



# CHEAT RECOVERY MEAL PLAN

*If you go off-plan, follow this meal plan of Deep S meals for a quick recovery!*

Breakfast: Fried eggs and spinach – I like to melt a little butter in a pan, saute spinach with a pinch of salt and pepper until it's not mushy but still somewhat firm and warm, then fry two eggs (with more salt and pepper) in the same pan and eat it all together.

Drink 2 glasses of water; optional snack of skinny chocolate and tea with collagen

Lunch: Salad with baked salmon – spinach, cucumbers, a few green beans (cooked and chopped), baked salmon, this Greek dressing

Snack: Bacon and Good Girl Moonshine

Dinner: Chicken thighs, green beans, and salad  
2 more glasses of water

Dessert – Skinny chocolate (from the Trim Healthy Mama book) and decaf coffee (no cream).