



30-Day CPB Strict Diet Plan



1 EAT THESE FOUR FOODS



Chicken Breast



Potatoes



Broccoli



Carrots

2 BUILD EVERY MEAL

1. Chicken

1–2 palm-sized portions

Olive Oil

Up to 1 tablespoon per meal



2. Potatoes

1–2 fist-sized portions

3. Vegetables

1–2 fist-sized portions



Still hungry? Add more chicken, potatoes, broccoli or carrots—not more oil.

3 CHOOSE A MEAL STYLE



Sheet-Pan Meal

Chicken + potato wedges + broccoli + carrots



CPB Bowl

Shredded chicken + potatoes + mixed vegetables



Chicken & Potato Hash

Diced chicken + potatoes + broccoli or carrots



Loaded Baked Potato

Baked potato + shredded chicken + broccoli



Chicken Vegetable Soup

Chicken + potatoes + broccoli + carrots



Simple CPB Plate

Grilled chicken + boiled potatoes + vegetables

Choose any meal style and repeat your favorites throughout the 30 days.

4 DRINKS & AVOID

DRINKS



Water



Plain Sparkling Water



Black Coffee



Unsweetened Tea

AVOID



Other Foods



Calorie Drinks



Diet Soda & Artificial Sweeteners



Butter & Creamy Sauces



Deep-Fried Foods



30-Day CPB Progress Tracker

Check off each day you follow the plan.

Starting Date: _____ Target End Date: _____

Starting Weight – Optional: _____ Ending Weight – Optional: _____

30-Day Completion Grid

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐
Day 6 ☐	Day 7 ☐	Day 8 ☐	Day 9 ☐	Day 10 ☐
Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐	Day 15 ☐
Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐
Day 21 ☐	Day 22 ☐	Day 23 ☐	Day 24 ☐	Day 25 ☐
Day 26 ☐	Day 27 ☐	Day 28 ☐	Day 29 ☐	Day 30 ☐

Weekly Check-In

Check-In	Weight – Optional	Note
Day 1		
Day 7		
Day 14		
Day 21		
Day 30		

My Favorite CPB Meal

The Easiest Meal to Prepare

One Habit I Want to Continue



Keep the meals and habits that worked best for you.