



SHAPE Program Phase I: FasTrac Cleanse 4-Week Meal Plan

Week One:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	<u>Panfakes*</u>	<u>Turkey Lettuce Wraps*</u>	<u>Chicken Vegetable Salsa Soup*</u>	<u>Veggie Omelet*</u>	<u>Chicken Taco Stuffed Peppers*</u>	<u>Chicken Gyros with Cucumbers*</u>	<u>Eggs, Spinach & Mushroom Skillet*</u>
Meal 2	<u>Buffalo Chicken Dip* w/ celery</u>	<u>Shepherd's Pie*</u>	<u>Pizza Casserole*</u>	<u>Skirt Steak & Green Bean Stir-fry*</u>	<u>Linda's SHAPE Chili* w/ yogurt and crackers</u>	<u>Philly Cheesesteak Soup*</u>	<u>Taco Salad*</u>
Snack 1	Berries w/ cottage cheese	<u>Broiled Grapefruit*</u>	Crackers w/ salsa	<u>Fruit Salad*</u>	Apple slices w/ cottage cheese	Orange	Crackers w/ salsa
Snack 2	Crackers w/ salsa	Crackers	<u>Applesauce*</u>	Crackers w/ cottage cheese	½ Grapefruit	<u>Dill Yogurt Dip* w/ crackers</u>	Apple or orange slices
Dessert	<u>Caramel Apple Pie*</u>	Apple	Yogurt w/ berries	Hot tea w/ orange		Mixed berries	<u>Applesauce*</u>
Practitioner Additions							

Week Two:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	<u>Shrimp & Cabbage Stir-fry*</u>	<u>Flaxseed Muffin* w/ eggs</u>	<u>Turkey Zucchini Meatballs*</u>	<u>Veggie Omelet*</u>	<u>Thai Chicken & Cabbage Stir-Fry*</u>	<u>Beef & Broccoli* w/ Cauliflower Rice*</u>	<u>Baked White Fish with Asparagus*</u>
Meal 2	<u>Texas Dirty Rice*</u>	<u>Creamy Chicken Alfredo*</u>	<u>Linda's SHAPE Chili*</u>	<u>Chicken Meatballs*</u>	<u>Slow Cooker Swiss Steak*</u>	<u>Buffalo Chicken Dip* w/ celery</u>	<u>Beef Bourguignon*</u>
Snack 1	Orange	Cottage cheese and apple slices	Strawberries	½ Grapefruit	<u>Kale Chips*</u>	Mixed berries	Crackers w/ salsa
Snack 2	Hot tea and crackers	<u>Dill Yogurt Dip* w/ crackers</u>	Crackers w/ salsa	<u>Dill Yogurt Dip* w/ crackers</u>	Orange	Crackers w/ cottage cheese	<u>Applesauce*</u>
Dessert	Apple	<u>Broiled Grapefruit*</u>	Hot tea w/ orange	Mixed berries	<u>Apple Pie*</u>	<u>Strawberry Sorbet*</u>	<u>Blueberry Ice Cream*</u>
Practitioner Additions							

*Recipes can be found at shapereclaimed.com/shape-recipes/

Do not follow this meal plan without being monitored by a SHAPE practitioner.

This meal plan is based on the SHAPE Program Phase I: FasTrac Cleanse Nutrition Protocol.

Refer to your SHAPE practitioner's recommendations for adjustments or be sure to add an additional meal and/or snacks.



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Week Three:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	<u>Chicken Burgers* w/ broccoli</u>	<u>Egg Roll in a Bowl*</u>	<u>Meatloaf & Mashed "Potatoes"*</u>	<u>Zoodles & Meat Sauce*</u>	<u>Shrimp & Cabbage Stir-fry*</u>	<u>Green Chile Chicken Enchiladas*</u>	<u>Spinach & Tomato Egg Cups*</u>
Meal 2	<u>Roasted Cauliflower Soup*</u>	<u>Shrimp Cocktail*</u>	<u>Turkey Lettuce Wraps*</u>	<u>Chicken Curry* w/ Cauliflower Rice*</u>	<u>Mexican "Rice" Bowl*</u>	<u>Taco Salad*</u>	<u>Peppered Flank Steak* w/ Asparagus*</u>
Snack 1	Diced turkey w/ salsa	<u>Toffee Apple Chips*</u>	Mixed berries	Crackers w/ salsa	Apple	<u>Dill Yogurt Dip* w/ crackers</u>	Crackers w/ salsa
Snack 2	Crackers w/ cottage cheese	Hot tea and crackers	<u>Dill Yogurt Dip* w/ crackers</u>	½ Grapefruit	Crackers	Raspberries	<u>Applesauce*</u>
Dessert	Mixed berries	Orange	<u>Applesauce*</u>	Orange	Yogurt w/ berries	<u>Frozen Grapefruit Spears*</u>	<u>Key Lime Pudding*</u>
Practitioner Additions							

Week Four:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	<u>Spicy Crab Salad* w/ cucumber slices</u>	<u>Creamy Dill Chicken & Mushrooms*</u>	<u>Texas Dirty Rice*</u>	<u>Tuscan Chicken Skillet*</u>	<u>Spicy Mustard Shrimp & Chard*</u>	<u>Creamy Chicken Alfredo*</u>	<u>Zucchini Fritters*</u>
Meal 2	<u>Carne Asada Fajitas*</u>	<u>Sloppy Joes* w/ grilled zucchini</u>	<u>Unstuffed Cabbage Rolls*</u>	<u>Steak & Caramelized Onions* w/ Asparagus*</u>	<u>Lettuce-wrapped Hamburger Sliders*</u>	<u>Creole Gumbo*</u>	<u>Thai Cucumber Salad* w/ diced chicken</u>
Snack 1	<u>Kale Chips*</u>	Mixed berries	<u>Toffee Apple Chips*</u>	Strawberries	Crackers w/ salsa	Cottage cheese w/ raspberries	Yogurt w/ berries
Snack 2	Clementines	<u>Flaxseed Muffin*</u>	<u>Blueberry Crisp*</u>	<u>Dill Yogurt Dip* w/ crackers</u>	<u>Frozen Grapefruit Spears*</u>	Hot tea and crackers	<u>Dill Yogurt Dip* w/ crackers</u>
Dessert	<u>Apple Muffins*</u>	<u>Applesauce*</u>		<u>Warm Spiced Oranges*</u>	Yogurt w/ berries	Clementines	<u>Applesauce*</u>
Practitioner Additions							

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