

2 of 23

JILLIAN MICHAELS

RIPPED IN 30

Find the recipes, nutritional information and cooking instructions for each of the meals below in the accompanying recipe file. The recipes are organized alphabetically by meal.

30 DAY MEAL PLAN

	Breakfast	Lunch	Snack	Dinner
Day 1	2 Eggs and Toast	Turkey and Avocado Wrap	Apple Berry Banana Smoothie	Turkey Kebabs
Day 2	Yogurt, Berries and Almonds	Grilled Sirloin Salad	Almonds and an Orange	Chicken Satay
Day 3	Waffles and Bananas	Mexican Pizza	Protein Bar 1 like 22 Days brand.	Black Bean Chili
Day 4	Ezekiel English Muffin or Toast with Almond Butter	Hummus and Vegetable Pita	Turkey Jerky	Roasted Salmon
Day 5	Oatmeal with Apples and Pecans	Seared Tuna Salad	Hard-Boiled Egg With an Apple	BBQ Chicken and Black Bean Burrito
Day 6	Egg White Breakfast Wrap	Chickpea Burgers	Hummus and Veggies	Honey-Lemon Marinated Chicken Breasts
Day 7	Cheerios with a Banana or Berries	Subway Veggie Delite	Popchips and Cottage Cheese	Zesty Shrimp Veracruzana
Day 8	Cottage Cheese and Pineapple	Salmon and Blueberry Salad	Baked Corn Chips and Salsa	Mediterranean Pizza
Day 9	Bagel and Cream Cheese	Chicken Salad With Avocado and Mango	Sunflower Seeds and Watermelon	Mahi Mahi Tacos
Day 10	Baked Sweet Potato and Sausage	Grilled Veggie Salad	Mozzarella Cheese and a Pear	Nut-Encrusted Chicken Breasts

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