



1,200 CAL

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
Breakfast	Meal One	Meal One	Meal One	Meal One	Meal One	Meal One
	egg whites 1/2 cup	1 1/2 cup granola	2 scrambled eggs	egg whites 1/2 cup	scrambled eggs (2)	egg white omelette
	laughing cow cheese	4.5 oz fat free vanilla yogurt	1/2 cup baby spinach	tomato 1 slice	orange	1 cup spinach
	tomato 1 slice	1/2 cup blueberries	1/4 sliced avocado	avocado 1/4		1/2 avocado
	avocado 1/4	2 tbs almonds				
Morning Snack	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two
	SMOOTHIE	SMOOTHIE	SMOOTHIE	SMOOTHIE	SMOOTHIE	SMOOTHIE
Lunch	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three
	1 cup lettuce	lettuce wraps	1/4 cup penne pasta (cooked)	chicken lettuce wraps	2 cups spinach	turkey lettuce wrap
	5 grape tomatoes	turkey deli meat	1 tbs pesto sauce	2 oz grilled chicken	3 oz tuna	turkey deli meat
	cucumber slices		3 oz chicken breast (diced)	1/4 cup shredded carrots	tuna and sinach salad	lettuce
	carrot slices		1 cup grape tomatoes	4 large romaine lettuce leaves		1tbs sauce of choice
Vinegarette dressing 2 tbs		3/4 cup shredded carrots	2 TBS vinegarette dressing			
Afternoon Snack	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four
	SMOOTHIE	SMOOTHIE	SMOOTHIE	SMOOTHIE	SMOOTHIE	SMOOTHIE
Dinner	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five
	salmon filet	2oz grilled chicken	Tilapia - grilled	Chicken Breast	3oz chicken breast	shrimp
	green salad/ lettuce (2 cups)	salad	vegetables 1 1/2 cups	Italian dressing 3tbs	1/3 cup grape tomatoes	zucchini /squash/asparagus
	2 tbs vinegarette dressing	1tbs vinegar, balsamic, extra virgin olive oil	1tbs sauce of choice	Spinach salad 2cups	1/2 cups shredded carrots	olive oil 1tbs
		black pepper		2 cup of mixed vegetables	bell peppers	garlic and basil
			vegetable medley			
ADDITIONAL SNACK OPTIONS						
SMOOTHIE RECIPE BELOW- ADD 2 SCOOPS OF PROTEIN FOR WORKOUT DAYS						
1/2 c mango cubes 1/2 c mashed ripe avocado 1/2 c mango juice 1/2 c fat-free vanilla yogurt 1 Tbsp freshly squeezed lime juice 1 Tbsp sugar 6 ice cubes 298 CAL	1 c skim milk 1 c frozen unsweetened blueberries 1 Tbsp cold-pressed organic flaxseed oil (MUFA) *STIR IN FLAXSEED OIL 273 CAL	1/2 c fat-free milk 1/2 c fat-free plain yogurt 2 Tbsp creamy natural unsalted peanut butter 1/2 very ripe banana 1 Tbsp honey 4 ice cubes 366 CAL	1 c skim or soy milk 6 oz (80-calorie) vanilla yogurt 1 c fresh blueberries Handful of ice OR 1 cup frozen blueberries 1 Tbsp flaxseed oil (MUFA) *STIR IN FLAXSEED OIL 443 CAL	1 c skim milk 4 oz canned pineapple tidbits in juice Handful of ice 1 Tbsp cold-pressed organic flaxseed oil (MUFA) *STIR IN FLAXSEED OIL 271 CAL	1 c skim milk 1 c frozen, unsweetened strawberries 2 tsp cold-pressed organic flaxseed oil (MUFA) *STIR IN FLAXSEED OIL 216 CAL	