

							1,300 Calorie Plan
	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
	Meal One	Meal One	Meal One	Meal One	Meal One	Meal One	Meal One
	2 eggs (boiled)	2 eggs scrambled	fat free vanilla yogurt	2 eggs scrambled	2 eggs (boiled)	yogurt	1 1/2 cups strawberries
	1/2 cup blackberries or berry of choice	skinny cow cheese (opt)	1/2 cup berry of choice	skinny cow cheese (opt)	1/2 cup blackberries or berry of choice	1/2 cup berry of choice	omelet (2 eggs)
Breakfast	1/2 cup strawberries	tomato slice 3-4	Handful raw almonds	tomato slice 3-4	1/2 cup strawberries	eggo nutrigrain whole wheat waffle	1 slice wheat toast
eakiast	1 slice of wheat toast	1/2 cup strawberries		1/2 cup strawberries	1 slice of wheat toast	1 TBS Maple Syrup	1/2 cup pineapples
		1 slice wheat toast		1 slice wheat toast			
	254 cal	288 cal	284 cal	288 cal	254 cal	248 cal	309 cal
	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two
	Light yogurt smoothie	tomato sliced (medium)	apple	Light yogurt smoothie	tomato sliced (medium)	apple	SMOOTHIE
	3/4 cup strawberries	cucumber- 20 slices	2 TBS all natural peanut butter	3/4 cup strawberries	cucumber- 20 slices	2 TBS all natural peanut butter	see below
orning		2 TBS Vinegarette dressing			2 TBS Vinegarette dressing		
inack							
	150 cal	108 cal	200 cal	150 cal	108 cal	200 cal	
	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three
Lunch	chicken breast	Tuna 3oz	thin sliced turkey-2	chicken breast	chicken breast	Tuna 3oz	thin sliced turkey- 2
	spinach 2 cups	Grapes 3/4 cup	low fat swiss cheese	green beans	spinach 2 cups	Grapes 3/4 cup	low fat swiss cheese
	Grapes 3/4 cup		Spinach	choice of bean	Grapes 3/4 cup	Spinach 2 cups	Spinach
	Vinegarette dressing 2 tbs	chopped walnuts	pear slice	pear slice	Vinegarette dressing 2 tbs	chopped walnuts	pear slice
		Vinegarette dressing 2 tbs	honey dijon mustard			Vinegarette dressing 2 tbs	honey dijon mustard
	300 cal	300 cal	400 cal	310 cal	300 cal	300 cal	400 cal
	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four
ternoon Snack	1/2 cup strawberries and 6 oz lite flavored yogurt	1 cup of strawberries and handful of almonds	carrots and celery	carrots and celery	1 Apple and peanutbutter	your choice from list below	your choice from list below
	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five
	Chicken Breast	shrimp	Tilapia - grilled	salmon grilled	Tilapia - grilled	Chicken Breast	Salmon
	Chicken Breast Italian dressing 3tbs	shrimp zucchini /squash/asparagus	Tilapia - grilled vegetables 1 1/2 cups	salmon grilled vegetables 1 1/2 cups	Tilapia - grilled vegetables 1 1/2 cups	Chicken Breast Italian dressing 3tbs	Salmon 1 cup mixed vegetables
	Chicken Breast	shrimp	Tilapia - grilled	salmon grilled	Tilapia - grilled	Chicken Breast	Salmon
	Chicken Breast Italian dressing 3tbs	shrimp zucchini /squash/asparagus	Tilapia - grilled vegetables 1 1/2 cups	salmon grilled vegetables 1 1/2 cups	Tilapia - grilled vegetables 1 1/2 cups	Chicken Breast Italian dressing 3tbs	Salmon 1 cup mixed vegetables
Dinner	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing
	Chicken Breast Italian dressing 3tbs Spinach salad Zcups 1 cup of mixed vegetables 250-300 cal	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice 250-300 cal	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal	Salmon 1 cup mixed vegetables Spinach Salad 2 cups
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal
	Chicken Breast Italian dressing 3tbs Spinach salad Zcups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS
	Chicken Breast Italian dressing 3tbs Spinach salad Zcups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTION
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal of	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS higher calorie day	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS (S) SELECT ONE OPTION I	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTION
	Chicken Breast Italian dressing 3tbs Spinach salad Zcups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO Soy chips	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS higher calorie day soy chips	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTION F edamame	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS W (below 150 cal or apple oatmeal cookie	salmon grilled vegetables 1 1/2 cups 1 tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS higher calorie day soy chips watermelon	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTION I edamame fruit bar	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips string cheese	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame 100 cal popcorn	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese 100 cal popcorn	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple oatmeal cookie 100 cal popcorn	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS 1 higher calorie day soy chips watermelon 100 cal popcom	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTION I edamame fruit bar 100 cal popcom	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips soy chips string cheese 100 cal popcorn	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar 100 cal popcorn
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame 100 cal popcorn yogurt	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese 100 cal popcorn yogurt	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple oatmeal cookie 100 cal popcorn almonds	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS nigher calorie day soy chips watermelon 100 cal popcorm fruit and nut bar	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS S SELECT ONE OPTION I edamame fruit bar 100 cal popcorn yogurt	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips string cheese 100 cal popcorn yogurt	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar 100 cal popcorn fruit and nut bar
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame 100 cal popcorn yogurt chocolate covered almonds	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese 100 cal popcorn yogurt	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple oatmeal cookie 100 cal popcorn almonds	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS nigher calorie day soy chips watermelon 100 cal popcorm fruit and nut bar	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS S SELECT ONE OPTION I edamame fruit bar 100 cal popcorn yogurt	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips string cheese 100 cal popcorn yogurt	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar 100 cal popcorn fruit and nut bar
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame 100 cal popcorn yogurt chocolate covered almonds	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese 100 cal popcorn yogurt chocolate covered almonds Smoothie	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple oatmeal cookie 100 cal popcorn almonds	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS nigher calorie day soy chips watermelon 100 cal popcorm fruit and nut bar	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS S SELECT ONE OPTION I edamame fruit bar 100 cal popcorn yogurt	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips string cheese 100 cal popcorn yogurt	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar 100 cal popcorn fruit and nut bar
	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame 100 cal popcorn yogurt chocolate covered almonds Eating Out side salads	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese 100 cal popcorn yogurt chocolate covered almonds Smoothie 2 handfuls of spinach	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple oatmeal cookie 100 cal popcorn almonds	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS nigher calorie day soy chips watermelon 100 cal popcorm fruit and nut bar	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS S SELECT ONE OPTION I edamame fruit bar 100 cal popcorn yogurt	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips string cheese 100 cal popcorn yogurt	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar 100 cal popcorn fruit and nut bar
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	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300 cal ADDITIONAL SNACK OPTIONS CHO soy chips edamame 100 cal popcorn yogurt chocolate covered almonds Eating Out side salads balsalmic vinaigrette fruit options simple sandwich (no additives)	shrimp zucchini /squash/asparagus olive oil 1tbs garlic and basil 250-300 cal ADDITIONAL SNACK OPTIONS OSE FROM SNACK LIST BELOV 1/2 cup low fat cottage cheese string cheese 100 cal popcorn yogurt chocolate covered almonds Smoothie 2 handfuls of spinach 1 large apple mango chunks-1 cup 1 cup frozen strawberries	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS V (below 150 cal or apple oatmeal cookie 100 cal popcorn almonds	salmon grilled vegetables 1 1/2 cups 1 ths sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS nigher calorie day soy chips watermelon 100 cal popcorm fruit and nut bar	Tilapia - grilled vegetables 1 1/2 cups 1tbs sauce of choice 250-300 cal ADDITIONAL SNACK OPTIONS S SELECT ONE OPTION I edamame fruit bar 100 cal popcorn yogurt	Chicken Breast Italian dressing 3tbs Spinach salad 2cups 1 cup of mixed vegetables 250-300cal ADDITIONAL SNACK OPTIONS FROM THE SNACK LIST soy chips string cheese 100 cal popcorn yogurt	Salmon 1 cup mixed vegetables Spinach Salad 2 cups 1 TBS of dressing 250-300 cal ADDITIONAL SNACK OPTIONS BELOW 2 medium kiwis fruit bar 100 cal popcorn fruit and nut bar
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