

28-Day Hot for the Holidays

SAMPLE Meal Plan – Phase II (Week 3) Carb Cycling

Mon. - Low	Tues. - Low	Wed. - High	Thurs. - High	Fri. Low	Sat. - High	Sun. - High
Protein Pancakes (H4H)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado	LYL Smoothie or Smoothie Bowl (CB + H4H)	LYL Smoothie or Smoothie Bowl (CB + H4H)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado	Oatmeal Breakfast Cookie (CB)	Scramble (2 eggs + 1 cup veggies, chopped) + ¼ avocado
6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Chewy Banana Granola Bar (CB)	Chewy Banana Granola Bar (CB)	LYL Smoothie or Smoothie Bowl (CB + H4H)	1/2 Apple + 1 tbsp. Almond Butter	Oatmeal Breakfast Cookie (CB)
Shrimp Greek Salad (CB)	Shrimp Greek Salad (CB)	(Leftover) Yummy Meatloaf + Cauliflower Mash + Green Beans (CB)	(Leftover) Chicken Pesto Pasta (CB)	Warm Beef Salad (CB)	Warm Beef Salad (CB)	Go out to a Lean, Clean, 'N Green Lunch with your family
3 Turkey Power Snack Balls (H4H) + 1 Cup Raw Veggies	3 Turkey Power Snack Balls (H4H) + 1 Cup Raw Veggies	2 tbsp. Hummus + 1 cup Raw Veggies	2 tbsp. Hummus + 1 cup Raw Veggies	Blueberry Crunch (H4H)	Blueberry Crunch (H4H)	1/2 Apple + 1 tbsp. Almond Butter
Simple Sauté ~ 6oz lean protein + 2 cups of your favorite veggies, sautéed.	Yummy Meatloaf + Cauliflower Mash + Green Beans (CB)	Chicken Pesto Pasta (CB)	TREAT MEAL	Pecan Crusted Salmon + Grilled Asparagus (CB)	TREAT MEAL	Mom's Hamburger Potato Casserole (CB)

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.