

Rapid Results 28 Day Sample Meal Plan Days 1-7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Omelet: 4-6 egg whites Non-fat cooking spray as needed 1/2 cup spinach 1/2 medium tomato 1/2 cup asparagus 2 tbsp reduced fat organic cheddar cheese 1/2 medium orange	1/2 cup low-fat organic cottage cheese 1/2 cup blueberries 1 cup herbal green tea: 1/2 tsp honey 1 squirt lemon juice	Spinach egg scramble: Non-fat cooking spray as needed 4 egg whites scrambled 1 cup spinach leaves 1/2 roma tomato (diced) 1 tbsp fresh basil (chopped) -sautee' veggies in 1 tbsp olive oil for 1 minute 4 fresh strawberries on the side	1/2 grapefruit 4-6 oz plain fat-free organic Greek yogurt 15 raw unsalted almonds 1 cup herbal green tea <i>Optional:</i> 1/2 tsp honey 1 squirt lemon juice	Vegetable frittata: <i>Sauté together:</i> 1 tbsp extra virgin olive oil 1/2 cup broccoli (chunked) 1/2 bell pepper (cubed) 1/4 cup onions (chopped) 1/2 cup mushrooms (sliced) 1/4 cup carrots (shredded) 1/2 medium tomato (diced) <i>Whip and pour over sauteed vegetables: 3 egg whites, 1 whole egg, cook in frying pan over low heat. Cover until firm in texture. Top with 3 slices avocado.</i>	Portobella Mushroom Breakfast (From cookbook)	Berry Good Breakfast Smoothie (From Cookbook)
Snack	Squash chips & Hummus (From Cookbook)	Lean Green Smoothie (From cookbook breakfast)	1 Medium organic apple 15 raw plain cashews	Peanut Butter & Jelly Shake (from cookbook)	Cottage Cheese N Fruit (From Cookbook)	Green Tofu Smoothie (From Cookbook)	2 celery stalks 1 tbsp all natural (no sugar) Peanut butter
Lunch	Mixed green salad 1-1/2 cup mixed greens 1/2 medium tomato 2 medium carrots (diced) 1/2 small cucumber (sliced) 4 oz boneless, skinless chicken breast (baked) 1 tbsp olive oil 2 tbsp red wine vinegar Your favorite Mrs. Dash seasoning	Hummus and veggie lettuce wraps: 1/4 cup homemade hummus (from cookbook) 1/2 cup tomatoes (chopped) 1/4 cup green onion (chopped) 1/ cup black olives 2 tbsp of parsley 4 large lettuce leaves Spread hummus on leaves Top with veggies, season with Mrs. Dash if desired	Portobello chicken pizza: 1 large portobello mushroom cap (upside down for crust) <i>Top with:</i> 1/2 cup tomato sauce 1/2 tbsp onion (diced) Top With: 2 tbsp of low-fat mozzarella cheese 4 oz chicken breast (cooked & diced) <i>Bake: 350°F for 10-15 minutes.</i>	Kale Yeah Turkey Burger (from cookbook)	4-6 oz chicken breast (baked or grilled) 1 1/2 cups mixed green salad with 1/4 cup black olives 1/2 cup artichoke hearts 1/2 medium tomato (diced) 1/2 medium cucumber (sliced) 2 tbsp balsamic vinegar	Turkey and broccoli rolls (from cookbook) Serve on Side: 1 celery stalk (sliced) 8 baby carrots 1/4 cup homemade hummus	Chicken Salad (From Cookbook) Serve on a bed of raw baby spinach leaves

“It’s better to walk alone, than with a crowd going in the wrong direction” - David Avocado Wolfe

Rapid Results 28 Day Sample Meal Plan (Cont.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	1 cup celery sticks 1 tbsp unsweetened peanut butter or almond butter	5 Fresh strawberries 15 raw unsalted almonds	1/4 cup homemade hummus Eat with: 1 sliced red pepper 1 cup of broccoli florets	Veggie/tofu lettuce wraps: 2-4 oz firm tofu (small cubes or slices) 1/2 small avocado (sliced) 1/2 medium zucchini (sliced length-wise) 1/2 medium yellow squash (sliced length-wise) 1/2 medium tomato (sliced) 2 large lettuce leaves	TLS Protein Shake (chocolate) Mix with: 1 cup almond, rice or fat-free milk	1 bag Extend Crisps 1/2 cup almond, rice or low-fat milk	Blend together: 3 oz firm tofu 2 tbsp dry onion soup mix 1/3 tsp olive oil Eat with: 2 cups cucumbers (sliced) 3/4 cups zucchini (sliced)
Dinner	Chicken "Fried Rice" (from cookbook)	Pork Chops With Papaya (from cookbook)	Tuna and spinach salad: 4 oz of water packed Wild Planet tuna (drained) 2 cups romaine hearts 1/4 small red onion (diced) 1/4 cup black olives 1 oz low-fat feta cheese Mix together the following: 1 tbsp extra virgin olive oil 1 tbsp lemon juice 1 tsp fresh oregano pinch of salt and pepper	Simple Chicken Dinner: 4-6 oz boneless, skinless chicken breast (baked) 1 cup green beans 1 medium sweet potato (baked) 1 tsp cinnamon	Grilled salmon with spaghetti squash: 4-6 oz wild caught salmon Coat with juice of half a lemon, garlic & lemon pepper. Bake at 400 for approx 10 minutes Side dish: 1 cup spaghetti squash (salt & pepper to taste) Side salad: 1/2 cup mixed greens 1/2 medium tomato (sliced) 1/2 small cucumber (sliced) 1/4 cup slivered almonds With Red Wine Vinegar	Beef and Veggie Skewers (from cookbook)	Eggplant Parmesan (From cookbook)

Say "YES" now, figure out "how" later. Don't let the inability to do something perfectly yet prevent you from starting.

Rapid Results 28 Day Meal Plan

Days 8-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	4-6 oz plain, fat-free plain Organic Greek yogurt ¼ cup sliced bananas ¼ cup sliced strawberries 1 packet stevia <i>Optional:</i> 1 cup herbal green tea 1 tsp honey 1squirt lemon juice	Egg Muffins (from cookbook)	Artichoke omelet: <i>Slightly sauté together:</i> 1/2 cup artichoke hearts (halved) 1/4 cup bell pepper (diced) 1 tsp ea. Of chopped oregano & basil 2 tsp fresh garlic (minced) Non-fat cooking spray as needed Cook and then cover with vegetables: 6-8 egg whites <i>Top with salsa if desired</i>	Peaches N Cream Smoothie (from cookbook)	Energizer Smoothie (from cookbook)	Scrambled Egg Frittata (From cookbook)	4 scrambled egg whites Side: 1 cup fresh broccoli sautéed in ½ tbsp coconut oil with sea salt and ground white pepper ½ orange Optional: Top eggs with salsa
Snack	Cucumber spears 2 tbsp hummus	1 organic apple 15 raw cashews	Baby carrots, celery 1 tbsp. Organic Peanut Butter	Cucumber slices 2 oz Wild Planet tuna with spicy mustard	½ cup cottage cheese ½ cup blueberries	Black Bean Hummus (from cookbook) & Baby Carrots	Avocado Cuke soup (from cookbook)
Lunch	Grilled Chicken Salad 4-6 oz chicken (grilled) Cut into strips & put on top of salad. Salad: 1 cup baby spinach leaves 1/2 cup halved cherry tomatoes 1 small cucumber 1/4 cup diced red onion (diced) 1 tbsp balsamic vinegar	Lettuce wrap: 4-6 oz sliced nitrate free turkey (Applegate Brand) 5 pieces of Bibb lettuce 1/2 cup tomato (sliced) 2 tbsp avocado 1/2 medium zucchini (sliced) 1/2 cup alfalfa sprouts salt and pepper to taste 2 tbsp Black Bean Hummus (From Cookbook)	4-6 oz wild caught shrimp (boiled or grilled) Serve with Spicy Summer Slaw (from cookbook)	Cajun Fish (from cookbook)	Asian Cucumber Sesame Salad (From Cookbook) Serve with 1 packet of Wild Planet Albacore tuna mixed with spicy mustard.	Muscle Up Chicken Bowl (from cookbook)	4-6 oz wild caught salmon (baked with lemon juice, garlic powder and lemon pepper) 2 cups kale (sautéed in 1 tbsp olive oil dash of sea salt) ¼ cup mashed sweet potato

28 Day Rapid Results Meal Plan: Days 8-14 (Cont.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	TLS DREAM GREEN SHAKE (from cookbook)	3 hardboiled egg whites diced and sprinkled with sea salt & black pepper 4 sliced strawberries	1 medium apple diced Mixed with 1 tbsp hemp seeds and 1 tbsp sunflower seeds	Cauliflower salad mixed topped with 3 slices avocado and 1 tbsp slivered almonds	1 medium orange 15 walnuts	1/2 cup celery sticks 1/2 cup carrot sticks 2 tbsp unsweetened peanut butter	Tuna Cake (From Cookbook)
Dinner	Fiesta Lime Chicken with Zucchini (From Cookbook)	Chicken and vegetable stir-fry: 4-6 oz boneless, skinless chicken breast 1 cup broccoli 1/4 cup green onion 1/2 cup carrots (sliced) 1 cup yellow squash (sliced) 1/2 cup snow peas 1/4 cup water chestnuts 2 tsp Braggs Liquid Aminos 1 tbsp olive oil Stir fry veggies in oil and aminos 3 to 5 min. Then add diced chicken. Serve.	Chicken & Asparagus Casserole (From cookbook)	Twice Baked Spaghetti Squash (from cookbook)	Pork Chops and Papaya (from cookbook)	Guilt Free Pizza (From Cookbook)	Cauliflower Salad (from cookbook) Serve with 4 oz. baked chicken Breast

“The most important ingredient in any recipe you make is *LOVE*. Put *LOVE* into your food and it spreads to your body. Anything can be accomplished when there’s love.” - Coach Amy