

28-Day Hot for the Holidays

SAMPLE Meal Plan – Phase I (Week 1) Protein Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Grain-Free Granola (H4H)	LYL Smoothie or Smoothie Bowl (CB + H4H)	Grain-Free Granola (H4H)	Texas Breakfast Skillet (H4H)	LYL Smoothie or Smoothie Bowl (CB + H4H)	Texas Breakfast Skillet (H4H)	Grain-Free Granola (H4H)
LYL Smoothie or Smoothie Bowl (CB + H4H)	Gingerbread Bar (H4H)	Hard Boiled Egg + Chopped Raw Veggies	Pumpkin Pie Energy Balls (H4H)	Hard Boiled Egg + Chopped Raw Veggies	LYL Smoothie or Smoothie Bowl (CB + H4H)	Favorite Chia Seed Pudding (H4H)
Sweet Curry Chicken Salad (CB)	(Leftover) Chunky Turkey Bean Stew	(Leftover) Burrito Spaghetti Squash Boat	(Leftover) Red Pepper Soup w/ Chicken (CB)	(Leftover) Chicken Avocado Burger (H4H) w Mixed Green Salad	Confetti Crab Salad (CB)	(Leftover) Confetti Crab Salad (CB)
Gingerbread Bar (H4H)	Hard Boiled Egg + Chopped Raw Veggies	1/2 Apple + 1 tbsp. Almond Butter	Hard Boiled Egg + Chopped Raw Veggies	Pumpkin Pie Energy Balls (H4H)	Favorite Chia Seed Pudding (H4H)	Pumpkin Pie Energy Balls (H4H)
Chunky Turkey Bean Stew (CB)	Burrito Spaghetti Squash Boat (H4H)	Roasted Red Pepper Soup (CB) Add 4oz cooked chicken	Chicken Avocado Burger (H4H) w Mixed Green Salad	Tray Dinner (H4H)	Asian Lettuce Wraps (CB)	Go Out for a Lean Clean N' Green meal + optional LYL approved dessert

NOTES: Using the blank meal planning sheet mix & match meals from this Sample Meal Plan to create your own personalized meal plan for Phase I of this challenge. You can have the same meal 2-3 days in a row. Simplify your plan as needed to best support your schedule. The main diet guidelines are **Omit Starchy Carbs**. Select recipes and create meals that consist of protein, fats, and produce (vegetables & fruit).
CB – Means you can find the recipe in the Clean Comfort Foods Cookbook.
H4H – Means you can find the recipe in the FFF Challenge Recipe Guide.