

14 DAYS OF SUPERCHARGED MEAL PLANS

**Drop Ugly Fat
In 2 Weeks
Flat!!!**



**#1
Bestselling
Author**

By Isabel De Los Rios

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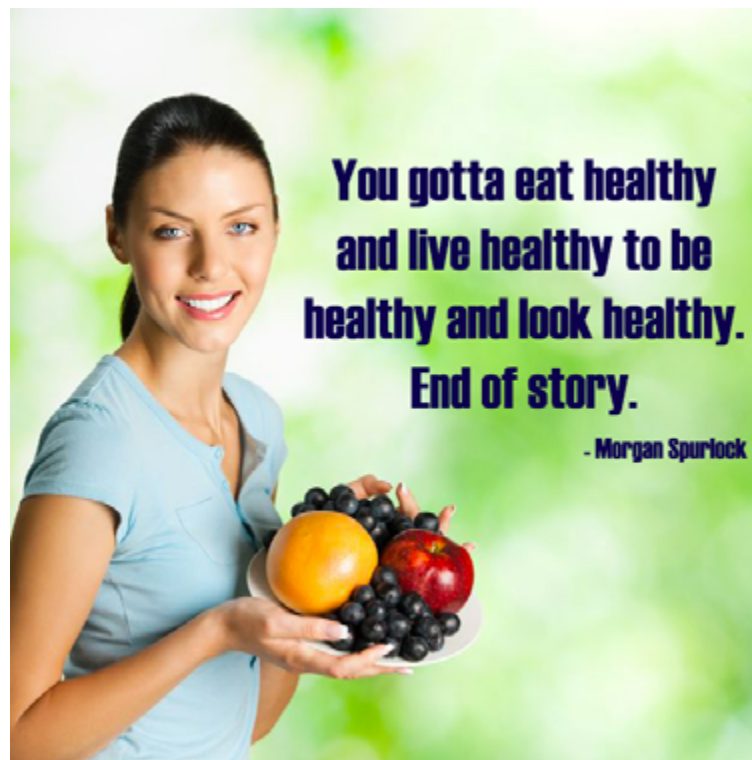
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Introduction

I'm so excited for you to get started on these meal plans. In just a few days from now, you will already see a big difference in how you look *and* how you feel!

These meal plans were created to help you easily implement all of the information you learned in the Quick Start Guide. If you haven't already read the Quick Start Guide, you can read it here: [Beyond Diet Quick Start Guide](#).

Please be sure to read all of the instructions and take a look through the Shopping Guides and Meal Plans before beginning the 14 Days of Supercharged Meal Plans.



How to Use These Meal Plans

There are 12 meal plans for you to follow. You will follow the meal plans for 6 days and then give yourself a “free day” (more info on that later) on Day 7. You will then follow the meal plans for another 6 days and give yourself another “free day” on Day 14.

Please take some time now to look through the Shopping Guide and the Meal Plans and some general questions I have answered for you on the next page.

Frequently Asked Questions

What if there is a meal or food I don't like?

I understand that each of us has different tastes and that some of these meals may taste great to you while some may not appeal to you at all. You can easily adjust your meals for the day by choosing the breakfasts you like, the snack you like...etc...and mix and match them to create your own meal plans. Each meal is interchangeable. Just don't exchange a breakfast with a lunch or a lunch with a dinner. You can only exchange the same type of meal (breakfast with breakfast, lunch with lunch).

Do I need to modify these meal plans based on my weight?

The meal plans are roughly based on a 1600 calorie meal plan. I have found that 1600 calories of the right food combinations is sufficient to keep most people from being hungry while simultaneously quickly burning off a lot of body fat.

If you have been a dieter for a long time and 1600 sounds a bit high to you, I assure you it's not. Restricting calories to low levels can be damaging to your metabolism and make your body hold on to fat instead of burning it off. Also, the foods that I have chosen in these meal plans are foods that will naturally stimulate fat burning in your body.

If you feel like you need more food, and are hungry while following these plans, you can begin by increasing the protein servings by 1 ounce at a time. For example, if lunch calls for 4 oz salmon, increase it to 5 or 6 if necessary.

Remember, also, that these meal plans are to be followed for 2 weeks. You will then be creating new meal plans for yourself that are specific to your own personal needs. (We'll get to that later in the Main Manual.)

What can I drink while following these meal plans?

1. Water - 1/2 of your body weight in ounces of water each day (e.g. if you weigh 150 pounds, then 75 ounces of water throughout the course of each day)
2. Green Tea - (careful with the caffeine content) sweetened with stevia
3. Coffee - (1 cup maximum) sweetened with stevia (no milk or creamer)

How much weight should I expect to lose with these meal plans?

You can expect to lose anywhere between 5-10 pounds in these first 2 weeks...some people may lose more, some people may lose less. Please do not focus so much on the number on the scale, but focus more on how you feel, how your clothes are fitting and the wonderful habits you are changing in these first 2 weeks.

When should I take my OmegaKrill 5X?

You can take your Omega-3s any time during the day, with or without food. The recommended amount is 3 capsules a day, which you can take all at once or spaced throughout the day.

To ensure you do NOT forget to take your very important Omega-3s each day, take all 3 capsules with your breakfast every day.

» [Isabel's Favorite Omega-3 Supplement](#)

What should I do when I complete these 14 days?

Return to the [Beyond Diet Program Guide](#) and move on to the next step.

Grocery Shopping Guide

Week 1 - Days 1 through 6

(*Some products purchased during week 1 will be left over to use for week 2)

Produce	Amount	Notes
Apples (Green)	5	Small
Avocado	2-3	
Banana	3	
Bay Leaf	1	
Bell Peppers	3	Any color - Make sure one is red.
Berries	2 cups	Any berries - strawberries, blueberries, raspberries, blackberries.
Broccoli	4 cups	
Carrots	6-8	Medium
Cauliflower	1 cup	
Celery	3-4 stalks	
Cherry Tomatoes	2-3 cups	
Cucumbers	1	
Garlic	1 head	
Greens (Mixed)	5 cups	Romaine, Arugula, Red Leaf, or Bibb Lettuce
Green Beans	1 cup	
Onions	2	
Plum Tomatoes	2 cups	
Spaghetti Squash	1	Small
Spinach	5 cups	
Sweet Potatoes	1	
Tomatoes	7	
Zucchini	3	
Meat & Seafood	Amount	Notes
Bacon	6 slices	Nitrate-Free, Uncured, Pork or Turkey
Ground Buffalo	1 pound	Can substitute ground beef
Chicken Breast	8 ounces	Free-Range
Chicken Thighs	18 ounces	Free-Range
Halibut	10 ounces	
Salmon	4 ounces	

Meat & Seafood (cont.)	Amount	Notes
Sausage	3 ounces	Chicken, Turkey, or Pork
Ground Turkey	1 1/2 pounds	Free-Range
Sliced Turkey	4 ounces	Nitrate-Free
Eggs & Dairy	Amount	Notes
Eggs	8	Cage-Free, Organic
Nuts & Seeds	Amount	Notes
Raw Almonds	1 ounce	
Raw Macadamia Nuts	1 ounce	
Raw Nut Butter	1 jar	Almond Butter, Walnut Butter, or Cashew Butter
Raw Pumpkin Seeds	1 ounce	
Raw Walnuts	1 ounce	
Miscellaneous	Amount	Notes
Coconut Oil	1 jar	
Extra Virgin Olive Oil	1 bottle	
Raw/Organic Butter	1 stick	
Apple Cider Vinegar	1 bottle	
Soy Sauce	1 bottle	Wheat-Free
Chicken Stock/Broth	1 cup	
Dijon Mustard	1 jar	
Omega-3 Supplement	1	BioTrust OmegaKrill 5X
Parmesan Cheese	1	
Protein Powder	1	BioTrust Protein Powder
Sprouted Whole Grain Bread	1 small loaf	Ezekiel 4:9
Seasonings	Amount	Notes
Black Pepper	1	
Cayenne Pepper	1	
Chili Powder	1	
Ground Cumin	1	
Garlic Powder	1	
Oregano (Dried)	1	
Paprika	1	
Parsley (Dried & Fresh)	1 each	
Unrefined Sea Salt	1	Aztec Sea Salt
Thyme (Dried)	1	

Week 2 – Days 8 through 13

Produce	Amount	Notes
Apples (Green)	6	
Avocado	2	
Bananas	3	
Bay Leaf	1	
Bell Peppers	3	Any color - Make sure one is red.
Berries	1 cup	Any berries - strawberries, blueberries, raspberries, blackberries.
Broccoli	4 cups	
Carrots	6-8	Medium
Cauliflower	2 cups	
Celery	2-3 stalks	
Cherry Tomatoes	2-3 cups	
Cucumbers	1	
Garlic	1 head	
Greens (Mixed)	5 cups	Romaine, Arugula, Red Leaf, or Bibb Lettuce
Green Beans	1 cup	
Mushrooms	1/2 cup	
Onions	2	
Plum Tomatoes	2 cups	
Romaine Lettuce	1 cup	
Spaghetti Squash	1	Small
Spinach	5-6 cups	
Tomatoes	8	
Zucchini	3	
Meat & Seafood	Amount	Notes
Bacon	6 slices	Nitrate-Free, Uncured, Pork or Turkey
Ground Buffalo	1 pound	Can substitute ground beef
Chicken Breast	9 ounces	Free-Range
Chicken Thighs	11 ounces	Free-Range
Halibut	10 ounces	
Salmon	8 ounces	
Sausage	3 ounces	Chicken, Turkey, or Pork
Ground Turkey	1 1/2 pounds	Free-Range
Sliced Turkey	8 ounces	Nitrate-Free

Eggs & Dairy	Amount	Notes
Eggs	10	Cage-Free, Organic
Nuts & Seeds	Amount	Notes
Raw Almonds	1 ounce	
Raw Macadamia Nuts	1 ounce	
Raw Pumpkin Seeds	1 ounce	
Raw Walnuts	1 ounce	

Day 1

Food	Serving	Notes
Breakfast		
Cage-Free, Organic Eggs	2 eggs	Suggested: Cook the spinach using coconut oil and then add in the eggs (lightly beaten) to make a spinach omelet. Eat it over the sliced tomato.
Fresh Spinach	1 cup	
Fresh Tomatoes	1 cup	
Unrefined Virgin Coconut Oil	2 tsp	
Morning Snack		
Raw Almonds	1 oz	
Fresh Banana	1/2 banana	
Lunch		
Fresh Wild Caught Salmon	4 oz	Suggested: Broil the salmon with salt and pepper. Can do this the night before to have it ready for lunch. Eat it cold over the salad.
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Granny Smith Apple	1 apple	
Afternoon Snack		
Chicken Breast	4 oz	Suggested: Bake the sweet potato in the oven for 45 minutes. Steam the broccoli.
Organic Broccoli	1 cup	
Organic Sweet Potato	1/2 cup	
Dinner		
Turkey Chili	1 serving	This Turkey Chili recipe makes 4 servings. Eat 1 serving for dinner and 1 serving for lunch tomorrow. The remaining 2 servings can be shared with family or saved for next week.

Day 2

Food	Serving	Notes
Breakfast		
Sausage (chicken, turkey, or pork)	3 oz	Suggested: Cut up the onions and pepper and cook in coconut oil. Then add in sausage.
Bell Pepper (any color)	1/2 cup	
Onion (any type)	1/2 cup	
Unrefined Virgin Coconut Oil	2 tsp	
Morning Snack		
Organic Carrots	1 cup	
Raw Nut Butter	2 Tbsp	
Lunch		
Turkey Chili	1 serving	Lunch will be leftovers from last night's dinner.
Afternoon Snack		
Egg White	5 egg whites	Suggested: Scramble the egg whites (you can use a small amount of coconut oil to cook) and make an egg sandwich topped with sliced tomato.
Sprouted Whole Grain Bread	2 slices	
Fresh Tomatoes	1 cup	
Dinner		
Organic, Free-Range Chicken Thigh	4 oz	
Garlic Green Beans	1 serving	
Cucumber and Tomato Salad	1 serving	
Isabel's Famous Salad Dressing	1-2 Tbsp	

Day 3

Food	Serving	Notes
Breakfast		
Nitrate-Free Organic Bacon	3 oz	Suggested: Cook the bacon and make a BLT.
Sprouted Whole Grain Bread	1 slice	
Fresh Tomatoes	1 cup	
Morning Snack		
Raw Macadamia Nuts	1/2 oz	
Fresh Mixed Berries	1 cup	
Lunch		
Organic, Free-Range Chicken Thigh	4 oz	Suggested: Cut up the chicken and avocado and add them to the salad
Organic Avocado	2 oz	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Granny Smith Apple	1 apple	
Afternoon Snack		
Fresh Banana	1 banana	Suggested: Combine 2 scoops of protein powder, a little water, a few ice cubes, and a banana in a blender to make a shake.
BioTrust Low Carb Protein Powder	2 scoops	
Dinner		
Turkey Burgers	1 serving	Suggested: Cut up the peppers and onions and sauté them in coconut oil. The Turkey Burger recipe makes 2 burgers - eat 1 for dinner and save the other for tomorrow's lunch.
Sautéed Spinach	1 serving	
Bell Pepper (any color)	1/2 cup	
Onion (any type)	1/2 onion	
Unrefined Virgin Coconut Oil	1 tsp	

Day 4

Food	Serving	Notes
Breakfast		
Organic, Free-Range Chicken Thigh	3 oz	Suggested: Cut up the chicken and avocado and serve them over steamed cauliflower.
Organic Avocado	1 oz	
Organic Cauliflower	1 cup	
Morning Snack		
Organic Carrot	1 cup	
Raw Nut Butter	2 Tbsp	
Lunch		
Turkey Burgers	1 serving	
Celery and Carrots	1/2 cup each	
Granny Smith Apple	1 apple	
Afternoon Snack		
Sliced Turkey	4 oz	Suggested: Make a turkey sandwich and top it with sliced tomato.
Sprouted Whole Grain Bread	2 slices	
Fresh Tomatoes	1 cup	
Dinner		
Organic, Free-Range Chicken Thigh	4 oz	
Organic Broccoli	1 cup	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	

Day 5

Food	Serving	Notes
Breakfast		
Organic, Free-Range Chicken Thigh	3 oz	
Sautéed Spinach	1 serving	
Granny Smith Apple	1 apple	
Unrefined Virgin Coconut Oil	1 tsp	
Morning Snack		
Raw Walnuts	1 oz	
Fresh Mixed Berries	1/2 cup	
Lunch		
Buffalo Meatballs	1 serving	Suggested: Sauté 2 pieces of garlic then add the cut-up tomato. This will serve as the “sauce” for the meatballs. Serve over spaghetti Squash. (The meatball recipe makes 4 servings. Eat 1 serving for lunch. Share the other servings with family or store in the freezer for another meal.)
Basic Spaghetti Squash	1 serving	
Fresh Tomatoes	1 cup	
Unrefined Virgin Coconut Oil	1 tsp	
Afternoon Snack		
BioTrust Low Carb Protein Powder	2 scoops	Suggested: Put 2 scoops of protein powder, a little water, a few ice cubes, and a banana in a blender to make a shake.
Fresh Banana	1 banana	
Dinner		
Fresh, Wild-Caught Halibut	5 oz	
Organic Avocado	2 oz	
Organic Broccoli	1 cup	
Super Simple Side Salad	1 salad	
Isabel’s Famous Salad Dressing	1-2 Tbsp	

Day 6

Food	Serving	Notes
Breakfast		
Nitrate-Free Organic Bacon	3 oz	
Cage-Free, Organic Eggs	1 egg	
Fresh Tomatoes	1 cup	
Morning Snack		
Raw Pumpkin Seeds	1 oz	
Granny Smith Apple	1 apple	
Lunch		
Fresh, Wild-Caught Halibut	5 oz	
Organic Broccoli	1 cup	
Organic Avocado	2 oz	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Super Simple Side Salad	1 salad	
Afternoon Snack		
Berry Nutty Protein Smoothie	1 serving	
Dinner		
Chicken Breast	5 oz	Suggested: Cut up the chicken and veggies and cook in coconut oil to make a stir fry. Add soy sauce to taste.
Unrefined Virgin Coconut Oil	2 tsp	
Wheat-Free Soy Sauce	1 tsp	
Organic Zucchini	1/2 cup	
Bell Pepper (any color)	1/2 cup	

Day 7 - Free Day

What's a Free Day?

A free day is a strategy we have implemented into the Beyond Diet program to ensure your body continues to lose fat and keep it off for the long term. The free day has been included in these first few weeks of the Beyond Diet program to help you keep your mental focus throughout the entire length of the program as you work towards your goals.

The free day has also been perfectly designed to make the Beyond Diet program a strategy that can be used for a lifetime. The biggest issue people have when “dieting” is that they are unable to sustain the plan for the long term. Not with Beyond Diet. We have planned out every one of your meals so that you are satisfied, full, and happy every step of the way.

Is the free day a cheat day?

We get this question a lot since many diet programs use the words “cheat day.” I like the term “free day” much better in that you are not “cheating” at all. There is no cheating on this plan. There are just good choices versus bad choices, and you are free to make any choice you want at any given time.

The meal plans in Beyond Diet make your choices super simple. We give you the exact meals to eat, tell you when to eat them, and give you the shopping lists to go along with it. This strategy has been successful for hundreds of thousands of people over the past 8 years.

But, there are just some days when people do want to make a choice (mostly good choices). Going to a party and you'd rather make the choice? Insert the free day. Going out to dinner and you'd rather make the choice? Yup, you guessed it, free day. Going to a special event and you want to make a choice? Again, the free day. The free day allows you to make some choices throughout the duration of the program.

How do you implement a free day?

For one out of your three main meals (Breakfast, Lunch, and Dinner), eat absolutely any food you want (yes, I said any food you want). For the other two meals, choose your favorite BD-approved meal from the prior week. For example, if breakfast on Day 3 was your absolute favorite, that will be your breakfast on the free day. If the lunch on Day 5 was your favorite that will be your free day lunch. This allows for dinner to be any meal you want. This would be a good day to go out to dinner and choose your favorite restaurant meal.

You can still have 2 snacks each day. Again, you will choose from your favorite snacks throughout the week. If your meal of choice happens to be a bit larger than you normally would have and you wish to skip your snack, you can do so on the free day (as in example 1).

The free day is designed to make certain situations a bit easier and also to allow you to have some of your favorite meals. Foods I do NOT recommend you have on your free day are fast foods of any kind, processed foods that contain hydrogenated oil and high fructose corn syrup, and deep fried foods in unhealthy vegetable oils. These foods are really just not good during any phase of your healthy eating plan.

Free Day Example #1 – Breakfast Diner Trip

Breakfast – Trip to the diner with the family (I'm from NJ, we like diners) - order of pancakes with whipped cream, fresh fruit, and syrup; coffee with milk or cream

Snack – Possibly decide not to have a snack since still pretty full from breakfast

Lunch – Turkey Chili

Snack – 2 Tbsp almond butter with carrots

Dinner – Day 6 Dinner

Free Day Example #2 – Luncheon with the Family

Breakfast – Day 1 Breakfast

Snack – 1/2 oz pumpkin seeds with small apple

Lunch – Mexican fiesta lunch - 2 hard shell tacos with beef, veggies, and refried beans; a handful of chips with guacamole

Snack – 12 almonds with 1/2 cup berries

Dinner – Day 2 Dinner

Free Day Example #3 – Dinner Party

Breakfast – Day 1 Breakfast

Snack – 1 oz almonds with 1/2 banana

Lunch – Turkey Chili

Snack – 1 oz almonds with 1/2 banana

Dinner – Appetizers and whatever is served at the party - In situations like these, I try not to be too picky about what I'm eating and just focus on having fun at the party.

Day 8

Food	Serving	Notes
Breakfast		
Cage-Free-Organic Eggs	2 eggs	Suggested: Cook the spinach using coconut oil and then add in the eggs (lightly beaten) to make a spinach omelet. Eat over the sliced tomatoes.
Unrefined Virgin Coconut Oil	1 tsp	
Fresh Tomatoes	1 cup	
Fresh Spinach	1 cup	
Morning Snack		
Raw Almonds	1 oz	
Fresh Banana	1/2 banana	
Lunch		
Fresh, Wild Caught Salmon	4 oz	Suggested: Broil the salmon seasoned with salt and pepper. You can do this the night before to have it ready for today's lunch. Eat it cold over the salad. Eat the broccoli raw or lightly steamed.
Organic Broccoli	1 cup	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Afternoon Snack		
Chicken Breast	4 oz	Eat the cauliflower raw or lightly steamed.
Granny Smith Apple	1 apple	
Organic Cauliflower	1 cup	
Dinner		
Turkey Chili	1 serving	This Turkey Chili recipe makes 4 servings. Eat 1 serving for dinner and 1 serving for lunch tomorrow.

Day 9

Food	Serving	Notes
Breakfast		
Sausage (chicken, turkey, or pork)	3 oz	Suggested: Cut up the onions and pepper and cook in coconut oil. Then add in sausage.
Unrefined Virgin Coconut Oil	1 tsp	
Bell Pepper (any color)	1/2 cup	
Onion (any type)	1/2 cup	
Morning Snack		
Raw Nut Butter	2 Tbsp	
Organic Carrots	1 cup	
Lunch		
Turkey Chili	1 serving	Lunch will be leftovers from last night's dinner.
Afternoon Snack		
Egg Whites	5 egg whites	Suggested: Scramble the egg whites with the veggies and make an omelet. (You can use a small amount of coconut oil to cook.)
Fresh Spinach	1/2 cup	
Organic White Mushrooms	1/2 cup	
Fresh Tomatoes	1/2 cup	
Dinner		
Organic, Free-Range Chicken Thigh	4 oz	
Cucumber and Tomato Salad	1 serving	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Garlic Green Beans	1 serving	

Day 10

Food	Serving	Notes
Breakfast		
Nitrate-Free, Organic Bacon	3 oz	Suggested: Cook the bacon and make a BLT
Fresh Tomatoes	1 cup	
Sprouted Whole Grain Bread	1 slice	
Morning Snack		
Raw Macadamia Nuts	1/2 oz	
Fresh Mixed Berries	1/2 cup	
Lunch		
Fresh, Wild Caught Salmon	4 oz	Suggested: Cut up the salmon and avocado and add them to the salad.
Organic Avocado	2 oz	
Granny Smith Apple	1 apple	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Afternoon Snack		
Fresh Banana	1 banana	Suggested: Combine 2 scoops of protein powder, a little water, a few ice cubes, and a banana in a blender to make a shake.
BioTrust Low Carb Protein Powder	2 scoops	
Dinner		
Turkey Burgers	1 serving	Suggested: Cut up the peppers and onions and sauté them in coconut oil. The Turkey Burgers recipe makes 2 burgers – eat 1 for dinner and save the other for tomorrow's lunch.
Sautéed Spinach	1 serving	
Unrefined Virgin Coconut Oil	1 tsp	
Bell Pepper (any color)	1/2 cup	
Onion (any type)	1/2 cup	

Day 11

Food	Serving	Notes
Breakfast		
Cage-Free Organic Egg	2 eggs	Suggested: Hard-boil or soft-boil the eggs. Then cut up the eggs and avocado and serve them over steamed cauliflower
Organic Cauliflower	1 cup	
Organic Avocado	2 oz	
Morning Snack		
Raw Nut Butter	2 Tbsp	
Organic Carrots	1 cup	
Lunch		
Turkey Burgers	1 serving	
Celery and Carrots	1/2 cup each	
Granny Smith Apple	1 apple	
Afternoon Snack		
Sliced Turkey	4 oz	Suggested: Make a turkey sandwich and top it with sliced tomato.
Sprouted Whole Grain Bread	2 slices	
Fresh Tomatoes	1 cup	
Dinner		
Organic, Free-Range Chicken Thigh	4 oz	
Organic Broccoli	1 cup	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	

Day 12

Food	Serving	Notes
Breakfast		
Organic, Free-Range Chicken Thigh	3 oz	
Sautéed Spinach	1 serving	
Unrefined Virgin Coconut Oil	2 tsp	
Granny Smith Apple	1 apple	
Morning Snack		
Raw Walnuts	1 oz	
Fresh Mixed Berries	1/2 cup	
Lunch		
Buffalo Meatballs	1 serving	Suggested: Sauté 2 pieces of garlic and then add the cut-up tomato. This will serve as the "sauce" for the meatballs. Serve over spaghetti squash.
Basic Spaghetti Squash	1 serving	
Fresh Tomatoes	1 cup	
Afternoon Snack		
Fresh Banana	1 banana	Suggested: Put 2 scoops of protein powder, a little water, a few ice cubes, and a banana in a blender to make a shake.
BioTrust Low Carb Protein Powder	2 scoops	
Dinner		
Fresh, Wild-Caught Halibut	5 oz	
Organic Broccoli	1 cup	
Organic Avocado	2 oz	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	

Day 13

Food	Serving	Notes
Breakfast		
Nitrate-Free Organic Bacon	3 oz	
Fresh Tomatoes	1 cup	
Cage-Free Organic Egg	1 egg	
Morning Snack		
Raw Pumpkin Seeds	1 oz	
Granny Smith Apple	1 apple	
Lunch		
Fresh, Wild-Caught Halibut	5 oz	
Organic Broccoli	1 cup	
Organic Avocado	2 oz	
Super Simple Side Salad	1 salad	
Isabel's Famous Salad Dressing	1-2 Tbsp	
Afternoon Snack		
Sliced Turkey	4 oz	
Granny Smith Apple	1 apple	
Organic Romaine Lettuce	1 cup	
Dinner		
Chicken Breast	5 oz	Suggested: Cut up the chicken and veggies and cook in coconut oil to make stir fry. Add soy sauce to taste. Serve with salad on the side.
Unrefined Virgin Coconut Oil	1 tsp	
Wheat-Free Soy Sauce	1 tsp	
Bell Pepper (any color)	1/2 cup	
Organic Zucchini	1/2 cup	
Cucumber and Tomato Salad	1 serving	

Day 14 - Free Day

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Snack – Possibly decide not to have a snack since still pretty full from breakfast

Lunch – Turkey Chili

Snack – 2 Tbsp almond butter with carrots

Dinner – Day 6 Dinner

Free Day Example #2 – Luncheon with the Family

Breakfast – Day 1 Breakfast

Snack – 1/2 oz pumpkin seeds with small apple

Lunch – Mexican fiesta lunch - 2 hard shell tacos with beef, veggies, and refried beans; a handful of chips with guacamole

Snack – 12 almonds with 1/2 cup berries

Dinner – Day 2 Dinner

Free Day Example #3 – Dinner Party

Breakfast – Day 1 Breakfast

Snack – 1 oz almonds with 1/2 banana

Lunch – Turkey Chili

Snack – 1 oz almonds with 1/2 banana

Dinner – Appetizers and whatever is served at the party - In situations like these, I try not to be too picky about what I'm eating and just focus on having fun at the party.

Recipes

Isabel's Famous Salad Dressing

16 Servings, 0 Proteins/1 Fat/0 Carbs

- 1 tsp dijon mustard**
- 1/2 tsp garlic powder**
- 1/2 tsp unrefined sea salt**
- 1/4 cup apple cider vinegar**
- 3/4 cup extra virgin olive oil**
- 2 Tbsp Parmesan cheese**

Combine all ingredients in a salad shaker, and shake well! The apple cider vinegar is the "magic ingredient," but the olive oil is the main ingredient and will make up most of the dressing. Enjoy!

Super Simple Side Salad

1 Serving, 0 Proteins/0 Fats/2 Carbs

- 1 cup mixed greens**
- 1 small carrot**
- 1/2 small zucchini**
- 1/2 handful cherry tomatoes**

Cut carrot and zucchini (or use a cucumber) into small rounds, or peel with a julienne peeler. Toss all ingredients together and add Isabel's Famous Salad Dressing.

Turkey Chili

4 Servings, 4 Proteins/0 Fats/1 Carb

- 2 tsp unsalted butter**
- 16 oz ground turkey**
- sea salt and pepper, to taste**
- 1 cup bell red bell pepper**
- 1 medium onion**
- 2/3 cup celery**
- 1 garlic clove**
- 2 tsp chili powder**
- 1 tsp paprika**
- 1 tsp cumin powder**
- 1/8 tsp cayenne pepper**
- 2 cups tomatoes**
- 1/2 cup chicken stock**
- 1 bay leaf**

Prepare the vegetables: Coarsely chop the red bell pepper, onion, and celery. Mince the garlic. Chop the tomatoes.

Heat half of the butter in a 3-quart saucepan over high heat. Add the turkey, and season to taste with the salt and black pepper. Break up the turkey and cook for 2-3 minutes, or until browned. Remove to a bowl and cover to keep warm.

Reduce the heat to low, heat the remaining butter, and cook the red pepper, onion, celery, and garlic for 3-4 minutes, or until vegetables begin to soften. Add the chili powder, paprika, cumin, and cayenne and cook, stirring, for 1 minute.

Increase the heat to medium, and add the tomatoes, stock, and bay leaf. Bring to a boil over high heat.

Reduce the heat to medium-low, and simmer uncovered for 15 minutes. Add the browned turkey, and simmer 5 minutes more. Remove and discard the bay leaf before serving.

Cucumber and Tomato Salad

1 Serving, 0 Proteins/0 Fats/1 Carb

- 1 medium tomato**
- 1/2 cucumber**
- 1/2 Tbsp fresh basil**
- 1/2 Tbsp fresh parsley**

Chop all of the vegetables and combine all ingredients in a large bowl, and toss well. Add whatever salad dressing you choose.

Garlic Green Beans

1 Serving, 0 Proteins/0 Fats/2 Carbs

- 1 cup green beans**
- 1 tsp coconut oil**
- 1-2 garlic cloves**
- Sea salt and pepper, to taste**

Heat coconut oil in a skillet over medium-high heat. Add minced garlic (1-2 cloves, depending on your taste) and green beans, and sauté until crisp tender. Season green beans with salt and pepper, and reduce heat to medium. Cover skillet and let steam for 2-3 minutes, stirring occasionally. If you desire, you may steam for as long as 10 minutes – this will give the green beans a very soft, delicate flavor.

Sautéed Spinach

1 Serving, 0 Proteins/0 Fats/1 Carb

- 2 cups fresh spinach**
- 1 tsp coconut oil**
- 2 garlic cloves**
- Sea salt and pepper, to taste**

Heat coconut oil and garlic in a skillet on low to medium heat. Add spinach and heat until wilted. Remove from heat. Add salt, pepper, and any other seasonings you choose.

Turkey Burgers

2 Servings, 4 Proteins/0 Fats/0 Carbs

- 1/2 lb ground turkey**
- 1/2 tsp sea salt**
- 1/2 tsp black pepper**
- 1/2 tsp paprika**
- 1/4 tsp garlic powder**
- 1/4 tsp cayenne pepper**

Mix together salt, pepper, paprika, garlic powder, and cayenne pepper (if you don't like these seasonings, you can use different ones). In a bowl, use your hands to mix ground turkey with seasonings. Form mixture into 2 patties. Cook on a grill or in a pan on the stove top.

Basic Spaghetti Squash

6 Servings, 0 Proteins/1 Fat/1 Carb

- 1 medium spaghetti squash**
- 2 Tbsp unsalted butter**
- Sea salt and pepper, to taste**

Preheat oven to 350°F. Cut spaghetti squash in half lengthwise; remove and discard seeds. Place squash, cut sides down, in a baking pan with about 1/2 inch of water. Bake for about 1 hour, or until tender when pricked with a fork.

Let squash cool slightly, then remove the strands of flesh, bit by bit, with a fork. Mix in butter, salt, and pepper.

Variation: Serve topped with grated Parmesan cheese, pesto, or tomato sauce.

Depending on the size of the spaghetti squash, you may get anywhere from 4-8 servings.

Buffalo Meatballs

4 Servings, 4 Proteins/0 Fats/0 Carbs

1 lb ground buffalo

1 1/2 tsp garlic powder

1 1/2 tsp oregano

1 1/2 tsp parsley

1 tsp thyme

Sea salt and pepper, to taste

Combine all ingredients in a bowl, and use your hands to mix. Form mixture into meatballs, and cook for 40-45 minutes in a 375°F oven.

Berry Nutty Protein Smoothie

1 Serving, 2 Proteins/0 Fats/1 Carb

1 scoop BioTrust vanilla protein powder

1 Tbsp almond butter

1 cup berries, any type

1/2 cup water

Combine all ingredients in a blender, and blend until smooth.