



Sample menu for The 30-Day Metabolic Comeback Challenge™

A simple way to plan each of your three meals is to choose a protein, one or two vegetables, a healthy fat, and your spices and seasonings. Then, you can choose to add a fruit to one meal perhaps, or use as a snack. In constructing your meals this way, you can look at the [What Should I Eat](#) guide and make your choices for each meal or snack. To make it even simpler, choose to have some form of Coach Fuel-DF™ Smoothie every day for one of your main meals.

Many of us desire more creativity in our meals and will combine the components in one casserole or overall recipe. The great news is that The Exercise Coach® has an extensive list of healthy breakfasts, smoothies, lunches, snacks, condiments, salads, dinners, sides, soups, and even desserts posted on The Exercise Coach® Pinterest and Facebook pages, and on our website (www.exercisecoach.com). We add to these weekly and indicate which are 30-Day Metabolic Comeback™ approved (or if not, how to make them that way). Listed below is a sample of a 30-day menu plan. Click the link to be taken to each recipe. Note any substitutions needed in parenthesis. If there is no hyperlink, there is no official recipe to follow for that snack or meal.

Look over the menu a week ahead of time, and be sure you have the necessary ingredients. You can mix and match any way you like, but we recommend you try to use ingredients you purchase in multiple meals that week. Also, leftovers are great and as you will see in our 30-day sample plan, we spread out leftovers over a few days. Please note that some recipes need to be prepared in advance, and we have indicated this with the symbol (◆).

For portion sizes, refer back to the section about portion size, page 27. And remember, if you do not need a snack mid-morning or mid-afternoon, it's fine to skip it. While there are not rules regarding what time to eat, we recommend that you finish eating dinner before 7:00 p.m. so your body can digest your meal before bedtime.

DAY 1

Breakfast

[Omelet](#) with tomatoes, spinach, red bell pepper, onion

Snack

Almonds

Lunch

[Tomato, cucumber & avocado salad](#)*

Snack

Apple with almond butter

Dinner

[Chicken and carrots with lemon butter sauce](#)* (use organic butter or ghee)

DAY 2

Breakfast

[Coach Fuel™ green smoothie](#)* (1 scoop Coach Fuel-DF™ with any veggie smoothie recipe)

Snack

½ avocado with sea salt

Lunch

[Slow cooker squash soup](#)* ♦

Raw apple slices

Snack

Raw medium cucumber or pickle

Dinner

[Citrus salmon with broccoli](#)* (omit sugar, use organic butter or ghee)

Day 3

Breakfast

Eggs over easy with garlic- sautéed spinach in olive oil
Slice of tomato & bell pepper

Snack

Plantain chips (Trader Joe's)

Lunch

Grilled chicken, seasoned to taste
Side salad with olive oil & vinegar

Snack

Medium apple

Dinner

[Italian pot roast](#)* (swap white potatoes for sweet potatoes) ♦

Day 4

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

½ banana and a few plantain chips

Lunch

Slow cooker squash soup* - *leftovers from Day 2*

Snack

Hard-boiled egg ♦

Dinner

[Butternut squash chili with beef](#)* ♦ (no beans or dairy added)

Day 5

Breakfast

[Supreme egg loaf](#)* ♦ (1 lg. slice)

Berries

Snack

1 oz. of dark chocolate (no sugar added) and 1 oz. pistachios

Lunch

Butternut squash chili with beef (link above)* - *leftovers from Day 4*

Snack

Hard-boiled egg ♦

Dinner

Italian pot roast (link above)* - *leftovers from Day 3*

Day 6

Breakfast

Coach Fuel-DF™ smoothie* (*see recipe page 73*)

Snack

RXBAR® of choice

Lunch

Supreme egg loaf* ♦ (leftover; 1 lg. slice)

One orange

Snack

½ avocado with sea salt

Dinner

[Ancho-rub flank steak w/ side of arugula & cherry tomato](#)* (eliminate brown sugar)

Day 7

Breakfast

Supreme egg loaf* ♦ (leftover; 1 lg. slice)

Berries

Snack

Raw carrots

Lunch

[Classic Cobb salad](#) (no cheese added, no-sugar bacon) *with [homemade vinaigrette](#)* ♦

Snack

Apple with almond butter

Dinner

[Cilantro lime chicken with avocado salsa](#)*

Day 8

Breakfast

Supreme egg loaf (leftover; or make alternative Egg Bake) ♦

Macadamia nuts

Snack

Banana

Lunch

Grilled chicken on greens with veggies of choice, [homemade creamy avocado dressing](#)*

Snack

Hard-boiled egg ♦

Dinner

Citrus salmon with broccoli (link above)*

Raw carrots

Day 9

Breakfast

Coach Fuel™ green smoothie (link above)*

Snack

1 oz. of dark chocolate (no sugar added)

Berries

Lunch

Scrambled eggs with Exercise Coach homemade salsa (*see recipe page 74*)

Snack

Almonds

Dinner

Coach's lettuce wrap tacos (*see recipe page 74*)

Exercise Coach salsa (*see recipe page 74*)

[Guacamole](#)*

Raw veggies

Day 10

Breakfast

Two hard-boiled eggs ♦
Cashews

Snack

Apple slices with cashew or almond butter

Lunch

Coach Fuel-DF™ chocolate smoothie* (*see recipe page 73*)

Snack

½ avocado with salt

Dinner

[Thai cashew chicken and mango salad](#) (use simple balsamic dressing if homemade included in recipe is too time-consuming, or use [this dressing](#))

Day 11

Breakfast

Coach Fuel™ green smoothie (link above)*

Snack

Pistachios and an orange

Lunch

Taco salad (use leftover taco meat from Day nine on top of chopped greens, with chopped mango, leftover guacamole (link above),* and chopped tomato)

Snack

Raw celery sticks with nut butter

Dinner

[Moroccan spiced pork chops with mashed sweet potatoes](#) (omit sugar; substitute nut milk)*

Day 12

Breakfast

[Omelet](#) with any leftover veggies on hand

Snack

Plantain chips

Lunch

[Roasted cauliflower soup](#)*♦

Snack

Macadamia nuts with ½ apple

Dinner

[Mango shrimp kebobs](#)*

Day 13

Breakfast

Two hard-boiled eggs ♦
½ grapefruit (no sugar added, can add dash of stevia)

Snack

Pear with walnuts

Lunch

Coach Fuel™ green smoothie of choice*

Snack

RXBAR® of choice

Dinner

Grilled chicken breast (salt, pepper, garlic)
Steamed broccoli with melted butter
Roasted cauliflower soup (link above)*

Day 13

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe Page 73*)

Snack

RXBAR® of choice

Lunch

[Zesty lime, shrimp, and avocado Salad](#)*

Snack

Macadamia nuts with berries

Dinner

[Low-carb BLT wraps](#)* (use paleo mayo and no-sugar added bacon)

Day 14

Breakfast

Scrambled eggs
Raw veggie of choice
Ham

Snack

Apple

Lunch

[Creamy sweet potato and rosemary soup](#) (omit cheese and maple syrup)*♦

Snack

Almonds

Dinner

[Sautéed salmon in garlic and dill seasoned butter](#) with [Cauliflower rice](#)*

Day 15

Breakfast

Coach Fuel™ green smoothie* (link above)

Snack

RXBAR® of choice

Lunch

Any greens and veggies salad with homemade vinaigrette*

Snack

Pear with 1 oz. dark chocolate (no sugar added)

Dinner

[Seared scallops](#) (omit white wine and orzo from recipe)
Sweet potato and rosemary soup* - *leftover from day 14*

Day 16

Breakfast

[Omelet](#) with veggies of choice

Snack

Orange

Lunch

[Tomato, cucumber and avocado salad](#)*

Snack

RXBAR® of choice

Dinner

[Two small or one large, twice-baked breakfast sweet potatoes](#)* (use no-sugar added bacon)

Day 17

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

Almonds

Lunch

[Sweet potato, bacon and apple hash](#)* (use no-sugar added bacon)

Snack

RXBAR® of choice

Dinner

[Burger in lettuce wrap](#) (grass-fed beef preferred, top with homemade mayo,*♦ tomato, avocado, onion, cucumber, pepper, etc.)
Pickles

Raw veggies of choice

Day 18

Breakfast

[The pleasures of breakfast salad*](#)

Snack

Raw carrots with [paleo ranch dressing*](#)◆

Lunch

Sautéed veggies (carrots, broccoli, zucchini, cauliflower) with roasted sliced turkey breast

Snack

Macadamia nuts

Dinner

Grilled chicken (salt, pepper, garlic)

[Sweet potato oven fries with chipotle mayo*](#)

Day 19

Breakfast

Coach Fuel™ green smoothie of choice* (link above)

Snack

Raw celery with paleo ranch dressing (link above)*◆

Lunch

[Creamy carrot soup*](#)◆

Snack

RXBAR® of choice

Dinner

[Chicken thighs with root vegetable hash*](#)

Day 20

Breakfast

Eggs over easy

Sliced avocado & salt

Snack

Walnuts with berries

Lunch

Chicken thighs with veggie hash (link above)* - *leftover from day 19*

Snack

Plantain chips

Dinner

Ham steak with side of creamy carrot soup (link above)* - *leftover from day*

Day 21

Breakfast

Coach Fuel-DF™ chocolate smoothie* (*see recipe page 73*)

Snack

Apple with almond butter

Lunch

Green salad with veggies of choice and paleo ranch dressing (link above)*◆

Snack

Guacamole (link above)*◆ with raw veggies to dip

Dinner

[Carne Asada](#)* and guacamole*

Day 22

Breakfast

[Zucchini & sweet potato latke's](#)*◆

Poached egg*

Snack

[Zucchini chips](#)*◆

Lunch

[Coach's pumpkin pie smoothie](#)*

Snack

RXBAR® of choice

Dinner

[Chicken and zucchini poppers](#)*

Guacamole to dip (link above)*

Zucchini chips (link above)*

Day 23

Breakfast

Coach Fuel™ green smoothie of choice (link above)*

Snack

Almonds

Lunch

[Mini frittatas](#) (no dairy added)*◆

Berries

Snack

[Apple nachos](#) (omit semisweet chips or use unsweetened dark chocolate)*

Dinner

Grilled chicken breast (salt/pepper/garlic)
[Almond roasted heirloom tomatoes*](#)

Day 24

Breakfast

Eggs your choice with uncured organic bacon

Snack

[Rosemary and sea salt sweet potato chips*](#)◆

Lunch

[Grilled shrimp over greens of choice with homemade vinaigrette*](#)

Snack

Coach's Cocommune™ Bar

Dinner

Grilled or broiled steak of your choice (seasoned to taste)

[Roasted cauliflower*](#)

Day 25

Breakfast

Mini frittatas (link above) * *(made on Day 23)*

Small green/veggie salad and vinaigrette

Snack

Macadamia nuts

Lunch

[Strawberry, cucumber & melon salad*](#)

Snack

Plantain chips (Trader Joe's)

Dinner

Sautéed shrimp (olive oil, garlic, salt, pepper, lemon juice)

Melon slices

Steamed broccoli

Day 26

Breakfast

Coach Fuel-DF™ chocolate smoothie *(see recipe page 73)*

Snack

Raw carrots or cucumbers

Lunch

Tomato, cucumber, and avocado salad (link above)*

Snack

Olives

Dinner

[Oven pork chop pan roast*](#)
Squash

Day 27

Breakfast

Eggs your choice with side of uncured bacon

Snack

Coach's Coconut Almond-DF™ Bar

Lunch

[Lettuce wrap with roast turkey breast meat, avocado, tomato, paleo ranch dressing*](#)

Snack

Raw celery with almond butter filling

Dinner

[Lip-smackingly good drumsticks](#) (cilantro lime; omit honey/agave)*
Mashed sweet potato
Small side salad of choice

Day 28

Breakfast

Coach Fuel™ green smoothie of choice*

Snack

1 oz. dark chocolate (no added sugar)
Berries

Lunch

Omelet with [roasted turkey breast](#) meat and veggies of choice

Snack

Hard-boiled egg ♦

Dinner

[Roast turkey breast](#), steamed carrots and broccoli, unsweetened applesauce

Day 29

Breakfast

Two hard-boiled eggs ♦

Snack

RXBAR® of choice

Lunch

[Creamy chicken, tomato and vegetable soup*](#) (using coconut milk)

Snack

Pickles

Dinner

[Grilled salmon with avocado salsa*](#)

Day 30

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

Olives

Lunch

Creamy chicken, tomato and vegetable soup (link above)* - *leftover from day*

29

Snack

Apple with almond butter

Dinner

[Sirloin and peppery tomato reduction*](#)

Sautéed zucchini & onion

Recipes

Coach Fuel-DF™ Chocolate Smoothie (can use Coach Fuel™ whey protein if not on the 30-Day Metabolic Comeback Challenge™)

1 scoop Coach Fuel-DF™

8 oz. unsweetened almond, cashew or coconut milk

Dash of cinnamon powder

1 Tbsp. unsweetened cocoa or raw cacao powder

½ banana

½ - 1 tsp. coconut oil

Crushed ice

Fill your blender with all ingredients and blend until desired consistency. (Add water to thin; use frozen banana to thicken.) Options: Add berries; add a Tbsp. of nut butter; skip cocoa or cacao powder.

Exercise Coach Salsa – simple but delicious!

1 can organic diced tomato
1 can Rotelle brand tomatoes (mild or spicy)
1 handful of cilantro (or 1 tbsp. dried)
1 tsp. garlic powder
1tsp. cumin
1-2 tsp. salt to taste
½ medium onion chopped
1 lime, juiced
1 Jalapeno pepper, seeded and chopped – (optional) for heat

Place ingredients in blender and blend until all are incorporated or to your desired consistency.

Coach's Lettuce Wrap Tacos

Romaine (large leaf) or iceberg lettuce
1 lb. ground beef or turkey (organic; grass fed preferred)
1 medium onion
1 Tbsp. olive oil
1 Tbsp. anchor chili powder
1 tsp. cumin
1 tsp. garlic
1 tsp. dried cilantro
1 tsp. paprika
1 Tbsp. salt
¼ cup water

Optional: chopped tomato, chopped fresh cilantro, chopped avocado

Heat olive oil in pan at medium temperature. Add chopped onion and sauté for two minutes. Add ground beef or turkey. Brown the meat and onion together. Mix the seasonings together and add to the browned meat/onion mixture. Add ¼ cup water. Cook on low for ten minutes.

While meat mixture is cooking, prepare lettuce leaves to use as taco shells.
Assemble: add meat, chopped tomato, guacamole and salsa.