

30 Day Challenge Weekly Meal Plan

This is following the Yoli Better Body meal plan. For more information feel free to contact us directly or visit our shop for more details.

Meal Plan

Day 1 (Protein Day)

Wake up- Passion drink and Alkalete

30 mins later- Yes Shake

Mid-Morning- Greek yogurt, scrambled eggs, 2 slices of bacon

Lunch- Grilled Pork chop, cucumber sliced

Afternoon- Almonds (handful), ½ cup cottage cheese, turkey sticks (or lean lunch meat) Passion drink

Dinner- Yes shake

Bed time- Alkalete and Pure

Day 2 (Protein Day)

Wake up- Passion Drink and Alkalete

30 mins later Yes shake

Mid-Morning- 1 boiled egg and 2 pieces of bacon

Lunch- Tuna with shredded cheese, celery, green onion, and mayo

Afternoon- Salad with Spinach leaves, lettuce, cucumber, green peppers, grilled chicken, and Vinaigrette, Also Passion drink

Dinner- Yes Shake

Bed time- Alkalete and Pure

Day 3 (Meal Day)

Wake up- Passion drink and Alkalete

30 mins later- Yes shake with banana or your choice of fruit

Mid-Morning- 2 scrambled eggs, 2 pieces of bacon

Lunch- Grilled Pork chop, baked potato with butter, shredded cheese and crumbles bacon

Afternoon- cheese stick, 2-4 ounces of grilled chicken, lettuce with shredded cheese and olive oil.
Passion Drink

Dinner- Yes shake

Bed time- Alkalete and pure

Day 4 (Protein day)

Wake up- Passion drink and Alkalete

30 mins later- Yes shake

Mid-Morning- Cheese omelet with bacon

Lunch- Lean ground beef Burger Patty with cheese and ketchup

Afternoon- ½ cup cottage cheese, sliced cucumber, ¼ cup of almonds and Passion drink

Bed time- Alkalete and Pure

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Day 5 (Meal Day)

Wake up- Passion drink and Alkalete

30 mins later- Yes Shake with your choice of fruit

Mid-Morning- 2 boiled eggs cheese stick

Lunch- Bacon Wrapped Chicken breast and sweet potato fries

Afternoon- Cauliflower/ cucumbers, greek yogurt, 2-4 oz of lean meat

Dinner- Yes shake

Bed time- Alkalete and Pure

Day 6 (Protein Day)

Wake up- Passion Drink and Alkalete

Mid-Morning- ½ cup cottage cheese and a boiled egg

Lunch- Ham, lettuce, spinach leaves, shredded cheese, green peppers, with Ranch dressing

Afternoon- Celery with peanut butter and Passion drink

Dinner- Yes shake

Bed time- Alkalete and Pure

Day 7 (Meal Day)

Wake up- Passion drink and Alkalete

30 mins later- Yes shake with your choice of fruit

Mid-Morning- Cucumbers, lean turkey or ham

Lunch- Chicken Salad on whole grain bread

Afternoon- Almonds, greek yogurt, cheese stick wrapped in deli ham, and Passion drink

Dinner- Yes shake

Bed time- Alkalete and Passion

You can swap the Afternoon with the dinner and do a shake in the afternoon and eat dinner at night. On Meal days you add in your fruit and carbs. This is based on a high protein low carb diet for fast weight loss.