

WEIGHT LOSS MEAL PLAN

WEEK 1

Day 1:

Lunch: Lemon chicken piccata with a side of roasted cauliflower, red and yellow bell pepper.

Dinner: NY steak with sautéed spinach and garlic butter, egg plant and side of Korean style bean sprouts ([recipe here](#))

Day 2:

Lunch: Beef vegetable soup ([recipe here](#)). Add few pieces of beef, chicken or Pork this recipe. [You can buy this organic beef stock](#) which is acceptable.

Dinner: Pork chops with steamed broccoli and roasted cauliflower marinated in toasted sesame oil

Day 3:

Lunch: Grilled shrimp with a side of zucchini noodles and side of kimchi,

Dinner: Chicken wings with a side of cauliflower rice, steamed broccoli and red bell peppers.

Day 4:

Lunch: Tuna salad with mixed greens and a side of avocado

Dinner: Beef stir-fry with bell peppers, onions, and mushrooms

Day 5:

Lunch: Cinnamon Cream Tomato soup ([recipe here](#)) with roasted asparagus and stir fried mushrooms

Dinner: Cinnamon garlic chicken with zucchini and carrots ([recipe here](#))

Day 6:

Lunch: Ceylon cinnamon pork belly ([recipe here](#)), steamed broccoli marinated with sesame oil

Dinner: Pork tenderloin with a side of sautéed kale and roasted mushrooms

Day 7:

Lunch: Grilled shrimp with mixed greens and a side of cauliflower rice

Dinner: Cinnamon Beef stir-fry with bell peppers, onions, and green beans ([recipe here](#)) over cauliflower rice

WEEK 2

Day 1:

Lunch: Grilled chicken breast with a side of roasted vegetables (Cauliflower, bell pepper and mushrooms marinated in sesame oil and salt)

Dinner: Baked salmon with a side of butter sautéed spinach, Miso soup ([Get this from easy miso paste at your local store](#))

Day 2:

Lunch: Caesar salad with grilled chicken and a side of cold potato salad

Dinner: Beef stir-fry with bell peppers, onions, and green beans over cauliflower rice

Day 3:

Lunch: Cinnamon Bone broth ([recipe here](#)) and a side of roasted vegetables

Dinner: Sofrito Chicken Stew but cut the amount of potatoes in half ([Recipe here](#))

Day 4:

Lunch: Chef buck garlic shrimp ([watch video here](#)) with a side of cauliflower rice

Dinner: Pork chops with a side of roasted asparagus, red bell pepper and mushrooms

Day 5:

Lunch: Acorn squash with minced beef ([recipe here](#)) and cinnamon cabbage stir fry ([recipe here](#))

Dinner: Grilled salmon with southern collard greens

Day 6:

Lunch: Caesar salad with grilled chicken and a side of cold potato salad

Dinner: Cinnamon Beef stir-fry with bell peppers, onions, and green beans ([recipe here](#)) over cauliflower rice

Day 7:

Lunch: Red lentil soup ([recipe video here](#))

Dinner: Butter chicken ([recipe here](#)) zucchini noodles

Note: Drink lots of water and herbal tea during the fasting period. Feel free to adjust the portions as per your calorie needs and dietary restrictions. Also, try to consume more healthy fats and less protein, and make sure to stay within your daily carb limit of 20-50 grams.