

# 30 WEIGHT LOSS AND RESET DAY TRANSFORMATION PLAN



PROTEIN MILKSHAKE

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# *Ready to get healthy with an easy weight loss routine that lets you enjoy the foods you crave?*

*The 30 Day Transformation will help you reach your goals while saving you time, money and the hassle of cooking three meals a day, while losing up to 15 pounds in 30 days.*

*More importantly, this plan will help you manage emotional eating and introduce you to a new way of enjoying the flavors of your favorite foods while transforming the habits that have been holding you back from your goals!*

*Curb cravings, lose weight and those stubborn inches from your waist with a high purity protein source that is formulated to keep your hormones balanced and your energy high.*

*The basic rules of the 30 Day Transformation are easy. Your daily menu will have protein packed meals, such as Protein Milkshakes, healthy carbs to keep your energized, and veggies in unlimited quantities.*

*The secret will be to maintain your daily macro goals of 100g protein, while staying under 100g carbs and 50g fat, and keeping within 1200 – 1800 calories, depending on your activity level.*

*You'll feel full, all while kicking your sugar cravings and reach your goals while enjoying the flavors of the foods you love.*

*Get started now — and finally enjoy the results you want!*

## TIPS FOR SUCCESS

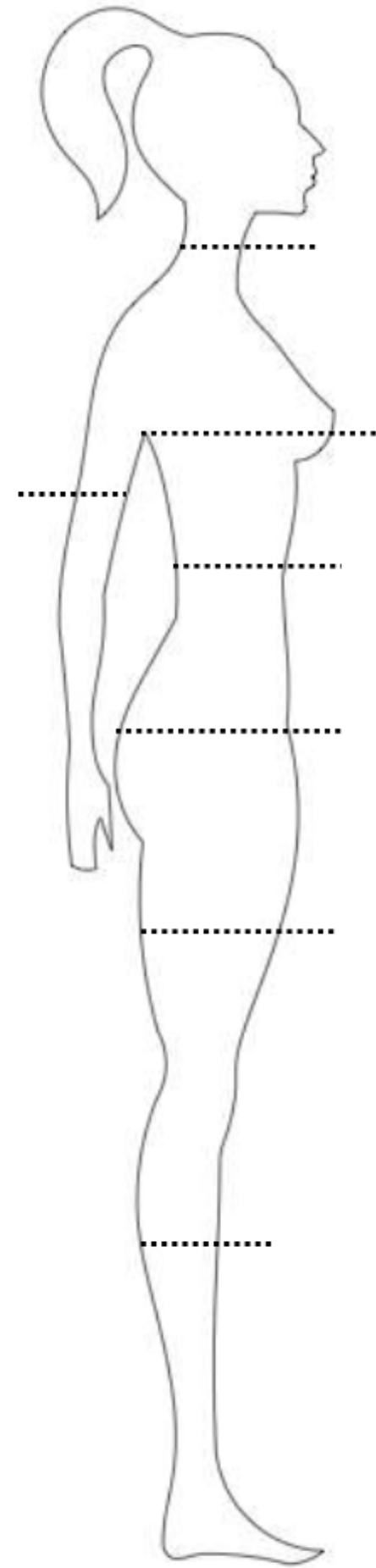
- ✓ *For best results track all your food. Eat to meet daily protein, carbs, calorie and fat macro goals outlined in the Meal Plan Guidelines. Download the Myfitnesspal app or any similar program to track your food daily and stay on track with your progress.*
- ✓ *Use the approved food in the grocery list to stay within the macro guidelines. Or choose products that match meet your daily macros. Choose organic foods with clean ingredients, and no artificial ingredients.*
- ✓ *Stay on the plan, without taking cheat days. If you have a cheat, record it in your daily food tracker and adjust your next meals to stay within your daily macro goals.*
- ✓ *Practice a self care activity when you feel like going off plan to help you stay focused on your progress.*
- ✓ *Follow social media accounts online who help keep you inspired, motivated and on track with your goals.*
- ✓ *Have a plan for yourself for the times that could get in the way of following your plan. Make an extra batch of protein pasta, waffles and burgers and freeze so you can grab and go when you are in a rush.*
- ✓ *Celebrate your progress everyday! You are amazing!*

## THE PLAN

- ✓ *2 servings of Protein Milkshake a day (as a shake or in a recipe) + 1-2 healthy meals to meet your daily macro requirements.*
- ✓ *Daily Macro Requirements: 100g protein, up to 100g carbs and 50g fat. If you are on keto, stay within your carb guidelines, and maintain the fat and protein guidelines in this plan.*
- ✓ *Daily calorie requirements: 1200 – 1800 depending on your height, weight, age and activity level. Track your macros and find your optimal caloric intake by observing how much food you need to feel full and energized. If you don't see weight loss after week 1, drop your calories by 200-500 calories, but do not go under 1200 calories.*
- ✓ *For best results, exercise is recommended. It will boost your serotonin levels – giving you a feeling of happiness unrelated to food – which helps fix emotional eating, and improve your digestion and sleep, which will accelerate your weight loss.*
- ✓ *Tracking your macros is the key to your success on this plan. Eating the same foods weekly will help make this process easier for you.*

# RECOMMENDED TRANSFORMATION PLAN BUNDLE



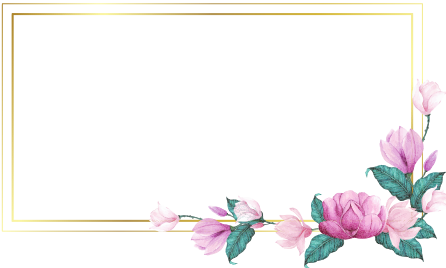


PROGRESS  
TRACKER

WEEK ONE DATE:

\_\_\_/\_\_\_/\_\_\_

*Goal Weight*



MEASUREMENTS

LOSS/GAIN

*weight*

*neck*

*arms*

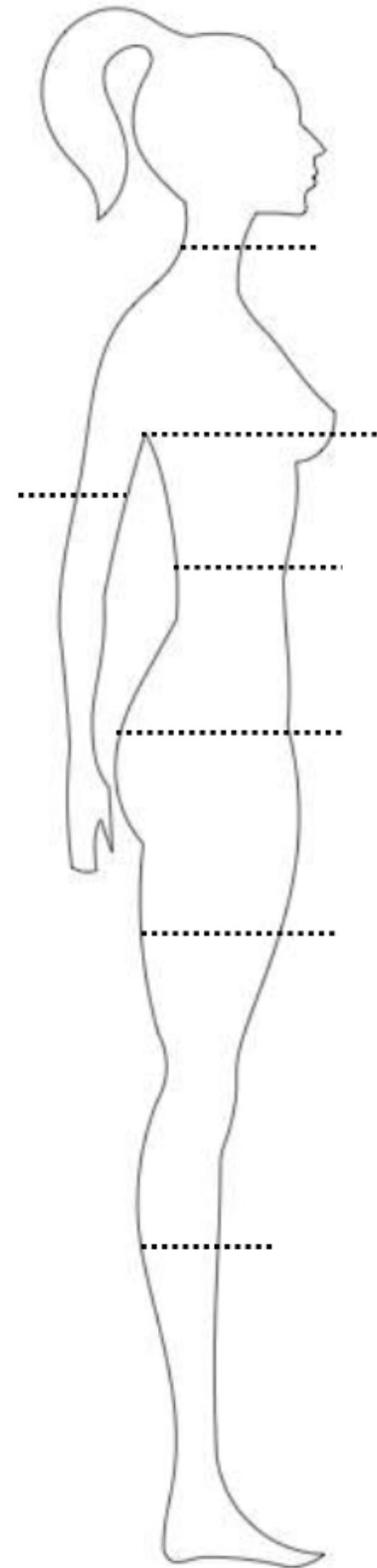
*chest*

*waist*

*hips*

*thighs*

*calf*

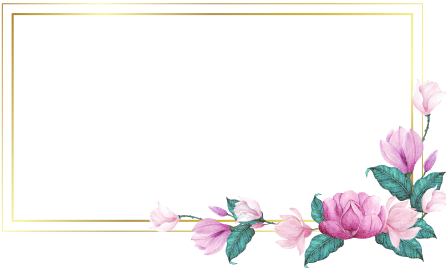


PROGRESS  
TRACKER

WEEK TWO DATE:

\_\_\_/\_\_\_/\_\_\_

*Goal Weight*



MEASUREMENTS

LOSS/GAIN

*weight*

*neck*

*arms*

*chest*

*waist*

*hips*

*thighs*

*calf*

PROGRESS  
TRACKER

WEEK THREE DATE:

\_\_\_/\_\_\_/\_\_\_

*Goal Weight*



MEASUREMENTS

LOSS/GAIN

*weight*

*neck*

*arms*

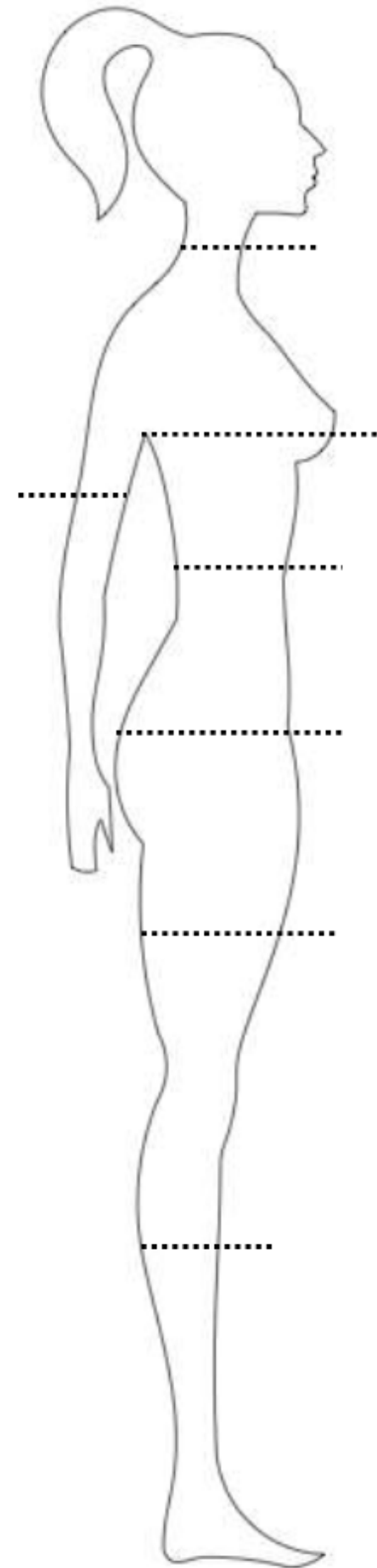
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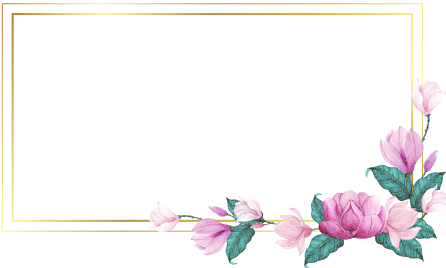


PROGRESS  
TRACKER

WEEK FOUR DATE:

\_\_\_/\_\_\_/\_\_\_

*Goal Weight*



MEASUREMENTS

LOSS/GAIN

*weight*

*neck*

*arms*

*chest*

*waist*

*hips*

*thighs*

*calf*

# WEIGHT LOSS TRACKER

*Pounds Lost*

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

*Week 1*

*Week 2*

*Week 3*

*Week 4*

*Customize this  
list with your  
favorite foods*

## GROCERY LIST

### *Protein*

- ☐ Protein Milkshake
- ☐ Chicken Breast or  
Ground Vegan  
Crumbles
- ☐ Low Fat Burgers
- ☐ Eggs

### *Carbs*

- ☐ Oats (optional)
- ☐ Low Carb Protein  
Pasta

### *Fats*

- ☐ Spray Oil
- ☐ Nut Butter

### *Produce*

- ☐ Brocoli, Brussel  
Sprouts, Asparagus
- ☐ Peaches, Berries

### *Pantry*

- ☐ Plant Milk

### *Other/Optional*

- ☐ Sugar free syrup
- ☐ Sugar Free  
chocolate chips

## DAILY MEAL PLAN GUIDELINES

100G PROTEIN

>100G CARBS

>50G FAT

1200 - 1800  
CALORIES

## MENU OPTIONS

### *Breakfast*

- *Protein Milkshake  
& 1 tsp nut butter*
- *Eggs & 1/4 cup  
oatmeal*
- *Protein Milkshake  
pancakes/waffles*

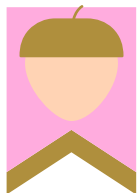
### *Lunch*

- *Protein pasta,  
veggies and protein*
- *Burger & veggies*
- *Burrito bowl*
- *Protein Milkshake  
& side of veggies*

### *Dinner*

- *Burger & veggies*
- *Protein & veggie  
stirfry*
- *Protein Milkshake*
- *Burrito bowl*
- *Protein Mug Cake*

*Snacks: Protein Milkshake, Veggies, Protein Mug Cake, Protein Waffle,  
Protein Dip & Fruit*



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## DAY 1

## Schedule

am \_\_\_\_\_

noon

*pm* \_\_\_\_\_

## Breakfast

## Lunch

## Dinner


## Snacks



## Gratitude List

• • • • •

- *Workout*
- *Read A Book*
- *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*

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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*

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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

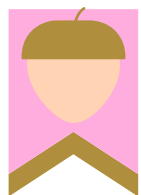
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## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



## DAY 5

## Schedule

am \_\_\_\_\_

noon

*pm* \_\_\_\_\_

## Breakfast

## Lunch

## Dinner


## Snacks



## Gratitude List

.....

- *Workout*
- *Read A Book*
- *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## *Dinner*

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*



*am*

*noon*

*pm*

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## Snacks

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


pm \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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## Breakfast

## Lunch

## Dinner

## Snacks

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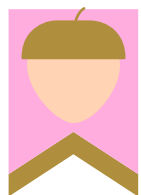
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## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



## DAY 17

## Schedule

am \_\_\_\_\_

noon

*pm* \_\_\_\_\_

## Breakfast

## Lunch

## Dinner


## Snacks



## Gratitude List

.....

- *Workout*
- *Read A Book*
- *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*

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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*

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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

pm \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*

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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## *Dinner*

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

*pm* \_\_\_\_\_

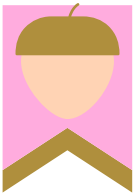
## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*

DATE ..... M T W T F S S



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NOTES .....  
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☐  
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DAY 28

*Schedule*

*am* \_\_\_\_\_

\_\_\_\_\_

*noon* \_\_\_\_\_

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*pm* \_\_\_\_\_

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FOOD DIARY

*Breakfast*

*Lunch*

*Dinner*

*Snacks*




☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

*Gratitude List*

.....

SELF CARE

- ☐ *Workout*
- ☐ *Read A Book*
- ☐ *Affirmations / Prayer*



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am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon


*pm* \_\_\_\_\_

## Gratitude List

## ○ Workout

○ *Read A Book*

○ *Affirmations / Prayer*



\_\_\_\_/\_\_\_\_/\_\_\_\_



am \_\_\_\_\_

## Breakfast

## Lunch

## Dinner

## Snacks

noon

*pm* \_\_\_\_\_

## Gratitude List

## Workout

○ *Read A Book*

○ *Affirmations / Prayer*

## RECIPE

### *Classic Protein Milkshake*

#### *Ingredients*

- 1 scoop Protein Milkshake
- 1 cup sugar free plant milk

#### *Directions*

- Blend and enjoy!



## NUTRITION WITH MILK

- 22g protein
- 4 carbs
- 2g fat
- 190 calories

## RECIPE

### *Healthy Protein Pasta*

#### *Ingredients*

- *1 cup protein pasta*
- *3 cups veggies*
- *1 cup pasta sauce (red)*
- *low fat protein of choice*

#### *Directions*

- *Cook pasta*
- *Cook veggies in sauce and add cooked protein & noodles*



## NUTRITION

- *40g protein*
- *40g carbs*
- *8g fat*
- *375 calories*

## RECIPE

### *Healthy Protein Burrito Bowl*

#### *Ingredients*

- *4 oz protein of choice*
- *2 cups veggies*
- *1 tbsp taco spice*
- *1/4 cup greek yogurt*

#### *Directions*

- *Cook protein with taco spice and add veggies*
- *Cook protein with taco spice and add veggies & toss with greek yogurt*



## NUTRITION

- *30g protein*
- *30g carbs*
- *8 fat*
- *300 calories*

## RECIPE

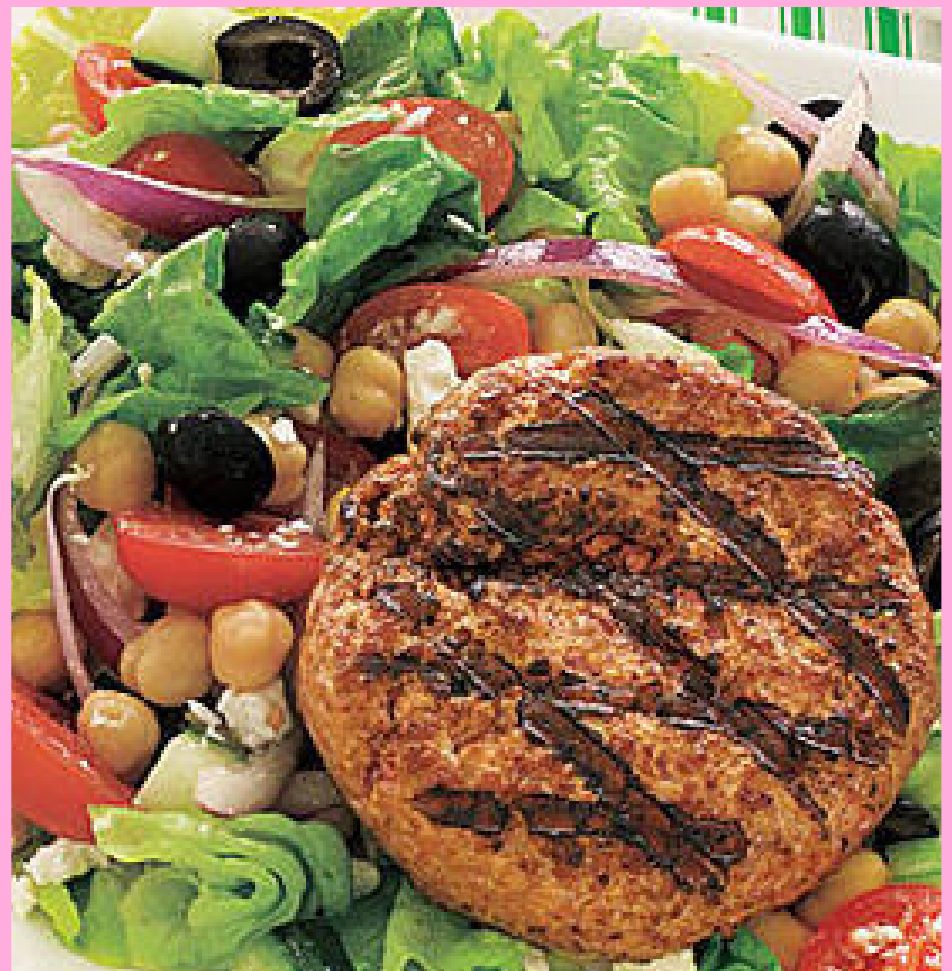
### *Healthy Protein Burger*

#### *Ingredients*

- *1 burger*
- *2 cups of veggies or salad mix*

#### *Directions*

- *Cook burger according to directions and enjoy burger according to your preference.*



## NUTRITION

- *25g protein*
- *5g carbs*
- *10g fat*
- *350 calories*

## RECIPE

### *Healthy Protein Mug Cake*

#### *Ingredients*

- *1 scoop Protein Milkshake*
- *1/4 cup almond milk*
- *1 egg*
- *2 tbsp coconut flour*
- *1/2 tsp baking powder*
- *1 tbsp sweetener*

#### *Directions*

*Blend well and pour in a mug. Microwave for 1 minute, remove when fully cooked.*



## NUTRITION

- *30g protein*
- *6g carbs*
- *3g fat*
- *200 calories*

## RECIPE

### *Healthy Protein Pancakes & Waffles*

#### *Ingredients*

- 1 scoop Protein Milkshake
- *1/4 cup almond milk*
- *1 tsp flour*
- *1 egg*
- *sprinkles*

#### *Directions*

*Blend well and pour in a griddle or waffle iron until cooked. Top with whipped cream.*



## NUTRITION



*30g protein*



*8g carbs*



*8g fat*



*280 calories*

## RECIPE

### *Healthy Protein Oatmeal*

#### *Ingredients*

- *1 scoop Protein Milkshake*
- *1 cup almond milk*
- *1/4 cup organic oats*
- *1 cup water*

#### *Directions*

- *Cook oats with water according to package directions.*
- *Blend protein with almond milk and pour over cooked oats.*



## NUTRITION

- *30g protein*
- *30g carbs*
- *4g fat*
- *200 calories*

# *Have questions or want more recipes and healthy inspiration?*

*Join us on Instagram to join a community of 32,000 others sharing their weight loss success tips, recipes and motivation!*



*@proteinmilkshake*

*Have questions or need help? Contact us!*



*call/text 855.582.2580*



*hello@proteinmilkshakebar.com*