

# Week 6: The Little Black Dress Challenge Meal Planner



Daily upon rising, make a Flaxseed or Chia Cocktail:  
1 full teaspoon of ground seeds in 150ml water.  
Drink quickly. Do not let it sit too long or it will coagulate!

Follow with a Morning Mojo, to move toxins through the body.

## This Meal Planner is for Maintenance

**On Day 42 - YOU GET TO CHOOSE ANY OF THE RECIPES FROM THE LBD COOKBOOK, INCLUDING TREATS HOWEVER YOU MUST DO A WORKOUT - AT HOME IF YOU CANNOT MAKE MDHQ! Don't gorge or undo all of your hard work.**

**[See Depletion Workout below]**

|             | DAY 36  | DAY 37  | DAY 38  | DAY 39                                   | DAY 40   | DAY 41   | DAY 42                                   |
|-------------|---|---|---|--|--|--|--|
| ON WAKING   | Flaxseed or Chia Cocktail & Morning Mojo        | Flaxseed or Chia Cocktail & Morning Mojo        | Flaxseed or Chia Cocktail & Morning Mojo        | Flaxseed or Chia Cocktail & Morning Mojo | Flaxseed or Chia Cocktail & Morning Mojo           | Flaxseed or Chia Cocktail & Morning Mojo         | Flaxseed or Chia Cocktail & Morning Mojo |
| BREAKFAST   | Any LBD Smoothie                                | Any LBD Smoothie                                | Frittata  | Frittata                                 | Fruit Free Smoothie                                | Frittata   | <b>ANY LBD BREAKFAST</b>                 |
| MID MORNING | Trail Mix                                       | Apple & 1 tbsp nut butter                       | Trail Mix                                       | 80g Tuna & ½ Avocado                     | Bone Broth   | Bone Broth                                       | None                                     |
| LUNCH       | Super Veggie Soup w/ protein packed grain salad | Super Veggie Soup w/ protein packed grain salad | Super Veggie Soup w/ protein packed grain salad | Frittata                                 | Gut Healing Soup w/ protein packed grain salad     | LBD Turkey Burgers w/ mashed cauliflower         | <b>ANY LBD RECIPE!</b>                   |
| DINNER      | Deep South Gumbo                                | Deep South Gumbo                                | LBD Turkey Burgers w/ mashed cauliflower        | LBD Turkey Burgers w/ mashed cauliflower | 115g Baked Salmon, 1 sweet potato, sautéed spinach | 115g Chicken, 1 sweet potato, mashed cauliflower | <b>ANY LBD RECIPE &amp; LBD TREAT!</b>   |
| BEFORE BED  | Flaxseed/Chia Cocktail                          | Flaxseed/Chia Cocktail                          | Flaxseed/Chia Cocktail                          | Flaxseed/Chia Cocktail                   | Flaxseed/Chia Cocktail                             | Flaxseed/Chia Cocktail                           | Flaxseed/Chia Cocktail                   |
| SUPPLEMENTS | Fish Oil + Multivitamin                         | Fish Oil + Multivitamin                         | Fish Oil + Multivitamin                         | Fish Oil + Multivitamin                  | Fish Oil + Multivitamin                            | Fish Oil + Multivitamin                          | Fish Oil + Multivitamin                  |

# *The Little Black Dress Challenge*

## *Basic Depletion Workout*



### **Basic Depletion Workout:**

**Reps: 10, 20, 30, 20, 10**

### **Exercises:**

- **Bodyweight Squats**
- **Press Ups**
- **Sit Ups**
- **Jumping Jacks**
- **Sprint**

**Do 10 Squats, then 10 press ups, 10 sit ups, 10 Jumping Jacks, then 10 sec Sprint.**

**Then do 20 of each, then 30 of each, then 20 again, then 10 again.**