



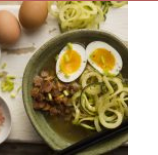








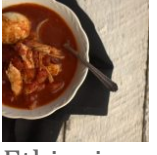
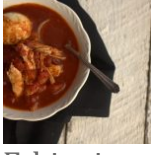


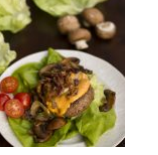










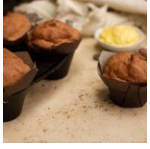














Week One:

NOTE: YOU WILL EAT TWO SERVINGS OF THE ETHIOPIAN STEW ON THOSE DAYS. THIS WEEK INCLUDES TWO PSMF DAYS (DAYS 4 AND 6). ALSO NOTE THE 1/2 RECIPE FOR THE ITALIAN MARINATED MUSHROOMS.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 <p>Rosti w/ Bacon, Mushrooms & Onions (2) <i>30 Day Cleanse pg.158</i></p>	 <p>Chocolate Pudding (5) <i>30 Day Cleanse pg. 186</i></p>	 <p>Chocolate Pudding leftovers <i>30 Day Cleanse pg. 186</i></p>	 <p>Malt O Meal Cereal (1) <i>The Art of Fat Loss pg. 23</i></p>	 <p>Bacon & Eggs Ramen (4) <i>30 Day Cleanse pg. 150</i></p>	 <p>PSMF French Toast (1) <i>The Art of Fat Loss pg. 26</i></p>	 <p>Bacon & Eggs Ramen leftovers <i>30 Day Cleanse pg. 150</i></p>
Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack
 <p>Deconstructed Egg Rolls (6) <i>30 Day Cleanse pg. 328</i></p>	 <p>Deconstructed Egg Rolls leftovers <i>30 Day Cleanse pg. 328</i></p>	 <p>Deconstructed Egg Rolls leftovers <i>30 Day Cleanse pg. 328</i></p>	 <p>Italian Marinated Mushrooms(4) <i>30 Day Cleanse pg. 208</i></p>	 <p>Easy Baked Shrimp Scampi (4) <i>The Art of Fat Loss pg. 44</i></p>	 <p>Italian Marinated Mushrooms leftovers <i>30 Day Cleanse pg. 208</i></p>	 <p>Easy Baked Shrimp Scampi leftovers <i>The Art of Fat Loss pg. 44</i></p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 <p>Juicy Ginger Chicken Breasts (2) <i>The Art of Fat Loss pg. 32</i></p>	 <p>Ethiopian Stew (8) **EAT TWO SERVINGS** <i>30 Day Cleanse pg. 274</i></p>	 <p>Ethiopian Stew (8) **EAT TWO SERVINGS** <i>30 Day Cleanse pg. 274</i></p>	 <p>Protein Sparing Bourbon Chicken over Egg Rice (4) <i>The Art of Fat Loss pg. 30</i></p>	 <p>Smothered Bacon & Mushroom Burgers (4) <i>30 Day Cleanse pg.294</i></p>	 <p>Protein Sparing Bourbon Chicken (4) <i>The Art of Fat Loss pg. 30</i></p>	 <p>Smothered Bacon & Mushroom Burgers (4) <i>30 Day Cleanse pg. 294</i></p>

























Week Two:

NOTE: THE BREAKFAST CHILI IS 6 SERVINGS MEANING MAKE 1/2 BATCH. THIS WEEK INCLUDES 3 PSMF DAYS (DAYS 2, 3 AND 5) AND ONE OVERFEEDING DAY (DAY 4). ON DAY 1 OF THIS WEEK YOU MAKE A 1/2 BATCH OF THE CHOCOLATE ANGEL FOOD CUPCAKES FROM THE ART OF FAT LOSS AND EAT 2 SERVINGS.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 <p>Chocolate Waffles (2)</p> <p><i>30 Day Cleanse pg.182</i></p>	 <p>Ham and Egg Cups (2)</p> <p><i>30 Day Cleanse pg. 172</i></p>	 <p>Breakfast Chili (6)</p> <p><i>30 Day Cleanse pg. 148</i></p>	 <p>Florentine Breakfast Burger (4)</p> <p><i>30 Day Cleanse pg. 152</i></p>	 <p>Breakfast Chili leftovers</p> <p><i>30 Day Cleanse pg. 148</i></p>	 <p>Breakfast Chili leftovers</p> <p><i>30 Day Cleanse pg. 148</i></p>	 <p>Florentine Breakfast Burger (4)</p> <p><i>30 Day Cleanse pg. 148</i></p>
Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack
 <p>Simple Crab Salad (2)</p> <p><i>30 Day Cleanse pg. 236</i></p>  <p>Angel Food Cupcakes (6)</p> <p>**EAT TWO SERVINGS**</p> <p><i>The Art of Fat Loss pg.83</i></p>	 <p>Angel Food Cupcakes (leftovers)</p> <p><i>The Art of Fat Loss pg. 83</i></p>	 <p>PSMF Chocolate Pudding (2)</p> <p><i>The Art of Fat Loss pg. 16</i></p>	 <p>Hot-&-Sour Soup w/Pork Meatballs (leftovers)</p> <p><i>30 Day Cleanse pg. 248</i></p>  <p>Asian Chicken Salad (2)</p> <p><i>30 Day Cleanse pg. 222</i></p>	 <p>PSMF Chocolate Pudding (leftovers)</p> <p><i>The Art of Fat Loss pg. 16</i></p>	 <p>Creamsicle Breakfast Smoothie (1)</p> <p><i>The Art of Fat Loss pg. 20</i></p>	 <p>Creamsicle Breakfast Smoothie (1)</p> <p><i>The Art of Fat Loss pg. 20</i></p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 <p>Hot-&-Sour Soup w/Pork Meatballs (4)</p> <p><i>30 Day Cleanse pg. 248</i></p>	 <p>Taco Shrimp Kabobs (1)</p> <p><i>The Art of Fat Loss pg. 50</i></p>	 <p>Sorrento Fish (4)</p> <p><i>The Art of Fat Loss pg. 45</i></p>	 <p>Slow Cooker Ropa Vieja (6)</p> <p><i>30 Day Cleanse pg. 308</i></p>	 <p>Sorrento Fish (leftovers)</p> <p><i>The Art of Fat Loss pg. 45</i></p>	 <p>Slow Cooker Ropa Vieja (leftovers)</p> <p><i>30 Day Cleanse pg. 308</i></p>	 <p>Slow Cooker Ropa Vieja (leftovers)</p> <p><i>30 Day Cleanse pg. 308</i></p>

Week Three:

NOTES: THIS WEEK INCLUDES TWO PSMF DAYS (DAYS 4 AND 6). ALSO NOTE, THE PSMF MEATBALL SOUP YOU MAKE 1/2 RECIPE AND ON DAY 7 YOU EAT 2 SERVINGS OF THE LEMON PEPPER CHICKEN.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 <p>Bacon and Eggs Ramen (4)</p> <p><i>30 Day Cleanse pg. 150</i></p>	 <p>Bacon and Eggs Ramen (Leftovers)</p> <p><i>30 Day Cleanse pg. 150</i></p>	 <p>Chocolate Waffles (2)</p> <p><i>30 Day Cleanse pg. 182</i></p>	 <p>Steak-n-Eggs (2)</p> <p><i>The Art of Fat Loss pg. 27</i></p>	 <p>Rosti w/ Bacon, Mushrooms & Onions (2)</p> <p><i>30 Day Cleanse pg. 158</i></p>	 <p>PSMF Chocolate Pudding (2)</p> <p><i>The Art of Fat Loss pg. 16</i></p>	 <p>Rosti w/ Bacon, Mushrooms & Onions (leftovers)</p> <p><i>30 Day Cleanse pg. 158</i></p>
Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack
 <p>PSMF Meatball Soup (4)</p> <p><i>The Art of Fat Loss pg. 71</i></p>	 <p>PSMF Meatball Soup (leftovers)</p> <p><i>The Art of Fat Loss pg. 71</i></p>	 <p>Bacon & Mushrooms w/ Soft Eggs (4)</p> <p><i>30 Day Cleanse pg. 164</i></p>	 <p>Strawberry Pavlova (2)</p> <p><i>The Art of Fat Loss pg. 75</i></p>	 <p>Bacon & Mushrooms w/ Soft Eggs (leftovers)</p> <p><i>30 Day Cleanse pg. 164</i></p>	 <p>Simple Crab Salad (2)</p> <p><i>30 Day Cleanse pg. 236</i></p>	 <p>Reuben Meatballs (8)</p> <p><i>30 Day Cleanse pg. 300</i></p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 <p>Chilis Rellenos (2)</p> <p><i>30 Day Cleanse pg. 266</i></p>	 <p>Chicken Tinga Wings (6)</p> <p><i>30 Day Cleanse pg. 200</i></p>  <p>Fried "Rice" (4)</p> <p><i>The Art of Fat Loss pg. 68</i></p>	 <p>Chicken Tinga Wings (leftovers)</p> <p><i>30 Day Cleanse pg. 200</i></p>  <p>Fried "Rice" (leftovers)</p> <p><i>The Art of Fat Loss pg. 68</i></p>	 <p>Chicken Tinga Wings (leftovers)</p> <p><i>30 Day Cleanse pg. 200</i></p>  <p>Taco Shrimp Kabobs (2)</p> <p><i>The Art of Fat Loss pg. 50</i></p>	 <p>Protein Sparing Bourbon Chicken over Egg Rice (4)</p> <p><i>The Art of Fat Loss pg. 30</i></p>	 <p>Protein Sparing Bourbon Chicken over Egg Rice (leftovers)</p> <p><i>The Art of Fat Loss pg. 30</i></p>	 <p>Lemon Pepper Chicken (4)</p> <p>**EAT TWO SERVINGS**</p> <p><i>30 Day Cleanse pg. 282</i></p>

Week Four:

NOTE: THIS WEEK INCLUDES 2 PSMF DAYS (DAY 1 AND DAY 7) AND ONE OVERFEEDING DAY (DAY 3). THERE WILL BE LEFTOVER BBQ MEATLOAF YOU CAN EAT UP AFTER COMPLETING THIS MEAL PLAN.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 <p>Halibut with Ginger Sauce (2)</p> <p><i>The Art of Fat Loss pg. 47</i></p>	 <p>Ham and Egg Cups (2)</p> <p><i>30 Day Cleanse pg. 172</i></p>	 <p>Steak-n-Eggs (2)</p> <p><i>The Art of Fat Loss pg. 27</i></p>	 <p>Florentine Breakfast Burger (4)</p> <p><i>30 Day Cleanse pg. 152</i></p>	 <p>Ham and Egg Cups (2)</p> <p><i>30 Day Cleanse pg. 172</i></p>	 <p>Protein Sparing Dutch Baby Apple Pancake (2)</p> <p><i>The Art of Fat Loss pg. 21</i></p>	 <p>Ham and Chives Souffle Omelet (2)</p> <p><i>The Art of Fat Loss pg. 19</i></p>
Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack	Side/Snack
	 <p>Peel n Eat Ginger Lime Shrimp (4)</p> <p><i>The Art of Fat Loss pg. 46</i></p>	 <p>Scotch Eggs (2)</p> <p><i>30 Day Cleanse pg. 196</i></p>  <p>Hot-&-Sour Soup w/ Pork Meatballs(4)</p> <p><i>30 Day Cleanse pg. 248</i></p>	 <p>Peel n Eat Ginger Lime Shrimp (4)</p> <p><i>The Art of Fat Loss pg. 46</i></p>	 <p>Hot-&-Sour Soup w/ Pork Meatballs (leftovers) (4)</p> <p><i>30 Day Cleanse pg. 248</i></p>	 <p>Keto Greek Avgolemono (4)</p> <p><i>30 Day Cleanse pg. 286</i></p>	 <p>Keto Greek Avgolemono (leftovers)(4)</p> <p><i>30 Day Cleanse pg. 286</i></p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 <p>Slow Cooker Short Rib Tacos (6)</p> <p><i>30 Day Cleanse pg. 324</i></p>	 <p>Stewed Chicken and Sausage (8)</p> <p><i>30 Day Cleanse pg. 288</i></p>	 <p>Stewed Chicken and Sausage (leftovers)(8)</p> <p><i>30 Day Cleanse pg. 288</i></p>	 <p>Slow Cooker Short Rib Tacos (leftovers) (6)</p> <p><i>30 Day Cleanse pg. 324</i></p>	 <p>Slow Cooker Short Rib Tacos (6)</p> <p><i>30 Day Cleanse pg. 324</i></p>	 <p>Florentine Breakfast Burger (4)</p> <p><i>30 Day Cleanse pg. 152</i></p>	 <p>BBQ Meatloaf (6)</p> <p><i>The Art of Fat Loss pg. 54</i></p>