

# Club LYL January 2019

## MEAL PLAN - WEEK 1

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Hormone Balancing Smoothie Bowl (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Hormone Balancing Smoothie Bowl (NEW)	Happy Hormones Smoothie (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Morning Quinoa Bowl (NEW)
M2	Mackenzie Carrot Muffin (Cookbook)	Raw Superfood Energy Bar (NEW)	Raw Superfood Energy Bar (NEW)	Mackenzie Carrot Muffin (Cookbook)	Mackenzie Carrot Muffin (Cookbook)	Happy Hormones Smoothie (NEW)	Apple + 1 tbsp. Almond Butter
M3	LYL Nourish Bowl (NEW)	LYL Nourish Bowl (NEW)	Leftover Curry Sweet Potato Lentil Stew	Leftover Stuffed Roasted Butternut Squash + Cajun Grilled Shrimp	Leftover Curry Sweet Potato Lentil Stew	Leftover Italian Goulash	Leftover Lentil Loaf + Cauliflower Mash
M4	Apple + 1 tbsp. Almond Butter	Chopped Raw Veggies + 1/4 Cup Tzatziki	Chopped Raw Veggies + 1/4 Cup Tzatziki	Apple + 1 tbsp. Almond Butter	Apple + 1 tbsp. Almond Butter	Raw Superfood Energy Bar (NEW)	Raw Superfood Energy Bar (NEW)
M5	Pesto Baked Salmon + Grilled Veggies (Cookbook)	Curry Sweet Potato Lentil Stew (NEW)	Stuffed Roasted Butternut Squash + Cajun Grilled Shrimp (NEW)	Enjoy A Lean. Clean & Green Dinner w/ Family & Friends	Italian Goulash (Cookbook)	Delicious Lentil Loaf (NEW) + Cauliflower Mash (Cookbook)	Treat Meal

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## MEAL PLAN - WEEK 2

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Mediterranean Egg Muffins (NEW)	Tropical Smoothie Bowl (NEW)	Tropical Smoothie Bowl (NEW)	Morning Quinoa Bowl (NEW)	Happy Hormones Smoothie (NEW)	Apricot Yogurt Muesli (Cookbook)	Egg & Veggie Scramble + Slice Gluten-Free Toast
M2	PB & J Muffins (NEW)	Mediterranean Egg Muffins (NEW)	Mediterranean Egg Muffins (NEW)	PB & J Muffins (NEW)	PB & J Muffins (NEW)	Happy Hormones Smoothie (NEW)	Apricot Yogurt Muesli (Cookbook)
M3	Easy Green Bean, Egg, Quinoa Salad (NEW)	Leftover Simple Beef Stew	Leftover Skinny Shrimp Scampi	Leftover Chicken Pot Pie Soup	Leftover Simple Beef Stew	Leftover Honey Garlic Meatballs + Cauliflower Rice	Easy Green Bean, Egg, Quinoa Salad (NEW)
M4	Energy-Boosting Matcha Bliss Balls (NEW)	Energy-Boosting Matcha Bliss Balls (NEW)	Apple + 1 tbsp. Almond Butter	Chopped Raw Veggies + 1/4 Cup Tzatziki	Chopped Raw Veggies + 1/4 Cup Tzatziki	Apple + 1 tbsp. Almond Butter	Mackenzie Carrot Muffin (Cookbook)
M5	Simple Beef Stew (NEW)	Skinny Shrimp Scampi (Cookbook)	Chicken Pot Pie Soup (NEW)	Treat Meal	Honey Garlic Meatballs (NEW) + Cauliflower Rice	Enjoy A Lean, Clean & Green Dinner w/ Family & Friends	Chicken Pesto Pasta (Cookbook)

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## MEAL PLAN - WEEK 3

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Superfood Breakfast Bars (NEW)	Superfood Breakfast Bars (NEW)	Smoked Salmon Mini Frittatas (NEW)	Smoked Salmon Mini Frittatas (NEW)_	Hormone Balancing Smoothie Bowl (NEW)	Egg & Veggie Scramble + Slice Gluten-Free Toast	Spiced Pear Topped French Toast (Cookbook)
M2	Berry-licious Smoothie (Cookbook)	Berry-licious Smoothie (Cookbook)	Raisin Bran Muffin (Cookbook)	Raisin Bran Muffin (Cookbook)	Smoked Salmon Mini Frittatas (NEW)	Superfood Breakfast Bars (NEW)	Apple + 1 tbsp. Almond Butter
M3	Collard Green Avocado Tuna Wrap (NEW)	Collard Green Avocado Tuna Wrap (NEW)	Leftover Italian Meatball Soup (NEW)	Leftover Sweet Potato Coconut Curry Shrimp	Leftover Sizzlin' Satay Turkey Stir-Fry	Treat Meal	Leftover Italian Meatball Soup (NEW)
M4	Apple + 1 tbsp. Almond Butter	Apple + 1 tbsp. Almond Butter	Chopped Raw Veggies + 1/4 Cup Tzatziki	Chopped Raw Veggies + 1/4 Cup Tzatziki	Superfood Breakfast Bars (NEW)	Hormone Balancing Smoothie Bowl (NEW)	Berry-licious Smoothie (Cookbook)
M5	Pecan Crusted Salmon + Veggies (Cookbook)	Italian Meatball Soup (NEW)	Sweet Potato Coconut Curry Shrimp (Cookbook)	Sizzlin' Satay Turkey Stir-Fry (NEW)	Chicken Pesto Pita Pizza (Cookbook)	Enjoy A Lean. Clean & Green Dinner w/ Family & Friends	Baked Salsa & Goat Cheese Chicken + Sweet Potato Fries (Cookbook)

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## MEAL PLAN - WEEK 4

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1	Mediterranean Egg Muffins (NEW)	Tropical Smoothie Bowl (NEW)	Mediterranean Egg Muffins (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Oatmeal Raisin Overnight Oats (NEW)	Tropical Smoothie Bowl (NEW)	Apple Pie Oatmeal (Cookbook)
M2	Energy-Boosting Matcha Bliss Balls (NEW)	Mediterranean Egg Muffins (NEW)	Energy-Boosting Matcha Bliss Balls (NEW)	Happy Hormones Smoothie (NEW)	Happy Hormones Smoothie (NEW)	PB & J Muffins (NEW)	Apple + 1 tbsp. Almond Butter
M3	Thai Chicken Collard Green Wrap (NEW)	Thai Chicken Collard Green Wrap (NEW)	Leftover Cajun Grilled Shrimp + Cauliflower Rice (NEW)	Asian Lettuce Wraps (Cookbook)	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	Energy-Boosting Matcha Bliss Balls (NEW)	Energy-Boosting Matcha Bliss Balls (NEW)	Avocado Banana Smoothie (Cookbook)	PB & J Muffins (NEW)
M5	Enjoy A Lean. Clean & Green Dinner w/ Family & Friends	Cajun Grilled Shrimp + Cauliflower Rice (NEW)	Asian Lettuce Wraps (Cookbook)	Spiced Sweet Potato Stew (Cookbook)	Italian Goulash (Cookbook)	Enjoy A Lean. Clean & Green Dinner w/ Family & Friends	Treat Meal

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MEAL PLAN - WEEK \_\_\_\_\_

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Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
M1							
M2							
M3							
M4							
M5							