



MaximizedLiving

20 in 30 Meal Plan

2-3 eggs scrambled with cheese	Breakfast
½ smoothie	Morning Snack
Salad with Chicken, Vinegar and Oil dressing	Lunch
Almonds butter with Apple	Afternoon Snack
Meat(fish,beef,chicken) with mixed veggies	Dinner
Avocado , mixed nuts	Evening Snack (optional), fat and/or protein

Water, Water, Water, Water, Water

Dairy- Organic, Full Fat/Whole(milk, cheese, yogurt, etc.)

Fruits and Veggies- Fresh/Raw when possible (season to taste), Frozen is acceptable, no canned

Additional options- turkey bacon, unsweetened almond milk, trail mix

Limitations: refined carbohydrates, processed/boxed foods, fast food, soda, juice from concentrate, margarine

20 in 30 Burst

Day 1	Sprint in Place
Day 2	Air squat
Day 3	Push ups
Day 4 (optional)	Squat Thrusts

Intervals:

20 seconds on

20 seconds off

20 seconds on

20 seconds off

20 seconds on

20 Seconds off

Repeat 2 more times

