



MEAL BLUEPRINT

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ULTIMATE FAT LOSS BLUEPRINT · BONUS

MEAL PLANS

30 DAYS · 5 WEEKS · 1 TRANSFORMATION

A science-backed roadmap to a slimmer, healthier you.

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The 30-Day Healthy Meal Plan

With a 7-Day Drop-a-Dress-Size Kickstart

Transform your body in 30 days with this easy-to-follow plan designed to melt fat, curb cravings, and build lasting habits. Kickstart with the **7-Day Drop a Dress Size Plan** to lose 5–10 lbs of bloat and water weight, then continue with a balanced 30-day plan to drop inches and feel amazing. Packed with nutrient-dense smoothies and meals featuring superfoods like chia and flax, this plan leverages fiber, protein, and omega-3s to stabilize blood sugar, boost metabolism, and enhance digestion.

— Why This Plan Works

- ◆ **Rapid Results.** The 7-day kickstart reduces bloating and jumpstarts fat loss.
- ◆ **Superfood Power.** Chia and flax curb hunger, support heart health, and may reduce cancer risk.
- ◆ **Simple & Flexible.** Easy recipes with everyday ingredients, including daily smoothies for convenience.

— Tips for Success

- ◆ **Sustainable Habits.** Steady, satisfying weight loss of 1–2 lbs per week.
- ◆ **Hydrate.** Drink 8 glasses of water daily and add 20–30 minutes of light activity.
- ◆ **Prep Ahead.** Batch smoothies and grind flax seeds for better nutrient absorption.

Important. Consult a healthcare professional before starting, especially if you take medications such as blood thinners, as high-fiber foods may affect blood clotting. Results vary.

WEEK 1 DAYS 1-7 · ~1,200 CALORIES Drop-a-Dress-Size phase

Kickstart Week

DAY	BREAKFAST (SMOOTHIE)	LUNCH	DINNER	SNACK 1	SNACK 2
1	Berry Chia Blast	Grilled chicken salad	Salmon + kale + chickpeas	Apple + flax	Carrots + hummus
2	Green Flax Power	Turkey wrap	Cod + broccoli + quinoa	Yogurt + chia	Celery + almond butter
3	PB Banana Smoothie	Tofu veggie stir-fry	Shrimp salad + avocado	Pear + chia	Almonds
4	Mixed Berry Smoothie	Quinoa chickpea salad	Turkey stir-fry	Orange + flax	Cottage cheese + cucumber
5	Peach Mango Flax	Egg salad	Chicken + sweet potato	Berries + chia	Yogurt dip
6	Strawberry Banana Chia	Lentil soup	Fish + asparagus + rice	Apple + PB	Walnuts
7	Kale Berry Smoothie	Tuna salad	Veggie omelet	Banana + chia	Carrots + hummus

Build Momentum

DAY	BREAKFAST (SMOOTHIE)	LUNCH	DINNER	SNACK 1	SNACK 2
8	Berry Chia Blast	Grilled chicken salad	Salmon + kale + chickpeas	Apple + flax	Carrots + hummus
9	Green Flax Power	Turkey wrap	Cod + broccoli + quinoa	Yogurt + chia	Celery + almond butter
10	PB Banana Smoothie	Tofu veggie stir-fry	Shrimp salad + avocado	Pear + chia	Almonds
11	Mixed Berry Smoothie	Quinoa chickpea salad	Turkey stir-fry	Orange + flax	Cottage cheese + cucumber
12	Peach Mango Flax	Egg salad	Chicken + sweet potato	Berries + chia	Yogurt dip
13	Strawberry Banana Chia	Lentil soup	Fish + asparagus + rice	Apple + PB	Walnuts
14	Kale Berry Smoothie	Tuna salad	Veggie omelet	Banana + chia	Carrots + hummus

WEEK 3 DAYS 15–21 · ~1,500 CALORIES Increase portions & add variety

Sustain & Strengthen

DAY	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
15	Avocado Chia Green	Chickpea salad	Baked tofu + quinoa	Yogurt + flax	Apple
16	Tropical Flax	Veggie wrap + hummus	Salmon + sweet potato	Berries + chia	Celery + almond butter
17	Berry Kefir	Turkey quinoa bowl	Chicken stir-fry	Nuts	Veggie sticks
18	Spinach PB Smoothie	Lentil salad	Fish tacos	Pear + flax	Yogurt
19	Mango Chia Delight	Egg scramble	Shrimp zoodles	Orange	Hummus + veg
20	Strawberry Flax Boost	Tuna wrap	Veggie burger	Banana + chia	Walnuts
21	Kale Apple Smoothie	Soup + salad	Veggie omelet	Berries	Carrots

WEEK 4 DAYS 22-28 · ~1,500 CALORIES Swap proteins (eggs ↔ tofu); try zucchini, cauliflower, fresh basil & cilantro

Refine & Repeat

DAY	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
22	Avocado Chia Green	Chickpea salad	Baked tofu + quinoa	Yogurt + flax	Apple
23	Tropical Flax	Veggie wrap + hummus	Salmon + sweet potato	Berries + chia	Celery + almond butter
24	Berry Kefir	Turkey quinoa bowl	Chicken stir-fry	Nuts	Veggie sticks
25	Spinach PB Smoothie	Lentil salad	Fish tacos	Pear + flax	Yogurt
26	Mango Chia Delight	Egg scramble	Shrimp zoodles	Orange	Hummus + veg
27	Strawberry Flax Boost	Tuna wrap	Veggie burger	Banana + chia	Walnuts
28	Kale Apple Smoothie	Soup + salad	Veggie omelet	Berries	Carrots

WEEK 5 **DAYS 29–30 · ~1,500 CALORIES** *Pull favorites from Weeks 1–3 — experiment with new smoothie combos*

Finish Strong

DAY	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
29	Pumpkin Flax Smoothie	Grilled chicken salad	Salmon + sweet potato	Apple + flax	Walnuts
30	Cocoa Chia Smoothie	Lentil salad	Veggie omelet + greens	Berries + chia	Carrots + hummus

Pumpkin Flax

½ cup pumpkin purée · 1 tbsp ground flax · cinnamon · banana · almond milk

Cocoa Chia

1 tbsp cocoa · 1 banana · 1 tbsp chia · almond milk · vanilla

Make It Last

Three habits that turn 30 days into a lifetime.

01

Track Progress

Measure your waist weekly. Inches drop before the scale moves — trust the tape, not the number.

02

Stay Active

Add 30-minute walks plus light strength training 3–5 times a week. Pilates, yoga, or calisthenics all count.

03

Meal Prep

Batch-cook quinoa, chop veggies, and pre-blend smoothies. Convenience beats willpower every time.

BE BRAVE · STAY STRONG

This 30-Day Meal Plan is your roadmap to a slimmer, healthier you. Combined with the **Ultimate Fat Loss Blueprint** eBook, you have every tool to transform your body — and keep the weight off.

Disclaimer. Results vary. Consult a healthcare professional before starting, especially if you take medications or have existing health conditions. High-fiber foods may affect blood clotting in those on blood thinners.

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