

meal plan

TAMPA
FLORIDA
27.9506° N, 82.4572° W

welcome to the

30-DAY DROP

We're so excited that you are committing to begin your journey to a healthier, happier you.

The following meal plan is designed as a suggested tool to help empower you and maximise results. We recommend a balanced and nutritious approach to eating, coupled with daily movement for physical and mental wellness.*

*The contents of this website and other material are intended for informational and educational purposes only, and not for the purpose of rendering medical advice. The contents are not intended to substitute for professional medical advice, diagnosis, or treatment. Before starting any new diet or exercise program, please check with your doctor and clear any dietary or exercise changes. These meal plan suggestions were not created by doctors, nutritionists, or registered dietitians. We do not claim to help cure any condition or disease. Product recommendations are not intended to diagnose, treat, cure, or prevent any disease.





BREAKFAST



LUNCH



SNACK



DINNER

30-DAY DROP PRODUCTS

Mix 1 TBSP (15 mL) **Simply Aloe** with 4 fl. Oz. (120 mL) of a beverage of your choice and sip each morning before your meal. Take 1 TFX caplet with your meal.

Take 2nd TFX caplet with your meal.

Take 2 SKNY Gummies with or without food.

Take 2 FLAT capsules with your meal!

30-DAY DROP - LOW CAFFEINE PRODUCTS

Mix 1 TBSP (15 mL) **Simply Aloe** with 4 fl. Oz. (120 mL) of a beverage of your choice and sip each morning before your meal. Take 1 BRN+ capsule with your meal.

Take 2nd BRN+ capsule with your meal.

Take 2 SKNY Gummies with or without food.

Take 2 FLAT capsules with your meal!

meal plan recommendations

Option 1

2 eggs with avocado

Grilled chicken over mixed greens with oil-based dressing and blueberries

Handful of mixed nuts and a banana

Steak with roasted asparagus, carrots, and a baked sweet potato

Option 2

Almond Butter & banana smoothie

Tuna lettuce wraps, carrot sticks, and a side of mixed berries

Cottage cheese with pineapple chunks

Lean beef or a plant-based burger patty with side of quinoa and steamed green beans

Option 3

Avocado toast on high-protein bread

Tofu stir-fry with colourful vegetables and cup of strawberries

Sliced banana and peanut butter

Stir-fried shrimp with brown rice and mixed vegetables

Option 4

Greek yogurt with nuts and berries

Cauliflower fried rice with chicken and an orange

Protein shake

Grilled chicken with sweet potato and brussels sprouts

Option 5

Omelette with spinach and feta

Caprese salad with oil-based drizzle and a cup of raspberries

Greek yogurt with peaches

Zucchini noodles with ground turkey, tomato sauce, and a whole wheat roll

Option 6

Scrambled eggs and cottage cheese

Grilled chicken breast with steamed broccoli and a cup of fruit

Fruit smoothie

Baked salmon with roasted sweet potatoes and asparagus

Option 7

Egg-white muffins with sausage and turkey bacon

Taco salad with ground turkey, avocado, and a cup of mixed berries

Almonds and an orange

Fish tacos on a low-carb tortilla with Pico de Gallo

30-DAY DROP

recommended Food List

PROTEIN

1 Serving =



3-6 oz lean beef
3-6 oz chicken or turkey
6-8 oz fish
10-12 shrimp
1 egg
3-6 oz tofu
¼ cup beans

VEGETABLE

1 Serving =



1 cup asparagus
1 cup carrots
1 cup brussels sprouts
1 cup mixed greens
1 cup zucchini
1 cup cauliflower
1 cup bell peppers
1 cup mushrooms

FRUIT

1 Serving =



1 cup strawberries
1 cup blueberries
1 apple
1 kiwi
1 cup melon
1 banana

HEALTHY FATS

1 Serving =



2 TBSP coconut oil or shredded coconut
⅓ avocado
2 TBSP nut butter
1 cup plain Greek yogurt
1 cup full-fat cottage cheese
1 TBSP olive oil or 6-8 olives
¼ cup nuts
¼ cup seeds

COMPLEX CARBS

1 Serving =



3 oz brown rice
3 oz quinoa
3 oz lentils
1 sweet potato
3 oz chickpeas
3 oz whole-grain pasta

GIVE YOUR 30-DAY DROP RESULTS A BOOST

Swap your regular morning coffee with **IT WORKS! Keto Coffee™**.

• **IT WORKS! Keto Coffee™** fuels you with instant energy, helps you stay focused, and even fights off hunger cravings!