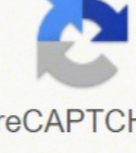


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HOW TO LOSE WEIGHT FAST

4 WEEKS MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
MON	BREAKFAST • Boiled egg. • Bacon • Apple. • Toast.	LUNCH • Ham, • Cheese sandwich with avocado.	SNACK • Greek yogurt.	DINNER • Cold lentil salad.
TUE	BREAKFAST • Berry smoothie with chia seeds.	LUNCH • Kale & tuna salad.	SNACK • Berries.	DINNER • Grilled chicken salad.
WED	BREAKFAST • Broccoli & egg toast.	LUNCH • Shrimp salad.	SNACK • Nuts.	DINNER • Grilled chicken.
THU	BREAKFAST • Avocado banana smoothie.	LUNCH • Pesto shrimp pasta.	SNACK • Olive & cheese.	DINNER • Flank steak.
FRI	BREAKFAST • Cinnamon oat-meal.	LUNCH • Turkey wrap.	SNACK • Berries.	DINNER • Pecan and pork chops.
SAT	BREAKFAST • Berry and chia pudding.	LUNCH • Wasabi and tuna sandwich.	SNACK • Trail mix.	DINNER • Mediterranean style cod.

Whole30

30 Day Meal Plan

BREAKFAST

Week 1
Chicken Fajita Casserole

Week 2
Breakfast Meatloaf

Week 3
Paleo Breakfast Casserole

Week 4
Hard Boiled Eggs & Sweet Potato Hash

LUNCH

Week 1
Mon-Thurs California Chicken Bowls
Fri-Sun Burger w/whole30 mayo, tomato, & avocado

Week 2
Mon-Thurs Kale salad w/canned tuna almonds, avocado, & cherry tomatoes
Fri-Sun Turkey Taco Lettuce Wraps

Week 3
Mon-Thurs SC Shredded BBQ Chicken, Sweet Potatoes, Sauted Pepper & Onions
Fri-Sun Paleo Curry Chicken Stir-Fry

Week 4
Mon-Thurs Buffalo Chicken Salad
Fri-Sun Hearty Vegetable Soup

DINNER

Week 1
Mon & Tues SC Butter Chicken
Wed & Thurs Tilapia, Green Beans, & Red Potatoes
Fri & Sat SC Paleo Turkey Meatballs
Sun SC Honey Pork Chops & Apples

Week 2
Mon SC Honey Pork Chops & Apples
Tues & Wed Paleo Baked Spaghetti
Thurs & Fri Salmon, Asparagus, & Sweet Potatoes
Sat & Sun Sausage In Peppers

Week 3
Mon & Tues Tilapia, Brussels Sprouts, & Mashed Potatoes
Wed & Thurs Sweet Potato, Broccoli, Chicken Bake
Fri & Sat Baked Chicken Fajitas
Sun Zoodles w/Turkey Meatballs

Week 4
Mon Zoodles w/Turkey Meatballs
Tues & Wed SC Pot Roast
Thurs & Fri Salmon, Green Beans, & Baked Potatoes
Sat & Sun SC Chicken Salsa

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Day	Breakfast	Lunch	Dinner
1	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
2	Avocado & Egg	Chicken Salad	Chicken & Broccoli
3	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
4	Avocado & Egg	Chicken Salad	Chicken & Broccoli
5	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
6	Avocado & Egg	Chicken Salad	Chicken & Broccoli
7	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
8	Avocado & Egg	Chicken Salad	Chicken & Broccoli
9	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
10	Avocado & Egg	Chicken Salad	Chicken & Broccoli
11	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
12	Avocado & Egg	Chicken Salad	Chicken & Broccoli
13	Scrambled Eggs	Salmon Salad	Salmon & Asparagus
14	Avocado & Egg	Chicken Salad	Chicken & Broccoli

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