MEAL PLAN TO YOUR SUCCESS

-Week 3-

Danette May
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Full Health Disclaimer

Basic Guidelines:

*You can swap out any meals you want from day 4 through out the rest of the 30 days.
Lunch and dinner interchangeable after day 4 in all weeks.
Do what works for you, your schedule and food preference. I encourage you to try new recipes.
you will surprise yourself.

* Drink 3/4-1 gallon ((3.7 l.) of water/day

* *Do not skip your daily meditations. The meditations help with cravings and sticking to your deeper WHY!

* *When referring to 1 scoop of protein powder or greens, understand that all protein powder scoops are different. Please refer to the back of the container for 1 serving size that equals 1 scoop.
Also note, not all protein powders bake the same.
**DAY 15**

**AM:** Lemon, Cayenne, apple cider vinegar drink  
Drink 2 servings of dandelion tea.  
Remember to drink ¾ - 1 gallon (3.7l) of water every single day.

**BREAKFAST**

**Maple-Pecan Quinoa**

**Ingredients:**

- ¼ c. (42.5g dry) Quinoa
- ¼ c. (60ml) Almond/ Rice/ Coconut Milk and ¼ c. (60ml) Water
- ¼ tsp. (1.25g) Vanilla Extract
- 1 tsp. 100% Maple Syrup
- 2 tbsp. (30g) Chopped Pecans
- ½ c. (50g) Fresh or Frozen Organic Berries

Cook ¼ c. (42.5g) quinoa with ¼ c. (60ml) almond/rice/coconut milk and ¼ c. (60ml) water. Top with ¼ tsp. vanilla extract, 1 tsp. (5ml) 100% maple syrup, 2 tbsp. (30g) chopped pecans, & ½ c. (37g) fresh or frozen berries. If you need some sweetness add 1 tbsp. (15ml) 100% maple syrup (optional).

**SNACK**

**Chocolate - Covered Almonds**

*Eat 5 of them*

**Ingredients:**

- 10 Raw Unsalted Almonds
- 4 Squares of Dark Chocolate (70% dark chocolate or higher)  
  approx. 22g of chocolate
- 1 tsp. (5ml) Coconut Oil

Heat up the dark chocolate and coconut oil until soft on low heat. Stir constantly. Add almonds and mix around until the almonds are coated with chocolate. Place on parchment paper until dried. Yummy, quick treat..
LUNCH

Greek Yogurt Chicken Salad

Ingredients:
• 3 tbsp. (45g) Plain Greek Yogurt
• ½ tsp. (2.5g) Mustard
• 2 tbsp. (30g) Celery, chopped
• 2.5 oz. (70g) Cooked Chicken, chopped
• 1 tbsp. (15g) Parsley chopped
• 1 tbsp Chives, chopped
• Add whatever spices you want - Cumin, curry, etc. are good.

Mix all together and lay on ½ c. (23.5g) chopped romaine lettuce.

Vegetarian Option: Use ½ c. (82g) chickpeas in place of chicken.

SNACK

Chocolate Chip Cookie Dough

Ingredients:
• ½ scoop/serving (2 Tbsp) Clean Chocolate Protein Powder
• 1 tbsp. (15g) Almond or Peanut Butter
• 1/2 tsp. (5ml) Vanilla Extract
• ½ tsp. (2.5g) Stevia

Mix all together. Quick and easy and satisfies the need for a sweet treat like cookie dough. Sprinkle with nuts or cacao nibs (optional).

*add a little bit of water if you would like a creamier texture.
DINNER

Peanut Butter Salad

Ingredients:
• 1 ½ tbsp. (7.5g) Natural Peanut or Almond Butter
• 1 ½ tbsp. (22.5ml) Warm Water
• ½ c. (15g) Mixed Greens
• 2 tbsp. (30g) Raisins

Whisk peanut butter and water together.
Toss with mixed greens and raisins.

NOTE: You can always add chicken or any meat source that sounds good for your protein. Also, chia seeds and raw nuts can be added as protein sources.

SNACK

Warm Apple

Ingredients:
• 1 Organic Apple (Sliced)
• Cinnamon
• 1 tsp. (5g) Stevia

Broil or boil for 1 minute, drain and sprinkle with cinnamon and stevia.
DAY 16

AM: Lemon, Cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink ¾ - 1 gallon (3.7l) of water every single day.

BREAKFAST

Toast with Egg & Tomato

Ingredients:
• 2 Eggs, cooked
• Toast 1 Slice Ezekiel Bread
• 1 Organic Tomato, sliced
• Fresh Basil
• Balsamic Vinaigrette

Stack all ingredients on top of toast and top with fresh basil and drizzle on balsamic vinaigrette.

SNACK

Nectarine Smoothie

Ingredients:
• 1 Chilled Organic Nectarine
• 1 scoop Clean Vanilla Protein Powder
• ½ c. (34g) Organic Kale or (34g) Spinach or 1 scoop Spring of Life Greens
• Handful of Ice
• 1 c. (240ml) Water

Remove pit of nectarine and add all ingredients to blender. Blend well and enjoy!
LUNCH

Salmon Burger

Makes 2 burgers. Eat 1, share the other or save for a later meal.

Ingredients:
- 1 Can 16 oz Wild Alaskan Salmon
- 1 Large Egg White
- 1/2 (34g) - 1 c (68g) Organic Spinach per burger

Sea salt and black pepper to taste, mix together the egg and salmon into patty. Add 1 tbsp. (15ml) of coconut oil to pan. Cook thoroughly on both sides using medium heat approximately 7 minutes on each side then lay burger on a bed of greens.

Vegetarian Option:

Broiled Tomato Sandwich

Ingredients:
- 1 tbsp. (15ml) Extra-Virgin Olive Oil
- 1 tbsp. (15ml) Balsamic Vinegar
- 2 Ripe Organic Tomato slices
- 1 tbsp. (15g) Plain Greek Yogurt
- Pinch Dried Parsley, Oregano, and Black Pepper
- 1 tbsp. (15g) Grated Parmesan Cheese
- 1 Slice Ezekiel or Gluten Free Bread, Slightly Toasted

Turn oven on to broil. Marinate the sliced tomatoes in extra-virgin olive oil and vinegar. In small bowl combine yogurt, spices and cheese. Spread mixture on toasted bread. Place marinated tomatoes on bread and sprinkle on cheese. Place on baking sheet and broil for 5 minutes or until cheese turns golden brown. YUM!
SNACK

Soft-Boiled Egg Salad

Ingredients:
- ¼ c. (7.5g) Arugula
- 1 Tbsp Balsamic vinegar
- 1 tbsp. (15g) Goat Cheese
- 2 Soft Boiled Eggs
- Handful of Shredded Basil
- Oats or Ezekiel Toast
- Fruit of Choice

Toss arugula with 1 tbsp. (15ml) good quality balsamic vinegar. Place 2 soft-boiled eggs on top, add cheese and basil.

NOTE: Cooking tip on the soft-boiled eggs, boil them for 9 minutes, take out immediately, and run cold water over them and then peel.

*Pick a carb preference from the exchange list, ex. oats or Ezekiel toast with a side of fruit or topped with fruit.

DINNER

Fiesta Salad

Ingredients:
- ½ c. (23.5g) Romaine Lettuce (You Could Use Any Salad Greens You Prefer)
- 3 oz. (85g) Cooked Chicken Breast
- ¼ c. (30g) Canned Black Beans (Rinsed and Drained)
- ½ Chopped Organic Avocado
- 1/8 c. (18.5g) Chopped Organic Tomatoes
- ½ Fresh Lime, Squeezed

Mix all together and enjoy!

Vegetarian Option: Leave out chicken

SNACK

Banana Nice Cream

Ingredients:
- 1 Frozen Organic Banana
- 1 c. (240ml) Unsweetened Almond Milk
- 1 scoop Clean Vanilla Protein Powder

Blend. Enjoy!
DAY 17

AM: Lemon, Cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink ¾ - 1 gallon (3.7l) of water every single day.

BREAKFAST

Vanilla Chai Smoothie

Ingredients:
- 1/2 inch-1 inch (2.5cm) Fresh Ginger (depending on how much you love ginger)
- ½ c. (34g) Organic Kale or (34g) Spinach or 1 scoop Spring of Life Greens
- ½ c (120ml) Almond Milk
- ½ c. (120ml) Water
- 1 tsp. (5g) Almond Butter
- ½ Banana
- 1 scoop Clean Vanilla Protein Powder
- ½ tsp. (2.5g) of each Cinnamon, Nutmeg & Clove
- Handful of Ice

Blend all together and enjoy!

SNACK

Plum Bruschetta

Ingredients:
- 2 tbsp. (30g) non-fat Ricotta Cheese
- 1 slice Ezekiel Bread-toasted
- 1 Organic Plum
- ½ tsp. (2.5g) Raw Honey
- Pinch Nutmeg

Mix 2 tbsp. (30g) non-fat ricotta cheese with a pinch of nutmeg, spread over toasted Ezekiel bread. Top with a sliced plum and drizzle ½ tsp. (2.5g) raw honey on top.
**LUNCH**

**Grilled Chicken and Pineapple Burger**

**Ingredients:**
- 3 oz Boneless Skinless Chicken Breast-cooked
- 1 Large slice pineapple
- ¼ Fresh Organic Jalapeno, sliced
- ¼ Organic Red Onion, thinly sliced
- 1 Slices Swiss Cheese (*optional. Not recommended if needing to lose a lot of weight)
- ½ c. dark greens

Grill chicken breast until cooked through. Add cheese to breasts to melt right after cooked. Grill pineapple rings approx. 2 minutes per side. Top burger with pineapple, jalapeno and onions. Lay chicken on ½ cup (15g) of greens.

Vegetarian Option: Use 1 large Portobello mushroom in place of chicken breast.

**SNACK**

**Chocolate Chip Cookie Dough**

**Ingredients:**
- ½ scoop/serve (2 Tbsp) Clean Chocolate Protein Powder
- 1 tbsp. (15g) Almond or Peanut Butter
- 1/2 tsp. (5ml) Vanilla Extract
- ½ tsp. (2.5g) Stevia

Mix all together. Quick and easy and satisfies the need for a sweet treat like cookie dough. Sprinkle with nuts or cacao nibs (optional).

*add a little bit of water if you would like a creamier texture.
**DINNER**

**Pasta Dish**

Ingredients:
- ½ c. (85g dry) Brown Rice Pasta or Quinoa (prepared as instructed on packages)
- 3 oz. (85g) Cooked Chicken, sliced or cubed
- 2 tbsp. (30ml) Fresh squeezed Lemon Juice
- ½ tsp. (2.5ml) Extra-Virgin Olive Oil
- ½ c. (12g) Chopped Organic Basil
- ½ c. (35g) Organic Mushrooms.

Sauté mushrooms, extra-virgin olive oil and chicken together until mushrooms are lightly browned. Place on top of cooked pasta and top with fresh basil and lemon juice.

**SNACK**

**Spicy Salsa Fresca**

Ingredients:
- 1½ lbs. (675g) of Organic Roma Tomatoes, chopped
- 1 Organic Jalapeno
- 1 Medium Organic Onion
- 2 Cloves of Garlic
- 4 tbsp. (60ml) of Fresh Squeezed Lime Juice
- ½ c. (12g) Fresh Organic Cilantro
- Sea Salt and Black Pepper to taste

In a blender or finely chopped together jalapeno and onion. Once chopped add tomato, garlic, lime juice, cilantro and sea salt/black pepper

Eat 1 c. (110ml) with 1/2 c. (90g) cut organic veggies of choice
DAY 18

AM: Lemon, Cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink $\frac{3}{4}$ - 1 gallon (3.7l) of water every single day.

**SNACK**

Peppers & Fresh Dill Sauce

Ingredients:
- ½ c. (120g) Plain Greek Yogurt
- ½ tsp. (2.5g) Fresh Dill, Chopped
- ¼ c. (26g) Sliced Organic Cucumber
- ¼ c. (37g) Red Bell Pepper, sliced

Mix Plain Greek Yogurt with Fresh Dill.
Dip cucumber and bell peppers in dip.

**BREAKFAST**

Toast with Egg & Tomato

Ingredients:
- 2 Eggs, cooked
- Toast 1 Slice Ezekiel Bread
- 1 Organic Tomato, sliced
- Fresh Basil
- Balsamic Vinaigrette

Stack all ingredients on top of toast and
top with fresh basil and drizzle on balsamic
vinaigrette.
LUNCH

Summer Squash & Chicken

Ingredients:
- 3 oz. (85g) Cooked Chicken, chopped
- ½ c. (62g) Sliced Organic Squash and Zucchini

Sauté, ½ c. (62g) sliced organic squash and zucchini, and 3 oz. (85g) chicken chunks until fully cooked. Approximately 10 min. Top with desired spices (my go - to spice are curry or fresh rosemary with mustard).

NOTE: I love marmalades (awesome, tasty, fresh, and easy). I top with 1 Tbsp. (15g) of fresh herb marmalades.

SNACK

Green Smoothie

Ingredients:
- ½ c (34g) Organic Kale or Collard Greens, firmly packed, stems removed, coarsely chopped or 1 scoop Spring of Life Greens
- ½ Organic Granny Smith Apple, coarsely chopped
- 1 Ripe Organic Banana
- ¼ c. (6g) Loosely packed Fresh Flat-Leaf Parsley Leaves
- 1 c. (240ml) Water

Combine all ingredients in a blender, and blend until smooth. If the mixture is too thick, add a little more water.
Coconut Pumpkin Soup

*yields approx. 6 cups. 1 cup is a serving*

**Ingredients:**
- 1 can 15 oz Chicken or Veggie Broth
- 1 14 oz. (400ml) can Lite Coconut Milk
- 1 15 oz. (425g) can Pumpkin
- 3 oz (85g) Cooked Chicken Breasts Chopped
- 1 Organic Onion
- ½ tsp. (2.5g) Cumin
- 2 tsp. (10g) Curry
- 1/8 c. (12g) Fresh Ginger

Combine all ingredients in a pot. Cook for 10 minutes. YUM!

Vegetarian Option: You can leave chicken breast out and add 1/2 c. (82g) chickpeas.

SNACK

Chocolate Delight Smoothie

**Ingredients:**
- ¼ c. (17g) Organic Spinach or Kale Leaves or 1 scoop Spring of Life Greens
- 1 tbsp. (15g) Raw Cacao Powder
- ½ Organic Avocado
- ½ Organic Banana
- ½ c. (120g) Plain Kefir or Plain Yogurt or 1 scoop of Clean Protein Powder
- ½ c. (120ml) Water
- ¼ c. (22.5g) Raw Uncooked Oats
- Handful of Ice.

Mix all together for your on-the-go energy drink!
DAY 19

AM: Lemon, Cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink \( \frac{3}{4} \) - 1 gallon (3.7l) of water every single day.

BREAKFAST

**Bacon & Egg with Toast**

**Ingredients:**
- 2 Slices of Turkey Bacon, cooked
- 1 Egg, scrambled
- Toast 1 Slice of Ezekiel Bread
- 1 Organic Tomato, sliced

You can either eat individually and or stack on top of your toast.

Vegetarian Option: Instead of bacon, add 1 more egg.

SNACK

**Powered Up Chocolate Avocado Dream**

*Makes 2 drinks*

**Ingredients:**
- 1 c. (240ml) Almond Milk /Coconut Milk
- 2 tbsp. (30g) Raw Cacao Powder
- 1-2 scoops Clean Chocolate Protein Powder
- \( \frac{1}{4} \) c. (26g) Organic Cucumber
- \( \frac{1}{2} \) c. (34g) Organic Spinach or 1 scoop Spring of Life Greens
- 1 Ripe Organic Banana
- 1 Organic Avocado
- 3 Organic Figs (Optional)
- 1 c. Ice

Blend all together. Enjoy! It will sometimes come out like chocolate pudding. YUM!
LUNCH

Salmon with Rice & Sugar Snap Peas

Ingredients:
- 3 oz. (85g) Salmon
- 1 tsp. Olive oil
- 1 pkg. Rice (125g cooked)
- ½ c. (49g) Organic Sugar Snap Peas

Cook Salmon in 1 tsp. (5ml) extra-virgin olive oil (dash of sea salt and black pepper) for approx. 15-20 min. Cook both sides. Then prepare rice as directed on package. Place ½ c. (125g) rice and ½ c. (49g) steamed sugar snap peas on side of salmon. Serve up a sophisticated meal in minutes.

Vegetarian Option: (use in place of Salmon)

Chipotle Bean Burritos

Ingredients:
- 1 tsp. (5ml) Extra-Virgin Olive Oil
- 1 Garlic Clove Minced or ½ tsp. (5g) Garlic Powder
- Pinch of Chili Powder
- ½ c. (60g) Black Beans
- 1 tbsp. (15g) Fresh Salsa
- ½ c. (40g) Shredded Lettuce or Add a Dallop of greek yogurt in place of sour cream-optional

In a large skillet, add oil and garlic over medium heat. Add chili powder and beans. Slightly mash beans with a fork. Place heated bean mixture on top of greens. Top with salsa and plain Greek yogurt.

SNACK

Chocolate Power Pudding

Ingredients:
- 1 scoop of Clean Chocolate Protein Powder or (2 Tbsp) Hemp or Chia Seeds
- 1 c. (240g) Plain Greek Yogurt
- 2 tsp. (10g) Unsweetened Cacao Powder
- 1 Packet of Stevia (1 tsp.) (5g)
- 6 Organic Raspberries

Mix and eat.
DINNER

Tuna Pita Sandwich

Ingredients:
• Iceberg Lettuce Leaves
• 3 oz. (85g) Tuna in Water
• 1/2 c. Plain Greek Yogurt
• 1 tsp. (5g) Dijon Mustard or Regular Mustard
• 1 tsp. (5g) Fresh Chives
• ¼ c. (22g) Diced Fennel

Mix ingredients and place inside a gluten free pita or iceberg lettuce leaves.

Vegetarian Option: In place of tuna, mash up 1/2 c. (82g) chickpeas.

SNACK

Avocado Hummus

Ingredients:
• 2 tbsp. (30g) Organic Avocado (Puree)
• 2 tbsp. (30g) Hummus, Recipe page 5 Week 2
• ½ tsp. (2.5ml) Fresh squeezed Lemon Juice
• ½ c. (74.5g) Organic Red or Yellow Bell Pepper, sliced

Serve as a dip with ½ cup (74.5g) sliced red or yellow bell pepper

For the remainder of the 11 days on this program, I recommend continuing to start your day with the detox drink: Lemon Water and Cayenne Pepper & Bragg’s Apple Cider Vinegar. This morning drink is perfect for starting each and every day.
DAY 20

AM: Lemon, Cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink ¾ - 1 gallon (3.7l) of water every single day.

BREAKFAST

Chocolate Power Waffles

Makes 4 waffles: Have 1 waffle

Ingredients:

- 1 cup Almond Meal/Flour
- 2 scoops/servings Chocolate Protein Powder
- ½ cup Canned Coconut Milk
- 2 Eggs, Whisked
- 2 Heaping Tablespoons Cacao Powder
- 1 tablespoon Maple Syrup or Raw Honey or Stevia
- 1 teaspoon Vanilla Extract
- ½ teaspoon Baking Soda
- Sprinkle of Cinnamon
- Pinch of Salt

Add small amounts of water to reach desire consistency if needed.

Plug in your waffle iron. You don’t have a waffle iron? Why? Because it’s the most pointless tool in the kitchen and takes up a balls ton of room? True. But buy one. Waffles are awesome.

Whisk your eggs in a medium-large sized bowl.

Add your coconut milk and sweetener and whisk together with eggs.

Next add your almond flour and protein powder and mix more!

Then add your cacao powder, baking soda and mix together.

Lastly, add in vanilla, salt and cinnamon. Mix together thoroughly.

Pour into your waffle iron and cooking until cooked through. It took about 4-5 minutes for mine to cook through and crisp up.
SNACK

Green Magic Smoothie

Makes 2

Ingredients:
- 1 c. (240ml) Water
- Handful Organic Kale
- Handful Organic Spinach or 1 scoop Spring of Life Greens
- 1/2 in. Size of Fresh Ginger
- ¼ c. (26g) Organic Cucumber
- 1 tbsp. (15g) Hemp or Chia Seeds
- ½ Organic Pear or Apple

Blend together and enjoy!

LUNCH

Creative Pizza

Ingredients:
- 1 Gluten Free/Wheat Free Pita or Tortilla
- ¼ c. (60g) Tomato Sauce
- ½ c. (90g) Favorite Organic Veggies
- 3 oz. (85g) Cooked ground Spicy Turkey meat (Optional)
- Feta or low-fat Mozzarella cheese

Layer ingredients on desired tortilla. Sprinkle feta or low fat mozzarella on top. Bake at 350-degrees (175 Cel.) for 7 minutes. To cook turkey meat. Take ground up turkey and cook in skillet approx. 7 minutes. Sprinkle with 1/2 tsp. (2.5g) chili spice.

Vegetarian Option: In place of turkey burger, use meatless taco meat recipe (located in Week 2 on page 9) or 1/2 c. (60g) kidney beans or beans of choice.
SNACK

**Fruit & Nut Energy Bars**

Makes Approx. 5 Bars or 10 Balls

Eat 2 Balls or 1 Bar

Ingredients:

- 8 Organic Prunes
- 5 Dried Figs (Optional)
- ¼ c. (35g) of Almonds
- 1 c. (90g) Old Fashioned Rolled Oats
  Blended into Powder
- 1 scoop of Clean Chocolate Protein Powder

Blend/pulse in blender: prunes, figs and almonds. Then add oats and protein powder.

**NOTE:** Very sticky consistency and the nuts are not evenly chopped. Roll into balls or bars, wrap individual bars in plastic wrap, and place in freezer until ready to eat.

DINNER

**Shrimp and Veggies**

Ingredients:

- 2 Spears of Organic Asparagus
- ½ c. Organic Broccoli
- 1 Minced Garlic Clove
- 1 tsp. (5ml) Extra-Virgin Olive Oil
- 2 tsp. (10ml) Fresh squeezed Lemon Juice
- 4 oz. (113g) Pre-Cooked Shrimp (If shrimp is frozen, thaw first)

Sprinkle asparagus and broccoli with 1 tsp. (5ml) of extra-virgin olive oil and minced garlic, sea salt and black pepper, and then roast in the oven at 400 deg. (205 Cel.) until they get a little crispy. Take them out and drizzle with 2 tsp. (10ml) of lemon juice.

Vegetarian Option: In place of shrimp, you can boil 2 eggs for 9 minutes and either eat on the side or slice in with the asparagus dish.
SNACK

Peppers & Fresh Dill Sauce

Ingredients:

• ½ c. (120g) Plain Greek Yogurt
• ½ tsp. (2.5g) Fresh Dill, chopped
• ¼ c. (26g) Sliced Organic Cucumber
• ¼ c. (37g) Red Bell Pepper, sliced

Mix Plain Greek Yogurt with Fresh Dill. Dip cucumber and bell peppers in dip.
AM: Lemon, Cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink ¾ - 1 gallon (3.7l) of water every single day.

**Herb and Onion Frittata**

**Ingredients:**
- 1 c. (160g) Organic Onion, diced
- ¼ c. (60ml) Plus 1 tbsp. (15ml) Water, Divided
- 1 tsp. (5ml) Extra-Virgin Olive Oil
- ½ c. Liquid Egg Substitute or 4 Egg Whites Whisked
- 2 tsp. (10ml) Chopped Fresh Herbs, or ½ tsp. (2.5g) Dried
- 1/8 tsp. (0.5g) Sea Salt
- Freshly Ground Black Pepper
- 2 tbsp. (30g) Farmer’s Cheese or Reduced-Fat Ricotta

Bring onion and ¼ c. (60ml) water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion is beginning to brown, 1 to 2 minutes more.

Pour in egg whites, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.

Reduce heat to low. Sprinkle herbs, sea salt and black pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon (15ml) water under it. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.
SNACK

Peppermint Protein Ice Cream

Ingredients:

- 1 c. (240ml) Almond Milk
- 1 scoop/serving Clean Vanilla Protein Powder
- ¼ tsp. (1.25ml) Peppermint Extract (or Any Flavoring Extract You Prefer)
- ¼ c. (60g) Plain Greek Yogurt

Mix everything together in a blender; pour in sandwich-sized bag. Fill a gallon-size bag half way with ice. Add ½ c. (146g) sea salt. Place the small bag into the large bag and seal. Shake the bag vigorously for 5 minutes.

This is super fun for family and kids. Remove bag, rinse sea salt off bag and serve. You can serve with crushed peppermint candy.

LUNCH

Turkey Pitas

Eat 1 serving and save for future lunch or dinners. Serves 4

Ingredients:

- 4 Iceberg Lettuce Leaves
- 1 lb. (453g) Extra Lean Turkey Burger
- 1 Organic Green Bell Pepper, chopped
- ½ Organic Onion, diced
- 1 c. (220ml) Salsa (Store Bought or Homemade Recipe)
- 1 Sprouted tortilla or Gluten Free Pita

Cook turkey burger, bell pepper, onion in skillet until burger is fully cooked. Approx. 10 minutes. While turkey burger is cooking, mix together the sauce ingredients. Once turkey is fully cooked, mix in the sauce and place in Lettuce leaf or ½ Sprouted tortilla or Gluten Free Pita ¼ cup (62.5g) salsa.

NOTE: You can have a side of ½ c. (60g) legumes or beans as your carb source or place them in the wrap.

Vegetarian Option: In place of turkey burger, use 1/2 c. (60g) white navy beans.

Sauce

Ingredients:

- 1 tbsp. (15ml) Apple Cider Vinegar
- 1 tbsp. (15ml) Extra-Virgin Olive Oil
- 1 tsp. (5g) Cumin
- 1 tsp. (5g) Chili Powder
**SNACK**

**Nacho Cheese Kale Chips w/ a Side of Fruit**

*1 serving = 1 c. worth*

**Ingredients:**
- 1-2 Large Bunches of Organic Kale
- ½ c. (112.5g) Cashew Butter or 1 c. (125g) Raw Cashews
- 1 Organic Red Bell Pepper, chopped
- ⅛ c.- ⅛ c. (10-20g) Nutritional Yeast
- Juice from 1 Lemon
- ½ tsp. (2.5g) Sea Salt
- 1/2 tsp. Garlic Powder

Mix together all ingredients except for kale in blender or food processor until creamy. Mix together with kale in a bowl. Lay on a baking sheet lined with aluminum foil and cook on 300 (150 Cel.) for 20 minutes until nice and crunchy. You can eat up to 1 cup of this yummy snack. Save the rest in an airtight container.

**DINNER**

**Shrimp Cobb Salad Recipe**

**Ingredients:**
- 1 c. (47g) Hearts of Romaine, chopped
- 5 Organic Grape or Cherry Tomatoes
- ¼ c. (26g) Sliced Organic Cucumber
- 1 Hardboiled Egg, sliced
- 5 Shrimp, cooked and peeled
- Freshly Ground Black Pepper, to taste

Place all ingredients on top of the hearts of Romaine lettuce.

*You can dress this salad with lemon juice and a drizzle of Balsamic Vinegar*

**SNACK**

**Simple Orange Yogurt**

**Ingredients:**
- 3 oz. (85g) Plain Greek yogurt
- ½ c. (115g) Orange Segments (place on top)
- 1 tsp. (5g) Raw Honey
**SHOPPING LIST**

“What you put in your mouth is 80% of how you are going to look and feel”

*This is a broad shopping list and gives you an idea of foods that you can exchange with, order at restaurants or buy at the grocery store. You do NOT have to buy everything on this list at one time.*

### PROTEIN

- CHICKEN
- TURKEY
- EXTRA LEAN GROUND TURKEY
- LEAN HAMBURGER
- LEAN STEAK
- BEEF FILET
- TILAPIA
- BUFFALO
- TUNA
- EGG WHITES
- WHOLE EGGS
- SALMON
- COD OR ANY WHITE FISH
- SHRIMP
- SCALLOPS
- BISON
- COTTAGE CHEESE – LOOK FOR ONE WITHOUT A LOT OF FILLERS
- WHEY PROTEIN POWDER
- EGG WHITE PROTEIN POWDER
- LOBSTER
- VENISON
- PLAIN GREEK YOGURT
- KEFIR
- CHIA SEEDS
- HEMP SEEDS

**CARBOHYDRATES**

- SLOW COOKED OATMEAL – YOU CAN BUY GLUTEN FREE IF YOU ARE SENSITIVE TO GLUTEN
- LENTILS
- BEANS (KIDNEY, RED, BLACK, CANNELLONI)
- SWEET POTATOES
- WHITE POTATOES
- RED POTATOES
- QUINOA
- MILLET
- AMARANTH
- BUCKWHEAT
- SLOW COOKED BROWN RICE
- PUMPKIN
- EZEKIEL BREAD (MAY CONTAIN GLUTEN)
- HUMMUS (PREFERABLY HOMEMADE)

*Most rices and grains come in flour form at the grocery store for baking. Good flours to use for baking pancakes, muffins, waffles, and other desserts are: coconut flour, buckwheat flour, spelt flour, brown rice flour, and almond meal/flour.*

**Coconut flour is very absorbent so you will want to be sure to use ⅓ -⅓ the amount of other flours.*
FRUITS AND VEGGIES
All are acceptable, but go for variety and lots of color.

GOOD FATS

- FLAX OIL
- PECANS (ALL NUTS CONSUMED RAW AND UNSALTED)
- OLIVE OIL
- ALMONDS
- WALNUTS
- RAW/NATURAL PEANUT BUTTER
- RAW/NATURAL ALMOND BUTTER
- AVOCADO
- COCONUT OIL
- GRAPE SEED OIL
- OLIVES
- HUMMUS

CONDIMENTS
All herbs and spices

- MUSTARD
- CHILI PEPPERS
- CHIVES
- CILANTRO
- DILL
- GINGER
- GARLIC
- LEMON VERBENA
- MINT
- ORANGE MINT
- OREGANO
- PARSLEY
- ROSEMARY
- SWEET BASIL
- TARRAGON
- THYME
- TURMERIC

The above lists of herbs are the ones I like using when I cook. They also have many healing properties and are considered FREE FOODS!

NOTE: If you love ketchup on everything, find ketchup that uses maple syrup, honey or Stevia, as opposed to high fructose corn syrup. Always use sparingly.
### RANDOM FOODS

- Almond Milk
- Coconut Milk
- Rice Milk
- Stevia for sweetener
- Honey
- Maple syrup (100%)
- Ground flax seed
- Teas (try to choose mainly decaffeinated)
- Mushrooms (free food)
- 100% raw cocoa powder
- Unsweetened coconut flakes

### MULTIVITAMINS

- Multivitamins
- Fish oil (must be USP certified or pharmaceutical grade quality)

### FLUIDS

- Drink ¾ of a gallon to a gallon of water per day

### FOODS TO AVOID

- Diet soda
- Carbonated drinks
- Creamy based salad dressings
- Deli meats
- Processed soy products
- Alcohol
- Cheesy products
- Frozen food dinners
- Cream in coffee (use almond or coconut milk)
- Artificial sweeteners
NOTE: You can use this to exchange certain foods in the recipes that you may not love for foods that you do love. This will give you an idea of how much of what food you can exchange to stay in correct portions of fats, proteins, veggies, fruits, and carbs.

**CARBS:**
- ½ gluten free pita
- 1 tortilla size pizza crust recipe
- 1 slice Ezekiel bread (whole grain bread product) or 1 slice gluten free whole grain bread
- ½ cup cooked oatmeal, all variety rice, amaranth, beans
- ¼ cup hummus (hummus will also be added as a fat)

**FATS:**
- 1 handful of raw unsalted nuts (approx. 1/8 cup)
- 1 tbsp. almond/peanut butter
- 1 tbsp. oil
- ½ avocado
- 1 tbsp. hummus
- 4 Edamame shells or 1/8 cup

**VEGGIES / FRUITS:**
I am considering them in raw uncooked form.

**PROTEINS:**
- Approximately one deck of cards worth of meat
- 1 scoop of whey protein
- ½ cup of cottage cheese, kefir or Greek yogurt
- 3 egg whites or 2 whole eggs
- 2-3 Tbsp of Chia/Hemp/Ground Flax Seeds

NOTE: I would go sparingly on the sugars and milks, 2 tsp./day on sugars and 1/8- 1/4 cup of almond/coconut milk/day.

In addition, if the recipe is in the snack area, do not eat it for dinner or lunch, as those items tend to have more sugars and you will go over your limit for the day.

Recipes should stay within their categories.

**FREE FOODS:**
These can be eaten as often as you want:
- dijon mustard
- mushrooms
- salsa (homemade preferably)
Frequently Asked Questions

GETTING ACCEPTED IN THE PRIVATE FACEBOOK GROUP?

If you have not been accepted in the private facebook group and it has been over 24 hours since your request, Please email our team at support@danettemay.com

Link to get accepted in the Private Facebook group:

First Steps for your Success!

1. Introduce yourself in the private group! The more involved you are, the more successful you will feel. Say hi, where you’re from, and your deep “why” that you made you sign up for the 30 Day NEW YOU Challenge!

2. Please take your Before picture and measurements. Trust me, You will be so glad you did when you see all the results at the end! Click here to turn in your starting measurements. http://danettemay.com/before-pics-submission/

3. Read All Your Emails! I will be emailing you 2-3x/week, helping you stay successful. Every Friday, you will receive your new meal plan, workout and meditation for the week. Check spam, junk or even promotional folders for these emails.

4. Here is the health disclaimers for this program: http://danettemay.com/health-disclaimers/

WHAT PRODUCTS ARE USED AND RECOMMENDED?

*You can switch out any meals that you want and use the exchange list to substitute foods that you do not like or cannot get easily. You do not have to buy any of these products listed below to be successful, but I personally use them to enhance recipes and make my life a whole lot easier.

Spring of Life Whey Protein Powder (Only ships in the US): Click Here
Biotrust Whey (ships outside the US): Click Here
Spring of Life Plant Based Protein Powder: Click Here
Spring of Life Greens Powder packed with 70 superfoods: Click Here
1 month free + 25% off your first order + free shipping
http://thrv.me/DanetteMay1m25p
OTHER SOURCES OF CLEAN PROTEIN: Vega, Vega One, Jay Robb, Nutiva, Dr. Axe Bone Broth, Shakeology, Orgain, Terra’s Whey and Garden of Life. *If you aren’t using one of these approved brands and you aren’t sure if it’s a good/clean source you can post a picture of the ingredients (not the nutrition label info) and tag Chelsea May, Danette or use #mentor in that picture.

- Ingredients you want to avoid in products are: *Wheat, *Soy, Sugar, sugar substitutes/fillers such as; Maltodextrin, Sucralose, Aspartame, Splenda. If you’re not sure about a product take a picture of the ingredients and tag a #mentor. *Sprouted Wheat, Soy and Barley are okay in products as they are in their raw and vulnerable form preventing inflammation in the gut.

Danette’s blog and nutritional articles: Danette’s Website: Danettemay.com

WHY DON’T I HAVE ANY EMAILS FROM DANETTE?

Make sure to check your Spam/Junk email folders.  
Click below for white-listing instructions >> http://goo.gl/Y0vRKn

You can also star or mark Danette’s emails as “important” (so you don’t miss anything). If you are a Gmail user or any other web-based email user, “drag” any emails from “Danette May” into your Priority Inbox.

How to whitelist your emails: http://www.eatdrinkshrinkplan.com/email-whitelist.html

If you are still having issues email Support@danettemay.com

WHO CAN I REACH OUT TO FOR TECHNICAL OR SUPPORT ISSUES?

Please email one of our Client Happiness Specialist at Support@danettemay.com

WHO CAN I TAG OR REACH OUT TO FOR HELP WITHIN THIS GROUP?

There are a few veterans to this program, we call them Mentors. Feel free to tag them or use this symbol in your post: #mentor
HOW DO I MAKE SURE MENTORS/SPECIALISTS SEE MY QUESTIONS?

If you tag a mentor and their name doesn’t highlight put an @ symbol in front of their name and it should tag them so they are notified and directed to your post/question. You can also put #mentor in your post/comment to get your questions answered more quickly.

What are the Rules to Be in the Private Facebook Group

1. No negativity! If you have a concern, please reach out to our support team at support@danettemay.com. We are here to support one another, so if you need guidance, motivation etc we are here for you. Absolutely no slandering the program or anyone in the group or you will be removed from the group.

2. No marketing of any type to group or group members. Anyone who is perceived to be marketing for a product or business of any type will be removed from the group.

3. Forming “side groups” or any additional Facebook groups with other members of this group is strictly off limits. Danette has your best interest at heart here and wants to be sure if you are in a group of people who are on her programs that you get direct support from Danette and her mentors. She feels it will cause misinformation that could slow or prevent you from reaching your goals.

Anyone who is found to have created their own separate group for 30 Day Challengers in this group will be asked to delete the group or leave this group.

4. Have fun and be open to receiving all of the love and support for the many changes your body, mind and spirit are about to enjoy!

BELOW ARE THE TOP FAQ’S AND LINKS FULL OF INFORMATION FOR YOU:

ACV (Apple Cider Vinegar): What is the “mother” in ACV?

Will ACV give me heartburn?
http://danettemay.com/2-acidic-foods-that-are-actually-good-for-heartburn/
What do we drink Dandelion tea?
http://danettemay.com/4-reasons-to-sip-dandelion-tea/

Why do we put Cayenne with our ACV?

Why do we drink so much water and is it safe?
http://danettemay.com/how-much-water-should-you-really-drink-every-day/

What can I do if I’m bloated?
https://www.facebook.com/TheDanetteMay/videos/1371278342946777/

What exactly is “clean” eating?
http://danettemay.com/what-exactly-is-clean-eating/

Why don’t we count calories in this lifestyle?
http://danettemay.com/forget-counting-calories-count-these-instead/

If I can’t buy everything organic what are the best foods to get organic? 
http://www.organic.org/articles/showarticle/article-214

Why are we to avoid Soy/Tofu?
http://danettemay.com/4-reasons-why-i-wont-touch-tofu/

Why can’t we have carbonated drinks?
http://danettemay.com/avoid-this-common-drink/

What kinds of sweeteners can I use and what’s the difference between sugars?
http://danettemay.com/honey-sugar-or-agave-heres-the-scoop-on-sweeteners/

What is the difference between Whole wheat and Sprouted wheat/grain bread?
http://danettemay.com/sprouted-grains-versus-whole-wheat/

What If I can’t find Ezekiel/Sprouted grain bread or tortillas?

  Make your own sandwich rounds: http://danettemay.com/sandwich-rounds/

  Make your own tortillas: http://danettemay.com/tasty-trim-tortillas/

  Make your own bread: http://danettemay.com/6-simple-steps-to-make-your-own-bread/

What do I do if I overindulge?
https://www.youtube.com/watch?v=WJGC7Wg8Fw4
What do you suggest if I’m traveling?
http://danettemay.com/tips-for-eating-healthy-while-on-vacation-what-not-to-do/
http://danettemay.com/5-tips-for-making-smoothies-on-the-go/

Now that I’ve cleaned my system from the inside what products do you recommend for my skin? https://www.annmariegianni.com/danette

Is this program safe if I am breastfeeding or pregnant?
-Always consult your doctor if you have concerns. If you are pregnant or breastfeeding, skip the detox and start on day 4 and repeat days 4-7 until the next week starts

Can men do this program?
- Yes, men, can do this program with great success. Double all (3) main meals/day. Keep all snacks the same.

Can I drink coffee and wine on this program?
- You can drink my superfood coffee starting on Day 4, but I recommend waiting until day 7. Here’s the link: https://www.youtube.com/watch?v=1YC9hAhCfhM
- You can drink 1 glass of wine/week starting after Day 7

Why am I drinking dandelion tea and is it safe to drink after the 30 Day challenge?
http://danettemay.com/4-reasons-to-sip-dandelion-tea/


How do I order Danette’s Shirts?
www.sunfrog.com/danettemay

Follow Danette on her social platforms