

# 28-Day Hot for the Holidays

## SAMPLE Meal Plan – Phase II (Week 2) Carb Cycling

Mon. - Low	Tue. - Low	Wed. - High	Thur. - High	Fri. - Low	Sat. - High	Sun. - High
Frittata Egg Muffins + ½ cup berries (H4H)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado	Your Favorite LYL Overnight Oats (H4H)	LYL Smoothie or Smoothie (CB + H4H)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado	Your Favorite LYL Overnight Oats (H4H)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado
LYL Smoothie or Smoothie Bowl (CB + H4H)	LYL Smoothie or Smoothie Bowl (CB + H4H)	Frittata Egg Muffins (H4H)	Hard Boiled Egg + Chopped Raw Veggies	LYL Smoothie or Smoothie (CB + H4H)	1/2 Apple + 1 tbsp. Almond Butter	1/2 Apple + 1 tbsp. Almond Butter
Salmon Cakes with Mixed Green Salad (CB)	(Leftover) Baked Salsa & Goat Cheese Chicken + Sautéed Green Beans (CB)	Taco Salad (CB)	(Leftover) Lemon Kale Quinoa with Turmeric Chicken (H4H)	Salmon Cakes with Mixed Green Salad (CB)	(Leftover) Fish in a Foil (H4H)	Leftover Lean Lasagna (CB)
Crunchy Tuna Salad (CB)	Crunchy Tuna Salad (CB)	1 cup berries + 2 tbsp. Cold Almonds (H4H)	1 cup berries + 2 tbsp. Cold Almonds (H4H)	Blueberry Crunch (H4H)	Blueberry Crunch (H4H)	LYL Smoothie or Smoothie Bowl (CB + H4H)
Baked Salsa & Goat Cheese Chicken + Sautéed Green Beans (CB)	Taco Lettuce Wraps (CB)	Lemon Kale Quinoa with Turmeric Chicken (H4H)	Chili w/ a Twist + ½ cup cooked rice (NEW)	Fish in a Foil (H4H)	Lean Lasagna (CB)	TREAT MEAL

**NOTES:** Using the blank meal planning sheet mix & match meals from this Sample Meal Plan to create your own personalized meal plan for Weeks 3 & 4 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 to **Cycle Your Carbs**. Make sure to follow the Carb Cycle Schedule. Monday – Low Carb, Tuesday – Low Carb, Wednesday – High Carb, Thursday – High Carb, Friday – Low Carb, Saturday – High Carb, Sunday – High Carb.

**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.