

28-DAY

NUTRITION PLAN  
WITH RECIPES



# 3-DAY DETOX



← 13

← 13 A

FILM NEGATIVE

FILM NEGATIVE

## **BREAKFAST- 160 CAL**

- 1 large glass of water
- 2-3 eggs scrambled
- 8 ounces of low-fat yogurt (80 calories)
- 1 cup of green tea/ coffee



← 14

← 14 A

FILM NEGATIVE

FILM NEGATIVE

## **MID-SNACK AM/PM-180 CAL**

- 1 large glass of water
- 2 ounces of low fat cheese (such as Jars-berg Lite, Finlandia Lite Swiss)



← 13

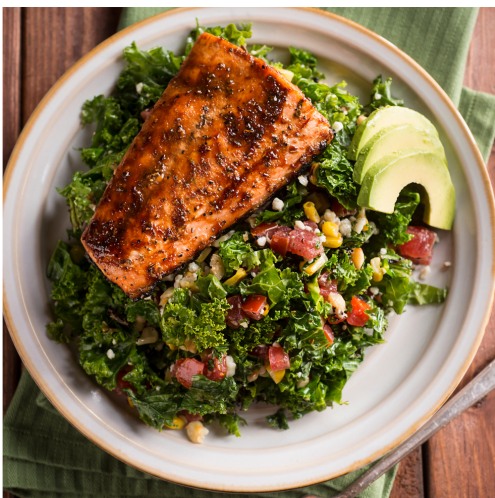
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## **LUNCH-160-180 CAL**

- 1 large glass of water (4 ounce) can of tuna, salmon, drained with lemon and pepper



← 14

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FILM NEGATIVE

FILM NEGATIVE

## **DINNER-250 CAL**

- 1 large glass of water
- 2 cups of salad greens with 1 tbsp. olive oil
- 4 ounces of grilled fish or shell fish
- 1/2 cup serving of vegetables

Cal: 1,225-1300| Protein: 105 grams Calcium: 1300mg

# WEEK 1

S

- B:** **Banana Split Smoothie:** see recipe book
- L:** Canned tuna , small avocado with arugula, oil, vinegar, salt & pepper
- D:** Grilled BBQ chicken with small avocado (make left overs (L.O.) for lunch)

M

- B:** Egg White Omelette: spinach, peppers, mushrooms, tomatoes, avocado
- L:** Salad with leftover chicken, dried cranberries, pecans, apple slices
- D:** Grilled salmon/shrimp with oven-roasted asparagus

T

- B:** **Refresher Green Juice + 2 Protein Balls:** see recipe book
- L:** Chicken salad, butter lettuce, avocado, cucumbers, peppers, olive oil
- D:** Ground turkey lettuce wraps with tomatoes, avocado and taco sauce (make L.O.)

W

- B:** Scrambled egg white with spinach and 2 slices turkey bacon/avocado
- L:** Left over ground turkey with low fat mozzarella cheese
- D:** Grilled petite filet , quinoa/brown rice , grilled asparagus

TH

- B:** **Egg and vegetable egg muffins:** see recipe book (save L.O.)
- L:** Salad with grilled chicken, avocado, cucumbers and carrots
- D:** Cauliflower rice and grilled shrimp

F

- B:** Leftover egg and vegetable egg muffins
- L:** Kale salad with grilled tofu edamame, almond/pecan, cranberries
- D:** Garlic roasted halibut with green beans

S

- B:** **Protein Pancake:** see recipe (save L.O. for a mid-day snack)
- L:** Greek salad with feta cheese, olives, grilled chicken with balsamic
- D:** **Lentil Lemon Soup:** see recipe book

# WEEK 2

S

- B:** **PB&G Overnight Oats:** see recipe book
- L:** Grilled salmon, avocado with some salad greens, oil, and vinegar salad
- D:** Petite filet with asparagus

M

- B:** **Maple Oat Protein Pancake:** see recipe book (make L.O. for mid-day snack)
- L:** Avocado & quinoa arugula salad with stir fry chicken, dijon dressing
- D:** Ground turkey lettuce wraps with tomatoes, avocado and lettuce (make L.O.)

T

- B:** Green smoothie: 1 c. coconut water, pineapple, spinach, avocado, ice
- L:** Leftover ground turkey on a low carb tortilla wrap with avocado & lettuce
- D:** Grilled shrimp with grilled broccoli and cauliflower over couscous

W

- B:** Scrambled egg whites with low fat mozzarella cheese, spinach, peppers
- L:** Quinoa Bowl: Carrots + beet + quinoa & chickpeas, drizzle olive oil
- D:** Baked lemon chicken w/ 1/4 c. olive oil, 1 lemon, 1/4 tsp. salt&pepper (make L.O)

TH

- B:** Cinnamon granola sprinkled over greek yogurt, chia seeds, blueberries
- L:** Salad with leftover grilled chicken, avocado, cucumbers and peppers
- D:** Cauliflower rice topped with grilled shrimp, roasted broccoli & peppers

F

- B:** Egg and vegetable quiche cups with turkey bacon/ sausage links (make L.O.)
- L:** Kale salad with grilled tofu, edamame, almond/pecan slices, cranberries
- D:** Garlic roasted halibut with steamed green beans over quinoa

S

- B:** Leftover quiche cups with turkey bacon or sausages
- L:** Greek salad with feta cheese, olives, grilled chicken with balsamic
- D:** **Veggie & Quinoa Soup:** see recipe book

# WEEK 3

S

- B:** Smoothie: 2 c. coconut milk, protein powder, frozen blueberries, mango
- L:** Canned tuna with avocado, salad greens, oil, vinegar, salt and pepper
- D:** Grilled chicken with small avocado (make L.O.)

M

- B:** Scrambled eggs whites, red peppers and low-fat mozzarella cheese
- L:** Salad with leftover chicken, dried cranberries, pecans, apple slices
- D:** Grilled salmon/shrimp with oven-roasted asparagus or zucchini

T

- B:** Protein Smoothie: 2 c. coffee, protein powder, 1 tbsp, almond butter, ice
- L:** Leftover roast chicken (cold or hot) inside lettuce wraps
- D:** Ground turkey lettuce wraps w/ tomatoes, avocado and lettuce (make L.O.)

W

- B:** Scrambled eggs whites, red peppers and low-fat mozzarella cheese
- L:** Left over ground turkey with low fat mozzarella cheese
- D:** Grilled petite filet, couscous, grilled asparagus

TH

- B:** 3/4 c. oatmeal w/ dash cinnamon, 1 c. almond milk, sliced almonds
- L:** Salad with grilled chicken, avocado, cucumbers and carrots
- D:** **Cauliflower Bolognese:** see recipe book

F

- B:** Omelette with 2 free range eggs, top with your desired filling
- L:** Kale salad with grilled tofu, edamame, almond/pecans, cranberries
- D:** Garlic roasted sea bass/ white fish with green beans

S

- B:** Smoothie: 1 c. coconut milk, frozen blueberries, 1 small banana, protein
- L:** Greek Salad with feta cheese, olives, grilled chicken with balsamic
- D:** **Cozy Chili:** see recipe book (make L.O.)

# WEEK 4

S

- B:** Scrambled eggs whites, red peppers and low-fat mozzarella cheese
- L:** Leftover cozy chili on a low carb with lettuce, avocado and tomato
- D:** Petite filet with asparagus

M

- B:** Scrambled eggs whites, red peppers and low-fat mozzarella cheese
- L:** Avocado & quinoa arugula salad with stir fry chicken, dijon dressing
- D:** **Chicken Chili** : see recipe book (make L.O.)

T

- B:** Green Smoothie: 1 c. coconut water, pineapple, spinach, avocado, ice
- L:** Leftover chicken chili on a low carb tortilla wrap with avocado & lettuce
- D:** **Bakes Salmon with Lemon Dill Yogurt Sauce**: see recipe book

W

- B:** Scrambled egg white with low fat mozzarella cheese, spinach, peppers
- L:** Quinoa Bowl: Carrots + beet + quinoa & chickpeas, drizzle olive oil
- D:** **Vegetable Chicken Stir Fry**: see recipe book (make L.O.)

TH

- B:** Cinnamon granola sprinkled over Greek Yogurt, chia seeds, blueberries
- L:** Salad with leftover stir fry , avocado, cucumbers and peppers
- D:** Cauliflower rice topped with grilled shrimp, roasted broccoli & peppers

F

- B:** Blend: 1 c. berries, avocado, dash coconut , honey & 1 c. coconut water
- L:** Kale salad with grilled tofu, edamame, almond/pecan slices, cranberries
- D:** Garlic Roasted Halibut with steamed green beans

S

- B:** Overnight Oats- 2c. oats, apples, 1c. almond milk, 1 tsp. agave, berries
- L:** Greek salad with feta cheese, olives, grilled chicken with balsamic
- D:** **Veggie Ratatouille**: see recipe book

*Movement*

PHILOSOPHY

EAT WELL.

MOVE DAILY.

SLEEP LOTS.

LOVE YOUR BODY.

# 14-DAY LOVE PROGRAM

## EAT WELL TO LIVE WELL

You committed fully these past 14 days! I know that you feel amazing, not just physically but mentally.

I want you to believe that you can do anything you set your mind to.

EVERY. SINGLE. DAY.

Never give up!

*Stacey Gernead*

