EATLIVETHRIVE

30-DAY MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 eggs any style with 2 slices turkey bacon or turkey sausage 1⁄2 sliced pear or apple	4 frozen chicken or turkey sausage links, 1⁄2 cup berries, 1 ELTD muffin of choice (page 190, 192-193)	ELTD Pumpkin Spice Pancakes (page 187) 1⁄2 cup berries	1 cup whole milk plain greek yogurt with 1/2 cup berries 1 Tablespoon sunflower or pumpkin seeds	4 frozen chicken or turkey sausage links, 1⁄2 cup berries, 1 ELTD muffin of choice (page 190, 192-193)	1 cup whole milk plain greek yogurt with 1/2 cup berries 1 Tablespoon sunflower or pumpkin seeds.	See Brunch below
LUNCH	ELTD Tuna Avocado Boats (page 197) and 1 cup of sliced cherry tomatoes, 1 Tablespoon crumbled feta with a drizzle of olive oil & vinegar	Leftover Turkey Tacos or Rainbow Chopped Salad (page 197) 1 Orange or Peach	Strawberry Balsamic Chicken Salad (page 196) with pre-roasted chicken. ELTD muffin of choice (page 190, 192-193)	Leftover Baked Salmon, side salad ELTD Dressing of choice (page 197-199) or Carrot/Apple Salad with Chicken Breast (page 196) 1 ELTD Muffin of choice (page 190, 192-193)	Leftover Skillet Hash or Frittata, or Savory Zucchini Carrot Pancakes (page 221) and 1 cup 10 minute Asparagus soup (page 227)	Leftover Cauliflower Risotto or Salmon/Tuna Patties (page 207), 1 orange, apple or peach/ nectarine	ELTD Berry Goat Cheese Crepes (page 191) 2 turkey sausage links., 1⁄2 cup diced cantaloupe
DINNER	Turkey Taco Lettuce Wraps (page 205) Cauliflower Rice (page 218) - (Add Salsa or diced green chilis for Mexican Style) Option- al 1/4 cup canned black beans (drained & rinsed)	Busy Woman Greek Chicken (page 210) (Use Pre-Roasted Chicken - without preservatives if possible), fresh or frozen green beans & mushrooms sautéed in coconut oil, 1/2 baked sweet potato with 1 tsp ghee.	Easy Baked Salmon with sautéed spinach (page 201) Cauliflower Mash (page 219)	Breakfast for Dinner! Sweet Potato Skillet Hash And Eggs (page 189) or Spinach Frittata (page 194), 2 slices turkey ba- con. Side Salad with ELTD dressing of choice (page 197-199)	Lemon Cauliflower Risotto w/Chicken, side salad ELTD Dressing of choice (page 197-199)	Italian Nut Crumbs Meat- balls (page 216) or Creamy Chicken Spaghetti Squash (page 211) Brazilian Cheese Rolls (page 223) side salad ELTD Dressing of choice (page 197-199)	Chicken Marsala (page 212) served over Cauliflower Mash (page 219) and/or Quick roasted Veggies (page 222)
SNACK	2 snacks per day from options listed on the notes page	2 snacks per day from options listed on the notes page	2 snacks per day from options listed on the notes page	2 snacks per day from options listed on the notes page	2 snacks per day from options listed on the notes page	2 snacks per day from options listed on the notes page	2 snacks per day from options listed on the notes page

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This meal plan is optional. Feel free to follow this or use your own meals following the no sugar or grains guidelines. Also swap out recipes not listed on this weeks plan with others in the Eat Live Thrive Diet book.

Breakfast Options:

For those Intermittent Fasting using the ELT Eating Cycle, you may be skipping your morning meal and having two meals per day and 1-2 snacks instead. Simply choose the meals you most prefer!

Any breakfast (or meal) may be substituted with your choice of an ELTD smoothie (page186). Note: You may substitute 1 tablespoon nut butter in place of coconut oil in any recipe.

Quick Meal Options:

For a quick easy meal, create a "Meal bowl" using pre-cooked or frozen cauliflower rice, chopped veggies, grilled chicken, beef or shrimp, shredded cheese, avocado, salsa, diced chilies, chopped scallion and cilantro.

Drinks:

- Sparkling water plain, with splash of unsweetened cranberry juice, or 2 tablespoons of ELTD cleansing drink, sweetened with stevia or Monk Fruit Extract
- Coffee
- Herbal Tea (hot or cold)
- Water optional lemon or cucumber

Snack Options:

Maximum 2 per day:

- Turkey roll up: 2 oz. sliced turkey wrapped around 1/4 of avocado (mustard optional)
- 1/2 an apple or 1/2 banana with 1 tablespoon sunflower, almond or peanut butter
- 1/2 an apple or pear with 1 ounce of cheese
- Anytime Egg Muffin (see recipe)
- Leftover Salmon/Tuna patty (page 207)
- Hardboiled egg and 1/2 apple
- 1 orange & 10 almonds
- One ELTD muffin of choice (lemon poppy-seed, snicker-doodle or carrot apple pumpkin)
- 1 oz. Chocolate Bliss Squares (page 232)
- 1 Energy Bite (page 233)
- 1/4 cup of nuts
- 3/4 cup fresh or frozen berries
- 10 medium black or green olives
- 1 Sun Cookie (page 231)
- 1 Chocolate Coconut Macaroon (page 232)
- 1 Serving Fast Creamy Sorbet (page 230)
- 1/2 Banana Mug Cake (page 233)

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SUBSTITUTIONS

No Grain Noodle Alternatives

Better Than Pasta, Miracle Noodles, Zoodles, Spaghetti Squash, Sautéed shredded cabbage, <u>Heart of Palm Pasta</u>.

Frozen Pizza Crust & Sandwich Thins

We choose **Outer Isle** because it only has 4 simple ingredients. Most others we have found have some form of grain or ingredients that we don't care for.

Mikey's Grain-Free English Muffins

Find these in the freezer section of many markets. They may be used as an alternative to our ELTD Grain-Free English Muffins (page 188)