



Meal Plan

WEEK ONE	
Day 1	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Chicken Salad on greens Dinner: Salmon with Grilled Mixed Vegetables
Day 2	Breakfast: Low-Carb Muffins Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Pork Chops with Southwest Veggies
Day 3	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tuna Salad on Greens Dinner: Seafood-Veggie Kebabs
Day 4	Breakfast: Breakfast Casserole Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Meatloaf with Green Beans and Salad
Day 5	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Beef Stew Dinner: Pork Ribs with Slaw
Day 6	Breakfast: Scrambled Eggs, Sausage, Grapefruit Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Corned Beef & Cabbage
Day 7	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Avocado-Shrimp Salad Dinner: Whole Roast Chicken with Veggies

You can do this!



Meal Plan

WEEK TWO	
Day 1	Breakfast: Paleo Pancakes with Sausage Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Lamb Chops with Grilled Mixed Veggies
Day 2	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Broccoli Soup Dinner: Turkey Breasts with Mixed Squashes
Day 3	Breakfast: Veggie Scramble Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Beef Stroganoff & Cauliflower Pilaf
Day 4	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Spinach Salad w/Strawberries Dinner: Shrimp Stir-Fry & Cauliflower Pilaf
Day 5	Breakfast: Mediterranean Frittata Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Crustless Quiche , Dinner Style
Day 6	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tomatoes Stuffed with Tuna Salad Dinner: Grilled Chicken Breasts with Mixed Squashes
Day 7	Breakfast: Fried Eggs with Bacon and Mushrooms Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Steak with Grilled Mixed Veggies

You can do this!



Meal Plan

WEEK THREE	
Day 1	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Cauliflower Soup Dinner: Seafood-Veggie Kebabs
Day 2	Breakfast: Cheese Omelet with Bacon, Grapefruit Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Meatloaf with Green Beans and Salad
Day 3	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Southwest Chicken Salad Dinner: Salmon with Grilled Mixed Vegetables
Day 4	Breakfast: Vegetable Frittata with sausage Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Corned Beef with Cabbage
Day 5	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tuna Salad on Greens Dinner: Pork Chops with Southwest Veggies
Day 6	Breakfast: Egg "Burritos" Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Pork Ribs and Slaw
Day 7	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Avocado-Shrimp Salad Dinner: Whole Roast Chicken with Veggies

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Meal Plan

WEEK FOUR	
Day 1	Breakfast: Breakfast Quiche Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Chicken Breasts with Mixed Squashes
Day 2	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Chicken Salad Wraps Dinner: Turkey Breast with Mixed Squashes
Day 3	Breakfast: Breakfast Smoothie Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Shrimp Stir-fry & Cauliflower Pilaf
Day 4	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Broccoli Soup Dinner: Beef Stroganoff & Cauliflower Pilaf
Day 5	Breakfast: Berry-Yogurt Parfait Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Crustless Quiche , Dinner Style
Day 6	Breakfast: <i>American All-Natural Superfood Drink</i> Lunch: Tomatoes Stuffed with Tuna Salad Dinner: Steak with Grilled Mixed Veggies
Day 7	Breakfast: Veggie Scramble Lunch: <i>American All-Natural Superfood Drink</i> Dinner: Lamb Chops with Grilled Mixed Veggies

You can do this!