

SIMPLY STUNNING Lifestyle Program
Sample 7-Day Meal Plan



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Disclaimer

This meal plan is designed for educational and sharing purposes, and you follow it at your own risk. You are an adult, capable of listening to your body and knowing what foods you may need to avoid so you feel your best.

If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. Dr. Venus assumes no risk for your voluntary participation in this meal plan. Reading or using this meal plan does not constitute a doctor-patient relationship.

Sample 7-Day Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Chocolate Peanut Butter Shake	B: Chocolate Peanut Butter Shake	B: Breakfast Smoothie	B: Breakfast Smoothie	B: Cashew Strawberry Cream Smoothie	B: Sausage Stir-Fry Breakfast	B: Smoked Salmon Scrambled Eggs
L: Grilled Shrimp & Veggies on a Stick + Healthy Zucchini Cakes	L: Grilled Shrimp & Veggies on a Stick + Healthy Zucchini Cakes	L: Turkey Vegetable Meat Balls + Pesto & Spaghetti Squash	L: Turkey Vegetable Meat Balls + Pesto & Spaghetti Squash	L: Ginger Beef & Broccoli + Beverly Hills Chopped Salad	L: Dijon Almond Crusted Salmon + Cauliflower Hummus	L: Ginger Beef & Broccoli + Beverly Hills Chopped Salad
D: Ginger Beef & Broccoli + Beverly Hills Chopped Salad	D: Turkey Vegetable Meat Balls + Pesto & Spaghetti Squash	D: Superfast Chili + Steamed Broccoli	D: Superfast Chili + Steamed Broccoli	D: 10 Minute Black Bean Burgers + Kale Coleslaw	D: Chicken with Lentils & Artichoke Hearts	D: Balsamic & Sweet Onion Pot Roast

Legend:

B: Breakfast

L: Lunch

D: Dinner