

Welcome to your 30 day meal plan. Feel free to mix them up as much as you want if you don't like some meals or snack. Congratulations to you in taking the first step to reaching your goal. Remember that you can mix the meals up and even create your own future meal plans.

I have used this plan myself and have seen excellent results. I suggest you also invest in high grade omega 3's which is good for your heart and will be a daily intake. Protein will also be a great investment, choose wisely and good luck!

## Day 1

### Breakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

### Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

### Lunch

Grilled chicken on a whole wheat wrap with lettuce, tomato and salsa, bottle of water

### Snack #2

Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water

### Dinner

Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, and a bottle of water

### Snack #3

12 ounce glass of skim or 1% milk and a small banana or berries

## Day 2

### Breakfast

Whole wheat english muffin w/ jelly, high grade omega-3's, protein shake (skim milk and 1 scoop of your protein powder, 1/2 banana)

### Snack #1

1/2 peanut butter sandwich on whole wheat bread, bottle of water

### Lunch

Canned tuna in water (mix with lemon juice and black pepper) add fat free mayo put on whole wheat bread, bottle of water

### Snack #2

Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water

### Dinner

Cajun chicken breast, cous cous, baked sweet potato, mixed grilled veggies, and a bottle of water

### Snack #3

No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds

# Day 3

## Breakfast

5 egg white /1 whole egg omelet (made with onions, peppers, mushrooms and salsa) high grade omega-3's whole wheat toast, and a bottle of water

## Snack #1

1% cottage cheese, ripe banana, bottle of water

## Lunch

Turkey burger with onions, lettuce, tomato, and fat free swiss cheese, fat free yogurt, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, and a bottle of water

## Snack #3

1-2 pieces of fat free string cheese, and grapes

# Day 4

## Breakfast

Whole wheat waffles w/ fresh blueberries and fat free cool whip, protein shake (skim milk and 1 scoop protein powder ) and high grade omega-3's

## Snack #1

1/2 peanut butter sandwich on whole wheat bread, bottle of water

## Lunch

Grilled chicken on a whole wheat wrap with lettuce, tomato, and salsa, fat free yogurt, and a bottle of water

## Snack #2

1/2 peanut butter sandwich, on whole wheat bread, bottle of water

## Dinner

Top round or grilled sirloin steak, baked sweet potato, grilled asparagus, bottle of water

## Snack #3

Thinly sliced roasted turkey wrapped around a pickle, with cayenne pepper

# Day 5

## Breakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Canned tuna in water (mix with lemon juice and black pepper) add fat free mayo put on whole wheat bread, bottle of water

## Snack #2

Turkey or beef jerky, saltine crackers, bottle of water

## Dinner

Cajun chicken breast, cous cous, baked sweet potato, mixed grilled veggies, and a bottle of water

## Snack #3

12 ounce glass of skim milk or 1% milk, and a small banana or berries

# Day 6

## Breakfast

Whole wheat toast, egg white souffle (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes) high grade omega-3's

## Snack #1

1/2 peanut butter sandwich on whole wheat bread, bottle of water

## Lunch

Turkey burger with onions, lettuce, tomato, and fat free swiss cheese, fat free yogurt, bottle of water

## Snack #2

1/2 peanut butter sandwich, on whole wheat bread, bottle of water

## Dinner

Lemon grilled chicken, brown rice, grilled vegetable mix, bottle of water

## Snack #3

Air popped popcorn with Molly McButter seasoning, bottle of water

# Day 7

## Breakfast

Bowl of Kashi Go Lean (or other high protein cereal) w/ skim milk, scrambled egg whites with salsa, high grade omega-3's

## Snack #1

Bag of homemade trail mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)

## Lunch

Grilled chicken on a whole wheat wrap with lettuce, tomato, and salsa, fat free yogurt, and a bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled pork chop, applesauce, grilled portobello mushrooms, baked sweet potato, bottle of water

## Snack #3

Air popped popcorn with cinnamon sugar, bottle of water

# Day 8

## Breakfast

Bowl of Kashi Heart to Heart cereal w/ skim milk, high grade omega-3's, fat free greek yogurt

## Snack #1

25-30 grapes, low fat mozzarella string cheese, bottle of water

## Lunch

Turkey burger with onions, lettuce, tomato, and fat free swiss cheese, fat free yogurt, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled salmon steak (w/ teriyaki drizzle), brown rice, sauteed broccoli, bottle of water

## Snack #3

1% cottage cheese, fresh strawberries, bottle of water

# Day 9

## Breakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Grilled chicken on a whole wheat wrap with onions and BBQ sauce, fat free yogurt, bottle of water

## Snack #2

1% cottage cheese, 1 ripe banana, bottle of water

## Dinner

Top round or grilled sirloin steak, baked sweet potato, grilled asparagus, bottle of water

## Snack #3

Greek yogurt, hand full of crushed almonds

# Day 10

## SnackBreakfast

Breakfast smoothie- made with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop protein powder or vanilla greek yogurt, high grade omega-3's

## Snack #1

Almonds and apricots (mix about 10 dried apricots with 20-25 almonds in a bag), bottle of water

## Lunch

Mixed green salad with grilled salmon, lemon, and black pepper, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled salmon steak (w/ teriyaki drizzle), brown rice, sauteed broccoli, bottle of water

## Snack #3

Beef jerky or turkey jerky, bottle of water

# Day 11

## Breakfast

Whole wheat waffles w/ applesauce, high grade omega-3's, protein shake (skim milk and 1 scoop protein shake)

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Tuna fish salad (made with fat free mayo to prepare) on whole wheat pita with craisins, apple, bottle of water

## Snack #2

Peanut butter, sliced green apple, bottle of water

## Dinner

Turkey burger on a whole wheat bun with A-1 steak sauce, baked "sweet potato" fries, bottle of water

## Snack #3

Small bowl of Kashi Go Lean (or other high protein cereal) in nonfat / skim milk

# Day 12

## Breakfast

Whole wheat toast, egg white souffle (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes) high grade omega-3's

## Snack #1

Plain greek yogurt (Chobani, Oikos, etc) with sliced peaches and almonds, bottle of water

## Lunch

Sashimi lunch over brown rice and edamame, light soy sauce, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Cajun chicken breast, cous cous, baked sweet potato, mixed grilled veggies, and a bottle of water

## Snack #3

1% cottage cheese, fresh strawberries, bottle of water

# Day 13

## Breakfast

Turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Grilled chicken on a whole wheat wrap with onions and BBQ sauce, fat free yogurt, bottle of water

## Snack #2

Turkey or beef jerky, saltine crackers, bottle of water

## Dinner

Roasted turkey breast, sweet potato mash, cranberry sauce, grilled zucchini, bottle of water

## Snack #3

Air popped popcorn with ranch powder, bottle of water

# Day 14

## Breakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

## SnackBreakfast

Fat free granola bar, banana, glass of skim milk, high grade omega-3's

## Lunch

Roasted turkey breast (leftovers from dinner), on whole wheat bread with cranberry sauce, lettuce, black pepper, and slivered almonds

## Snack #2

Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water

## Dinner

Grilled pork chop, applesauce, grilled portobello mushrooms, baked sweet potato, bottle of water

## Snack #3

Air popped popcorn with cajun spices, bottle of water

# Day 15

## Breakfast

Bowl of oatmeal with 1 scoop protein powder, high grade omega-3's, glass of skim milk

## Snack #1

Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, apple, bottle of water

## Lunch

Mixed green salad with grilled chicken, pineapple, and orange slices, bag of pretzels, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled halibut steak (w/ squeezed lemon), brown rice, sauteed spinach, bottle of water

## Snack #3

12 ounce glass of skim or 1% milk and a small banana or berries

# Day 16

## Breakfast

Breakfast smoothie- made with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop protein powder or vanilla greek yogurt, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Turkey breast on a whole wheat wrap with hot mustard and fat free swiss cheese, fat free yogurt, bottle of water

## Snack #2

Turkey or beef jerky, saltine crackers, bottle of water

## Dinner

Grilled pork chop, applesauce, grilled portobello mushrooms, baked sweet potato, bottle of water

## Snack #3

No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds

# Day 17

## SnackBreakfast

Fat free granola bar, banana, glass of skim milk, high grade omega-3's

## Snack #1

1% cottage cheese, ripe banana, bottle of water

## Lunch

Peanut butter and jelly sandwich on whole wheat bread, fat free yogurt, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day **Dinner**

Fresh pasta with roasted red tomato sauce and grilled oregano chicken, bottle of water

## Snack #3

1-2 pieces of fat free string cheese, and grapes

# Day 18

## Breakfast

Turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, high grade omega-3's

## Snack #1

1/2 peanut butter sandwich on whole wheat bread, bottle of water

## Lunch

Grilled chicken on a whole wheat wrap with grilled veggies, bag of pretzels, bottle of water

## Snack #2

1/2 peanut butter sandwich, on whole wheat bread, bottle of water

## Dinner

Grilled sirloin steak with garlic and A-1 steak sauce, baked sweet potato, sauteed broccoli, bottle of water

## Snack #3

Thinly sliced roasted turkey wrapped around a pickle, with cayenne pepper

# Day 19

## Breakfast

Scrambled egg whites with fat free mozzarella, salsa, english muffin, skim milk, high grade omega-3's

## Snack #1

Bag of homemade trail mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)

## Lunch

Mixed green salad with grilled chicken, pineapple, and orange slices, bag of pretzels, bottle of water

## Snack #2

Bag of homemade trail mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)

## Dinner

Grilled chicken breast with roasted apple and onion, cous cous, sweet potato, mixed grilled veggies, bottle of water

## Snack #3

12 ounce glass of skim or 1% milk and a small banana or berries

# Day 20

## Breakfast

Whole wheat waffles with sugar free maple syrup and pumpkin butter, skim milk, high grade omega-3's

## Snack #1

25-30 grapes, low fat mozzarella string cheese, bottle of water

## Lunch

Tuna fish salad (made with fat free mayo to prepare) on whole wheat pita with craisins, apple, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, and a bottle of water

## Snack #3

Air popped popcorn with drizzled honey, bottle of water

# Day 21

## Breakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Grilled chicken on a whole wheat wrap, with mango slices and black pepper, fat free yogurt, bottle of water

## Snack #2

No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds

## Dinner

Baked chicken breast, sweet potato fries (baked in the oven with a coating of PAM), mixed grilled veggies, bottle of water

## Snack #3

Air popped popcorn with garlic powder and hot sauce, bottle of water

# Day 22

## Breakfast

Oatmeal power shake made with 12 ounces of skim milk, 1/4 cup of oats, bananas, strawberries, and 1 Scoop protein powder or plain yogurt, high grade omega-3's

## Snack #1

A bag of pretzels with spicy mustard, fat free yogurt, bottle of water

## Lunch

Grilled chicken on a whole wheat wrap with spinach, sundried tomatoes, and pepper, fat free yogurt, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled shrimp, angel hair pasta, garlic and olive oil, bottle of water

## Snack #3

1% cottage cheese, fresh strawberries, bottle of water

# Day 23

## Breakfast

Bowl of Kashi Heart to Heart cereal w/ skim milk, high grade omega-3s, fat free greek yogurt

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Pasta salad with citrus grilled chicken, and low fat vinaigrette, bottle of water

## Snack #2

Turkey or beef jerky, saltine crackers, bottle of water

## Dinner

Top round or grilled sirloin steak, baked sweet potato, grilled asparagus, bottle of water

## Snack #3

Greek yogurt, hand full of crushed almonds

# Day 24

## SnackBreakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Egg white and pepper omelet on a whole wheat wrap with fat free swiss cheese, fat free yogurt, bottle of water

## Snack #2

A bag of pretzels with spicy mustard, fat free yogurt, bottle of water

## Dinner

Lemon filet of sole, wilted garlic spinach, brown rice, bottle of water

## Snack #3

Beef jerky or turkey jerky, bottle of water

# Day 25

## Breakfast

Bowl of Kashi Go Lean (or other high protein cereal) w/ skim milk, scrambled egg whites with salsa, high grade omega-3's

## Snack #1

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Lunch

Canned tuna in water (mix with lemon juice and black pepper) add fat free mayo put on whole wheat bread, bottle of water

## Snack #2

Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water

## Dinner

Grilled pork chop, applesauce, grilled portobello mushrooms, baked sweet potato, bottle of water

# Day 26

## Breakfast

English muffin with pumpkin butter, protein shake (skim milk, banana and 1 scoop protein powder), high grade omega-3's

## Snack #1

Peanut butter, sliced green apple, bottle of water

## Lunch

Steak and cheese wrap (on whole wheat wrap, slice up flank steak and grill with onions and peppers) add low fat mozzarella

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Chicken parmesan lite (made with grilled chicken and fat free mozzarella cheese), black beans and rice, bottle of water

## Snack #3

1% cottage cheese, fresh strawberries, bottle of water

# Day 27

## Breakfast

Whole wheat french toast (dipped in egg beaters) with sugar free maple syrup, glass of skim milk, high grade omega-3's

## Snack #1

Plain greek yogurt (Chobani, Oikos, etc) with sliced peaches and almonds, bottle of water

## Lunch

Cajun grilled chicken on a whole wheat wrap with lettuce, tomato and salsa, bottle of water

## Snack #2

A couple of bunches of grapes, wedge of laughing cow or baby bel cheese, bottle of water

## Dinner

Turkey sausage with red peppers and onions, baked sweet potato, bottle of water

## Snack #3

Air popped popcorn sprinkled with parmesan cheese, bottle of water

# Day 28

## Breakfast

Scrambled egg whites, turkey bacon, whole wheat toast, glass of skim milk, high grade omega-3's

## Snack #1

Walnuts and apricots (mix about 10 dried apricots with 10-12 walnuts in a bag), bottle of water

## Lunch

Peanut butter and jelly sandwich on whole wheat bread, fat free yogurt, bottle of water

## Snack #2

Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water

## Dinner

Chicken cacciatore lite (made with mushrooms, tomatoes, peppers) brown rice, bottle of water

## Snack #3

Air popped popcorn with sprinkled sea salt, bottle of water

# Day 29

## Breakfast

Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's

## Snack #1

Turkey or beef jerky, saltine crackers, bottle of water

## Lunch

Grilled chicken on a whole wheat wrap with onions and BBQ sauce, fat free yogurt, bottle of water

## Snack #2

Protein Shake (skim milk and 1 scoop of protein powder and ½ banana) or swap in any other snack from another day

## Dinner

Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, and a bottle of water

## Snack #3

12 ounce glass of skim milk or 1% milk, and a small banana or berries

# Day 30

## Breakfast

Whole wheat english muffin w/ jelly, high grade omega-3's, protein shake (skim milk and 1 scoop of protein powder, 1/2 banana)

## Snack #1

1/2 peanut butter sandwich on whole wheat bread, bottle of water

## Lunch

Canned tuna in water (mix with lemon juice and black pepper) add fat free mayo put on whole wheat bread, bottle of water

## Snack #2

1/2 peanut butter sandwich, on whole wheat bread, bottle of water

## Dinner

Cajun chicken breast, cous cous, baked sweet potato, mixed grilled veggies, and a bottle of water

## Snack #3

1-2 pieces of fat free string cheese, and grapes