

## Female 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 1 tbsp olive oil	6 egg whites Salsa 1 tbsp olive oil 1 orange	6 egg whites Salsa 1 tbsp olive oil 1 orange	6 egg whites Salsa 1 slice toast 1 tbsp olive oil 1 orange	6 egg whites Salsa 1 slice toast 1 tbsp olive oil 1 orange
<b>Mid-Morning</b>	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 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds
<b>Lunch</b>	3 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice
<b>Mid-Afternoon</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds
<b>Dinner</b>	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	5 oz lean steak 1 baked potato 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	5 oz lean steak 1 baked potato 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	5 oz lean steak 1 baked potato 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice 1 peach
<b>Before Bed</b>	½ cup low-fat cottage cheese	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 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 \_\_\_\_\_

Tuesday

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana 1 slice whole grain bread	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana 1 slice whole grain bread
<b>Mid-Morning</b>	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 can of tuna Celery and carrot sticks 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 small pita	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 small pita
<b>Lunch</b>	3 oz turkey breast Steamed broccoli 10 almonds	3 oz turkey breast Steamed broccoli 10 almonds	3 oz turkey breast Steamed broccoli 10 almonds ½ cup brown rice	6 oz turkey breast Steamed broccoli 10 almonds ½ cup brown rice	6 oz turkey breast Steamed broccoli 10 almonds ½ cup brown rice
<b>Mid-Afternoon</b>	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios
<b>Dinner</b>	3 oz salmon 2 cups steamed broccoli	3 oz salmon 2 cups steamed broccoli	6 oz salmon 1 small sweet potato 2 cups steamed broccoli	6 oz salmon 1 small sweet potato 2 cups steamed broccoli	6 oz salmon 1 large sweet potato 2 cups steamed broccoli
<b>Before Bed</b>	½ cup cottage cheese	½ cup cottage cheese 1 tbsp natural peanut butter	½ cup cottage cheese 1 tbsp natural peanut butter	½ cup cottage cheese 1 tbsp natural peanut butter	½ cup cottage cheese 1 tbsp natural peanut 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	½ cup cottage cheese 2 tbsp slivered almonds	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries 1 cup blueberries	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries 1 cup blueberries
<b>Mid-Morning</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds 1 banana	1 scoop whey protein powder 10 almonds 1 banana
<b>Lunch</b>	1 can of tuna Salsa Diced peppers, carrots, and onions	1 can of tuna Salsa Diced peppers, carrots, and onions	1 can of tuna Salsa Diced peppers, carrots, and onions 1 small whole wheat wrap	2 cans of tuna Salsa Diced peppers, carrots, and onions 1 small whole wheat wrap	2 cans of tuna Salsa Diced peppers, carrots, and onions 1 small whole wheat wrap
<b>Mid-Afternoon</b>	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks
<b>Dinner</b>	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 barley 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower ½ cup barley 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 cup barley 1 oz cheddar cheese
<b>Before Bed</b>	½ cup Greek Yogurt	½ cup Greek Yogurt 10 almonds	½ cup Greek Yogurt 10 almonds	½ cup Greek Yogurt 10 almonds	½ cup Greek Yogurt 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 \_\_\_\_\_

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	3 links turkey sausage Chopped raw veggies salsa	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)
<b>Mid-Morning</b>	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter 1 cup raspberries	½ cup cottage cheese 1 tbsp peanut butter 1 cup raspberries
<b>Lunch</b>	3 oz chicken breast ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast ½ cup wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast ½ cup wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast ½ cup wheat pasta ½ cup tomato sauce Chopped veggies as desired
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds
<b>Dinner</b>	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 1 small baked potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 small baked potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 large baked potato 2 cups steamed broccoli 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk	1 cup skim milk 20 pistachios	1 cup skim milk 20 pistachios	1 cup skim milk 20 pistachios	1 cup skim milk 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 \_\_\_\_\_

Friday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	1 whole egg + 6 egg whites Chopped veggies	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread 1 orange	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread 1 orange
<b>Mid-Morning</b>	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 tbsp flaxseeds 1 cup raspberries	1 cup low-fat yogurt 1 tbsp flaxseeds 1 cup raspberries
<b>Lunch</b>	3 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small whole wheat pita	6 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small whole wheat pita	6 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small whole wheat pita
<b>Mid-Afternoon</b>	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado
<b>Dinner</b>	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 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple 1 peach
<b>Before Bed</b>	½ cup cottage cheese	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 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites 1 orange Salsa Chopped vegetables	6 egg whites 1 orange Salsa Chopped vegetables	6 egg whites 1 orange Salsa Chopped vegetables	6 egg whites 1 orange Salsa Chopped vegetables 1 slice whole grain toast	6 egg whites 1 orange Salsa Chopped vegetables 1 slice whole grain toast
<b>Mid-Morning</b>	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 small whole grain wrap
<b>Lunch</b>	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Mid-Afternoon</b>	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 low-fat yogurt 1 cup strawberries
<b>Dinner</b>	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 quinoa 2 cups steamed broccoli 10 almonds	6 oz chicken breast ½ cup quinoa 2 cups steamed broccoli 10 almonds	6 oz chicken breast ½ cup quinoa 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt	½ cup Greek yogurt 1 peach	½ cup Greek yogurt 1 peach	½ cup Greek yogurt 1 peach	½ cup Greek yogurt 1 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites 1 oz cheddar cheese Diced veggies	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons 1 slice whole grain bread	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons 1 slice whole grain bread
<b>Mid-Morning</b>	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 1 cup blueberries 8 cashews	1 scoop whey protein powder 1 cup blueberries 8 cashews
<b>Lunch</b>	½ can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach	½ can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach	½ can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach 1 cup grapes	1 can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach 1 cup grapes	1 can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach 1 cup grapes
<b>Mid-Afternoon</b>	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	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup
<b>Dinner</b>	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)
<b>Before Bed</b>	½ cup Greek Yogurt	½ cup Greek Yogurt	½ cup Greek Yogurt	½ cup Greek Yogurt	½ cup Greek Yogurt

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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 1 tbsp olive oil	6 egg whites Salsa 1 tbsp olive oil 1 orange	6 egg whites Salsa 1 tbsp olive oil 1 orange	6 egg whites Salsa 1 slice toast 1 tbsp olive oil 1 orange	6 egg whites Salsa 1 slice toast 1 tbsp olive oil 1 orange
<b>Mid-Morning</b>	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 1 cup blueberries 2 tbsp flaxseeds	½ cup Greek Yogurt 1 cup blueberries 2 tbsp flaxseeds
<b>Lunch</b>	3 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice	6 oz chicken breast Sliced veggies 1 tbsp olive oil salad dressing ½ cup brown rice
<b>Mid-Afternoon</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds
<b>Dinner</b>	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	5 oz lean steak 1 baked potato 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	5 oz lean steak 1 baked potato 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice	5 oz lean steak 1 baked potato 5 spears asparagus 1 tbsp olive oil 1 tbsp lemon juice 1 peach
<b>Before Bed</b>	½ cup low-fat cottage cheese	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat 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 \_\_\_\_\_

Tuesday

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana 1 slice whole grain bread	6 egg whites Salsa 1 tbsp natural peanut butter 1 banana 1 slice whole grain bread
<b>Mid-Morning</b>	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 can of tuna Celery and carrot sticks 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 small pita	1 can of tuna Celery and carrot sticks 1 oz cheddar cheese 1 small pita
<b>Lunch</b>	3 oz turkey breast Steamed broccoli 10 almonds	3 oz turkey breast Steamed broccoli 10 almonds	3 oz turkey breast Steamed broccoli 10 almonds ½ cup brown rice	6 oz turkey breast Steamed broccoli 10 almonds ½ cup brown rice	6 oz turkey breast Steamed broccoli 10 almonds ½ cup brown rice
<b>Mid-Afternoon</b>	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios	1 scoop protein powder 20 pistachios
<b>Dinner</b>	3 oz salmon 2 cups steamed broccoli	3 oz salmon 2 cups steamed broccoli	6 oz salmon 1 small sweet potato 2 cups steamed broccoli	6 oz salmon 1 small sweet potato 2 cups steamed broccoli	6 oz salmon 1 large sweet potato 2 cups steamed broccoli
<b>Before Bed</b>	½ cup cottage cheese	½ cup cottage cheese 1 tbsp natural peanut butter	½ cup cottage cheese 1 tbsp natural peanut butter	½ cup cottage cheese 1 tbsp natural peanut butter	½ cup cottage cheese 1 tbsp natural peanut 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	½ cup cottage cheese 2 tbsp slivered almonds	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries 1 cup blueberries	½ cup cottage cheese 2 tbsp slivered almonds 1 cup strawberries 1 cup blueberries
<b>Mid-Morning</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds 1 banana	1 scoop whey protein powder 10 almonds 1 banana
<b>Lunch</b>	1 can of tuna Salsa Diced peppers, carrots, and onions	1 can of tuna Salsa Diced peppers, carrots, and onions	1 can of tuna Salsa Diced peppers, carrots, and onions 1 small whole wheat wrap	2 cans of tuna Salsa Diced peppers, carrots, and onions 1 small whole wheat wrap	2 cans of tuna Salsa Diced peppers, carrots, and onions 1 small whole wheat wrap
<b>Mid-Afternoon</b>	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks
<b>Dinner</b>	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 barley 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower ½ cup barley 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 cup barley 1 oz cheddar cheese
<b>Before Bed</b>	½ cup Greek Yogurt	½ cup Greek Yogurt 10 almonds	½ cup Greek Yogurt 10 almonds	½ cup Greek Yogurt 10 almonds	½ cup Greek Yogurt 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 \_\_\_\_\_

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	3 links turkey sausage Chopped raw veggies salsa	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)	3 links turkey sausage Chopped raw veggies Salsa ½ cup oatmeal (cooked measurement)
<b>Mid-Morning</b>	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter	½ cup cottage cheese 1 tbsp peanut butter 1 cup raspberries	½ cup cottage cheese 1 tbsp peanut butter 1 cup raspberries
<b>Lunch</b>	3 oz chicken breast ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast ½ cup tomato sauce Chopped veggies as desired	3 oz chicken breast ½ cup wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast ½ cup wheat pasta ½ cup tomato sauce Chopped veggies as desired	6 oz chicken breast ½ cup wheat pasta ½ cup tomato sauce Chopped veggies as desired
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds
<b>Dinner</b>	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 1 small baked potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 small baked potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 large baked potato 2 cups steamed broccoli 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk	1 cup skim milk 20 pistachios	1 cup skim milk 20 pistachios	1 cup skim milk 20 pistachios	1 cup skim milk 20 pistachios

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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	1 whole egg + 6 egg whites Chopped veggies	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread 1 orange	1 whole egg + 6 egg whites Chopped veggies 1 slice whole grain bread 1 orange
<b>Mid-Morning</b>	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 cup raspberries	1 cup low-fat yogurt 1 tbsp flaxseeds 1 cup raspberries	1 cup low-fat yogurt 1 tbsp flaxseeds 1 cup raspberries
<b>Lunch</b>	3 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small whole wheat pita	6 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small whole wheat pita	6 oz chicken breast Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 small whole wheat pita
<b>Mid-Afternoon</b>	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado
<b>Dinner</b>	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 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 apple 1 peach
<b>Before Bed</b>	½ cup cottage cheese	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 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites 1 orange Salsa Chopped vegetables	6 egg whites 1 orange Salsa Chopped vegetables	6 egg whites 1 orange Salsa Chopped vegetables	6 egg whites 1 orange Salsa Chopped vegetables 1 slice whole grain toast	6 egg whites 1 orange Salsa Chopped vegetables 1 slice whole grain toast
<b>Mid-Morning</b>	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 small whole grain wrap	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 small whole grain wrap
<b>Lunch</b>	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Mid-Afternoon</b>	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 low-fat yogurt 1 cup strawberries
<b>Dinner</b>	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 quinoa 2 cups steamed broccoli 10 almonds	6 oz chicken breast ½ cup quinoa 2 cups steamed broccoli 10 almonds	6 oz chicken breast ½ cup quinoa 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt	½ cup Greek yogurt 1 peach	½ cup Greek yogurt 1 peach	½ cup Greek yogurt 1 peach	½ cup Greek yogurt 1 peach

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 \_\_\_\_\_

Sunday

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites 1 oz cheddar cheese Diced veggies	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons 1 slice whole grain bread	6 egg whites 1 oz cheddar cheese Diced veggies 1 cup melons 1 slice whole grain bread
<b>Mid-Morning</b>	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 8 cashews	1 scoop whey protein powder 1 cup blueberries 8 cashews	1 scoop whey protein powder 1 cup blueberries 8 cashews
<b>Lunch</b>	½ can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach	½ can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach	½ can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach 1 cup grapes	1 can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach 1 cup grapes	1 can salmon mixed with diced onions and fat-free mayonnaise 2 cups spinach 1 cup grapes
<b>Mid-Afternoon</b>	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	½ cup cottage cheese ½ cup canned fruit in light syrup	½ cup cottage cheese ½ cup canned fruit in light syrup
<b>Dinner</b>	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)
<b>Before Bed</b>	½ cup Greek Yogurt	½ cup Greek Yogurt	½ cup Greek Yogurt	½ cup Greek Yogurt	½ cup Greek Yogurt

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 \_\_\_\_\_

**Week 3**

Monday

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 1 tbsp olive oil	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit 1 slice whole grain bread	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit 1 slice whole grain bread
<b>Mid-Morning</b>	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds 1 cup blueberries	½ cup Greek Yogurt 2 tbsp slivered almonds 1 cup blueberries
<b>Lunch</b>	3 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing 1 small whole wheat tortilla	6 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing 1 small whole wheat tortilla	6 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing 1 small whole wheat tortilla
<b>Mid-Afternoon</b>	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter
<b>Dinner</b>	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 1 small potato 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 1 small potato 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 1 large potato 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar
<b>Before Bed</b>	½ cup low-fat cottage cheese	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat 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 \_\_\_\_\_

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	6 egg whites Salsa 2 tbsp slivered almonds	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement)	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement)	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement) 1 banana	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement) 1 banana
<b>Mid-Morning</b>	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 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
<b>Lunch</b>	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	3 oz turkey breast Steamed broccoli 10 almonds	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	6 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	6 oz turkey breast ½ cup barley Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds
<b>Dinner</b>	3 oz salmon 3 cups mixed greens with light salad dressing	3 oz salmon 3 cups mixed greens with light salad dressing	6 oz salmon ½ cup brown rice 3 cups mixed greens with light salad dressing	6 oz salmon ½ cup brown rice 3 cups mixed greens with light salad dressing	6 oz salmon 1 cup brown rice 3 cups mixed greens with light salad dressing
<b>Before Bed</b>	½ cup cottage cheese	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 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	½ Greek Yogurt 1 cup Raspberries	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 1 cup strawberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup strawberries 2 tbsp chopped walnuts
<b>Mid-Morning</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds 1 peach	1 scoop whey protein powder 10 almonds 1 peach
<b>Lunch</b>	3 oz chicken breast Salsa Diced peppers, carrots, and onions	3 oz chicken breast Salsa Diced peppers, carrots, and onions	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions
<b>Mid-Afternoon</b>	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing
<b>Dinner</b>	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham 1 small baked potato Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham 1 small baked potato Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham 1 large baked potato Steamed cauliflower 1 oz cheddar cheese
<b>Before Bed</b>	½ cup Greek Yogurt	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	3 links turkey sausage 2 cups grilled veggies	3 links turkey sausage 2 cups grilled veggies 1 slice whole grain bread	3 links turkey sausage 2 cups grilled veggies 1 slice whole grain bread	3 links turkey sausage 2 cups grilled veggies 2 slices whole grain bread	3 links turkey sausage 2 cups grilled veggies 2 slices whole grain bread
<b>Mid-Morning</b>	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries
<b>Lunch</b>	1 can of tuna ½ cup tomato sauce Chopped veggies as desired	1 can of tuna 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	2 cans of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
<b>Mid-Afternoon</b>	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana
<b>Dinner</b>	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 2 cups steamed green beans 1 corn on the cob 1 oz cheddar cheese	6 oz steak 2 cups steamed green beans 1 corn on the cob 1 oz cheddar cheese	6 oz steak 2 cups steamed green beans 1 corn on the cob 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk	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 apple

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
<b>Breakfast</b>	1 whole egg 1 cup bran cereal 1 cup milk	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes 2 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes 2 tbsp flaxseeds
<b>Mid-Morning</b>	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach 10 almonds	1 cup low-fat yogurt 1 peach 10 almonds
<b>Lunch</b>	3 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	6 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	6 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese
<b>Mid-Afternoon</b>	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado
<b>Dinner</b>	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 2 cups mixed greens ½ cup brown rice 1 tbsp Italian salad dressing	6 oz tilapia fish 2 cups mixed greens ½ cup brown rice 1 tbsp Italian salad dressing	6 oz tilapia fish 2 cups mixed greens 1 cup brown rice 1 tbsp Italian salad dressing
<b>Before Bed</b>	½ cup cottage cheese	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa Chopped vegetables 1 tbsp olive oil	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 ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread
<b>Mid-Morning</b>	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	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 wheat pita	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole wheat pita
<b>Lunch</b>	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Mid-Afternoon</b>	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 1 cup melons	1 cup low-fat yogurt 1 cup melons
<b>Dinner</b>	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 ½ cup quinoa 2 cups steamed broccoli 10 almonds	6 oz lean roast beef ½ cup quinoa 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 cup quinoa 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites 1 oz cheddar cheese Diced veggies	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
<b>Mid-Morning</b>	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews 1 cup blueberries
<b>Lunch</b>	3 oz chicken breast Sliced veggies	3 oz chicken breast Sliced veggies	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
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup grapes	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 ½ cup bran cereal 1 tbsp flaxseeds
<b>Dinner</b>	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)
<b>Before Bed</b>	½ cup Greek Yogurt	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 1 tbsp olive oil	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit 1 slice whole grain bread	6 egg whites Salsa 1 tbsp olive oil ½ grapefruit 1 slice whole grain bread
<b>Mid-Morning</b>	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds	½ cup Greek Yogurt 2 tbsp slivered almonds 1 cup blueberries	½ cup Greek Yogurt 2 tbsp slivered almonds 1 cup blueberries
<b>Lunch</b>	3 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing	3 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing 1 small whole wheat tortilla	6 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing 1 small whole wheat tortilla	6 oz turkey breast Sliced veggies 1 tbsp olive oil salad dressing 1 small whole wheat tortilla
<b>Mid-Afternoon</b>	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter	1 scoop whey protein powder 1 tbsp natural peanut butter
<b>Dinner</b>	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 1 small potato 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 1 small potato 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	5 oz salmon 1 large potato 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar
<b>Before Bed</b>	½ cup low-fat cottage cheese	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat cottage cheese 2 tbsp flaxseeds	½ cup low-fat 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 \_\_\_\_\_

Tuesday

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa 2 tbsp slivered almonds	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement)	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement)	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement) 1 banana	6 egg whites Salsa 2 tbsp slivered almonds ½ cup oatmeal (cooked measurement) 1 banana
<b>Mid-Morning</b>	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 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
<b>Lunch</b>	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	3 oz turkey breast Steamed broccoli 10 almonds	3 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	6 oz turkey breast ½ cup barley Steamed broccoli 10 almonds	6 oz turkey breast ½ cup barley Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds	1 scoop protein powder 10 almonds
<b>Dinner</b>	3 oz salmon 3 cups mixed greens with light salad dressing	3 oz salmon 3 cups mixed greens with light salad dressing	6 oz salmon ½ cup brown rice 3 cups mixed greens with light salad dressing	6 oz salmon ½ cup brown rice 3 cups mixed greens with light salad dressing	6 oz salmon 1 cup brown rice 3 cups mixed greens with light salad dressing
<b>Before Bed</b>	½ cup cottage cheese	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 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	½ Greek Yogurt 1 cup Raspberries	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 1 cup strawberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup strawberries 2 tbsp chopped walnuts
<b>Mid-Morning</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 10 almonds 1 peach	1 scoop whey protein powder 10 almonds 1 peach
<b>Lunch</b>	3 oz chicken breast Salsa Diced peppers, carrots, and onions	3 oz chicken breast Salsa Diced peppers, carrots, and onions	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions
<b>Mid-Afternoon</b>	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing	2 hard boiled eggs Spinach salad with light dressing
<b>Dinner</b>	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham 1 small baked potato Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham 1 small baked potato Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham 1 large baked potato Steamed cauliflower 1 oz cheddar cheese
<b>Before Bed</b>	½ cup Greek Yogurt	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	3 links turkey sausage 2 cups grilled veggies	3 links turkey sausage 2 cups grilled veggies 1 slice whole grain bread	3 links turkey sausage 2 cups grilled veggies 1 slice whole grain bread	3 links turkey sausage 2 cups grilled veggies 2 slices whole grain bread	3 links turkey sausage 2 cups grilled veggies 2 slices whole grain bread
<b>Mid-Morning</b>	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds	½ cup cottage cheese 10 almonds 1 cup blueberries	½ cup cottage cheese 10 almonds 1 cup blueberries
<b>Lunch</b>	1 can of tuna ½ cup tomato sauce Chopped veggies as desired	1 can of tuna 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	2 cans of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
<b>Mid-Afternoon</b>	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana	1 scoop protein powder 1 banana
<b>Dinner</b>	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 2 cups steamed green beans 1 corn on the cob 1 oz cheddar cheese	6 oz steak 2 cups steamed green beans 1 corn on the cob 1 oz cheddar cheese	6 oz steak 2 cups steamed green beans 1 corn on the cob 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk	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 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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	1 whole egg 1 cup bran cereal 1 cup milk	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes 2 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 cup grapes 2 tbsp flaxseeds
<b>Mid-Morning</b>	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach	1 cup low-fat yogurt 1 peach 10 almonds	1 cup low-fat yogurt 1 peach 10 almonds
<b>Lunch</b>	3 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	3 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	6 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	6 oz deli meat low-fat ham Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese
<b>Mid-Afternoon</b>	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 2 small slices avocado
<b>Dinner</b>	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 2 cups mixed greens ½ cup brown rice 1 tbsp Italian salad dressing	6 oz tilapia fish 2 cups mixed greens ½ cup brown rice 1 tbsp Italian salad dressing	6 oz tilapia fish 2 cups mixed greens 1 cup brown rice 1 tbsp Italian salad dressing
<b>Before Bed</b>	½ cup cottage cheese	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites Salsa Chopped vegetables 1 tbsp olive oil	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 ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread
<b>Mid-Morning</b>	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	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 wheat pita	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole wheat pita
<b>Lunch</b>	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Mid-Afternoon</b>	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 1 cup melons	1 cup low-fat yogurt 1 cup melons
<b>Dinner</b>	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 ½ cup quinoa 2 cups steamed broccoli 10 almonds	6 oz lean roast beef ½ cup quinoa 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 cup quinoa 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt	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

<b>Meal</b>	<b>100-120</b>	<b>120-160</b>	<b>160-200</b>	<b>200-240</b>	<b>240-280</b>
<b>Breakfast</b>	6 egg whites 1 oz cheddar cheese Diced veggies	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
<b>Mid-Morning</b>	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews	½ cup Greek yogurt 8 cashews ½ cup blueberries	½ cup Greek yogurt 8 cashews 1 cup blueberries
<b>Lunch</b>	3 oz chicken breast Sliced veggies	3 oz chicken breast Sliced veggies	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
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup grapes	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 ½ cup bran cereal 1 tbsp flaxseeds
<b>Dinner</b>	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)
<b>Before Bed</b>	½ cup Greek Yogurt	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 \_\_\_\_\_