

Love Yourself Lean

SAMPLE Meal Plan – Phase III (Week 5 & 6) Protein Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
½ Egg Roll Up + ½ cup berries (CB)	½ Egg Roll Up + ½ cup berries (CB)	LYL Grain-Free Granola (NEW)	LYL Green Smoothie (CB)	Blueberry Crunch Cereal (NEW)	Texas Breakfast Skillet (NEW)	LYL Grain-Free Granola (NEW)
LYL Green Smoothie (CB)	Turkey Power Snack Balls w/ chopped Raw Veggies	Hard Boiled Egg + Chopped Raw Veggies	Hard Boiled Eggs + Chopped Raw Veggies	Hard Boiled Eggs + Chopped Raw Veggies	LYL Green Smoothie (CB)	1 cup berries + 2 Tbsp. Nus
Roasted Red Pepper Soup + Green Salad (CB)	(Leftover) Skinny Shrimp Scampi w/ Spaghetti Squash	(Leftover) Taco Salad (CB)	(Leftover) Brazilian Fish Stew (Portal)	(Leftover) Burrito Bowl	(Leftover) Lentil Burger + Turmeric Cauliflower Rice (NEW)	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean
Turkey Power Snack Balls w/ chopped Raw Veggies	Avocado Nut Shake (NEW)	1/2 Apple + 1 tbsp. Almond Butter	1 cup berries + 2 Tbsp. Nus	Avocado Nut Shake (NEW)	Greek Shrimp Salad (cookbook)	Greek Shrimp Salad (cookbook)
Skinny Shrimp Scampi w/ Spaghetti Squash (CB)	Taco Lettuce Wraps (CB)	Brazilian Fish Stew (NEW)	Burrito Bowl (NEW)	Lentil Burger + Turmeric Cauliflower Rice (NEW)	Beef or Chicken Shish Kebobs + Grilled Veggies (Cookbook)	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 5 & 6 of this challenge. 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 **Omit Starchy Carbs**. Select recipes and create meals that consist of protein, fats, and produce (vegetables & fruit). During the final week, I recommend that you reduce or omit added sugar (e.g. raw honey, maple syrup, coconut palm sugar) and dairy products.