

# Transform: 20 Meal Plan A

## 1,200-1,499 Calories

### Dairy Free/Paleo/Whole30

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	2 eggs (R) Berries (P) Diced Sweet Potato (Y)	Vegan Shakeology (R) Berries (P)	Hash browns (2 servings) (YY) Bacon (R) Fruit (P)	Vegan Shakeology (R) Apple and almond butter (PTT)	Diced potatoes with peppers, onions, and spinach (YG) 2 eggs (R)
Snack	Vegan Shakeology (R) Almonds (B)	Tuna with mustard (R) Tomatoes, cucumbers (GG) Olives (O)	Vegan Shakeology (R)	Carrots, cucumbers, pepper strips (GG) Olives (O) Diced sweet potatoes (Y)	Vegan Shakeology (R) Fruit (P)
Lunch	Lettuce (G) Carrots (1/2 G) Tomatoes (1/2 G) Shredded chicken (R) Salad dressing (O)	Small baked potato (Y) Leftover chicken (R) Avocado slices (B)	Lettuce, tomatoes, cucumbers, peppers (GG) Lemon/vinegar/EVOO (tt) Leftover salmon (R)	2 boiled eggs (R) Berries (P)	Salad with leftover chicken and salad dressing (GRO)
Snack	Apple (P) Almond Butter (TT)	Banana with almond butter (PTT)	Prosciutto (or compliant deli meat) (R) Apple (P) Olives (O)	Leftover steak (R) grape tomatoes (1/2 G)	Apple and almond butter (PTT)
Dinner	Grilled chicken (R) Garlic green beans (G) Oven baked potato wedges (Y)	Salmon (R) Roasted Brussels sprouts (G) Baked yam (Y)	Steak strips (R) Avocado (B) fajita peppers/onions (G)	Romaine lettuce leaves (1/2 G) shredded "taco" chicken (R) avocado (B)	Burger (no bun) (R) with mustard lettuce, tomato (GG) avocado (B) oven fries (Y)