

LIFT4™

- 3 Veggies (Green), 2 Fruits (Purple),
- 4 Proteins (Red), 2 Carbohydrates (Yellow),
- 1 Healthy Fat (Blue), 1 Seeds & Dressings (Orange),
- 2 Oils & Nut Butters (tsp.)

PLAN 1 1200-1499	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil Everyday	Scrambled Egg, Pepper & Avocado Wrap 	2 Hardboiled eggs Waffle w/ Peanut Butter Fruit	Egg & Mushroom Omelet w/ Ezekiel Toast 	2 Hardboiled eggs Waffle w/ Peanut Butter 	Scrambled Egg Waffle w/ Peanut Butter 	Egg & Mushroom Omelet 	Pancakes & Fruit
Shakeology Snack	Shakeology w/ Fruit, Spinach & Flax 	Shakeology w/ Fruit, Spinach 	Shakeology w/ Fruit, Spinach 	Shakeology w/ Fruit, Spinach 	Shakeology w/ Fruit, Spinach 	Shakeology w/ Fruit, Spinach 	Shakeology w/ Fruit, Spinach, FLax
Lunch	Pork Tenderloin Cauliflower Mash Asparagus & Applesauce 	Turkey Meatballs / Spaghetti Squash 	Pork Tenderloin Cauliflower Mash Asparagus & Applesauce 	Turkey Meatballs / Spaghetti Squash 	Pork Tenderloin Cauliflower Mash Asparagus & Applesauce 	Turkey Bacon Avocado Club * ½ Blue 	Buffalo Chicken Quinoa
Dinner	Bruschetta Chicken w/ Brown Rice 	Grilled Chicken with Spaghetti Squash Lasagna 	Italian Stuffed Peppers w/ Rice 	Meatloaf Cupcakes w/ Mashed & Broccoli 	Maple Dijon Chicken, Rice & Veggies 	Veggie Flat Bread Pizza * ½ Blue 	CHEAT NIGHT