

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

<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 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 2 tbsp natural peanut butter
<b>Mid-Morning</b>	1 can of tuna Celery and carrot sticks 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 10 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 10 whole wheat crackers 1 oz cheddar cheese
<b>Lunch</b>	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	6 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	1 scoop protein powder 1 banana 20 pistachios	1 scoop protein powder 1 banana 20 pistachios	1 scoop protein powder 1 banana 20 pistachios	1 scoop protein powder 1 banana 1 cup berries 20 pistachios	1 scoop protein powder 1 banana 1 cup berries 20 pistachios
<b>Dinner</b>	3 oz salmon 2 cups steamed broccoli	6 oz salmon 2 cups steamed broccoli	6 oz salmon 2 cups steamed broccoli 1 orange	6 oz salmon 2 cups steamed broccoli 1 orange	6 oz salmon 2 cups steamed broccoli 1 orange
<b>Before Bed</b>	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	1 cup cottage cheese 2 tbsp flaxseeds	1 cup cottage cheese 2 tbsp flaxseeds	1 cup cottage cheese 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Wednesday

<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 1 cup blueberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 4 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 4 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 4 tbsp slivered almonds
<b>Mid-Morning</b>	1 scoop whey protein powder 1 cup strawberries 10 almonds	1 scoop whey protein powder 1 cup strawberries 10 almonds	1 scoop whey protein powder 1 cup strawberries 10 almonds	1 scoop whey protein powder 2 cups strawberries 10 almonds	1 scoop whey protein powder 2 cups strawberries 10 almonds
<b>Lunch</b>	1 can of tuna ½ cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	1 can of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans
<b>Mid-Afternoon</b>	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks
<b>Dinner</b>	3 oz cod fish Steamed cauliflower 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese ½ cup barley	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 cup barley	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 cup barley	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 cup barley
<b>Before Bed</b>	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	3 links turkey sausage ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange 10 almonds	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange 10 almonds	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange 10 almonds
<b>Mid-Morning</b>	½ cup cottage cheese 1 tbsp peanut butter 1 banana	½ cup cottage cheese 1 tbsp peanut butter 1 banana	½ cup cottage cheese 1 tbsp peanut butter 1 banana	½ cup cottage cheese 1 tbsp peanut butter 1 banana 5 whole wheat crackers	½ cup cottage cheese 1 tbsp peanut butter 1 banana 5 whole wheat crackers
<b>Lunch</b>	3 oz chicken breast ½ cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	3 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange
<b>Dinner</b>	3 oz steak 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ cup cottage cheese ½ apple	1 cup skim milk ½ cup cottage cheese ½ apple	1 cup skim milk ½ cup cottage cheese 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 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds 1 banana
<b>Mid-Morning</b>	1 cup low-fat yogurt 2 tbsp flaxseeds 1 cup blueberries	1 cup low-fat yogurt 2 tbsp flaxseeds 1 cup blueberries	1 cup low-fat yogurt 2 tbsp flaxseeds 1 cup blueberries	1 cup low-fat yogurt 2 tbsp flaxseeds 2 cup blueberries	1 cup low-fat yogurt 2 tbsp flaxseeds 2 cup blueberries
<b>Lunch</b>	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 cup grapes	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes
<b>Mid-Afternoon</b>	1 can of tuna Salsa 5 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 5 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 5 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 10 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 10 whole wheat crackers 2 small slices avocado
<b>Dinner</b>	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 ½ cup corn	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup corn	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup corn	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup corn
<b>Before Bed</b>	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 2 tbsp almond butter

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	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 1 tbsp natural peanut butter	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread 1 tbsp natural peanut butter
<b>Mid-Morning</b>	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 slice whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 slice whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 slice whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 2 slices whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 2 slices whole grain bread
<b>Lunch</b>	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 1 cup grapes	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita 1 cup grapes	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita 1 cup grapes	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita 1 cup grapes
<b>Mid-Afternoon</b>	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 blueberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 1 cup blueberries 2 tbsp flaxseeds
<b>Dinner</b>	3 oz chicken breast 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 small baked potato 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 large baked potato 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	1 cup Greek yogurt 1 small peach	1 cup Greek yogurt 1 small peach	1 cup Greek yogurt 1 small peach 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 \_\_\_\_\_

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 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit
<b>Mid-Morning</b>	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 1 cup melons 8 cashews	1 scoop whey protein powder 1 banana 1 cup melons 8 cashews
<b>Lunch</b>	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 peach	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 peach	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 peach	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 peach
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup raspberries 10 pecans	½ cup cottage cheese 1 cup raspberries 10 pecans	½ cup cottage cheese 1 cup raspberries 10 pecans	½ cup cottage cheese 1 cup raspberries 1 cup strawberries 10 pecans	½ cup cottage cheese 1 cup raspberries 1 cup strawberries 10 pecans
<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 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

## Week 2

Monday

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

<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 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 2 slices whole grain bread 2 tbsp natural peanut butter
<b>Mid-Morning</b>	1 can of tuna Celery and carrot sticks 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 10 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Celery and carrot sticks 10 whole wheat crackers 1 oz cheddar cheese
<b>Lunch</b>	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	6 oz turkey breast 1 cup brown rice Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	1 scoop protein powder 1 banana 20 pistachios	1 scoop protein powder 1 banana 20 pistachios	1 scoop protein powder 1 banana 20 pistachios	1 scoop protein powder 1 banana 1 cup berries 20 pistachios	1 scoop protein powder 1 banana 1 cup berries 20 pistachios
<b>Dinner</b>	3 oz salmon 2 cups steamed broccoli	6 oz salmon 2 cups steamed broccoli	6 oz salmon 2 cups steamed broccoli 1 orange	6 oz salmon 2 cups steamed broccoli 1 orange	6 oz salmon 2 cups steamed broccoli 1 orange
<b>Before Bed</b>	½ cup cottage cheese 2 tbsp flaxseeds	½ cup cottage cheese 2 tbsp flaxseeds	1 cup cottage cheese 2 tbsp flaxseeds	1 cup cottage cheese 2 tbsp flaxseeds	1 cup cottage cheese 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Wednesday

<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 1 cup blueberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 4 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 4 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 1 cup raspberries 4 tbsp slivered almonds
<b>Mid-Morning</b>	1 scoop whey protein powder 1 cup strawberries 10 almonds	1 scoop whey protein powder 1 cup strawberries 10 almonds	1 scoop whey protein powder 1 cup strawberries 10 almonds	1 scoop whey protein powder 2 cups strawberries 10 almonds	1 scoop whey protein powder 2 cups strawberries 10 almonds
<b>Lunch</b>	1 can of tuna ½ cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	1 can of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna 1 cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans
<b>Mid-Afternoon</b>	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks	2 hard boiled eggs 1 slice bread Carrot and celery sticks
<b>Dinner</b>	3 oz cod fish Steamed cauliflower 1 oz cheddar cheese	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese ½ cup barley	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 cup barley	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 cup barley	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 cup barley
<b>Before Bed</b>	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

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 ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange 10 almonds	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange 10 almonds	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 orange 10 almonds
<b>Mid-Morning</b>	½ cup cottage cheese 1 tbsp peanut butter 1 banana	½ cup cottage cheese 1 tbsp peanut butter 1 banana	½ cup cottage cheese 1 tbsp peanut butter 1 banana	½ cup cottage cheese 1 tbsp peanut butter 1 banana 5 whole wheat crackers	½ cup cottage cheese 1 tbsp peanut butter 1 banana 5 whole wheat crackers
<b>Lunch</b>	3 oz chicken breast ½ cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	3 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast 1 cup whole wheat pasta ½ cup tomato sauce 2 cups steamed vegetables
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange	1 scoop protein powder 10 almonds 1 orange
<b>Dinner</b>	3 oz steak 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 corn on the cob 2 cups steamed broccoli 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk ½ apple	1 cup skim milk ½ apple	1 cup skim milk ½ cup cottage cheese ½ apple	1 cup skim milk ½ cup cottage cheese ½ apple	1 cup skim milk ½ cup cottage cheese 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 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds 1 banana	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds 1 banana
<b>Mid-Morning</b>	1 cup low-fat yogurt 2 tsp flaxseeds 1 cup blueberries	1 cup low-fat yogurt 2 tsp flaxseeds 1 cup blueberries	1 cup low-fat yogurt 2 tsp flaxseeds 1 cup blueberries	1 cup low-fat yogurt 2 tsp flaxseeds 2 cup blueberries	1 cup low-fat yogurt 2 tsp flaxseeds 2 cup blueberries
<b>Lunch</b>	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 cup grapes	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 cup grapes
<b>Mid-Afternoon</b>	1 can of tuna Salsa 5 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 5 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 5 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 10 whole wheat crackers 2 small slices avocado	1 can of tuna Salsa 10 whole wheat crackers 2 small slices avocado
<b>Dinner</b>	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 ½ cup corn	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup corn	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup corn	6 oz turkey breast 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup corn
<b>Before Bed</b>	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 2 tbsp almond butter

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Saturday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	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 1 tbsp natural peanut butter	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread 1 tbsp natural peanut butter
<b>Mid-Morning</b>	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 slice whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 slice whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 1 slice whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 2 slices whole grain bread	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 2 slices whole grain bread
<b>Lunch</b>	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 1 cup grapes	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita 1 cup grapes	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita 1 cup grapes	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 small pita 1 cup grapes
<b>Mid-Afternoon</b>	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 blueberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 1 cup blueberries 2 tbsp flaxseeds
<b>Dinner</b>	3 oz chicken breast 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 small baked potato 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz chicken breast 1 large baked potato 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	1 cup Greek yogurt 1 small peach	1 cup Greek yogurt 1 small peach	1 cup Greek yogurt 1 small peach 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 \_\_\_\_\_

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 1 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies ½ grapefruit
<b>Mid-Morning</b>	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 8 cashews	1 scoop whey protein powder 1 banana 1 cup melons 8 cashews	1 scoop whey protein powder 1 banana 1 cup melons 8 cashews
<b>Lunch</b>	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 peach	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 peach	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 peach	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 peach
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup raspberries 10 pecans	½ cup cottage cheese 1 cup raspberries 10 pecans	½ cup cottage cheese 1 cup raspberries 10 pecans	½ cup cottage cheese 1 cup raspberries 1 cup strawberries 10 pecans	½ cup cottage cheese 1 cup raspberries 1 cup strawberries 10 pecans
<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 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

### Week 3

Monday

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

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

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

Weigh morning - Write your weight here \_\_\_\_\_

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 ½ cup cooked oatmeal 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple
<b>Mid-Morning</b>	1 can of tuna Sliced mushrooms and cucumbers 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 10 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 10 whole wheat crackers 1 oz cheddar cheese
<b>Lunch</b>	3 oz turkey breast ½ cup barley 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	6 oz turkey breast ½ cup barley Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	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 tbsp natural peanut butter	1 scoop protein powder 10 almonds 1 banana 1 tbsp natural peanut butter
<b>Dinner</b>	3 oz salmon 3 cups mixed greens with light salad dressing	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato
<b>Before Bed</b>	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	1 cup cottage cheese 2 slices avocado	1 cup cottage cheese 2 slices avocado	1 cup cottage cheese 4 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 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 4 tbsp chopped walnuts
<b>Mid-Morning</b>	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 20 almonds	1 scoop whey protein powder 1 apple 20 almonds
<b>Lunch</b>	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	6 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions
<b>Mid-Afternoon</b>	2 hard boiled eggs Spinach salad with light dressing 1 cup melons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons 1 slice whole grain bread, cut into croutons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons 1 slice whole grain bread, cut into croutons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons 1 slice whole grain bread, cut into croutons
<b>Dinner</b>	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob
<b>Before Bed</b>	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread 1 orange	3 links turkey sausage 1 slice whole grain bread 1 orange 10 almonds	3 links turkey sausage 1 slice whole grain bread 1 orange 10 almonds	3 links turkey sausage 1 slice whole grain bread 1 orange 10 almonds
<b>Mid-Morning</b>	½ cup cottage cheese 1 nectarine 10 almonds	½ cup cottage cheese 1 nectarine 10 almonds	½ cup cottage cheese 1 nectarine 10 almonds	½ cup cottage cheese 1 nectarine 10 almonds 1 low-fat granola bar	½ cup cottage cheese 1 nectarine 10 almonds 1 low-fat granola bar
<b>Lunch</b>	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	2 cans of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
<b>Mid-Afternoon</b>	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 cup milk 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 cup milk 1 tbsp natural peanut butter
<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 1 small sweet potato	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese 1 large sweet potato	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese 1 large sweet potato	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese 1 large sweet potato
<b>Before Bed</b>	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk ½ cup Greek yogurt 10 almonds	1 cup skim milk ½ cup Greek yogurt 10 almonds	1 cup skim milk ½ cup Greek yogurt 20 almonds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Friday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	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 3 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 3 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 3 tbsp flaxseeds
<b>Mid-Morning</b>	1 cup low-fat yogurt 1 peach 10 pecans	1 cup low-fat yogurt 1 peach 10 pecans	1 cup low-fat yogurt 1 peach 10 pecans	1 cup low-fat yogurt 1 peach 20 pecans	1 cup low-fat yogurt 1 peach 20 pecans
<b>Lunch</b>	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 apple	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple
<b>Mid-Afternoon</b>	1 can of tuna Salsa 5 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 5 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 5 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 10 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 10 whole grain crackers 2 small slices avocado
<b>Dinner</b>	3 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing ½ cup brown rice	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup brown rice	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup brown rice	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup brown rice
<b>Before Bed</b>	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	1 cup cottage cheese 20 pistachios	1 cup cottage cheese 20 pistachios	1 cup cottage cheese 40 pistachios

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

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

Weigh morning - Write your weight here \_\_\_\_\_

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 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 2 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 2 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 2 tbsp olive oil
<b>Mid-Morning</b>	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 cup berries	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap 1 cup berries
<b>Lunch</b>	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 cup melons	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 cup melons	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 cup melons	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 cup melons
<b>Mid-Afternoon</b>	1 cup low-fat yogurt 1 cup melons 10 almonds	1 cup low-fat yogurt 1 cup melons 10 almonds	1 cup low-fat yogurt 1 cup melons 10 almonds	1 cup low-fat yogurt 2 cups melons 10 almonds	1 cup low-fat yogurt 2 cups melons 10 almonds
<b>Dinner</b>	3 oz lean roast beef 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 small baked potato 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 large baked potato 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	1 cup Greek yogurt 1 cup grapes	1 cup Greek yogurt 1 cup grapes	1 cup Greek yogurt 1 cup grapes 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 \_\_\_\_\_

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 1 apple Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies
<b>Mid-Morning</b>	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews
<b>Lunch</b>	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup grapes 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 low-fat granola bar 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 low-fat granola bar 2 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 1 orange	½ cup Greek Yogurt 1 orange	1 cup Greek Yogurt 1 orange	1 cup Greek Yogurt 1 orange	1 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
<b>Breakfast</b>	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 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp olive oil 1 apple 1 slice whole grain bread 2 tbsp natural peanut butter
<b>Mid-Morning</b>	½ cup Greek Yogurt 1 kiwi 2 tbsp slivered almonds	½ cup Greek Yogurt 1 kiwi 2 tbsp slivered almonds	½ cup Greek Yogurt 1 kiwi 2 tbsp slivered almonds	½ cup Greek Yogurt 2 kiwis 2 tbsp slivered almonds	½ cup Greek Yogurt 2 kiwis 2 tbsp slivered almonds
<b>Lunch</b>	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	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	6 oz turkey breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing
<b>Mid-Afternoon</b>	1 scoop whey protein powder 1 banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 banana 5 whole grain crackers 1 tbsp natural peanut butter	1 scoop whey protein powder 1 banana 1 tbsp natural peanut butter	1 scoop whey protein powder 1 banana 5 whole grain crackers 1 tbsp natural peanut butter	1 scoop whey protein powder 1 banana 5 whole grain crackers 1 tbsp natural peanut butter
<b>Dinner</b>	3 oz salmon 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	6 oz salmon 5 spears asparagus 1 tbsp olive oil 1 tbsp balsamic vinegar	6 oz salmon 5 spears Asparagus ½ cup brown rice 1 tbsp olive oil 1 tbsp balsamic vinegar	6 oz salmon 5 spears Asparagus ½ cup brown rice 1 tbsp olive oil 1 tbsp balsamic vinegar	6 oz salmon 5 spears Asparagus ½ cup brown rice 1 tbsp olive oil 1 tbsp balsamic vinegar
<b>Before Bed</b>	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	1 cup low-fat cottage cheese 1 tbsp almond butter	1 cup low-fat cottage cheese 1 tbsp almond butter	1 cup low-fat cottage cheese 2 tbsp almond butter

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Tuesday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	6 egg whites Salsa ½ cup cooked oatmeal 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds 1 apple
<b>Mid-Morning</b>	1 can of tuna Sliced mushrooms and cucumbers 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 5 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 10 whole wheat crackers 1 oz cheddar cheese	1 can of tuna Sliced mushrooms and cucumbers 10 whole wheat crackers 1 oz cheddar cheese
<b>Lunch</b>	3 oz turkey breast ½ cup barley 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	6 oz turkey breast ½ cup barley Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	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 tbsp natural peanut butter	1 scoop protein powder 10 almonds 1 banana 1 tbsp natural peanut butter
<b>Dinner</b>	3 oz salmon 3 cups mixed greens with light salad dressing	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato	6 oz salmon 3 cups mixed greens with light salad dressing 1 small sweet potato
<b>Before Bed</b>	½ cup cottage cheese 2 slices avocado	½ cup cottage cheese 2 slices avocado	1 cup cottage cheese 2 slices avocado	1 cup cottage cheese 2 slices avocado	1 cup cottage cheese 4 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 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 1 cup blueberries 4 tbsp chopped walnuts
<b>Mid-Morning</b>	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 20 almonds	1 scoop whey protein powder 1 apple 20 almonds
<b>Lunch</b>	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	6 oz chicken breast 1 cup barley Salsa Diced peppers, carrots, and onions
<b>Mid-Afternoon</b>	2 hard boiled eggs Spinach salad with light dressing 1 cup melons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons 1 slice whole grain bread, cut into croutons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons 1 slice whole grain bread, cut into croutons	2 hard boiled eggs Spinach salad with light dressing 1 cup melons 1 slice whole grain bread, cut into croutons
<b>Dinner</b>	3 oz lean ham Steamed cauliflower 1 oz cheddar cheese	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob	6 oz lean ham Steamed cauliflower 1 oz cheddar cheese 1 corn on the cob
<b>Before Bed</b>	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 4 tbsp flaxseeds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Thursday

Meal	100-120	120-160	160-200	200-240	240-280
<b>Breakfast</b>	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread 1 orange	3 links turkey sausage 1 slice whole grain bread 1 orange 10 almonds	3 links turkey sausage 1 slice whole grain bread 1 orange 10 almonds	3 links turkey sausage 1 slice whole grain bread 1 orange 10 almonds
<b>Mid-Morning</b>	½ cup cottage cheese 1 nectarine 10 almonds	½ cup cottage cheese 1 nectarine 10 almonds	½ cup cottage cheese 1 nectarine 10 almonds	½ cup cottage cheese 1 nectarine 10 almonds 1 low-fat granola bar	½ cup cottage cheese 1 nectarine 10 almonds 1 low-fat granola bar
<b>Lunch</b>	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	2 cans of tuna 1 cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired
<b>Mid-Afternoon</b>	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 cup milk 1 tbsp natural peanut butter	1 scoop protein powder 1 banana 1 cup milk 1 tbsp natural peanut butter
<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 1 small sweet potato	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese 1 large sweet potato	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese 1 large sweet potato	3 oz steak 2 cups steamed green beans 1 oz cheddar cheese 1 large sweet potato
<b>Before Bed</b>	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk ½ cup Greek yogurt 10 almonds	1 cup skim milk ½ cup Greek yogurt 10 almonds	1 cup skim milk ½ cup Greek yogurt 20 almonds

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

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

Weigh morning - Write your weight here \_\_\_\_\_

Friday

<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 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 3 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 3 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 3 tbsp flaxseeds
<b>Mid-Morning</b>	1 cup low-fat yogurt 1 peach 10 pecans	1 cup low-fat yogurt 1 peach 10 pecans	1 cup low-fat yogurt 1 peach 10 pecans	1 cup low-fat yogurt 1 peach 20 pecans	1 cup low-fat yogurt 1 peach 20 pecans
<b>Lunch</b>	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 apple	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple	6 oz deli meat low-fat ham 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 apple
<b>Mid-Afternoon</b>	1 can of tuna Salsa 5 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 5 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 5 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 10 whole grain crackers 2 small slices avocado	1 can of tuna Salsa 10 whole grain crackers 2 small slices avocado
<b>Dinner</b>	3 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing ½ cup brown rice	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup brown rice	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup brown rice	6 oz tilapia fish 2 cups mixed greens 1 tbsp Italian salad dressing 1 cup brown rice
<b>Before Bed</b>	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	1 cup cottage cheese 20 pistachios	1 cup cottage cheese 20 pistachios	1 cup cottage cheese 40 pistachios

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

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

Weigh morning - Write your weight here \_\_\_\_\_

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 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 2 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 2 tbsp olive oil	6 egg whites 1 grapefruit Salsa Chopped vegetables 2 tbsp olive oil
<b>Mid-Morning</b>	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 cup berries	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers 1 small whole grain wrap 1 cup berries
<b>Lunch</b>	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 cup melons	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 cup melons	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 cup melons	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 cup melons
<b>Mid-Afternoon</b>	1 cup low-fat yogurt 1 cup melons 10 almonds	1 cup low-fat yogurt 1 cup melons 10 almonds	1 cup low-fat yogurt 1 cup melons 10 almonds	1 cup low-fat yogurt 2 cups melons 10 almonds	1 cup low-fat yogurt 2 cups melons 10 almonds
<b>Dinner</b>	3 oz lean roast beef 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 small baked potato 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 large baked potato 2 cups steamed broccoli 10 almonds	3 oz lean roast beef 1 large baked potato 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt 1 cup grapes	½ cup Greek yogurt 1 cup grapes	1 cup Greek yogurt 1 cup grapes	1 cup Greek yogurt 1 cup grapes	1 cup Greek yogurt 1 cup grapes 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 \_\_\_\_\_

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 1 apple Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 1 slice whole grain bread Diced veggies
<b>Mid-Morning</b>	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 1 cup blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews	½ cup Greek yogurt 2 cups blueberries 8 cashews
<b>Lunch</b>	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 tbsp olive oil dressing 1 orange
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup grapes 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 low-fat granola bar 2 tbsp flaxseeds	½ cup cottage cheese 1 cup grapes 1 low-fat granola bar 2 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 1 orange	½ cup Greek Yogurt 1 orange	1 cup Greek Yogurt 1 orange	1 cup Greek Yogurt 1 orange	1 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 \_\_\_\_\_