

WEEKLY MEAL PLANNER

WEEK 1

DAYS: 1-7

PHASE: 1

CONTAINERS



MON

MEAL 1
MEAL 2
MEAL 3
PRE-WORKOUT MEAL
POST-WORKOUT SNACK
PRE-WORKOUT MEAL

TUES

MEAL 1
MEAL 2
MEAL 3
PRE-WORKOUT MEAL
POST-WORKOUT SNACK
PRE-WORKOUT MEAL

WEDN

MEAL 1
MEAL 2
MEAL 3
PRE-WORKOUT MEAL
POST-WORKOUT SNACK
POST-WORKOUT MEAL

THU

MEAL 1
MEAL 2
MEAL 3A
PRE-WORKOUT MEAL
POST-WORKOUT SNACK
POST-WORKOUT MEAL

FRI

MEAL 1
MEAL 2
MEAL 3
PRE-WORKOUT MEAL
POST-WORKOUT SNACK
POST-WORKOUT MEAL

SAT

PRE-WORKOUT MEAL
POST-WORKOUT SNACK
POST-WORKOUT MEAL
MEAL 1
MEAL 2
MEAL 3

SUN

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5

GROCERY LIST

FRUITS

WHOLE GRAINS

STARCHES

SEEDS & DRESSINGS

HEALTHY FATS

OIL & NUT BUTTER

VEGETABLES

PROTEIN

MONDAY

DATE / /

DAY 1

WORKOUT: TOTAL BODY WORKOUT

MEAL 1

- .. CARROT
- .. RASPBERRIES
- .. COTTAGE CHEESE
- .. CHIA SEEDS
- .. PEANUT BUTTER

POST-WORKOUT SNACK

- .. FRUIT
- .. PROTEIN POWDER
- .. ALMOND MILK

MEAL 2

- .. KALE, BEETS
- .. QUINOA

POST-WORKOUT MEAL

- .. GREEN BEANS
- .. VEGGIE BURGER
- .. QUINOA

MEAL 3

- .. CAULIFLOWER
- .. SALMON
- .. VIRGIN OIL

MEAL 4

- .. HUMMUS
- .. BABY CARROT

PRE-WORKOUT MEAL

- .. KALE, VEGETABLE BORTH
- .. BEANS
- .. SWEET POTATO
- .. VIRGIN OIL

I HONOR MY BODY AS MY SACRED TEMPLE. I
 SEND LOVE AND LIGHT TO EVERY CELL, EVERY
 MOLECULE, AND EVERY ATOM OF MY
 BEAUTIFUL PHYSICAL BEING. I OPEN MY HEART
 TO LOVING MYSELF. WITH EVERY BREATH, I
 LET PEACE WASH OVER ME.



TUESDAY

DATE / /

DAY 2

WORKOUT: BOOTY

MEAL 1

- .. CARROT
- .. RASPBERRIES
- .. COTTAGE CHEESE
- .. CHIA SEEDS
- .. PEANUT BUTTER

MEAL 2

- .. KALE, BEETS
- .. QUINOA

MEAL 3

- .. CAULIFLOWER
- .. SALMON
- .. VIRGIN OIL

PRE-WORKOUT MEAL

- .. KALE, VEGETABLE BORTH
- .. BEANS
- .. SWEET POTATO
- .. VIRGIN OIL

POST-WORKOUT SNACK

- .. FRUIT
- .. PROTEIN POWDER
- .. ALMOND MILK

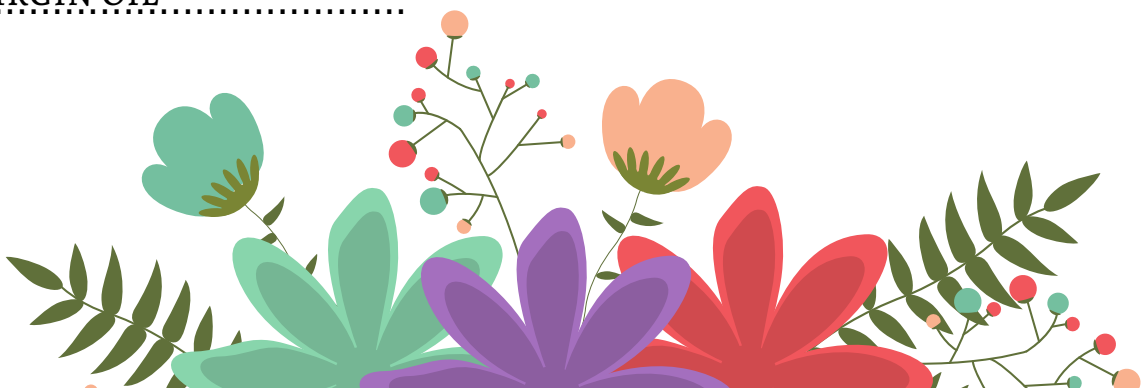
POST-WORKOUT MEAL

- .. GREEN BEANS
- .. VEGGIE BURGER
- .. QUINOA

MEAL 4

- .. HUMMUS
- .. BABY CARROT

YOU CANNOT ALWAYS CONTROL WHAT GOES
ON OUTSIDE. BUT YOU CAN ALWAYS CONTROL
WHAT GOES ON INSIDE.



WEDNESDAY

DATE / /

DAY 3

WORKOUT: CARDIO CORE

MEAL 1

- .. SPINACH
- .. BANANA
- .. PROTEIN POWDER
- .. CHIA SEEDS
- .. ALMOND MILK

POST-WORKOUT SNACK

- .. BLUEBERRIES
- .. YOGURT
- .. PEANUT BUTTER

MEAL 2

- .. KALE, BEETS
- .. QUINOA

POST-WORKOUT MEAL

- .. GREEN BEANS
- .. VEGGIE BURGER
- .. QUINOA

MEAL 3

- .. CAULIFLOWER
- .. SALMON
- .. VIRGIN OIL

MEAL 4

- .. AVOCADO
- .. CUCUMBER

PRE-WORKOUT MEAL

- .. TOMATO, MUSHROOM
- .. TEMPEH
- .. PASTA
- .. VIRGIN OIL

YOU CANNOT ALWAYS CONTROL WHAT GOES ON OUTSIDE. BUT YOU CAN ALWAYS CONTROL WHAT GOES ON INSIDE.



THURSDAY DAY 4

DATE / /

WORKOUT: AAA

MEAL 1

- .. SPINACH
- .. BANANA
- .. PROTEIN POWDER
- .. CHIA SEEDS
- .. ALMOND MILK

POST-WORKOUT SNACK

- .. BLUEBERRIES
- .. YOGURT
- .. PEANUT BUTTER

MEAL 2

- .. ASPARAGUS
- .. SWEET POTATO

POST-WORKOUT MEAL

- .. GREEN BEANS
- .. VEGGIE BURGER
- .. POTATO

MEAL 3

- .. CAULIFLOWER
- .. BEANS
- .. VIRGIN OIL

MEAL 4

- .. AVOCADO
- .. CUCUMBER

PRE-WORKOUT MEAL

- .. TOMATO, MUSHROOM
- .. TEMPEH
- .. PASTA
- .. VIRGIN OIL

YOUR ENTIRE LIFE CAN CHANGE IN A YEAR...
 YOU JUST HAVE TO LOVE YOURSELF ENOUGH
 TO KNOW YOU DESERVE MORE, BE BRAVE
 ENOUGH TO DEMAND MORE AND BE
 DISCIPLINED ENOUGH TO WORK FOR IT



FRIDAY
DAY 5

DATE / /

WORKOUT: LEGS

MEAL 1

- .. SPINACH
- .. BANANA
- .. PROTEIN POWDER
- .. CHIA SEEDS
- .. ALMOND MILK

MEAL 2

- .. ASPARAGUS
- .. SWEET POTATO

MEAL 3

- .. CAULIFLOWER
- .. BEANS
- .. VIRGIN OIL

PRE-WORKOUT MEAL

- .. TOMATO, MUSHROOM
- .. TEMPEH
- .. PASTA
- .. VIRGIN OIL

POST-WORKOUT SNACK

- .. BLUEBERRIES
- .. YOGURT
- .. PEANUT BUTTER

POST-WORKOUT MEAL

- .. GREEN BEANS
- .. VEGGIE BURGER
- .. POTATO

MEAL 4

- .. AVOCADO
- .. CUCUMBER

BE A REFLECTION OF WHAT YOU'D LIKE TO
RECEIVE. IF YOU WANT LOVE, GIVE LOVE. IF YO
U WANT TRUTH, BE TRUTHFUL. IF YOU WANT
RESPECT, GIVE RESPECT. WHAT YOU GIVE OUT
WILL RETURN TO YOU.



SATURDAY
DAY 6

DATE / /

WORKOUT: CARDIO FLOW

MEAL 1

- .. SPINACH
- .. MANGO
- .. YOGURT
- .. CHIA SEEDS
- .. CACAO NIBS

MEAL 2

- .. TOMATO, CUCUMBER, LETTUCE
- .. BREAD

MEAL 3

- ..
- .. **OUT**
- ..

PRE-WORKOUT MEAL

- .. TOMATO, MUSHROOM
- .. EGGS
- .. TORTILLA
- .. MAYO

POST-WORKOUT SNACK

- .. STARAWBERRIES
- .. PROTEIN POWDER
- .. ALMOND MILK

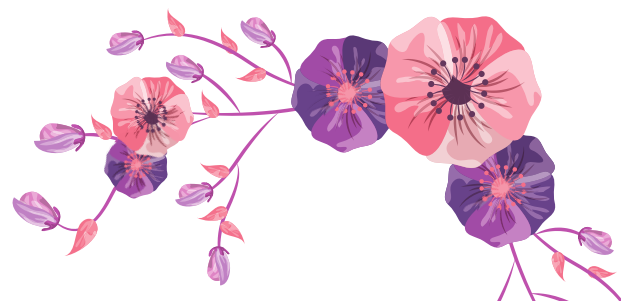
POST-WORKOUT MEAL

- .. SPINACH, MUSHROOMS ...
- .. SALMON
- .. POTATO

MEAL 4

- .. FETA CHEESE
- .. BEETS

LIFE IS SO MUCH SIMPLER
WHEN YOU STOP EXPLAINING
YOURSELF TO PEOPLE AND JUST
DO WHAT WORKS FOR YOU





SUNDAY

DATE / /

DAY 7

REST DAY



MEAL 1

MEAL 2

MEAL 3

MEAL 4

MEAL 5

MEAL 6

TRAIN YOUR MIND TO SEE THE GOOD IN
EVERYTHING. POSITIVITY IS A CHOICE.
THE HAPPINESS IN YOUR LIFE DEPENDS
ON THE QUALITY OF YOUR THOUGHTS

