

## 7-Day Slim Down Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology
Lunch	Salad with hard-boiled eggs or turkey slices	Chili leftovers	Leftover Grilled chicken in a salad	Leftover Potato soup	Leftover veggies in an omelet or paired with hard-boiled eggs or turkey slices	Grass-fed steak with veggies and a sweet potato.	Leftovers, Salad, Omelet
Dinner	Whole30 Chili recipe	Grilled chicken with salt-free seasonings, broccoli and sweet potato with grass-fed butter	Whole 30 Potato soup	Turkey Burgers with sauteed zucchini, broccoli, carrots, onion and green beans	Grilled chicken sausage with veggies and garlic aminos	BLT salad with soft boiled eggs and avocado	Salsa Chicken Salad with Avocado

When I say salad.... Get creative! Don't just plop down some lettuce and tomatoes and call it good. Here are some things to add:

Cucumbers    shredded carrots    raw broccoli    radishes    red onion    snap peas  
 sprouts    bell pepper    shredded zucchini    mixed greens    romaine    swiss chard  
 mustard greens    kale    bacon bits    tomatoes    avocado

There is no dairy, sugar or gluten in this program. That doesn't mean that sugar free foods, gluten free foods or dairy substitutes are acceptable. They are just food taking up space that could be filled with vegetables, proteins and fats.

Protein sources: Chicken, Grass-Fed Beef, Chicken Sausage, Eggs, Ground Turkey

Veggies: ANYTHING AND EVERYTHING

Fats: coconut oil, ghee, grass-fed butter, olive oil (as a dressing, not for cooking), avocado, nuts (minimal)

**STAY AWAY FROM DAIRY, SUGAR, CARBS AND BEANS**