

Kelly's Meal Plan



This one week challenge will change your body if you do it as plotted out. There is a menu for every day. All meals are interchangeable; if you like Monday's breakfast and want to eat it throughout the week, go ahead. If you like Thursday's dinner and want to eat that every night, that's fine too. And while you are at it, instead of just 1 week, you can do this plan for a month or longer for continued benefits. (The CDC and NIH recommend 2.7 liters of water a day if you are doing these workouts daily. Make sure you drink water with all meals and before workouts.)

MONDAY

- **Breakfast** - 3 egg whites, 1 yolk, and ½ cup oatmeal with ½ cup berries
- **Lunch** - 3 ounces chicken, ¼ can black beans, ½ avocado, ½ cup salsa, 1 cup of lettuce and 1 low carb wrap
- *Snack - 10-15 almonds and 1 apple
- **Dinner** - 4 ounces of salmon or other fish, greens like asparagus, spinach or a salad and ½ potato

TUESDAY

- **Breakfast** - 1 non-fat Greek yogurt, mix in ½ cup Fiber One Bran Cereal & ½ cup berries and ½ grapefruit
- **Lunch** - ½ Turkey sandwich on whole grain bread with lettuce, tomato, cucumber slices with mustard and 1 apple
- *Snack - Power smoothie - 30 grams of protein powder with ½ frozen banana, 1 Tbsp of Almond or Peanut Butter, 8 ounces of Almond Milk & Ice (you can add a handful of spinach for extra energy)
- **Dinner** - 4 ounces of steak or chicken, ½ cup of rice and small salad

WEDNESDAY

- **Breakfast** - 1 cup of cheerios, Almond milk, 1 cup of berries and 2 hardboiled eggs
- **Lunch** - 3 ounces of cooked chicken, lettuce, cucumbers, tbsp hummus and 1 low-carb wrap
- *Snack – Grapefruit and 10-15 almonds
- **Dinner** - Spaghetti squash pasta with low sugar tomato sauce, 3-4 ounces of ground turkey breast cooked and ¼ cup of ricotta

THURSDAY

- **Breakfast** - Wholegrain slice of bread toasted with ½ avocado mashed on top with olive oil and a tomato
- **Lunch** - Colorful Salad-choose as many colors as you can or have at home
- Greens, celery, cucumbers, peppers, radish, carrots, tomato (Arugula and Romaine have the best nutrients) add 1 spoon of sunflower and pumpkin seeds, spray olive oil on, squeeze lemon, vinegar and ½ avocado
- *Snack - Apple slices with almond butter or peanut butter
- **Dinner** - 4 ounces of fish, 1 Sweet potato and small salad

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FRIDAY

- **Breakfast** - ½ cup oatmeal with berries, 2 eggs and ½ grapefruit
- **Lunch** - ½ cup ground turkey cooked, ¼ cup cheese, ¼ cup beans, salsa and lettuce wraps
- *Snack - 1 fat free Greek yogurt, add scoop of protein powder, add ¼ cup sunflower & pumpkins seeds
- **Dinner** - 3-4 ounces Chicken over ½ cup of whole wheat pasta, ½ cup low sugar tomato sauce and 1 small salad

SATURDAY

- **Breakfast** - French toast Supreme - Mix 3 egg whites, 1 yolk with 1 scoop of protein powder & cinnamon. Spread over a piece of whole grain toast and cook. Serve with 1 tbsp peanut butter and sugar free syrup
- **Lunch** - Spaghetti sauce on open-faced English muffin with 1 tbsp of ground cooked turkey on top and sprinkle cheese on each
- *Snack - Protein shake - 25-30 grams of protein with chocolate protein powder, ½ cup frozen cherries, 1 cup almond milk and ice (BLEND)
- **Dinner** - 3-4 ounces of ground cooked turkey, ½ cup navy beans, taco seasoning, salsa served on a bed of lettuce

SUNDAY

- **Breakfast** - English muffin with scrambled eggs, Melt ½ cup of cheese on English muffin slices and 1 orange
- **Lunch** - 1/2 cup of rice with Tuna, chopped up celery and small salad
- *Snack - 1 cup Greek yogurt with scoop of protein powder and 1 tbsp nuts or seeds
- **Dinner** - Lentils, 3-4 ounces of cooked chicken and Broccoli, or other Green
- **Dessert** - Protein Colada - 8 ounces of almond milk, ½ cup frozen pineapple, ½ cup frozen mango, ½ frozen banana, 30 grams protein powder and Ice (Add water if necessary)

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