

# THE 21-DAY CHALLENGE

## MEAL PLANS

### LADIES' MEAL PLAN

Vegan Participants: Use any vegan protein source where protein is listed in the plan.

MEAL 1: Eaten within 15 minutes of waking	MEAL 2:	MEAL 3:
2 whole eggs - any style	4 oz. cooked protein - ANY real protein	4 oz. cooked protein - ANY real protein
1 slice Ezekial bread or ⅓ cup cooked quinoa	1 cup cooked - butternut squash, cauliflower, spaghetti squash, eggplant, or zucchini	Big salad or any green vegetables
½ cup blueberries, raspberries or strawberries	2 cups cooked – green beans, broccoli, asparagus, or brussel sprouts	Sharon's UNLEASHED dressing <ul style="list-style-type: none"> <li>• 1 TBSP Udo's Oil</li> <li>• 1 TBSP Vinegar of Choice</li> <li>• 1 TBSP Mustard of Choice</li> </ul>
1 TBSP butter, almond butter, or ⅓ small avocado	2 TBSP hemp seeds	
1 cucumber peeled		
<b>MORNING SNACK:</b> Pick 1 from each group (Note: Snack 1 & Snack 2 can be combined to make 1 meal)	<b>AFTERNOON SNACK:</b> Pick 1 from each group (Note: Snack 1 & Snack 2 can be combined to make 1 meal)	<b>FREE FOODS:</b> mushrooms onions celery cucumbers broccoli asparagus green beans
<b>A = Protein</b> <ul style="list-style-type: none"> <li>• 2 oz. tuna</li> <li>• 1 hard boiled egg</li> <li>• 2 oz. of any protein</li> </ul>	<b>A = Protein</b> <ul style="list-style-type: none"> <li>• 2 oz. tuna</li> <li>• 1 hard boiled egg</li> <li>• 2 oz. of any protein</li> </ul>	
<b>B = Carbohydrate</b> <ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 cup cucumber</li> <li>• 1 cup celery</li> </ul>	<b>B = Carbohydrate</b> <ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 cup cucumber</li> <li>• 1 cup celery</li> </ul>	
<b>C = Fat</b> <ul style="list-style-type: none"> <li>• ⅓ small avocado</li> <li>• ½ TBSP almond butter</li> <li>• 2 TBSP hummus</li> </ul>	<b>C = Fat</b> <ul style="list-style-type: none"> <li>• ⅓ small avocado</li> <li>• ½ TBSP almond butter</li> <li>• 2 TBSP hummus</li> </ul>	

## MEN'S MEAL PLAN

Vegan Participants: Use any vegan protein source where protein is listed in the plan.

<b>MEAL 1:</b> Eaten within 15 minutes of waking	<b>MEAL 2:</b>	<b>MEAL 3:</b>
4 whole eggs - any style	6 oz. cooked protein - ANY real protein	6 oz. cooked protein - ANY real protein
2 slices Ezekial bread or ¼ cup cooked quinoa	1 cup cooked - butternut squash, cauliflower, spaghetti squash, eggplant, or zucchini	Big salad or any green vegetables
½ cup blueberries, raspberries or strawberries	2 cups cooked – green beans, broccoli, asparagus, or brussel sprouts	Sharon's UNLEASHED dressing <ul style="list-style-type: none"><li>• 2 TBSP Udo's Oil</li><li>• 2 TBSP Vinegar of Choice</li><li>• 2 TBSP Mustard of Choice</li></ul>
1 TBSP butter, almond butter, or ⅓ small avocado	2 TBSP hemp seeds	
1 cucumber peeled		
<b>MORNING SNACK:</b> Pick 1 from each group (Note: Snack 1 & Snack 2 can be combined to make 1 meal)	<b>AFTERNOON SNACK:</b> Pick 1 from each group (Note: Snack 1 & Snack 2 can be combined to make 1 meal)	<b>BEFORE BED SNACK:</b> Pick 1 from each group
<b>A = Protein</b> <ul style="list-style-type: none"><li>• 2 oz. tuna</li><li>• 1 hard boiled egg</li><li>• 2 oz. of any protein</li></ul>	<b>A = Protein</b> <ul style="list-style-type: none"><li>• 2 oz. tuna</li><li>• 1 hard boiled egg</li><li>• 2 oz. of any protein</li></ul>	<b>A = Protein</b> <ul style="list-style-type: none"><li>• 2 oz. tuna</li><li>• 1 hard boiled egg</li><li>• 2 oz. of any protein</li></ul>
<b>B = Carbohydrate</b> <ul style="list-style-type: none"><li>• ½ apple</li><li>• 1 cup cucumber</li><li>• 1 cup celery</li></ul>	<b>B = Carbohydrate</b> <ul style="list-style-type: none"><li>• ½ apple</li><li>• 1 cup cucumber</li><li>• 1 cup celery</li></ul>	<b>B = Carbohydrate</b> <ul style="list-style-type: none"><li>• ½ apple</li><li>• 1 cup cucumber</li><li>• 1 cup celery</li></ul>
<b>C = Fat</b> <ul style="list-style-type: none"><li>• ⅓ small avocado</li><li>• ½ TBSP almond butter</li><li>• 2 TBSP hummus</li></ul>	<b>C = Fat</b> <ul style="list-style-type: none"><li>• ⅓ small avocado</li><li>• ½ TBSP almond butter</li><li>• 2 TBSP hummus</li></ul>	<b>C = Fat</b> <ul style="list-style-type: none"><li>• ⅓ small avocado</li><li>• ½ TBSP almond butter</li><li>• 2 TBSP hummus</li></ul>
<b>FREE FOODS:</b> mushrooms, onions, celery, cucumbers, broccoli, asparagus, green beans		



HEALTHY FOOD LIST		
PROTEINS:	FRUITS & VEGETABLES:	CONDIMENTS OTHER:
<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Carton egg whites</li> <li>• Seitan (vegan)</li> <li>• TVP (vegan)</li> <li>• Salmon</li> <li>• Cod</li> <li>• Halibut</li> <li>• Pacific rockfish</li> <li>• Tuna packets</li> <li>• Steak</li> <li>• Turkey (no deli/processed meats)</li> <li>• Chicken (No rotisserie chickens, deli or processed meats)</li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom</li> <li>• Onions</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Broccoli</li> <li>• Asparagus</li> <li>• Green beans</li> <li>• Bell peppers</li> <li>• Cabbage</li> <li>• Lettuce</li> <li>• Butternut squash</li> <li>• Cauliflower</li> <li>• Spaghetti squash</li> <li>• Eggplant</li> <li>• Zucchini</li> <li>• Blueberries</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Apple</li> <li>• Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• Fresh salsa</li> <li>• Almond milk</li> <li>• Pea protein milk (Ripple brand)</li> <li>• Pea protein ½ and ½ (Ripple brand)</li> <li>• Vinegar</li> <li>• Almond butter (no peanut butter)</li> <li>• Udo's 3-6-9 Oil</li> <li>• Hemp seeds</li> <li>• Butter</li> <li>• Hummus</li> <li>• Ezekiel bread</li> <li>• Quinoa</li> <li>• Quinoa flakes</li> </ul>