

BONUS MEAL PLANS

COMPLETE MEAL PLANS WRITTEN OUT AS SUGGESTED MENUS FOR YOUR CONVENIENCE. THE **BOLD** TYPE INDICATES A CLICKABLE RECIPE LINK.



LOW-CARB

The Low-Carb full Meal Plan included uses what you created in the Low-Carb Prep Session, with additional meal suggestions to round out your week.



BREAKFAST, LUNCH, AND DINNER

The Breakfast, Lunch, and Dinner full meal plan included combines the prep-ahead sessions for Breakfast, Lunch, and Dinner to create a full menu to use throughout the week.



LOW-CARB

*On the Menu
(Suggested Meal Plan)*

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
<i>S</i>	1 slice bacon +;1 egg* (S)	batch jar salads* (S)	Meatball Casserole & Side Salad (S)	pepperoni chips* (S)
<i>M</i>	low-carb protein shake*(S)	baked egg* & salad* (S)	Taco Salad (E)	pepperoni chips* (S)
<i>T</i>	1 slice bacon +;1 egg* (S)	batch jar salads* (S)	Egg Roll in a Bowl (S)	bacon* (S)
<i>W</i>	Banana Split Oatmeal (E)	low-carb protein shake*(S)	Slow Cooker Spanish Chicken (E)	frosting* & berries (S)
<i>Th</i>	1 slice bacon +;1 egg* (S)	batch jar salads* (S)	Italian Chicken & Buttered Green Beans (S)	pepperoni chips* (S)
<i>F</i>	low-carb protein shake* (S)	leftover Spanish Rice (E)	Broccoli & Cheese Soup (S)	frosting* & berries (S)
<i>S</i>	Banana Split Oatmeal (E)	leftover soup (S)	Greek Chicken w/ Side Salad (S)	cheese stick, nuts, Lily's chocolate (S)

*Pre-made with low-carb prep session

* The added meals in this meal plan are not all low-carb. The "Low-Carb" name comes from the prep session you used to create this meal plan. This meal plan uses a healthy carbs, but you can make it your own and completely low-carb by swapping out the meals in Bold.



BREAKFAST, LUNCH & DINNER

On the Menu

Breakfast

Lunch

Dinner

Snack

S

easy mini;
omelets* (S)

batch jar salad* (S)

scrambled eggs;
with simple roasted;
veggies* (S)

M

1 slice bacon
+;1 egg* (S)

hardboiled egg
&;deli meat
roll-ups* (S)

baked chicken* &;
steamed veggies
(S)

T

easy mini;
omelets*
(S)

batch jar salad* (S)

**burrito bowls (brown
rice, beans, chicken
breasts, salsa) (E)**

W

low-carb protein
shake* (S)

batch jar salad* (S)

baked chicken* w/
simple roasted;
veggies* (S)

Th

1 slice bacon
+;1 egg* (S)

hardboiled
egg & low-carb;
chocolate milk* (S)

**Korean ground beef (use
cauli rice and cooked
ground beef*) (S)**

F

low-carb protein
shake* (S)

deli meat roll-up &;
low-carb chocolate;
milk* (S)

**low-carb pizza night
w/ side salad (S)**

S

low-carb protein
shake* (S)

deli meat
roll-ups &;hardboiled
eggs* (S)

**tacos (skip the
shells & use cooked
ground beef*) (S)**

*Pre-made with low-carb prep session if you combine the breakfast session, lunch session, and dinner session