

PERSONAL MEAL PLAN

CORE 3
THE LIFE TIME METHOD™

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pro	Home Out	Home Out	Home Out	Home Out	Home Out	Home Out	Home Out
	Fat							
	Carb							
LUNCH	Pro	Home Out	Home Out	Home Out	Home Out	Home Out	Home Out	Home Out
	Fat							
	Carb							
DINNER	Pro	Home Out	Home Out	Home Out	Home Out	Home Out	Home Out	Home Out
	Fat							
	Carb							
SNACKS	Pro							
	Fat							
	Carb							

Planning your meals ahead makes a *world* of difference!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pro	Eggs & Bacon Veggies ½ Cup Berries	Greek Yogurt Walnuts & Flaxseeds Berries	Whey Protein Shake with Peanut and Frozen Berries	Hard-Boiled Eggs Handful of Almonds Clementine or Small Apple	Cottage Cheese Sunflower Seeds 1 Cup Melon	Eggs & Sausage Peppers & Onions Fresh Berries or Small Apple	Whey Protein Shake with Almond Butter and Banana (Before Grocery Store)
	Fat							
	Carb							
LUNCH	Pro	Leftovers from Sunday Dinner	Grilled Chicken Over Greens Salad w/ Peppers, Tomatoes, Olives Vinaigrette Dressing	Leftover Stir -Fry	Salmon Over Greens Salad w/ Tomatoes & Onions with Balsamic Vinegar & Almonds Small Fruit	Burrito Bowl with Veggies, Beans, Meat & Guacamole	Sandwich (Lettuce) Wrap at Sub Sandwich Shop with Extra Protein	Lunch Meats Veggies (As You're Chopping for the Week.) with Hummus or Guacamole & Fruit
	Fat							
	Carb							
DINNER	Pro	Grilled Chicken Grilled Asparagus w/ Melted Butter & Wild Rice	Stir-Fried Beef with Cashews, Broccoli, Snow Peas, Water Chestnuts, Bell Peppers	Baked Salmon w/ Roasted Brussels Sprouts in Butter Dark Chocolate	Quick Rotisserie Chicken from Grocery Store & Steamed Green Beans w/ Butter	Thin-Crust Take-n-Bake Pizza with Added Veggies Side Salad	Sautéed Shrimp with Zucchini & Peppers in Garlic- Butter Sauce Dark Chocolate	Slow-Cooker Chili or Roast with Preferred Vegetables
	Fat							
	Carb							
SNACKS	Pro	Hard-Boiled Eggs, Jerky, Cottage Cheese, Mozzarella Cheese, Protein Powder/Shake						
	Fat	Pistachios, Walnuts, Almonds, Cashews, Sunflower Seeds, Pecans, Hazelnuts, Pumpkin Seeds, Olives, Hummus, Avocado						
	Carb	Raw Veggies or Whole Fruit (Try to eliminate processed carbohydrates as much as possible.)						