

7-Day Dairy- and Nut-Free Fast Weight Loss and Healing Meal Plan

		Calories	Fat (g)	Protein (g)	Carbs (g)	% Fat	% Protein	% Carbs
Day 1	Breakfast: Ham-n-"Cheese" Omelet (page 112)	552	48	25	4.9	78%	18%	4%
	Lunch: BLT Bites (page 142)	274	25	10	3	82%	15%	4%
	Dinner: Asian Meatballs (page 158)	403	28	33.2	3.1	63%	33%	3%
	Snack/Side: Pumpkin Pie Frozen Custard (page 334)	112	11.2	1.8	1.2	90%	6%	4%
	Day Total	1341	112.2	70	12.2	75%	21%	4%
Day 2	Breakfast: Dairy-Free Breakfast Pizza (page 84)	571	53.5	19.5	5.8	84%	14%	4%
	Lunch: Pork Belly in Aromatic Spices (page 196)	350	28.8	18.3	5.3	74%	21%	6%
	Dinner: Chimichurri Flank Steak (page 168)	391	27.5	31.7	2.8	63%	32%	3%
	Snack/Side: Strawberry Truffles (page 318)	153	16.3	1.1	0	96%	3%	0%
	Day Total	1465	126.1	70.6	13.9	77%	19%	4%
Day 3	Breakfast: Mushroom and Onion Omelet (page 116)	461	38.8	24	3.9	76%	21%	3%
	Lunch: Lamb Tikka Masala (page 184)	489	37.8	29.7	6.8	70%	24%	6%
	Dinner: Broiled Sesame-Orange Salmon (page 250)	531	42.8	25.6	11.5	73%	19%	9%
	Snack/Side: Lemon Curd Ice Cream (page 340)	101	10	2.3	0.5	89%	9%	2%
	Day Total	1582	129.4	81.6	22.7	74%	21%	6%
Day 4	Breakfast: Avocado Egg Cups (page 100)	490	45.8	10.7	11.6	84%	9%	9%
	Lunch: Gumbo (page 222)	330	25.3	20.1	5.7	69%	24%	7%
	Dinner: Smoked Pork Chops with Apple Glaze (page 190)	418	36.6	19	3	79%	18%	3%
	Snack/Side: Dark Chocolate Raspberry Fat Bombs (page 322)	220	24	0.3	0.9	98%	1%	2%
	Day Total	1458	131.7	50.1	21.2	81%	14%	6%
Day 5	Breakfast: French Toast Custard (page 124)	327	31	6.9	5.2	85%	8%	6%
	Lunch: Reuben (page 174)	291	23.6	10.6	9.1	73%	15%	13%
	Dinner: Teriyaki Steak Roll-Ups with Sautéed Mushrooms (page 170)	821	66	45.9	8	72%	22%	4%
	Snack/Side: Chai Panna Cotta (page 338)	176	16.3	3	4.1	83%	7%	9%
	Day Total	1615	136.9	66.4	26.4	76%	16%	7%
Day 6	Breakfast: Salmon and Chive Omelet (page 114)	357	27.6	26.1	2	70%	29%	2%
	Lunch: Slow Cooker Beefy Asian Noodles (page 166)	286	18.1	23.4	6.9	57%	33%	10%
	Dinner: Pork Belly in Aromatic Spices (page 196) (leftover)	350	28.8	18.3	5.3	74%	21%	6%
	Snack/Side: Chocolate Mint Cookies (page 320)	304	28.6	5.9	7.3	85%	8%	10%
	Day Total	1297	103.1	73.7	21.5	72%	23%	7%
Day 7	Breakfast: Mock Apple Porridge (page 106)	528	51.9	13.4	2.6	88%	10%	2%
	Lunch: Kielbasa and Braised Cabbage (page 192)	351	26.1	17.1	12.2	67%	19%	14%
	Dinner: BBQ Meatloaf (page 156)	569	36.8	48.9	8.4	58%	34%	6%
	Snack/Side: Strawberry Truffles (page 318)	153	16.3	1.1	0	96%	3%	0%
	Day Total	1601	131.1	80.5	23.2	74%	20%	6%

Looking for more meal plans with intermittent fasting, weekly grocery lists, instructional and educational videos, exercise examples, and much more? Go here for more of Maria's services: <http://mariamindbodyhealth.com/my-services/>.

7-Day Maintain or Gain Weight and Healing Meal Plan

		Calories	Fat (g)	Protein (g)	Carbs (g)	% Fat	% Protein	% Carbs
Day 1	Breakfast: Breakfast Sushi (page 92)	717	63	28	10.3	79%	16%	6%
	Lunch: Armadillo Eggs (page 202)	764	66.7	36.6	2.4	79%	19%	1%
	Dinner: Chimichurri Flank Steak (page 168)	391	27.5	31.7	2.8	63%	32%	3%
	Snack/Side: Easy Toffee Fudge Pops (page 346)	46	2.7	2.8	2.6	53%	24%	23%
Day Total		1918	159.9	99.1	18.1	75%	21%	4%
Day 2	Breakfast: Dairy-Free Key Lime Shake (page 96)	397	40.8	8.1	1.8	92%	8%	2%
	Lunch: Lasagna Roll-Ups (page 206)	467	25.7	50	9.3	50%	43%	8%
	Dinner: Zesty Chicken Pizza (page 210)	610	41.2	55.2	6	61%	36%	4%
	Snack/Side: BLT Coleslaw (page 289)	258	20.7	5.5	14.4	72%	9%	22%
Day Total		2107	165.3	125.2	35.9	71%	24%	7%
Day 3	Breakfast: Ham-n-Cheese Mini Quiches (page 98) (2 servings)	506	32.2	43.8	9.6	57%	35%	8%
	Lunch: Slow Cooker BBQ Short Ribs (page 176)	749	68.6	28.4	1.8	82%	15%	1%
	Dinner: Grilled Trout with Lemon-Thyme Glaze (page 246)	369	21	41.6	3.8	51%	45%	4%
	Snack/Side: Brown Butter Mushrooms (page 286)	262	22.8	6	9.6	78%	9%	15%
Day Total		2096	165	124.8	26.2	71%	24%	5%
Day 4	Breakfast: Avocado Egg Cups (page 100)	490	45.8	10.7	11.6	84%	9%	9%
	Lunch: Duck Confit (page 220)	675	57.8	29	5.5	77%	17%	3%
	Dinner: Steak with Brown Butter Béarnaise (page 160)	761	60	52	0	71%	28%	0%
	Snack/Side: Dairy-Free Keto Chocolate Ice Cream with Cherry Glaze (page 312)	249	25.3	3.5	2.1	91%	6%	3%
Day Total		2175	188.9	95.2	19.2	78%	17%	4%
Day 5	Breakfast: Caramel Apple Dutch Baby (page 104)	698	67	23	3.5	86%	13%	2%
	Lunch: Buffalo Chicken Stuffed Avocados (page 208)	475	40	23	8	76%	19%	7%
	Dinner: Philly "Cheese" Steak Stuffed Portobellos (page 178)	651	57	31	5	79%	19%	3%
	Snack/Side: Tiramisu Fudge (page 354)	113	10.8	2.2	2	86%	8%	7%
Day Total		1937	174.8	79.2	18.5	81%	16%	4%
Day 6	Breakfast: Breakfast Lasagna (page 110)	423	29.5	34.5	4.9	63%	33%	5%
	Lunch: Grilled Halibut with Smoky Avocado Cream (page 232)	525	28.8	60	4.9	49%	46%	4%
	Dinner: Slow Cooker BBQ Short Ribs (page 176) (leftover)	749	68.6	28.4	1.8	82%	15%	1%
	Snack/Side: Cookie Dough Brownies (page 328)	427	41.6	6.5	6.4	88%	6%	6%
Day Total		2124	168.5	129.4	18	71%	24%	3%
Day 7	Breakfast: Huevos Rancheros (page 122)	524	39	35	9.5	67%	27%	7%
	Lunch: Chicken à la King (page 226)	358	28.1	21.1	6.1	71%	24%	7%
	Dinner: Lamb Tikka Masala (page 184)	489	37.8	29.7	6.8	70%	24%	6%
	Snack/Side: Dark Chocolate Raspberry Fat Bombs (page 322)	220	24	0.3	0.9	98%	1%	2%
Day Total		1811	152.9	86.4	24.2	76%	19%	5%

7-Day Easy Keto Meal Plan

		Calories	Fat (g)	Protein (g)	Carbs (g)	% Fat	% Protein	% Carbs
Day 1	Breakfast: Keto Soft-Boiled Eggs (page 108)	260	20.5	17.9	1.4	71%	28%	2%
	Lunch: Asian Meatballs (page 158)	403	28	33.2	3.1	63%	33%	3%
	Dinner: Easy Mortadella Ravioli (page 164)	677	55.6	34.7	9.1	74%	21%	5%
	Snack/Side: Lemon Curd Ice Cream (page 340)	101	10	2.3	0.5	89%	9%	2%
	Day Total	1441	114.1	88.1	14.1	71%	24%	4%
Day 2	Breakfast: French Toast Custard (page 124)	332	31	6.9	5.2	84%	8%	6%
	Lunch: Slow Cooker Beefy Asian Noodles (page 166)	286	18.1	23.4	6.9	57%	33%	10%
	Dinner: Steak with Brown Butter Béarnaise (page 160)	761	60	52	0	71%	28%	0%
	Snack/Side: Lemon Curd Ice Cream (page 340) (leftover)	101	10	2.3	0.5	89%	9%	2%
	Day Total	1480	119.1	84.6	12.6	72%	23%	3%
Day 3	Breakfast: Dairy-Free Key Lime Shake (page 96)	397	40.8	8.1	1.8	92%	8%	2%
	Lunch: Brown Butter Chicken and “Pasta” (page 218)	459	37.6	24.7	5.9	74%	22%	5%
	Dinner: Grandpa Joe’s Barramundi (page 242)	580	44	43.9	1.5	68%	30%	1%
	Snack/Side: Braised Cabbage (page 280)	191	14.2	3.1	13	67%	6%	27%
	Day Total	1627	136.6	79.8	22.2	76%	20%	5%
Day 4	Breakfast: Creamy Breakfast Shake (page 94)	213	18.6	6.4	5.3	79%	12%	10%
	Lunch: Slow Cooker BBQ Short Ribs (page 176)	749	68.6	28.4	1.8	82%	15%	1%
	Dinner: Asian Meatballs (page 158) (leftover)	403	28	33.2	3.1	63%	33%	3%
	Snack/Side: Cookie Dough Brownies (page 328)	427	41.6	6.5	6.4	88%	6%	6%
	Day Total	1792	156.8	74.5	16.6	79%	17%	4%
Day 5	Breakfast: Bagels and Lox (page 90) (2 servings)	336	25.6	18.6	9.4	69%	22%	11%
	Lunch: Brown Butter Chicken and “Pasta” (page 218) (2 servings) (leftover)	918	75.2	49.4	11.8	74%	22%	5%
	Dinner: Slow Cooker Beefy Asian Noodles (page 166) (leftover)	286	18.1	23.4	6.9	57%	33%	10%
	Snack/Side: Easy Toffee Fudge Pops (page 346) (2 servings)	92	5.4	5.6	5.2	53%	24%	23%
	Day Total	1632	124.3	97	33.3	69%	24%	8%
Day 6	Breakfast: French Scrambled Eggs (page 83)	476	37	32	4.4	70%	27%	4%
	Lunch: Easy Mortadella Ravioli (page 164) (leftover)	677	55.6	34.7	9.1	74%	21%	5%
	Dinner: Slow Cooker Pesto Pasta with Crispy Basil (page 272)	359	34.1	9.4	2.6	85%	10%	3%
	Snack/Side: Lemon Curd Ice Cream (page 340) (leftover)	101	10	2.3	0.5	89%	9%	2%
	Day Total	1613	136.7	78.4	16.6	76%	19%	4%
Day 7	Breakfast: Ham-n-Cheese Mini Quiches (page 98)	253	16.1	21.9	4.8	57%	35%	8%
	Lunch: Slow Cooker Pesto Pasta with Crispy Basil (page 272) (leftover)	359	34.1	9.4	2.6	85%	10%	3%
	Dinner: Slow Cooker BBQ Short Ribs (page 176) (leftover)	749	68.6	28.4	1.8	82%	15%	1%
	Snack/Side: Braised Cabbage (page 280) (leftover)	191	14.2	3.1	13	67%	6%	27%
	Day Total	1552	133	62.8	22.2	77%	16%	6%

7-Day Vegetarian Meal Plan

		Calories	Fat (g)	Protein (g)	Carbs (g)	% Fat	% Protein	% Carbs
Day 1	Breakfast: Floating Islands (page 86) (2 servings)	361	28	21	3	71%	23%	4%
	Lunch: Creamy “Mac”-n-Cheese (page 258)	241	23.3	7.5	1.8	87%	12%	3%
	Dinner: Mini Egg Salad Sandwiches (page 268) (2 servings)	433	36	23.5	4	75%	22%	4%
	Snack/Side: Dairy-Free Keto Chocolate Ice Cream with Cherry Glaze (page 312)	249	25.3	3.5	2.1	91%	6%	3%
	Day Total	1284	113	55.5	11.3	79%	17%	4%
Day 2	Breakfast: Chai Muffins (page 120)	218	21.6	3.7	3.2	88%	7%	6%
	Lunch: Yellow Tomato Soup and Grilled Cheese (page 262)	463	37	26.3	8	72%	23%	7%
	Dinner: Dutch Baby Pizza with “Honey” Dressing (page 270)	493	38	29.7	6.8	69%	24%	6%
	Snack/Side: Strawberry Truffles (page 318)	153	16.3	1.1	0	96%	3%	0%
	Day Total	1327	112.9	60.8	18	77%	18%	5%
Day 3	Breakfast: Keto Pancakes and Syrup (page 82)	170	15	8.2	0.6	79%	19%	1%
	Lunch: Deep Dish Alfredo Pizza with Mushrooms (page 264)	506	47	17.4	5	84%	14%	4%
	Dinner: Yellow Tomato and Burrata Salad with “Honey” Dressing (page 260) (2 servings)	562	48.2	24	8	77%	17%	6%
	Snack/Side: Chocolate Berry Pie (page 324)	177	15.6	7	2.8	79%	16%	6%
	Day Total	1415	125.8	56.6	16.4	80%	16%	5%
Day 4	Breakfast: French Scrambled Eggs (page 83)	476	37	32	4.4	70%	27%	4%
	Lunch: Toasted Open-Face Brie and Tomato Sandwich (page 261)	310	27	13.5	2.7	78%	17%	3%
	Dinner: Dutch Baby Pizza with “Honey” Dressing (page 270) (leftover)	493	38	29.7	6.8	69%	24%	6%
	Snack/Side: Dairy-Free Keto Vanilla Bean Ice Cream (page 310)	176	16.3	3	4.1	83%	7%	9%
	Day Total	1455	118.3	78.2	18	73%	21%	5%
Day 5	Breakfast: Creamy Zucchini Hash Browns (page 88)	436	46	3	2.3	95%	3%	2%
	Lunch: Pizza Margherita (page 266)	199	12.8	17	5	58%	34%	10%
	Dinner: Deep Dish Alfredo Pizza with Mushrooms (page 264) (leftover)	506	47	17.4	5	84%	14%	4%
	Snack/Side: Celery Boats (page 136)	192	17.2	7	3.2	81%	15%	7%
	Day Total	1333	123	44.4	15.5	83%	13%	5%
Day 6	Breakfast: Mushroom and Onion Omelet (page 116)	455	38.8	24	3.9	77%	21%	3%
	Lunch: Fried Parmesan Tomatoes (page 256)	209	19	7	2.3	82%	13%	4%
	Dinner: Slow Cooker Pesto Pasta with Crispy Basil (page 272)	359	34.1	9.4	2.6	85%	10%	3%
	Snack/Side: Chocolate Mocha Cake Pops (page 316)	325	30.5	6.3	5.3	84%	8%	7%
	Day Total	1348	122.4	46.7	14.1	82%	14%	4%
Day 7	Breakfast: Herb Goat Cheese Omelet (page 115)	445	35.9	28.8	2.2	73%	26%	2%
	Lunch: Yellow Tomato and Burrata Salad with “Honey” Dressing (page 260)	281	24.1	12	4	77%	17%	6%
	Dinner: Slow Cooker Pesto Pasta with Crispy Basil (page 272) (leftover)	359	34.1	9.4	2.6	85%	10%	3%
	Snack/Side: Brown Butter Mushrooms (page 286)	131	11.4	3	4.8	78%	9%	15%
	Day Total	1216	105.5	53.2	13.6	78%	18%	4%

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