

# Love Yourself Lean Program

## Phase I: No Sugar, No Wheat, No Dairy

### Day 1

#### On waking:

1 cup (8oz) of warm water with juice from ½ of a lemon

#### Meal 1:

LYL Green Smoothie (see smoothie ebook or additional recipes)

#### Meal 2:

Two Hard Boiled Egg Whites

Ten Cold Almonds (see additional recipes)

#### Meal 3:

1 ½ cup of LYL soup or stew (see soup Chapter in cookbook or additional recipes)

1 large green salad with a mixture of chopped veggies and herbs, topped with 2 tbsp. of an oil and balsamic vinegar-based dressing

#### Meal 4:

1 cup Shrimp Greek Salad (see main cookbook)

NOTE: Omit the feta cheese

#### Meal 5:

1 cup of cooked Brown Rice with large serving of Baby Bok Choy or your favorite green leafy vegetables + 4oz baked white fish

#### Meal 6: (Optional)

One cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)

One tbsp. each of raw pumpkin seeds and raw walnuts

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### Day 2

**On waking:**

1 cup (8oz) of warm water with juice from ½ of a lemon

**Meal 1:**

Two Bacon Egg Cups (see main cookbook) + 1/2 cup serving of fruit

**Meal 2:**

LYL Green Smoothie (see smoothie ebook or additional recipes)

**Meal 3:**

Leftover cooked brown rice with large serving of baby bok choy or your favorite green leafy vegetables + 4oz baked white fish.

**Meal 4:**

1 cup Leftover Shrimp Greek Salad (see main cookbook)

NOTE: Omit the feta cheese

**Meal 5:**

1 ½ cup of Leftover LYL Soup or Stew served with a LARGE green salad with a mixture of chopped veggies and herbs, topped with 2 tbsp. of an oil and balsamic vinegar-based dressing + one tbsp. seeds or nuts such as sunflower seeds, pumpkin seeds, walnuts or almonds.

**Meal 6: (Optional)**

1 cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)

One tbsp. each of raw pumpkin seeds and raw walnuts

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## Phase I: No Sugar, No Wheat, No Dairy

### Day 3

#### On waking

1 cup (8oz) of warm water with the juice from ½ of a lemon

#### Meal 1:

Omelette or Egg Scramble – 1 whole egg & 3 egg whites with sautéed vegetables such as tomato, spinach, red onion, plus fresh basil (or other herbs)

#### Meal 2:

LYL Green Smoothie (see smoothie ebook or additional recipes)

#### Meal 3:

One Salmon Cake (see main cookbook)

1 cup of cooked quinoa or brown rice

½ cup cooked veggies, like snap peas or green beans

#### Meal 4:

Blueberry Crunch, or Almond Sunflower Cereal w/ 1 cup almond milk (see additional recipes)

#### Meal 5:

Grilled Chicken & Avocado Burger + 1 large green salad with a mixture of chopped veggies and herbs, topped with 2 tbsp. of an oil and balsamic vinegar-based dressing

#### Meal 6: (Optional)

One cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)

1 cup chopped veggies w/ 2 tbsp. hummus

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### Day 4

**On waking:**

1 cup (8oz) of warm water with the juice from ½ of a lemon

**Meal 1:**

Blueberry Crunch or Almond Sunflower Cereal w/ 1 cup unsweetened almond milk

**Meal 2:**

2 cups chopped raw veggies w/ 2 tbsp. hummus

**Meal 3:**

Leftover Avocado Burger + Mixed Green Salad

**Meal 4:**

LYL Green Smoothie (see smoothie ebook or additional recipes)

**Meal 5:**

4oz Grilled or Pan Seared Halibut with Fresh Lime Salsa (see additional recipes)  
Quinoa-Stuffed Red Peppers finished on the BBQ

**Meal 6: (Optional)**

One cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)  
4-6 rice crackers w/ 1 tbsp. almond butter

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### Day 5

#### On waking

1 cup (8oz) of warm water with the juice from ½ of a lemon

#### Meal 1:

Omelette or Egg Scramble – 1 whole egg & 3 egg whites with sautéed vegetables such as tomato, spinach, red onion, plus fresh basil (or other herbs)

#### Meal 2:

LYL Green Smoothie (see smoothie ebook or main cookbook)

#### Meal 3:

1 cup Fresh Veggie Stir Fry (see additional recipes) w/ 4oz grilled or baked fish of your choosing.

#### Meal 4:

1 Hard Boiled Egg White  
10 Cold Almonds (see additional recipes)

#### Meal 5:

1 ½ Brazilian Fish Stew (see additional recipes) OR 1 Grilled Chicken Avocado Burger (see additional recipes) serving with 2/3 cup baked Sweet Potato Fries (see main cookbook)

#### Meal 6: (Optional)

1 cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)

Half Serving of Blueberry Crunch Cereal

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### Day 6

#### On waking:

1 cup (8oz) of warm water with the juice from ½ of a lemon

#### Meal 1:

Two Bacon Egg Cups (see main cookbook) + 1/2 cup serving of fruit

#### Meal 2:

LYL Green Smoothie (see smoothie ebook or main cookbook)

#### Meal 3:

Leftover Brazilian Fish Stew

#### Meal 4:

2 tbsp. of Guacamole w/ 2 cups chopped raw veggies

#### Meal 5:

Gluten-Free Pizza w/ Chicken Breast & Pesto (see additional recipes)

OR Skinny Shrimp Scampi with Spaghetti Squash (see main cookbook) Serving Size: 1 cup squash + 6 cooked shrimp.

#### Meal 6: (Optional)

One cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)

Slim Down Shake: Blend 1 cup unsweetened almond milk, with 1 scoop of protein powder, 1 tbsp. almond butter, dash of cinnamon and ½ cup ice)

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## Phase I: No Sugar, No Wheat, No Dairy

### Day 7

#### On waking:

1 cup (8oz) of warm water with the juice from ½ of a lemon

#### Meal 1:

Omelette or Egg Scramble – 1 whole egg & 3 egg whites with sautéed vegetables such as tomato, spinach, red onion, plus fresh basil (or other herbs) + 1 slice of Gluten-Free Bread

OR one serving of the LYL Blueberry Pancakes or Waffles (see main cookbook)

#### Meal 2:

LYL Green Smoothie (see smoothie ebook or main cookbook)

#### Meal 3:

LYL Burrito Bowl (see additional recipes)

#### OR)

Leftover Skinny Shrimp Scampi with Spaghetti Squash

#### Meal 4:

Ten cold almonds and ½ cup berries

#### Meal 5:

4oz Spicy Baked Trout or Salmon with (see cookbook)

a) 1 cup Green Bean w/ toasted almonds (see cookbook)

#### OR

b) Two Zucchini Fritters (see additional recipes)

#### Meal 6: (Optional)

One cup (8oz) of Chamomile Tea (or another non-stimulating herbal tea of your choosing)

Large green salad with a mixture of chopped veggies and herbs, topped with 1 tbsp. of an oil and balsamic vinegar-based dressing + 2 tbsp. mixed seeds & nuts or ½ sliced avocado