

Female 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	6 egg whites Salsa 1 tbsp olive oil 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 slice of whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 slice of whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 slice of whole grain bread
Mid-Morning	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 1 cup strawberries 2 tbsp flaxseeds
Lunch	3 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 orange	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 orange	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 orange
Mid-Afternoon	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 apple 10 almonds	1 scoop whey protein powder 1 apple 10 almonds	1 scoop whey protein powder 1 apple 10 almonds	1 scoop whey protein powder 1 apple 1 banana 10 almonds
Dinner	3 oz lean steak 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	3 oz lean steak 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	6 oz lean steak 5 spears asparagus 1 small sweet potato 1 tbsp olive oil 1 tbsp lemon juice	6 oz lean steak 5 spears asparagus 1 small sweet potato 1 tbsp olive oil 1 tbsp lemon juice 1 cup strawberries	6 oz lean steak 5 spears asparagus 1 small sweet potato 1 tbsp olive oil 1 tbsp lemon juice 1 cup strawberries
Before Bed	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut 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 _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter 1 orange	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter 1 orange	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter 1 orange
Mid-Morning	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 slice whole grain bread	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 slice whole grain bread	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 slice whole grain bread	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 2 slices whole grain bread
Lunch	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	3 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds	6 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds	6 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds
Mid-Afternoon	1 scoop protein powder 20 pistachios	1 scoop protein powder 2 kiwi fruits 20 pistachios	1 scoop protein powder 2 kiwi fruits 20 pistachios	1 scoop protein powder 2 kiwi fruits 20 pistachios	1 scoop protein powder 2 kiwi fruits 1 cup blackberries 20 pistachios
Dinner	3 oz salmon 2 cups steamed broccoli	3 oz salmon 2 cups steamed broccoli	5 oz salmon 2 cups steamed broccoli 1 small potato	5 oz salmon 2 cups steamed broccoli 1 large potato	5 oz salmon 2 cups steamed broccoli 1 large potato
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 2 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 _____

Wednesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup cottage cheese 1 cup blueberries 2 tsp slivered almonds	½ cup cottage cheese 1 cup blueberries 2 tsp slivered almonds	½ cup cottage cheese 1 cup blueberries ½ cup bran cereal 2 tsp slivered almonds	½ cup cottage cheese 1 cup blueberries ½ cup bran cereal 2 tsp slivered almonds	½ cup cottage cheese 1 cup blueberries ½ cup bran cereal 2 tsp slivered almonds
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 orange 10 almonds	1 scoop whey protein powder 1 orange 10 almonds	1 scoop whey protein powder 1 orange 10 almonds	1 scoop whey protein powder 1 orange 10 almonds
Lunch	1 can of tuna ½ cup brown rice Salsa Diced peppers, carrots, and onions	1 can of tuna ½ cup brown rice Salsa Diced peppers, carrots, and onions	1 can of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions
Mid-Afternoon	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs 1 apple Carrot and celery sticks	2 hard boiled eggs 1 apple Carrot and celery sticks	2 hard boiled eggs 1 apple Carrot and celery sticks	2 hard boiled eggs 1 apple 5 whole grain crackers Carrot and celery sticks
Dinner	3 oz cod fish Steamed cauliflower 1 oz cheddar cheese	3 oz cod fish Steamed cauliflower 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower ½ cup cooked quinoa 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 cup cooked quinoa 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 cup cooked quinoa 1 oz cheddar cheese
Before Bed	½ cup Greek Yogurt 2 tsp flaxseeds	½ cup Greek Yogurt 2 tsp flaxseeds	½ cup Greek Yogurt 2 tsp flaxseeds	½ cup Greek Yogurt 2 tsp flaxseeds	½ cup Greek Yogurt 2 tsp 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 _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 links turkey sausage ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement) ½ grapefruit	3 links turkey sausage ¼ cup oatmeal (raw measurement) ½ grapefruit	3 links turkey sausage ¼ cup oatmeal (raw measurement) ½ grapefruit
Mid-Morning	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter 1 low-fat granola bar
Lunch	3 oz chicken breast ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 10 almonds	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 ½ cup juice 1 apple 10 almonds
Dinner	3 oz steak 2 cups steamed broccoli 1 oz cheddar cheese	3 oz steak 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 2 cups steamed broccoli 1 small sweet potato 1 oz cheddar cheese	6 oz steak 2 cups steamed broccoli 1 large sweet potato 1 oz cheddar cheese	6 oz steak 2 cups steamed broccoli 1 large sweet potato 1 oz cheddar cheese
Before Bed	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple

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	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 cup grapes
Mid-Morning	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries 2 tbsp slivered almonds	1 cup low-fat yogurt 1 cup raspberries 2 tbsp slivered almonds	1 cup low-fat yogurt 1 cup raspberries 2 tbsp slivered almonds	1 cup low-fat yogurt 1 cup raspberries 1 cup blueberries 2 tbsp slivered almonds
Lunch	3 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple
Mid-Afternoon	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 1 whole grain slice of bread 2 small slices avocado
Dinner	3 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast 1 cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast 1 cup brown rice 2 cups mixed greens 1 tbsp Italian 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 1 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 _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread
Mid-Morning	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 10 whole grain crackers
Lunch	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread
Mid-Afternoon	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 1 cup blackberries 2 tbsp flaxseeds
Dinner	3 oz chicken breast 2 cups steamed broccoli 10 almonds	3 oz chicken breast 2 cups steamed broccoli 10 almonds	6 oz chicken breast ½ cup brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds
Before Bed	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach

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 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 2 slices whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 2 slices whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 2 slices whole grain bread Diced veggies
Mid-Morning	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 1 orange 8 cashews	1 scoop whey protein powder 1 orange 8 cashews	1 scoop whey protein powder 1 orange 8 cashews	1 scoop whey protein powder 1 orange 1 peach 8 cashews
Lunch	½ can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla	½ can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla	½ can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 banana	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 banana	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 banana
Mid-Afternoon	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup 10 almonds	½ cup cottage cheese ½ cup canned fruit in light syrup 10 almonds	½ cup cottage cheese ½ cup canned fruit in light syrup 10 almonds	½ cup cottage cheese 1 cup canned fruit in light syrup 10 almonds
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 2 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 _____

Week 2

Monday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites Salsa 1 tbsp olive oil 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 slice of whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 slice of whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 slice of whole grain bread
Mid-Morning	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 1 cup strawberries 2 tbsp flaxseeds
Lunch	3 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 orange	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 orange	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 orange
Mid-Afternoon	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 apple 10 almonds	1 scoop whey protein powder 1 apple 10 almonds	1 scoop whey protein powder 1 apple 10 almonds	1 scoop whey protein powder 1 apple 1 banana 10 almonds
Dinner	3 oz lean steak 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	3 oz lean steak 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	6 oz lean steak 5 spears asparagus 1 small sweet potato 1 tbsp olive oil 1 tbsp lemon juice	6 oz lean steak 5 spears asparagus 1 small sweet potato 1 tbsp olive oil 1 tbsp lemon juice 1 cup strawberries	6 oz lean steak 5 spears asparagus 1 small sweet potato 1 tbsp olive oil 1 tbsp lemon juice 1 cup strawberries
Before Bed	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut butter	½ cup low-fat cottage cheese 1 tbsp natural peanut 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 _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter 1 orange	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter 1 orange	6 egg whites Salsa 1 slice whole grain bread 1 tbsp natural peanut butter 1 orange
Mid-Morning	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 slice whole grain bread	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 slice whole grain bread	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 slice whole grain bread	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 2 slices whole grain bread
Lunch	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	3 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds	6 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds	6 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds
Mid-Afternoon	1 scoop protein powder 20 pistachios	1 scoop protein powder 2 kiwi fruits 20 pistachios	1 scoop protein powder 2 kiwi fruits 20 pistachios	1 scoop protein powder 2 kiwi fruits 20 pistachios	1 scoop protein powder 2 kiwi fruits 1 cup blackberries 20 pistachios
Dinner	3 oz salmon 2 cups steamed broccoli	3 oz salmon 2 cups steamed broccoli	5 oz salmon 2 cups steamed broccoli 1 small potato	5 oz salmon 2 cups steamed broccoli 1 large potato	5 oz salmon 2 cups steamed broccoli 1 large potato
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 2 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 _____

Wednesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries ½ cup bran cereal 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries ½ cup bran cereal 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries ½ cup bran cereal 2 tbsp slivered almonds
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 orange 10 almonds	1 scoop whey protein powder 1 orange 10 almonds	1 scoop whey protein powder 1 orange 10 almonds	1 scoop whey protein powder 1 orange 10 almonds
Lunch	1 can of tuna ½ cup brown rice Salsa Diced peppers, carrots, and onions	1 can of tuna ½ cup brown rice Salsa Diced peppers, carrots, and onions	1 can of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions
Mid-Afternoon	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs 1 apple Carrot and celery sticks	2 hard boiled eggs 1 apple Carrot and celery sticks	2 hard boiled eggs 1 apple Carrot and celery sticks	2 hard boiled eggs 1 apple 5 whole grain crackers Carrot and celery sticks
Dinner	3 oz cod fish Steamed cauliflower 1 oz cheddar cheese	3 oz cod fish Steamed cauliflower 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower ½ cup cooked quinoa 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 cup cooked quinoa 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 cup cooked quinoa 1 oz cheddar cheese
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 2 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 _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 links turkey sausage ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement) ½ grapefruit	3 links turkey sausage ¼ cup oatmeal (raw measurement) ½ grapefruit	3 links turkey sausage ¼ cup oatmeal (raw measurement) ½ grapefruit
Mid-Morning	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter	½ cup cottage cheese 1 banana 1 tbsp peanut butter 1 low-fat granola bar
Lunch	3 oz chicken breast ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 10 almonds	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 ½ cup juice 1 apple 10 almonds
Dinner	3 oz steak 2 cups steamed broccoli 1 oz cheddar cheese	3 oz steak 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 2 cups steamed broccoli 1 small sweet potato 1 oz cheddar cheese	6 oz steak 2 cups steamed broccoli 1 large sweet potato 1 oz cheddar cheese	6 oz steak 2 cups steamed broccoli 1 large sweet potato 1 oz cheddar cheese
Before Bed	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple

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 whole egg 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 cup grapes
Mid-Morning	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries 2 tbsp slivered almonds	1 cup low-fat yogurt 1 cup raspberries 2 tbsp slivered almonds	1 cup low-fat yogurt 1 cup raspberries 2 tbsp slivered almonds	1 cup low-fat yogurt 1 cup raspberries 1 cup blueberries 2 tbsp slivered almonds
Lunch	3 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple
Mid-Afternoon	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 1 whole grain slice of bread 2 small slices avocado
Dinner	3 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast 1 cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast 1 cup brown rice 2 cups mixed greens 1 tbsp Italian 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 1 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 _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread
Mid-Morning	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 10 whole grain crackers
Lunch	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread
Mid-Afternoon	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 1 cup blackberries 2 tbsp flaxseeds
Dinner	3 oz chicken breast 2 cups steamed broccoli 10 almonds	3 oz chicken breast 2 cups steamed broccoli 10 almonds	6 oz chicken breast ½ cup brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds
Before Bed	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach

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 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 2 slices whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 2 slices whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 2 slices whole grain bread Diced veggies
Mid-Morning	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 1 orange 8 cashews	1 scoop whey protein powder 1 orange 8 cashews	1 scoop whey protein powder 1 orange 8 cashews	1 scoop whey protein powder 1 orange 1 peach 8 cashews
Lunch	½ can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla	½ can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla	½ can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 banana	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 banana	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 banana
Mid-Afternoon	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup 10 almonds	½ cup cottage cheese ½ cup canned fruit in light syrup 10 almonds	½ cup cottage cheese ½ cup canned fruit in light syrup 10 almonds	½ cup cottage cheese 1 cup canned fruit in light syrup 10 almonds
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 2 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 _____

Week 3

Monday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites Salsa 1 tbsp olive oil 1 apple	6 egg whites Salsa 1 tbsp olive oil 1 apple	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread
Mid-Morning	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds ½ cup bran cereal	½ cup Greek Yogurt 2 tbsp slivered almonds ½ cup bran cereal	½ cup Greek Yogurt 2 tbsp slivered almonds ½ cup bran cereal	½ cup Greek Yogurt 2 tbsp slivered almonds 1 cup bran cereal
Lunch	3 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 2 kiwi	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 2 kiwi	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 2 kiwi
Mid-Afternoon	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 cup fruit juice 1 tbsp natural peanut butter
Dinner	3 oz salmon 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	3 oz salmon 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 5 spears asparagus 1 large baked potato 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 5 spears asparagus 1 large baked potato 1 tbsp olive oil 1 tbsp balsamic vinegar
Before Bed	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 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 _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds 1 cup berries	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds 1 cup berries	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds 1 cup berries
Mid-Morning	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple 5 whole wheat crackers
Lunch	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	3 oz turkey breast 1 cup barley Steamed broccoli 10 almonds	6 oz turkey breast 1 cup barley Steamed broccoli 10 almonds	6 oz turkey breast 1 cup barley Steamed broccoli 10 almonds
Mid-Afternoon	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds 1 banana	1 scoop protein powder 10 almonds 1 banana	1 scoop protein powder 10 almonds 1 banana	1 scoop protein powder 10 almonds 1 banana 1 cup fruit juice
Dinner	3 oz salmon 3 cups mixed greens with light salad dressing	3 oz salmon 3 cups mixed greens with light salad dressing	5 oz salmon ½ cup brown rice 3 cups mixed greens with light salad dressing	5 oz salmon 1 cup brown rice 3 cups mixed greens with light salad dressing	5 oz salmon 1 cup brown rice 3 cups mixed greens with light salad dressing
Before Bed	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado

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 Greek Yogurt 1 cup Raspberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries ½ cup bran cereal 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries ½ cup bran cereal 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries ½ cup bran cereal 2 tbsp chopped walnuts
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds 1 orange
Lunch	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	3 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions
Mid-Afternoon	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons 1 apple
Dinner	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham 1 small baked potato Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham 1 large baked potato Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham 1 large baked potato Steamed cauliflower 1 oz cheddar cheese
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 2 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 _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread 1 tbsp jelly 1 orange	3 links turkey sausage 1 slice whole grain bread 1 tbsp jelly 1 orange	3 links turkey sausage 1 slice whole grain bread 1 tbsp jelly 1 orange
Mid-Morning	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries 1 cup strawberries
Lunch	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	1 can of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana 1 tbsp peanut butter	1 scoop protein powder 1 banana 1 tbsp peanut butter	1 scoop protein powder 1 banana 1 tbsp peanut butter	1 scoop protein powder 2 bananas 1 tbsp peanut butter
Dinner	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak ½ cup brown rice 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 cup brown rice 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 cup brown rice 2 cups steamed green beans 1 oz cheddar cheese
Before Bed	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 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 _____

Friday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds 1 banana
Mid-Morning	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach 2 tbsp slivered almonds	1 cup low-fat yogurt 1 peach 2 tbsp slivered almonds	1 cup low-fat yogurt 1 peach 2 tbsp slivered almonds	1 cup low-fat yogurt 1 peach 5 whole wheat crackers 2 tbsp slivered almonds
Lunch	3 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes
Mid-Afternoon	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn ½ cup brown rice 2 small slices avocado
Dinner	3 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 small baked potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 large baked potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 large baked potato 2 cups mixed greens 1 tbsp Italian salad dressing
Before Bed	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 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 _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 1 tbsp olive oil
Mid-Morning	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap 1 orange
Lunch	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 kiwi	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 kiwi	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 kiwi
Mid-Afternoon	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons 20 pistachios	1 cup low-fat yogurt 1 cup melons 20 pistachios	1 cup low-fat yogurt 1 cup melons 20 pistachios	1 cup low-fat yogurt 2 cups melons 20 pistachios
Dinner	3 oz lean roast beef 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 small baked sweet potato 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 large baked sweet potato 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 large baked sweet potato 2 cups steamed broccoli 10 almonds
Before Bed	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes

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 egg whites 1 oz cheddar cheese 1 apple Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies
Mid-Morning	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews 1 cup blueberries
Lunch	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 apple	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 apple	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 apple
Mid-Afternoon	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes 1 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes ½ cup bran cereal 1 tbsp flaxseeds
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 orange	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange

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 egg whites Salsa 1 tbsp olive oil 1 apple	6 egg whites Salsa 1 tbsp olive oil 1 apple	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread
Mid-Morning	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds ½ cup bran cereal	½ cup Greek Yogurt 2 tbsp slivered almonds ½ cup bran cereal	½ cup Greek Yogurt 2 tbsp slivered almonds ½ cup bran cereal	½ cup Greek Yogurt 2 tbsp slivered almonds 1 cup bran cereal
Lunch	3 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 2 kiwi	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 2 kiwi	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 2 kiwi
Mid-Afternoon	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 frozen banana 1 cup fruit juice 1 tbsp natural peanut butter
Dinner	3 oz salmon 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	3 oz salmon 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 5 spears asparagus 1 small baked potato 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 5 spears asparagus 1 large baked potato 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 5 spears asparagus 1 large baked potato 1 tbsp olive oil 1 tbsp balsamic vinegar
Before Bed	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 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 _____

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds 1 cup berries	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds 1 cup berries	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds 1 cup berries
Mid-Morning	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple	1 can of tuna Sliced mushrooms and cucumbers 1 oz cheddar cheese 1 apple 5 whole wheat crackers
Lunch	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	3 oz turkey breast 1 cup barley Steamed broccoli 10 almonds	6 oz turkey breast 1 cup barley Steamed broccoli 10 almonds	6 oz turkey breast 1 cup barley Steamed broccoli 10 almonds
Mid-Afternoon	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds 1 banana	1 scoop protein powder 10 almonds 1 banana	1 scoop protein powder 10 almonds 1 banana	1 scoop protein powder 10 almonds 1 banana 1 cup fruit juice
Dinner	3 oz salmon 3 cups mixed greens with light salad dressing	3 oz salmon 3 cups mixed greens with light salad dressing	5 oz salmon ½ cup brown rice 3 cups mixed greens with light salad dressing	5 oz salmon 1 cup brown rice 3 cups mixed greens with light salad dressing	5 oz salmon 1 cup brown rice 3 cups mixed greens with light salad dressing
Before Bed	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado

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 Greek Yogurt 1 cup Raspberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries ½ cup bran cereal 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries ½ cup bran cereal 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries ½ cup bran cereal 2 tbsp chopped walnuts
Mid-Morning	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds	1 scoop whey protein powder 1 low-fat granola bar 10 almonds 1 orange
Lunch	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	3 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions
Mid-Afternoon	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons	2 hard boiled eggs Spinach salad with light dressing 10 croutons 1 apple
Dinner	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham 1 small baked potato Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham 1 large baked potato Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham 1 large baked potato Steamed cauliflower 1 oz cheddar cheese
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 2 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 _____

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread 1 tbsp jelly 1 orange	3 links turkey sausage 1 slice whole grain bread 1 tbsp jelly 1 orange	3 links turkey sausage 1 slice whole grain bread 1 tbsp jelly 1 orange
Mid-Morning	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries 1 cup strawberries
Lunch	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	1 can of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
Mid-Afternoon	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana 1 tbsp peanut butter	1 scoop protein powder 1 banana 1 tbsp peanut butter	1 scoop protein powder 1 banana 1 tbsp peanut butter	1 scoop protein powder 2 bananas 1 tbsp peanut butter
Dinner	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak ½ cup brown rice 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 cup brown rice 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 cup brown rice 2 cups steamed green beans 1 oz cheddar cheese
Before Bed	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 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 _____

Friday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds 1 banana
Mid-Morning	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach 2 tbsp slivered almonds	1 cup low-fat yogurt 1 peach 2 tbsp slivered almonds	1 cup low-fat yogurt 1 peach 2 tbsp slivered almonds	1 cup low-fat yogurt 1 peach 5 whole wheat crackers 2 tbsp slivered almonds
Lunch	3 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes
Mid-Afternoon	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn 2 small slices avocado	1 can of tuna Salsa ½ cup corn ½ cup brown rice 2 small slices avocado
Dinner	3 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing	3 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 small baked potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 large baked potato 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 large baked potato 2 cups mixed greens 1 tbsp Italian salad dressing
Before Bed	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 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 _____

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
Breakfast	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 1 tbsp olive oil
Mid-Morning	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap 1 orange
Lunch	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 kiwi	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 kiwi	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 kiwi
Mid-Afternoon	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons 20 pistachios	1 cup low-fat yogurt 1 cup melons 20 pistachios	1 cup low-fat yogurt 1 cup melons 20 pistachios	1 cup low-fat yogurt 2 cups melons 20 pistachios
Dinner	3 oz lean roast beef 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 small baked sweet potato 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 large baked sweet potato 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 large baked sweet potato 2 cups steamed broccoli 10 almonds
Before Bed	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes

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 egg whites 1 oz cheddar cheese 1 apple Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies
Mid-Morning	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews 1 cup blueberries
Lunch	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 apple	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 apple	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 apple
Mid-Afternoon	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes 1 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes ½ cup bran cereal 1 tbsp flaxseeds
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 orange	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange

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 _____