

Vegetarian Non-Active

Below you'll find your new meal plans for success. Each of these meal plans has been specifically formatted with the precise number of calories, proteins, and carbohydrates to keep your metabolism running quickly, your energy levels up, and to help promote the fastest rate of safe weight loss possible.

To use the meal plans you are to select your body weight range (in pounds) from the top column of the table. Note that this is your current body weight, not your goal body weight.

Then, once you've found your weight, you run down the column to find the foods listed that you're to eat for each meal assigned. You'll be eating six times per day – three meals and three snacks to help keep your blood sugar levels under control and help to prevent hunger.

Note that if you have specific food preferences, you can exchange some meals for others as long as you are exchanging a meal in the same category.

For example, if you like one lunch better than another, you can have that lunch two days in a row, but don't exchange a lunch for a dinner meal instead. Each meal has a specific calorie breakdown that must be followed for success.

In addition to this, every Sunday you will be allowed one cheat meal (dinner), where you can have whatever food you're craving. This will help to keep your cravings in check while also allowing you to maintain a higher overall metabolic rate.

Just remember not to overdo it with this cheat meal – have a single serving of a favorite food and leave it at that. If you were to overdo it then you may be faced with weight gain, so keep it in check and enjoy yourself during this meal.

Finally, also be sure that you are taking your Phen 375 two times a day and drinking one glass of water each and every hour that you're awake.

You simply cannot underestimate the impact staying well hydrated with water will have on your weight loss process so do not overlook this. Aim for clear water and nothing else. You cannot replace this water with juice, coffee, soda or any other beverage – it must be water.

Try and stick to the meal plan as closely as possible and you can guarantee you will be on the road to success!

Week 1

Monday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange 1 slice whole grain bread	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange 1 slice whole grain bread	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange 1 slice whole grain bread 1 tbsp natural peanut butter
Mid-Morning	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 1 cup raspberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 1 cup raspberries 2 tbsp flaxseeds
Lunch	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing 1 cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing 1 cup brown rice
Mid-Afternoon	1 scoop whey protein powder 1 cup berries 10 almonds	1 scoop whey protein powder 1 cup berries 10 almonds	1 scoop whey protein powder 1 cup berries 10 almonds	1 scoop whey protein powder 1 cup berries 1 banana 10 almonds	1 scoop whey protein powder 1 cup berries 1 banana 10 almonds
Dinner	2 oz cooked tempeh 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice
Before Bed	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 4 tbsp slivered almonds

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast 1 banana	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast 1 banana	½ cup soy grounds Salsa 2 tbsp natural peanut butter 1 slice whole wheat toast 1 banana
Mid-Morning	6 oz firm tofu Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu 5 whole wheat crackers Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu 10 whole wheat crackers Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu 10 whole wheat crackers Celery and carrot sticks 1 oz cheddar cheese
Lunch	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds 1 apple	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds 1 apple
Mid-Afternoon	1 scoop protein powder 1 cup melons 20 pistachios	1 scoop protein powder 1 cup melons 20 pistachios	1 scoop protein powder 1 cup melons 20 pistachios	1 scoop protein powder 1 cup melons 1 low-fat granola bar 20 pistachios	1 scoop protein powder 1 cup melons 1 low-fat granola bar 20 pistachios
Dinner	½ cup chickpeas 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds
Before Bed	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 4 tbsp flaxseeds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Wednesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup cottage cheese 1 cup blackberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 1 cup strawberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 1 cup strawberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 1 cup strawberries 4 tbsp slivered almonds
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 peach 10 almonds	1 scoop whey protein powder 1 peach 5 whole wheat crackers 10 almonds	1 scoop whey protein powder 1 peach 5 whole wheat crackers 10 almonds
Lunch	½ cup cooked lentils ½ cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils ½ cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils ½ cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils 1 cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils 1 cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions
Mid-Afternoon	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks 1 apple	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks 1 apple
Dinner	6 oz tofu Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese
Before Bed	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 2 tbsp almond butter

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 veggie sausage Chopped raw veggies salsa 1 orange	3 veggie sausage Chopped raw veggies salsa 1 orange	3 veggie sausage Chopped raw veggies salsa 1 orange 1 slice whole wheat bread	3 veggie sausage Chopped raw veggies salsa 1 orange 1 slice whole wheat bread	3 veggie sausage Chopped raw veggies salsa 1 orange 1 slice whole wheat bread 1 tbsp natural peanut butter
Mid-Morning	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 2 tbsp peanut butter	½ cup cottage cheese 1 banana 2 tbsp peanut butter
Lunch	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 1 apple 10 almonds	1 scoop protein powder 1 apple 10 almonds	1 scoop protein powder 1 apple 10 almonds	1 scoop protein powder 1 apple 1 low fat granola bar 10 almonds	1 scoop protein powder 1 apple 1 low fat granola bar 10 almonds
Dinner	2 oz cooked tempeh 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil
Before Bed	1 cup melons 20 pistachios	1 cup melons 20 pistachios	1 cup melons 20 pistachios	1 cup melons 20 pistachios	1 cup melons 40 pistachios

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Friday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit 1/3 cup oatmeal	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit 1/3 cup oatmeal	½ cup soy grounds salsa Chopped veggies 2 tbsp olive oil ½ grapefruit 1/3 cup oatmeal
Mid-Morning	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup raspberries 1 cup blueberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup raspberries 1 cup blueberries 2 tbsp flaxseeds
Lunch	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds 1 kiwi	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds 1 kiwi
Mid-Afternoon	½ cup chickpeas ½ cup brown rice Salsa 2 small slices avocado	½ cup chickpeas ½ cup brown rice Salsa 2 small slices avocado	½ cup chickpeas ½ cup brown rice Salsa 2 small slices avocado	½ cup chickpeas 1 cup brown rice Salsa 2 small slices avocado	½ cup chickpeas 1 cup brown rice Salsa 2 small slices avocado
Dinner	6 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing
Before Bed	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 4 tbsp flaxseeds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup soy grounds 1 orange Salsa Chopped vegetables	½ cup soy grounds 1 orange Salsa Chopped vegetables	½ cup soy grounds 1 orange Salsa Chopped vegetables 1 slice whole wheat bread	½ cup soy grounds 1 orange Salsa Chopped vegetables 1 slice whole wheat bread	½ cup soy grounds 1 orange Salsa Chopped vegetables 1 slice whole wheat bread 1 tbsp almond butter
Mid-Morning	½ cup Greek yogurt 10 pecans	½ cup Greek yogurt 10 pecans	½ cup Greek yogurt 1 peach 10 pecans	½ cup Greek yogurt 1 peach 20 pecans	½ cup Greek yogurt 1 peach 20 pecans
Lunch	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple 1 low-fat granola bar	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple 1 low-fat granola bar
Mid-Afternoon	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries 1 cup blueberries	1 cup low-fat yogurt 1 cup strawberries 1 cup blueberries
Dinner	2 oz cooked tempeh 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds
Before Bed	1 cup berries 10 almonds	1 cup berries 10 almonds	1 cup berries 10 almonds	1 cup berries 10 almonds	1 cup berries 20 almonds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Sunday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange 1 kiwi	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange 1 kiwi	1/3 cup oatmeal 3 tbsp natural peanut butter 1 orange 1 kiwi
Mid-Morning	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 1 cup berries 8 cashews	1 scoop whey protein powder 1 banana 1 cup berries 8 cashews
Lunch	½ cup chickpeas ½ cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas ½ cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas ½ cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas 1 cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas 1 cup brown rice 1 cup diced veggies 2 tbsp salsa
Mid-Afternoon	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup	1 cup cottage cheese ½ cup canned fruit in light syrup	1 cup cottage cheese ½ cup canned fruit in light syrup
Dinner	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)
Before Bed	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 4 tbsp flaxseeds

Take one tablet 20 min before your fist meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Week 2

Monday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange 1 slice whole grain bread	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange 1 slice whole grain bread	½ cup ground soy Diced veggies Salsa 1 tbsp olive oil 1 orange 1 slice whole grain bread 1 tbsp natural peanut butter
Mid-Morning	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 1 cup raspberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 1 cup raspberries 2 tbsp flaxseeds
Lunch	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing 1 cup brown rice	6 oz firm tofu Sliced veggies 1 tbsp olive oil salad dressing 1 cup brown rice
Mid-Afternoon	1 scoop whey protein powder 1 cup berries 10 almonds	1 scoop whey protein powder 1 cup berries 10 almonds	1 scoop whey protein powder 1 cup berries 10 almonds	1 scoop whey protein powder 1 cup berries 1 banana 10 almonds	1 scoop whey protein powder 1 cup berries 1 banana 10 almonds
Dinner	2 oz cooked tempeh 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice	2 oz cooked tempeh 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp lemon juice
Before Bed	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 2 tbsp slivered almonds	½ cup low-fat cottage cheese 4 tbsp slivered almonds

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast 1 banana	½ cup soy grounds Salsa 1 tbsp natural peanut butter 1 slice whole wheat toast 1 banana	½ cup soy grounds Salsa 2 tbsp natural peanut butter 1 slice whole wheat toast 1 banana
Mid-Morning	6 oz firm tofu Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu 5 whole wheat crackers Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu 10 whole wheat crackers Celery and carrot sticks 1 oz cheddar cheese	6 oz firm tofu 10 whole wheat crackers Celery and carrot sticks 1 oz cheddar cheese
Lunch	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds 1 apple	1 veggie burger patty 1 whole grain bun Lettuce, cucumber, tomato 10 almonds 1 apple
Mid-Afternoon	1 scoop protein powder 1 cup melons 20 pistachios	1 scoop protein powder 1 cup melons 20 pistachios	1 scoop protein powder 1 cup melons 20 pistachios	1 scoop protein powder 1 cup melons 1 low-fat granola bar 20 pistachios	1 scoop protein powder 1 cup melons 1 low-fat granola bar 20 pistachios
Dinner	½ cup chickpeas 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds	½ cup chickpeas ½ cup brown rice 2 cups steamed broccoli 10 almonds
Before Bed	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 4 tbsp flaxseeds

Take one tablet 20 min before your fist meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Wednesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup cottage cheese 1 cup blackberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 1 cup strawberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 1 cup strawberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blackberries 1 cup strawberries 4 tbsp slivered almonds
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 peach 10 almonds	1 scoop whey protein powder 1 peach 5 whole wheat crackers 10 almonds	1 scoop whey protein powder 1 peach 5 whole wheat crackers 10 almonds
Lunch	½ cup cooked lentils ½ cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils ½ cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils ½ cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils 1 cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions	½ cup cooked lentils 1 cup quinoa 1 tbsp olive oil Salsa Diced peppers, carrots, and onions
Mid-Afternoon	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks 1 apple	1 veggie burger patty 1 whole wheat bun Carrot and celery sticks 1 apple
Dinner	6 oz tofu Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese	6 oz tofu ½ cup barley Steamed cauliflower 1 oz cheddar cheese
Before Bed	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 1 tbsp almond butter	½ cup Greek Yogurt 2 tbsp almond butter

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 veggie sausage Chopped raw veggies salsa 1 orange	3 veggie sausage Chopped raw veggies salsa 1 orange	3 veggie sausage Chopped raw veggies salsa 1 orange 1 slice whole wheat bread	3 veggie sausage Chopped raw veggies salsa 1 orange 1 slice whole wheat bread	3 veggie sausage Chopped raw veggies salsa 1 orange 1 slice whole wheat bread 1 tbsp natural peanut butter
Mid-Morning	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 2 tbsp peanut butter	½ cup cottage cheese 1 banana 2 tbsp peanut butter
Lunch	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 1 apple 10 almonds	1 scoop protein powder 1 apple 10 almonds	1 scoop protein powder 1 apple 10 almonds	1 scoop protein powder 1 apple 1 low fat granola bar 10 almonds	1 scoop protein powder 1 apple 1 low fat granola bar 10 almonds
Dinner	2 oz cooked tempeh 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil	2 oz cooked tempeh 1 small sweet potato 2 cups steamed broccoli 1 tbsp olive oil
Before Bed	1 cup melons 20 pistachios	1 cup melons 20 pistachios	1 cup melons 20 pistachios	1 cup melons 20 pistachios	1 cup melons 40 pistachios

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Friday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit 1/3 cup oatmeal	½ cup soy grounds salsa Chopped veggies 1 tbsp olive oil ½ grapefruit 1/3 cup oatmeal	½ cup soy grounds salsa Chopped veggies 2 tbsp olive oil ½ grapefruit 1/3 cup oatmeal
Mid-Morning	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup raspberries 1 cup blueberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup raspberries 1 cup blueberries 2 tbsp flaxseeds
Lunch	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds 1 kiwi	1 soy burger Lettuce, onions, peppers, mushrooms 1 whole wheat bun 10 almonds 1 kiwi
Mid-Afternoon	½ cup chickpeas ½ cup brown rice Salsa 2 small slices avocado	½ cup chickpeas ½ cup brown rice Salsa 2 small slices avocado	½ cup chickpeas ½ cup brown rice Salsa 2 small slices avocado	½ cup chickpeas 1 cup brown rice Salsa 2 small slices avocado	½ cup chickpeas 1 cup brown rice Salsa 2 small slices avocado
Dinner	6 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tofu 1 small sweet potato 2 cups mixed greens 1 tbsp Italian salad dressing
Before Bed	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 4 tbsp flaxseeds

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup soy grounds 1 orange Salsa Chopped vegetables	½ cup soy grounds 1 orange Salsa Chopped vegetables	½ cup soy grounds 1 orange Salsa Chopped vegetables 1 slice whole wheat bread	½ cup soy grounds 1 orange Salsa Chopped vegetables 1 slice whole wheat bread	½ cup soy grounds 1 orange Salsa Chopped vegetables 1 slice whole wheat bread 1 tbsp almond butter
Mid-Morning	½ cup Greek yogurt 10 pecans	½ cup Greek yogurt 10 pecans	½ cup Greek yogurt 1 peach 10 pecans	½ cup Greek yogurt 1 peach 20 pecans	½ cup Greek yogurt 1 peach 20 pecans
Lunch	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple 1 low-fat granola bar	3 oz tofu 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple 1 low-fat granola bar
Mid-Afternoon	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries 1 cup blueberries	1 cup low-fat yogurt 1 cup strawberries 1 cup blueberries
Dinner	2 oz cooked tempeh 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup barley 2 cups steamed broccoli 10 almonds
Before Bed	1 cup berries 10 almonds	1 cup berries 10 almonds	1 cup berries 10 almonds	1 cup berries 10 almonds	1 cup berries 20 almonds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Sunday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange 1 kiwi	1/3 cup oatmeal 2 tbsp natural peanut butter 1 orange 1 kiwi	1/3 cup oatmeal 3 tbsp natural peanut butter 1 orange 1 kiwi
Mid-Morning	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 1 cup berries 8 cashews	1 scoop whey protein powder 1 banana 1 cup berries 8 cashews
Lunch	½ cup chickpeas ½ cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas ½ cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas ½ cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas 1 cup brown rice 1 cup diced veggies 2 tbsp salsa	½ cup chickpeas 1 cup brown rice 1 cup diced veggies 2 tbsp salsa
Mid-Afternoon	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup	1 cup cottage cheese ½ cup canned fruit in light syrup	1 cup cottage cheese ½ cup canned fruit in light syrup
Dinner	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)
Before Bed	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 4 tbsp flaxseeds

Take one tablet 20 min before your fist meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Week 3

Monday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 oz tofu Salsa Diced vegetables 1 orange	6 oz tofu Salsa Diced vegetables 1 orange	6 oz tofu Salsa Diced vegetables 1 orange 1 slice whole wheat bread	6 oz tofu Salsa Diced vegetables 1 orange 1 slice whole wheat bread	6 oz tofu Salsa Diced vegetables 1 orange 1 slice whole wheat bread 1 tbsp natural peanut butter
Mid-Morning	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 1 peach 2 tbsp slivered almonds	½ cup Greek Yogurt 1 cup cherries 1 peach 2 tbsp slivered almonds	½ cup Greek Yogurt 1 cup cherries 1 peach 2 tbsp slivered almonds
Lunch	1 soy burger Sliced veggies 1 whole wheat bun 1 tbsp olive oil salad dressing	1 soy burger Sliced veggies 1 whole wheat bun 1 tbsp olive oil salad dressing	1 soy burger 1 whole wheat bun Sliced veggies 1 tbsp olive oil salad dressing	1 soy burger 1 whole wheat bun Sliced veggies 1 tbsp olive oil salad dressing 1 apple	1 soy burger 1 whole wheat bun Sliced veggies 1 tbsp olive oil salad dressing 1 apple
Mid-Afternoon	1 scoop whey protein powder 1 banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana 1 low fat granola bar	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana 1 low fat granola bar
Dinner	2 oz tempeh 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh ½ cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh ½ cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh 1 cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh 1 cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar
Before Bed	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries 10 almonds

Take one tablet 20 min before your fist meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	5 pieces veggie bacon Salsa Diced veggies, stir-fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 2 tbsp olive oil 1 grape fruit
Mid-Morning	½ cup low-fat, low sugar yogurt 1 cup raspberries	½ cup low-fat, low sugar yogurt 1 cup raspberries	½ cup low-fat, low sugar yogurt 1 cup raspberries 10 pecans	½ cup low-fat, low sugar yogurt 1 cup raspberries 1 cup blackberries 10 pecans	½ cup low-fat, low sugar yogurt 1 cup raspberries 1 cup blackberries 10 pecans
Lunch	½ cup lentils ½ cup barley Steamed broccoli 10 almonds	½ cup lentils ½ cup barley Steamed broccoli 10 almonds	½ cup lentils ½ cup barley Steamed broccoli 10 almonds	½ cup lentils 1 cup barley Steamed broccoli 10 almonds	½ cup lentils 1 cup barley Steamed broccoli 10 almonds
Mid-Afternoon	1 scoop protein powder 1 banana 10 almonds	1 scoop protein powder 1 banana 10 almonds	1 scoop protein powder 1 banana 10 almonds	1 scoop protein powder 1 banana 1 low fat granola bar 10 almonds	1 scoop protein powder 1 banana 1 low fat granola bar 10 almonds
Dinner	1 veggie burger 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing
Before Bed	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 2 tbsp almond butter

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Wednesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds 1 English muffin with light jelly	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds 1 English muffin with light jelly	½ Greek Yogurt 1 cup Raspberries 4 tbsp flaxseeds 1 English muffin with light jelly
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 nectarine 10 almonds	1 scoop whey protein powder 1 nectarine 10 almonds 1 low fat granola bar	1 scoop whey protein powder 1 nectarine 10 almonds 1 low fat granola bar
Lunch	½ cup chickpeas ½ cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas ½ cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas ½ cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas 1 cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas 1 cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil
Mid-Afternoon	2 oz cooked tempeh Spinach salad with light dressing	2 oz cooked tempeh Spinach salad with light dressing	2 oz cooked tempeh 1 small sweet potato Spinach salad with light dressing	2 oz cooked tempeh 1 large sweet potato Spinach salad with light dressing	2 oz cooked tempeh 1 large sweet potato Spinach salad with light dressing
Dinner	½ cup lentils Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds
Before Bed	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 40 pistachios

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 links veggie sausage 2 cups grilled veggies 1 orange	3 links veggie sausage 2 cups grilled veggies 1 orange	3 links veggie sausage 2 cups grilled veggies 1 orange 1 slice whole grain bread	3 links veggie sausage 2 cups grilled veggies 1 orange 1 slice whole grain bread	6 links veggie sausage 2 cups grilled veggies 1 orange 1 slice whole grain bread
Mid-Morning	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds	½ cup cottage cheese 1 cup blackberries 10 almonds	½ cup cottage cheese 1 cup blackberries 10 almonds	½ cup cottage cheese 1 cup blackberries 10 almonds
Lunch	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter 5 whole wheat crackers	1 scoop protein powder 1 banana 1 tbsp natural peanut butter 5 whole wheat crackers
Dinner	3 oz soy burger 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil
Before Bed	1 cup melons 10 almonds	1 cup melons 10 almonds	1 cup melons 10 almonds	1 cup melons 10 almonds	1 cup melons 20 almonds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Friday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	1 cup bran cereal ½ cup low-fat yogurt 1 cup blueberries	1 cup bran cereal ½ cup low-fat yogurt 1 cup blueberries	1 cup bran cereal 1 cup low-fat yogurt 1 cup blueberries	1 cup bran cereal 1 cup low-fat yogurt 1 cup blueberries	1 cup bran cereal 1 cup low-fat yogurt 1 cup blueberries 10 almonds
Mid-Morning	1 cup cottage cheese 1 peach	1 cup cottage cheese 1 peach	1 cup cottage cheese 1 peach 5 whole wheat crackers	1 cup cottage cheese 1 peach 5 whole wheat crackers	1 cup cottage cheese 1 peach 5 whole wheat crackers
Lunch	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 large baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 large baked potato
Mid-Afternoon	1 scoop whey protein powder 1 banana 10 pecans	1 scoop whey protein powder 1 banana 10 pecans	1 scoop whey protein powder 1 banana 10 pecans	1 scoop whey protein powder 1 banana 20 pecans	1 scoop whey protein powder 1 banana 20 pecans
Dinner	½ cup lentils 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils 1 cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils 1 cup barley 2 cups mixed greens 1 tbsp Italian salad dressing
Before Bed	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 4 tbsp flaxseeds

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 oz tofu Salsa Diced vegetables 1 cup melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 1 cup melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 2 cups melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 2 cups melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 2 cups melons 2 tbsp olive oil
Mid-Morning	½ cup chickpeas Diced vegetables 1 tbsp olive oil	½ cup chickpeas Diced vegetables 1 tbsp olive oil	½ cup chickpeas Diced vegetables 1 tbsp olive oil ½ cup barley	½ cup chickpeas Diced vegetables 1 tbsp olive oil 1 cup barley	½ cup chickpeas Diced vegetables 1 tbsp olive oil 1 cup barley
Lunch	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple
Mid-Afternoon	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 2 cups melons	1 cup low-fat yogurt 2 cups melons
Dinner	2 oz cooked tempeh 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds
Before Bed	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons 10 pistachios

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Sunday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange 1 slice whole wheat bread	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange 1 slice whole wheat bread	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange 1 slice whole wheat bread 1 tbsp natural peanut butter
Mid-Morning	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews
Lunch	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum 10 almonds	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum 10 almonds
Mid-Afternoon	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 2 cups grapes	½ cup cottage cheese 2 cups grapes
Dinner	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)
Before Bed	½ cup Greek Yogurt 1 cup raspberries	½ cup Greek Yogurt 1 cup raspberries	½ cup Greek Yogurt 1 cup raspberries	½ cup Greek Yogurt 1 cup raspberries	1 cup Greek Yogurt 1 cup raspberries

Take one tablet 20 min before your fist meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Week 4

Monday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 oz tofu Salsa Diced vegetables 1 orange	6 oz tofu Salsa Diced vegetables 1 orange	6 oz tofu Salsa Diced vegetables 1 orange 1 slice whole wheat bread	6 oz tofu Salsa Diced vegetables 1 orange 1 slice whole wheat bread	6 oz tofu Salsa Diced vegetables 1 orange 1 slice whole wheat bread 1 tbsp natural peanut butter
Mid-Morning	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 1 peach 2 tbsp slivered almonds	½ cup Greek Yogurt 1 cup cherries 1 peach 2 tbsp slivered almonds	½ cup Greek Yogurt 1 cup cherries 1 peach 2 tbsp slivered almonds
Lunch	1 soy burger Sliced veggies 1 whole wheat bun 1 tbsp olive oil salad dressing	1 soy burger Sliced veggies 1 whole wheat bun 1 tbsp olive oil salad dressing	1 soy burger 1 whole wheat bun Sliced veggies 1 tbsp olive oil salad dressing	1 soy burger 1 whole wheat bun Sliced veggies 1 tbsp olive oil salad dressing 1 apple	1 soy burger 1 whole wheat bun Sliced veggies 1 tbsp olive oil salad dressing 1 apple
Mid-Afternoon	1 scoop whey protein powder 1 banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana 1 low fat granola bar	1 scoop whey protein powder 1 tbsp natural peanut butter 1 banana 1 low fat granola bar
Dinner	2 oz tempeh 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh ½ cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh ½ cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh 1 cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	2 oz tempeh 1 cup quinoa 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar
Before Bed	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries	½ cup low-fat cottage cheese 1 cup blueberries 10 almonds

Take one tablet 20 min before your first meal of the day and another 20 min before your next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	5 pieces veggie bacon Salsa Diced veggies, stir-fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 1 tbsp olive oil 1 grape fruit	5 pieces veggie bacon Salsa Diced veggies, stir- fried 2 tbsp olive oil 1 grape fruit
Mid-Morning	½ cup low-fat, low sugar yogurt 1 cup raspberries	½ cup low-fat, low sugar yogurt 1 cup raspberries	½ cup low-fat, low sugar yogurt 1 cup raspberries 10 pecans	½ cup low-fat, low sugar yogurt 1 cup raspberries 1 cup blackberries 10 pecans	½ cup low-fat, low sugar yogurt 1 cup raspberries 1 cup blackberries 10 pecans
Lunch	½ cup lentils ½ cup barley Steamed broccoli 10 almonds	½ cup lentils ½ cup barley Steamed broccoli 10 almonds	½ cup lentils ½ cup barley Steamed broccoli 10 almonds	½ cup lentils 1 cup barley Steamed broccoli 10 almonds	½ cup lentils 1 cup barley Steamed broccoli 10 almonds
Mid-Afternoon	1 scoop protein powder 1 banana 10 almonds	1 scoop protein powder 1 banana 10 almonds	1 scoop protein powder 1 banana 10 almonds	1 scoop protein powder 1 banana 1 low fat granola bar 10 almonds	1 scoop protein powder 1 banana 1 low fat granola bar 10 almonds
Dinner	1 veggie burger 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing	1 veggie burger 1 whole wheat bun 3 cups mixed greens with light salad dressing
Before Bed	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 2 tbsp almond butter

Take one tablet 20 min before your fist meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Wednesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds 1 English muffin with light jelly	½ Greek Yogurt 1 cup Raspberries 2 tbsp flaxseeds 1 English muffin with light jelly	½ Greek Yogurt 1 cup Raspberries 4 tbsp flaxseeds 1 English muffin with light jelly
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 nectarine 10 almonds	1 scoop whey protein powder 1 nectarine 10 almonds 1 low fat granola bar	1 scoop whey protein powder 1 nectarine 10 almonds 1 low fat granola bar
Lunch	½ cup chickpeas ½ cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas ½ cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas ½ cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas 1 cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil	½ cup chickpeas 1 cup quinoa Salsa Diced peppers, carrots, and onions 1 tbsp olive oil
Mid-Afternoon	2 oz cooked tempeh Spinach salad with light dressing	2 oz cooked tempeh Spinach salad with light dressing	2 oz cooked tempeh 1 small sweet potato Spinach salad with light dressing	2 oz cooked tempeh 1 large sweet potato Spinach salad with light dressing	2 oz cooked tempeh 1 large sweet potato Spinach salad with light dressing
Dinner	½ cup lentils Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds	½ cup lentils ½ cup brown rice Chopped vegetables 1 tbsp slivered almonds
Before Bed	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 20 pistachios	½ cup Greek Yogurt 40 pistachios

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 links veggie sausage 2 cups grilled veggies 1 orange	3 links veggie sausage 2 cups grilled veggies 1 orange	3 links veggie sausage 2 cups grilled veggies 1 orange 1 slice whole grain bread	3 links veggie sausage 2 cups grilled veggies 1 orange 1 slice whole grain bread	6 links veggie sausage 2 cups grilled veggies 1 orange 1 slice whole grain bread
Mid-Morning	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds	½ cup cottage cheese 1 cup blackberries 10 almonds	½ cup cottage cheese 1 cup blackberries 10 almonds	½ cup cottage cheese 1 cup blackberries 10 almonds
Lunch	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz tofu 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter 5 whole wheat crackers	1 scoop protein powder 1 banana 1 tbsp natural peanut butter 5 whole wheat crackers
Dinner	3 oz soy burger 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil	3 oz soy burger 1 whole wheat bun 2 cups steamed green beans 1 tbsp olive oil
Before Bed	1 cup melons 10 almonds	1 cup melons 10 almonds	1 cup melons 10 almonds	1 cup melons 10 almonds	1 cup melons 20 almonds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Friday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	1 cup bran cereal ½ cup low-fat yogurt 1 cup blueberries	1 cup bran cereal ½ cup low-fat yogurt 1 cup blueberries	1 cup bran cereal 1 cup low-fat yogurt 1 cup blueberries	1 cup bran cereal 1 cup low-fat yogurt 1 cup blueberries	1 cup bran cereal 1 cup low-fat yogurt 1 cup blueberries 10 almonds
Mid-Morning	1 cup cottage cheese 1 peach	1 cup cottage cheese 1 peach	1 cup cottage cheese 1 peach 5 whole wheat crackers	1 cup cottage cheese 1 peach 5 whole wheat crackers	1 cup cottage cheese 1 peach 5 whole wheat crackers
Lunch	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 large baked potato	3 oz tofu Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 large baked potato
Mid-Afternoon	1 scoop whey protein powder 1 banana 10 pecans	1 scoop whey protein powder 1 banana 10 pecans	1 scoop whey protein powder 1 banana 10 pecans	1 scoop whey protein powder 1 banana 20 pecans	1 scoop whey protein powder 1 banana 20 pecans
Dinner	½ cup lentils 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils 1 cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	½ cup lentils 1 cup barley 2 cups mixed greens 1 tbsp Italian salad dressing
Before Bed	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 4 tbsp flaxseeds

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 oz tofu Salsa Diced vegetables 1 cup melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 1 cup melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 2 cups melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 2 cups melons 1 tbsp olive oil	6 oz tofu Salsa Diced vegetables 2 cups melons 2 tbsp olive oil
Mid-Morning	½ cup chickpeas Diced vegetables 1 tbsp olive oil	½ cup chickpeas Diced vegetables 1 tbsp olive oil	½ cup chickpeas Diced vegetables 1 tbsp olive oil ½ cup barley	½ cup chickpeas Diced vegetables 1 tbsp olive oil 1 cup barley	½ cup chickpeas Diced vegetables 1 tbsp olive oil 1 cup barley
Lunch	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	6 slices low-fat veggie deli meat 1 whole wheat wrap 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple
Mid-Afternoon	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 2 cups melons	1 cup low-fat yogurt 2 cups melons
Dinner	2 oz cooked tempeh 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds	2 oz cooked tempeh ½ cup brown rice 2 cups steamed broccoli 10 almonds
Before Bed	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons	½ cup Greek yogurt 1 cup melons 10 pistachios

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____

Sunday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange 1 slice whole wheat bread	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange 1 slice whole wheat bread	6 oz tofu 1 oz cheddar cheese Diced veggies 1 orange 1 slice whole wheat bread 1 tbsp natural peanut butter
Mid-Morning	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews
Lunch	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum 10 almonds	1 soy burger 1 whole wheat bun Lettuce, cucumber, tomato 1 plum 10 almonds
Mid-Afternoon	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 2 cups grapes	½ cup cottage cheese 2 cups grapes
Dinner	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)	Cheat meal (eat a meal you're craving but keep serving size in moderation)
Before Bed	½ cup Greek Yogurt 1 cup raspberries	½ cup Greek Yogurt 1 cup raspberries	½ cup Greek Yogurt 1 cup raspberries	½ cup Greek Yogurt 1 cup raspberries	1 cup Greek Yogurt 1 cup raspberries

Take one tablet 20 min before your first meal of the day and another 20 min before you next large meal

Remember to drink only clean water pure water recommendation one 8 oz. glass each hr. during the day.

Weigh morning - Write your weight here _____