

## Male 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 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 tbsp natural peanut butter
<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 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds
<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	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 apple	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 apple
<b>Mid-Afternoon</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 20 almonds	1 scoop whey protein powder 20 almonds	1 scoop whey protein powder 20 almonds 1 cup berries	1 scoop whey protein powder 20 almonds 1 cup berries
<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	3 oz lean steak 5 spears asparagus 1 small potato 1 tbsp olive oil 1 tbsp lemon juice	3 oz lean steak 5 spears asparagus 1 small potato 1 tbsp olive oil 1 tbsp lemon juice	3 oz lean steak 5 spears asparagus 1 large potato 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	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

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 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 2 tbsp natural peanut butter
<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 can of tuna Celery and carrot sticks 1 oz cheddar cheese
<b>Lunch</b>	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	6 oz turkey breast ½ 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 20 pistachios	1 scoop protein powder 40 pistachios	1 scoop protein powder 40 pistachios	1 scoop protein powder 40 pistachios 1 apple	1 scoop protein powder 40 pistachios 1 apple
<b>Dinner</b>	3 oz salmon 2 cups steamed broccoli	3 oz salmon 2 cups steamed broccoli	6 oz salmon ½ cup quinoa 2 cups steamed broccoli	6 oz salmon ½ cup quinoa 2 cups steamed broccoli	6 oz salmon 1 cup quinoa 2 cups steamed broccoli
<b>Before Bed</b>	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	1 cup cottage cheese 2 tbsp flaxseeds

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

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

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

Wednesday

<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 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds 1 tbsp natural peanut butter	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds 1 tbsp natural peanut butter	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds 1 tbsp natural peanut butter
<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 scoop whey protein powder 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 ½ cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna ½ 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 Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks 10 almonds	2 hard boiled eggs Carrot and celery sticks 10 almonds	2 hard boiled eggs Carrot and celery sticks 10 whole wheat crackers 10 almonds	2 hard boiled eggs Carrot and celery sticks 10 whole wheat crackers 10 almonds
<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 1 oz cheddar cheese 1 small whole wheat bun	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 small whole wheat bun	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 large whole wheat bun
<b>Before Bed</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 2 tbsp flaxseeds	1 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 ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement)	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 tbsp natural peanut butter	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 tbsp natural peanut butter	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 tbsp natural peanut butter
<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	½ cup cottage cheese 1 tbsp peanut butter
<b>Lunch</b>	3 oz chicken breast ½ cup tomato sauce 2 cups steamed vegetables	3 oz chicken breast ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast ½ cup tomato sauce ½ cup whole wheat pasta 2 cups steamed vegetables	6 oz chicken breast ½ cup tomato sauce ½ cup whole wheat pasta 2 cups steamed vegetables	6 oz chicken breast ½ cup tomato sauce ½ cup whole wheat pasta 2 cups steamed vegetables
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 1 cup raspberries 20 almonds	1 scoop protein powder 1 cup raspberries 20 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 sweet potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 small sweet potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 large sweet potato 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 apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple ½ cup cottage cheese

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 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds
<b>Mid-Morning</b>	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds
<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	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 orange	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 orange
<b>Mid-Afternoon</b>	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 1 cup melons 4 small slices avocado	1 can of tuna Salsa 1 cup melons 4 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 ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast 1 cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Before Bed</b>	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 1 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 \_\_\_\_\_

**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 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread
<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 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 10 whole grain crackers
<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	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread
<b>Mid-Afternoon</b>	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 1 cup blackberries 2 tbsp flaxseeds
<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 brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach

Take one tablet 20 min before your 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 slice whole grain bread Diced veggies	6 egg whites 1 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies
<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 8 cashews	1 scoop whey protein powder 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 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 apple	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 apple
<b>Mid-Afternoon</b>	½ cup cottage cheese 10 pecans	½ cup cottage cheese 20 pecans	½ cup cottage cheese 20 pecans	½ cup cottage cheese 20 pecans 1 cup strawberries	½ cup cottage cheese 20 pecans 1 cup strawberries
<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	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 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 \_\_\_\_\_

## 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 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 tbsp natural peanut butter	6 egg whites Salsa 1 tbsp olive oil 1 banana 1 tbsp natural peanut butter
<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 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds
<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	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 apple	6 oz chicken breast 1 small whole wheat tortilla Sliced veggies 1 tbsp olive oil salad dressing 1 apple
<b>Mid-Afternoon</b>	1 scoop whey protein powder 10 almonds	1 scoop whey protein powder 20 almonds	1 scoop whey protein powder 20 almonds	1 scoop whey protein powder 20 almonds 1 cup berries	1 scoop whey protein powder 20 almonds 1 cup berries
<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	3 oz lean steak 5 spears asparagus 1 small potato 1 tbsp olive oil 1 tbsp lemon juice	3 oz lean steak 5 spears asparagus 1 small potato 1 tbsp olive oil 1 tbsp lemon juice	3 oz lean steak 5 spears asparagus 1 large potato 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	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

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 1 slice whole grain bread 1 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 2 tbsp natural peanut butter	6 egg whites Salsa 1 slice whole grain bread 2 tbsp natural peanut butter
<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 can of tuna Celery and carrot sticks 1 oz cheddar cheese
<b>Lunch</b>	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	3 oz turkey breast ½ cup brown rice Steamed broccoli 10 almonds	6 oz turkey breast ½ 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 20 pistachios	1 scoop protein powder 40 pistachios	1 scoop protein powder 40 pistachios	1 scoop protein powder 40 pistachios 1 apple	1 scoop protein powder 40 pistachios 1 apple
<b>Dinner</b>	3 oz salmon 2 cups steamed broccoli	3 oz salmon 2 cups steamed broccoli	6 oz salmon ½ cup quinoa 2 cups steamed broccoli	6 oz salmon ½ cup quinoa 2 cups steamed broccoli	6 oz salmon 1 cup quinoa 2 cups steamed broccoli
<b>Before Bed</b>	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	1 cup 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 \_\_\_\_\_

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 2 tbsp slivered almonds	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds 1 tbsp natural peanut butter	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds 1 tbsp natural peanut butter	½ cup cottage cheese 1 cup blueberries 2 tbsp slivered almonds 1 tbsp natural peanut butter
<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 scoop whey protein powder 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 ½ cup brown rice Salsa Diced peppers, carrots, and onions 10 pecans	2 cans of tuna ½ 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 Carrot and celery sticks	2 hard boiled eggs Carrot and celery sticks 10 almonds	2 hard boiled eggs Carrot and celery sticks 10 almonds	2 hard boiled eggs Carrot and celery sticks 10 whole wheat crackers 10 almonds	2 hard boiled eggs Carrot and celery sticks 10 whole wheat crackers 10 almonds
<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 1 oz cheddar cheese 1 small whole wheat bun	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 small whole wheat bun	6 oz cod fish Steamed cauliflower 1 oz cheddar cheese 1 large whole wheat bun
<b>Before Bed</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 2 tbsp flaxseeds	1 cup Greek Yogurt 2 tbsp flaxseeds

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

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

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

Thursday

<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)	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 tbsp natural peanut butter	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 tbsp natural peanut butter	3 links turkey sausage ¼ cup oatmeal (raw measurement) 1 tbsp natural peanut butter
<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	½ cup cottage cheese 1 tbsp peanut butter
<b>Lunch</b>	3 oz chicken breast ½ cup tomato sauce 2 cups steamed vegetables	3 oz chicken breast ½ cup tomato sauce 2 cups steamed vegetables	6 oz chicken breast ½ cup tomato sauce ½ cup whole wheat pasta 2 cups steamed vegetables	6 oz chicken breast ½ cup tomato sauce ½ cup whole wheat pasta 2 cups steamed vegetables	6 oz chicken breast ½ cup tomato sauce ½ cup whole wheat pasta 2 cups steamed vegetables
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 1 cup raspberries 20 almonds	1 scoop protein powder 1 cup raspberries 20 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 sweet potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 small sweet potato 2 cups steamed broccoli 1 oz cheddar cheese	6 oz steak 1 large sweet potato 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 apple	1 cup skim milk ½ apple	1 cup skim milk ½ apple ½ cup cottage cheese

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 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 10 almonds	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds	1 whole egg 1 cup bran cereal 1 cup milk 20 almonds
<b>Mid-Morning</b>	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds	1 cup low-fat yogurt 2 tbsp flaxseeds
<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	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 orange	6 oz chicken breast 1 small whole wheat pita Lettuce, onions, peppers, mushrooms 1 oz cheddar cheese 1 orange
<b>Mid-Afternoon</b>	1 can of tuna Salsa 2 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 1 cup melons 4 small slices avocado	1 can of tuna Salsa 1 cup melons 4 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 ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast ½ cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz turkey breast 1 cup brown rice 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Before Bed</b>	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	½ cup cottage cheese 1 tbsp almond butter	1 cup cottage cheese 1 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 \_\_\_\_\_

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 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread	6 egg whites 1 orange Salsa Chopped vegetables 1 tbsp olive oil 1 slice whole grain bread
<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 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 5 whole grain crackers	½ can salmon mixed with 1 tbsp low-fat mayonnaise Celery sticks 10 whole grain crackers
<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	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread	10 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 2 slices whole grain bread
<b>Mid-Afternoon</b>	1 cup low-fat yogurt 1 cup strawberries	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup strawberries 1 cup blackberries 2 tbsp flaxseeds
<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 brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds	6 oz chicken breast 1 cup brown rice 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach	½ cup Greek yogurt 1 small peach

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

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

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

Sunday

<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	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies	6 egg whites 2 oz cheddar cheese 1 slice whole grain bread Diced veggies
<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 8 cashews	1 scoop whey protein powder 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 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 apple	1 can salmon mixed with diced onions and fat-free mayonnaise 1 small whole wheat tortilla 1 apple
<b>Mid-Afternoon</b>	½ cup cottage cheese 10 pecans	½ cup cottage cheese 20 pecans	½ cup cottage cheese 20 pecans	½ cup cottage cheese 20 pecans 1 cup strawberries	½ cup cottage cheese 20 pecans 1 cup strawberries
<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	½ cup Greek Yogurt 2 tbsp flaxseeds	½ cup Greek Yogurt 2 tbsp flaxseeds	1 cup Greek Yogurt 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 \_\_\_\_\_

### 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	6 egg whites Salsa 2 tbsp olive oil 1 apple	6 egg whites Salsa 2 tbsp olive oil 1 apple	6 egg whites Salsa 2 tbsp olive oil 1 apple
<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	½ cup Greek Yogurt 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 tbsp natural peanut butter	1 scoop whey protein powder 2 tbsp natural peanut butter	1 scoop whey protein powder 2 tbsp natural peanut butter	1 scoop whey protein powder 1 cup milk 2 tbsp natural peanut butter	1 scoop whey protein powder 1 cup milk 2 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	6 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
<b>Before Bed</b>	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	1 cup low-fat cottage cheese 1 tbsp almond butter

Take one tablet 20 min before your first meal of the day and another 20 min before 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 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds
<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 can of tuna Sliced mushrooms and cucumbers 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 1 cup barley Steamed broccoli 10 almonds	6 oz turkey breast 1 cup barley Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 1 cup fruit juice 20 almonds	1 scoop protein powder 1 cup fruit juice 20 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 3 cups mixed greens with light salad dressing	6 oz salmon 3 cups mixed greens with light salad dressing	6 oz salmon 3 cups mixed greens with light salad dressing 1 orange
<b>Before Bed</b>	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	1 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 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 4 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 scoop whey protein powder 10 almonds
<b>Lunch</b>	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast ½ 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	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing 1 apple	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing 1 apple
<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 Steamed 1 small baked potato cauliflower 1 oz cheddar cheese	6 oz lean ham Steamed 1 small baked potato cauliflower 1 oz cheddar cheese	6 oz lean ham Steamed 1 large baked potato cauliflower 1 oz cheddar cheese
<b>Before Bed</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 2 tbsp flaxseeds	1 cup Greek Yogurt 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 \_\_\_\_\_

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 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread 1 tbsp natural peanut butter	3 links turkey sausage 1 slice whole grain bread 1 tbsp natural peanut butter	3 links turkey sausage 1 slice whole grain bread 1 tbsp natural peanut butter
<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	½ cup cottage cheese 10 almonds
<b>Lunch</b>	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna ½ 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 scoop protein powder 1 banana 1 tbsp almond butter	1 scoop protein powder 1 banana 1 tbsp almond butter	1 scoop protein powder 1 banana 2 tbsp almond butter	1 scoop protein powder 1 banana 2 tbsp almond 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	6 oz steak 1 small baked potato 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 small baked potato 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 large baked potato 2 cups steamed green beans 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 1 cup low-fat 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 \_\_\_\_\_

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 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds
<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	1 cup low-fat yogurt 1 peach
<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	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	3 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 2 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 4 small slices avocado 1 cup grapes	1 can of tuna Salsa 4 small slices avocado 1 cup grapes
<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 ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 cup barley 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Before Bed</b>	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	1 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 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	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil
<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	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers
<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	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 orange	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 orange
<b>Mid-Afternoon</b>	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup melons 2 tbsp flaxseeds	1 cup low-fat yogurt 2 cups melons 2 tbsp flaxseeds	1 cup low-fat yogurt 2 cups melons 2 tbsp flaxseeds
<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 1 small sweet potato, cut into fries 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 small sweet potato, cut into fries 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 large sweet potato, cut into fries 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	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	1 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 1 apple Diced veggies	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 Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 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 Greek yogurt 8 cashews
<b>Lunch</b>	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 cup berries	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 cup berries
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes 10 almonds	½ cup cottage cheese 1 cup grapes 10 almonds	½ cup cottage cheese 1 cup grapes 20 almonds	½ cup cottage cheese 1 cup grapes 20 almonds
<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	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange	1 cup Greek Yogurt 1 orange

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

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

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

**Week 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 1 apple	6 egg whites Salsa 1 tbsp olive oil 1 apple	6 egg whites Salsa 2 tbsp olive oil 1 apple	6 egg whites Salsa 2 tbsp olive oil 1 apple	6 egg whites Salsa 2 tbsp olive oil 1 apple
<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	½ cup Greek Yogurt 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 tbsp natural peanut butter	1 scoop whey protein powder 2 tbsp natural peanut butter	1 scoop whey protein powder 2 tbsp natural peanut butter	1 scoop whey protein powder 1 cup milk 2 tbsp natural peanut butter	1 scoop whey protein powder 1 cup milk 2 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	6 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
<b>Before Bed</b>	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	½ cup low-fat cottage cheese 1 tbsp almond butter	1 cup low-fat cottage cheese 1 tbsp almond butter

Take one tablet 20 min before your first meal of the day and another 20 min before 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 2 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds	6 egg whites Salsa ½ cup cooked oatmeal 4 tbsp slivered almonds
<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 can of tuna Sliced mushrooms and cucumbers 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 1 cup barley Steamed broccoli 10 almonds	6 oz turkey breast 1 cup barley Steamed broccoli 10 almonds
<b>Mid-Afternoon</b>	1 scoop protein powder 10 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 20 almonds	1 scoop protein powder 1 cup fruit juice 20 almonds	1 scoop protein powder 1 cup fruit juice 20 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 3 cups mixed greens with light salad dressing	6 oz salmon 3 cups mixed greens with light salad dressing	6 oz salmon 3 cups mixed greens with light salad dressing 1 orange
<b>Before Bed</b>	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	1 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 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 2 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 4 tbsp chopped walnuts	½ Greek Yogurt 1 cup Raspberries 4 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 scoop whey protein powder 10 almonds
<b>Lunch</b>	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	3 oz chicken breast ½ cup barley Salsa Diced peppers, carrots, and onions	6 oz chicken breast ½ 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	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing 1 apple	2 hard boiled eggs Spinach salad with 1 tbsp olive oil dressing 1 apple
<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 Steamed 1 small baked potato cauliflower 1 oz cheddar cheese	6 oz lean ham Steamed 1 small baked potato cauliflower 1 oz cheddar cheese	6 oz lean ham Steamed 1 large baked potato cauliflower 1 oz cheddar cheese
<b>Before Bed</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 2 tbsp flaxseeds	1 cup Greek Yogurt 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 \_\_\_\_\_

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 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread	3 links turkey sausage 1 slice whole grain bread 1 tbsp natural peanut butter	3 links turkey sausage 1 slice whole grain bread 1 tbsp natural peanut butter	3 links turkey sausage 1 slice whole grain bread 1 tbsp natural peanut butter
<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	½ cup cottage cheese 10 almonds
<b>Lunch</b>	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	1 can of tuna ½ cup whole wheat pasta ½ cup tomato sauce Chopped veggies as desired	2 cans of tuna ½ 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 scoop protein powder 1 banana 1 tbsp almond butter	1 scoop protein powder 1 banana 1 tbsp almond butter	1 scoop protein powder 1 banana 2 tbsp almond butter	1 scoop protein powder 1 banana 2 tbsp almond 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	6 oz steak 1 small baked potato 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 small baked potato 2 cups steamed green beans 1 oz cheddar cheese	6 oz steak 1 large baked potato 2 cups steamed green beans 1 oz cheddar cheese
<b>Before Bed</b>	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 10 almonds	1 cup skim milk 1 cup low-fat 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 \_\_\_\_\_

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 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds	1 whole egg 1 cup bran cereal 1 cup milk 1 tbsp flaxseeds
<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	1 cup low-fat yogurt 1 peach
<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	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	3 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 2 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 4 small slices avocado	1 can of tuna Salsa 4 small slices avocado 1 cup grapes	1 can of tuna Salsa 4 small slices avocado 1 cup grapes
<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 ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish ½ cup barley 2 cups mixed greens 1 tbsp Italian salad dressing	6 oz tilapia fish 1 cup barley 2 cups mixed greens 1 tbsp Italian salad dressing
<b>Before Bed</b>	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	½ cup cottage cheese 20 pistachios	1 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 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	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil	6 egg whites ½ grapefruit Salsa Chopped vegetables 1 tbsp olive oil
<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	½ can salmon mixed with 1 tbsp low-fat mayonnaise Sliced peppers, mushrooms, cucumbers
<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	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 orange	6 slices low-fat deli chicken meat 2 cups mixed greens 1 tbsp Italian salad dressing 1 English Muffin 1 orange
<b>Mid-Afternoon</b>	1 cup low-fat yogurt 1 cup melons	1 cup low-fat yogurt 1 cup melons 2 tbsp flaxseeds	1 cup low-fat yogurt 1 cup melons 2 tbsp flaxseeds	1 cup low-fat yogurt 2 cups melons 2 tbsp flaxseeds	1 cup low-fat yogurt 2 cups melons 2 tbsp flaxseeds
<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 1 small sweet potato, cut into fries 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 small sweet potato, cut into fries 2 cups steamed broccoli 10 almonds	6 oz lean roast beef 1 large sweet potato, cut into fries 2 cups steamed broccoli 10 almonds
<b>Before Bed</b>	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	1 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 1 apple Diced veggies	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 Diced veggies	6 egg whites 2 oz cheddar cheese 1 apple 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 Greek yogurt 8 cashews
<b>Lunch</b>	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	3 oz chicken breast Sliced veggies 1 small whole wheat tortilla	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 cup berries	6 oz chicken breast Sliced veggies 1 small whole wheat tortilla 1 cup berries
<b>Mid-Afternoon</b>	½ cup cottage cheese 1 cup grapes	½ cup cottage cheese 1 cup grapes 10 almonds	½ cup cottage cheese 1 cup grapes 10 almonds	½ cup cottage cheese 1 cup grapes 20 almonds	½ cup cottage cheese 1 cup grapes 20 almonds
<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	½ cup Greek Yogurt 1 orange	½ cup Greek Yogurt 1 orange	1 cup Greek Yogurt 1 orange

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 \_\_\_\_\_