



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Phase 2 Sample Meal Plans



HealthyBodyHealthyLife
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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



Phase 2 (Days 11-21) Sample Meal Plans

Note: To simplify meal planning, I suggest making a double smoothie batch each morning and drinking the same smoothie for breakfast and lunch or dinner. I also suggest eating leftovers for dinner at least two nights in a row. You'll see I followed this system in the meal plan below.

Day 11

Breakfast: Melissa's Favorite Green Smoothie (Detox Recipes page 3)

Lunch: Melissa's Favorite Green Smoothie (Detox Recipes page 3)

Snack: Carrots or celery with mashed avocado with sea salt and lemon or lime.

Dinner: Pesto Chicken Salad (Detox Recipes page 24) with Oven Roasted Vegetables (Detox Recipes page 20)

Day 12

Breakfast: Apple, Pineapple and Kale Smoothie (Detox Recipes page 6)

Lunch: Apple, Pineapple and Kale Smoothie (Detox Recipes page 6)

Snack: Trail mix (sunflower seeds, pumpkin seeds, coconut flakes, and goji berries)

Dinner: Leftover Pesto Chicken Salad (Detox Recipes page 24) served over salad greens and other veggies or with leftover Oven Roasted Vegetables (Detox Recipes page 20)

Day 13

Breakfast: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Lunch: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Snack: Pumpkin or sunflower seed butter with celery, carrots, green apple, banana or flax crackers

Dinner: Lemon & Garlic Baked Chicken (Detox Recipes page 27) with Cauliflower "Rice" (Detox Recipes page 20)



Phase 2 (Days 11-21) Sample Meal Plans

Day 14

Breakfast: Strawberry Smoothie (Detox Recipes page 5)

Lunch: Strawberry Smoothie (Detox Recipes page 5)

Snack: Cucumber, tomatoes & sliced avocado with vinaigrette (olive oil and apple cider vinegar)

Dinner: Leftover Lemon & Garlic Baked Chicken (Detox Recipes page 27) served over mixed salad greens and other veggies or with leftover Cauliflower "Rice" (Detox Recipes page 20)

Day 15

Breakfast: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Lunch: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Snack: Flax crackers with mashed avocado and salsa (see Detox Recipes page 18 for a salsa recipe; if store bought sugar free)

Dinner: Chicken Cacciatore (Detox Recipes page 25)

Day 16

Breakfast: Melissa's Favorite Green Smoothie (Detox Recipes page 3)

Lunch: Melissa's Favorite Green Smoothie (Detox Recipes page 3)

Snack: Strawberries dipped in whipped coconut milk flavored with stevia and vanilla extract *optional

Dinner: Leftover Chicken Cacciatore (Detox Recipes page 25)



Phase 2 (Days 11-21) Sample Meal Plans

Day 17

Breakfast: Triple Berry Banana Smoothie (Detox Recipes page 6)

Lunch: Triple Berry Banana Smoothie (Detox Recipes page 6)

Snack: Tahini with sliced apple (Detox Recipes page 19)

Dinner: Melissa's Easy Baked Chicken (Detox Recipes page 26) with Roasted Sweet Potato Fries (Detox Recipes page 19)

Day 18

Breakfast: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Lunch: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Snack: Vanilla or Chocolate Chia Pudding (Detox Recipes page 21)

Dinner: Leftover Easy Baked Chicken (Detox Recipes page 26) served over mixed salad greens and other veggies or with leftover Roasted Sweet Potato Fries (Detox Recipes page 19)

Day 19

Breakfast: Strawberry Smoothie (Detox Recipes page 5)

Lunch: Strawberry Smoothie (Detox Recipes page 5)

Snack: Berry Chia Pudding (Detox Recipes page 21)

Dinner: Chicken and Brussels Sprouts (Detox Recipes page 26)



Phase 2 (Days 11-21) Sample Meal Plans

Day 20

Breakfast: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Lunch: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Snack: Pumpkin Sunflower Seed and Coconut Balls (Detox Recipes page 23)

Dinner: Leftover chicken and Brussels Sprouts (Detox Recipes page 26) served over mixed salad greens and other veggies

Day 21

Breakfast: Cucumber, Apple & Pear Smoothie (Detox Recipes page 5)

Lunch: Cucumber, Apple & Pear Smoothie (Detox Recipes page 5)

Snack: Pumpkin or sunflower seed butter with celery, carrots, green apple, banana or flax crackers

Dinner: Herb Baked Chicken (Detox Recipes page 27) with Asparagus Fries (Detox Recipes page 18)