

IRRESISTIBLE YOU

28-DAY MEAL PLAN

Types	Examples	Serving size	Number of servings daily
Protein	Lean meats, fish, seafood, eggs	3 ounces (palm size) or 2 eggs	2.5
Carbohydrates	Low-glycemic and gluten-free: sweet potatoes, brown rice, gluten-free oats, gluten-free bread	40 grams (1.4 ounces): 1/2 sweet potato, 1/2 cup cooked brown rice, 1 piece gluten-free bread	6
Healthy fats	Polyunsaturated, mostly omega-3s	1 tablespoon	2
Vegetables	Any type except high-glycemic white potatoes	1 cup raw, 1/2 cup cooked	6
Fruits	Any type except high-glycemic figs, pineapples, and mangos (I know, I love mangos!)	1 medium	2

Foods to avoid: High glycemic-foods, dairy, gluten, legumes, processed foods, refined sugars, fried foods

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28-DAY MEAL JOURNAL

MONTH 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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28-DAY MEAL JOURNAL

MONTH 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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28-DAY MEAL JOURNAL

MONTH 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday