

-FREE-
4-Week
 Total Body Makeover
CHALLENGE
 July 2013

My Dream Shape + My Fit Station Team Up!
Bikini POW Clean Shredding Meal Plan

Week 1-4

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Bikini POW Omelet	Choco-Cherry Oatmeal Cookie	Stuffed Egg Salad	Bikini Booty Raspberry Shake	Apple Turkey Pattie with Spinach Salad
Day 2	Choco-Cherry Oatmeal Cookies	Nut Mix	Apple and Turkey Patties with Spinach Salad	½ cup fresh pineapple + ½ cup cottage cheese	Keto Spinach salad
Day 3	Steaming Hot Quinoa Porridge	1 banana + 1 Tbsp natural nut butter	Lentil & Mushroom Collard Wrap	Yogurt dip + 1 cup of raw veggies	Steamed Mahi Mahi Hummus
Day 4	Fit bikini protein Pancakes	2-3 Tbsp. Hummus + 1 cup raw veggies	Grilled Chicken Phili + 1 cup of steamed broccoli	Yummy Nut Balls	Vegetarian Chili
Day 5	Pizza Omelet	Apple dipped in warm almond butter	Dream Shape Coconut Shrimp	(skip it!)	Eat Out/Special weekly treat meal!
Day 6	Cinnamon Vanilla Protein Shake	Egg Muffin	Sprouted Garden Wrap	Skinny Avocado & Tuna Bites	Chicken Tofu Stir-Fry Curry
Day 7	Egg Scramble with bacon on the side + 1 cup of berries	Piece of fruit	Quinoa Burger + 1 cup steamed asparagus	White Bean Dip with Grilled Zucchini	Baked Salmon with side of Cabbage Salad

Get All the Bikini POW Clean Shredding Recipes at



www.myfitstation.com/bikinipow & www.mydreamshape.com/bikinipow