

28 Day Spring Shred - Week One

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Hormone Balancing Smoothie Bowl (NEW)	Happy Hormone Smoothie (NEW)	Bacon Egg Cups (Main Cookbook)	Bacon Egg Cups (Main Cookbook)	Hormone Balancing Smoothie Bowl (NEW)	Protein Pancakes (NEW)	LYL Grain Free Granola (NEW)
M2	Cinnamon Date Mini Muffin s (NEW)	Cinnamon Date Mini Muffin s (NEW)	1 cup berries + 2 tbsp. nuts	1 cup berries + 2 tbsp. nuts	Cinnamon Date Mini Muffin s (NEW)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs
M3	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)	Leftover Sweet Potato Ground Turkey Chili	Leftover from yesterday's M5	Leftover Skinny Shrimp Scampi w/ Spaghetti Squash (Main Cookbook)	Leftover lean protein + steamed veggies	Protein Packed Mason Jar Salad (NEW)	Protein Packed Mason Jar Salad (NEW)
M4	1 cup berries + 2 tbsp. nuts	1 cup berries + 2 tbsp. nuts	1 cup baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	1 apple sliced + 2 tbsp. Almond Butter	1 apple sliced + 2 tbsp. Almond Butter	Cinnamon Date Mini Muffin s (NEW)
M5	Sweet Potato Ground Turkey Chili (NEW)	4 oz. lean protein + 2 cups lightly steamed veggies + ¼ avocado + ¼ cup salsa or 1 tbsp. favorite LYL approved dressing	Skinny Shrimp Scampi w/ Spaghetti Squash (Main Cookbook)	4 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Gluten Free Pizza w/ Chicken & Pesto (Main Cookbook)	Go out for a Spring Shred Approved Dinner	Chunky Turkey Bean Stew (Main Cookbook)

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M1	LYL Grain-Free Granola (NEW)	Mediterranean Egg Muffins (NEW)	Mediterranean Egg Muffins (NEW)	Tropical Smoothie Bowl (NEW)	Tropical Smoothie Bowl (NEW)	Morning Quinoa Bowl (NEW)	Protein Pancakes (NEW)
M2	1 apple sliced + 2 tbsp. Almond Butter	1 apple sliced + 2 tbsp. Almond Butter	Energy-Boosting Matcha Bliss Balls (NEW)	Energy-Boosting Matcha Bliss Balls (NEW)	Energy-Boosting Matcha Bliss Balls (NEW)	Your Favorite Green Smoothie	Go Out for a LYL Approved Brunch w/ Family
M3	Leftover Chunky Turkey Bean Stew (Main Cookbook)	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover from yesterday's M5	Thai Peanut Chicken Quinoa Mason Jar Salad (NEW)	Thai Peanut Chicken Quinoa Mason Jar Salad (NEW)
M4	1 cup baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	1 apple sliced + 2 tbsp. Almond Butter (NEW)	1 apple sliced + 2 tbsp. Almond Butter (NEW)	1 cup baby carrots + ¼ cup hummus	Chocolate Chia Pudding (NEW)	Chocolate Chia Pudding (NEW)
M5	4 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Burrito Spaghetti Squash (NEW)	Protein Packed Burrito Bowl (NEW)	6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Go out for a Spring Shred Approved Dinner	Turkey Bacon Wrapped Scallops + Oven Roasted Asparagus (Main Cookbook)	Low-Carb Roast Beef Hash (Main Cookbook)

28 Day Spring Shred - Week Three

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Happy Hormones Smoothie (NEW)	Happy Hormones Smoothie (NEW)	Smoked Salmon Mini Frittata's (New)	Smoked Salmon Mini Frittata's (New)	Morning Quinoa Bowl (NEW)	LYL Grain-Free Granola (NEW)	Grain-Free Hot Cereal (NEW)
M2	Raw Superfood Energy Bar (NEW)	Raw Superfood Energy Bar (NEW)	1 cup berries + 2 tbsp. nuts	1 cup berries + 2 tbsp. nuts	Raw Superfood Energy Bar (NEW)	Morning Rise Superfood (NEW)	1 apple sliced + 2 tbsp. Almond Butter (NEW)
M3	Leftover Roast Beef Hash (Main Cookbook)	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover from yesterday's M5	Chicken Quinoa Berry Mason Jar Salad (NEW)	Chicken Quinoa Berry Mason Jar Salad (NEW)
M4	Turkey Power Snack Balls (NEW)	Turkey Power Snack Balls (NEW)	Your Favorite Green Smoothie	Your Favorite Smoothie	1 apple sliced + 2 tbsp. Almond Butter (NEW)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs
M5	LYL Nourish Bowl (NEW)	Taco Lettuce Wraps (Main Cookbook)	Sweet Potato Coconut Curry Shrimp (Main Cookbook)	Thai Chicken Collard Green Wrap (NEW)	Gluten Free Pizza w/ Chicken & Pesto (Main Cookbook)	Go out for a Spring Shred Approved Dinner	Spiced Sweet Potato Stew (Main Cookbook)

28 Day Spring Shred - Week Four

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Superfood Breakfast Bars (NEW)	Superfood Breakfast Bars (NEW)	Bacon Egg Cups (Main Cookbook)	Bacon Egg Cups (Main Cookbook)	Hormone Balancing Smoothie Bowl (NEW)	Apple Pie Oatmeal (Main Cookbook)	Protein Pancakes (NEW)
M2	Smoked Salmon Mini Frittata's (New)	Smoked Salmon Mini Frittata's (New)	Cinnamon Date Mini Muffin s (NEW)	Cinnamon Date Mini Muffin s (NEW)	Superfood Breakfast Bars (NEW)	Your Favorite Green Smoothie	Your Favorite Green Smoothie
M3	Leftover Spiced Sweet Potato Stew (Main Cookbook)	Leftover from yesterday's M5	Avocado Chicken Salad (New)	Leftover from yesterday's M5	Avocado Chicken Salad (New)	Leftover LYL Burrito Bowl	Leftover from yesterday's M5
M4	South Western Chicken Salad (NEW)	South Western Chicken Salad (NEW)	Your Favorite Green Smoothie	1 apple sliced + 2 tbsp. Almond Butter (NEW)	1 apple sliced + 2 tbsp. Almond Butter (NEW)	Superfood Breakfast Bars (NEW)	Cinnamon Date Mini Muffin s (NEW)
M5	4 oz Baked White Fish + Stir Fried Sesame Vegetables (NEW)	4 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil	Burrito Spaghetti Squash (NEW)	Loaded Sweet Potato (Main Cookbook)	LYL Burrito Bowl (New)	4 oz. lean protein + Apricot Orange Ginger Quinoa	Go out for a Spring Shred Approved Dinner

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