

# 42-Day Fit, Fierce & Fabulous

## SAMPLE Meal Plan – Phase I (Week 1) No Sugar, Wheat or Dairy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Bacon Egg Cups + Slice of Gluten Free Bread (CB)	Smoothie (CB + FFF)	2 Bacon Egg Cups + Slice of Gluten Free Bread (CB)	Smoothie (CB + FFF)	Apple Pie Oatmeal (CB)	Apple Pie Oatmeal (CB)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado
Smoothie (CB + FFF)	Blueberry Crunch (FFF)	1 cup berries + 2 Tbsp. Nuts	Blueberry Crunch (FFF)	Hard Boiled Egg + Chopped Raw Veggies	1/2 Apple + 1 tbsp. Almond Butter	Smoothie (CB + FFF)
Curried Pumpkin Soup w/ Chicken & Quinoa (FFF)	(Leftover) Curried Pumpkin Soup w/ Chicken & Quinoa (FFF)	(Leftover) Tray Dinner	(Leftover) Pecan Salmon + Grilled Asparagus	(Leftover) Tray Dinner	(Leftover) Burrito Bowl	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)
Blueberry Crunch (FFF)	Hard Boiled Egg + Chopped Raw Veggies	Smoothie (CB + FFF)	Hard Boiled Egg + Chopped Raw Veggies	Smoothie (CB + FFF)	Smoothie (CB + FFF)	1/2 Apple + 1 tbsp. Almond Butter
Skinny Shrimp Scampi with Spaghetti Squash (CB)	Your favorite Tray Dinner! (FFF) Make 2 servings and save the leftovers for tomorrow's M3	Pecan Crusted Salmon + Grilled Asparagus (CB) Make 2 servings, save leftovers for tomorrow's M3	Your favorite Tray Dinner! (FFF) Make 2 servings and save the leftovers for tomorrow's M3	Burrito Bowl (FFF) and save the leftovers for tomorrow's M3	Go Out for a Lean Clean N' Green meal + optional LYL approved dessert	Low Carb Roast Beef Hash (CB)

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# 42-Day Fit, Fierce & Fabulous

## SAMPLE Meal Plan – Phase I (Week 2) No Sugar, Wheat or Dairy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie (CB + FFF)	Smoothie (CB + FFF)	2 Bacon Egg Cups (CB) + 1 cup mixed berries	2 Bacon Egg Cups (CB) + 1 cup mixed berries	Smoothie (CB + FFF)	Smoothie (CB + FFF)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼
Hard Boiled Egg with 10 Cold Almonds (FFF)	Hard Boiled Egg with 10 Cold Almonds (FFF)	LYL Smoothie (CB + FFF)	LYL Smoothie (CB + FFF)	1 Bacon Egg Cup (CB) + 1 cup chopped raw veggies	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs
(Leftover) Beef Stew (CB)	(Leftover) Burrito Spaghetti Squash Boat	Leftover from yesterday's M5	(Leftover) Thai Coconut Shrimp Soup	Leftover from yesterday's M5	(Leftover) Easy Turkey Skillet	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)
1 cup baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	3 Turkey Power Snack Balls (FFF) + 1 Cup Raw Veggies	3 Turkey Power Snack Balls (FFF) + 1 Cup Raw Veggies	Raw Celery Stacks + 1 tbsp. almond butter	Raw Celery Stacks + 1 tbsp. almond butter	Smoothie (CB + FFF)
Burrito Spaghetti Squash Boat (FFF)	6 oz. lean protein + 2 cups lightly steamed veggies + ¼ avocado + ¼ cup salsa or 1 Tbsp. oil based dressing.	Thai Coconut Shrimp Soup (FFF)	6 oz. lean protein + 2 cups lightly steamed veggies + ¼ avocado + ¼ cup salsa or 1 Tbsp. oil based dressing.	Easy Turkey Skillet (FFF)	Go out to a Lean, Clean, 'N Green Dinner with your family	Brazilian Fish Stew (FFF) Save leftovers for tomorrow's M3.

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## SAMPLE Meal Plan – Phase II (Week 3) EARN YOUR CARBS!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PW</b> - Apple Pie Oatmeal (CB)	Mini Salmon Quiche + ½ cup berries (CB)	<b>PW</b> - Spiced Baked Oatmeal (CB)	Smoothie (CB + FFF)	<b>PW</b> - Oatmeal Breakfast Cookie (CB)	<b>PW</b> - Oatmeal Breakfast Cookie (CB)	Protein Pancakes (FFF)
Smoothie (CB + FFF)	Sweet & Salty Trail Mix Bar (FFF)	1 cup berries + 2 Tbsp. Nus	Hard Boiled Egg + Chopped Raw Veggies	1 cup berries + 2 Tbsp. Nus	Smoothie (CB + FFF)	Sweet & Salty Trail Mix Bar (FFF)
(Leftover) Brazilian Fish Stew	(Leftover) Chunky Turkey Bean Stew	Crunchy Tuna Salad (CB)	(Leftover) Baked Salsa & Goat Cheese Chicken + Sautéed Green Beans (CB)	Crunchy Tuna Salad (CB)	(Leftover) Yummy Meatloaf + Cauliflower Mash + Green Beans (CB)	(Leftover) Taco Lettuce Wraps
Sweet & Salty Trail Mix Bar (FFF)	Smoothie (CB + FFF)	Smoothie (CB + FFF)	1 cup berries + 2 Tbsp. Nus	Smoothie (CB + FFF)	Sweet & Salty Trail Mix Bar (FFF)	Smoothie (CB + FFF)
Chunky Turkey Bean Stew (CB)	<b>PW</b> – Stuffed Squash (FFF)	Baked Salsa & Goat Cheese Chicken + Sautéed Green Beans (CB)	<b>PW</b> – Chili w/ a Twist + ½ cup cooked rice (FFF)	Yummy Meatloaf + Cauliflower Mash + Green Beans (CB)	Taco Lettuce Wraps (CB)	Treat Meal

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## SAMPLE Meal Plan – Phase II (Week 4) EARN YOUR CARBS!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PW</b> – Favorite Overnight Oats (FFF)	Smoothie (CB + FFF)	<b>PW</b> – Favorite Overnight Oats (FFF)	Smoothie (CB + FFF)	<b>PW</b> - Oatmeal Breakfast Cookie (CB)	<b>PW</b> - Oatmeal Breakfast Cookie (CB)	Protein Pancakes (FFF)
Smoothie (CB + FFF)	Chewy Banana Granola Bar (CB)	Mini Cinnamon Date Muffins (FFF)	Hard Boiled Egg + Chopped Raw Veggies	Smoothie (CB + FFF)	Smoothie (CB + FFF)	Blondie Muffins (FFF)
Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean	(Leftover) Salmon Cakes with (CB) Mixed Green Salad	(Leftover) Burrito Spaghetti Squash Boat	South Western Chicken Salad (FFF)	South Western Chicken Salad (FFF)	Crunchy Tuna Salad (CB)	Crunchy Tuna Salad (CB)
Chewy Banana Granola Bar (CB)	Hard Boiled Egg + Chopped Raw Veggies	Smoothie (CB + FFF)	Mini Cinnamon Date Muffins (FFF)	Mini Cinnamon Date Muffins (FFF)	Blondie Muffins (FFF)	Smoothie (CB + FFF)
Salmon Cakes with (CB) Mixed Green Salad	Burrito Spaghetti Squash Boat (FFF)	Simple Sauté ~ 6oz lean protein + 2 cups of your favorite veggies, sautéed.	Simple Sauté ~ 6oz lean protein + 2 cups of your favorite veggies, sautéed.	Treat Meal	Bacon Wrapped Scallops + Roasted Asparagus (CB)	Pesto Baked Salmon + Grilled Veggies (CB) Make 2 servings. Leftovers for M3.

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## SAMPLE Meal Plan – Phase III (Week 5) PROTEIN CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Grain-Free Granola (Portal)	½ Egg Roll Up + ½ cup berries (CB)	½ Egg Roll Up + ½ cup berries (CB)	Smoothie (CB + FFF)	Blueberry Crunch Cereal (Portal)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼	Grain-Free Granola (Portal)
Smoothie (CB + FFF)	Gingerbread Bar (FFF)	Smoothie (CB + FFF)	Pumpkin Muffins (FFF)	Hard Boiled Egg + Chopped Raw Veggies	Smoothie (CB + FFF)	Your favorite Chia Pudding (FFF)
(Leftover) Pesto Baked Salmon + Grilled Veggies (CB)	(Leftover) Skinny Shrimp Scampi with Spaghetti Squash	(Leftover) Irish Lamb Stew (FFF)	(Leftover) Slimming Soup + 2 cups mixed green salad	(Leftover) Classic Chili	(Leftover) Pesto Shrimp Noodles	Roasted Red Pepper Soup + Green Salad (CB)
Gingerbread Bar (FFF)	Smoothie (CB + FFF)	Pumpkin Muffins (FFF)	2 Tbsp. Nuts + Chopped Veggies	Pumpkin Muffins (FFF)	Your favorite Chia Pudding (FFF)	Smoothie (CB + FFF)
Skinny Shrimp Scampi with Spaghetti Squash (CB)	Irish Lamb Stew (FFF)	Slimming Soup (FFF) + 2 cups mixed green salad	Classic Chili (CB)	Pesto Shrimp Noodles (FFF)	Roasted Red Pepper Soup + Green Salad (CB)	Treat Meal

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## SAMPLE Meal Plan – Phase III (Week 6) PROTEIN CYCLING

CHALLENGE  
COMPLETE!!!☺

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado	Mini Salmon Quiche (CB) + Grapefruit	Blueberry Crunch Cereal (FFF)	Smoothie (CB + FFF)	Grain-Free Granola (FFF)	Egg Roll Ups (CB)	Your favorite LYL M1
Smoothie (CB + FFF)	Smoothie (CB + FFF)	Mini Salmon Quiche (CB)	Mini Salmon Quiche (CB)	Smoothie (CB + FFF)	Your favorite Chia Pudding (FFF)	Your favorite LYL M2
Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Leftover Hawaiian Spaghetti (Portal)	(Leftover) Taco Lettuce Wraps	Leftover Fresh Veggie Stir Fry w/ 4oz Baked or Grilled Fish	(Leftover) Easy Turkey Skillet	(Leftover) Turmeric Cauliflower Rice w/ 4oz baked fish	Your favorite LYL M3
Your favorite Chia Pudding (FFF)	Your favorite Chia Pudding (FFF)	Smoothie (CB + FFF)	Blueberry Crunch Cereal (FFF)	Your favorite Chia Pudding (FFF)	Smoothie (CB + FFF)	Your favorite LYL M4
Hawaiian Spaghetti (FFF)	Taco Lettuce Wraps (CB)	Fresh Veggie Stir Fry (FFF) w/ 4oz Baked or Grilled	Easy Turkey Skillet (FFF)	Turmeric Cauliflower Rice (FFF) w/ 4oz baked fish	TREAT MEAL	Your favorite LYL M5

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