

Maximized Living Makeover Advanced Meal Plan

Maximized Living Makeover Basic Meal Plan						
Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1	Eggs Florentine & Turkey Bacon	Apple Crisp	Taco-Mex Salad	Red Cabbage & Guacamole	Stir-Fry Vegetables w/Chicken	Raw Cheese & Nuts
2	Breakfast Burrito (in Hemp Wrap)	Grapefruit	Beef-Veg Soup	Ray Cheese & Nuts	Coconut Chicken Tenders w/Peas	1/2 Avacado w/Salt & Lime
3	Cheesy-Curry Eggs & Beef Sausage	Lemon Parfait	Broccoli Burgers	Veggie, Sticks & Ranch	Stuffed Peppers II	Nuts, Seeds & Coconut Flakes
4	Greens & Berry Shake	Raw Cheese & Nuts	Veggie Omelet	Berry Shake	Italian Tilapia w/Green Salad	Red Cabbage & Guacamole
5	Salad! (greens are always good!)	Cottage Cheese & Berries	Eggplant-Tomato Bake	1/2 Avocado w/Salt & Lime	Meat Loag w/Roast Vegetables	Veggie Sticks & Ranch
6	Yogurt & Fresh Berries w/Coconut	Red Pepper & Hummus	Leftovers!	Nuts, Seeds & Coconut Flakes	Curried Lamb on Roast Eggplant	Lemon Parfait
7	Breakfast Burrito (in Hemp Wrap)	Grapefruit	Broccoli Burgers	1/2 Avocado w/Salt & Lime	Coconut Chicken Tenders w/Peas	Veggie Sticks & Ranch
8	Cheesy-Curry Eggs & Beef Sausage	Apple Crisp	Eggplant-Tomato Bake	Veggie Sticks & Ranch	Leftovers!	Red Cabbage & Guacamole
9	Yogurt & Fresh Berries w/Coconut	Raw Cheese & Nuts	Beef-Veg Soup	Berry Shake	Stuffed Peppers II	Nuts, Seeds & Coconut Flakes
10	Eggs Florentine & Turkey Bacon	Lemon Parfait	Taco-Mex Salad	Red Cabbage & Guacamole	Stir-Fry Vegetables w/Chicken	Veggie Sticks & Ranch
11	Salad! (greens are always good!)	Grapefruit	Leftovers!	Raw Cheese & Nuts	Italian Tilapia w/ Green Salad	Lemon Parfait
12	Breakfast Burrito (in Hemp Wrap)	Cottage Cheese & Berries	Veggie Omelet	Nuts, Seeds & Coconut Flakes	Coconut Chicken Tenders w/Peas	Red Cabbage & Guacamole
13	Cheesy-Curry Eggs & Beef Sausage	Apple Crisp	Beef-Veg Soup	1/2 Avocado w/Salt & Lime	Leftovers!	Veggie Sticks & Ranch
14	Greens & Berry Shake	Raw Cheese & Nuts	Broccoli Burgers	Veggie Sticks & Ranch	Stuffed Peppers II	Lemon Parfait
15	Yogurt & Fresh Berries w/Coconut	Red Pepper & Hummus	Eggplant-Tomato Bake	Red Cabbage & Guacamole	Curried Lamb on Roast Eggplant	Raw Cheese & Nuts

16	Eggs Florentine & Turkey Bacon	Grapefruit	Taco-Mex Salad	Berry Shake	Coconut Chicken Tenders w/Peas	Nuts, Seeds & Coconut Flakes
17	Salad! (greens are always good!)	Lemon Parfait	Veggie Omelet	Raw Cheese & Nuts	Meat Loaf w/Roast Vegetables	1/2 Avocado w/Salt & Lime
18	Breakfast Burrito (in Hemp Wrap)	Apple Crisp	Leftovers!	Nuts, Seeds & Coconut Flakes	Stir-Fry Vegetables w/ Chicken	Red Cabbage & Guacamole
19	Cheesy-Curry Eggs & Beef Sausage	Cottage Cheese & Berries	Taco-Mex Salad	Raw Cheese & Nuts	Italian Tilapia w/ Green Salad	Lemon Parfait
20	Eggs Florentine & Turkey Bacon	Lemon Parfait	Broccoli Burgers	Red Cabbage & Guacamole	Leftovers!	Veggie Sticks & Ranch
21	Yogurt & Fresh Berries w/Coconut	Raw Cheese & Nuts	Eggplant-Tomato Bake	Veggie Sticks & Ranch	Stuffed Peppers II	Lemon Parfait
22	Greens & Berry Shake	Red Pepper & Hummus	Veggie Omelet	1/2 Avocado w/Salt & Lime	Coconut Chicken Tenders w/Peas	Raw Cheese & Nuts
23	Breakfast Burrito (in Hemp Wrap)	Grapefruit	Leftovers!	Nuts, Seeds & Coconut Flakes	Meat Loaf w/Roast Vegetables	1/2 Avocado w/Salt & Lime
24	Yogurt & Fresh Berries w/Coconut	Red Pepper & Hummus	Broccoli Burgers	Raw Cheese & Nuts	Stir-Fry Vegetables w/ Chicken	Red Cabbage & Guacamole
25	Cheesy-Curry Eggs & Beef Sausage	Lemon Parfait	Taco-Mex Salad	Red Cabbage & Guacamole	Leftovers!	Veggie Sticks & Ranch
26	Salad! (greens are always good!)	Apple Crisp	Eggplant-Tomato Bake	1/2 Avocado w/Salt & Lime	Stuffed Peppers II	Raw Cheese & Nuts
27	Eggs Florentine & Turkey Bacon	Cottage Cheese & Berries	Beef-Veg Soup	Berry Shake	Italian Tilapia w/ Green Salad	Red Cabbage & Guacamole
28	Yogurt & Fresh Berries w/Coconut	Raw Cheese & Nuts	Veggie Omelet	1/2 Avocado w/Salt & Lime	Meat Loaf w/Roast Vegetables	Lemon Parfait
29	Greens & Berry Shake	Red Pepper & Hummus	Leftovers!	Veggie Sticks & Ranch	Coconut Chicken Tenders w/Peas	Raw Cheese & Nuts
30	Breakfast Burrito (in Hemp Wrap)	Lemon Parfait	Broccoli Burgers	Berry Shake	Curried Lamb on Roast Eggplant	Red Cabbage & Guacamole
31	Yogurt & Fresh Berries w/Coconut	Grapefruit	Taco-Mex Salad	Red Cabbage & Guacamole	Stuffed Peppers II	Veggie Sticks & Ranch
32	Salad! (greens	Cottage	Beef -	Nuts, Seeds	Stir-Fry	1/2 Avocado

	are always good!)	Cheese & Berries	Vegetable Soup	& Coconut Flakes	Vegetables w/ Chicken	w/Salt & Lime	
33	Eggs Florentine & Turkey Bacon	Apple Crisp	Leftovers!	Raw Cheese & Nuts	Meat Loaf w/Roast Vegetables	Red Cabbage & Guacamole	
34	Greens & Berry Shake	Raw Cheese & Nuts	Broccoli Burgers	Veggie Sticks & Ranch	Italian Tilapia w/ Green Salad	Lemon Parfait	
35	Cheesy-Curry Eggs & Beef Sausage	Lemon Parfait	Eggplant-Tomato Bake	Berry Shake	Coconut Chicken Tenders w/Peas	Raw Cheese & Nuts	