

	Day 15	Day 16 Workout	Day 17	Day 18 Workout	Day 19 Workout	Day 20	Day 21
Wake-up	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water	16 oz of water
Breakfast	3 Eggs Any Style 1/2 Avocado (1 tsp ghee if pan-frying) Black coffee or tea	Almond Joy Shake	Green Eggs and Ham Cups	Overnight Cinnamon-Rolled Oats	Green Eggs and Ham Cups Black coffee or tea	Almond Joy Shake Black coffee or tea	2 Eggs Any Style 1 C Spinach (1 tsp ghee if pan-frying)\ Black coffee or tea
Snack	5 Strawberries 16 oz of water	20 Cashews 16 oz water	10 Strawberries 30 Cashews 16 oz water	20 Cashews 16 oz water	10 Strawberries Almond Butter (1 tbsp) 16 oz water	5 Strawberries Almond Butter (2 tbsp) 8 oz water 16 oz water	3 Strawberries Peanut Butter 16 oz water
Lunch	California Chicken Salad Wraps 16 oz of water	Blackened Salmon (1/2 Serving) Quinoa w/ Veggies	Blackened Salmon (1/2 Serving) Quinoa w/ Veggies 16 oz of water	Salad w/ Tuna Easiest Vinaigrette (1/2 Serving) 1/2 Sweet Potato 1/2 tsp Ghee	Salad w/ Tuna Easiest Vinaigrette 1/2 Sweet Potato 1/2 tsp Ghee 16 oz water	So Simple Pork Tenderloin (1/2 serving) Sizzlin' Summer Veggies 16 oz water	So Simple Pork Tenderloin (1/2 serving) Sizzlin' Summer Veggies 16 oz water
Snack	Turkey Jerky (1/3 Bag) 16 oz of water	Turkey Jerky (1/3 Bag) 16 oz of water	Turkey Jerky (1/3 Bag) 16 oz of water	Turkey Jerky (1/3 Bag) 16 oz of water	30 Cashews 16 oz of waters	Turkey Jerky (1/3 Bag) 16 oz water	20 Cashews 16 oz water
Dinner	Blackened Salmon Quinoa w/ veggies 8 oz water	2 Chicken Thighs 1 Sweet Potato 1 tsp Ghee 8 oz water	Tex-Mex Chicken Chorizo 8 oz water	Tex-Mex Chicken Chorizo Caul Smash 8 oz water	So Simple Pork Tenderloin Sizzlin' Summer Veggies 8 oz water	Cheat Night!	Grilled 8oz Sirloin Caulr Smash 3 oz Mixed Greens Easiest Vinaigrette 8 oz water
EXTRA SNACK	BUFFALO BITES	1-3 SERVINGS OF SUMMER PATTY	BUFFALO BITES	1-3 SERVINGS OF SUMMER PATTY	BUFFALO BITES	1-3 SERVINGS OF SUMMER PATTY	BUFFALO BITES

	Day 22	Day 23 Workout	Day 24	Day 25 Workout	Day 26 Workout	Day 27	Day 28
Wake-up	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar
Breakfast	Fresh Herb Scramble 16 oz Water	Overnight Cinnamon-Rolled Oats 16 oz Water	Caprese Frittata Cups 16 oz Water	Overnight Cinnamon-Rolled Oats	Caprese Frittata Cups 16 oz Water	AB&J Shake 16 oz Water	AB&J Shake 16 oz Water
Snack	10 Almonds 8 oz Water	Turkey Jerky (1/3 Bag) 8 oz Water	2 oz Smoked Salmon 1/2 Banana 8 oz Water	Turkey Jerky (1/3 Bag) 12 Strawberries 8 oz Water	20 Almonds 1/3 C Raspberries 8 oz Water	Turkey Jerky (1/3 Bag) 8 oz Water	2 oz Smoked Salmon 8 oz Water
Lunch	Crispy Wings Steamed Veggies 16 oz Water	Pan Seared Haddock Steamed Veggies 16 oz Water	F flank Steak Salad Easiest Vinaigrette 16 oz Water	Crispy Wings Steamed Veggies (1/2 serving) 16 oz Water	F flank Steak Salad Easiest Vinaigrette 16 oz Water	Pulled Pork Lettuce Wraps Fried "Rice" (1/2 serving) 16 oz Water	Pulled Pork Lettuce Wraps 16 oz Water
Snack	2 oz Smoked Salmon	5 Strawberries	20 Almonds	10 Almonds 1 Plum	2 oz Smoked Salmon		12 Strawberries
Dinner	F flank Steak Fried "Rice" 3 oz Greens 8 oz Water	F flank Steak Fried "Rice" 8 oz Water	Crispy Wings Steamed Veggies 8 oz Water	Pan Seared Haddock 1/2 Sweet Potato 1 tsp Ghee Steamed Veggies (1/2 serving) 8 oz Water	Pulled Pork Fried "Rice" (1/2 serving) 8 oz Water	Cheat Night!	Grilled 8oz Filet 1/2 Sweet Potato 1 tsp Ghee 3oz Mixed Greens Easiest Vinaigrette 8 oz Water
EXTRA SNACK	Cauliflower Smash	Cauliflower Smash	Cauliflower Smash	Cauliflower Smash	Cauliflower Smash		Cauliflower Smash

	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Wake-up	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar
Breakfast	Breakfast sweet potato beef hash + 2 eggs	Sausage kale soup	Breakfast sweet potato beef hash + 2 eggs	Buffalo chicken bites Sauteed kale	Breakfast sweet potato beef hash	Sausage kale soup	Breakfast sweet potato beef hash + 2 eggs
Snack	Wonton meatballs 16 oz water	Paleo stromboli 16 oz water	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water	Paleo stromboli 16 oz water	Buffalo chicken bites 16 oz water	Paleo stromboli 16 oz water	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water
Lunch	Sausage Kale Soup 16 oz of water	Buffalo chicken bites Sauteed kale 16 oz of water	Lemon basil chicken skillet Zucchini noodles 16 oz of water	Lemon basil chicken skillet Zucchini noodles 16 oz of water	Salmon + roasted broccoli 16 oz water	Sauteed shrimp with onions and cherry tomatoes 16 oz water	Salmon + roasted broccoli 8 oz of water
Snack	½ cup Pomegranate, ½ cup blueberries, 1 tbsp almond butter 16 oz of water	Wonton meatballs 16 oz water	Wonton meatballs 16 oz water	Wonton meatballs 16 oz water	Paleo stromboli 16 oz water	Buffalo chicken bites 16 oz water	Ground beef patty + sauteed kale 16 oz water
Dinner	Broccoli Lemon Chicken with Capers 8 oz of water	Broccoli Lemon Chicken with Capers 8 oz of water	Sausage kale soup 8 oz of water	Salmon + roasted broccoli 8 oz of water	Sausage kale soup 8 oz of water	Cheat Night 8 oz of water	Salmon + roasted broccoli 8 oz of water

	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Wake-up	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar	16 oz of water with 1 TBSP of apple cider vinegar
Breakfast	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins	2 Breakfast Muffin Tins
Snack	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water	Butternut Squash Soup 16 oz water
Lunch	Stuffed Peppers 16 oz of water	Stuffed Peppers 16 oz of water	Stuffed Peppers 16 oz of water	Stuffed Peppers 16 oz of water	Spicy Shredded Chicken 16 oz of water	Spicy Shredded Chicken 16 oz of water	Spicy Shredded Chicken 16 oz of water
Snack	23 Cashews ¼ cup of raw Pomegranates 16 oz water	23 Cashews 1 small apple 16 oz water	23 Cashews 1 Cutie 16 oz water	23 Cashews 1 small apple 16 oz water	23 Cashews ¼ cup of raw Pomegranates 16 oz water	23 Cashews 1 Cutie 16 oz water	23 Cashews ¼ cup of raw Pomegranates 16 oz water
Dinner	My Own Pad Thai 8 oz of water	My Own Pad Thai 8 oz of water	My Own Pad Thai 8 oz of water	New Special Chicken w/asparagus 8 oz of water	My Own Pad Thai 8 oz of water	Cheat Night	Ribeye w/brussels sprouts

