

*Stop Dieting and Just Eat Well, Every Day!*

## 3-Day Mini Real Food Meal Plan

*100% Real Food | Anti-Inflammatory | Gluten-Free | Low Carb | Low Sugar | Promotes Weight Loss*

Each day, choose 1 at each meal, or repeat your favorites

### Breakfast

- [Strawberry Vanilla Protein Shake](#)
- 2 Eggs Scrambled mixed with Spinach, Avocado & Mushrooms
- [Coffee Coconut Protein Shake](#)

### Lunch

- [Rainbow Salad](#): a variety of in-season colorful veggies, strawberries and deli turkey.
- Rubeen Wrap: Sliced Corn Beef, Spicy Mustard & Sauerkraut wrapped in lettuce leaves.
- Taco Salad: Use leftover taco-seasoned ground meat from Spinach Turkey Taco Bowls and put over a bed of lettuce, tomatoes and avocado. Dress with salsa and a dollop of sour cream.

### Dinner

- [Spinach Turkey Taco Bowls](#)
- [Roasted Vegetables & Sausage Bowls](#)
- [Grilled Chicken Fajitas](#) with Corn Tortillas or over a bed of greens

### Snacks

(choose 1 protein +  
1 veggie/fruit based  
snack, 2 x per day)

**PROTEIN:**

- Hummus Dip, any variety
- Handful of Mixed Nuts
- Beef Jerky, nitrate-free, no added sugar

**FRUIT or VEGETABLE:**

- [2-Minute Popcorn](#) with Butter
- Sliced Carrots or Cucumber
- [Homemade Cinnamon Applesauce](#)

*Ready for more meal ideas and recipes?*

Get your **4-Week Real Food Meal Plan** [HERE!](#)