

BeYoutiful U Meal Plans

Meal Plan #1

Proteins:

Chicken Breast: Roasted or Grilled

Venison: Grilled with Salt and Pepper, Onion Powder, Garlic Powder

Salmon: Lite Sodium Soy or Bragg's Aminos, Ginger, Extra-Virgin Olive Oil, Honey Mustard

Veggies:

Asparagus: Extra-Virgin Olive Oil, Salt and Pepper

Broccoli: Steamed

Brussel Sprouts: Roasted, Balsamic Vinegar, Honey, Extra-Virgin Olive Oil

Carbohydrates:

Sweet Potato: Roasted, Extra-Virgin Olive Oil, Salt, Pepper

Brown Rice

Butternut Squash: Roasted, Extra Virgin Olive Oil, Salt, Pepper

Fats:

Extra Virgin Olive Oil

Butter

Meal Plan #2

Breakfast:

Egg Muffins: Sautee Veggies (Bell Peppers, Onions, Mushrooms, Red Potatoes) and drop them into muffin tins. Beat Eggs. Fill Muffin tins with veggies first, then cover with eggs and top with salt and pepper. Bake until finished.

Lunch:

Chef Salad: Cooked Chicken Breast, Spinach / Spring Mix, Boiled Egg, Turkey, Carrots, Cukes, Broccoli, Onion, Oil and Vinegar Dressing.

Dinner:

Quinoa Stew: Chicken Broth, Carrots, Quinoa, Kale, Onions, Brussel Sprouts, Chicken, Brown Rice. Prepare the day before. Use full-boned chicken. Pull out and then put back in stew. Cook in Crock Pot.

Meal Plan #3

Breakfast:

Day 1:

Oikos Greek Vanilla Yogurt
Blueberries
Honey
Walnuts

Day 2:

Oikos Greek Vanilla Yogurt
Blueberries
Honey
Almonds

Day 3:

Oikos Greek Vanilla Yogurt
Blueberries
Honey
Walnuts

Lunch:

Day 1:

Chicken:
Avocado
Kale: Sauteed with Extra-Virgin Olive Oil

Day 2:

Salmon
Sweet Potatoes
Spinach: Cooked in Coconut Oil

Day 3:

Cal Hara Boiled Eggs
Kale: Sauteed with Extra-Virgin Olive Oil
Tomato
Brown Rice with Bragg's Aminos

Dinner:

Day 1:

Salmon
Quinoa
Broccoli
Extra Virgin Olive Oil

Day 2:

Chicken
Brown Rice
Squash
Extra Virgin Olive Oil

Day 3:

Chicken
Quinoa
Broccoli
Extra Virgin Olive Oil

Meal Plan #4

Breakfast:

- Protein Powder
- Flax Seed
- Vanilla Almond Milk
- Cocoa Nibs
- Unsweetened Apple Juice

Lunch

- Egg Salad
- Mayonaise
- Carrot Sticks
- Celery

Dinner

- Pork Tenderloin
- Red Potato
- Asparagus

Meal Plan #5

Meal #1

- **Chicken Breast (Baked)**
- **Green Beans w/ Olive Oil**
- **Brown Rice**

Meal #2

- **Steak (Grilled)**
- **Carrots (Steamed)**
- **Quinoa**

Meal #3

- **Shrimp (Grilled Skewers)**
- **Broccoli Steamed w/ Butter**
- **Red Potatoes (Grilled)**

Meal Plan #6

Meal #1

- **Lemon Chicken** - add lemon and garlic
- **Green Beans w/ Almonds** - with added garlic
- **Brown Rice** - add Bragg's Aminos for Flavor

Meal #2

- **Pork Chop** - fried, add olive oil
- **Broccoli** - steamed
- **Butternut Squash**

Meal #3

- **Steak** - Grilled w/ A1 Sauce
- **Sweet Potato** - baked
- **Brussel Sprouts** - Seasoned with Salt and Pepper, Sauteed with Olive Oil

Meal Plan #7

Breakfast #1:

- **Bell Peppers** - sauteed
- **Scrambled Eggs** w/ pepper
- **Red Apple**
- **Greens Drink Mix**

Breakfast #2:

- **Eggs** - fried
- **Toast** - multigrain or whole wheat
- **Butter**
- **Broccoli**

Snack #1:

- **Smoothie** w/ Greek Yogurt
- **Almond Milk**
- **Strawberries** - Frozen

Snack #2:

- **Oatmeal**
- **Almond Milk**
- **Fruit** - Frozen or Fresh, Mixed
- **Chia Seeds**

Dinner #1:

- **Chicken Breast** - tenderized, sauted with olive oil, tomato sauce, italian herbs
- **Broccoli** - steamed
- **Sweet Potatoes** - roasted

Dinner #2:

- **Salmon** - Baked

- **Spinach w/ Bell Peppers**, oil and vinegar
- **Greek Yogurt** - pressed