2-3 pieces of bacon, 2-3 cups sautéed spinach

Meal 2: ¾-1 cup blue berries

Meal 3: "Chicken scramble"

6-8oz grilled chicken breasts cutlets + little red onion + ¾-1 cup chopped green beans + ¾-1 cup chopped yellow squash + 1-2 cloves minced garlic + 2-3 cups sautéed Kale + little sea salt & black pepper

Meal 4: 1 Protein Shake (1 scoop)

Meal 5: "stuffed bell peppers" (Chili: 1/2 lb ground turkey or + 1 cup of corn + black beans + chili powder + red cayenne pepper + garlic salt; stuff in red/orange bell peppers + bake 350 for 20 min), 1/2 quinoa on side, spinach/kale small salad

### **Day 16: (Cheat Day)**

Meal 1: 1-2 eggs + egg whites scramble (add bell pepper, onions, or jalapeños of your choice) + 2 cups organic spinach

Meal 2: 1 Protein Shake (1 scoop), 1/2 cup of nuts/seeds + little dried fruit of your choice or (trail mix)

Meal 3: (Lunch of Your Choice)

Meal 4: 1/2 cup of nuts/seeds + 1/2 cup carrot sticks/cauliflower or protein shake

Meal 5: Ground turkey Patty/Steak: 1/3-1/2 lb of turkey ground patty (cook like a steak) + little onion + all purpose seasoning, 1-2 Servings Asparagus, 1/3-1/2 cup quinoa

Meal 6: 2-3 tbsp of peanut butter + 1 apple (less sugar)

### **Day 17:**

Meal 1: 1-2 eggs + egg whites, 2 cups sautéed kale, 1 small avocado, 1-2 tablespoons picante salsa

Meal 2: 1 Protein Shake (1 scoop) + little oats, 2-3 tbsp peanut butter

Meal 3: 6-8oz shredded chicken, 1 cup steamed broccoli, 1 serving asparagus, ½-1 small sweet potato

Meal 4: 1/2 mixed nuts + 1/3-1/2 cup berries

Meal 5: "Steak Salad"

6-8oz rib eye steak (cut in strips), 3-4 cups Organic spring mix, ¼-1/3 cucumber sliced, 1/3-1/2 tomato chopped, little red onion

Meal 6: 1-2 Cups Celery Sticks + 2-3 tbsp almond butter



**Day 18:**

Meal 1: 1-2 eggs + egg white omelet, 2 slices bacon, ½-1 small sweet potato diced & fried 3-4 cups of sautéed spinach

Meal 2: 1/3-1/2 cup strawberries + 1/3-1/2 cup raspberries, 1/3-1/2 cup blueberries

Meal 3: "Chicken salad"

6-8oz shredded chicken + 2-3 cups of Chopped kale, 1 small avocado sliced, ¼-1/3 cucumber sliced, 1/3-1/2 chopped tomato, fresh lemon juice

Meal 4: 1 cup broccoli or cauliflower + hummus of your choice

Meal 5: "the scramble"

¾-1/2lb ground turkey + ¾-1 red bell pepper diced + 1 small sweet potato diced + 2-3 cups of sautéed chopped kale with little fresh lemon

Meal 6: ½-1 banana + 1-2 TBSP peanut butter

**Day 19:**

Meal 1: 1-2 eggs + egg whites scrambled + ¼-1/3 diced green bell pepper, 2 cups sautéed chopped kale + ½ cloves minced garlic

Meal 2: 1-2 tbsp peanut butter + apple, or protein shake

Meal 3: "Taco Lunch Mix"

1/3-1/2 lb ground turkey + little taco seasoning + 2-3 cups sautéed spinach leaves + little diced red onion + 1-2 tbsp picante salsa

Meal 4: 1/2 mixed nuts + 1/4 cup berries or protein shake

Meal 5: 6-8oz filet of tilapia, skillet mix: 2 cups sautéed kale + 1 cup quinoa + 1 serving of squash or zucchini

Meal 6: 2-3 tbsp almond butter celery sticks or protein shake

**Day 20: (Cheat Day)**

Meal 1: (Breakfast of your Choice)

Meal 2: ¼-1/3 cup oatmeal, 1/3-1/4 cup granola , 1/3-1/2 cup of mixed nuts

Meal 3: "Salad Mixer" 6-8oz shredded chicken, 1-2 cups spinach leaves, 1-2 cups chopped kale, 1/3 cup chopped carrots, ¼-1/3 cucumber sliced, 1/3-1/2 chopped tomato, little sunflower seed kernels, little vinaigrette

Meal 4: 1 Protein Shake (1 scoop), 1/3-1/2 cup mixed nuts

Meal 5: "Shrimp Dinner"

1/2 grilled shrimp, skillet mix: 3-4 cups spinach leaves, + 1-2 cups of cauliflower rice

Meal 6: ¾-1 cup mixed nuts, 1 fruit of your choice

### **Day 21:**

Meal 1: 2-3 eggs, 3-4 cups sautéed spinach, ½-1 small sweet potato chopped and fried

Meal 2: 1 Protein Shake (1 scoop), 2 tbsp peanut butter

Meal 3: “Turkey Burgers”

1/3-1/2lb Lean Ground Turkey Patties light all purpose season, 1-2 pieces of Kale for Lettuce, 1 Slice of Tomato, Mustard, 1 Slice of Red Onion, Use Romaine Lettuce instead of Bread Buns, 1 Small Sweet Potato

Meal 4: ½-¾ cup mixed nuts + ¾-1 cup mixed berries

Meal 5: 6-8oz filet salmon, skillet mix: 2 cups sautéed kale + ½-¾ cup quinoa + 1-2 cups chopped zucchini + 1-2 cloves chopped garlic + little sea salt & black pepper + little fresh lemon

Meal 6: 2-3 tbsp almond butter celery sticks

### **\*Day 22:**

Meal 1: “Morning Scramble” 2-3 eggs scrambled, ½ chopped green bell pepper, 2 cups spinach leaves, 1 small avocado, 2 table spoons of picante salsa

Meal 2: “Breakfast Snack”

1 banana, 1/3 cup raspberries, 1/3 cup blue berries, 1-2 table spoons of peanut butter

Meal 3: “Tilapia Salad”

1 filet of tilapia grilled or oven baked + little paprika, 1-2 cloves of minced garlic, organic spring mix, 2-3 slices of tomato, ¼-1/3 sliced cucumber, little red onion chopped, fresh lemon squeezed over top

Meal 4: 1-2 cups of broccoli or cauliflower + hummus of your choice

Meal 5: “Zucchini Sliders” 1/3-1/2 lb ground turkey patties, Sliced oven baked zucchini used to substitute bread for each slider, 1 slice of tomato for each slider, little red onion, organic spinach leaves for each slider

Meal 6: 1 Protein Shake (1 scoop), 1-2 tablespoons of peanut butter

### **Day 23:**

Meal 1: “Egg White Omelet”

2-3 egg whites, 2-3 cups spinach leaves, tad of chopped red onion, 1 small avocado

Meal 2: 3/4 -1 cup blue berries, ½-1 banana

Meal 3: “Fancy Lunch”

1-2 filets of tilapia grilled or oven baked + all purpose seasoning & 1-2 cloves of minced garlic, 1-2 cups of steamed broccoli with lemon pepper, 1 small sweet potato, fresh lemon squeezed over top

Meal 4: 1 Protein Shake (1 scoop)

Meal 5: “Salmon Dinner”

6-8oz filet of salmon + black pepper + fresh lemon, ¾-1 cup chopped asparagus + ¾-1 cup steamed broccoli + little red onion + black pepper & sea salt, “sweet potato fries” 1 small sweet potato sliced and grilled/fried

Meal 6: other ½-1 banana, ¾-1 cup mixed nuts

### **Day 24: (Cheat Day)**

Meal 1: “Half n Half Scramble”

1-2 eggs + 1-2 egg whites scrambled, 2-3 cups organic spinach leaves, ¼ green bell pepper chopped, 1 small avocado, 1-2 tablespoons picante salsa

Meal 2: ¼-1/3 cup oatmeal + ½-1 apple of choice , little cinnamon

Meal 3: “Lemon Pepper Chicken Salad”

6-8oz Shredded Chicken Breast, Lightly seasoned with Lemon Pepper, 3-4 cups organic Spinach Leaves, Fresh Lemon Squeezed over top, top with sunflower kernels

Meal 4: ½-1 banana, 1-2 tablespoons peanut butter

Meal 5: (Dinner of Choice)

### **Day 25:**

Meal 1: “Breakfast Sandwich”

2-3 eggs over medium (or egg whites), 1 slice of tomato per sandwich, 1 Cup of spinach leaves per sandwich, 1 Small Avocado, Romaine Lettuce substitute for bread/bun

Meal 2: 1-2 cups strawberries

Meal 3: “BBQ Style Chicken Salad”

6-8oz Shredded Chicken, 2-3 tablespoons of BBQ sauce, little chopped red onion, ½-3/4 cup of small sweet tomatoes, ¼ sliced cucumber, 1 small avocado

Meal 4: 1 Protein Shake (1 scoop)

Meal 5: "Chicken Scramble"

6-8oz Grilled Chicken breasts cutlets + 1-2 cloves minced garlic, 1-2 cups chopped oven baked squash + little black pepper & sea salt, 2-3 cups sautéed spinach

Meal 6: ½-1 banana, ¾-1 cup mixed nuts

**Day 26:**

Meal 1: 1/4-1/3 cup of oatmeal. ½ apple chopped, cinnamon, 1/3 cup mixed nuts

Meal 2: "Breakfast Smoothie"

1 Protein Shake (1 scoop), 8-10oz cold water, 1 cup of Ice, 2-3 cups of spinach leaves, 1-2 cups of chopped kale, 1/2 banana, 1/3 cup of raspberries, 1/3 cup blue berries, 2-3 tablespoons of natural peanut butter

Meal 3: "Chicken Lettuce Wraps"

6-8oz grilled or oven baked chicken breasts sliced + little black pepper & sea salt or seasoning of your choice, Lettuce for wraps, 1-2 slices of tomato, little red onion, little organic spinach leaves for each wrap

Meal 4: Other ½ banana, 1-1.5 cups of strawberries

Meal 5: "Healthy Tacos"

¾-1/2 lb ground turkey, light taco seasoning, little chopped red onion, little cilantro, 1/3-1/2 chopped tomato, romaine lettuce as taco shell

Meal 6: 1 Protein Shake (1 scoop), 1-2 tablespoons of peanut butter or almond butter

**Day 27:**

Meal 1: "Traditional Breakfast"

2-3 eggs over medium, 2-3 slices bacon, 2-3 cups sautéed spinach + 1-2 cloves minced garlic + black pepper

Meal 2: 1 Protein Shake (1 scoop), 2-3 tablespoons of peanut butter

Meal 3: "Buffalo Chicken Style Salad"

6-8oz Shredded Chicken Breast + 2 tablespoons of Buffalo Wing Sauce, 3-4 cups organic spinach leaves, 1 small avocado, 1 cup Cauliflower on Side

Meal 4: ¾-1 cup carrots + hummus of your choice

Meal 5: "Grilled Chicken Dinner"

6-8oz grilled chicken breasts + little black pepper & sea salt + 1-2 cloves of minced garlic,  
"Broccoli/Quinoa mix" 1-2 cups oven baked or steamed broccoli mixed with ¾-1 cup quinoa + seasoning  
of your choice

Meal 6: 1-2 cups strawberries, ¾-1 cup mixed nuts

### **Day 28: (Cheat Day)**

Meal 1: ¼-1/3 cup oatmeal, ½ green apple chopped + cinnamon, 1/3-1/2 cup of mixed nuts

Meal 2: 1 Protein Shake (1 scoop)

Meal 3: (Lunch of Choice)

Meal 4: ¾-1 cup blueberries, 1-2 tablespoons peanut butter

Meal 5: "Shrimp Dinner Mix"

1/3-1/2 lb grilled shrimp + 1-2 cloves of garlic + Fresh Lemon Squeezed over top, 1-2 cups of Grilled  
Squash Chopped + little paprika, 1 small avocado, 1/3-1 Cup of Quinoa

### **\*Day 29:**

Meal 1: "Egg White Omelet"

2-3 egg whites, 2-3 cups spinach leaves, tad of chopped red onion, 1 small avocado

Meal 2: 1-2 cups strawberries

Meal 3: "Turkey Steak"

1/3-1/2 lb of ground turkey patty, all purpose seasoning (light), 1-2 cloves of minced garlic, 2-3 cups of  
chopped kale sautéed, 1 small sweet potato

Meal 4: ½-¾ cup mixed nuts + ¾-1 cup mixed berries

Meal 5: "Tilapia Tacos"

1-2 filets of tilapia shredded, cilantro, little red onion chopped, little taco seasoning, chopped spinach  
leaves, Romaine lettuce for taco shells, 1 cup of cauliflower rice, lime juice over the top

Meal 6: 1 protein shake (1 scoop) 1-2 tbsp almond butter

### **Day 30:**

Meal 1: 1-2 eggs + 1-2 egg whites scramble (add bell pepper, onions, or jalapeños of your choice) + 2-3  
cups organic spinach sautéed

Meal 2: ¾-1 cup blueberries, 1-2 tablespoons peanut butter

Meal 3: "Chicken Lunch Scramble"

6-8oz shredded chicken, little all purpose seasoning, lemon pepper, 1/3-1 cup of quinoa, 2-3 cups chopped grilled or oven baked asparagus, 2-3 cups chopped sautéed kale + 1-2 cloves of minced garlic, ¼-1/3 chopped green bell pepper

Meal 4: 1 protein shake (1 scoop)

Meal 5: "Steak Salad"

6-8oz rib eye steak (cut in strips), 3-4 cups Organic spring mix, ¼-1/3 cucumber sliced, 1/3-1/2 tomato chopped, little red onion

Meal 6: ¾-1 cup strawberries, ¾-1 cup mixed nuts

### **Day 31:**

Meal 1: "Berry Smoothie"

1 scoop protein, 1/3 cup of blue berries, 1/3 cup of raspberries, organic oats, 2-3 cups of spinach leaves, 1-2 tablespoons of peanut butter, 1 cup of ice, 1 cup of water (or more if needed)

Meal 2: ¼ cup-1/3 cup of oatmeal, 1 cup of slice strawberries

Meal 3: "Lunch Salad"

2-3 boiled eggs, 3-4 cups organic spring mix, ¼-1/3 sliced cucumber, ¼-1/3 chopped tomato, little red onion, 5-7 chopped baby carrots, 1 small avocado, little balsamic vinaigrette

Meal 4: ¾-1 cup mixed nuts + 1 apple

Meal 5: "Buffalo Chicken Style Dinner"

6-8oz Shredded Chicken Breast + 2 tablespoons of Buffalo Wing Sauce, 1-2 servings Grilled or oven baked asparagus + little lemon squeezed over top, 1-2 cups Cauliflower rice with lime squeezed over top

Meal 6: ½-1 banana, ¼-1/3 cup granola

### **Day 32: (Cheat Day)**

Meal 1: (Breakfast of choice)

Meal 2: Skip

Meal 3: "Grilled Shrimp Lunch"

1/3-1/2 lb of grilled shrimp, lightly seasoned, 1-2 cloves of minced garlic, 1-2 servings of grilled or oven baked asparagus, 1 cup of cauliflower rice, lime juice over the top

Meal 4: ½-1 banana + 1-2 tbsp almond butter

Meal 5: “Asian Style Chicken Dinner”

6-8oz chicken breast, 1 cup steamed sliced carrots, 3 cups sautéed Kale, 1-2 cups steamed broccoli, 1 clove of minced garlic, 1-2 table spoons soy sauce

Meal 6: 1 protein shake (1 scoop) + ¾-1 cup mixed nuts

### **Day 33:**

Meal 1: “Kale Omelet”

2-3 eggs or egg whites, 2-3 cups chopped kale sautéed, ¼-1/3 green bell pepper chopped, little red onion chopped, 1 slice of tomato chopped

Meal 2: 1 Protein Shake (1 scoop) + ¼ cup of non-cooked oats mixed in shake

Meal 3: “BBQ Style Chicken Salad”

6-8oz Shredded Chicken, 2-3 tablespoons of BBQ sauce, little chopped red onion, ½-3/4 cup of small sweet tomatoes, ¼ sliced cucumber, 1 small avocado

Meal 4: ¾-1 cup blueberries + ¾-1 cup strawberries

Meal 5: “Spaghetti Squash”

Oven baked squash, organic meat sauce + 1/3-1/2 lb of ground turkey, side salad (1-2 cups of spinach leaves, little red onion, little cucumber, 1 boiled egg

### **Day 34:**

Meal 1: “Traditional Breakfast”

2-3 eggs over medium, 2-3 slices bacon, 2-3 cups sautéed chopped kale + 1-2 cloves minced garlic + black pepper

Meal 2: 1-2 cups of strawberries + ¾-1 cup mixed nuts

Meal 3: “Taco Lunch Mix”

1/3-1/2 lb ground turkey + little taco seasoning + 2-3 cups sautéed chopped kale + little diced red onion + 1-2 tbsp picante salsa + 1 small avocado

Meal 4: 1-2 stalks celery + 1-2 tbsp peanut butter

Meal 5: “Crazy Chicken Dinner”

6-8oz of grilled or oven baked chicken breast + little lemon pepper seasoning + little Paprika + little cayenne, 1-2 servings of Grilled or oven baked asparagus + 1-2 cloves of minced garlic, fresh lemon squeezed over top

Meal 6: ½-1 banana + 1-2 tbsp peanut butter

**Day 35:**

Meal 1: “Breakfast Scramble”

2-3 eggs or egg whites scrambled, ¼-1/3 cup chopped green bell pepper, ¼-1/3 cup chopped tomatoes, 1 cup chopped kale, 2 cups chopped spinach, little red onion chopped, 1-2 tablespoons picante salsa

Meal 2: 1-2 tbsp peanut butter + apple

Meal 3: “Chicken Strip Salad”

6-8oz grilled chicken breast cut in strips, 3-4 cups of organic spring mix, 1 slice of tomato chopped, little red onion, ¼ sliced cucumber, little balsamic vinaigrette

Meal 4: ¾-1 cup mixed nuts, ¾-1 cup blueberries

Meal 5: “Ground Turkey Salad”

1/3-1/2 lb of ground turkey + all purpose seasoning, 2 cups of spinach leaves, 2 cups of chopped kale, ½ chopped tomato, ¼ chopped cucumber, little red onion chopped, ½ cup chopped carrots, little balsamic vinaigrette

Meal 6: 1 protein shake (1 scoop) + 1-2 tbsp almond butter

**\*Day 36: (Cheat Day)**

Meal 1: 1/4-1/3 cup of oatmeal + ¾-1 cup of sliced strawberries, 1/3-1/2 cup of mixed nuts

Meal 2: 1 Protein Shake (1 scoop)

Meal 3: “Lunch Salad”

2-3 boiled eggs, 3-4 cups organic spring mix, ¼-1/3 sliced cucumber, ¼-1/3 chopped tomato, little red onion, 5-7 chopped baby carrots, 1 small avocado, little balsamic vinaigrette

Meal 4: ½-1 banana + 1-2 TBSP peanut butter

Meal 5: (Dinner of Your Choice)

**Day 37:**

Meal 1: 1-2 eggs + 1-2 egg whites scramble (add bell pepper, onions, or jalapeños of your choice) + 2-3 cups organic spinach sautéed



Meal 2: 1 protein shake (1 scoop) + ¼ cup organic oats

Meal 3: “Shrimp Salad”

1/3-1/2 lb of grilled shrimp + little paprika, 1-2 cloves of minced garlic, organic spring mix, 2-3 sliced or chopped tomato, ¼-1/3 sliced cucumber, little red onion chopped, fresh lemon squeezed over top

Meal 4: ½-3/4 cup blueberries + ¼-1/3 cup granola

Meal 5: “Grilled Chicken Dinner”

6-8oz grilled chicken breasts + little black pepper & sea salt + 1-2 cloves of minced garlic, “Broccoli/Quinoa mix” 1-2 cups oven baked or grilled asparagus mixed with ¾-1 cup quinoa + seasoning of your choice

Meal 6: Small serving Fruit of your choice

### **Day 38:**

Meal 1: 2-3 eggs, ¼-1/3 green bell pepper chopped, 3-4 cups sautéed spinach, 1 Small Avocado, 1-2 TBSP of picante Salsa

Meal 2: 1 Protein Shake (1 scoop)

Meal 3: 6-8oz chicken breast oven baked or grilled + little BBQ sauce, 1-1.5 cup steamed broccoli, 1-1.5 serving asparagus, ½-1 small sweet potato

Meal 4: ¾-1 cup blueberries + 1/3-1/2 cup mixed nuts

Meal 5: “Salmon Dinner”

6-8oz filet of salmon + black pepper + fresh lemon, ¾-1 cup chopped asparagus + ¾-1 cup steamed broccoli + little red onion + black pepper & sea salt, “sweet potato fries” 1 small sweet potato sliced and grilled/fried

Meal 6: 1 small apple + 1-2 TBSP peanut butter

### **Day 39:**

Meal 1: “Half n Half Scramble”

1-2 eggs + 1-2 egg whites scrambled, 2-3 cups organic spinach leaves, ¼ green bell pepper chopped, 1 small avocado, 1-2 tablespoons picante salsa

Meal 2: ¾-1 cup blueberries

Meal 3: “Chicken Strip salad”

6-8oz chicken breasts cut in strips + 2-3 cups of Chopped kale, 1 small avocado sliced, ¼-1/3 cucumber sliced, 1/3-1/2 chopped tomato, fresh lemon juice

Meal 4: 1-1.5 cup strawberries

Meal 5: "Chicken Dinner Scramble"

6-8oz shredded chicken, little all purpose seasoning, lemon pepper, 1/3-1 cup of quinoa, 2-3 cups chopped grilled or oven baked asparagus, 2-3 cups chopped sautéed kale + 1-2 cloves of minced garlic, ¼-1/3 chopped green bell pepper

Meal 6: 1 protein shake (1 scoop) + ¾-1 cup mixed nuts

### **Day 40: (Cheat Day)**

Meal 1: "Breakfast Smoothie"

8-10oz of cold water, 1 cup of ice, 1 scoop of protein, 2 cups of spinach leaves, 1 cup of chopped kale, ½ banana, ½ cup blue berries, ½ cup of raspberries

Meal 2: "Breakfast Booster"

¼-1/3 cup organic oatmeal, 1/3-1/2 cup raspberries, 1/3-1/2 cup blueberries

Meal 3: (Lunch of Your Choice)

Meal 4: (Skip)

Meal 5: "Shrimp Dinner Mix"

1/3-1/2 lb grilled shrimp + 1-2 cloves of garlic + Fresh Lemon Squeezed over top, 1-2 cups of Grilled Squash Chopped + little paprika, 1 small avocado, 1/3-1 Cup of Quinoa

Meal 6: ¾-1 cup strawberries, ¾-1 cup mixed nuts

### **Day 41:**

Meal 1: "Breakfast Sandwich"

2-3 eggs over medium (or egg whites), 1 slice of tomato per sandwich, 1 Cup of spinach leaves per sandwich, 1 Small Avocado, Romaine Lettuce substitute for bread/bun

Meal 2: "Breakfast Booster II"

¼-1/3 cup organic oatmeal, ½-3/4 cup strawberries, 1/3-1/2 cup blueberries

Meal 3: "Tilapia Lettuce Wraps"

1-2 filets Tilapia Sliced + little black pepper & sea salt or seasoning of your choice, Lettuce for wraps, 1-2 slices of tomato, little red onion, little organic spinach leaves for each wrap + fresh lemon or lime squeezed over top

Meal 4: 1 Protein Shake (1 scoop), 1-2 tablespoons of peanut butter

Meal 5: "Crazy Chicken Dinner"

6-8oz of grilled or oven baked chicken breast + little lemon pepper seasoning + little Paprika + little cayenne, 1-2 servings of Grilled or oven baked asparagus + 1-2 cloves of minced garlic, fresh lemon squeezed over top

Meal 6: ½-1 banana, 2-3 tablespoons of almond butter

**Day 42:**

Meal 1: “Kale Omelet”

2-3 eggs or egg whites, 2-3 cups chopped kale sautéed, ¼-1/3 green bell pepper chopped, little red onion chopped, 1 slice of tomato chopped

Meal 2: 1 Protein Shake (1 scoop), 1-2 tablespoons of almond butter

Meal 3: “Tilapia Taco Lunch Mix”

1-2 Filets Tilapia Shredded + little taco seasoning + 2-3 cups sautéed chopped kale + little diced red onion + 1-2 tbsp picante salsa + 1 small avocado

Meal 4: 1/3-1/2 cup blueberries + ¾-1 cup strawberries

Meal 5: “Salmon Salad”

6-8oz filet of salmon (cut in strips), 3-4 cups Organic spring mix, ¼-1/3 cucumber sliced, 1/3-1/2 tomato chopped, little red onion

Meal 6: 1-2 tbsp peanut butter + apple