

BECOME UNSHACKLED(TM)

30-DAY MEAL PLAN

Nourish. Steward. Rebuild.

Designed to pair with the Become Unshackled(TM) Detox Protocol while establishing sustainable whole-food habits.

Food is not punishment. Food is provision.

This plan emphasizes simple, minimally processed foods, adequate protein, produce, hydration, and disciplined portions - not starvation, crash dieting, or extreme restriction.

1. How to Use This Meal Plan

This is a flexible meal framework rather than a calorie-restriction diet. Adjust portions for your body size, activity level, goals, appetite, and medical needs. During Days 1-15, keep meals especially simple to complement the Detox Protocol. Days 16-30 gradually broaden variety while preserving the same whole-food foundation.

Build around protein: Include a quality protein source at each main meal.

Eat plants daily: Use vegetables and fruit for fiber, micronutrients, and food variety.

Choose useful carbohydrates: Favor oats, brown or wild rice, quinoa, potatoes, sweet potatoes, beans, lentils, and fruit according to tolerance and goals.

Use healthy fats: Examples include olive oil, avocado, nuts, seeds, and appropriate clean fish.

Hydrate consistently: Use water as the primary beverage. The Detox Protocol includes a minimum label instruction of 8 cups daily while using Clean.

Reduce dietary noise: Limit highly processed foods, fried foods, excess added sugar, sugary drinks, and frequent grazing.

Simple Plate Guide

1/2 plate: non-starchy vegetables **1/4 plate:** protein **1/4 plate:** quality carbohydrate, with a modest healthy-fat source as appropriate.

Meal timing should be practical and consistent. If you are using FORMYou(TM) Pure, coordinate meals with the product label directions in the Detox Protocol guide.

WEEK 1 - SIMPLIFY

Day	Breakfast	Lunch	Dinner	Optional Snack
1	Eggs + spinach + berries	Grilled chicken salad + avocado	Baked salmon + broccoli + sweet potato	Apple + almonds
2	Oatmeal + berries + walnuts	Turkey lettuce wraps + cucumber + brown rice	Chicken + green beans + quinoa	Pear + pumpkin seeds
3	Egg scramble + peppers + avocado	Tuna over mixed greens + fruit	Turkey meatballs + zucchini + roasted potato	Berries + walnuts
4	Plain Greek yogurt + berries + chia	Chicken vegetable bowl + quinoa	Baked cod + asparagus + sweet potato	Apple + nut butter
5	Oatmeal + cinnamon + apple + eggs	Lentil/chicken vegetable soup	Turkey burger (no bun) + salad + roasted potato	Orange + almonds
6	Eggs + sauteed greens + berries	Salmon salad + avocado	Chicken + mixed vegetables + brown rice	Cucumber + hummus
7	Greek yogurt + fruit + walnuts	Turkey and vegetable bowl	Baked clean fish + greens + quinoa	Fruit + seeds

WEEK 2 - CLEANSE & SUPPORT

Day	Breakfast	Lunch	Dinner	Optional Snack
8	Eggs + spinach + oatmeal	Chicken salad + olive oil dressing	Salmon + Brussels sprouts + sweet potato	Apple + almonds
9	Greek yogurt + berries + chia	Turkey quinoa bowl + vegetables	Chicken + broccoli + brown rice	Pear + walnuts
10	Oats + berries + eggs	Tuna cucumber salad + potato	Cod + green beans + quinoa	Carrots + hummus
11	Egg scramble + avocado + fruit	Chicken lentil bowl	Turkey + roasted vegetables + sweet potato	Berries + seeds
12	Greek yogurt + apple + walnuts	Salmon greens bowl	Chicken + asparagus + brown rice	Orange + almonds
13	Oatmeal + cinnamon + berries	Turkey salad + quinoa	Clean fish + broccoli + potato	Apple + nut butter
14	Eggs + vegetables + avocado	Chicken vegetable soup	Salmon + greens + sweet potato	Fruit + walnuts

WEEK 3 - REBUILD

Day	Breakfast	Lunch	Dinner	Optional Snack
15	Oats + berries + eggs	Chicken quinoa salad	Turkey + vegetables + brown rice	Apple + almonds
16	Greek yogurt + fruit + chia	Salmon bowl + avocado	Chicken + broccoli + sweet potato	Hummus + vegetables
17	Eggs + whole-grain toast + fruit	Turkey and bean salad	Cod + vegetables + quinoa	Pear + walnuts
18	Oatmeal + banana + seeds	Chicken wrap/bowl + greens	Lean beef + broccoli + potato	Berries + Greek yogurt
19	Eggs + spinach + avocado	Tuna + white bean salad	Chicken + vegetables + brown rice	Apple + nut butter
20	Greek yogurt + oats + berries	Turkey quinoa bowl	Salmon + asparagus + sweet potato	Orange + almonds
21	Egg scramble + vegetables + fruit	Chicken lentil soup	Clean fish tacos in corn tortillas + slaw	Fruit + seeds

WEEK 4 - SUSTAIN

Day	Breakfast	Lunch	Dinner	Optional Snack
22	Oats + berries + walnuts + eggs	Chicken salad + whole grain	Turkey chili + vegetables	Apple + almonds
23	Greek yogurt + fruit + chia	Salmon quinoa bowl	Chicken stir-fry + brown rice	Vegetables + hummus
24	Eggs + avocado + fruit	Turkey wrap/bowl + greens	Cod + broccoli + potato	Pear + walnuts
25	Oatmeal + banana + nut butter	Chicken bean bowl	Lean beef + vegetables + sweet potato	Greek yogurt + berries
26	Eggs + vegetables + toast	Tuna salad + quinoa	Chicken + green beans + brown rice	Apple + seeds
27	Greek yogurt + berries + walnuts	Turkey lentil bowl	Salmon + vegetables + potato	Orange + almonds
28	Oats + apple + cinnamon + eggs	Chicken avocado salad	Clean fish + quinoa + greens	Fruit + nut butter

DAYS 29-30 - OWN THE RHYTHM

Day	Breakfast	Lunch	Dinner	Optional Snack
29	Choose a favorite balanced breakfast	Repeat a favorite whole-food lunch	Repeat a favorite balanced dinner	Optional whole-food snack
30	Build your own protein + produce breakfast	Build your own protein + plant lunch	Build your own protein + vegetables + quality carb dinner	Only if hungry

2. Grocery Framework

Proteins: Eggs; chicken; turkey; salmon; cod or other appropriate clean fish; tuna; lean beef; plain Greek yogurt; beans; lentils.

Vegetables: Leafy greens; broccoli; asparagus; green beans; Brussels sprouts; peppers; cucumber; zucchini; carrots; cabbage/slaw vegetables.

Fruit: Berries; apples; pears; oranges; bananas and other whole fruit in reasonable portions.

Quality carbohydrates: Oats; quinoa; brown/wild rice; potatoes; sweet potatoes; beans; lentils; whole grains; corn tortillas.

Healthy fats: Extra-virgin olive oil; avocado; almonds; walnuts; seeds; natural nut butter.

Flavor: Herbs, spices, garlic, onion, lemon/lime, vinegar, cinnamon; use salt appropriately for your individual needs.

Foods to Minimize During the Reset

Sugary beverages, candy and desserts, heavily processed snack foods, frequent fast food, deep-fried foods, excessive refined grains, and alcohol. The goal is to reduce dietary noise so you can recognize hunger, fullness, energy, digestion, and food tolerance more clearly.

3. Meal Prep Rhythm

Twice each week: prepare 2-3 proteins, cook 1-2 quality carbohydrate sources, wash/chop vegetables, portion fruit and nuts, and keep simple salad ingredients available. This makes the disciplined choice the easy choice.

Use leftovers strategically: dinner protein can become tomorrow's salad, bowl, wrap, or soup. The plan is intentionally repetitive enough to simplify shopping and preparation while still providing variety.

4. Safety & Individualization

This meal plan is general educational guidance, not medical nutrition therapy. People with diabetes, kidney disease, gastrointestinal disorders, food allergies, pregnancy, eating-disorder history, or other conditions requiring dietary management should individualize the plan with an appropriate healthcare professional. Adjust foods for allergies, intolerances, medications, and clinician-directed restrictions.

Do not use this plan to justify severe calorie restriction, prolonged fasting, dehydration, or ignoring persistent symptoms. Hunger, activity demands, body size, and health goals differ. Eat enough to support normal function and recovery.

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Honor God. Form Your Body. Fulfill Your Purpose.