

HOT AND HEALTHY SUMMER BODY

MEAL PLAN - WEEK 1

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Morning Rise Superfood Smoothie (NEW)	Egg & Veggie Scramble + 1/4 Sliced Avocado	Blueberry Cacao Smoothie Bowl (NEW)	Apple Pie Oatmeal (Cookbook)	Morning Rise Superfood Smoothie (NEW)	Bacon & Eggs Cups + 1/2 Cup Berries (Cookbook)	Egg & Veggie Scramble + Slice Gluten-Free Toast
M2	Oatmeal Breakfast Cookie (Cookbook)	Apple + 1/4 Cup Nuts	Oatmeal Breakfast Cookie (CB)	Coffee Smoothie (NEW)	Superfood Energy Bar (NEW)	Apple + 1/4 Cup Nuts	Superfood Energy Bar (NEW)
M3	Mandarin Orange Chicken Salad (Cookbook)	Leftover Asian Lettuce Wraps	Leftover Spicy Salmon + Mixed Green Salad	Leftover Thai-Style Beef + 1/2 Cup Rice	Leftover Shrimp Scampi	Leftover Flank Steak Pinwheels + Wild Rice & Grilled Veggies	Mandarin Orange Chicken Salad (Cookbook)
M4	1 Cup Steamed Edamame	Chopped Raw Veggies + 1/4 Cup Tzatziki	1 Cup Steamed Edamame	Chopped Raw Veggies + 1/4 Cup Tzatziki	Apple + 1/4 Cup Nuts	Superfood Energy Bar (NEW)	Coffee Smoothie (NEW)
M5	Asian Lettuce Wraps (Cookbook)	Spicy Salmon + Sauted Veggies (Cookbook)	Thai-Style Beef + 1/2 Cup Rice (Cookbook)	Shrimp Scampi (Cookbook)	Flank Steak Pinwheels + Wild Rice & Grilled Veggies (Cookbook)	Planned Treat Meal	Sweet & Tangy Apricot Turkey Thighs + 1/2 Cup Rice

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MEAL PLAN - WEEK 2

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Mediterranean Egg Muffin + 1/2 Cup Berries (NEW)	Mediterranean Egg Muffin + 1/2 Cup Berries (NEW)	Strawberry Short Cake Overnight Oats (NEW)	Strawberry Short Cake Overnight Oats (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Blueberry Cacao Smoothie Bowl (NEW)	Egg Roll-Up + 1/2 Cup of Berries (Cookbook)
M2	Cranberry Almond Granola Bar (Cookbook)	Apple + 1/4 Cup Nuts	1 cup Watermelon + 1/4 Cup Nuts	Coffee Smoothie (NEW)	1 cup Watermelon + 1/4 Cup Nuts	Chewy Banana Granola Bars (Cookbook)	Apple + 1 tbsp. Almond Butter
M3	Peach, Pecan, Quinoa Salad (NEW)	Leftover Baked Salsa + Goat Cheese Chicken + Grilled Veggies	Leftover Turkey Burger + Green Veggie Salad	Leftover Simple Baked Salmon	Leftover Sweet Potato Coconut Curry Shrimp	Apricot Orange Ginger Quinoa Salad (NEW)	Apricot Orange Ginger Quinoa Salad (NEW)
M4	Chopped Raw Veggies + 1/4 Cup Tzatziki	Cranberry Almond Granola Bar (Cookbook)	Chopped Raw Veggies + 1/4 Cup Tzatziki	1 cup Watermelon + 1/4 Cup Nuts	Chewy Banana Granola Bars (Cookbook)	Apple + 1 tbsp. Almond Butter	Chewy Banana Granola Bars (Cookbook)
M5	Baked Salsa + Goat Cheese Chicken + Grilled Veggies (Cookbook)	Apple Mushroom Turkey Burger + Sweet Potato Fries (Cookbook)	Simple Baked Salmon (NEW)	Sweet Potato Coconut Curry Shrimp (Cookbook)	Bacon Wrapped Scallops + Grilled Veggies (Cookbook)	Go out to a Lean, Clean, 'N Green Dinner with your family	Sweet & Tangy Apricot Turkey Thighs + 1/2 Cup Rice

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MEAL PLAN - WEEK 3

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Egg Roll-Up + 1/2 Cup of Berries (Cookbook)	Hormone Balancing Smoothie (NEW)	Glowing Skin Smoothie (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Morning Quinoa Bowl (NEW)
M2	Chewy Fudge Bar (Cookbook)	Chewy Fudge Bar (Cookbook)	1 cup Watermelon + 1/4 Cup Nuts	Coffee Smoothie (NEW)	1 cup Watermelon + 1/4 Cup Nuts	Mackenzie Carrot Muffin (Cookbook)	Apple + 1 tbsp. Almond Butter
M3	Superfood Honey Salad (NEW)	Leftover Pesto Baked Salmon + Veggies	Leftover Lentil Burger + Green Veggie Salad	Leftover Almond Crusted Cod + Roasted Veggies	Leftover Spiced Sweet Potato Stew	Leftover Italian Goulash	Superfood Honey Salad (NEW)
M4	Apple + 1 tbsp. Almond Butter	Chopped Raw Veggies + 1/4 Cup Tzatziki	Chopped Raw Veggies + 1/4 Cup Tzatziki	1 cup Watermelon + 1/4 Cup Nuts	Mackenzie Carrot Muffin (Cookbook)	Avocado Banana Smoothie (Cookbook)	Mackenzie Carrot Muffin (Cookbook)
M5	Pesto Baked Salmon + Grilled Veggies (Cookbook)	Lentil Burger + Sweet Potato Fries (Cookbook)	Almond Crusted Cod + Roasted Veggies (Cookbook)	Spiced Sweet Potato Stew (Cookbook)	Italian Goulash (Cookbook)	Go out to a Lean, Clean, 'N Green Dinner with your family	Chicken Pesto Pasta (Cookbook)

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MEAL PLAN - WEEK 4

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Bacon & Eggs Cups + 1/2 Cup Berries (Cookbook)	Bacon & Eggs Cups + 1/2 Cup Berries (Cookbook)	Morning Rise Superfood Smoothie (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Morning Rise Superfood Smoothie (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Apple Pie Oatmeal (Cookbook)
M2	Superfood Energy Bar (NEW)	Apple + 1 tbsp. Almond Butter	Superfood Energy Bar (NEW)	Apple Pie Smoothie (Cookbook)	Superfood Energy Bar (NEW)	Apple + 1 tbsp. Almond Butter	Chocolate Peanut Butter Smoothie (Cookbook)
M3	Leftover Chicken Pesto Pasta	Confetti Crab Salad (Cookbook)	Leftover Confetti Crab Salad	Crunchy Tuna Salad (Cookbook)	Leftover Crunchy Tuna Salad	Leftover Falafels + Apricot Orange Quinoa	Planned Treat Meal
M4	1 Cup Steamed Edamame	Superfood Energy Bar (NEW)	1 Cup Steamed Edamame	Power Crisp Crackers + 1/4 Cup Hummus (NEW)	Power Crisp Crackers + 1/4 Cup Hummus (NEW)	Avocado Banana Smoothie (Cookbook)	Power Crisp Crackers + 1/4 Cup Hummus (NEW)
M5	Spicy Salmon + Sauted Veggies (Cookbook)	Bacon Wrapped Scallops + Grilled Veggies (Cookbook)	Stuffed Sweet Potato (Cookbook)	Pecan Salmon + Sweet Potato Mash (Cookbook)	Almond Falafels + Apricot Orange Quinoa (NEW)	Taco Lettuce Wraps (Cookbook)	Shrimp Scampi (Cookbook)

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MEAL PLAN - WEEK 5

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Mini Salmon Quiche + ½ cup berries (Cookbook)	Mini Salmon Quiche + ½ cup berries (Cookbook)	Green Citrus Smoothie (Cookbook)	Egg & Veggie Scramble + 1/4 sliced avocado	Green Citrus Smoothie (Cookbook)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Oatmeal Breakfast Cookie (Cookbook)
M2	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Hard Boiled Egg + 1/4 Cup Nuts	Hard Boiled Egg + 1/4 Cup Nuts	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Apple Nachos (NEW)	Apple Nachos (NEW)
M3	Leftover Shrimp Scampi (Cookbook)	Leftover Asian Lettuce Wraps	Leftover Spicy Salmon + Veggies	Left Over Italian Goulash	Leftover Shrimp Greek Salad	Leftover Beef & Vegetable Shish Kebabs	Leftover Chicken & Sausage Jambalaya
M4	1 cup baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	Black Bean & Corn Salsa + Tortilla Chips	Black Bean & Corn Salsa + Tortilla Chips	Matcha Chia Pudding (NEW)	Matcha Chia Pudding (NEW)	Black Bean & Corn Salsa + Tortilla Chips
M5	Asian Lettuce Wraps (Cookbook)	Spicy Salmon + Sauted Veggies (Cookbook)	Italian Goulash (Cookbook)	Shrimp Greek Salad (Cookbook)	Beef & Vegetable Shish Kebabs (Cookbook)	Chicken & Sausage Jambalaya (Cookbook)	Planned Treat Meal

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MEAL PLAN - WEEK 6

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Mediterranean Egg Muffin + 1/2 Cup Berries (NEW)	Mediterranean Egg Muffin + 1/2 Cup Berries (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Blueberry Cacao Smoothie Bowl (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Hormone Balancing Smoothie (NEW)
M2	Superfood Energy Bar (NEW)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Superfood Energy Bar (NEW)	Raisin Bran Muffin (Cookbook)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	1 cup Watermelon + 1/4 Cup Nuts	Raisin Bran Muffin (Cookbook)
M3	Leftover Shrimp Scampi (Cookbook)	Leftover Pesto Baked Salmon + Grilled Veggies	Leftover Spiced Sweet Potato Stew	Taco Salad (Cookbook)	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Leftover Sweet Potato Coconut Curry Shrimp
M4	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Superfood Energy Bar (NEW)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	1 cup Watermelon + 1/4 Cup Nuts	Raisin Bran Muffin (Cookbook)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Apple Nachos (NEW)
M5	Pesto Baked Salmon + Grilled Veggies (Cookbook)	Spiced Sweet Potato Stew (Cookbook)	Taco Lettuce Wraps (Cookbook)	Planned Treat Meal	Chicken Pesto Pizza (Cookbook)	Sweet Potato Coconut Curry Shrimp (Cookbook)	Simple Baked Salmon (NEW)

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MEAL PLAN - WEEK 7

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Blueberry Cacao Smoothie Bowl (NEW)	Bacon & Eggs Cups + 1/2 Cup Berries (Cookbook)	Bacon & Eggs Cups + 1/2 Cup Berries (Cookbook)	Strawberry Short Cake Overnight Oats (NEW)	Strawberry Short Cake Overnight Oats (NEW)	Glowing Skin Smoothie (NEW)	Blueberry Cacao Smoothie Bowl (NEW)
M2	Oatmeal Breakfast Cookie (CB)	Glowing Skin Smoothie (NEW)	Oatmeal Breakfast Cookie (CB)	Hormone Balancing Smoothie (NEW)	Hormone Balancing Smoothie (NEW)	Baked Banana Breakfast Bites (NEW)	Baked Banana Breakfast Bites (NEW)
M3	Shrimp Greek Salad (Cookbook)	Shrimp Greek Salad (Cookbook)	Leftover Lentil Burger + Mixed Green Salad (NEW)	Leftover Thai-Style Beef + 1/2 Cup Rice	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Leftover Flank Steak Pinwheels + Wild Rice & Grilled Veggies	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)
M4	Matcha Chia Pudding (NEW)	Matcha Chia Pudding (NEW)	1 cup Cherries + 1/4 Cup Nuts	1 cup Cherries + 1/4 Cup Nuts	Baked Banana Breakfast Bites (NEW)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Chocolate Peanut Butter Smoothie (Cookbook)
M5	Lentil Burger + Sweet Potato Fries (NEW)	Planned Treat Meal	Thai-Style Beef + 1/2 Cup Rice (Cookbook)	Planned Treat Meal	Flank Steak Pinwheels + Wild Rice & Grilled Veggies (Cookbook)	Almond Crusted Cod + Roasted Veggies (Cookbook)	Stuffed Sweet Potato (Cookbook)

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MEAL PLAN - WEEK 8

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Cauliflower Blueberry Smoothie Bowl (NEW)	Egg & Veggie Scramble + 1/4 Sliced Avocado	Cauliflower Blueberry Smoothie Bowl (NEW)	Egg & Veggie Scramble + 1/4 Sliced Avocado	Egg & Veggie Scramble + Slice Gluten-Free Toast	Post Workout Recovery Smoothie (NEW)	Blueberry Cacao Smoothie Bowl (NEW)
M2	Chewy Fudge Bar (Cookbook)	1 cup Cherries + 1/4 Cup Nuts	Chewy Fudge Bar (Cookbook)	1 cup Cherries + 1/4 Cup Nuts	Hard Boiled Egg + 1/4 Cup Nuts	Black Bean & Corn Salsa + Tortilla Chips	Hard Boiled Egg + 1/4 Cup Nuts
M3	Peach, Pecan, Quinoa Salad (NEW)	Peach, Pecan, Quinoa Salad (NEW)	Apricot Orange Ginger Quinoa Salad (NEW)	Apricot Orange Ginger Quinoa Salad (NEW)	Leftover Fish In Foil	Leftover Beef & Vegetable Shish Kebabs	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)
M4	Chopped Raw Veggies + 1/4 Cup Tzatziki	1 Cup Steamed Edamame	Chopped Raw Veggies + 1/4 Cup Tzatziki	1 Cup Steamed Edamame	Black Bean & Corn Salsa + Tortilla Chips	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Black Bean & Corn Salsa + Tortilla Chips
M5	Pecan Salmon + Sweet Potato Mash (Cookbook)	Stuffed Sweet Potato (Cookbook)	Simple Baked Salmon (NEW)	Fish In Foil (NEW)	Beef & Vegetable Shish Kebabs (Cookbook)	Chicken Pesto Pizza (Cookbook)	Planned Treat Meal