

APR 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	CHOOSE 3 MEALS	CHOOSE 3 MEALS	JUICE	CHOOSE 3 MEALS 1	CHOOSE 3 MEALS 2	BREAK/ CHEAT DAY 3
4 <u>MEAL PREP</u>	CHOOSE 3 MEALS 5	CHOOSE 3 MEALS 6	JUICE 7	CHOOSE 3 MEALS 8	CHOOSE 3 MEALS 9	BREAK/ CHEAT DAY 10
11 <u>MEAL PREP</u>	CHOOSE 3 MEALS 12	CHOOSE 3 MEALS 13	JUICE 14	CHOOSE 3 MEALS 15	CHOOSE 3 MEALS 16	BREAK/ CHEAT DAY 17
18 <u>MEAL PREP</u>	CHOOSE 3 MEALS 19	CHOOSE 3 MEALS 20	JUICE 21	CHOOSE 3 MEALS 22	CHOOSE 3 MEALS 23	BREAK/ CHEAT DAY 24
25 <u>MEAL PREP</u>	CHOOSE 3 MEALS 26	CHOOSE 3 MEALS 27	JUICE 28	CHOOSE 3 MEALS 29	CHOOSE 3 MEALS 30	



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4-WEEK MENU

MEAL PLAN

WWW.GRACETAYLOR.CA

CHOOSE 3 MEALS

- choose 1
breakfast, 2
mains, and 1
juice

* There is an
associated
[YouTube](#) video

MEAL MAIN

- Sheppard Pie*
- Jerk Fish side of Greens*
- Spaghetti Squash Pasta*
- Breaded Tilapia, Cauliflower Rice, Steamed Beans
- Stuffed Bell Peppers
- Poke Bowl
- Chicken Quesadilla
- Beef and Broccoli Stir-fry

BREAKFAST

- Seemed Fish, Spinach and avocado, Tomato and toast
- Breakfast Wrap*
- Overnight Oatmeal topped with Banana
- Half English Muffin, Fried egg, cheese and tomato

JUICE

- Cabbage Juice*
- Spinach, Carrot, Kale, Apple, Lemon
- Beats, Romaine, lettuce, lemon, kale