

Maximized Living Makeover Basic Meal Plan

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1	Whole Grain Cereal (dressed up!	Celery w/almond butter	Chicken & Veggie Omelet	Cottage Cheese & Berries	Whole Grain Hamburgers w/Quinoa Salad	Berries & Coconut Milk
2	Gluten Free Muffin & Fresh Fruit	Veggie Sticks w/Ranch	Egg Salad on Ezekiel Bread	Pita Chips & Hummus	Coconut Chicken Tenders w/peas	Spelt Cookies
3	Gluten Free Pancakes w/Strawberries	Caprese Salad	Chicken Salad on Greens	Mixed Nuts	Lamb Chops w/Roast vegetables	Fresh Fruit Salad
4	Whole Grain Bagel w/Almond Butter	Melons	Beef - Vegetable Soup	Celery w/Almond Butter	Stir-fry Vegetables w/Chicken	Raw Cheese & Nuts
5	Eggs Florentine w/Turkey Bacon	Whole Grain Pretzels	Stuffed Peppers	Cottage Cheese & Berries	Pot Roast w/Green Salad	Homemade Ice Cream
6	Breakfast Burrito(in whole grain wrap)	Gluten Free Muffin	Vegetarian Chili	Caprese Salad	Meatloaf w/Sweet Potato	Raw Cheese & WG Crackers
7	Cheesy -Curry Eggs w/Beef Sausage	Mixed Nuts	Eggplant - Tomato Bake	Veggie Sticks w/Ranch	Leftovers!	Melons
8	Greens & Berry Shake	Raw Cheese & WG Crackers	Whole Grain Vegetable Wrap	Fresh Fruit	Italian Tilapia w/Caprese Salad	Celery w/Almond Butter
9	Whole Grain Cereal(dressed up!)	Melons	Egg Salad on Ezekiel Bread	Cottage Cheese & Berries	Coconut Chicken Tenders w/Peas	Raw Cheese & WG Crackers
10	Gluten Free Pancakes w/Strawberries	Veggie sticks w/Ranch	Chicken Salad on Greens	Pita Chips & Hummus	Lamb Chops w/ Roast Vegetables	Fresh Fruit Salad
11	Eggs Florentine w/Turkey Bacon	Caprese Salad	Vegetarian Chili	Mixed Nuts	Stir-fry Vegetables w/Chicken	Homemade Ice Cream
12	Breakfast Burrito(in whole grain wrap)	Whole Grain Pretzels	Eggplant - Tomato Bake	Celery w/Almond Butter	Meat Loaf w/Sweet Potato	Spelt Cookies
13	Gluten Free Muffin & Fresh Fruit	Celery w/Almond Butter	Beef - Vegetable Soup	Cottage Cheese & Berries	Leftovers!	Herbal Tea
14	Whole Grain Cereal(dressed up!)	Raw Cheese& WG Crackers	Chicken Salad on Greens	Fresh Fruit	Pot Roast w/Green Salad	Celery w/Almond Butter
15	Greens & Berry Shake	Veggie sticks w/Ranch	Egg Salad on Ezekiel Bread	Pita Chips & Hummus	Italian Tilapia w/Caprese Salad	Berries & Coconut Milk

16	Cheesy-Curry Eggs w/Beef Sausage	Melons	Stuffed Peppers	Mixed Nuts	Lamb Chops w/Roast Vegetables	Raw Cheese & WG Crackers
17	Eggs Florentine w/Turkey Bacon	Gluten Free Muffin	Eggplant - Tomato Bake	Veggie sticks w/Ranch	Coconut Chicken Tenders w/Peas	Fresh Fruit Salad
18	Gluten Free Muffin & Fresh Fruit	Caprese Salad	Whole Grain Vegetable Wrap	Pita Chips & Hummus	Meat Loaf w/Sweet Potato	Melon
19	Breakfast Burrito(in whole grain wrap)	Mixed Nuts	Chicken Salad on Greens	Cottage Cheese & Berries	Leftovers!	Herbal Tea
20	Whole Grain Cereal(dressed up!)	Melon	Vegetarian Chili	Celery w/Almond Butter	Pot Roast w/Green Salad	Spelt Cookies
21	Gluten Free Pancakes w/Strawberries	Celery w/Almond Butter	Beef - Vegetable Soup	Fresh Fruit	Italian Tilapia w/Caprese Salad	Raw Cheese & WG Crackers
22	Cheesy -Curry Eggs w/ Beef Sausage	Whole Grain	Pretzels Eggplant - Tomato Bake	Pita Chips & Hummus	Stir-fry Vegetables w/Chicken	Berries & Coconut Milk
23	Greens & Berry Shake	Veggie sticks w/Ranch	Egg Salad on Ezekiel Bread	Mixed Nuts	Coconut Chicken Tenders w/Peas	Homemade Ice Cream
24	Eggs Florentine w/Turkey Bacon	Raw Cheese& WG Crackers	Stuffed Peppers	Veggie Sticks w/Ranch	Lamb Chops w/Roast Vegetables	Melon
25	Breakfast Burrito(in whole grain wrap)	Caprese Salad	Whole Grain Vegetable Wrap	Pita Chips & Hummus	Leftovers!	Fresh Fruit Salad
26	Whole Grain Cereal(dressed up!)	Gluten Free Muffin	Chicken Salad on Greens	Celery w/Almond Butter	Pot Roast w/Green Salad	Spelt Cookies
27	Gluten Free Pancakes w/Strawberries	Celery w/Almond Butter	Vegetarian Chili	Cottage Cheese & Berries	Italian Tilapia w/Caprese Salad	Herbal tea
28	Gluten Free Muffin & Fresh Fruit	Veggie sticks w/ Ranch	Beef - Vegetable Soup	Pita Chips & Hummus	Meat Loaf w/Sweet Potato	Homemade Ice Cream
29	Greens & Berry Shake	Melon	Egg Salad on Ezekiel Bread	Caprese Salad	Stir-fry Vegetables w/Chicken	Berries & Coconut Milk
30	Eggs Florentine w/Turkey Bacon	Caprese Salad	Stuffed Peppers	Celery w/Almond Butter	Leftovers!	Melon
31	Cheesy -Curry Eggs w/ Beef Sausage	Gluten Free Muffin	Eggplant - Tomato Bake	Mixed Nuts	Coconut Chicken Tenders w/Peas	Herbal Tea

32	Gluten Free Pancakes w/Strawberries	Raw Cheese& WG Crackers	Beef - Vegetable Soup	Fresh Fruit	Italian Tilapia w/Caprese Salad	Raw Cheese & WG Crackers
33	Greens & Berry Shake	Celery w/Almond Butter	Chicken Salad on Greens	Veggie sticks w/Ranch	Meat Loaf w/Sweet Potato	Spelt Cookies
34	Whole Grain Cereal(dressed up!)	Melon	Egg Salad on Ezekiel Bread	Pita Chips & Hummus	Lamb Chops w/Roast Vegetables	Herbal Tea
35	Gluten Free Muffin & Fresh Fruit	Veggie Sticks w/Ranch	Vegetarian Chili	Cottage Cheese & Berries	Pot Roast w/Green Salad	Fresh Fruit Salad