

Love Yourself Lean Program

Phase II – SAMPLE Meal Plan (Weeks 3 & 4) EARN YOUR CARBS!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PW - Apple Pie Oatmeal (CB)	Mini Salmon Quiche + ½ cup berries (CB)	Mini Salmon Quiche + ½ cup berries (CB)	LYL Green Smoothie (CB)	PW - Oatmeal Breakfast Cookie (CB)	PW - Oatmeal Breakfast Cookie (CB)	Egg Roll-Ups (CB)
LYL Green Smoothie (CB)	Chocolate Chia Pudding (CB)	LYL Green Smoothie (CB)	Hard Boiled Egg + Chopped Raw Veggies	1 cup berries + 2 Tbsp. Nus	1/2 Apple + 1 tbsp. Almond Butter	PW - Oatmeal Breakfast Cookie (CB)
Salmon Cakes with Mixed Green Salad (CB)	(Leftover) Chunky Turkey Bean Stew (CB)	PW – (Leftover) Spiced Sweet Potato Stew	(Leftover) Pecan Crusted Salmon + Snap Peas	(Leftover) Classic Chili	Crunchy Tuna Salad (CB)	(Leftover) Crunchy Tuna Salad (CB)
Chocolate Chia Pudding (CB)	Avocado Nut Shake (NEW)	Chocolate Chia Pudding (CB)	1 cup berries + 2 Tbsp. Nus	Iced Mocha Fusion Smoothie (CB)	Hard Boiled Egg + Chopped Raw Veggies	Chocolate Mint Smoothie (CB)
Chunky Turkey Bean Stew (CB)	PW – Spiced Sweet Potato Stew (CB)	Pecan Crusted Salmon + Sugar Snap Peas (CB)	PW – Classic Chili w/ a Twist + ½ cup cooked rice (CB)	Baked Salsa & Goat Cheese Chicken + Green Beans (CB)	Taco Lettuce Wraps (CB)	Go Out for a Lean Clean N' Green meal + optional LYL approved dessert

NOTES: Using the blank meal planning sheet mix & match meals from this Sample Meal Plan to create your own personalized meal plan for Weeks 4 & 5. You can have the same meal 2-3 days in a row. Simplify your plan as needed to best support your schedule. The main diet guidelines are to **Add Starchy Carbs to Your Post-Workout Meal**. All other meals consist of protein, fats, and produce. During this Phase, you can start to reintroduce added sugar (e.g. raw honey, maple syrup, coconut palm sugar) and goat-based dairy products.