

Trim & Taste Wellness Bundle

7-Day Meal Plan

7-DAY CLEAN EATING MEAL PLAN

Day 1:

- Breakfast: Greek yogurt + berries
- Lunch: Chicken salad with avocado
- Dinner: Baked salmon + roasted veggies

Day 2:

- Breakfast: Oats + almond butter + banana
- Lunch: Turkey wrap + spinach
- Dinner: Stir fry with tofu and quinoa

Day 3:

- Breakfast: Smoothie (spinach, banana, almond milk)
- Lunch: Hummus + veggie wrap
- Dinner: Grilled chicken + sweet potato mash

Day 4:

- Breakfast: Chia pudding with berries
- Lunch: Lentil soup + side salad
- Dinner: Shrimp stir fry

Day 5:

- Breakfast: Scrambled eggs + avocado toast
- Lunch: Tuna salad + crackers
- Dinner: Turkey meatballs + zucchini noodles

Day 6:

- Breakfast: Protein pancakes
- Lunch: Chicken & veggie bowl
- Dinner: Grilled steak + steamed greens

Day 7:

- Breakfast: Overnight oats
- Lunch: Egg wrap + fruit
- Dinner: Baked cod + quinoa & asparagus

Mindset Journal Pages

MINDSET JOURNAL PAGES

DAILY PROMPTS:

- Today, I am grateful for:
- I will feel proud of myself if I:
- I will show up for myself by:
- One healthy thing I'm doing today:
- Positive affirmation of the day:

Goal Tracker (Google Sheets)

GOAL TRACKER (Use in Google Sheets)

TRACK WEEKLY:

- Water intake (oz)
- Steps
- Workouts
- Sleep hours
- Mood check
- Energy levels

TIP:

Update this every evening for the best results!

BONUS: Healthy Habits Audio

BONUS: HEALTHY HABITS AUDIO

Included in your download link is a motivational audio file:

- Title: "Reset Your Mindset - 5 Minute Pep Talk"
- Format: MP3
- Duration: 5 minutes

Use this audio every morning or whenever you need a boost.