



60daySM Challenge

TRADITIONAL
MEAL PLAN

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How To Use The Meal Plan

We know metabolisms are all different, so we've built this meal plan with that in mind, hoping to provide enough structure to make your nutrition easier but enough flexibility to work for each individual.

Here's how it works. We've set up three primary meals daily, but you can choose all of your snacks (and desserts). If you like to eat more often throughout the day, include smaller, less filling snacks more often. If you feel content with bigger meals, stick to the meal plan and only have 1 to 2 snacks daily. Do what works best for you and what's easiest for you to adhere to your program.

Remember — if it's too complicated or restrictive, you won't be able to keep it up. The goal is to find a lifestyle that feels second nature to you.

Last thing. If there is a recipe in the meal plan you don't like, you are welcome to swap it out with another. Any recipe under the "Entrées" section of the site is approved. If you find a recipe online you want to use but aren't sure if it's approved, reach out to 60day@lt.life.

You can find all 60day recipes at lifetime60day.com/recipes.

The Base

Each day is programmed to have about 70 percent of your total daily calories needed (from breakfast, lunch and dinner). We've got recommendations below on your total calorie needs, but this is where that flexibility comes in if you already know your metabolism and your body — if you need more calories than what we recommend, choose your snacks accordingly (or double up on your servings). We also include a page on calorie add-ons — quick ingredients you can add to any meal to bump it up when needed (page 13).

Women

We recommend shooting for about 1,800 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 135g
- Carbs: 35% or 170g
- Fat: 35% or 70g

Men

We recommend shooting for about 2,500 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 185g
- Carbs: 35% or 220g
- Fat: 35% or 95g

How to use the Meal Plan

Cooking for One

If you are cooking for one, halve each of the recipes in the meal plan. Most include four servings — halving the recipes (and ingredients) will give you two servings.

Cooking for Two

Follow the meal plan and recipes as written. Males should include an extra 100 to 200 calories per meal and snack.

Cooking for Four

If you are cooking for four, double each of the recipes in the meal plan. Most include four servings — doubling the recipes (and ingredients) will give you eight servings.

What to do Weeks 5 to 8

To keep it as simple as possible for you, and provide a solid base of meal prep experience, you'll be repeating the meal plans for weeks 1 to 4 in the back half of the program as well. Feel free to incorporate new recipes as needed, or if simplicity is your game, just follow the meal plan as is.

Tips to 60day the Right Way

The 60day meal plan is a lifestyle program that includes eating the right foods, in the right quantities to achieve your healthy way of life. Follow these guidelines to ensure your best results.

- ✓ **Wash Your Produce**
Helps remove pesticides and bacteria.
- ✓ **Consume at Least 6 to 8 Servings of Vegetables Daily**
One serving is 1 cup raw or ½ cup cooked.
- ✓ **Consume Two Servings of Fresh Fruit Daily**
Organic berries and cherries are high in antioxidants and low in natural sugars. One serving is ½ cup fruit (1 cup berries), 1 small piece of fruit or ½ banana.
- ✓ **Consume High-Quality Protein with Each Meal**
This helps to stabilize blood sugars, energy level and cravings as well as provides amino acids needed to build muscle. Try to include both animal- and plant-based protein. Aim for 1 gram of protein per pound of goal weight.
- ✓ **Consume Omega-3 Fatty Acid Sources Several Times Per Day**
These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, because plant-based sources are not converted well by humans.
- ✓ **Increase Your Daily Intake of Water**
Water is the most important nutrient for your body. It cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.

Organic vs. Conventional

If you're on a budget and wondering what items you should buy organic and what items you can get that are conventional, here's a list of foods to buy organic when possible — since these foods are grown with the most pesticides. Those not as important to buy organic are grown using the least amount of pesticides.

Foods to Buy Organic

- Apples
- Celery
- Cherry Tomatoes
- Cucumbers
- Grapes
- Hot Pepper
- Kale
- Collard Greens
- Nectarines
- Peaches
- Potatoes
- Snap Peas
- Spinach
- Strawberries
- Sweet Bell Peppers

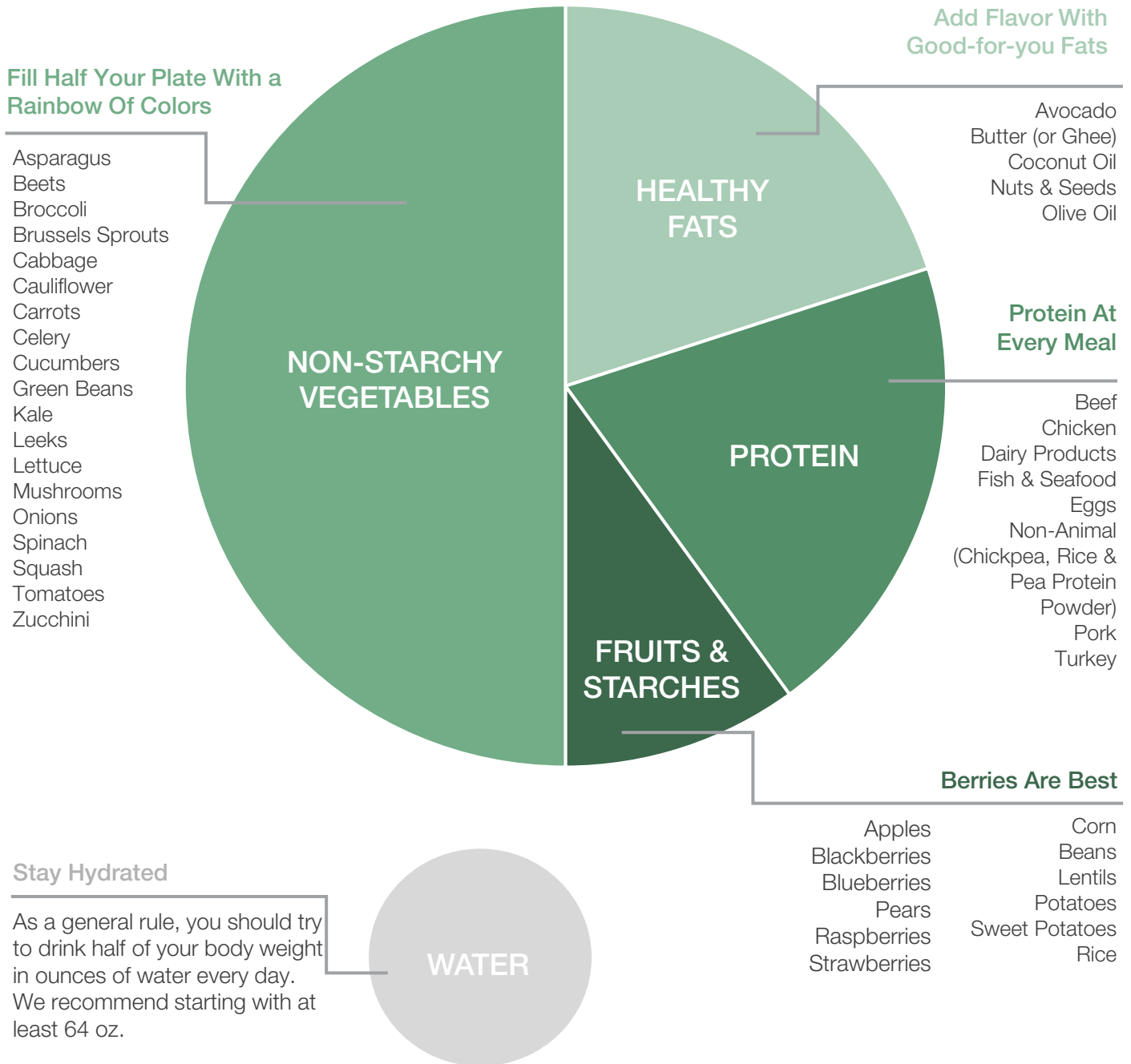
Foods to Buy Conventional

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Kiwi
- Mangos
- Onions
- Papayas
- Pineapples
- Sweet Peas (frozen)
- Sweet Potatoes

Your Healthy Plate

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan.

Here's what a healthy plate could look like for you, with minor adjustments made based on your individual goals.



How to Build a Smoothie

Protein shakes are an easy, delicious way to get all your nutrients conveniently. Our signature protein shake is great with water alone. But if you're looking to add more flavor, we recommend trying a combo below:

- 1 Liquid**
(4 to 8 Ounces)
water, unsweetened nut milk, coconut water
- 2 Protein**
(1 Serving)
Life Time Protein Powder
- 3 Veggies**
(1 Handful)
spinach , kale, riced cauliflower, Life Time Life Greens
- 4 Fruit**
(½ Handful)
berries, banana, cherries, lime, pineapple, mango
- 5 Healthy Fat**
(1 Thumb)
almond butter, avocado, coconut oil, chia seeds, flax seeds
- 6 Bonus**
(Dash)
vanilla extract, mint extract, almond extract, oats, coconut, cinnamon

Snack Shake

Another way to add in protein during the day is with a “snack shake.” These are normally a little lighter and therefore have fewer ingredients.

- 1 Liquid**
(4 to 8 Ounces)
water, unsweetened nut milk, coconut water
- 2 Protein**
(1 Serving)
Life Time Protein Powder
- 3 Bonus**
(Dash)
vanilla extract, mint extract, almond extract, oats, coconut, cinnamon

For more shake recipes, visit lifetime60day.com/recipes

How to Build a Sheet Pan Meal

Follow these steps for an easy, low-effort option for lunch or dinner any day of the week.

1. Start with the Right Setup

Choose a sheet pan that's around 18" x 26" and has a 1" tall rim around the edge. Line the bottom with either parchment paper or aluminum foil, and spray or rub with olive oil or coconut oil.

2. Choose Your Protein

Choose approximately 1 lb. of your protein (1 lb. will feed 2 people twice).

Meat	Temperature	Time
Chicken Breast	400° F	25 to 35 minutes
Salmon	400° F	8 to 12 minutes
Tilapia/Halibut	400° F	8 to 12 minutes
Pork Chops	400° F	25 to 35 minutes
Shrimp	400° F	10 minutes

3. Choose Your Vegetables

Ideally, choose 2 to 3 vegetables that cook at the same rate (add vegetables to the oven in intervals). You should include about 8 cups of vegetables total.

Vegetable	Temperature	Time
Pumpkins, Rutabagas, Spaghetti Squash (halved), Artichokes (whole), Acorn Squash (halved)	400° F	45 to 60 minutes
Beets, Cabbage (wedges), Carrots, Kohlrabi, Parsnips, Potatoes, Sweet Potatoes, Turnips, Butternut Squash	400° F	30 to 45 minutes
Artichoke Hearts, Broccoli, Brussels Sprouts, Cauliflower, Mushrooms, Eggplant, Cherry Tomatoes	400° F	15 to 30 minutes
Asparagus, Green Beans, Corn, Onions (chopped), Peas, Bell Peppers, Radishes, Yellow Squash, Zucchini, Garlic	400° F	10 to 15 minutes

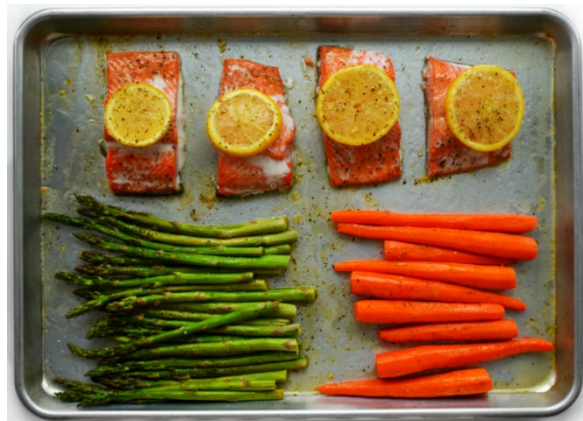
4. Add Flavor

Flavor with healthy fats (like olive oil and butter) and top with seasonings, like salt & pepper, lemon, rosemary, oregano, etc.

How to Build a Sheet Pan Meal

Our favorite combinations:

Protein	Veggie	Flavor	Temperature	Time
Shrimp, Andouille Sausage	Corn, Red Potatoes	Butter, Garlic, Old Bay, Lemon	425° F	15 to 20 minutes
Chicken	Broccoli, Carrots	Olive Oil, Lemon, Garlic, Italian Seasoning	375° F	30 to 35 minutes
Salmon	Asparagus	Butter, Honey, Oregano	375° F	40 to 45 minutes
Bacon	Carrots, Cauliflower, Broccoli, Baby Bell Peppers, Brussels Sprouts	Salt, Pepper	450° F	30 minutes
Chicken Sausage	Yellow Zucchini, Bell Peppers, Sweet Potato	Olive Oil, Oregano, Salt, Pepper	375° F	35 to 40 minutes
Pork Chops	Potatoes, Yellow Zucchini, Asparagus	Olive Oil, Oregano, Salt, Pepper	375° F	35 to 40 minutes
Chicken	Zucchini, Eggplant, Bell Pepper	Olive Oil, Lemon	375° F	30 minutes
Steak	Potatoes, Broccoli	Olive Oil, Balsamic Vinegar, Garlic, Salt, Pepper	450° F	30 minutes



Recommended Snacks

- 2 oz. nitrate-free beef jerky
- ½ cup cucumber slices + 2 tbs. guacamole
- 2 hard-boiled eggs
- Small apple
- Whole red pepper + 2 tbs. hummus
- ¼ cup olives (about 10)
- 10 celery strips with 2 tbs. almond butter
- [Veggie Roll-Ups](#)
- 2 strips nitrate-free bacon
- 1 can BPA-free tuna
- 1 cup roasted veggies
- 1 scoop protein powder + 8 oz. water
- [Almond Butter Blender Muffins](#)
- 1 nitrate-free beef jerky stick

For more snack recipes, visit lifetime60day.com/recipes



The Key to Meal Prep

Setting aside time on the weekends to batch cook multiple servings in bulk ensures you have easy, delicious go-tos during the week. Batch prepping individual ingredients (like boiled eggs or roasted veggies) also allows you to easily throw together meals or grab healthy snacks.

For the recipes included in this program, set time aside a few days per week to batch cook most of your meals for the next few days all at the same time. We'll prompt you on the days we recommend doing meal prep, based on the meals you're assigned during the week.

Then, save them in individual glass containers once they're cooked so that you have easy grab-n-go lunches and dinners. Be sure to save the extras that you do not plan to eat this week in their own containers and freeze too — you'll have healthy dinners ready to defrost and reheat in no time.

In addition to the meals and recipes we'll provide, we also recommend batch prepping additional foods to have on hand — for snacks, emergency meals or just back up if you're still hungry or need something post-workout.

These are our top individual foods we recommend batch prepping:

1. Rice or quinoa
2. Hard-boiled eggs
3. Bacon
4. Roasted veggies
5. Chopped or sliced veggies — for snacking or quickly sautéing
6. [6 Ingredient Pulled Chicken](#) — for salads and lettuce wraps
7. Overnight oats
8. Baked sweet potatoes

Calorie Add-Ons

Depending on your goals, your satiety or your workouts, there may be times during the 60day where you need to bump up the calories in a meal or a snack. See below for a few options you can use to supplement your meals.

50 to 100 Calories

- 1 bell pepper
- 1 small banana
- 1 medium apple
- 2 tbs. hummus
- 1 serving Life Time Collagen Protein
- 2 egg whites

100 to 200 Calories

- 1 tbs. olive oil
- 1 tbs. coconut oil
- 2 tbs. nut butter
- 2 eggs
- 1 cup low-sugar yogurt
- ½ cup blueberries
- ½ avocado
- ½ cup rice
- ½ cup quinoa
- 1½ servings Life Time Collagen Protein
- 1 serving Life Time Vegan or Whey
- 1 3 oz. can of tuna (in water)
- 4 oz. chicken breast
- ½ cup oats
- ¼ cup hummus

200 to 300 Calories

- 1 cup rice
- 1 cup quinoa
- 1 serving Life Time Vegan All in One Protein or Whey All in One Protein
- ¼ cup almonds
- 1 cup black beans

300 to 350 Calories

- 1 whole avocado
- ½ cup pistachios



Stuck in a Pinch?

Here are your go-to back-up plan options when you find yourself out and about, or without a pre-prepped lunch or dinner options:

1. Double-protein lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.
2. Burrito bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole — hold the cheese and sour cream.
3. Bun-less burger (optional add of avocado or bacon) topped with lettuce and tomato, with a side salad or a side of steamed veggies.
4. Pick up a rotisserie chicken and a bag of microwavable vegetables. Make veggies, top with ghee or olive oil and Himalayan sea salt to taste, and serve alongside chicken.
5. Try adding a side of microwaved sweet potato (poke holes all over with a fork, wrap in wet paper towels, and microwave 5 to 8 minutes or until pierced easily with a fork — then top with coconut oil and cinnamon).
6. Grocery store salad bar with fresh veggies, roasted chicken, hard-boiled egg, sunflower seeds, and oil and vinegar.



Week One | Meal Plan

60day Challenge

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Mediterranean Egg Bites	Southwest BBQ Chicken Salad	Hawaiian Chicken Stir-Fry	Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Steak Bites with Sweet Potatoes and Peppers + ½ cup Rice	Chicken Bacon Ranch Bowl + ½ cup Rice	Optional (pg.11)
WED.	Mediterranean Egg Bites	Cuban Bowl	Hawaiian Chicken Stir-Fry	Optional (pg.11)
THU.	Meal Replacement Protein Shake	Chicken Bacon Ranch Bowl + ½ cup Rice	Southwest BBQ Chicken Salad	Optional (pg.11)
FRI.	Mediterranean Egg Bites	Cuban Bowl	Steak Bites with Sweet Potatoes and Peppers + ½ cup Rice	Optional (pg.11)
SAT.	Sweet Potato, Egg and Sausage Hash + 1 cup Berries	Brinner Bowl	Chicken Bacon Ranch Bowl + ½ cup Rice	Optional (pg.11)
SUN.	Sweet Potato, Egg and Sausage Hash + 1 cup Berries	Chicken Bacon Ranch Bowl + ½ cup Rice	Taco Soup	Optional (pg.11)

Week One | Grocery List

PRODUCE	MEAT	CANNED AND JARRED
<input type="checkbox"/> ¼ yellow onion <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> ½ cup mushrooms <input type="checkbox"/> 3 cups spinach <input type="checkbox"/> 1 bag (5 oz.) spring mix <input type="checkbox"/> 1 avocado <input type="checkbox"/> 1 bunch fresh cilantro <input type="checkbox"/> 1 orange bell pepper <input type="checkbox"/> ½ red onion <input type="checkbox"/> 1 cup sugar snap peas <input type="checkbox"/> 1 cup fresh or canned pineapple chunks <input type="checkbox"/> 2 tsp. fresh ginger <input type="checkbox"/> 3 sweet potatoes, large <input type="checkbox"/> 1/8 onion <input type="checkbox"/> 3½ bell peppers <input type="checkbox"/> 1 spring fresh rosemary <input type="checkbox"/> 2 cups broccoli florets <input type="checkbox"/> 1 cup shredded lettuce <input type="checkbox"/> ¼ cup red potato <input type="checkbox"/> 4 cups berries (strawberries, blueberries, raspberries, etc.) <input type="checkbox"/> Optional: Green onion and sesame seeds	<input type="checkbox"/> 2½ lb. ground turkey <input type="checkbox"/> 1 lb. shredded chicken, cooked <input type="checkbox"/> 1 lb. boneless skinless chicken breast or thighs <input type="checkbox"/> 1 lb. skirt steak <input type="checkbox"/> 2 lbs. boneless, skinless chicken breast <input type="checkbox"/> 6 slices bacon, nitrate-free <input type="checkbox"/> 1 ½ lb. pork shoulder (cooked or raw - if raw, purchase 8 additional bacon slices) <input type="checkbox"/> 4 breakfast sausage links	<input type="checkbox"/> 3 oz. sundried tomatoes <input type="checkbox"/> 2 cans black beans <input type="checkbox"/> 1 cup corn kernels <input type="checkbox"/> 1½ cup cherry tomatoes <input type="checkbox"/> ½ cup pickles <input type="checkbox"/> 2 tbs. tomato paste <input type="checkbox"/> 1 can Rotel <input type="checkbox"/> 1 can tomatoes, diced <input type="checkbox"/> 2 cups chicken stock
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 6 tbs. garlic <input type="checkbox"/> 1 tbs. Italian seasoning <input type="checkbox"/> 1 tbs. dried parsley <input type="checkbox"/> 1 tbs. dried dill <input type="checkbox"/> ½ tbs. dried chives <input type="checkbox"/> 1 tsp. garlic powder <input type="checkbox"/> ½ tsp. onion powder <input type="checkbox"/> ¼ tsp. black pepper <input type="checkbox"/> 1 tbs. taco seasoning <input type="checkbox"/> Salt and pepper	<input type="checkbox"/> Coconut oil cooking spray <input type="checkbox"/> 5 tbs. coconut oil <input type="checkbox"/> ½ cup barbeque sauce, no sugar added <input type="checkbox"/> ¼ cup ranch dressing <input type="checkbox"/> 1 tbs. ghee <input type="checkbox"/> 9 tbs. coconut aminos <input type="checkbox"/> 3 tbs. apple cider vinegar <input type="checkbox"/> 2 tbs. balsamic vinegar <input type="checkbox"/> 4 tbs. mustard <input type="checkbox"/> 2 tbs. olive oil <input type="checkbox"/> 4 tsp. hot sauce
	DAIRY	DRY
	<input type="checkbox"/> ½ cup feta cheese <input type="checkbox"/> 14 eggs <input type="checkbox"/> Optional: 4 slices Swiss cheese	<input type="checkbox"/> 4½ cups rice <input type="checkbox"/> 2 tsp. arrowroot starch

Don't forget to include ingredients for snacks and protein shakes!

Recommended Prep Days

60day[®] Challenge

SUNDAY

- Mediterranean Egg Bites
- Southwest BBQ Chicken Salad

MONDAY

- Hawaiian Chicken Stir-Fry
- Steak Bites with Sweet Potatoes and Peppers
- Rice

TUESDAY

- Chicken Bacon Ranch Bowl
- Cuban Bowl

WEDNESDAY

- *No Preparation Needed*

THURSDAY

- *No Preparation Needed*

FRIDAY

- *No Preparation Needed*

SATURDAY

- Sweet Potato, Egg and Sausage Hash
- Brinner Bowl

SUNDAY

- Taco Soup

Week One | Recipes

60day Challenge

Mediterranean Egg Cups

Makes 6 Servings

Calories: 305 | Protein: 26 | Fat: 19 | Carbs: 7

INGREDIENTS

- Coconut oil cooking spray
- 1 tbs. coconut oil
- ¼ medium yellow onion, chopped
- ½ red bell pepper
- 2 tbs. garlic
- ½ cup mushrooms, diced
- ½ pound ground turkey
- 1 tbs. Italian seasoning
- 3 oz. sun-dried tomatoes, chopped
- 2 cups chopped spinach
- ½ cup feta cheese, crumbled
- 8 eggs

DIRECTIONS

1. Preheat oven to 350° F.
2. Spray 12-muffin tin with nonstick cooking oil spray.
3. Heat coconut oil over medium heat. Add onions and red pepper, stir to cook for 3 to 4 minutes. Add garlic and mushrooms, cook for 4 minutes.
4. Add ground turkey and Italian seasoning, sauté until fully cooked.
5. Add sun-dried tomatoes and spinach, cooking until spinach is fully incorporated and wilted into mixture. Stir in feta and remove from heat.
6. Evenly divide turkey mixture into muffin tin.
7. In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
8. Bake 25 minutes. Serve and enjoy!

Note: Store in a Ziploc bag in the refrigerator for 3 to 4 days

Week One | Recipes

60day[®] Challenge

Southwest BBQ Chicken Salad

Makes 4 Servings

Calories: 335 | Protein: 29 | Fat: 13 | Carbs: 32

INGREDIENTS

- 1 lb. shredded chicken, cooked
- ½ cup barbeque sauce, no sugar added
- 1 bag (5 oz.) spring mix
- 1 cup black beans, drained and rinsed
- 1 cup corn kernels
- 1 cup cherry tomatoes, halved
- 1 small avocado, diced
- Fresh cilantro to taste
- ¼ cup ranch dressing

DIRECTIONS

1. Toss shredded chicken with barbeque sauce and set aside.
2. Divide all ingredients between four bowls and toss to combine.
3. Drizzle desired ranch dressing (about 1 to 2 tablespoons) when ready to eat and enjoy!

Week One | Recipes

Hawaiian Chicken Stir-Fry

Makes 4 Servings

Calories: 305 | Protein: 28 | Fat: 5 | Carbs: 28

INGREDIENTS

- ½ cup rice
- 1 cups water
- 1 lb. boneless, skinless chicken breasts or thighs cut into bite-size pieces
- 1 tbs. ghee or coconut oil
- 3 garlic cloves minced
- 1 red pepper, chopped into 1" pieces
- 1 orange pepper, chopped into 1" pieces
- ¼ red onion, chopped into 1" pieces
- 1 cup sugar snap peas

Optional Toppings:

- Green onion and sesame seeds

Hawaiian Sauce

- 1 cup fresh or canned pineapple chunks
- ½ cup coconut aminos
- 2 tsp. fresh ginger, minced
- 3 tbs. apple cider vinegar
- 2 tsp. arrowroot starch

DIRECTIONS

1. Add rice and water to small pot. Bring to boil, reduce to low heat and let simmer for 15 to 20 minutes.
2. While rice is cooking, place all ingredients for the Hawaiian sauce in a blender and blend until smooth. Set aside.
3. Toss the chopped chicken pieces with salt.
4. Heat ghee or coconut oil in a large skillet over medium-high heat.
5. Add the chicken to the pan and cook, stirring until browned on all sides, about 5 minutes. Remove from the pan.
6. Add garlic to the pan and stir for 1 minute, until fragrant. Add the red pepper, orange pepper, onion, and sugar snap peas. Cook for 4 to 5 minutes.
7. Add chicken back to the pan and pour in the prepared Hawaiian sauce.
8. Simmer dish for 2 to 3 minutes until thickened. Taste and add more salt, as needed.
9. Serve over rice.
10. Optional: Sprinkle with sesame seeds and chopped green onions.

Week One | Recipes

60day Challenge

Steak Bites with Sweet Potatoes and Peppers

Makes 4 Servings

Calories: 330 | Protein: 24 | Fat: 21 | Carbs: 13

INGREDIENTS

- 1 large sweet potato, diced
- 2 tbs. coconut oil
- 2 cloves garlic, minced
- 1/8 onion, finely diced
- 1 lb. skirt steak, diced into 1" pieces
- 2 bell peppers, diced
- 2 tbs. balsamic vinegar
- 1 sprig fresh rosemary
- 1 tbs. coconut aminos
- Salt and pepper to taste

DIRECTIONS

1. Add diced sweet potatoes to microwavable bowl. Cover and microwave on high for 4 to 6 minutes, until tender. Remove from microwave and uncover to avoid overcooking. Set aside
2. Heat large skillet over medium-high heat. Add coconut oil. When melted, add garlic and onion. Sauté 1 to 2 minutes. Add cubed steak bites and cook 9 to 10 minutes until browned. Remove from pan and set aside.
3. Add the sweet potatoes and cook until browned. About 2 to 4 minutes.
4. Add the bell peppers and sauté an additional 3 to 4 minutes, until tender.
5. Add the steak back to the skillet. Add balsamic vinegar, rosemary and coconut aminos and sauté until juices are dissolved. Salt and pepper to taste. Serve and enjoy!

Rice

Makes 16 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 4 cups rice
- 8 cups water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer. Cover, and cook rice until the water is absorbed — about 15 to 20 minutes.
3. Remove from stove and enjoy!

Week One | Recipes

60day Challenge

Chicken Bacon Ranch Bowl

Makes 8 Servings

Calories: 240 | Protein: 37 | Fat: 7 | Carbs: 5

INGREDIENTS

- 2 lb. boneless, skinless chicken breast, cut into 1" pieces
- 6 slices bacon, nitrate-free
- 2 cups broccoli florets, cut as needed into bite-sized pieces
- 1 sweet potato, cubed

Ranch Seasoning

- 1 tbs. dried parsley
- 1 tbs. dried dill
- ½ tbs. dried chives
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. black pepper
- ½ tsp. salt

DIRECTIONS

1. Preheat oven to 425° F and line sheet pan with parchment paper. Set aside.
2. In a small bowl, combine ranch seasoning ingredients.
3. Add the chicken, bacon, broccoli and sweet potatoes to a large bowl. Toss with olive oil and ranch seasoning until fully coated. Transfer to sheet pan and spread evenly. May need to cook in two separate batches.
4. Roast in the oven for 28 to 30 minutes or until chicken reads 165° F and the broccoli and sweet potatoes are soft.

Cuban Bowl

Makes 4 Servings

Calories: 350 | Protein: 31 | Fat: 13 | Carbs: 1

INGREDIENTS

- 1½ lb. pork shoulder roast (cooked or follow instructions below)
- 8 bacon slices (only if making pork)
- 1½ tbs. pink Himalayan sea salt
- 1 cup shredded lettuce
- 4 tbs. mustard
- ½ cup pickles
- Optional: 4 slices of Swiss cheese

DIRECTIONS

Pulled Pork

1. Line bottom of slow cooker with 4 slices of bacon.
2. Rub pork roast all over with 1½ tablespoons of salt and place in slow cooker.
3. Pour liquid smoke over roast, and top with 4 more bacon slices.
4. Cook 4 to 6 hours in slow cooker on high.
5. When done, remove roast from slow cooker and let rest before shredding.
6. Remove and drain liquid from slow cooker.

Cooked Pork

1. Divide pork evenly between 4 bowls.
2. Top with lettuce, mustard, pickles and optional Swiss cheese.
3. Enjoy!

Week One | Recipes

60day Challenge

Sweet Potato, Egg and Sausage Hash

Makes 2 Servings

Calories: 290 | Protein: 23 | Fat: 14 | Carbs: 17

INGREDIENTS

- 1 tbs. coconut oil
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 4 breakfast sausage links
- 1 medium sweet potato, julienned
- 4 eggs
- Salt and pepper to taste

DIRECTIONS

1. Set oven to broil. Place cast-iron pan on medium heat and melt coconut oil in a cast-iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked.
3. Add breakfast sausage and sauté another 5 to 8 minutes until browned.
4. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8 to 10 minutes, until softened.
5. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
6. Move the pan to the oven and let broil for 2 to 3 minutes, until eggs are cooked to your desired consistency.
7. Remove from oven, top with salt and pepper, and enjoy!

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- ¼ cup red potato, diced
- 1½ tbsp. coconut oil
- ½ cup cherry tomatoes, diced
- ½ cup bell peppers, diced
- 1 cup spinach, chopped
- 2 eggs

DIRECTIONS

1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoon of coconut oil and sauté potato until crispy. Remove and set aside.
2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy — gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

Week One | Recipes

60day Challenge

Taco Soup

Makes 6 servings

Calories: 305 | Protein: 17 | Fat: 15 | Carbs: 22

INGREDIENTS

- 2 lb. ground turkey
- 1½ tsp. garlic, minced
- 2 tbs. olive oil
- 2 tbs. tomato paste
- 1 tbs. taco seasoning
- 1 can Rotel
- 1 can black beans
- 1 can tomatoes, diced
- 2 cups chicken stock
- 4 tsp. hot sauce

DIRECTIONS

1. In a large pot, cook turkey over medium heat until no longer pink, breaking it into crumbles. Drain grease.
2. Add taco seasoning and mix well.
3. Stir in the remaining ingredients.
4. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Week Two | Meal Plan

60day Challenge

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Taco Soup	Zoodles Marinara	Optional (pg.11)
TUE.	Make-Ahead Breakfast Bowls	Sweet Potato, Apple and Maple Turkey Skillet	Meatloaf + 1 cup Veggies	Optional (pg.11)
WED.	Meal Replacement Protein Shake	Taco Soup	Sweet Potato, Apple and Maple Turkey Skillet	Optional (pg.11)
THU.	Make-Ahead Breakfast Bowls	Zoodles Marinara	Beef Stir Fry + ½ cup Rice	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	Meatloaf + 1 cup Veggies	Optional (pg.11)
SAT.	Breakfast Rice Cakes + 1 cup Berries	Meatloaf + 1 cup Veggies	Beef Stir Fry + ½ cup Rice	Optional (pg.11)
SUN.	Meal Replacement Protein Shake	Meatloaf + 1 cup Veggies	Honey Mustard Chicken	Optional (pg.11)

Week Two | Grocery List

PRODUCE	MEAT	DAIRY		
<input type="checkbox"/> 5 large sweet potatoes <input type="checkbox"/> 17 cups spinach <input type="checkbox"/> 2½ pint cherry tomatoes <input type="checkbox"/> 2 avocado <input type="checkbox"/> 1 bunch fresh basil <input type="checkbox"/> 16 oz. zucchini noodles <input type="checkbox"/> 4 cups brussels sprouts <input type="checkbox"/> 1 apple <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 6 cups of vegetables of choice – cabbage, brussels sprouts, green beans, asparagus, bell pepper, etc.	<input type="checkbox"/> 3 lb. ground turkey <input type="checkbox"/> 1 lb. ground Italian turkey sausage <input type="checkbox"/> 1 lb. ground beef, 90% lean <input type="checkbox"/> 1 lb. Italian sausage <input type="checkbox"/> 1 lb. skirt steak <input type="checkbox"/> 2 lb. boneless, skinless chicken thighs <input type="checkbox"/> 1 lb. ground turkey breakfast sausage	<input type="checkbox"/> 22 eggs <input type="checkbox"/> ¼ cup unsweetened nut milk		
	<th data-bbox="565 777 1062 829">SPICES</th> <td data-bbox="1062 777 1562 1224"> <th data-bbox="1062 777 1562 829">DRY</th> </td>	SPICES	<th data-bbox="1062 777 1562 829">DRY</th>	DRY
	<input type="checkbox"/> 3 tbs. everything bagel seasoning <input type="checkbox"/> 23 tbs. minced garlic <input type="checkbox"/> Red pepper flakes to taste <input type="checkbox"/> 1 tbs. cinnamon <input type="checkbox"/> 1 tsp. dried basil <input type="checkbox"/> 3 tsp. paprika <input type="checkbox"/> Salt and pepper	<input type="checkbox"/> ½ cup almond flour <input type="checkbox"/> 1 cup rice <input type="checkbox"/> 4 rice cakes, plain		
	<th data-bbox="565 1285 1062 1346">CANNED + JARRED</th> <td data-bbox="1062 1285 1562 1346"> <th data-bbox="1062 1285 1562 1346">CONDIMENTS AND OILS</th> </td>	CANNED + JARRED	<th data-bbox="1062 1285 1562 1346">CONDIMENTS AND OILS</th>	CONDIMENTS AND OILS
<input type="checkbox"/> 2 tbs. fresh lime juice (1 to 2 limes) <input type="checkbox"/> ¼ lb. snow peas or green beans <input type="checkbox"/> 2 cups broccoli florets <input type="checkbox"/> 2 red bell pepper <input type="checkbox"/> 2 large carrots <input type="checkbox"/> ½ cup mushrooms <input type="checkbox"/> ½ lb. green beans <input type="checkbox"/> ½ onion <input type="checkbox"/> 2 cups berries (strawberries, blueberries, raspberries, etc.)	<input type="checkbox"/> 8 oz sundried tomatoes <input type="checkbox"/> Optional: salsa	<input type="checkbox"/> Cooking spray, avocado or coconut oil <input type="checkbox"/> 9 tbs. olive oil <input type="checkbox"/> 3 tbs. coconut oil <input type="checkbox"/> 2 tsp. maple syrup <input type="checkbox"/> ½ cup ketchup <input type="checkbox"/> ½ cup coconut aminos <input type="checkbox"/> ¾ cup Dijon mustard <input type="checkbox"/> 5 tsp. honey <input type="checkbox"/> ½ tbs. mayonnaise, avocado-oil based <input type="checkbox"/> ¼ tsp. hot sauce <input type="checkbox"/> 5 tbs. avocado oil <input type="checkbox"/> 2 tsp. apple cider vinegar		

Don't forget to include ingredients for snacks and protein shakes!

Recommended Prep Days

60day[®] Challenge

MONDAY

- Make-Ahead Breakfast Bowls
- Zoodles Marinara
- Sweet Potato, Apple and Maple Turkey Skillet

TUESDAY

- Meatloaf
- Roasted Vegetables

WEDNESDAY

- *No Preparation Needed*

THURSDAY

- Beef Stir-Fry
- Rice

FRIDAY

- *No Preparation Needed*

SATURDAY

- Breakfast Rice Cakes

SUNDAY

- Honey Mustard Chicken
- Breakfast Sausage Egg Bake

Week Two | Recipes

60day Challenge

Make-Ahead Breakfast Bowls

Makes 4 Servings

Calories: 365 | Protein: 31 | Fat: 22 | Carbs: 12

INGREDIENTS

- 1 tbs. olive oil
- 1 large sweet potato
- 2 tbs. everything bagel seasoning
- 1 tbs. coconut oil
- 1 tbs. minced garlic
- 1 lb. ground turkey
- 8 cups spinach
- 1 cup halved cherry or grape tomatoes
- 4 eggs (fried, scrambled, soft boiled, whatever your preference)
- Sea salt and freshly ground black pepper, to taste
- Hot sauce or salsa, optional
- Avocado, optional

DIRECTIONS

1. Preheat oven to 425° F and line baking sheet with parchment paper.
2. Toss cubed sweet potatoes with olive oil and evenly distribute on baking sheet and sprinkle everything bagel seasoning.
3. Bake 15 to 25 minutes, stirring halfway through until golden brown.
4. While sweet potatoes are baking, heat skillet over medium heat.
5. Add coconut oil and garlic, stir, and cook for 1 minute.
6. Add ground turkey and sauté 5 to 7 minutes until almost cooked through.
7. Add spinach and cherry tomatoes and sauté until turkey is fully cooked. Salt and pepper to taste and set aside.
8. Prep your eggs – hard-boiled, scrambled, fried, etc.
9. Evenly distribute all ingredients between 4 bowls, top with additional everything bagel seasoning and enjoy!

Zoodles Marinara

Makes 4 Servings

Calories: 385 | Protein: 18 | Fat: 30 | Carbs: 8

INGREDIENTS

- 1 lb. ground Italian turkey sausage
- 4½ tbs. olive oil
- 2 pints of cherry tomatoes
- 4 cloves garlic, minced 1 bunch fresh basil, chopped
- Salt and pepper to taste
- Red pepper flakes to taste
- 16 oz. zucchini noodles (about 6 zucchini)

DIRECTIONS

1. Heat ½ tablespoon of olive oil in a medium skillet over medium heat and add ground Italian turkey sausage. Stir until fully cooked and there is no pink remaining. Set aside.
2. While ground turkey is cooking, in medium skillet, add 3½ tablespoons of olive oil, garlic and cherry tomatoes. Simmer and stir for 8 to 10 minutes until tomatoes have popped and sauce has formed.
3. Salt, pepper and red pepper flake to taste.
4. Add cooked ground turkey and fresh basil to sauce mixture and stir to combine.
5. In large skillet, add ½ tablespoon of olive oil over medium heat and toss zucchini noodles 1 to 2 minutes until warm.
6. Pour sauce over zucchini noodles, stir and serve!

Week Two | Recipes

60day Challenge

Sweet Potato, Apple & Maple Turkey Skillet

Makes 6 Servings

Calories: 360 | Protein: 33 | Fat: 16 | Carbs: 22

INGREDIENTS

- 4 cups Brussels sprouts
- 2 medium sweet potatoes, cubed
- Cooking spray, avocado or coconut oil
- tbs. coconut oil
- 2 lb. ground turkey
- 4 cloves minced garlic
- 1 apple, cored and chopped
- 4 to 5 cups raw spinach
- 2 tsp. maple syrup
- 1 tbs. cinnamon
- Salt, to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. Wash, trim, and halve the Brussels sprouts and wash and chop the sweet potatoes.
3. Grease sheet pan with coconut oil. Add halved Brussels sprouts to sheet pan. Gently salt and mix, spraying any dry areas with cooking spray. Spread into an even layer and bake in oven for 20 to 25 minutes or until outer leaves turn bronze.
4. While Brussels sprouts and sweet potatoes are roasting, heat coconut oil in a large stockpot over medium heat. Add turkey, garlic, and salt to taste and cook until browned. Add apples about halfway through cooking.
5. Once turkey is cooked through, mix in spinach, maple syrup, cinnamon, and salt to taste.
6. You can combine the roasted veggie mix into the stockpot and mix together, or simply serve the turkey mixture over the veggies.
7. Enjoy!

Week Two | Recipes

60day Challenge

Meatloaf

Makes 8 Servings

Calories: 325 | Protein: 24 | Fat: 21 | Carbs: 6

INGREDIENTS

- 1 lb. ground beef, 90% lean
- 1 lb. ground Italian sausage
- ½ cup almond flour
- ½ cup yellow onion, minced
- 3 garlic cloves, minced
- 2 eggs
- 2 tbs. ketchup
- 2 tbs. coconut aminos
- 2 tsp. Dijon mustard
- 1 tsp. dried basil
- 1 tsp. paprika
- 1 tsp. salt
- Pinch of pepper

Topping:

- ⅓ cup ketchup
- 1 tbs. coconut aminos
- 1 tsp. Dijon mustard

DIRECTIONS

1. Preheat your oven to 350° F. Lightly grease a 9-x-5-inch loaf baking pan.
2. Combine all ingredients (excluding topping ingredients) in a large bowl and mix well. If helpful, use your hands.
3. Transfer the mixture to the loaf pan and push it down to even it out and ensure there are no air bubbles.
4. Bake for 30 minutes.
5. While loaf is baking, mix topping ingredients together and set aside.
6. When the loaf comes out of the oven, add topping, and bake for an additional 30 to 35 minutes.
7. Let meatloaf cool at least 15 minutes before serving or slicing.
8. Enjoy!

Roasted Veggies

Makes 4 Servings

Calories: 130 | Protein: 4 | Fat: 7 | Carbs: 15

INGREDIENTS

- 6 cups vegetables of choice — cabbage, Brussels sprouts, green beans, asparagus, bell pepper, etc.
- Coarse kosher salt and freshly ground black pepper
- 2 Tbsp. olive oil

DIRECTIONS

1. Heat the oven to 450° F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper and drizzle with olive oil. Toss until all veggies are evenly covered.
2. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!

Week Two | Recipes

60day Challenge

Beef Stir-Fry

Makes 4 servings

Calories 290 | Protein 23 | Fat: 14 | Carbs: 17

INGREDIENTS

- 1 lb. skirt steak, cut into 4-inch-long pieces, then cut against the grain into ¼-inch-thick slices
- ¼ cup coconut aminos
- 1 tsp. honey
- 2 tbs. freshly squeezed lime juice (1 to 2 limes)
- 2 tbs. coconut oil
- 2 cloves garlic, grated
- ¼ lb. snow peas or green beans
- 2 cups broccoli florets
- 1 red bell pepper, thinly sliced
- 1 to 2 large carrots, sliced
- ½ cup mushrooms, sliced
- ¼ yellow onion
- Salt and freshly ground pepper to taste

DIRECTIONS

1. Cut skirt steak into 4-inch-long pieces, then cut against the grain into ¼-inch-thick slices. Season with salt and pepper.
2. In a medium bowl, whisk together the coconut aminos, honey and lime juice. Add the steak, toss to coat and set aside.
3. In a large skillet over medium-high heat, heat the oil until shimmering, about 1 minute. Add the steak (and marinade) and cook, stirring, until cooked through, 3 to 5 minutes.
4. Remove the steak from the skillet and set aside. Allow the liquid in the pan to reduce until thickened, about 4 minutes.
5. Add the garlic and onions, cook 1 minute more. Add the snow peas, broccoli, bell pepper, carrots, and mushrooms and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the steak to the skillet and toss to combine.

Rice

Makes 4 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 1 cup rice
- 2 cup water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed — about 15 to 20 minutes.
3. Remove from stove and enjoy!

Week Two | Recipes

60day[®] Challenge

Breakfast Rice Cakes

Makes 2 Servings

Calories: 280 | Protein: 25 | Fat: 8 | Carbs: 25

INGREDIENTS

- 1 tsp. coconut oil
- 4 eggs
- 1 cup spinach
- 1 avocado
- 4 rice cakes, plain
- ½ tbs. mayonnaise, avocado-oil based
- ¼ tsp. hot sauce
- 1 tbs. everything bagel seasoning

DIRECTIONS

1. In a small pan, heat 1 teaspoon of coconut oil over medium heat.
2. In a small bowl, scramble 4 eggs and add to heated pan.
3. After about 2 minutes, add spinach and stir until eggs are fully cooked.
4. While eggs are cooking, cut your avocado, mash in a small bowl and spread evenly between 4 rice cakes.
5. Add scrambled eggs and spinach on top of avocado mash.
6. Combine mayo and hot sauce. Drizzle on top of eggs.
7. Sprinkle everything bagel seasoning to top everything off and enjoy!

Week Two | Recipes

60day Challenge

Honey Mustard Chicken

Makes 8 Servings

Calories: 335 | Protein: 24 | Fat: 19 | Carbs: 15

INGREDIENTS

- 2 lb. boneless, skinless chicken thighs
- 2 tsp. paprika
- 5 tbs. avocado oil
- 5 garlic cloves, minced
- 4 tbs. honey
- ½ cup Dijon mustard
- 2 tsp. apple cider vinegar
- ½ lb. green beans
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 425°F. Grease a large baking sheet with nonstick cooking spray or parchment paper and set aside.
2. Season chicken thighs with salt, pepper and paprika. Set aside.
3. In a medium bowl, whisk together 4 tablespoons of avocado oil, garlic cloves, honey, Dijon mustard and apple cider vinegar.
4. Halve the sauce, reserving half for coating at the end of baking (ensure you do not dip raw chicken in this portion).
5. Dip chicken thighs in the sauce, coating both sides. Place the thighs on the prepared baking sheet. Discard leftover sauce.
6. In a medium bowl, toss the green beans with 1 tbs avocado oil and season with salt and pepper. Arrange around chicken on the sheet pan.
7. Roast for 30 to 35 minutes until the chicken is golden brown and has an internal temperature of 165°F and the green beans are crispy.
8. Serve with additional honey mustard sauce and enjoy!

Breakfast Sausage Egg Bake

Makes 8 Servings

Calories: 310 | Protein: 22 | Fat: 17 | Carbs: 18

INGREDIENTS

- 2 tbs. olive oil
- 1 lb. sweet potatoes, peeled and cut into 1/2" cubes
- ½ onion, diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced
- 8 oz. sun dried tomatoes
- 1 lb. ground turkey breakfast sausage
- 3 cups spinach, chopped
- 12 large eggs
- ½ cup unsweetened nut milk
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400° F.
2. Grease a 9-x-13-inch baking dish and set aside.
3. Line a large baking sheet with parchment paper and toss sweet potatoes with 1 tablespoon of olive oil, salt and pepper.
4. Bake in a single layer for 18 to 20 minutes until soft.
5. While sweet potatoes are baking, heat 1 tablespoon of olive oil in a skillet over medium heat. Add onions and garlic, stirring for about 4 minutes until translucent. Add bell pepper and sundried tomatoes and stir for another 1 to 2 minutes. Transfer to baking dish.
6. Next, in the same skillet, cook the turkey breakfast sausage crumbling until cooked through. Transfer to baking dish. Add roasted sweet potatoes, spinach, salt and pepper to baking dish and mix to combine all ingredients.
7. In a medium bowl, combine eggs with nut milk and evenly pour over your veggie and turkey sausage mixture in baking dish.
8. Bake for 25 to 30 minutes, uncovered until eggs are set and enjoy!

Week Three | Meal Plan

60day Challenge

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Breakfast Sausage Egg Bake	Honey Mustard Chicken	Harvest Hash	Optional (pg.11)
TUE.	Breakfast Sausage Egg Bake	Harvest Hash	Pesto Salmon with Potatoes and Green Beans	Optional (pg.11)
WED.	Breakfast Sausage Egg Bake	Honey Mustard Chicken	Sheet Pan Meal	Optional (pg.11)
THU.	Breakfast Sausage Egg Bake	Pesto Salmon with Potatoes and Green Beans	Honey Mustard Chicken	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Harvest Hash	Beef and Broccoli	Optional (pg.11)
SAT.	One-Pan Chicken Sausage and Veggie Bake	Beef and Broccoli	Sheet Pan Meal	Optional (pg.11)
SUN.	One-Pan Chicken Sausage and Veggie Bake	Taco Bowl + ½ cup Rice	Slow Cooker Thai Chicken + ½ cup Rice	Optional (pg.11)

Week Three | Grocery List

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 5 large sweet potatoes <input type="checkbox"/> 1½ lb. brussels sprouts <input type="checkbox"/> ½ yellow onion <input type="checkbox"/> 1 large apple (Honey Crisp or Pink Lady recommended) <input type="checkbox"/> 2 tbs. lemon juice <input type="checkbox"/> 1½ lb. baby potatoes <input type="checkbox"/> 1 lb. green beans <input type="checkbox"/> 8 cups of vegetables of choice – cabbage, brussels sprouts, green beans, asparagus, bell pepper, etc.	<input type="checkbox"/> 8 slices bacon, nitrate-free <input type="checkbox"/> 1 lb. cooked ham <input type="checkbox"/> 2 salmon filets, skin-on <input type="checkbox"/> 1 lb. protein of choice <input type="checkbox"/> 1 lb. flank steak <input type="checkbox"/> 1 package cooked chicken sausage links <input type="checkbox"/> 2 lb. ground turkey <input type="checkbox"/> 2 lb. chicken breast	<input type="checkbox"/> 4 eggs
	SPICES	DRY
<input type="checkbox"/> 1 tsp. fresh ginger <input type="checkbox"/> 6 cups broccoli florets <input type="checkbox"/> 1 large carrot <input type="checkbox"/> 1 beet <input type="checkbox"/> 1 sprig fresh rosemary <input type="checkbox"/> 1 bell pepper <input type="checkbox"/> 1 red onion <input type="checkbox"/> 6 cups chopped lettuce <input type="checkbox"/> 2 avocado <input type="checkbox"/> 2 tbs. lime juice <input type="checkbox"/> 1 bunch fresh cilantro <input type="checkbox"/> 8 cups spinach <input type="checkbox"/> 1 cup cherry tomatoes <input type="checkbox"/> Optional: avocado	<input type="checkbox"/> 1 tsp. cinnamon <input type="checkbox"/> 1 tsp. onion powder <input type="checkbox"/> 6 cloves garlic <input type="checkbox"/> 2 tsp. garlic powder <input type="checkbox"/> 2 tbs. taco seasoning <input type="checkbox"/> 1 tbs. red pepper flakes <input type="checkbox"/> 2 tbs. everything bagel seasoning	<input type="checkbox"/> ¼ cup pecans <input type="checkbox"/> ½ cup dried, unsweetened cranberries <input type="checkbox"/> 2 cups rice <input type="checkbox"/> 4 tbs. peanuts, chopped
	CANNED + JARRED	CONDIMENTS + OILS
	<input type="checkbox"/> 4 tbs. pesto <input type="checkbox"/> 1 cup salsa, no sugar added <input type="checkbox"/> ¾ cup canned full-fat coconut milk <input type="checkbox"/> ½ cup chunky peanut butter	<input type="checkbox"/> 2 tbs. coconut oil <input type="checkbox"/> 1 tbs. Dijon mustard <input type="checkbox"/> 3 tbs. apple cider vinegar <input type="checkbox"/> 4 tbs. honey <input type="checkbox"/> ½ cup olive oil <input type="checkbox"/> 6 tbs. coconut aminos <input type="checkbox"/> 4 tbs. sesame oil <input type="checkbox"/> Optional: hot sauce

Don't forget to include ingredients for snacks and protein shakes!

Recommended Prep Days

60day[®] Challenge

MONDAY

- Harvest Hash

TUESDAY

- Pesto Salmon with Potatoes and Green Beans

WEDNESDAY

- Sheet Pan Meal

THURSDAY

No Preparation Needed

FRIDAY

- Beef and Broccoli

SATURDAY

- One-Pan Chicken Sausage and Veggie Bake

SUNDAY

- Taco Bowl
- Rice
- Slow Cooker Thai Chicken
- Make-Ahead Breakfast Bowls

Week Three | Recipes

Harvest Hash

Makes 6 Servings

Calories: 425 | Protein: 19 | Fat: 24 | Carbs: 37

INGREDIENTS

- ½ tbs. coconut oil
- 2 large sweet potatoes, cubed
- 1 lb. brussels sprouts, quartered
- 8 slices of nitrate-free bacon
- ¼ yellow onion, chopped
- 1 large apple, diced (honey crisp or pink lady recommended)
- ¼ cup pecans, chopped
- 1 lb. cooked ham, diced
- 1 tsp. cinnamon
- Sea salt and black pepper to taste
- ⅓ cup dried, unsweetened cranberries

Vinaigrette

- 1 tbs. Dijon mustard
- 3 tbs. apple cider vinegar
- 2 tbs. lemon juice
- 1 tbs. honey
- 1 tsp. onion powder
- ¼ cup extra-virgin olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425°F and line a large baking sheet with parchment paper. In a large bowl, melt coconut oil and toss the sweet potatoes and brussels sprouts until evenly coated. Spread mixture in a single layer on baking sheet and lightly sprinkle with salt. Roast for 25 minutes or until soft.
2. Meanwhile, heat a large skillet over medium-high heat and cook bacon until crisp. Drain the fat while reserving one to two tablespoons in the skillet.
3. Lower heat to medium, add onions and cook 45 seconds or until tender. Add the apples and pecans and continue to cook, stirring occasionally until lightly browned. Add cooked ham and sauté 1 to 2 minutes until warmed. Add cinnamon, salt and pepper to taste. Finally, add in the cranberries, crumble in the bacon and cook another 30 seconds.
4. In a small bowl, prepare the vinaigrette by combining all ingredients. Whisk until evenly distributed.
5. Add roasted brussels sprouts, sweet potatoes and vinaigrette to large skillet and stir to combine. Serve and enjoy!

Week Three | Recipes

60day Challenge

Pesto Salmon with Potatoes and Green Beans

Makes 4 Servings

Calories: 425 | Protein: 22 | Fat: 21 | Carbs: 41

INGREDIENTS

- 1½ lbs. baby potatoes
- 1 lb. green beans
- 2 salmon fillets, skin on
- 2 tbs. olive oil
- 4 tbs. pesto
- Juice of one lemon
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. While oven is preheating, add potatoes to pot and fill with water until covered.
3. Place on stove and bring to boil. Cook for 11 to 13 minutes. Drain and set aside.
4. Place the potatoes, green beans and salmon on a baking sheet. Drizzle the potatoes and green beans with 1 to 2 tablespoons of olive oil and evenly divide pesto between salmon fillets.
5. Squeeze lemon over all ingredients and sprinkle with salt and pepper.
6. Bake for 17 to 19 minutes, until salmon flakes easily.
7. Enjoy!

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 1 lb. protein
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

Week Three | Recipes

60day Challenge

Beef and Broccoli

Makes 4 Servings

Calories: 330 | Protein: 27 | Fat: 17 | Carbs: 16

INGREDIENTS

- 1 lb. flank steak, finely sliced into bite-size strips
- ¼ cup coconut aminos
- 3 tbs. sesame oil
- 1 tbs. honey
- 3 cloves garlic, minced
- 1 tsp. fresh ginger, grated
- ¼ tsp. black pepper
- 6 cups broccoli florets (about 1 lb.)

DIRECTIONS

1. Cover and freeze steak 20 minutes for easier slicing.
2. Combine coconut aminos, 2 tablespoons. sesame oil, honey, garlic, ginger and black pepper in a bowl, stir well. Add flank steak and let marinate for 15 minutes.
3. Place a large skillet over medium heat and add 1 tablespoon sesame oil. Add broccoli florets and sauté 4 to 5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender, then remove from pan. Tip: If you prefer softer broccoli, add 2 tablespoons of water before covering with the lid and it will steam cook the broccoli.
4. Increase heat to high heat. Add steak in a single layer and sauté 2 minutes per side or just until cooked through. Quickly pull out a piece to test if fully cooked.
5. Add the remaining marinade, reduce heat to medium-low and simmer 3 to 4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1 to 2 tablespoons of water to thin the sauce if desired. Add flank steak and enjoy!

One-Pan Chicken and Sausage Veggie Bake

Makes 4 Servings

Calories: 400 | Protein: 15 | Fat: 15 | Carbs: 26

INGREDIENTS

- 2 cups sweet potato or butternut squash, chopped
- 1 cup brussels sprouts, chopped
- 1 large carrot
- 1 beet, chopped
- 1 tbs. olive oil
- 2 tsp. garlic powder
- 1 spring fresh rosemary
- Salt and pepper to taste
- 1 package cooked chicken sausage links, sliced
- 1 bell pepper, chopped
- 1 small red onion

DIRECTIONS

1. Preheat oven to 450°F.
2. Add sweet potato, brussels sprouts, carrot and beet to a large baking sheet and toss with olive oil, garlic, rosemary, salt and pepper. Bake in the oven for 15 minutes until veggies are tender.
3. Remove from oven and mix in chicken sausage, bell peppers and onion. Cook another 15 minutes. Remove from oven, serve and enjoy!

Week Three | Recipes

60day Challenge

Taco Bowl

Makes 4 Servings

Calories: 290 | Protein: 32 | Fat: 16 | Carbs: 9

INGREDIENTS

- 1 lb. ground turkey
- 2 tbs. taco seasoning
- 6 cups chopped lettuce
- 1 cup salsa (no added sugar)
- 1 avocado

DIRECTIONS

1. In a medium pan, sauté ground turkey over medium heat until cooked through, about 7 to 8 minutes. Add taco seasoning and mix well.
2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!

Rice

Makes 12 servings

Calories: 100 | Protein: 2 | Fat: 1 | Carbs: 22

INGREDIENTS

- 3 cup rice
- 6 cup water
- Pinch salt

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed — about 15 to 20 minutes.
3. Remove from stove and enjoy!

Week Three | Recipes

60day Challenge

Slow Cooker Thai Chicken

Makes 8 servings

Calories: 400 | Protein: 35 | Fat: 24 | Carbs: 12

INGREDIENTS

- 2 lb. chicken breasts
- ¾ cup canned full-fat coconut milk
- ½ cup chunky peanut butter
- 2 tbs. garlic, minced
- 2 tbs. honey
- 2 tbs. coconut aminos (or gluten-free soy sauce)
- 2 tbs. lime juice
- 1½ tbs. sesame oil
- 1 tsp. crushed red pepper flakes (more or less, to taste)
- 4 tbs. chopped peanuts
- Fresh cilantro, chopped

DIRECTIONS

1. Place chicken breasts in the bottom of a slow cooker in an even layer.
2. In a small mixing bowl, add coconut milk, peanut butter, garlic, honey, coconut aminos, lime juice, sesame oil and red pepper flakes and mix until combined. (It may help to soften the peanut butter.)
3. Pour mixture over the chicken in the slow cooker. Cook on low for 6 to 8 hours, or on high for 3 to 4 hours.
4. Once cooked, remove chicken and shred, then return back to the crock pot and stir until chicken is evenly coated in the peanut sauce.
5. Top with peanuts and cilantro, and serve alone or with a side of rice or rice noodles.

Make-Ahead Breakfast Bowls

Makes 4 Servings

Calories: 365 | Protein: 31 | Fat: 22 | Carbs: 12

INGREDIENTS

- 1 tbs. olive oil
- 1 large sweet potato
- 2 tbs. everything bagel seasoning
- 1 tbs. coconut oil
- 1 tbs. minced garlic
- 1 lb. ground turkey
- 8 cups spinach
- 1 cup halved cherry or grape tomatoes
- 4 eggs (fried, scrambled, soft boiled, whatever your preference)
- Sea salt and freshly ground black pepper, to taste
- Hot sauce or salsa, optional
- Avocado, optional

DIRECTIONS

1. Preheat oven to 425° F and line baking sheet with parchment paper.
2. Toss cubed sweet potatoes with olive oil and evenly distribute on baking sheet and sprinkle everything bagel seasoning.
3. Bake 15 to 25 minutes, stirring halfway through until golden brown.
4. While sweet potatoes are baking, heat skillet over medium heat.
5. Add coconut oil and garlic, stir, and cook for 1 minute.
6. Add ground turkey and sauté 5 to 7 minutes until almost cooked through.
7. Add spinach and cherry tomatoes and sauté until turkey is fully cooked. Salt and pepper to taste and set aside.
8. Prep your eggs – hard-boiled, scrambled, fried, etc.
9. Evenly distribute all ingredients between 4 bowls, top with additional everything bagel seasoning and enjoy!

Week Four | Meal Plan

60day Challenge

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Make-Ahead Breakfast Bowls	Slow Cooker Thai Chicken + ½ cup Rice	Chicken Chipotle Burrito Bowls	Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Taco Bowl + ½ cup Rice	Slow Cooker Thai Chicken + ½ cup Rice	Optional (pg.11)
WED.	Make-Ahead Breakfast Bowls	Slow Cooker Thai Chicken + ½ cup Rice	Shrimp and Corn Sheet Pan Boil	Optional (pg.11)
THU.	Meal Replacement Protein Shake	Chicken Chipotle Burrito Bowls	Egg Roll Bowl	Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Shrimp and Corn Sheet Pan Boil	Creamy Wild Rice Soup	Optional (pg.11)
SAT.	Brinner Bowl	Creamy Wild Rice Soup	Egg Roll Bowl	Optional (pg.11)
SUN.	Out to Eat	Creamy Wild Rice Soup	Shrimp and Corn Sheet Pan Boil	Optional (pg.11)

Week Four | Grocery List

PRODUCE	MEAT	DAIRY
<input type="checkbox"/> 1½ onion <input type="checkbox"/> 2 to 3 limes <input type="checkbox"/> 1 tbs. fresh cilantro <input type="checkbox"/> 2 cups spinach or spring mix <input type="checkbox"/> 3¼ cups red potatoes <input type="checkbox"/> 2 ears corn <input type="checkbox"/> 1 lemon <input type="checkbox"/> ½ sweet onion <input type="checkbox"/> 1 16-oz. bag coleslaw mix <input type="checkbox"/> 1 16-oz. bag matchstick carrots <input type="checkbox"/> 3 medium carrots <input type="checkbox"/> 1 sweet potato <input type="checkbox"/> 8 oz. mushrooms <input type="checkbox"/> ½ cup cherry tomatoes <input type="checkbox"/> ½ cup bell peppers <input type="checkbox"/> 1 cup spinach	<input type="checkbox"/> 1 lb. chicken thighs, boneless, skinless <input type="checkbox"/> 1 lb. medium shrimp <input type="checkbox"/> 1 12-oz. package smoked, andouille sausage <input type="checkbox"/> 1½ lb. ground turkey <input type="checkbox"/> 1 ½ lb. boneless, skinless chicken breast	<input type="checkbox"/> 2 eggs
	SPICES <input type="checkbox"/> 12 cloves garlic <input type="checkbox"/> 1½ tbs. cumin <input type="checkbox"/> 2 tsp. chili powder <input type="checkbox"/> 1 tsp. dried oregano <input type="checkbox"/> 1 tbs. old bay seasoning <input type="checkbox"/> 1 tsp. garlic powder <input type="checkbox"/> 1 tsp. ground ginger <input type="checkbox"/> 2 bay leaves <input type="checkbox"/> 2 tbs. poultry seasoning	DRY <input type="checkbox"/> 1 cup rice <input type="checkbox"/> 1 cup wild rice <input type="checkbox"/> ½ cup raw, unsalted cashews
	<input type="checkbox"/> CANNED + JARRED <input type="checkbox"/> 1 can adobo chipotle peppers <input type="checkbox"/> 2 cups chicken bone broth, unsalted <input type="checkbox"/> 1 cup black beans <input type="checkbox"/> 1 cup corn kernels <input type="checkbox"/> 1 cup salsa <input type="checkbox"/> 6 cups chicken stock, unsalted	CONDIMENTS + OILS <input type="checkbox"/> 5 tbs. olive oil <input type="checkbox"/> 2 tbs. unsalted butter <input type="checkbox"/> 1 tbs. sesame oil <input type="checkbox"/> 1 tbs. rice vinegar <input type="checkbox"/> ½ cup coconut aminos or gluten-free soy sauce <input type="checkbox"/> 1½ tbs. coconut oil

Don't forget to include ingredients for snacks and protein shakes!

Recommended Prep Days

60day[®] Challenge

MONDAY

- Chicken Chipotle Burrito Bowls

TUESDAY

- *No Preparation Needed*

WEDNESDAY

- Shrimp and Corn Sheet Pan Boil

THURSDAY

- Egg Roll Bowl

FRIDAY

- Creamy Wild Rice Soup

SATURDAY

- Brinner Bowl

SUNDAY

- *No Preparation Needed – Option to Repeat Week One Meal Plan*

Week Four | Recipes

60day Challenge

Chicken Chipotle Burrito Bowls

Makes 4 Servings

Calories: 410 | Protein: 37 | Fat: 12 | Carbs: 37

INGREDIENTS

Marinade

- ¼ cup olive oil
- 1 chipotle pepper (canned)
- 1 tbs. adobo sauce (juice from can)
- 4 garlic cloves
- ½ onion
- 1½ tbs. cumin
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 2 tsp. salt
- Juice of one lime
- 1 lb. chicken thighs, boneless, skinless

Bowls:

- 1 cup black beans
- 1 cup corn kernels
- 1 cup salsa, no sugar added
- 2 cup spinach or spring mix
- Optional: avocado, hot sauce, fresh cilantro

Rice

- 1 cup rice
- 2 cups water or unsalted chicken bone broth
- 2 tbs. lime juice
- 1 tsp. olive oil
- 1 tbs. cilantro, chopped
- Pinch of salt

DIRECTIONS

Marinade/Chicken:

1. Place marinade ingredients into blender and blend until smooth. Place the chicken and marinade in a ziplock bag and massage well until evenly coated. Marinate in refrigerator for 20 minutes to 24 hours.
2. Remove chicken breasts from ziplock bag and discard the remaining marinade.
3. Heat skillet (or grill) over medium to medium-high heat and cook each side of chicken 5 to 6 minutes on each side until internal temperature reaches 165° F.
4. Let chicken rest 5 to 10 minutes before dicing into 1" pieces on cutting board.

Rice

1. Bring 2 cups of water or chicken broth and rice to boil. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15 to 20 minutes.
2. Add remaining rice ingredients and stir until well combined. Set Aside.

Assemble by dividing chicken, rice, and bowl ingredients evenly between 4 bowls.

Week Four | Recipes

60day Challenge

Shrimp and Corn Sheet Pan Boil

Makes 6 Servings

Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

INGREDIENTS

- 3 cups red potatoes, diced
- 2 tbs. unsalted butter, melted
- 2 ears corn, cut into ½” slices crosswise
- 1 lb. medium shrimp, peeled and deveined
- 1 12-oz. package smoked andouille sausage, sliced thinly
- 1 lemon
- 2 cloves garlic, minced
- 1 tbs. Old Bay Seasoning
- 1 tsp. garlic powder
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425°F. In a large pot of salted boiling water, cook potatoes until just tender, about 10 to 15 minutes. Remove from pot and drain.
2. In a small glass bowl, place butter in the microwave and slowly melt in 10 to 15 second increments.
3. Place potatoes, corn, shrimp, sausage, melted butter, lemon, garlic and seasoning and toss to combine.
4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through — about 15 minutes. If you like it a little toasted, broil on the sheet pan for the last 3 to 5 minutes.

Egg Roll Bowl

Makes 4 Servings

Calories: 390 | Protein: 35 | Fat: 16 | Carbs: 26

INGREDIENTS

- 1½ lb. ground turkey
- ½ sweet onion diced
- 1 tbs. toasted sesame oil
- 1 tsp. ground ginger
- 2 garlic cloves, minced
- 1 tbs. rice vinegar
- ¼ cup gluten-free soy sauce or coconut aminos
- 1 16-oz. bag coleslaw mix
- ¼ 16-oz. bag matchstick carrots
- Salt and pepper to taste

DIRECTIONS

1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger and garlic cloves and cook until fragrant.
3. Add rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!

Week Four | Recipes

60day Challenge

Creamy Wild Rice Soup

Makes 4 Servings

Calories: 260 | Protein: 24 | Fat: 7 | Carbs: 21

INGREDIENTS

- 1½ lb. boneless, skinless chicken breast
- 1 onion, chopped
- 6 cups chicken stock, unsalted
- 4 cloves garlic
- 1 cup wild rice
- 3 medium carrots
- 1 sweet potato, peeled and chopped
- 2 bay leaves
- 2 tbs. poultry seasoning
- 8 oz. mushrooms, sliced
- Salt and pepper to taste

Cashew Cream

- ½ cup raw, unsalted cashews
- ¾ cup water

DIRECTIONS

1. Place all ingredients (except for cashew cream) into the slow cooker. Stir. Cook on high for 4 to 5 hours or low for 8 to 10 hours. Remove the chicken and shred. Add it back into the slow cooker.
2. Make the cashew cream: Blend the cashews and water together on high speed until smooth and creamy. Pour the cream into the slow cooker and stir.
3. Enjoy!

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- ¼ cup red potato, diced
- 1½ tbsp. coconut oil
- ½ cup cherry tomatoes, diced
- ½ cup bell peppers, diced
- 1 cup spinach, chopped
- 2 eggs

DIRECTIONS

1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoon of coconut oil and sauté potato until crispy. Remove and set aside.
2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy — gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.

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