

| | Week One | Week Two |
|-----------------|--|--|
| | Meal One | Meal One |
| Breakfast | egg whites 1/2 cup | 1 1/2 cup granola |
| | laughing cow cheese | 4.5 oz fat free vanilla yogurt |
| | tomato 1 slice | 1/2 cup blueberries |
| | avocado 1/4 | 2 tbs almonds |
| | | |
| | Meal Two | Meal Two |
| Morning Snack | SMOOTHIE | SMOOTHIE |
| | Meal Three | Meal Three |
| Lunch | 1 cup lettuce | lettuce wraps |
| | 5 grape tomatoes | turkey deli meat |
| | cucumber slices | |
| | carrot slices | |
| | Vinegarette dressing 2 tbs | |
| | | |
| | Meal Four | Meal Four |
| Afternoon Snack | SMOOTHIE | SMOOTHIE |
| | Meal Five | Meal Five |
| Dinner | salmon filet | 2oz grilled chicken |
| | green salad/ lettuce (2 cups) | salad |
| | 2 tbs vinegarette dressing | 1tbs vinegar, balsamic, extra virgin olive oil |
| | carb | black pepper |
| | | carb |
| | | |
| | ADDITIONAL SNACK OPTIONS | ADDITIONAL SNACK OPTIONS |
| | SMOOTHIE | |
| | ¼ c mango cubes ¼ c mashed ripe avocado ½ c mango juice ¼ 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 |

Meal

Plan

1 cup of oatmeal

Meal 1

1 whole Egg with 1 cup Egg White

1 cup Mixed Berries

[100 g Chicken Breast](#)

Meal 2

1 cup Brown Rice

1 cup Mixed Veggies

[1 scoop Protein Powder](#)

Meal 3

1 apple

1 tbsp Natural Peanut Butter

100 g Lean Sirloin/Chicken/Fish

1 cup Mashed Sweet Potato

Meal 4

[1 cup Broccoli](#)

150 g Salmon

[1 cup Spinach Salad](#)

Meal 5

1 tbsp Olive Oil

[1 tbsp Balsamic Vinegar](#)

[1 cup Non Fat Greek Yogurt](#)

Meal 6

1 tbsp Natural Almond Butter

| Week Three | Week Four |
|----------------------|--------------------|
| Meal One | Meal One |
| 2 scrambled eggs | egg whites 1/2 cup |
| 1/2 cup baby spinach | tomato 1 slice |
| 1/4 sliced avocado | avocado 1/4 |

| | |
|---------------------------------|---------------------------------|
| | |
| | |
| Meal Two | Meal Two |
| SMOOTHIE | SMOOTHIE |
| Meal Three | Meal Three |
| 1/4 cup penne pasta (cooked) | chicken lettuce wraps |
| 1 tbs pesto sauce | 2 oz grilled chicken |
| 3 oz chicken breast (diced) | 1/4 cup shredded carrots |
| 1 cup grape tomatoes | 4 large romaine lettuce leaves |
| 3/4 cup shredded carrots | 2 TBS vinegarette dressing |
| 2 TBS shredded parmesan | |
| Meal Four | Meal Four |
| SMOOTHIE | SMOOTHIE |
| Meal Five | Meal Five |
| Salmon | Chicken Breast |
| vegetables 1 1/2 cups | Italian dressing 3tbs |
| 1tbs sauce of choice | Spinach salad 2cups |
| carb | 2 cup of mixed vegetables |
| | carb |
| | |
| ADDITIONAL SNACK OPTIONS | ADDITIONAL SNACK OPTIONS |

THE RECIPE BELOW- ADD 2 SCOOPS OF PROTEIN FOR W

| | |
|--|---|
| 1/2 c fat-free milk 1/2 c fat-free plain yogurt 2 Tbsp creamy natural unsalted peanut butter 1/4 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 |
|--|---|



1800- CAL

| Week Five | Week Six |
|--|---|
| Meal One | Meal One |
| scrambled eggs (2) | egg white omelette |
| orange | 1 cup spinach |
| | 1/2 avocado |
| | |
| | |
| Meal Two | Meal Two |
| SMOOTHIE | SMOOTHIE |
| Meal Three | Meal Three |
| 2 cups spinach | turkey lettuce wrap |
| 3 oz tuna | turkey deli meat |
| tuna and spinach salad | lettuce |
| | 1tbs sauce of choice |
| | |
| | |
| Meal Four | Meal Four |
| SMOOTHIE | SMOOTHIE |
| Meal Five | Meal Five |
| 3oz chicken breast | shrimp |
| 1/3 cup grape tomatoes | zucchini /squash/asparagus |
| 1/2 cups shredded carrots | olive oil 1tbs |
| bell peppers | garlic and basil |
| vegetable medley | carb |
| carb | |
| ADDITIONAL SNACK OPTIONS | ADDITIONAL SNACK OPTIONS |
| WORKOUT DAYS | |
| 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 |



PROTEIN

Lean Red Meat

Whole Eggs

[Egg Whites](#)

Poultry (chicken and turkey)

Fatty Fish (salmon)

CARBS

Whole Grains

[Brown Rice](#)

White Rice (pre or post workout)

Potato

[Sweet Potato](#)

[Quinoa](#)

Squashes

Green Veggies

[Berries](#)

[Apples](#)

FATS

[Coconut Oil](#)

Whole Eggs

[Avocado](#)

Cashews

[Almonds](#)

Walnuts

[Nut Butters](#)

Flax Oil

[Olive Oil](#)

[Pumpkin Seeds](#)