

## Beyond 30: Week 3 Meal Plan

|                  | <b>Monday</b>                                       | <b>Tuesday</b>                                   | <b>Wednesday</b>                            | <b>Thursday</b>                                     | <b>Friday</b>                                              | <b>Saturday</b>                                            | <b>Sunday</b>                                             |
|------------------|-----------------------------------------------------|--------------------------------------------------|---------------------------------------------|-----------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|
| <b>Wake-Up</b>   | Herbal Detox Tea & Digestion Plus                   | Herbal Detox Tea & Digestion Plus                | Herbal Detox Tea & Digestion Plus           | Herbal Detox Tea & Digestion Plus                   | Herbal Detox Tea & Digestion Plus                          | Herbal Detox Tea & Digestion Plus                          | Herbal Detox Tea & Digestion Plus                         |
| <b>Breakfast</b> | Leftover Zucchini & Turkey Skillet + Sliced Avocado | Leftover Zucchini & Turkey Skillet               | Strawberry Almond Protein Smoothie          | Quick Veggie Scramble                               | Strawberry Almond Protein Smoothie                         | Blueberry Cashew Smoothie                                  | Sunday Brunch (FREE MEAL!)                                |
| <b>Snack</b>     | Raw Walnuts + Mixed Berries                         | Yogurt & Nuts                                    | Raw Walnuts + Mixed Berries                 | Yogurt & Nuts                                       | Celery & 1 Tbsp. Almond Butter                             | Celery & 1 Tbsp. Almond Butter                             | Water                                                     |
| <b>Lunch</b>     | Leftover Kale & Apple Tuna Salad                    | The "BIG" Veggie Salad + Mom's Balsamic Dressing | Leftover Chicken Sausage, Apples, & Peppers | Leftover Chicken Sausage, Apples, & Peppers         | Giant Salad with Chicken + Mom's Balsamic Dressing         | Leftover One-Skillet Steak & Spinach + Roasted Cauliflower | Cinnamon Chia-Blueberry Smoothie                          |
| <b>Dinner</b>    | Chicken Sausage, Apples, & Peppers                  | Leftover Chicken Sausage, Apples, & Peppers      | Pesto Topped Halibut + Roasted Cauliflower  | Leftover Pesto Topped Halibut + Roasted Cauliflower | One-Skillet Steak & Spinach + Leftover Roasted Cauliflower | Roasted Squash & Turkey Bowls + Roasted Broccoli           | Leftover Roasted Squash & Turkey Bowls + Roasted Broccoli |