

I'm not robot!

Dear Diary, We are start our cleanse this week, so excited! I love how I feel after I do a cleanse. I am really hoping to make my muscles pop a little during this cleanse phase & drop waste weight. I just had a girl lose 10.9 lbs on her cleanse – amazing results. Our meal plan is below. This is similar to what we did before but this time it is warm out and we can grill! Yay! I will most likely make an additional vegetable side with every dinner. I do not note an after dinner snack it should be a veggie snack. Please eat veggies for an afternoon snack as well. Here is a snack list if you want to mix up the snacks: If you are interested in learning about any of the products that are fueling my family, visit here – [Bridgette Lanham’s Advocare Site!](#)
Day 1 Breakfast: Omelet or Eggs (limit 2) – can add any veggies, organic salsa (no sugar added) or hot sauce
Snack: Spark & Larabar (only fruit & nut larabars)
Lunch: Power 50/50 Salad
Snack: Celery w/ 1 Tbsp or less of all-natural peanut butter (ingredients need to be only peanuts & salt)
Dinner: Chicken
Chili w/ Taco seasoning
Day 2 Breakfast: Meal Replacement Shakes site for shakes – order here
Snack: Apple with 1 Tbsp of all-natural PB or fruit
Lunch: Leftover Chicken
Chili Snack: Peppers with organic salsa or guacamole
Dinner: Garlic Mustard Chicken serve with favorite veggies and side salad (make extra chicken for lunch)
Day 3 Breakfast: Banana Pancakes & Homemade Turkey Sausage (make extra sausage if you want to add it to your omelets or just have with breakfast)
Snack: Frozen Banana & all-natural PB bites
Lunch: Leftovers from dinner last night (you can also serve the leftover chicken on a salad)
Snack: Cucumbers with guacamole
Dinner: Taco Stuffed Zucchini Boats (no cheese)
I will substitute the tomato sauce for salsa
Day 4 Breakfast: Turkey sausage with omelet or fruit
Snack: Larabar
Lunch: Leftovers from dinner
Snack: Celery with 1 Tbsp or less of all-natural PB
Dinner: Fish on the grill – we love salmon, asparagus & veggie skewers. We season the salmon with lemon, olive oil & seasonings (grill some chicken for your lunch on day 5)
Day 5 Breakfast: Meal Replacement Shake or Oatmeal w/ fruit, cinnamon & all-natural PB (no dairy)
Snack: larabar or fruit
Lunch: Grilled chicken & veggies. You can use the chicken for avocado chicken salad, over salad or stuff it in a sweet potato.
Snack: Carrots with 1 Tbsp or less of guacamole
Dinner: Blackened Chicken w/ Mango Salsa (usually I don’t like to do all this fruit at dinner but I think we will be fine). I will grill our chicken so I will have grilled veggie skewers too – usually it is red or sweet onion, zucchini, squash & peppers.
Day 6 Breakfast: Omelet or Eggs (limit 2) – can add any veggies, organic salsa (no sugar added) or hot sauce
Snack: Banana Oatmeal Cookies
Lunch: Leftovers
Snack: Celery w/ 1 Tbsp or less of all-natural peanut butter (ingredients need to be only peanuts & salt)
Dinner: Turkey Meatloaf (I am going to try this one with no breadcrumbs) but this is the meatloaf we always eat, don’t use the Agave – Turkey Meatloaf – Tried & True Recipe w/ veggie sides & Sweet Potato Fries. I suggest adding organic salsa to the meatloaf. Makes it very good!
Day 7 Breakfast: Meal Replacement Shakes site for shakes – order here
Snack: Apple with 1 Tbsp of all-natural PB or fruit
Lunch: Leftovers
Snack: Peppers with organic salsa or guacamole
Dinner: Clean Eating Oven Chicken Fajitas (no wrap)
Day 8 Breakfast: Banana Pancakes & Homemade Turkey Sausage (make extra sausage if you want to add it to your omelets or just have with breakfast)
Snack: Frozen Banana & all-natural PB bites
Lunch: Leftovers from dinner last night (you can also serve in a lettuce wrap)
Snack: Cucumbers with guacamole
Dinner: Clean Eating Spaghetti Sauce served over spaghetti
Day 9 Breakfast: Turkey Sausage with omelet or fruit
Snack: Larabar
Lunch: Leftovers from dinner
Snack: Chicken Poppers
Dinner: Turkey Burgers or Black Bean Burgers with veggies
Day 10 Breakfast: Meal Replacement Shake or Oatmeal w/ fruit, cinnamon & all-natural PB (no dairy)
Snack: larabar or fruit
Lunch: Leftovers
Snack: Chicken Poppers
Dinner: Stuffed Peppers (we may cut down on some of these ingredients based on progress)
**It’s official! It’s swimsuit season. Are you ready? Even when not on a cleanse or 24 day challenge we like to follow the same food requirements that Advocare promotes. I am always on the lookout for a new and delicious recipe to mix things up. So, today, I wanted to share with you 100 Advocare Recipes. Here’s to clean and healthy eating! * Cheese, wheat, and dairy are not recommended on the Advocare 24 Day Challenge. If a recipe calls for cheese I omit it. If it calls for dairy I substitute with almond milk. If it calls for ground beef or sausage I substitute with ground turkey. 1. Sweet and Sour Chicken 2. Shredded Salsa Chicken 3. Pesto Spaghetti Squash Casserole 4. Chicken, Mushroom, and Bell Pepper Marinara over Mung Bean Fettucine 5. Spicy Chicken Chili 6. Buffalo Chicken Quinoa Salad with Broccoli 7. Tuna, White Bean, and Avocado Salad 8. Lemon Chicken with Rice and Veggies 9. Chicken Sausage Jambalaya 10. Red Thai Curry Stew 11. Crockpot Chicken Pad Thai 12. Pesto Chicken Paleo Spaghetti Squash 13. Vegetable Quinoa Soup 14. Clean Thai Turkey Zucchini Meatballs 15. Spicy Grilled Shrimp and Quinoa Salad 16. Cilantro-Lime Turkey Taco Lettuce Wraps 17. Clean Thai Chicken Lettuce Wraps 18. Mustard Balsamic Baked Chicken with Roasted Vegetables 19. Creamy Tuscan White Bean Soup 20. Better Than Take-Out Chicken Fried Rice 21. Chicken Stew with Butternut Squash and Quinoa 22. Quinoa White Chicken Chili 23. Thai Chicken Tacos 24. Clean Turkey Meatballs 25. Spinach Zucchini Ravioli 26. Crock Pot Balsamic Chicken 27. Orange Chicken Stir Fry with Crispy Garlic Dressing 28. Mexican Chicken Stew 29. Paleo Pizza 30. Grilled Tilapia with Avocado-Lime Salsa 31. Clean Pulled Pork 32. Coconut & Curry Turkey Chili 33. Lemon and Thyme Chicken Breasts 34. Crockpot Thai Peanut Chicken 35. Chicken with Brown Cilantro Lime Rice, Black Beans, and Pico 36. Zucchini Pasta with Avocado Pesto 37. Greek Chicken Salad 38. Overnight Oats with Cherries 39. Chicken Stir Fry 40. Warm Quinoa and Roasted Vegetable Salad 41. Turkey and Quinoa Stuffed Bell Peppers 42. Hummus Crusted Chicken 43. Chopped Vegetable and Fresh Basil Quinoa Salad 44. Clean Eating Pancakes 45. Chicken Avocado Soup 46. Chia Seed Pudding 47. Green Monster Smoothie 48. Bruschetta Chicken 49. Clean Eating Chicken Soup 50. Grilled Mahi Mahi with Spicy Papaya Salsa 51. Roasted Shrimp and Broccoli 52. Tilapia, Sweet Potatoes, and Broccoli 53. Rosemary and Garlic Roasted Salmon 54. Mexican Haystacks 55. Chicken Tortilla Soup 56. Turkey Meatloaf 57. Fish Taco Bowls 58. Ginger Cilantro Baked Chicken 59. Chicken Fajita Lettuce Wraps 60. Taco Lettuce Wraps 61. Five Spice Shrimp 62. Clean Turkey Chili 63. Ginger and Cilantro Baked Tilapia (omitting wine) 62. Crockpot Mexican Soup 63. Chicken, Brown Rice, and Veggies 64. Vietnamese Inspired Chicken & Cabbage Salad 65. Slow Cooked Jerk Pork with Caribbean Salsa 66. Paleo Spaghetti Squash and Meatballs 67. Egg White Bites 68. Grilled Salmon with Avocado Salsa 69. Enchilada Chicken Stew 70. Crockpot Rotisserie Chicken 71. Marinated Greek Chicken Skewers 72. Pistachio Crusted Chicken Salad 73. Apple Banana Quinoa Breakfast Cups 74. Super Food Salad 75. Spaghetti Squash Pad Thai 76. Lemon Roasted Chicken with Garlic, Capers, and Artichokes 77. Paleo Italian Wedding Soup 78. Vegan Banana Ice Cream 79. Black Bean, Avocado, Cucumber, and Tomato Salad 80. Mexican Bowls 81. Lettuce Wrap Turkey Burger 82. Chicken Fajita Salad 83. Slow Cooker Lentil Soup 84. Grilled Pineapple Chicken 85. Grilled Lemon Herb Pork Chops over Cauliflower Mash 86. Thai Chicken Stir Fry 87. Grilled Chicken with Avocado Salsa 88. Clean Southwest Scramble 89. Chicken & Toasted Quinoa Bowls with Garlic Sautéed Veggies and Pine Nuts 90. Mason Jar Salad 91. Thai Chicken Quinoa Bowls 92. Tilapia with Zucchini 93. Sweet Potato Quinoa Salad with Kale Pesto 94. Crockpot Chicken Cacciatore 95. BBQ Pulled Pork over Sweet Potatoes 96. Paleo Lasagna (sun turkey) 97. Chicken Spaghetti Squash Pizza Pie 98. Paleo version of PF Changs Chicken Lettuce Wraps 99. Pulled Pork Carnitas Lettuce Wraps 100. Grilled Chicken with Strawberry Avocado Salsa Media Platforms Design Team
Welcome to Week 3 of the On-the-Go Meal Plan! If you want to repeat a favorite meal from please feel free.
Monday’s Menu: Today’s Menu: Breakfast • Convenience Store Breakfast Have 1 microwavable oatmeal cup (e.g., Quaker Oatmeal Express) with an 8-ounce carton of fat-free milk and 1 banana. Lunch • Cheese and Tomato Sandwich At home: Spread 1 slice whole-wheat bread with 2 teaspoons reduced-calorie mayonnaise and 1 slice with mustard to taste. Fill with 2 ounces (2 slices) Swiss, Cheddar, Provolone, or Jack cheese, and as many tomato slices as possible. Serve with a side salad with 2 teaspoons dressing of your choice. For dessert, eat 1 peach (or a 4-ounce peach canned in its own juice) or 2 plums.At restaurant: If they don’t have whole-wheat bread, no biggie.
Snack • Fruit and Nuts Combine 2 tablespoons almonds, pecans, or other nuts of your choice with 4 dried apricot halves or 1 1/2 tablespoons raisins. Dinner • Dill Fish in Foil with Chopped Salad Place two 5-ounce boneless fish filets (trout, snapper, flounder, or other fish) on a piece of aluminum foil big enough to entirely wrap the fillet. Brush each fish with 1 teaspoon olive oil, salt and pepper to taste, and sprinkle each with 2 teaspoons of fresh, chopped dill. Add a spritz of fresh lemon juice and top each with 3 slices of lemon. Wrap fish loosely, place in preheated 350° F oven. Cook for 12 minutes or until fish are opaque through and through. For the salad, combine 1/2 chopped red pepper, 1/2 cup chopped cucumber, 1/4 avocado, 1 teaspoon olive oil, 1 to 2 teaspoons fresh dill, and salt and pepper to taste. Enjoy with 1 slice whole-grain bread and a 4-ounce glass of wine. (Fish makes 2 servings; reserve 1 for Tuesday dinner.) If you’re at a restaurant, substitute grilled fish (ask them to hold the butter). Take half home in a doggy bag for Tuesday. Sub a house salad for the chopped salad.
Daily calorie total: 1,476**Fat:** 57.2 g**Percent of daily calories from fat:** 35%**Saturated fat:** 17.1 g**Percent of daily calories from saturated fat:** 10%**Carbohydrate:** 165 g**Percent of daily calories from carbohydrates:** 46%**Fiber:** 23 g**Protein:** 70 g**Percent of daily calories from protein:** 19%**Cholesterol:** 176 mg**Calcium:** 1,241 mg
Still hungry? Check out these low-cal snacks!
Tuesday’s Menu: Breakfast • Raisin Bran and Fruit Have 1 cup Raisin Bran with 1 cup of skim milk (whatever doesn’t go into the bowl, use in coffee or drink plain). Add 1 banana and 2 tablespoons walnuts or other nuts. Lunch • Bean Burrito At home: Fill 1 whole-wheat tortilla (check label for no more than 120 calories) with 1/2 cup canned refried beans (check label for about 120 calories per 1/2 cup, such as Amy’s brand), 1/4 avocado, 2 to 3 tablespoons salsa, and 2 tablespoons shredded cheddar or jack cheese. Roll, microwave, and serve.At Taco Bell: Regular Bean BurritoAt Baja Fresh: Vegetarian Bare Burrito (eat three quarters, leave rest on your plate)
Snack Have 1 Yoplait Nouriche smoothie
Dinner • Fish Salad Toss together 2 cups mixed greens, 1/2 red pepper, 1/2 cup cucumber, 1/2 chopped avocado, 2 to 4 tablespoons salsa (to taste), and the rest of Monday’s leftover fish fillet (, coarsely broken into chunks. Add onions if desired. Top with 6 baked tortilla chips.
Daily calorie total: 1,528**Fat:** 47 g**Percent of daily calories from fat:** 28%**Saturated fat:** 9.2 g**Percent of daily calories from saturated fat:** 5%**Carbohydrate:** 218 g**Percent of daily calories from carbohydrates:** 53%**Fiber:** 39 g**Protein:** 73 g**Percent of daily calories from protein:** 19%**Cholesterol:** 142 mg**Calcium:** 943 mg**Sodium:** 1,990 mg
Still hungry? Check out these low-cal snacks!
Wednesday’s Menu: Breakfast • Breakfast in Your Purse Have 1 energy bar with 220 to 240 calories and at least 4 grams fiber. (Try an Odwalla Carrot Bar, a Power Bar Harvest Bar – not dipped – or a Clif bar.) Have with an 8-ounce carton of fat-free milk and 20 red or green grapes. Lunch • Microwavable Meal Look for frozen meals ranging from 320 to 360 calories with at least 6 grams fiber and no more than 3 grams saturated fat. Some of the best-tasting and nutritious frozen meals are Indian. Look for brand names such as Amy’s, Taj, and Green Guru (the Green Guru Channa Masala is a great choice with an impressive 12 grams of fiber). Have 1 tangerine for dessert.
Snack • Latte and Biscotti Have one 12-ounce fat-free-milk latte (e.g., Starbucks “tall”) with 1 small biscotti (no more than 110 calories – e.g., Starbucks Vanilla Almond Biscotti). Dinner • Pasta with Chicken Toss 1 1/2 cups cooked whole-wheat pasta (any shape of pasta) with 2/3 cup cooked diced chicken breast (no skin), 1/2 cup tomatoes, and 1 teaspoon olive oil. Serve with 2 cups mixed green salad with 2 teaspoons dressing of your choice.At Olive Garden: Chicken Giardino, lunch portion (you can order this size at dinner) and 1 side salad with 2 teaspoons dressing.
Daily calorie total: 1,556**Fat:** 36 g**Percent of daily calories from fat:** 21%**Saturated fat:** 4.0 g**Percent of daily calories from saturated fat:** 9%**Carbohydrate:** 240 g**Percent of daily calories from carbohydrates:** 58%**Fiber:** 27 g**Protein:** 81 g**Percent of daily calories from protein:** 21%**Cholesterol:** 118 mg**Calcium:** 1,058 mg**Sodium:** 1,596 mg
Still hungry? Check out these low-cal snacks!
Thursday’s Menu: Breakfast • Raisin Bran, Fruit, and Milk Have 1 cup Raisin Bran with 1 cup fat-free milk, 1 banana, and 2 tablespoons walnuts. Lunch • Baked Potato, Broccoli and Cheese At home: Split open a hot, baked potato (microwaving is fine) and top with 3 tablespoons low-fat plain yogurt, 1 cup steamed broccoli, and 1/4 cup shredded cheddar. Serve with 1 cup grapes (about 32).At Wendy’s: Order the Broccoli & Cheese baked potato; hold the margarine and ask for extra broccoli.
Snack • Yogurt and Strawberries Pour 6-ounces low-fat vanilla yogurt over 1 cup strawberries. Dinner • Turkey Burger and Salad Place one 3-ounce cooked turkey burger (start with 4 ounces raw) on 1 whole-grain bun with tomato, onion, lettuce, and ketchup and mustard to taste. Toss together 4 cups mixed greens and 2 cups chopped veggies of your choice. Serve half the salad tonight with 1 tablespoon dressing of your choice and save half for Friday dinner. For dessert, have 120 calories of ice cream, such as a Starbucks Mocha Frappuccino bar or 1/2 cup reduced-fat ice cream.
Daily calorie total: 1,476**Fat:** 37 g**Percent of daily calories from fat:** 23%**Saturated fat:** 12.5 g**Percent of daily calories from saturated fat:** 8%**Carbohydrate:** 241 g**Percent of daily calories from carbohydrates:** 59%**Fiber:** 33 g**Protein:** 66 g**Percent of daily calories from protein:** 18%**Cholesterol:** 94 mg**Calcium:** 1,028 mg**Sodium:** 1,326 mg
Still hungry? Check out these low-cal snacks!
Friday’s Menu: Breakfast • Toast with Almond Butter Have 2 slices whole-wheat toast, each spread with 2 teaspoons almond butter and 1/2 tablespoon honey. (If you have peanut butter in the house, it’s okay to use it instead of almond butter.) Serve with a small glass (1 cup) fat-free milk and 1 apple. Lunch • Spinach Salad with Egg, Orange, and Pecans Toss together 3 cups spinach, 1 small sliced orange (or 1 tangerine), 1 to 2 tablespoons chopped red onion, and 1 tablespoon dressing of your choice (or make your own with 2 teaspoons olive oil, a spritz of lemon juice, and 2 teaspoons orange juice). Top with 2 hard-boiled eggs, cut in half, and 1 tablespoon toasted pecans (or any other type of nut). Serve with 50 to 60 calories of whole-grain crackers, such as Ak-Mak or Ry Crisp (check labels to determine 50-60 calories’ worth). Dinner • Pizza, Beer, and Salad Have 2 slices medium, 12-inch-diameter pizza topped 4 with veggies (try Domino’s hand-tossed, or about 375 calories worth of frozen pizza – check label for correct portion). Serve with the rest of Thursday’s salad (I tossed with 2 teaspoons dressing of your choice. Have one 12-ounce light beer.
Daily calorie total: 1,511**Fat:** 63 g**Percent of daily calories from fat:** 38%**Saturated fat:** 13 g**Percent of daily calories from saturated fat:** 8%**Carbohydrate:** 175 g**Percent of daily calories from carbohydrates:** 47%**Fiber:** 22**Protein:** 56**Percent of daily calories from protein:** 15%**Cholesterol:** 452 mg**Calcium:** 892**Sodium:** 1,600
Still hungry? Check out these low-cal snacks!
Saturday’s Menu: Breakfast • Egg Burrito Scramble 2 eggs with about 2 tablespoons salsa. Roll into a warmed, 8-inch whole-wheat tortilla (check label for about 100 to 120 calories per tortilla, such as Cedar Lane). OR substitute Amy’s Breakfast Burrito. Serve with café au lait (1 cup brewed coffee, regular or decaf, mixed with 1 cup fat-free hot milk). Have 1 slice of cantaloupe (one quarter of a medium melon). Lunch • Veggie Cheeseburger Prepare one 110- to 120-calorie soy-based vegetable burger according to package directions. (Try Boca All-American Flame Grilled or Gardenburger Flame Grilled.) Melt 1 ounce (1 slice) of reduced-fat cheese such as Cabot 50% Cheddar or Kraft 2% Singles on patty during last stages of cooking. Place on a whole-wheat bun with tomato, onion, lettuce, and mustard and ketchup to taste. Serve with 1 cup of baby carrots and any leftover tomato.At Burger King: Have the BK Veggie Burger, no mayo. Dinner • Dinner at the Mall NOTE: If your mall doesn’t have either of these chains, get something similar.At Panda Express: Have a cup of either Black Pepper Chicken, Chicken with Mushrooms, Chicken or Beef or Tofu with String Beans, or Beef with Broccoli and a cup of mixed vegetables. Have a tennis-ball-size portion of rice.At Au Bon Pain: Have the Charbroiled Salmon Fillet and Yellow Peppers salad or the Mediterranean Chicken Salad with one third of a portion of light honey-mustard or half a portion of Balsamic Vinaigrette dressing. Serve with 1 slice of French bread. For dessert, have a small size of soft-serve frozen yogurt or light ice cream, about 3/4 cup (such as the “Junior Cup” at TCBY). If they have nutrition info, figure out 150 calories’ worth.
Daily calorie total: 1,549**Fat:** 43 g**Percent of daily calories from fat:** 25%**Saturated fat:** 14.8 g**Percent of daily calories from saturated fat:** 9%**Carbohydrate:** 183 g**Percent of daily calories from carbohydrates:** 51%**Fiber:** 23 g**Protein:** 92 g**Percent of daily calories from protein:** 24%**Cholesterol:** 491 mg**Calcium:** 1,953 mg**Sodium:** 2,663 mg
Still hungry? Check out these low-cal snacks!
Sunday’s Menu: Breakfast • Bagel, Cream Cheese, and Lox Have 1 small-to-medium bagel, preferably whole-wheat or oat-bran (Try Lender Honey Wheat, 2.85 ounce, 220 calories) spread with 3 tablespoons reduced-fat cream cheese and 2 ounces lox (smoked salmon). Serve with 1/2 cup blueberries and a small glass (1 cup) of fat-free milk. Lunch • Bean Soup with Spinach Have 1 1/2 cups lentil, black bean, or other bean soup. If making it at home, simmer 1 1/2 cups of spinach into soup. If eating out, order with a side salad (preferably spinach) with 2 teaspoons fat-free dressing. Have 90 to 100 calories of whole-grain crackers (such as Ak-Mak or Wasa).
Snack • Flavored Latte Have a 12-ounce fat-free-milk latte with 2 pumps flavored syrup. Dinner • Turkey Roll-Up Spread 1 warmed, whole-wheat tortilla (check labels for about 120 calories) with 2 tablespoons reduced-fat cream cheese, 2 slices (2 ounces) turkey breast, 1 slice reduced-fat cheese (try Kraft 2% Singles or Cabot 50% cheddar), shredded lettuce, watercress or arugula, and salsa to taste. Roll and serve. Have with 1 cup baby carrotsAt Subway: Order the Chicken Bacon Ranch Wrap without the ranch dressing or the bacon. Have it with Fat-Free Honey Mustard dressing and stuff with lettuce, tomato, and green pepper. Bring your own baby carrots.
Snack • Carb-Lovers’ Snack Have a third of a bag of “light” reduced-fat microwave popcorn with 9 baked tortilla chips.
Daily calorie total: 1,522**Fat:** 30 g**Percent of daily calories from fat:** 18%**Saturated fat:** 12.6 g**Percent of daily calories from saturated fat:** 7%**Carbohydrate:** 221 g**Percent of daily calories from carbohydrates:** 57%**Fiber:** 34 g**Protein:** 95 g**Percent of daily calories from protein:** 25%**Cholesterol:** 107 mg**Calcium:** 1,216 mg**Sodium:** 4,103 mg
Still hungry? Check out these low-cal snacks!
Next: On to Week 4! This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io**

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