

Healthy Meal Plan/ 7-30 Day Challenge

- Weigh yourself before you start this challenge/meal plan whether its 7 or 30 days.
- Weigh yourself the last day of your challenge.
- If you do this challenge and don't mind, please send weight before and after to Dr. Shayvonne Ford at Shayvonne.ford@mvsu.edu. (We would love to see your achievement)
- Once you eat your first meal continue with the other meals every 2 and a half hours. (You will eat every 2 ½ until your done with meals. It is okay if you eat less just don't overeat.

MEAL 1

QTY	Description	Notes
1 Cup	Detox Tea w/ Lemon Squirt	To drink first thing in the morning
¾ Cup	Egg Whites	Will be better to buy carton
10	Unsalted Nuts	Substitute if you do not want to use Avocado. Cannot use both n same meal.
OR ½	Avocado	Substitute if you do not want to use Nuts. Cannot use both in same meal.

MEAL 2

QTY	Description	Notes
5oz	99% Lean Turkey	
6 Spears	Asparagus	
10	Unsalted Nuts	Substitute if you do not want to use Avocado. Cannot use both in same meal.
OR ½	Avocado	Substitute I you do not want to use Nuts. Cannot use both in same meal.

MEAL 3

QTY	Description	Notes
		You may use any white fish of your choice if you choose to opt out of Tilapia

4oz	Grilled Chicken Breast	
	Green veggies of your choice	Substitute if you do not want to use Avocado. Cannot use both in same meal
10	Unsalted Nuts	Substitute if you do not want to use Nuts. Cannot use both in same meal
OR ½	Avocado	Substitute if you do not want to use Nuts. Cannot use both in same meal.

MEAL 4

QTY	Description	Notes
4oz	Grilled Chicken Breast	
1 Cup	Small Green Salad	Use 1tsb of Olive Oil or Balsamic Vinaigrette for dressing.
10	Unsalted Nuts	Substitute if you do not want to use Avocado. Cannot use both in same meal.
OR ½	Avocado	Substitute if you do not want to use Nuts. Cannot use both in same meal.

MEAL 5

QTY	Description	
3	Hard Boiled Eggs	NO YOKE
10	Unsalted Nuts	Substitute if you do not want to use Avocado. Cannot use both in same meal.
OR ½	Avocado	Substitute if you do not want to use Nuts. Cannot use both in same meal.

MEAL 6

Before bed drink 1 cup of detox tea.

**Drink a lot of water
throughout the day!!!**