

The Maintenance Phase Meal Planner with Recipes

MAINTENANCE PHASE WEEK 2 MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast 7-9 a.m.	F	G	F	F	E/D	E/D	AP
	Peach Cobbler Smoothie	Mango Oatmeal "Brûlée"	Papaya Chill Smoothie	Tropic Thunder Smoothie	Healthy Fruit- Flavored Yogurt #1 or #2	Goat Cheese and Spinach Frittata	Savory Continental Breakfast Special
Morning Mini-Meal 10-11 a.m.	V	N	G	N	V	F	F
	Raw veggies	Toast with almond butter and honey	A Hearty Bowl of Buttery Buckwheat Groats	Assorted tree nuts, 1 T carob chips, 1 Turkish dried apricot	Lima Bean "Faux" Hummus	Fresh fruit (8 ounces)	Fresh fruit (8 ounces)
Lunch 12:30-2:00 p.m.	G	V	V	AP	V	V	V
	Wild Mushroom Barley Soup	Brussels Sprout Salad with Pecans, Raisins, and Apple	Kale "Cobb" Salad	Pesto Chicken Sandwich	Smooth and Crunchy Kale Salad	Sautéed Portobello and Sweet Pepper Sandwich with Basil- Avocado Crema	Roasted and Fresh Vegetable GAWzpacho
Afternoon Mini-Meal 3-4 p.m.	V	F	E/D	V	V	N	N/F
	Olive- Artichoke Pâté	Fresh fruit (8 ounces)	Apple-Beet Tapenade	Raw veggies	Raw veggies	Assorted tree nuts	Dr. Aviv's Power Bar
Dinner 6-7:30 p.m.	AP	AP	AP	V	AP	AP	AP
	Fresh Fish en Papillote with Potatoes, Olives, and Leeks	Fish and Chips with Sauté of Fennel, Red Cabbage, and Swiss Chard	Herb Chicken with Asian Steamed Spinach with Raw Sesame Seeds	Puréed Butternut Squash Soup with Seared Mushrooms and Herbs	Poached Salmon with Creamy Ginger- Dill Sauce	Cauliflower "Paella" with Shrimp and Chicken	Lean and Mean Cottage Pie