**6-Week Meal Plan**

**Day 1**

Breakfast

Power Shake

Lunch

Salad greens topped with 4 oz of grilled chicken, shredded carrots, cucumber, etc and topped with an olive oil dressing. You may also want to top with avocado. (2-3 ozs)

Dinner

Roasted spaghetti squash topped with diced tomatoes or tomato sauce (no added sugar), and 4 oz ground beef or turkey. You may also want to make meatballs for your protein source.

**Day 2**

Breakfast

Emily’s Pumpkin Pie Smoothie

Lunch

Taco salad: romaine lettuce, 4 oz of ground turkey or beef w/spices, salsa, peppers, and avocado.

Dinner

Whole chicken in the crock-pot taken off the bone or crock pot chicken breasts (4 oz), steamed or roasted vegetables, and roasted butternut squash if you choose.

**Day 3**

Breakfast

Almond Mocha Blast

Lunch

Large Green Salad w/ veggies, 4 oz. Tuna & 1 Tbs. Vinaigrette based dressing

Dinner

4 oz. Tky Burger (no bun) with grilled onions, 1/3 an Avocado, tomato, & an apple

**Day 4**

Breakfast

Classic Strawberry/Banana Smoothie

Lunch

4 oz Lean hamburger w/ Spaghetti Squash, Tomato Sauce, & Steamed Broccoli

Dinner

4 oz grilled white fish, ½ cup of brown rice with ½ tbsp. olive oil and cilantro to taste, 1 cup of veggies

**Day 5**

Breakfast

Banana Pudding Smoothie

Lunch

Large Green Salad with 4 oz. sliced Turkey, Veggies, ¼ sliced Avocado & 1 Tbs. Balsamic Vin.

Dinner

1.5 cups of Chili made with diced tomatoes, peppers, ground beef or turkey. Season to taste and top with avocado - use lean meat and beans, small green salad with vinaigrette dressing.

**Day 6**

Breakfast

3 whole eggs (women) 5 whole eggs (men) cooked any way

¼ cup of oats uncooked with Splenda

1 tbsp pecans chopped

Lunch

4 oz smoked turkey breast (get a quality brand) with lettuce leaves for wraps with veggies.

Use light mayo or avocado and veggies to dress it up.

Dinner

Cheat Meal!!

**Day 7**

Breakfast

4 Pcs Turkey Bacon (quality brand) with 3 oz avocado and 1 small banana.

Lunch

3 oz smoked turkey (quality brand) 2 slices of Eziekel Bread, lettuce and Tomato with 2 tbsp. Olive Oil mayo.

Dinner

5 oz Grilled Pork Chops w/ Mango Salsa or fresh pico de gallo or regular salsa & Steamed Asparagus (make salsa ahead)

**Mango Salsa:**

* 2 mangos (peeled & cubed)
* 1 onion (peeled & diced)
* 2 kiwi (peeled & diced)
* 1 jalapeno (seeds removed, minced)
* 1 red pepper (seeds removed, diced)
* 1 avocado (peeled & diced)
* 1 tomato, diced
* Juice of 1 lime
* Bunch of cilantro, chopped
* ½ tsp. sea salt

**Day 8**

Breakfast

Rasberry Mint Burst Shake

Lunch

Large Green Salad w/ veggies, 4oz. Chicken (or Tky), & 1 Tbs. Balsamic Vinaigrette

Dinner

4 oz seasoned meatballs with ½ cup cubed baked Sweet potatos and green beans.

**Day 9**

Breakfast

Berry Berry Smoothie

Lunch

4 oz. Tuna Fish with balsamic, 3 slices avocado & lots of fresh cut veggies

Dinner

2-3 Egg omelet with vegetables or a salad greens on the side, and a side of bacon or homemade breakfast sausage. (quality brand)

**Day 10**

Breakfast

Almond Joy Smoothie

Lunch

4 oz. grilled or baked seasoned Chicken with ½ an Avocado and side of broccoli

Dinner

Med Green Salad w/ veggies, 4oz. Turkey, ¼ Avocado, & 1 Tbs. Balsamic Vinaigrette

**Day 11**

Breakfast

Blueberry Breakfast Smoothie

Lunch

Large Green Salad w/ 4 oz. Turkey, veggies, ¼ Avocado, & 1 Tbs. Apple Cider Vinaigrette

Dinner

4 oz Herb Marinated Pork Tenderloin (you can also just do grilled or crock post) w/ Balsamic Roasted Brussels Sprouts & optional mashed Cauliflower. (1/2 cup each)

**Herb Marinated Pork Tenderloin**

***\*\*\*Makes 4 servings\*\*\****

**Ingredients:**

* 1/3 lemon, zest grated into a small bowl
* 1/4 cup freshly squeezed lemon juice (1 to 2 lemons)
* Extra Virgin Olive Oil
* 2-3 cloves minced garlic
* ½ Tbs. fresh rosemary, minced
* 1 tsp. fresh thyme, chopped
* 1 tsp. Dijon mustard
* 1 pork tenderloin (about 1 pound)
* Sea salt & fresh ground pepper to taste

**Directions:** In a 1-gallon plastic Ziploc bag, combine lemon zest, lemon juice, 1/4 cup of olive oil, garlic, rosemary, thyme, mustard, & 3/4 teaspoon of salt. Add pork tenderloin to the bag and make sure it is coated evenly with marinade. Squeeze the air out of the bag and seal it. Marinate the pork in the refrigerator overnight (or for at least 3 hours).

Preheat the oven to 400**°**

Remove the tenderloins from the bag. Discard the marinade but leave the herbs that stick to the meat. Season the pork generously with salt & pepper.

Heat 1-2 tablespoons of olive oil in a large ovenproof sauté pan over med-high heat. Sear the pork tenderloins on each side until golden brown.

Place the sauté pan in the oven and roast the tenderloins for 10 to 15 minutes or until the meat reaches 137**°**

Transfer the tenderloin to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in 1/2-inch-thick diagonal slices. Season with salt and pepper to taste, and enjoy.

**Day 12**

Breakfast

Chocolate Peanut Butter Smoothie

Lunch

Homemade chicken salad. I like this recipe for [Avocado Cilantro Chicken Salad](http://paleomg.com/avocado-cilantro-chicken-salad/) or [Chicken Avocado Salad](http://paleomg.com/clean-it-up-mondays-chicken-avocado-salad/). You can make your own homemade mayo and add chicken and whatever else you like (celery, avocado, sliced almonds, etc.).

Dinner

4 oz Sautéed Shrimp in Tomato Garlic Sauce w/ 1 cup Spaghetti Squash

**Day 13**

Breakfast

2 Scrambled Eggs with 1 Slice of Ezekiel Bread, 3 slices of Avocado, & ½ Grapefruit or a green apple.

Lunch

4 oz smoked turkey breast (quality brand), medium green salad and 1 tbsp almond butter.

Dinner

4 oz Lean grilled steak with 1 cup of sautéed onions and peppers with 1 tbsp coconut oil.

**Day 14**

Breakfast

**Cheat Meal!!!**

Lunch

“Naked” Lettuce Wrap w/ Balsamic, Veggies & 4 oz. Turkey or grilled chicken.

Dinner

4 oz baked or grilled salmon seasoned with thyme, sea salt, dill, and pepper with roasted asparagus. (6-8 stalks)

**Day 15**

Breakfast

Power Shake

Lunch

Salad greens topped with 4 oz of grilled chicken, shredded carrots, cucumber, etc and topped with an olive oil dressing. You may also want to top with avocado. (2-3 ozs)

Dinner

Roasted spaghetti squash topped with diced tomatoes or tomato sauce (no added sugar), and 4 oz ground beef or turkey. You may also want to make meatballs for your protein source.

**Day 16**

Breakfast

Emily’s Pumpkin Pie Smoothie

Lunch

Taco salad: romaine lettuce, 4 oz of ground turkey or beef w/spices, salsa, peppers, and avocado.

Dinner

Whole chicken in the crock-pot taken off the bone or crock pot chicken breasts (4 oz), steamed or roasted vegetables, and roasted butternut squash if you choose.

**Day 17**

Breakfast

Almond Mocha Blast

Lunch

Large Green Salad w/ veggies, 4 oz. Tuna & 1 Tbs. Vinaigrette based dressing

Dinner

4 oz. Tky Burger (no bun) with grilled onions, 1/3 an Avocado, tomato, & an apple

**Day 18**

Breakfast

Classic Strawberry/Banana Smoothie

Lunch

**Thanksgiving Day Feast**

Dinner

4 oz grilled white fish, 1 cup of veggies

**Day 19**

Breakfast

Banana Pudding Smoothie

Lunch

Large Green Salad with 4 oz. sliced Turkey, Veggies, ¼ sliced Avocado & 1 Tbs. Balsamic Vin.

Dinner

4 oz smoked turkey breast (get a quality brand) with lettuce leaves for wraps with veggies.

Use light mayo or avocado and veggies to dress it up.

**Day 20**

Breakfast

3 whole eggs (women) 5 whole eggs (men) cooked any way

¼ cup of oats uncooked with Splenda

1 tbsp pecans chopped

Lunch

4 oz smoked turkey breast (get a quality brand) with lettuce leaves for wraps with veggies.

Use light mayo or avocado and veggies to dress it up.

Dinner

1.5 cups of Chili made with diced tomatoes, peppers, ground beef or turkey. Season to taste and top with avocado - use lean meat and beans, small green salad with vinaigrette dressing.

**Day 21**

Breakfast

4 Pcs Turkey Bacon (quality brand) with 3 oz avocado and 1 small banana.

Lunch

3 oz smoked turkey (quality brand) 2 slices of Eziekel Bread, lettuce and Tomato with 2 tbsp. Olive Oil mayo.

Dinner

4 oz Grilled Pork Chops w/ Mango Salsa or fresh pico de gallo or regular salsa & Steamed Asparagus (make salsa ahead)

**Mango Salsa:**

* 2 mangos (peeled & cubed)
* 1 onion (peeled & diced)
* 2 kiwi (peeled & diced)
* 1 jalapeno (seeds removed, minced)
* 1 red pepper (seeds removed, diced)
* 1 avocado (peeled & diced)
* 1 tomato, diced
* Juice of 1 lime
* Bunch of cilantro, chopped
* ½ tsp. sea salt

**Day 22**

Breakfast

Rasberry Mint Burst Shake

Lunch

Large Green Salad w/ veggies, 4oz. Chicken (or Tky), & 1 Tbs. Balsamic Vinaigrette

Dinner

4 oz seasoned meatballs with ½ cup cubed baked Sweet potatos and green beans.

**Day 23**

Breakfast

Berry Berry Smoothie

Lunch

4 oz. Tuna Fish with balsamic, 3 slices avocado & lots of fresh cut veggies

Dinner

2-3 Egg omelet with vegetables or a salad greens on the side, and a side of bacon or homemade breakfast sausage. (quality brand)

**Day 24**

Breakfast

Almond Joy Smoothie

Lunch

4 oz. grilled or baked seasoned Chicken with ½ an Avocado and side of broccoli

Dinner

Med Green Salad w/ veggies, 4oz. Turkey, ¼ Avocado, & 1 Tbs. Balsamic Vinaigrette

**Day 25**

Breakfast

Blueberry Breakfast Smoothie

Lunch

Large Green Salad w/ 4 oz. Turkey, veggies, ¼ Avocado, & 1 Tbs. Apple Cider Vinaigrette

Dinner

4 oz Herb Marinated Pork Tenderloin (you can also just do grilled or crock post) w/ Balsamic Roasted Brussels Sprouts & optional mashed Cauliflower. (1/2 cup each)

**Herb Marinated Pork Tenderloin**

***\*\*\*Makes 4 servings\*\*\****

**Ingredients:**

* 1/3 lemon, zest grated into a small bowl
* 1/4 cup freshly squeezed lemon juice (1 to 2 lemons)
* Extra Virgin Olive Oil
* 2-3 cloves minced garlic
* ½ Tbs. fresh rosemary, minced
* 1 tsp. fresh thyme, chopped
* 1 tsp. Dijon mustard
* 1 pork tenderloin (about 1 pound)
* Sea salt & fresh ground pepper to taste

**Directions:** In a 1-gallon plastic Ziploc bag, combine lemon zest, lemon juice, 1/4 cup of olive oil, garlic, rosemary, thyme, mustard, & 3/4 teaspoon of salt. Add pork tenderloin to the bag and make sure it is coated evenly with marinade. Squeeze the air out of the bag and seal it. Marinate the pork in the refrigerator overnight (or for at least 3 hours).

Preheat the oven to 400**°**

Remove the tenderloins from the bag. Discard the marinade but leave the herbs that stick to the meat. Season the pork generously with salt & pepper.

Heat 1-2 tablespoons of olive oil in a large ovenproof sauté pan over med-high heat. Sear the pork tenderloins on each side until golden brown.

Place the sauté pan in the oven and roast the tenderloins for 10 to 15 minutes or until the meat reaches 137**°**

Transfer the tenderloin to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in 1/2-inch-thick diagonal slices. Season with salt and pepper to taste, and enjoy.

**Day 26**

Breakfast

Chocolate Peanut Butter Smoothie

Lunch

Homemade chicken salad. I like this recipe for [Avocado Cilantro Chicken Salad](http://paleomg.com/avocado-cilantro-chicken-salad/) or [Chicken Avocado Salad](http://paleomg.com/clean-it-up-mondays-chicken-avocado-salad/). You can make your own homemade mayo and add chicken and whatever else you like (celery, avocado, sliced almonds, etc.).

Dinner

4 oz Sautéed Shrimp in Tomato Garlic Sauce w/ 1 cup Spaghetti Squash

**Day 27**

Breakfast

2 Scrambled Eggs with 1 Slice of Ezekiel Bread, 3 slices of Avocado, & ½ Grapefruit or a green apple.

Lunch

4 oz smoked turkey breast (quality brand), medium green salad and 1 tbsp almond butter.

Dinner

4 oz Lean grilled steak with 1 cup of sautéed onions and peppers with 1 tbsp coconut oil.

**Day 28**

Breakfast

**Cheat Meal!!!**

Lunch

“Naked” Lettuce Wrap w/ Balsamic, Veggies & 4 oz. Turkey or grilled chicken.

Dinner

4 oz baked or grilled salmon seasoned with thyme, sea salt, dill, and pepper with roasted asparagus. (6-8 stalks)

**Day 29**

Breakfast

Power Shake

Lunch

Salad greens topped with 4 oz of grilled chicken, shredded carrots, cucumber, etc and topped with an olive oil dressing. You may also want to top with avocado. (2-3 ozs)

Dinner

Roasted spaghetti squash topped with diced tomatoes or tomato sauce (no added sugar), and 4 oz ground beef or turkey. You may also want to make meatballs for your protein source.

**Day 30**

Breakfast

Emily’s Pumpkin Pie Smoothie

Lunch

Taco salad: romaine lettuce, 4 oz of ground turkey or beef w/spices, salsa, peppers, and avocado.

Dinner

Whole chicken in the crock-pot taken off the bone or crock pot chicken breasts (4 oz), steamed or roasted vegetables, and roasted butternut squash if you choose.

**Day 31**

Breakfast

Almond Mocha Blast

Lunch

Large Green Salad w/ veggies, 4 oz. Tuna & 1 Tbs. Vinaigrette based dressing

Dinner

4 oz. Tky Burger (no bun) with grilled onions, 1/3 an Avocado, tomato, & an apple

**Day 32**

Breakfast

Classic Strawberry/Banana Smoothie

Lunch

4 oz Lean hamburger w/ Spaghetti Squash, Tomato Sauce, & Steamed Broccoli

Dinner

4 oz grilled white fish, ½ cup of brown rice with ½ tbsp. olive oil and cilantro to taste, 1 cup of veggies

**Day 33**

Breakfast

Banana Pudding Smoothie

Lunch

Large Green Salad with 4 oz. sliced Turkey, Veggies, ¼ sliced Avocado & 1 Tbs. Balsamic Vin.

Dinner

1.5 cups of Chili made with diced tomatoes, peppers, ground beef or turkey. Season to taste and top with avocado - use lean meat and beans, small green salad with vinaigrette dressing.

**Day 34**

Breakfast

3 whole eggs (women) 5 whole eggs (men) cooked any way

¼ cup of oats uncooked with Splenda

1 tbsp pecans chopped

Lunch

4 oz smoked turkey breast (get a quality brand) with lettuce leaves for wraps with veggies.

Use light mayo or avocado and veggies to dress it up.

Dinner

Cheat Meal!!

**Day 35**

Breakfast

4 Pcs Turkey Bacon (quality brand) with 3 oz avocado and 1 small banana.

Lunch

3 oz smoked turkey (quality brand) 2 slices of Eziekel Bread, lettuce and Tomato with 2 tbsp. Olive Oil mayo.

Dinner

4 oz Grilled Pork Chops w/ Mango Salsa or fresh pico de gallo or regular salsa & Steamed Asparagus (make salsa ahead)

**Mango Salsa:**

* 2 mangos (peeled & cubed)
* 1 onion (peeled & diced)
* 2 kiwi (peeled & diced)
* 1 jalapeno (seeds removed, minced)
* 1 red pepper (seeds removed, diced)
* 1 avocado (peeled & diced)
* 1 tomato, diced
* Juice of 1 lime
* Bunch of cilantro, chopped
* ½ tsp. sea salt

**Day 36**

Breakfast

Rasberry Mint Burst Shake

Lunch

Large Green Salad w/ veggies, 4oz. Chicken (or Tky), & 1 Tbs. Balsamic Vinaigrette

Dinner

4 oz seasoned meatballs with ½ cup cubed baked Sweet potatos and green beans.

**Day 37**

Breakfast

Berry Berry Smoothie

Lunch

4 oz. Tuna Fish with balsamic, 3 slices avocado & lots of fresh cut veggies

Dinner

2-3 Egg omelet with vegetables or a salad greens on the side, and a side of bacon or homemade breakfast sausage. (quality brand)

**Day 38**

Breakfast

Almond Joy Smoothie

Lunch

4 oz. grilled or baked seasoned Chicken with ½ an Avocado and side of broccoli

Dinner

Med Green Salad w/ veggies, 4oz. Turkey, ¼ Avocado, & 1 Tbs. Balsamic Vinaigrette

**Day 39**

Breakfast

Blueberry Breakfast Smoothie

Lunch

Large Green Salad w/ 4 oz. Turkey, veggies, ¼ Avocado, & 1 Tbs. Apple Cider Vinaigrette

Dinner

4 oz Herb Marinated Pork Tenderloin (you can also just do grilled or crock post) w/ Balsamic Roasted Brussels Sprouts & optional mashed Cauliflower. (1/2 cup each)

**Herb Marinated Pork Tenderloin**

***\*\*\*Makes 4 servings\*\*\****

**Ingredients:**

* 1/3 lemon, zest grated into a small bowl
* 1/4 cup freshly squeezed lemon juice (1 to 2 lemons)
* Extra Virgin Olive Oil
* 2-3 cloves minced garlic
* ½ Tbs. fresh rosemary, minced
* 1 tsp. fresh thyme, chopped
* 1 tsp. Dijon mustard
* 1 pork tenderloin (about 1 pound)
* Sea salt & fresh ground pepper to taste

**Directions:** In a 1-gallon plastic Ziploc bag, combine lemon zest, lemon juice, 1/4 cup of olive oil, garlic, rosemary, thyme, mustard, & 3/4 teaspoon of salt. Add pork tenderloin to the bag and make sure it is coated evenly with marinade. Squeeze the air out of the bag and seal it. Marinate the pork in the refrigerator overnight (or for at least 3 hours).

Preheat the oven to 400**°**

Remove the tenderloins from the bag. Discard the marinade but leave the herbs that stick to the meat. Season the pork generously with salt & pepper.

Heat 1-2 tablespoons of olive oil in a large ovenproof sauté pan over med-high heat. Sear the pork tenderloins on each side until golden brown.

Place the sauté pan in the oven and roast the tenderloins for 10 to 15 minutes or until the meat reaches 137**°**

Transfer the tenderloin to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in 1/2-inch-thick diagonal slices. Season with salt and pepper to taste, and enjoy.

**Day 40**

Breakfast

Chocolate Peanut Butter Smoothie

Lunch

Homemade chicken salad. I like this recipe for [Avocado Cilantro Chicken Salad](http://paleomg.com/avocado-cilantro-chicken-salad/) or [Chicken Avocado Salad](http://paleomg.com/clean-it-up-mondays-chicken-avocado-salad/). You can make your own homemade mayo and add chicken and whatever else you like (celery, avocado, sliced almonds, etc.).

Dinner

4 oz Sautéed Shrimp in Tomato Garlic Sauce w/ 1 cup Spaghetti Squash

**Day 41**

Breakfast

2 Scrambled Eggs with 1 Slice of Ezekiel Bread, 3 slices of Avocado, & ½ Grapefruit or a green apple.

Lunch

4 oz smoked turkey breast (quality brand), medium green salad and 1 tbsp almond butter.

Dinner

4 oz Lean grilled steak with 1 cup of sautéed onions and peppers with 1 tbsp coconut oil.

**Day 42**

Breakfast

**Cheat Meal!!!**

Lunch

“Naked” Lettuce Wrap w/ Balsamic, Veggies & 4 oz. Turkey or grilled chicken.

Dinner

4 oz baked or grilled salmon seasoned with thyme, sea salt, dill, and pepper with roasted asparagus. (6-8 stalks)