



# Love Your Body - Week One

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Workout Recovery Superfood Smoothie (NEW)	Perfect Morning Quinoa (NEW)	Mediterranean Feta & Quinoa Egg Muffins (New)	Mediterranean Feta & Quinoa Egg Muffins (New)	Workout Recovery Superfood Smoothie (NEW)	Blueberry Oatmeal Pancakes (Main Cookbook)	Perfect Morning Quinoa (NEW)
M2	Raisin Bran Muffin (Main Cookbook)	Raisin Bran Muffin (Main Cookbook)	1 cup berries + 2 Tbsp. nuts	1 apple, sliced + 1 tbsp. almond butter	Raisin Bran Muffin (Main Cookbook)	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
M3	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Leftover Simple Beef Stew	Leftover from yesterday's M5	Leftover Lentil Sweet Potato Pie	Leftover lean protein + steamed veggies	Leftover Almond Falafel Wraps (New)	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 baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	1 apple sliced + 2 tbsp. Almond Butter (NEW)	Chewy Banana Granola Bar (Main Cookbook)	Chewy Banana Granola Bar (Main Cookbook)
M5	Simple Delicious Beef Stew (Main Cookbook)	6 oz. lean protein + 2 cups lightly steamed veggies + ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite LYL approved dressing	Lentil, Mushroom, Sweet Potato Pie (New)	6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Almond Falafel Wraps (New)	Go out for a Love Your Body Approved Dinner w/ Family	Turmeric Stew (New)



# Love Your Body - Week Two

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Morning Rise Winter Superfood Smoothie (NEW)	Morning Rise Winter Superfood Smoothie (NEW)	LYL Grain-Free Granola (Portal)	LYL Grain-Free Granola (Portal)	Workout Recovery Superfood Smoothie (NEW)	Apple Pie Oatmeal (Main Cookbook)	Go Out for a Love Your Body Approved Brunch w/ Family
M2	3 Mini Cinnamon Date Muffins (Portal)	3 Mini Cinnamon Date Muffins (Portal)	Coconut Apricot Smoothie (Main Cookbook)	Coconut Apricot Smoothie (Main Cookbook)	Raw Superfood Energy Bar (New)	Raw Superfood Energy Bar (New)	Apple Nachos (New)
M3	Leftover Turmeric Stew (New)	Leftover Stuffed Tomatoes (new)	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover lean protein + steamed veggies	Leftover from yesterday's M5	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)
M4	1 cup baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	3 Mini Cinnamon Date Muffins (Portal)	Raw Superfood Energy Bar (New)	1 apple sliced + 2 tbsp. Almond Butter (NEW)	Apricot & Sesame Seed Energy Bar (Main Cookbook)	Apricot & Sesame Seed Energy Bar (Main Cookbook)
M5	Almond Stuffed Tomatoes (New)	Turmeric Chicken Skewers + Turmeric Cauliflower Rice (Portal)	Raw Brussels Sprout Salad (New) + Spicy Baked Salmon (Main Cookbook)	6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Skinny Shrimp Scampi w/ Spaghetti Squash (Main Cookbook)	Turkey Bacon Wrapped Scallops + Oven Roasted Asparagus (Main Cookbook)	Low-Carb Roast Beef Hash (Main Cookbook)



# Love Your Body - Week Three

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Blueberry Cacao Smoothie Bowl (NEW)	Blueberry Cacao Smoothie Bowl (NEW)	Mediterranean Feta & Quinoa Egg Muffins (New)	Mediterranean Feta & Quinoa Egg Muffins (New)	Avocado Nut Shake (Portal)	Apricot Yogurt Muesli (Main Cookbook)	LYL Grain-Free Granola (Portal)
M2	Apple Walnut Muffin (Main Cookbook)	Apple Walnut Muffin (Main Cookbook)	Sweet & Salty Trail Mix Bar (Portal)	Morning Rise Winter Superfood Smoothie (New)	Apple Walnut Muffin (Main Cookbook)	Apple Walnut Muffin (Main Cookbook)	Leftover Apricot Yogurt Muesli (Main Cookbook)
M3	Leftover Roast Beef Hash (Main Cookbook)	Leftover Turkey Bean Stew (Main Cookbook)	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover Butternut Squash Soup + Salad	Leftover from yesterday's M5	Leftover Lentil Sweet Potato Pie (New)
M4	Sweet & Salty Trail Mix Bar (Portal)	Sweet & Salty Trail Mix Bar (Portal)	Apple Nachos (New)	Apple Nachos (New)	Mediterranean Feta & Quinoa Egg Muffins (New)	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
M5	Chunky Turkey Bean Stew (Main Cookbook)	Confetti Kale Salad (New) + Simple Miso Soup (New)	Sexy Seaweed Salad (New) + Sesame Chicken Bites (Main Cookbook)	Butternut Squash Soup (Main Cookbook) + Salad	Sweet Potato Coconut Curry Shrimp (Main Cookbook)	Lentil, Mushroom, Sweet Potato Pie (New)	Taco Lettuce Wraps (Main Cookbook)



# Love Your Body - Week Four

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Perfect Morning Quinoa (NEW)	Workout Recovery Superfood Smoothie (NEW)	Workout Recovery Superfood Smoothie (NEW)	Bacon Egg Cups (Main Cookbook)	Bacon Egg Cups (Main Cookbook)	Oatmeal Raisin Overnight Oats (New)	Oatmeal Raisin Overnight Oats (New)
M2	Chocolate Peanut Butter Cup Smoothie (Main Cookbook)	Mackenzie's Carrot Muffin (Main Cookbook)	Mackenzie's Carrot Muffin (Portal)	Morning Rise Winter Superfood Smoothie (New)	Chocolate Peanut Butter Cup Smoothie (Main Cookbook)	Bacon Egg Cups (Main Cookbook)	Apple + 2 tbsp. Almond Butter
M3	Leftover Taco Lettuce Wraps (Main Cookbook)	Peach Pecan Quinoa Salad (New)	Peach Pecan Quinoa Salad (New)	Super Honey Salad (New) + 3oz Grilled Chicken	Super Honey Salad (New) + 3oz Grilled Chicken	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Leftover LYL Burrito Bowl (Portal)
M4	Matcha Chia Pudding (NEW)	Matcha Chia Pudding (NEW)	Raw Superfood Energy Bar (New)	Raw Superfood Energy Bar (New)	3 Mini Cinnamon Date Muffins (Portal)	3 Mini Cinnamon Date Muffins (Portal)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs
M5	Turmeric Chicken Skewers + Turmeric Cauliflower Rice (Portal)	6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Leftover Butternut Squash Soup (Main Cookbook) + Salad	Tray Dinner (Portal)	Gluten Free Pizza w/ Chicken & Pesto (Portal)	LYL Burrito Bowl (New)	Go Out for a Love Your Body Approved Dinner w/ Family



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M1							
M2							
M3							
M4							
M5							