

No Nonsense Muscle Building Meal Plan

Dear Muscle-Building Friend

Congratulations on the start of a new beginning through nutrition with your No Nonsense Muscle Building Nutrition Program. Your program is designed to permanently change the way you think about food while guiding you towards a leaner and more muscular physique. You will improve visually be gaining increased muscle mass, less body fat and increased performance in every aspect of your life. Not to mention improved health and overall fitness.

Remember that these are general, not personally customized, meal plans based on a generic schedule. Make sure you are following the correct meal plan by using the Meal Calculator found at: http://www.vincedelmontefitness.com/vince calc.html

You will have four options to choose from:

- 1. Maintenance
- 2. Cutting (Fat Loss)
- 3. Progressive Weight Gain
- 4. Advanced Weight Gain

The first two goals should be self-explanatory. Progressive Weight Gain is ideal for those who find they gain fat around their lower abdomen easily when they attempt to bulk up. This formula is also ideal for those who wish to keep their body fat low throughout the year.

The Advanced Weight Gain is for the extreme ecto-morph who can eat whatever he wants and never get fat. This formula is also good for those who don't care about fat gains and simply want pure size.

The maintenance, progressive weight gain and advanced weight gain plans are all based on 35% Protein, 45% Carbohydrates and 25% fat.

The cutting meal plan is based on 40% Protein, 30% Carbohydrates and 30% fat.

You will also notice that the meal plans factor in a Pre-Workout drink and a Post-Workout drink to the total daily calories. It is advised to add a During-Workout drink as well if you need another easy source of calories, but note that the calories from this shake are NOT included in the meal plans attached.

Here are a few standard requirements for each meal plan:

- 1. Your first meal should occur within 15-45 minutes of waking up time.
- 2. All meals should be spaced out 3-4 hours apart. It does not matter if your last meal is at the wee hours in the morning.
- 3. Make sure you are taking a high quality multi-vitamin twice a day as well as your fish oils, creatine and any other supplement you are on each day. I have suggested some optional supplements you can use at different times of the day.

Included with your Muscle Building Success Kit is membership to the private forum found at www.fitnessgenerator.com/getbuffed, an exclusive area for individuals who have started or complete their to journey. I would also like to hear about your success so don't forget to take your Before pictures and send me your After pictures upon completion with a little testimonial!

I will feature you on this section of my website: http://www.vincedelmontefitness.com/success.html

If you have any problems, contact us at vincedelmonte@hotmail.com

I look forward to hearing from you.

Your friend and coach,

Vince DelMonte

Author: No Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain

	Day: 1 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight I	Resistance a	
	6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2500	5:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	ltem Portions 49g P 63g C 15g F Calories: 583	Preparation Suggestions: Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **		

٦	Day: 2 Schedule: 7:00 am Breakfast		am Mid Meal 8:00 pm Snack m Snack
	9:00 am Snack	5:00 pi <i>PEST</i>	m Dinner
	7:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
+	9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
310	5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
			ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

	Day: 3 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner
	9:00 am Snack Workout: Weight F		
	6:00 am Breakfast	Item Portions	Preparation Suggestions:
	2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions	63g P 81g C 15g F Calories: 711	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
	3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread		1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack	Item Portions	Item Portions
	42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	1200	Item	No.
	11:00 am Snack	Portions	Item Portions
	56 grams Protein powder 2 2/3 cups Fruit juice	56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal	Item Portions	Item Portions
	2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	63g P 81g C 15g F Calories: 711	Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	Z diec Wildie grain bload	37/3	
	5:00 pm Dinner 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
		Item	
PT MICH	8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Portions 49g P 63g C 15g F Calories:	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
-	Total Daily Portions: Protein: 350g		ates: 450g Fat: 75g Calories: 3875

Day: 4	Schedule: 7:00 am Breakfast 9:00 am Snack	2:00 pr	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered		Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 4 oz Cheese, low or non fa 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, var 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hem	ious	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and veget 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp 5 oz Cheddar cheese, ligh	or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack Meal Portions 28 grams Protein powder 2 cups Yogurt, plain, low for 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natura	at	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 9 oz Chicken breast, skinle 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hem 1/2 cup Pasta	W 75	Item Portions 63g P 81g C 15g F Calories: 711	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	/ Portions: Protein: 350a	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately. ates: 450g Fat: 90g Calories: 4010
35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered		49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Blend all ingredients, except nuts together and ice cubes until desired consistency is reached Blender not available? Mix protein powder will water and have remaining ingredients on the state of the st

Day: 5 Schedule: 6:00 am Breakfast			am Snack 8:00 pm Snack m Mid Meal	
9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am		m Dinner		
Ī	6:00 am Breakfast 35 grams Protein powder	Item Portions 63g P	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients.	
	2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	81g C 15g F Calories: 711	Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
	1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
1000	5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
	8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

Day: 6 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight R	2:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner t 10:00 am
8:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going! ates: 450g Fat: 75g Calories: 3875

	Day: 7 Schedule:	4.00		
	Day: 7 Schedule: 9:00 am Breakfast		m Mid Meal 9:00 pm Snack m Snack	
	11:00 am Snack		m Dinner	
,	R	PEST	Account to the second s	
	9:00 am Breakfast	Item Portions	Preparation Suggestions:	
	3 oz Cheese, low or non fat	63g P	Simple and healthful, this breakfast will give you a	
	35 grams Protein powder	81g C	needed energy boost! ***OPTIONAL/OPTIMAL	
	1 cup Milk, low fat (1%) 1 Orange	15g F Calories:	SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	3 slice Whole grain bread	711	caps, water viewinicial, 1 grain vie 6, 400 i.u. vie E.	
_	30 Peanuts			
		Item	Control of the Contro	
	11:00 am Snack	Portions	Item Portions	
	2 cups Yogurt, plain, low fat	56g P	Grate the cheese and mix with the rest of the	
	4 oz Cheese, low or non fat 1 1/3 cups Applesauce	72g C 15g F	ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
	15 Almonds, whole	Calories:	container and take along to work or elsewhere.	
		647		
	1:00 pm Mid Meal	Item Portions	Item Portions	
	7 oz Chicken breast, skinless	63g P	Chicken and Greek Salad	
	1 cup Lettuce, romaine	81g C	Grill or broil chicken season as desired. Toss salad in	
	1 cup Grapes	15g F	with oil and vinegar and if desired add 1 clove of	
	1 Tomato 1 cup Onions	Calories: 711	minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.	
	1 cup Mushrooms	3/10	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	36 167	Digestive Enzymes, Omega 3 caps, Vitamin B	
	3 tsp Mayonnaise	SOME RC		
	2 whole Pita 2 oz Mozzarella cheese, light/low fat	1000	The state of the s	
	2 oz mozzarona onocoo, nghalow lat			
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item	Item Portions	
	2 cups Milk, low fat (1%)	Portions 56g P	Protein Shake with Fruit	
	42 grams Protein powder	72g C	Put all ingredients in a blender over ice and blend,	
	2 cups Raspberries	15g F	adding water to create desired consistency. If a	
	2 cups Strawberries 1 tbsp Barley	Calories: 647	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to	
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	047	mix it all together, then eat the fruit on the side.	
	3 tbsp Almonds, slivered	400	Enjoy!	
		200		
	7:00 pm Dinner	Item Portions	Item Portions	
	9 oz Turkey breast, skinless	63g P	Turkey and Salad	
	1 3/4 cups Chickpeas	81g C	Grilled or roast turkey is great with this meal. Throw	
	1/2 cup Mushrooms 1/4 cup Onions	15g F Calories:	all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!	
=	1/2 head Lettuce, iceberg	711	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 1/2 cups Cherry tomatoes	MESS 65	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi	
	5 tbsp Almonds, slivered	E-34/	Vit/Mineral	
	9:00 pm Snack	Item Portions	Item Portions	
	2 cups Milk, low fat (1%)	49g P	Protein Shake	
	35 grams Protein powder 1 cup Peaches, canned	63g C 15g F	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories:	blender is not available, set aside the fruit and shake	
	1 cup Oatmeal	583	up the remaining ingredients in a closed container to	
Ы		(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	mix it all together, then eat the fruit on the side.	
-	Total Daily Portions: Protein: 350g	Carbohydra	Enjoy! ates: 450g Fat: 90g Calories: 4010	
Sh	** Remember to drink b			
	Notes:			

	Day: 8 Schedule:		am Snack 8:00 pm Snack	
	6:00 am Breakfast 9:00 am Snack		1:00 pm Mid Meal 5:00 pm Dinner	
	Workout: Weight F	Resistance a	at 9:30 am	
	6:00 am Breakfast	Item Portions	Preparation Suggestions:	
	2 cups Yogurt, plain, low fat 10 Egg whites	63g P 81g C	A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 cup Grapes	15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Calories: 711	1 gram Vit C, 400 i.u. Vit E.	
_	1 cup Gaineai			
	9:00 am Snack	Item Portions	Item Portions	
	49 grams Protein powder	56g P	PRE - Protein Shake + Energy Sustaining Growth	
	1 cup Milk, low fat (1%) 2 cups Peaches, canned	72g C 15g F	Carbs	
	1 cup Oatmeal	Calories:	Put all ingredients in a blender over ice and blend to	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	647	desired consistency. Enjoy!	
	11:00 am Snack	Item	Item Portions	
	56 grams Protein powder	Portions 56g P	POST - Protein Shake	
	2 2/3 cups Fruit juice	72g C	Put all ingredients in blender over ice and blend. We	
		0g F Calories:	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!	
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram	
		12	Vit C, Creatine & BCAA's	
	1:00 pm Mid Meal	Item Portions	Item Portions	
	8 oz Chicken breast, skinless	63g P	Chicken Salad Sandwich	
	3 slice Whole grain bread 1 cup Blueberries	81g C 15g F	Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and	
	3 tsp Mayonnaise	Calories:	pepper to taste, make this one a triple decker and	
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	711	enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 cup Milk, low fat (1%)	-247	Digestive Enzymes, Omega 3 caps, Vitamin B	
	5:00 pm Dinner	Item Portions	Item Portions	
	8 oz Chicken breast, skinless	63g P	Spicy Chicken Salad	
	2 cups Mushrooms 1 cup Zucchini	81g C 15g F	Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until	
	2 1/4 cups Beans, green or yellow	Calories:	tender-crisp. Add some Cajun seasoning and minced	
	1 1/2 cups Grapes	711	garlic to taste. Cut chicken into cubes and mix with	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita	All Comments	vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3	
	1 cup Milk, low fat (1%)	300	caps, Vitamin B, Multi Vit/Mineral	
	The state of the s	Item		
	8:00 pm Snack	Portions	Item Portions	
	4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat	49g P 63g C	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples.	
	2 Apples	15g F	Bring to boil, then cover and let simmer until apples	
	15 Walnuts	Calories: 583	are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes.	
	(a) (a) (a) (b)	000	Serve hot and enjoy!	
	Total Daily Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 75g Calories: 3875	
-	L'emember 10 dillik r	DELWEETT J-4 II	iros or water per day.	

	Day: 9 Schedule:		am Mid Meal 8:00 pm Snack	
7:00 am Breakfast 9:00 am Snack		2:00 pi 5:00 pi	m Snack m Dinner	
ı		REST Item		
	7:00 am Breakfast 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
	11:00 am Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
	5:00 pm Dinner	Item Portions	Item Portions	
10110	8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	63g P 81g C 15g F Calories: 711	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
	8:00 pm Snack	Item Portions	Item Portions	
	35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Day: 10 Schedule: 6:00 am Breakfast 9:00 am Snack		1:00 pr	11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal 5:00 pm Dinner	
	Workout: Weight F	Resistance a		
	6:00 am Breakfast 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem		
	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
	1:00 pm Mid Meal 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
SOME L	8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
8	** Remember to drink b	etween 3-4 li	ates: 450g Fat: 75g Calories: 3875 tres of water per day. **	

Day: 11 Schedule: 7:00 am Breakfast		11:00 am Mid Meal 8:00 pm Snack 2:00 pm Snack		
	9:00 am Snack		m Dinner	
	7:00 am Breakfast	Item Portions	Preparation Suggestions:	
	42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat	63g P 81g C 15g F	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!	
	2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
٠	9:00 am Snack	Item	Item Portions	
	4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions	Portions 56g P 72g C 15g F Calories: 647	Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
	2 Tomatoes1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	200	Car	
	11:00 am Mid Meal 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
1000	5:00 pm Dinner 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)		Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
١	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%)	Portions 49g P 63g C	Protein Shake with Fruit Blend all ingredients, except nuts together and add	
/10	1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	15g F Calories: 583	ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
3	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Day: 12 Schedule: 11:00 am Snack 8:00 pm Snack 6:00 am Breakfast 1:00 pm Mid Meal 9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am			
6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

C	Day: 13 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight R	2:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner t 10:00 am
	4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	2:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
The second second	5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going! ates: 450g Fat: 75g Calories: 3875

	D11	Oaliandalan		
ı	Day: 14	Schedule:	1:00 pr	m Mid Meal 9:00 pm Snack
ı		9:00 am Breakfast 11:00 am Snack		m Snack m Dinner
l			REST	
	9:00 am Breakfast	40.	Item	Preparation Suggestions:
ı	3 oz Cheese, low or non fat		Portions 63g P	Simple and healthful, this breakfast will give you a
ı	28 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL
ı	2 cups Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3
ł	1/2 cup Blueberries		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
ı	3 slice Whole grain bread 30 Peanuts		711	
T	30 Peanuts	AF-22	-	
	11:00 am Snack	(- 100 NO 100 NO	Item	Item Portions
		Con 1992/4000	Portions	
	2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat	P2P200773	56g P 72g C	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a
	1 1/3 cups Applesauce	CAUS BOSE	15g F	container and take along to work or elsewhere.
	15 Almonds, whole	3 1 1 1	Calories:	
	180		647	CONTRACTOR OF THE PARTY OF THE
	1:00 pm Mid Meal		Item	Item Portions
	6 oz Chicken breast, skinles	S	Portions 63g P	Chicken and Greek Salad
	1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in
	1 cup Grapes		15g F	with oil and vinegar and if desired add 1 clove of
	2 Tomatoes		Calories:	minced garlic. Cube chicken breast and add to salad.
	1 cup Onions	100	711	Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
	2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or	Salmon Oils	A Live	Digestive Enzymes, Omega 3 caps, Vitamin B
	3 tsp Mayonnaise	Saimon Oils	CLOS)	Digestive Enzymes, Omega 3 caps, Vitamin
	1 whole Pita		100.00	
	2 oz Mozzarella cheese, ligh	t/low fat	1000	100
	1 cup Milk, low fat (1%)		100	A Down to
		(A117)	lt-ove	
	4:00 pm Snack Meal Portions: F	P:8 C:8 F: 5	Item Portions	Item Portions
	2 cups Milk, low fat (1%)	A SECTION AND ADDRESS OF THE PARTY OF THE PA	56g P	Protein Shake with Fruit
	42 grams Protein powder	A STATE OF THE PARTY OF THE PAR	72g C	Put all ingredients in a blender over ice and blend,
۰	2 cups Raspberries 2 cups Strawberries	ASS 700000	15g F Calories:	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
	1 tbsp Barley	ADD 1985	647	up the remaining ingredients in a closed container to
ı	2/3 tsp Olive, Flax, Hemp or	Salmon Oils		mix it all together, then eat the fruit on the side.
	3 tbsp Almonds, slivered	BOX 32:59	SSS	Enjoy!
ı			32971	
ł	7:00 pm Dinner	NO DECIMA	Item	Item Portions
I	8 oz Turkey breast, skinless		Portions 63g P	Turkey and Salad
	1 1/2 cups Chickpeas	and the second	81g C	Grilled or roast turkey is great with this meal. Throw
	1/2 cup Mushrooms	CONTRACTOR	15g F	all the vegetables into a large bowl and sprinkle
I	1/4 cup Onions	1000000	Calories: 711	slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***
ı	1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes	The second	711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi
	5 tbsp Almonds, slivered	W (45005)	223	Vit/Mineral
ı	1 cup Milk, low fat (1%)	1) 中极现金的	School of	
		W. F. William	(E)	THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER.
	9:00 pm Snack	(O) Long to La Maria	Item	Item Portions
	2 cups Milk, low fat (1%)	AND THE REAL PROPERTY.	Portions 49g P	Protein Shake
	35 grams Protein powder	WIND HAND SHIP	63g C	Put all ingredients in a blender over ice and blend,
	1 cup Peaches, canned	No. As Commenced in	15g F	adding water to create desired consistency. If a
	1 2/3 tsp Olive, Flax, Hemp	or Salmon Oils	Calories:	blender is not available, set aside the fruit and shake
	1 cup Oatmeal		583	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
				Enjoy!
	Total Daily F	Portions: Protein: 350g	Carbohydra	rates: 450g Fat: 90g Calories: 4010
	Total Daily			itres of water per day. **

Day: 15 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight F	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner at 9:30 am
6:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Total Daily Portions: Protein: 350g ** Remember to drink b	Carbohydroetween 3-4 li	ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	7:00) am Breakfast 2:	:00 am N 00 pm Sr 00 pm Di	
	9.00	REST	וט וווק טכ	illile:
	7:00 am Breakfast 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	lter Portic 63g 81g 15g Calor 71	ns Property of Pro	eparation Suggestions: mple and healthful, this breakfast will give you a eded energy boost! ***OPTIONAL/OPTIMAL JPPLEMENTS*** Digestive Enzymes, Omega 3 ps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Sa	lter Portio 56g 72g 15g Calor 64'	P Bla C Mix F oil, es: pe	Item Portions ack Bean Salsa and Milk x black beans, diced tomato, chopped onion, olive , lime juice, and cilantro in a bowl. Seed jalapeno ppers and chop finely and add to mixture.
	11:00 am Mid Meal 13 1/2 oz Chicken breast, deli sty 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Sa	81g 15g Calor 71	P De Ro da: es: thy slice	Item Portions Item P
	2:00 pm Snack Meal Portions: P:8 C 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	:8 F: 5 Iter Portion 56g 72g 15g Calor 64'	ns P Pro C Pu F Ad es:	Item Portions otein Shake t all ingredients in blender over ice and blend. d water to create desired consistency. Enjoy!
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	5:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Sa 1/2 cup Pasta	Iter Portic 63g 81g 15g Imon Oils Calor 71	P Ch C Gri F dees: left add coo Stee ***	ltem Portions iicken with Vegetables iill or bake the chicken (if baking, do so at 350 grees for about 20 minutes, or until there's no pink t inside the chicken breast). To boost the flavour, d a dash of low-fat, low-sugar barbecue sauce, or at with some crushed fresh herbs, salt and pepper. eam the vegetables and enjoy on the side. OPTIONAL/OPTIMAL SUPPLEMENTS*** gestive Enzymes, Omega 3 caps, Vitamin B, Multi
0.1/	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	lter Portio 49g 63g 15g Calor 58:	P Pro C Ble F ice es: Ble wa Ea	Item Portions otein Shake with Fruit end all ingredients, except nuts together and add c cubes until desired consistency is reached. ender not available? Mix protein powder with cold iter and have remaining ingredients on the side. It nuts separately.
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Day: 17 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner at 9:30 am
6:00 am Breakfast	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Portions 63g P 81g C 15g F Calories: 711	A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!
Total Daily Portions: Protein: 350		rates: 450g Fat: 75g Calories: 3875 itres of water per day. **

Notes:

ſ	Day: 18 Schedule:	11:00	am Mid Meal 8:00 pm Snack
	7:00 am Breakfast		m Snack
l	9:00 am Snack		m Dinner
l	7:00 am Brackfoot	REST Item	Proposition Consections:
l	7:00 am Breakfast 2 cups Milk, low fat (1%)	Portions 63g P	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added
ı	49 grams Protein powder	81g C	for crunch and flavor. Enjoy!
I	1 cup Blueberries	15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***
	2 1/2 cups Cereal, cold	Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
	5 tbsp Almonds, slivered	711	1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack	Item	Item Portions
	1 cup Cottage cheese, light/low fat	Portions 56g P	Cottage Cheese, Grapes & Sunflower Seeds
	28 grams Protein powder	72g C	Mix them together or eat them separately. Either
	1 cup Grapes	15g F	way, you're on your way to a healthy lifestyle!
	3 tbsp Barley 1 oz Sunflower seeds	Calories: 647	
	1 02 carnower seeds	7/ main (1)	The state of the s
	11:00 am Mid Meal	Item	Item Portions
	6 oz Chicken breast, skinless	Portions 63g P	Chicken and Greek Salad
	1 cup Lettuce, romaine	81g C	Grill or broil chicken season as desired. Toss salad in
	1 cup Grapes	15g F	with oil and vinegar and if desired add 1 clove of
	2 Tomatoes 1 cup Onions	Calories: 711	minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.
	2 cups Mushrooms	1000	***OPTIONAL/OPTIMAL SUPPLEMENTS***
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	39 ACA	Digestive Enzymes, Omega 3 caps, Vitamin B
	3 tsp Mayonnaise 1 whole Pita	A SOURCE BEC	
	2 oz Mozzarella cheese, light/low fat	100	100
	1 cup Milk, low fat (1%)	100	Control of the contro
	A STATE OF THE PARTY OF THE PAR	100	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions
	2 cups Milk, low fat (1%)	56g P	Protein Shake with Fruit
	42 grams Protein powder 2 cups Raspberries	72g C 15g F	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
۱	2 cups Strawberries	Calories:	blender is not available, set aside the fruit and shake
	1 tbsp Barley	647	up the remaining ingredients in a closed container to
	2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	R SSI	mix it all together, then eat the fruit on the side. Enjoy!
ı	o tosp / timonas, silvered	1000	Lijoy:
	5:00 pm Dinner	Item	Item Portions
	7 oz Chicken breast, skinless	Portions 63g P	Chicken Mexicali Salad
	1 cup Yogurt, plain, low fat	81g C	In a medium pan add oil, diced chicken, mushrooms
	3 cups Cabbage	15g F	and salsa and cook 3 to 5 min. Add 1 tbsp vinegar,
	2 cups Mushrooms 1 cup Salsa	Calories: 711	1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and
	1 cup Rice	The state of the	raw cabbage. ***OPTIONAL/OPTIMAL
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	200年到人	SUPPLEMENTS*** Digestive Enzymes, Omega 3
		No.	caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack	Item Portions	Item Portions
	35 grams Protein powder	49g P	Protein Shake with Fruit
	2 cups Milk, low fat (1%) 1 cup Strawberries	63g C 15g F	Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.
	1 1/3 cups Oatmeal	Calories:	Blender not available? Mix protein powder with cold
	5 tbsp Almonds, slivered	583	water and have remaining ingredients on the side.
1	Total Daily Portional Protein, 25/	a Carbobyd	Eat nuts separately. rates: 450g Fat: 90g Calories: 4010
			ates: 450g Fat: 90g Calonies: 4010 itres of water per day. **
П	The second secon	THE RESERVE OF THE PARTY.	

Day: 19 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Item	
6:00 am Breakfast 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!
		rates: 450g Fat: 75g Calories: 3875 itres of water per day. **

	Day: 20 Schedule: 8:00 am Breakfast	2:00 pi	am Snack 8:00 pm Snack m Mid Meal
	10:00 am Snack <i>Workout: Weight</i> R		m Dinner <i>t 10:00 am</i>
	8:00 am Breakfast 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item	
	10:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	2:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
10°10'4 100 100 100 100 100 100 100 100 100 10	5:00 pm Dinner 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
/30MS	8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
-	Total Daily Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

Day: 21 Sched 9:00 am 11:00 am	Breakfast 4:00 pr	m Mid Meal 9:00 pm Snack m Snack
11:00 an	r Snack 7:00 pr REST	m Dinner
9:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon 6 Egg whites 2 slice Whole grain bread	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
1:00 pm Mid Meal 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon C 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack Meal Portions: P:8 C:8 F: 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon C 3 tbsp Almonds, slivered	56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
7:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon 1 cup Oatmeal	583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Protein: 350g Carbohydra mber to drink between 3-4 li	ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

	n Breakfast 1:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	rkout: Weight Resistance a	
6:00 am Breakfast 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon 3 Eggs, whole 2 slice Whole grain bread	n Oils Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon	n Oils	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmo	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
	Protein: 350g Carbohydro nember to drink between 3-4 li	ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

Day: 23	Schedule: 7:00 am Breakfast	2:00 pr	am Mid Meal 8:00 pm Snack m Snack
	9:00 am Snack	5:00 pr <i>PEST</i>	m Dinner
7:00 am Breakfast		Item	Preparation Suggestions:
42 grams Protei 2 cups Milk, low 1/2 cup Yogurt, 2 cups Strawbei 2 tbsp Barley 6 Almonds, who	in powder fat (1%) plain, low fat rries	Portions 63g P 81g C 15g F Calories: 711	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
1 tsp Olive, Fla.	x, Hemp or Salmon Oils		
9:00 am Snack 4 oz Cheese, lo 2 cups Milk, low 1/2 cup Beans, 1/2 cup Beans, 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive,	fat (1%) black	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
1 cup Onions 2 cups Zucchini 2 Peppers (bell 2 Tomatoes 2 slice Whole gr	en breast, deli style or cubanelle)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack Me	al Portions: P:8 C:8 F: 5	Item Portions	Item Portions
28 grams Protei 2 cups Yogurt, p 1/2 tbsp Barley 1 Banana 5 tsp Peanut bu	olain, low fat	56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner	1007	Item Portions	Item Portions
8 oz Whitefish 3 oz Hard chees 1 1/2 cups Bake 5 Macadamia n 1 cup Potato		63g P 81g C 15g F Calories: 711	Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
35 grams Protei 2 cups Milk, low 1 cup Strawberr 1 1/3 cups Oatn 5 tbsp Almonds	rfat (1%) ries neal , slivered	49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Notes:			ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

Workout: Weight F ain, low fat Hemp or Salmon Oils pread vder 1%)	Item Portions 63g P 81g C 15g F Calories: 711 Item Portions 56g P 72g C	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E. Item Portions PRE - Protein Shake + Energy Sustaining Growth
Hemp or Salmon Oils oread	Portions 63g P 81g C 15g F Calories: 711 Item Portions 56g P 72g C	Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E. Item Portions PRE - Protein Shake + Energy Sustaining Growth
vder	Portions 56g P 72g C	PRE - Protein Shake + Energy Sustaining Growth
Hemp or Salmon Oils	Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
vder	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
read	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
non fat anelle) emp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	wder %) read non fat anelle) emp or Salmon Oils e, light/low fat %) Daily Portions: Protein: 350g	Hemp or Salmon Oils Top F Calories: 647

Day: 25 Schedule: 7:00 am Breakfast 9:00 am Snack	2:00 pr	am Mid Meal 8:00 pm Snack n Snack n Dinner
7:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
5:00 pm Dinner 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

	Day: 26 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight F	Item	
	6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
0.000	5:00 pm Dinner 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
187 /4			Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy! ates: 450g Fat: 75g Calories: 3875
	** Remember to drink between 3-4 litres of water per day. **		

	Day: 27 Schedule: 8:00 am Breakfast 10:00 am Snack	2:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight R	esistance at	
	8:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	2:00 pm Mid Meal 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
100000	5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
100	8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	ltem Portions 49g P 63g C 15g F Calories: 583	Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **		

	Day: 28 Schedule: 9:00 am Breakfast 11:00 am Snack	4:00 pi 7:00 pi	m Mid Meal 9:00 pm Snack m Snack m Dinner
		REST Item	D
	9:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
	44.00 0	Item	1 gram Vit C, 400 i.u. Vit E.
	11:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
	1:00 pm Mid Meal	Item	Item Portions
	6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Portions 63g P 81g C 15g F Calories: 711	Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions
	28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	7:00 pm Dinner	Item Portions	Item Portions
	5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	63g P 81g C 15g F Calories: 711	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	9:00 pm Snack	Item Portions	Item Portions
THE LABOR	35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
2	Total Daily Portions: Protein: 350c	Carbohydra	ates: 450g Fat: 90g Calories: 4010

	Day: 29 Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal	
9:00 am Snack Workout: Weight Res		5:00 pi R <i>esistance a</i>	5:00 pm Dinner	
	6:00 am Breakfast	Item	Preparation Suggestions:	
	8 Egg whites	Portions 63g P	Mondo Greens Omlete - take everything (but the	
	4 Eggs, whole	81g C	bread, toast that) and chop, mix, fry, flip, eat.	
	1 cup Milk, low fat (1%)	15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 1/2 cups Beans, green or yellow	Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
	1/2 cup Kidney beans	711	1 gram Vit C, 400 i.u. Vit E.	
	1/4 cup Onions			
	2 cups Spinach, cooked	100	Market Colored	
	2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Section 1		
	1 2/3 tsp Olive, I lax, Hemp of Saimon Olis			
1	9:00 am Snack	Item	Item Portions	
	42 grams Protein powder	Portions 56g P	PRE - Protein Shake + Energy Sustaining Growth	
	2 cups Milk, low fat (1%)	72g C	Carbs	
	1 cup Blueberries	15g F	Carbs	
	1 1/3 cups Oatmeal	Calories:	Put all ingredients in a blender over ice and blend to	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	647	desired consistency. Enjoy!	
		0.00		
1	11:00 am Snack	Item	Item Portions	
	56 grams Protein powder	Portions 56g P	POST - Protein Shake	
	2 2/3 cups Fruit juice	72g C	Put all ingredients in blender over ice and blend. We	
		0g F	recommend using a high glycemic juice like grape	
		Calories:	juice for max recuperation. Enjoy!	
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram	
			Vit C, Creatine & BCAA's	
ł		Item		
	1:00 pm Mid Meal	Portions	Item Portions	
	8 oz Chicken breast, skinless	63g P	Chicken Stew	
	1/2 cup Tomato, puree	81g C	Combine all ingredients except the olives. Bring to a	
	3 cups Beans, green or yellow 1 cup Carrots	15g F Calories:	boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.	
-	1 1/2 cups Turnip	711	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	15 Olives	diam'r.	Digestive Enzymes, Omega 3 caps, Vitamin B	
	1 1/2 whole Pita	66500		
	1 cup Milk, low fat (1%)	553		
		6656		
	5:00 pm Dinner	Item Portions	Item Portions	
	9 oz Turkey breast, skinless	63g P	Turkey and Salad	
	1 3/4 cups Chickpeas	81g C	Grilled or roast turkey is great with this meal. Throw	
	1/2 cup Mushrooms	15g F	all the vegetables into a large bowl and sprinkle	
	1/4 cup Onions	Calories:	slivered almonds on top. Enjoy!	
	1/2 head Lettuce, iceberg	711	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	ST. W.	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi	
	o wap Airionas, airvereu		VidWillicial	
	9:00 nm Cnock	Item	Hom Dr. vi. v.	
	8:00 pm Snack	Portions	Item Portions	
	5 oz Cheddar cheese, light/low fat	49g P	A simple crunchy snack to munch on when you have	
	5 Pickles 15 Walnuts	63g C 15g F	a spare moment can make all the difference during your day.	
	2 cups Milk, low fat (1%)	Calories:	your day.	
	2 dapo mini, for fat (170)	583		
			ates: 450g Fat: 75g Calories: 3875	
-	** Remember to drink between 3-4 litres of water per day. **			
	Notes:			

7:00 a	am Breakfast 2:00 pr am Snack 5:00 pr REST	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Saln	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and vegetable sou 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmo 5 oz Cheddar cheese, light/low fat	81g C 15g F	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack Meal Portions: P:8 C:8 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Saln 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Saln 1 cup Oatmeal	non Oils Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

	6	Schedule: :00 am Breakfast :00 am Snack	1:00 pm 5:00 pm	
	6:00 am Breakfast	Workout: Weight Resis	la	
	42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Sali	6: 8 1: Ca	3g P 1g C 5g F lories:	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or S 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Salmon Oils Salmon Oils Ca Pc 50 77 1 Ca 77 77 77 Ca	2g C 5g F lories: 647 Item ortions 6g P 2g C 0g F lories: 512	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or \$1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Pc 6: 8 1: Ca	1g C 5g F	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	5:00 pm Dinner 8 oz Turkey, dark meat, skinles 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or 3 1 cup Milk, low fat (1%)	Pc 6: 8 1: Ca	1g C 5g F lories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
STATE WAS TO		Pod 44 66 11 Ca	3g C 5g F lories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise! tes: 450g Fat: 75g Calories: 3875
-	Notes:	** Remember to drink betwe	en 3-4 litr	es of water per day.

	Day: 32 Schedul 7:00 am Br 9:00 am Sr	reakfast 2:00 p nack 5:00 p	am Mid Meal 8:00 pm Snack om Snack om Dinner	
		REST	Account to the second s	
	7:00 am Breakfast 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Of Sal	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
	11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
100 March 100 Ma	5:00 pm Dinner 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon O 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
WHO IN	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon O	8-1	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Day: 33 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weigh	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner at 9:30 am	
6:00 am Breakfast	Item	Preparation Suggestions:	
2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	ltem Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. ** Notes:			

Day: 34 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight F	2:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner t 10:00 am
8:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts Total Daily Portions: Protein: 3500	ltem Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy! ates: 450g Fat: 75g Calories: 3875
** Remember to drink b	etween 3-4 li	tres of water per day. **

Day: 35	Schedule: 9:00 am Breakfast 11:00 am Snack	4:00 pr 7:00 pr	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp	or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or 3 tsp Mayonnaise 1 whole Pita	Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	A Company of the Company	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
WARE THE		Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! ates: 450g Fat: 90g Calories: 4010
	9:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp 11:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole 1:00 pm Mid Meal 6 oz Chicken breast, skinles 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, ligh 1 cup Milk, low fat (1%) 4:00 pm Snack Meal Portions: 2 1/2 cups Yogurt, plain, low 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural 7:00 pm Dinner 7 oz Chicken breast, skinles 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp 9:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp	9:00 am Breakfast 11:00 am Snack 8:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole 1:00 pm Mid Meal 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%) 4:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural 7:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 9:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils Total Daily Portions: Protein: 350g	9:00 am Breakfast 11:00 am Snack Protons REST 9:00 am Breakfast 11:00 am Snack 4 oz Cheese, low or non fat 63g P 81g C 3 cups Cereal, cold 2 cups Cereal, cold 2 cups Cereal, cold 2 cups Strawberries 711 11:00 am Snack Portions Powder 12:03 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 11:00 am Snack 11:00 am Snack 11:00 pm Mid Meal 11:00 pm

Day: 36	Schedule:	11:00 a	am Snack 8:00 pm Snack
	6:00 am Breakfast 9:00 am Snack		m Mid Meal m Dinner
	Workout: Weight F	Resistance a	nt 9:30 am
6:00 am Breakfa	ast	Item Portions	Preparation Suggestions:
8 Egg whites		63g P	Mondo Greens Omlete - take everything (but the
4 Eggs, whol		81g C 15g F	bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
	eans, green or yellow	Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
1/2 cup Kidne	ey beans	711	1 gram Vit C, 400 i.u. Vit E.
1/4 cup Onior 2 cups Spinad			
2 slice Whole	e grain bread	1000	
1 2/3 tsp Olive	e, Flax, Hemp or Salmon Oils		2
9:00 am Snack	MICHIEL PROPERTY	Item	Item Portions
42 grams Pro	otein powder	Portions 56g P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, lo	ow fat (1%)	72g C	Carbs
1 cup Blueber		15g F	Dut all ingradiants in a blander ever ice and bland to
1 1/3 cups Oa 1 2/3 tsp Olive	e, Flax, Hemp or Salmon Oils	Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
1 2/0 150 0114	o, riax, riomp of camen one		dodinod conditionally. Enjoy.
11:00 am Snack	- Paris	Item Portions	Item Portions
56 grams Pro	otein powder	56g P	POST - Protein Shake
2 2/3 cups Fro		72g C	Put all ingredients in blender over ice and blend. We
	The second second	0g F Calories:	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram
			Vit C, Creatine & BCAA's
4.00 Mid Ma		Item	
1:00 pm Mid Mea	Approximation of the second	Portions	Item Portions Salad & Protein Drink
56 grams Pro 1 cup Fruit co		63g P 81g C	Prepare salad using ingredients listed. Prepare
2 Tomatoes	A Company	15g F	dressing using oil, vinegar, salt, pepper and basil.
1 cup Mushro	and the second s	Calories: 711	Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
1 cup Lettuce 2 cups Cucun		711	Digestive Enzymes, Omega 3 caps, Vitamin B
1 2/3 tsp Olive	e, Flax, Hemp or Salmon Oils	(6)	
1 1/2 whole P			
	rt plain low fot		
1/2 cup rogu	rt, plain, low fat	392	
	rt, plain, low fat	ltem	Item Portions
5:00 pm Dinner		Portions	The state of the s
5:00 pm Dinner 8 oz Chicken 2 cups Mushr	breast, skinless	Portions 63g P 81g C	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir	breast, skinless rooms ni	Portions 63g P 81g C 15g F	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be	breast, skinless rooms ni eans, green or yellow	Portions 63g P 81g C 15g F Calories:	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive	breast, skinless rooms ni eans, green or yellow	Portions 63g P 81g C 15g F	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive 1 whole Pita	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories:	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories:	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Oliv 1 whole Pita 1 cup Milk, lov	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive 1 whole Pita 1 cup Milk, lov	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils w fat (1%)	Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive 1 whole Pita 1 cup Milk, low 8:00 pm Snack 5 oz Cheddar 5 Pickles	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive 1 whole Pita 1 cup Milk, low 8:00 pm Snack 5 oz Cheddar 5 Pickles 15 Walnuts	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils w fat (1%)	Portions 63g P 81g C 15g F Calories: 711 Item Portions 49g P 63g C 15g F	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral Item Portions A simple crunchy snack to munch on when you have
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive 1 whole Pita 1 cup Milk, low 8:00 pm Snack 5 oz Cheddar 5 Pickles	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils w fat (1%)	Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during
5:00 pm Dinner 8 oz Chicken 2 cups Mushr 1 cup Zucchir 2 1/4 cups Be 1 1/2 cups Gr 1 2/3 tsp Olive 1 whole Pita 1 cup Milk, low 8:00 pm Snack 5 oz Cheddar 5 Pickles 15 Walnuts	breast, skinless rooms ni eans, green or yellow rapes e, Flax, Hemp or Salmon Oils w fat (1%) r cheese, light/low fat ow fat (1%) Total Daily Portions: Protein: 350g	Portions 63g P 81g C 15g F Calories: 711 Item Portions 49g P 63g C 15g F Calories: 583 Carbohydra	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during

	Day: 37 Schedule:		am Mid Meal 8:00 pm Snack
	7:00 am Breakfast 9:00 am Snack		m Snack m Dinner
ī	F	REST	Account to the second s
	7:00 am Breakfast	Item Portions	Preparation Suggestions:
	2 cups Milk, low fat (1%)	63g P	A simple, wholesome breakfast.
	49 grams Protein powder	81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***
	1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	15g F Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	1 cup Fruit juice	711	r gram vit e, 100 ha. vit e.
	JE A		
	9:00 am Snack	Item Portions	Item Portions
	1 cup Cottage cheese, light/low fat	56g P	Cottage Cheese, Grapes & Sunflower Seeds
	28 grams Protein powder	72g C	Mix them together or eat them separately. Either
	1 cup Grapes 3 tbsp Barley	15g F Calories:	way, you're on your way to a healthy lifestyle!
	1 oz Sunflower seeds	647	
		at 10 (A) (A)	
Î	11:00 am Mid Meal	Item Portions	Item Portions
	5 oz Cheese, low or non fat	63g P	A tasty bowl of soup with crackers. Enjoy the cheese
	3 cups Vegetable soup	81g C	on the side. ***OPTIONAL/OPTIMAL
	1 1/3 cups Oatmeal 4 Crackers	15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3
	12 Peanuts	Calories: 711	caps, Vitamin B
	1 cup Milk, low fat (1%)	Mrs.	
		F. 16	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions
	2 cups Milk, low fat (1%)	56g P	Protein Shake with Fruit
	42 grams Protein powder	72g C	Put all ingredients in a blender over ice and blend,
	2 cups Raspberries 2 cups Strawberries	15g F Calories:	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
	1 tbsp Barley	647	up the remaining ingredients in a closed container to
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	754	mix it all together, then eat the fruit on the side.
	3 tbsp Almonds, slivered	7.5 760	Enjoy!
	A 100 TO	Item	A STATE OF THE STA
	5:00 pm Dinner	Portions	Item Portions
	8 oz Beef, lean cuts 1/2 cup Tomato, puree	63g P	Steaks with Vegetables You can season your vegetables with a little salt,
	2 cups Celery	81g C 15g F	pepper, and basil, if you like.
	3 cups Carrots	Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS***
-	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi
	1 cup Rice 1 cup Milk, low fat (1%)	340	Vit/Mineral
	1 Cup Wilk, low lat (176)	200	
	8:00 pm Snack	Item	Item Portions
	2 cups Milk, low fat (1%)	Portions 49g P	Protein Shake
	35 grams Protein powder	63g C	Put all ingredients in a blender over ice and blend,
-	1 cup Peaches, canned	15g F	adding water to create desired consistency. If a
17	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories:	blender is not available, set aside the fruit and shake
	1 cup Oatmeal	583	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
		100	Enjoy!
			ates: 450g Fat: 90g Calories: 4010
	** Remember to drink I	between 3-4 li	tres of water per day. **

	Day: 38 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight F	1:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner nt 9:30 am
	6:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
İ	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	5:00 pm Dinner 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts Total Daily Portions: Protein: 350g	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
-	** Remember to drink b		

	Day: 39 Schedule:	11:00	am Mid Meal 8:00 pm Snack		
	7:00 am Breakfast 9:00 am Snack		m Snack m Dinner		
	oloo alli ollasii	REST			
	7:00 am Breakfast	Item Portions	Preparation Suggestions:		
	2 cups Milk, low fat (1%) 8 Egg whites	63g P 81g C	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs,		
	3 oz Cheese, low or non fat	15g F	season and cook til set. Enjoy!		
	2 cups Mushrooms 1 cup Onions	Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
_	3 1/2 cups Spinach		Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
	Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	100			
	1 slice Whole grain bread	2000	The second second		
		Item			
	9:00 am Snack	Portions	Item Portions		
	2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat	56g P 72g C	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a		
	1 1/3 cups Applesauce	15g F	container and take along to work or elsewhere.		
	15 Almonds, whole	Calories: 647	CONT. 100		
	11:00 am Mid Meal	Item Portions	Item Portions		
	7 oz Chicken breast, skinless	63g P	Chicken and Greek Salad		
	1 cup Lettuce, romaine 1 cup Grapes	81g C 15g F	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of		
	1 Tomato	Calories:	minced garlic. Cube chicken breast and add to salad.		
	1 cup Onions 1 cup Mushrooms	711	Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	1000	Digestive Enzymes, Omega 3 caps, Vitamin B		
	3 tsp Mayonnaise 2 whole Pita		A London		
	2 oz Mozzarella cheese, light/low fat	16	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
	The second secon	23/			
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions		
	28 grams Protein powder 2 cups Yogurt, plain, low fat	56g P 72g C	Protein Shake Put all ingredients in blender over ice and blend.		
	1/2 tbsp Barley	15g F	Add water to create desired consistency. Enjoy!		
	1 Banana 5 tsp Peanut butter, natural	Calories: 647	and the state of t		
	o top i canat satter, natural	017			
-	5:00 pm Dinner	Item Portions	Item Portions		
	8 oz Turkey breast, skinless 1 1/2 cups Chickpeas	63g P 81g C	Turkey and Salad Grilled or roast turkey is great with this meal. Throw		
	1/2 cup Mushrooms	15g F	all the vegetables into a large bowl and sprinkle		
	1/4 cup Onions 1/2 head Lettuce, iceberg	Calories: 711	slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
	1 1/2 cups Cherry tomatoes		Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
	5 tbsp Almonds, slivered	(1)	Vit/Mineral		
	1 cup Milk, low fat (1%)				
	8:00 pm Snack	Item Portions	Item Portions		
	35 grams Protein powder 2 cups Milk, low fat (1%)	49g P	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,		
	2 cups Raspberries	63g C 15g F	adding water to create desired consistency. If a		
	1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 583	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to		
1	1 2/3 tsp Olive, i-lax, nettip of Salition Olis	363	mix it all together, then eat the fruit on the side.		
h	Total Daily Partiana, Protein, 950-	Carboburd	Enjoy!		
2	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **				

Day	y: 40 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight F	Resistance a	
Ó	1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	500 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2	9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
V	5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
			ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	Day: 41 Schedule: 8:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal
	10:00 am Snack Workout: Weight R	5:00 pi	m Dinner
	8:00 am Breakfast	Item	Preparation Suggestions:
	2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold	Portions 63g P 81g C 15g F	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the
	1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 711	words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
1	10:00 am Snack	Item	
	49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	2:00 pm Mid Meal 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
100000000000000000000000000000000000000	5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
3			ates: 450g Fat: 75g Calories: 3875 tres of water per day: **

	Day: 42 Schedule:		m Mid Meal 9:00 pm Snack	
	9:00 am Breakfast		m Snack	
	11:00 am Snack	7:00 p REST	m Dinner	
	9:00 am Breakfast	Item	Preparation Suggestions:	
	2 cups Milk, low fat (1%)	Portions 63g P	A classic cereal breakfast with nuts and fruit added	
	49 grams Protein powder	81g C	for crunch and flavor. Enjoy!	
	1 cup Blueberries	15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	2 1/2 cups Cereal, cold	Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
	5 tbsp Almonds, slivered	711	1 gram Vit C, 400 i.u. Vit E.	
	44.00 au Ou al	Item	0.0	
	11:00 am Snack	Portions	Item Portions	
	4 oz Cheese, low or non fat 2 cups Milk, low fat (1%)	56g P 72g C	Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive	
	1/2 cup Beans, black	15g F	oil, lime juice, and cilantro in a bowl. Seed jalapeno	
	1/2 cup Beans, mixed, various	Calories:	peppers and chop finely and add to mixture.	
	1/2 cup Onions	647		
	2 Tomatoes	The state of the same		
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			
	4:00 per Mid Mark	Item	li Dei	
	1:00 pm Mid Meal	Portions	Item Portions	
	2 2/3 cups Beef and vegetable soup 4 Crackers	63g P 81g C	Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	2 oz Pretzels	15g F	Digestive Enzymes, Omega 3 caps, Vitamin B	
	1/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories:	Bigeouve Enzymoo, emega e cape, vitamin B	
	5 oz Cheddar cheese, light/low fat	711		
		N SCORE BE		
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions	
	28 grams Protein powder	56g P	Protein Shake	
	2 cups Yogurt, plain, low fat	72g C	Put all ingredients in blender over ice and blend.	
	1/2 tbsp Barley 1 Banana	15g F Calories:	Add water to create desired consistency. Enjoy!	
	5 tsp Peanut butter, natural	647	THE PARTY OF THE P	
		115.00	F JAMES OF SE	
	7:00 pm Dinner	Item Portions	Item Portions	
	8 oz Beef, lean cuts	63g P	Steaks with Vegetables	
	1/2 cup Tomato, puree	81g C	You can season your vegetables with a little salt,	
	2 cups Celery	15g F	pepper, and basil, if you like.	
	3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi	
	1 cup Rice	Cons	Vit/Mineral	
ä	1 cup Milk, low fat (1%)	1		
		The said		
	9:00 pm Snack	Item Portions	Item Portions	
	2 cups Milk, low fat (1%)	49g P	Protein Shake	
	35 grams Protein powder	63g C	Put all ingredients in a blender over ice and blend,	
	1 cup Peaches, canned	15g F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Calories: 583	up the remaining ingredients in a closed container to	
	, cap oddilodi	300	mix it all together, then eat the fruit on the side.	
	/ 图 / 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图		Enjoy!	
			ates: 450g Fat: 90g Calories: 4010	
	** Remember to drink between 3-4 litres of water per day. **			

	Day: 43 Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight F		m Dinner
	6:00 am Breakfast	Item Portions	Preparation Suggestions:
	8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans	63g P 81g C 15g F Calories: 711	Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		
	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	5:00 pm Dinner 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
73.000000	8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
	Total Daily Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

Notes:

+	Day: 44 Schedule:	11:00 :	am Mid Meal 8:00 pm Snack
	7:00 am Breakfast	2:00 pi	m Snack
	9:00 am Snack	5:00 pm Dinner	
		REST Item	December Occasions
	7:00 am Breakfast	Portions	Preparation Suggestions:
	2 cups Milk, low fat (1%) 8 Egg whites	63g P 81g C	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs,
	3 oz Cheese, low or non fat	15g F	season and cook til set. Enjoy!
	2 cups Mushrooms	Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS***
	1 cup Onions	711	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
7	3 1/2 cups Spinach 2 Peppers (bell or cubanelle)		1 gram Vit C, 400 i.u. Vit E.
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Section 1	
	1 slice Whole grain bread	200	Market Control
	100000000000000000000000000000000000000		
	9:00 am Snack	Item Portions	Item Portions
	1 cup Cottage cheese, light/low fat	56g P	Cottage Cheese, Grapes & Sunflower Seeds
	28 grams Protein powder	72g C	Mix them together or eat them separately. Either
	1 cup Grapes 3 tbsp Barley	15g F Calories:	way, you're on your way to a healthy lifestyle!
	1 oz Sunflower seeds	647	
•	11:00 am Mid Meal	Item	Item Portions
	13 1/2 oz Chicken breast, deli style	Portions 63g P	Deli Chicken and Vegetables
	1 cup Onions	81g C	Roughly chop the vegetables and mix with olive oil, a
	2 cups Zucchini	15g F	dash of balsamic vinegar and salt, pepper and
	2 Peppers (bell or cubanelle)	Calories:	thyme. Saute or grill vegetables until done, then
	2 Tomatoes 2 slice Whole grain bread	711	slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Digestive Enzymes, Omega 3 caps, Vitamin B
		100	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item	Item Portions
	2 cups Milk, low fat (1%)	Portions 56g P	Protein Shake with Fruit
	42 grams Protein powder	72g C	Put all ingredients in a blender over ice and blend,
-	2 cups Raspberries	15g F	adding water to create desired consistency. If a
	2 cups Strawberries 1 tbsp Barley	Calories: 647	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	047	mix it all together, then eat the fruit on the side.
	3 tbsp Almonds, slivered	539	Enjoy!
_		3000	
	5:00 pm Dinner	Item	Item Portions
=	7 oz Chicken breast, skinless	Portions 63g P	Spicy Stirfry: you might want to adjust the amount of
	2 cups Milk, low fat (1%)	81g C	jalapeno peppers you're using, depending on their
	1 cup Cabbage	15g F	strength and what you can handle!
	1 cup Onions 1 Pepper (bell or cubanelle)	Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi
	1/2 cup Jalapeno peppers	30.39/	Vit/Mineral
	1 1/3 cups Rice		
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	W 10 A	
		No. of the last	AND THE RESERVE TO A STATE OF THE PARTY OF T
	8:00 pm Snack	Item Portions	Item Portions
	35 grams Protein powder	49g P	Protein Shake with Fruit
	2 cups Milk, low fat (1%)	63g C	Blend all ingredients, except nuts together and add
1	1 cup Strawberries 1 1/3 cups Oatmeal	15g F Calories:	ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold
-	5 tbsp Almonds, slivered	583	water and have remaining ingredients on the side.
-	のなって、「中年」の	中央	Eat nuts separately.
-	Total Daily Portions: Protein: 350g	Carbohydra	ates: 450g Fat: 90g Calories: 4010
	** Remember to drink b	etween 3-4 II	ires of water per day.

Day: 45 Schedule: 6:00 am Breakfast 9:00 am Snack		11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal 5:00 pm Dinner		
		Workout: Weight F	Resistance a	
	6:00 am Breakfast 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts		Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp of	or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	A	Item Portions 63g P 81g C 15g F Calories: 711	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
100000000000000000000000000000000000000	5:00 pm Dinner 7 oz Chicken breast, skinles: 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp of		Item Portions 63g P 81g C 15g F Calories: 711	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 5 oz Cheddar cheese, light/le 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)		Item Portions 49g P 63g C 15g F Calories: 583	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
6	Total Dally F			ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	Day: 46 Schedule: 7:00 am Breakfast		11:00 am Mid Meal 8:00 pm Snack 2:00 pm Snack	
	9:00 am Snack	5:00 pr <i>REST</i>	m Dinner	
	7:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
	11:00 am Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	ltem Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
	5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
100000000000000000000000000000000000000	8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

	Day: 47 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight F		11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal 5:00 pm Dinner Resistance at 9:30 am	
	6:00 am Breakfast	Item	Preparation Suggestions:	
	42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
•	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
•	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
	1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
10000	5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
	8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
1			ates: 450g Fat: 75g Calories: 3875	

8:00 am Breakfast 4 oz Cheese, low or non fat 1 agrams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 10:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 11:00 am Snack 11:00 am Snack 12:03 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 11:00 am Snack 11:00 am Snack 12:03 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 11:00 am Snac	Day: 48 Schedule: 11:00 am Snack 8:00 pm Snack 8:00 pm Snack 10:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 10:00 am		
49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice 12:00 pm Mid Meal 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 1 stp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%) 15:00 pm Dinner 1 cup Spinach 1 cup Spi	4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries	Portion 63g l 81g (15g l Calorio 711	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
Portions S6 grams Protein powder 2 2/3 cups Fruit juice Post - Protein Shake Put all ingredients in blender over ice and blend recommend using a high glycemic juice like grajuice for max recuperation. Enjoy! Post - Protein Shake Put all ingredients in blender over ice and blend recommend using a high glycemic juice like grajuice for max recuperation. Enjoy! Post - Protein Shake Put all ingredients in blender over ice and blend recommend using a high glycemic juice like grajuice for max recuperation. Enjoy! Post - Protein Shake Put all ingredients in blender over ice and blend recommend using a high glycemic juice like grajuice for max recuperation. Enjoy! Post - Protein Shake Put all ingredients in blender over ice and blend recommend using a high glycemic juice like grajuice for max recuperation. Enjoy! Post - Protein Shake Put all ingredients in blender over ice and blend recommend using a high glycemic juice like grajuice for max recuperation. Enjoy! Post - Pos	49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal	Portion 56g l 72g (15g l Calorio	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%) 5:00 pm Dinner 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%) 63g P Clicken Salad Sandwich Make a basic chicken salad adding a little celery onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker arenjoy. ***OPTIONAL/OPTIMAL SUPPLEMENT Digestive Enzymes, Omega 3 caps, Vitamin B 1 tem Portions 63g P 81g C 15g F 81g C 1711 1 tem Portions 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%) 8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 tup Raspberries 1 tup Milk a basic chicken salad Sandwich Make a basic chicken salad adding a little celery onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker arenjoy. ****OPTIONAL/OPTIMAL SUPPLEMENTS Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up me and cook over medium-high heat til almost done then add chopped vegetables, salt, pepper, garl basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, I Vit/Mineral 1 tem Portions Cheese, Berries, Pretzels and Peanuts with Milk out the cheese and throw everything into a box	56 grams Protein powder	Portion 56g I 72g 0 0g F Calorie	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram
8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%) 8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries Portions 63g P 81g C 15g F Calories: 711 Chop tomatoes finely and set aside. Cut up meand cook over medium-high heat til almost done then add chopped vegetables, salt, pepper, garl basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, IVit/Mineral Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bow	8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salr	Portion 63g I 81g 0 15g I Calorio	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
5 oz Cheese, low or non fat 1 cup Raspberries 5 oz Cheese, low or non fat 2 cup Raspberries 63g C 1 cup Raspberries 63g C 1 cup Raspberries 63g C	8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Sa	Portion 63g I 81g 0 15g I Calorio 711	Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi
30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875	5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Portion 49g I 63g 0 15g Calorio 583	Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!

ľ	Day: 49 Schedule:	1:00 pi	m Mid Meal 9:00 pm Snack		
	9:00 am Breakfast 11:00 am Snack	4:00 pi	m Snack m Dinner		
		7.00 pi <i>REST</i>			
	9:00 am Breakfast	Item Portions	Preparation Suggestions:		
	2 cups Milk, low fat (1%)	63g P	Enjoy your preferred, non-sugary cereal with milk		
	49 grams Protein powder	81g C	and fruit. Mixing in a nice flavoured protein powder		
	2 1/2 cups Cereal, cold 1 cup Grapes	15g F Calories:	makes this breakfast 'positively decadent', in the words of one client who tried it.		
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
	15.00		Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
	11:00 am Snack	Item	1 gram Vit C, 400 i.u. Vit E.		
	4 oz Cheese, low or non fat	Portions 56g P	Black Bean Salsa and Milk		
	2 cups Milk, low fat (1%)	72g C	Mix black beans, diced tomato, chopped onion, olive		
	1/2 cup Beans, black	15g F	oil, lime juice, and cilantro in a bowl. Seed jalapeno		
	1/2 cup Beans, mixed, various 1/2 cup Onions	Calories: 647	peppers and chop finely and add to mixture.		
	2 Tomatoes	047			
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	B) (%			
	18 10 2 1	-2011	(P)(2)(B)		
	1:00 pm Mid Meal	Item Portions	Item Portions		
	7 oz Chicken breast, skinless	63g P	Chicken and Greek Salad		
	1 cup Lettuce, romaine 1 cup Grapes	81g C 15g F	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of		
	1 Tomato	Calories:	minced garlic. Cube chicken breast and add to salad.		
	1 cup Onions	711	Top with low fat or feta cheese.		
	1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils	1000	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
	3 tsp Mayonnaise		Digestive Enzymes, Omega 3 caps, Vitamin B		
	2 whole Pita	1500	7 Chychael Charles		
	2 oz Mozzarella cheese, light/low fat	Marie .			
	A.00 and One of March Destinates Dr.O. O. 0. 5. 5	Item			
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5	Portions	Item Portions Protein Shake		
	2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder	56g P 72g C	Put all ingredients in blender over ice and blend.		
	1 Banana	15g F	Add water to create desired consistency. Enjoy!		
	5 tsp Peanut butter, natural	Calories: 647	And And And		
		ltem			
	7:00 pm Dinner	Portions	Item Portions		
	8 oz Turkey, dark meat, skinless 1 cup Mushrooms	63g P 81g C	Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat		
	1/3 cup Onions	15g F	and cook over medium-high heat til almost done,		
	1 cup Spinach	Calories:	then add chopped vegetables, salt, pepper, garlic,		
	1 Tomatoe, sun dried 1 1/2 cups Pasta	711	basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!		
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	70.76	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
	1 cup Milk, low fat (1%)	100000	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
	Control of the second	CANCEL TO	Vit/Mineral		
	9:00 pm Snack	Item Portions	Item Portions		
	35 grams Protein powder	49g P	Protein Shake with Fruit		
	2 cups Milk, low fat (1%) 2 cups Raspberries	63g C 15g F	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a		
	1 1/2 tbsp Barley	Calories:	blender is not available, set aside the fruit and shake		
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	583	up the remaining ingredients in a closed container to		
			mix it all together, then eat the fruit on the side. Enjoy!		
à	Total Daily Portions: Protein: 350g	Carbohydra	ates: 450g Fat: 90g Calories: 4010		
	** Remember to drink b		tres of water per day. **		
-	Notes:				

Day: 50 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Ro		11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal 5:00 pm Dinner Resistance at 9:30 am	
6:00 am Breakfast	, A.E.	Item	Preparation Suggestions:
8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green 1/2 cup Kidney beans 1/4 cup Onions	or yellow	Portions 63g P 81g C 15g F Calories: 711	Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hen			
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hen		Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, of the common of the cup Lettuce, romaine 1 Pepper (bell or cubanel) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hem 2 slice Whole grain bread	fat le) np or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice		Item Portions 63g P 81g C 15g F Calories: 711	Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheddar cheese, ligl 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Notes:	ly Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	Day: 51 Schedule: 7:00 am Breakfast		11:00 am Mid Meal 8:00 pm Snack 2:00 pm Snack	
	9:00 am Snack	5:00 pm Dinner		
	7:00 am Breakfast	REST Item	Preparation Suggestions:	
	2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Portions 63g P 81g C 15g F Calories: 711	A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
	11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
100000	5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
	8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
	Total Daily Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 90g Calories: 4010 tres of water per day. **	

Day: 52 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight R		11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal 5:00 pm Dinner Resistance at 9:30 am		
6	:00 am Breakfast		Item	Preparation Suggestions:
0.	4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or	Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:	200 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or	Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
1	1:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:	13 1/2 oz Chicken breast, deli 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or	AS	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:	8 oz Turkey, dark meat, skinle 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:	4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!
	Total Daily Po	ortions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

Day: 53 Schedule: 7:00 am Breakfast 9:00 am Snack		11:00 am Mid Meal 8:00 pm Snack 2:00 pm Snack 5:00 pm Dinner REST	
Ī	7:00 am Breakfast	Item	Preparation Suggestions:
	35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 63g P 81g C 15g F Calories: 711	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
Ī	9:00 am Snack	Item Portions	Item Portions
	1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	56g P 72g C 15g F Calories: 647	Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	The second second	Item	
100000	5:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Portions 63g P 81g C 15g F Calories: 711	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
8	Total Daily Portions: Protein: 350g ** Remember to drink b		

Day: 54 Schedule: 11:00 am Snack 6:00 am Breakfast 9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am		m Mid Meal m Dinner	
6:00 am Brookfost			Preparation Suggestions:
42 grams Protein pov 2 cups Milk, low fat (1 1/2 cup Yogurt, plain, 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hel	%) low fat	Portions 63g P 81g C 15g F Calories: 711	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 49 grams Protein pov 1 cup Milk, low fat (19 2 cups Peaches, cand 1 cup Oatmeal 1 2/3 tsp Olive, Flax,	%) ned	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 2 2/3 cups Fruit juice	vder	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 2 cups Milk, low fat (1 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain be 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Part of	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1 12 spears Asparagus 1 1/2 cups Beans, gre 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax,	- 10 EE 110	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 18 Peanuts 1 Banana 2 tsp Peanut butter, r 21 grams Protein pov 2 tbsp Barley	atural	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!
Total			ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

Day: 55 Schedule: 11:00 am Snack 8:00 pm Snack 8:00 am Breakfast 10:00 am Snack 8:00 pm Mid Meal 10:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 10:00 am			m Mid Meal m Dinner
8:00 am Breakfast		Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low factories 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or		63g P 81g C 15g F Calories: 711	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp	or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 8 oz Chicken breast, skinle 1/2 cup Tomato, puree 3 cups Beans, green or yel 1 cup Carrots 1 1/2 cups Turnip 15 Olives	(A) (A)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
1 1/2 whole Pita 1 cup Milk, low fat (1%)	自美		Digosalio Energinos, omoga o capo, mana
5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/lor 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	w fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fa 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Total Daily			ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	Day: 56 Schedule: 9:00 am Breakfast 11:00 am Snack	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
	1/1	REST	Account to the second s
	9:00 am Breakfast 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	11:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	1:00 pm Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
10000	7:00 pm Dinner 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	9:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoyl
			ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

Day: 57 Schedule: 6:00 am Breakfast	11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal				
9:00 am Snack Workout: Weight F	Resistance a	m Dinner of 9:30 am			
6:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.			
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!			
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's			
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B			
5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral			
8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!			
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **				

	Day: 58 Schedule:	11:00	am Mid Meal 8:00 pm Snack	
	7:00 am Breakfast 9:00 am Snack		2:00 pm Snack 5:00 pm Dinner	
		REST	ii Dililici	
	7:00 am Breakfast	Item Portions	Preparation Suggestions:	
r	1 1/2 cups Yogurt, plain, low fat	63g P	Eggs with yogurt and fruit. Enjoy!	
	6 Egg whites 1 cup Pineapple	81g C 15g F	***ÖPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories:	1 gram Vit C, 400 i.u. Vit E.	
	3 Eggs, whole	711		
	2 slice Whole grain bread	-67		
	9:00 am Snack	Item	Item Portions	
	4 oz Cheese, low or non fat	Portions 56g P	Black Bean Salsa and Milk	
	2 cups Milk, low fat (1%)	72g C	Mix black beans, diced tomato, chopped onion, olive	
	1/2 cup Beans, black 1/2 cup Beans, mixed, various	15g F Calories:	oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
	1/2 cup Onions	647	peppers and chop linely and add to mixture.	
	2 Tomatoes	- 88		
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			
	11:00 am Mid Meal	Item	Here Destine	
	8 oz Chicken breast, skinless	Portions 63g P	Item Portions Triple Decker Chicken Salad Sandwich	
	1 cup Grapes	81g C	Make a basic chicken salad adding a little celery and	
	3 slice Whole grain bread	15g F	onion if desired, and salt and pepper to taste.	
	1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise	Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	1 cup Milk, low fat (1%)	/ / / /	Digestive Enzymes, omega o caps, vitamin b	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions	
	28 grams Protein powder	56g P	Protein Shake	
	2 cups Yogurt, plain, low fat 1/2 tbsp Barley	72g C 15g F	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
	1 Banana	Calories:	That water to create accuracy contributions. Enjoy.	
-	5 tsp Peanut butter, natural	647		
	F-00 per Dinner	Item		
	5:00 pm Dinner 6 oz Beef, lean cuts	Portions	Item Portions Steak Wrap	
	3 oz Cheese, low or non fat	63g P 81g C	Cut beef into 1 inch strips. In a pan heat oil. Add beef	
	1/2 cup Onions	15g F	to oil along with desired seasonings and pan fry until	
7	1 Pepper (bell or cubanelle) 1/2 cup Salsa	Calories: 711	cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.	
	1 Tomato	/11	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	1 Apple	March 1	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi	
	2 whole Pita 9 Almonds, whole	THE REAL PROPERTY.	Vit/Mineral	
	2/3 tsp Olive, Flax, Hemp or Salmon Oils	25.74		
-		(四)		
	8:00 pm Snack	Item Portions	Item Portions	
	35 grams Protein powder	49g P	Protein Shake with Fruit	
	2 cups Milk, low fat (1%) 2 cups Raspberries	63g C 15g F	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a	
	1 1/2 tbsp Barley	Calories:	blender is not available, set aside the fruit and shake	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	583	up the remaining ingredients in a closed container to	
		100000	mix it all together, then eat the fruit on the side. Enjoy!	
THE PERSON			ates: 450g Fat: 90g Calories: 4010	
	** Remember to drink t	oetween 3-4 li	tres of water per day. **	
Notes:				

Day: 59 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Re.		am Snack 8:00 pm Snack m Mid Meal m Dinner at 9:30 am	
6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered 9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 63g P 81g C 15g F Calories: 711 Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E. Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	ltem Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. ** Notes:			

Day: 60 Schedule: 7:00 am Breakfast 9:00 am Snack		2:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
		REST	ii Diiliei
	7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
	11:00 am Mid Meal 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	5:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
Ñ	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
			ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

Day: 61 Schedule:	11:00	am Snack 8:00 pm Snack
6:00 am Breakfast		m Mid Meal
9:00 am Snack <i>Workout: Weigh</i> t		m Dinner at 9:30 am
6:00 am Breakfast	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	63g P	Simple and healthful, this breakfast will give you a
35 grams Protein powder	81g C	needed energy boost! ***OPTIONAL/OPTIMAL
1 cup Milk, low fat (1%) 1 Orange	15g F Calories:	SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
3 slice Whole grain bread	711	Capo, mater victorinoral, 1 gram vic 3, 100 h.a. vic E.
30 Peanuts		
9:00 am Snack	Item	Item Portions
42 grams Protein powder	Portions 56g P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, low fat (1%)	72g C	Carbs
1 cup Blueberries	15g F	
1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
1 2/3 tsp Olive, Plax, Flemp of Salmon Olis	047	desired consistency. Enjoy:
11:00 am Snack	Item Portions	Item Portions
56 grams Protein powder	56g P	POST - Protein Shake
2 2/3 cups Fruit juice	72g C	Put all ingredients in blender over ice and blend. We
1 457	0g F Calories:	recommend using a high glycemic juice like grape
	512	juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram
	38 AS	Vit C, Creatine & BCAA's
1:00 pm Mid Meal	Item	Item Portions
8 oz Chicken breast, skinless	Portions 63g P	Chicken Salad Sandwich
3 slice Whole grain bread	81g C	Make a basic chicken salad adding a little celery,
1 cup Blueberries	15g F	onion and green pepper if desired, and salt and
3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 711	pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
1 cup Milk, low fat (1%)	100	Digestive Enzymes, Omega 3 caps, Vitamin B
	1.52	
5:00 pm Dinner	Item Portions	Item Portions
7 oz Chicken breast, skinless	63g P	Chicken Mexicali Salad
1 cup Yogurt, plain, low fat 3 cups Cabbage	81g C 15g F	In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar,
2 cups Mushrooms	Calories:	1/8 tsp hot pepper sauce to chicken mixture, heating
1 cup Salsa	711	throughout. Remove from heat and stir in yogurt and
1 cup Rice	1	raw cabbage. ***OPTIONAL/OPTIMAL
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	20	SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack	Item	Item Portions
4 oz Cheese, low or non fat	Portions 49g P	Cheddar-Apple Galette
1 1/2 cups Yogurt, plain, low fat	63g C	In oven ready pan,add water,cinnamon,and apples.
2 Apples	15g F	Bring to boil, then cover and let simmer until apples
15 Walnuts	Calories: 583	are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes.
(m) (O) make a like		Serve hot and enjoy!
		ates: 450g Fat: 75g Calories: 3875 itres of water per day. **

	Day: 62 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight R	2:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner t 10:00 am
	8:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	10:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	2:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
10000	5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%) Total Daily Portions: Protein: 350g	Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. ates: 450g Fat: 75g Calories: 3875
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **		

Day: 63 Schedule: 9:00 am Breakfast 11:00 am Snack		4:00 pr	m Mid Meal 9:00 pm Snack m Snack m Dinner	
		R	EST	
	9:00 am Breakfast 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts		ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	11:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
	1:00 pm Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	4:00 pm Snack Meal Portions: F 2 1/2 cups Yogurt, plain, low 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural		Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Section 1	7:00 pm Dinner 5 oz Chicken breast, skinles: 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp of 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	9:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp of		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

	6:00 am Breakfast 1:0		am Snack 8:00 pm Snack m Mid Meal m Dinner
Workout: Weight Resistance at 9:30 am			
	6:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
100000000000000000000000000000000000000	5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
			ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	Day: 65 Schedule: 7:00 am Breakfast 9:00 am Snack	2:00 pi 5:00 pi <i>REST</i>	am Mid Meal 8:00 pm Snack m Snack m Dinner
	7:00 am Breakfast 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
	11:00 am Mid Meal 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	5:00 pm Dinner 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
1000	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered Total Daily Portions: Protein: 350g	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately. ates: 450g Fat: 90g Calories: 4010
	** Remember to drink between 3-4 litres of water per day. **		

Day: 66	Schedule:		am Snack 8:00 pm Snack	
6:00 am Breakfast 9:00 am Snack		5:00 pr	1:00 pm Mid Meal 5:00 pm Dinner	
	Workout: Weight F	Resistance a		
6:00 am Breakfast 3 oz Cheese, low or no 35 grams Protein powo 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bre 30 Peanuts	ler)	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein poword 1 cup Yogurt, plain, low 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, H	<i>y</i> fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powo 2 2/3 cups Fruit juice	ler	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 2 cups Milk, low fat (1% 7 1/2 oz Chicken breas 2 oz Cheese, low or no 1 cup Lettuce, romaine 1 Pepper (bell or cubar 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, H 2 slice Whole grain bre	t, deli style n fat nelle) emp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1% 12 spears Asparagus 1 1/2 cups Beans, gree 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, H	n or yellow	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or no 1 1/2 cups Yogurt, plair 2 Apples 15 Walnuts	n, low fat	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy! ates: 450g Fat: 75g Calories: 3875	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **				

Day: 67 Schedule: 7:00 am Breakfast 9:00 am Snack		11:00 am Mid Meal 8:00 pm Snack 2:00 pm Snack 5:00 pm Dinner	
	7:00 am Breakfast	Item Portions	Preparation Suggestions:
	2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	63g P 81g C 15g F Calories: 711	A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack	Item	Item Portions
	4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 56g P 72g C 15g F Calories: 647	Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
	11:00 am Mid Meal 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
10 TO	5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
73.090	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
THE PERSON NAMED IN	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **		

Day: 68 Schedule: 6:00 am Breakfast			am Snack 8:00 pm Snack m Mid Meal
9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am			
	6:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
	1:00 pm Mid Meal 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	5:00 pm Dinner 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%) Total Daily Portions: Protein: 350g	Portions 49g P 63g C 15g F Calories: 583	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
6	** Remember to drink b		

Day: 69 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight R	2:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner t 10:00 am
8:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!

Day: 70 Schedule: 9:00 am Breakfast 11:00 am Snack		4:00 pt 7:00 pt	m Mid Meal 9:00 pm Snack m Snack m Dinner
		REST Item	
	9:00 am Breakfast 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach	Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils slice Whole grain bread	()	
	11:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	1:00 pm Mid Meal 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)		Y AND THE REST
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	ltem Portions 56g P 72g C 15g F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	7:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
を に を	9:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 49g P 63g C 15g F Calories:	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

Day: 71 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
Workout: Weight		
6:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
		rates: 450g Fat: 75g Calories: 3875 itres of water per day. **

	Day: 72 Schedule: 7:00 am Breakfast 9:00 am Snack	7:00 am Breakfast 2:00 pm Snack 9:00 am Snack 5:00 pm Dinner	
	R	EST	Action Co.
	7:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
	11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
100000	5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
187	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
N	Total Daily Portions: Protein: 350g ** Remember to drink b		ates: 450g Fat: 90g Calories: 4010 tres of water per day. **

9:00 am	n Breakfast 1:00 pi n Snack 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	rkout: Weight Resistance a	
6:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmo	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmo	Property Service	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Total Daily Portions: ** Rem Notes:	Protein: 350g Carbohydronember to drink between 3-4 li	ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

Day: 74 Schedule: 7:00 am Breakfast		2:00 pr	am Mid Meal 8:00 pm Snack m Snack	
	9:00 am Snack	5:00 pi <i>REST</i>	m Dinner	
	7:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
	11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
	5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
A	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils Total Daily Portions: Protein: 350g	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! ates: 450g Fat: 90g Calories: 4010	
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Day: 75 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weigh	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner at 9:30 am
6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder	Item Portions 63g P 81g C	Preparation Suggestions: A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS***
1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	15g F Calories: 711	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	ltem Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!
Total Daily Portions: Protein: 350 ** Remember to drin Notes:	Og Carbohydr k between 3-4 li	rates: 450g Fat: 75g Calories: 3875 itres of water per day. **

Day: 76	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Re	2:00 pr 5:00 pr	am Snack 8:00 pm Snack n Mid Meal n Dinner 1:10:00 am	
8:00 am Breakfast 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts		Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp of	or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 8 oz Chicken breast, skinles 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or 1 cup Milk, low fat (1%)	-	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or y 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp of	ALE-ST	Item Portions 63g P 81g C 15g F Calories: 711	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
Total Daily F	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

	Day: 77 Schedule:		m Mid Meal 9:00 pm Snack	
	9:00 am Breakfast 11:00 am Snack		m Snack m Dinner	
	R	EST	and the second second	
	9:00 am Breakfast	Item Portions	Preparation Suggestions:	
	2 cups Yogurt, plain, low fat	63g P	A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	10 Egg whites 1 cup Grapes	81g C 15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories:	1 gram Vit C, 400 i.u. Vit E.	
	1 cup Oatmeal	711		
	11:00 am Snack	Item	Item Portions	
	4 oz Cheese, low or non fat	Portions 56g P	Black Bean Salsa and Milk	
	2 cups Milk, low fat (1%)	72g C	Mix black beans, diced tomato, chopped onion, olive	
	1/2 cup Beans, black 1/2 cup Beans, mixed, various	15g F Calories:	oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
	1/2 cup Onions	647	peppers and chop intery and add to mixture.	
	2 Tomatoes			
	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			
	1:00 pm Mid Meal	Item	Item Portions	
	5 oz Cheese, low or non fat	Portions 63g P	A tasty bowl of soup with crackers. Enjoy the cheese	
	3 cups Vegetable soup	81g C	on the side. ***OPTIONAL/OPTIMAL	
	1 1/3 cups Oatmeal 4 Crackers	15g F Calories:	SUPPLEMENTS*** Digestive Enzymes, Omega 3	
	12 Peanuts	711	caps, Vitamin B	
	1 cup Milk, low fat (1%)	sinch?		
		b		
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5	Item Portions	Item Portions	
	2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder	56g P 72g C	Protein Shake Put all ingredients in blender over ice and blend.	
	1 Banana	15g F	Add water to create desired consistency. Enjoy!	
	5 tsp Peanut butter, natural	Calories:		
		647 Item		
	7:00 pm Dinner	Portions	Item Portions	
	10 1/2 oz Haddock 2 cups Milk, low fat (1%)	63g P 81g C	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add	
	12 spears Asparagus	15g F	seasoning to taste. Enjoy the applesauce on the	
	1.1/2 cups Beans, green or yellow	Calories:	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
	2/3 cup Applesauce 1 cup Rice	711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
i	1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			
	The second			
	9:00 pm Snack	Item Portions	Item Portions	
	35 grams Protein powder 2 cups Milk, low fat (1%)	49g P 63g C	Protein Shake with Fruit Blend all ingredients, except nuts together and add	
	1 cup Strawberries	15g F	ice cubes until desired consistency is reached.	
4	1 1/3 cups Oatmeal	Calories:	Blender not available? Mix protein powder with cold	
1	5 tbsp Almonds, slivered	583	water and have remaining ingredients on the side. Eat nuts separately.	
	Total Daily Portions: Protein: 350g		ates: 450g Fat: 90g Calories: 4010	
	** Remember to drink between 3-4 litres of water per day. **			

Day: 78	Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight F	5:00 pr	m Dinner
6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder	- 6	Portions 63g P 81g C	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder
2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hem	o or Salmon Oils	15g F Calories: 711	makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hem	o or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	1 gram Vit C, 400 i.u. Vit E. Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	A	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Turkey breast, skinles 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoe 5 tbsp Almonds, slivered	MA	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fa 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	at The second se	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Total Daily			ates: 450g Fat: 75g Calories: 3875 tres of water per day. **

	Day: 79	Schedule: 7:00 am Breakfast 9:00 am Snack	2:00 pr	am Mid Meal 8:00 pm Snack m Snack m Dinner
		F	REST	
	7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered		ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 1 cup Cottage cheese, light 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	/low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	11:00 am Mid Meal 8 oz Chicken breast, skinles 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp o 4 tsp Mayonnaise 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: 28 grams Protein powder 2 cups Yogurt, plain, low far 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural		Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
100000	5:00 pm Dinner 8 oz Chicken breast, skinles 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp 1 whole Pita 1 cup Milk, low fat (1%)	yellow	Item Portions 63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp	The state of the s	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

	Day: 80 Sched		am Snack 8:00 pm Snack m Mid Meal	
	9:00 am		m Dinner	
	6:00 am Breakfast	Item Portions	Preparation Suggestions:	
	3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	63g P 81g C 15g F Calories: 711	Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
	9:00 am Snack	_ Item	Item Portions	
	42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmor	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
	11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
	1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmor 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
	5:00 pm Dinner 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon (Item Portions 63g P 81g C 15g F Calories: 711	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
73.080 G	8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
à	** Rem	Protein: 350g Carbohydr ember to drink between 3-4 I	rates: 450g Fat: 75g Calories: 3875 itres of water per day. **	
2	Notes:			

Day: 81 Schedule: 7:00 am Breakfast 9:00 am Snack		2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
	7:00 am Breakfast	Item Portions	Preparation Suggestions:
	4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	63g P 81g C 15g F Calories: 711	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
	9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	11:00 am Mid Meal 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
	2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	5:00 pm Dinner	Item Portions	Item Portions
1000000	8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	63g P 81g C 15g F Calories: 711	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
	8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%)	Portions 49g P 63g C	Protein Shake with Fruit Blend all ingredients, except nuts together and add
1/2/2	1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	15g F Calories: 583	ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
			ates: 450g Fat: 90g Calories: 4010 itres of water per day. **

Day: 82	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight F	1:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner	
6:00 om Prockfast	vvorkout. vveigitt r	Item		
6:00 am Breakfast 4 oz Cheese, low or non fa 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp		Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp	o or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 13 1/2 oz Chicken breast, of cup Mushrooms 1 Pepper (bell or cubanelle cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp 1 cup Rice 1 cup Milk, low fat (1%)	or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fa 18 Peanuts 1 Banana 2 tsp Peanut butter, natura 21 grams Protein powder 2 tbsp Barley		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
Total Daily	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

Day: 83 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Re		11:00 am Snack 8:00 pm Snack 2:00 pm Mid Meal 5:00 pm Dinner esistance at 10:00 am	
8:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low to the component of the	varieties	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hem	p or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hem 1 1/2 whole Pita 1/2 cup Yogurt, plain, low	And the second	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 8 oz Turkey breast, skinle 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomato 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheddar cheese, ligh 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)		Item Portions 49g P 63g C 15g F Calories: 583 Carbohydra	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. ates: 450g Fat: 75g Calories: 3875
8 oz Turkey breast, skinle 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomato 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%) 8:00 pm Snack 5 oz Cheddar cheese, ligh 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	t/low fat	Portions 63g P 81g C 15g F Calories: 711 Item Portions 49g P 63g C 15g F Calories: 583 Carbohydra	Turkey and Salad Grilled or roast turkey is great with this mea all the vegetables into a large bowl and spri slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS* Digestive Enzymes, Omega 3 caps, Vitamir Vit/Mineral Item Portions A simple crunchy snack to munch on when a spare moment can make all the difference your day. ates: 450g Fat: 75g Calories: 3875

Day: 84 Schedule: 9:00 am Breakfast 11:00 am Snack		1:00 pm Mid Meal 9:00 pm Snack 4:00 pm Snack			
11:00 am Snack 7:00 pm Dinner					
	9:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
	11:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.		
	1:00 pm Mid Meal 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
	4:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
3550	7:00 pm Dinner 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
	9:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.		
	Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **				

Total items required to meet meal requirements from day 1 to day 7

Other Protein Carbohydrates **Fats** 34 tsp Olive, Flax, 826 grams Protein 7 cups Cereal, cold 37 cups Milk, low powder 3 cups Grapes Hemp or Salmon fat (1%) 3 cups Peaches, canned 12 cups Yogurt, 34 1/2 oz Chicken Oils 7 2/3 cups Oatmeal 30 Walnuts breast, deli style plain, low fat 11 1/3 cups Fruit juice 32 oz Chicken breast, 1 oz Sunflower 1/2 cup Beans. 6 1/2 cups Mushrooms mixed, various skinless seeds 7 Peppers (bell or cubanelle) 12 tsp Peanut 36 oz Cheese, low or 2 2/3 cups Beef 7 cups Lettuce, romaine butter, natural and vegetable non fat 6 oz Mozzarella 3 Oranges 5 Macadamia nuts soup cheese, light/low fat 15 slice Whole grain bread 33 Almonds, whole 3 cups Cabbage 14 Egg whites 23 tbsp Almonds, 2 1/2 cups Salsa slivered 1 cup Cottage cheese, light/low fat 4 1/3 cups Rice 78 Peanuts 8 oz Whitefish 5 tsp Mayonnaise 3 Apples 3 oz Hard cheeses, 1 cup Fruit cocktail light/low fat 8 tbsp Barley 22 oz Beef, lean cuts 4 1/4 cups Onions 2 cups Zucchini 10 oz Cheddar 7 Tomatoes cheese, light/low fat 10 1/2 oz Haddock 3 Bananas 9 oz Turkey breast, 1 1/2 cups Baked beans skinless 1 cup Potato 5 cups Raspberries 3 1/2 cups Spinach 7 cups Strawberries 1 cup Kidney beans 4 whole Pita 5 Pickles 3 cups Blueberries 1/2 cup Beans, black 4 Crackers 3 1/2 oz Pretzels 1 cup Carrots 1 1/2 cups Corn, canned 1/2 cup Pasta 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 1/4 cups Celery 2 3/4 cups Chickpeas 4 cups Cauliflower 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Applesauce 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 8 to day 14

Protein Carbohydrates Fats Other 35 tsp Olive, Flax, 24 Egg whites 6 1/2 cups Grapes 13 1/2 cups 840 grams Protein 11 1/3 cups Oatmeal Hemp or Salmon Yogurt, plain, low 3 cups Peaches, canned powder Oils fat 12 cups Fruit juice 12 tsp Mayonnaise 50 oz Chicken breast, 44 cups Milk, low 15 slice Whole grain bread 30 Walnuts skinless fat (1%) 3 1/2 cups Blueberries 1 oz Sunflower 36 oz Cheese, low or 3 cups Vegetable 6 1/2 cups Mushrooms non fat seeds soup 90 Peanuts 7 Eggs, whole 1 cup Zucchini 1/2 cup Beans, 1 cup Cottage cheese, 8 1/4 cups Beans, green or yellow 12 tsp Peanut mixed, various light/low fat 7 whole Pita butter, natural 15 oz Beef, lean cuts 2 Apples 30 Almonds, whole 5 oz Cheddar cheese. 1 cup Pineapple 13 tbsp Almonds, 10 tbsp Barley slivered light/low fat 4 Crackers 15 Olives 8 oz Turkey, dark meat, skinless 3 Bananas 10 1/2 oz Haddock 1 cup Tomato, puree 2 oz Mozzarella 2 cups Celery 4 cups Carrots cheese, light/low fat 8 oz Turkey breast, 3 1/3 cups Rice skinless 5 cups Raspberries 1/2 cup Kidney beans 3 1/3 cups Onions 3 cups Spinach, cooked 9 cups Strawberries 1 cup Fruit cocktail 6 Tomatoes 3 cups Lettuce, romaine 2 cups Cucumber 1 cup Cabbage 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 5 Pickles 1/2 cup Beans, black 1 cup Salsa 1 1/2 cups Turnip 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 1/2 oz Pretzels 2 1/2 cups Cereal, cold 1 Orange 12 spears Asparagus 2 cups Applesauce 1 1/2 cups Chickpeas 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 15 to day 21

Protein Carbohydrates Fats Other 31 tsp Olive, Flax, 40 Egg whites 6 cups Grapes 11 cups Yogurt, 784 grams Protein 11 1/3 cups Oatmeal Hemp or Salmon plain, low fat 9 cups Strawberries powder Oils 32 cups Milk, low 54 oz Chicken breast, 11 cups Fruit juice 15 Olives fat (1%) 1/2 cup Tomato, puree skinless 15 Macadamia nuts 1/2 cup Beans, 24 oz Whitefish 4 1/2 cups Beans, green or yellow 126 Peanuts mixed, various 9 oz Hard cheeses, 3 cups Carrots 9 tsp Peanut butter, light/low fat 1 1/2 cups Turnip natural 25 oz Cheese, low or 3 1/2 whole Pita 26 tbsp Almonds, non fat 4 1/2 cups Baked beans slivered 27 oz Chicken breast, 3 cups Potato 2 oz Sunflower 6 cups Raspberries deli style seeds 2 cups Cottage 3 oz Pretzels 8 tsp Mayonnaise 3 Oranges 9 Almonds, whole cheese, light/low fat 8 oz Mozzarella 16 slice Whole grain bread cheese, light/low fat 1/2 cup Beans, black 7 Eggs, whole 4 cups Onions 7 oz Beef, lean cuts 8 Tomatoes 8 oz Turkey breast, 2 cups Zucchini skinless 3 Peppers (bell or cubanelle) 3 Bananas 3 cups Corn, canned 1 cup Pasta 4 cups Blueberries 7 1/2 cups Mushrooms 7 cups Lettuce, romaine 12 tbsp Barley 2 1/2 cups Cereal, cold 3 cups Cabbage 2 cups Salsa 1 cup Rice 1 cup Pineapple 1 1/4 cups Celery 2 1/2 cups Chickpeas 1 cup Kidney beans 2 cups Spinach, cooked 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 1 cup Fruit cocktail 1 cup Peaches, canned Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 22 to day 28

Protein Carbohydrates Fats Other 18 Egg whites 2 cups Pineapple 36 2/3 tsp Olive. 11 cups Yogurt, 16 slice Whole grain bread 6 Eggs, whole Flax, Hemp or plain, low fat 756 grams Protein 3 cups Peaches, canned Salmon Oils 48 cups Milk, low 7 2/3 cups Oatmeal powder 60 Peanuts fat (1%) 11 cups Fruit juice 39 Almonds, whole 36 oz Chicken breast, 1 cup Beans. 1 1/4 cups Celery 10 tsp Peanut skinless mixed, various 21 oz Haddock 4 cups Chickpeas butter, natural 36 oz Cheese, low or 5 Macadamia nuts 1/2 cup Kidney beans non fat 2 1/2 cups Salsa 18 tbsp Almonds, slivered 27 oz Chicken breast, 7 cups Lettuce, romaine 9 tsp Mayonnaise deli style 24 spears Asparagus 8 oz Whitefish 6 cups Beans, green or yellow 30 Walnuts 3 oz Hard cheeses, 2 2/3 cups Applesauce 15 Olives 2 cups Rice light/low fat 13 oz Beef, lean cuts 6 cups Raspberries 5 oz Cheddar cheese, 10 cups Strawberries 3 oz Pretzels light/low fat 16 oz Turkey breast, 5 1/2 tbsp Barley 1 cup Beans, black skinless 4 cups Onions 6 oz Mozzarella cheese, light/low fat 9 Tomatoes 2 cups Zucchini 4 Peppers (bell or cubanelle) 2 Bananas 1 1/2 cups Baked beans 1 cup Potato 2 cups Blueberries 2 Oranges 3 Apples 6 1/2 whole Pita 5 Pickles 7 cups Cereal, cold 5 cups Grapes 4 cups Mushrooms head Lettuce, iceberg 3 cups Cherry tomatoes 1 cup Fruit cocktail 1/2 cup Tomato, puree 1 cup Carrots 1 1/2 cups Turnip Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 29 to day 35

Other Protein Carbohydrates **Fats** 30 Egg whites 4 1/2 cups Beans, green or yellow 34 2/3 tsp Olive. 42 cups Milk, low 4 Eggs, whole 1/2 cup Kidney beans Flax, Hemp or fat (1%) 4 7/12 cups Onions 735 grams Protein Salmon Oils 1/2 cup Beans, powder 10 cups Spinach, cooked 15 Olives mixed, various 13 slice Whole grain bread 35 oz Chicken breast, 13 tbsp Almonds. 5 1/3 cups Beef 2 cups Blueberries and vegetable skinless slivered 18 oz Turkey breast, 7 cups Oatmeal 45 Walnuts soup 11 1/3 cups Fruit juice 60 Peanuts skinless 14 1/2 cups 15 oz Cheddar 1 cup Tomato, puree 10 tsp Peanut Yogurt, plain, low cheese, light/low fat 5 cups Carrots butter, natural fat 41 oz Cheese, low or 1 1/2 cups Turnip 54 Almonds, whole 6 whole Pita non fat 7 tsp Mayonnaise 22 oz Beef, lean cuts 3 1/2 cups Chickpeas 8 oz Turkey, dark 11 cups Mushrooms meat, skinless 1 head Lettuce, iceberg 6 oz Mozzarella 3 cups Cherry tomatoes cheese, light/low fat 5 Pickles 3 Oranges 1/2 cup Beans, black 6 Tomatoes 8 Crackers 5 1/2 oz Pretzels 6 1/2 tbsp Barley 2 Bananas 2 cups Celery 2 cups Rice 1 cup Peaches, canned 9 cups Strawberries 2 cups Fruit cocktail 3 cups Lettuce, romaine 2 cups Cucumber 1 Tomatoe, sun dried 2 cups Pasta 7 cups Raspberries 4 Peppers (bell or cubanelle) 2 2/3 cups Applesauce 2 cups Salsa 2 cups Grapes 4 Apples 1 1/2 cups Corn, canned 2 cups Cereal, cold 3 cups Cabbage Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 36 to day 42

Other Protein Carbohydrates Fats 39 tsp Olive, Flax, 22 Egg whites 5 1/4 cups Beans, green or yellow 37 cups Milk, low 7 Eggs, whole 1/2 cup Kidney beans Hemp or Salmon fat (1%) 966 grams Protein 3 1/4 cups Onions 14 cups Yogurt, Oils 5 1/2 cups Spinach, cooked 60 Walnuts powder plain, low fat 8 slice Whole grain bread 28 oz Chicken breast, 1 oz Sunflower 3 cups Vegetable 5 cups Blueberries skinless seeds soup 15 oz Cheddar 9 2/3 cups Oatmeal 12 Peanuts 1/2 cup Beans, 11 2/3 cups Fruit juice cheese, light/low fat 18 tbsp Almonds, mixed, various 1 cup Cottage cheese, 3 cups Fruit cocktail slivered 2 2/3 cups Beef light/low fat 9 Tomatoes 6 tsp Mayonnaise and vegetable 31 oz Cheese, low or 9 cups Mushrooms 15 Almonds, whole soup 5 cups Lettuce, romaine 10 tsp Peanut non fat 16 oz Beef, lean cuts 6 cups Cucumber butter, natural 9 1/2 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Zucchini 17 oz Turkey breast, 5 1/2 cups Grapes 10 Pickles skinless 10 1/2 oz Haddock 6 1/2 tbsp Barley 8 Crackers 4 cups Raspberries 4 cups Strawberries 1 cup Tomato, puree 4 cups Celery 6 cups Carrots 3 cups Rice 4 cups Peaches, canned 7 1/2 cups Cereal, cold 1 cup Salsa 4 Apples 2 Peppers (bell or cubanelle) 2 cups Applesauce 2 Bananas 3 1/4 cups Chickpeas 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 cup Pineapple 12 spears Asparagus 1/2 cup Beans, black 2 oz Pretzels Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 43 to day 49

Other Protein Carbohydrates **Fats** 26 Egg whites 3 cups Beans, green or yellow 36 1/3 tsp Olive. 48 cups Milk, low 4 Eggs, whole 1 cup Kidney beans Flax, Hemp or fat (1%) 770 grams Protein 6 5/12 cups Onions 12 cups Yogurt, Salmon Oils 7 1/2 cups Spinach, cooked powder 30 Walnuts plain, low fat 17 slice Whole grain bread 21 oz Chicken breast, 1 oz Sunflower 3 cups Vegetable 3 1/2 cups Blueberries deli style seeds soup 1/2 cup Beans, 10 cups Oatmeal 38 oz Cheese, low or 13 tbsp Almonds, 11 2/3 cups Fruit juice slivered mixed, various non fat 31 oz Beef, lean cuts 2 cups Lettuce, romaine 90 Peanuts 7 Peppers (bell or cubanelle) 1 cup Cottage cheese, 39 Almonds, whole light/low fat 6 Tomatoes 10 tsp Mayonnaise 29 oz Chicken breast, 1/2 cup Tomato, puree 12 tsp Peanut skinless 2 cups Celery butter, natural 5 oz Cheddar cheese, 3 cups Carrots 7 cups Rice light/low fat 10 1/2 oz Haddock 2 Apples 5 cups Mushrooms 16 oz Turkey, dark 4 cups Grapes meat, skinless 9 1/2 tbsp Barley 2 oz Mozzarella 2 cups Zucchini cheese, light/low fat 5 cups Raspberries 9 cups Strawberries 2 cups Cabbage 1 cup Jalapeno peppers 2 Oranges 5 Pickles 2 cups Applesauce 4 Crackers 3 Bananas 4 cups Cauliflower 3 cups Peaches, canned 12 spears Asparagus 4 1/2 cups Cereal, cold 2 Tomatoes, sun dried 3 cups Pasta 1 1/2 oz Pretzels 1/2 cup Beans, black 2 whole Pita Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 50 to day 56

Other Protein Carbohydrates Fats 8 Egg whites 8 1/4 cups Beans, green or yellow 33 2/3 tsp Olive. 38 cups Milk, low 4 Eggs, whole 1 cup Kidney beans Flax, Hemp or fat (1%) 952 grams Protein 1 7/12 cups Onions Salmon Oils 7 1/2 cups Yogurt, 3 cups Spinach, cooked powder 16 tbsp Almonds, plain, low fat 14 slice Whole grain bread 2 2/3 cups Beef 34 1/2 oz Chicken slivered 11 cups Peaches, canned breast, deli style 15 Walnuts and vegetable 31 oz Cheese, low or 9 2/3 cups Oatmeal 36 Almonds, whole soup 12 2/3 cups Fruit juice 108 Peanuts 3 cups Vegetable non fat 25 oz Beef, lean cuts 2 cups Lettuce, romaine 9 tsp Peanut butter, soup 4 Peppers (bell or cubanelle) 10 oz Cheddar natural cheese, light/low fat 3 Tomatoes 2 oz Sunflower 8 oz Turkey, dark 8 cups Cauliflower seeds meat, skinless 5 2/3 cups Rice 2 tsp Mayonnaise 5 Pickles 15 Olives 2 cups Cottage cheese, light/low fat 2 cups Applesauce 5 Macadamia nuts 25 oz Chicken breast, 3 cups Zucchini 5 cups Raspberries skinless 10 1/2 oz Haddock 11 cups Strawberries 8 oz Whitefish 16 tbsp Barley 2 1/2 cups Cereal, cold 3 oz Hard cheeses, 4 cups Mushrooms light/low fat 3 Oranges 1 Tomatoe, sun dried 2 cups Pasta 3 Bananas 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 3 1/2 cups Grapes 8 Crackers 3 1/2 oz Pretzels 2 cups Carrots 1 1/2 cups Corn, canned 12 spears Asparagus 1/2 cup Tomato, puree 1 1/2 cups Turnip 2 1/2 whole Pita 1 1/2 cups Baked beans 1 cup Potato Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 57 to day 63

Other Protein Carbohydrates **Fats** 840 grams Protein 2 cups Pineapple 30 2/3 tsp Olive. 20 cups Yogurt, powder 1 1/2 cups Bran cereal, all varieties Flax, Hemp or plain, low fat 59 oz Chicken breast, 6 1/2 cups Blueberries Salmon Oils 34 cups Milk, low 9 2/3 cups Oatmeal 20 tbsp Almonds, skinless fat (1%) 12 1/3 cups Fruit juice slivered 22 oz Beef, lean cuts 1/2 cup Beans, 41 oz Cheese, low or 1 1/4 cups Celery 45 Walnuts mixed, various non fat 1 cup Chickpeas 12 tsp Mayonnaise 3 cups Vegetable 17 tsp Peanut 6 Egg whites 1/2 cup Kidney beans soup 3 Eggs, whole 4 1/2 cups Salsa butter, natural 7 cups Lettuce, romaine 48 Almonds, whole 2 oz Mozzarella cheese, light/low fat 4 cups Cauliflower 90 Peanuts 13 1/2 oz Chicken 5 1/3 cups Rice breast, deli style 5 Apples 10 1/2 oz Haddock 19 slice Whole grain bread 1/2 cup Beans, black 5 oz Cheddar cheese, light/low fat 2 cups Onions 4 Tomatoes 4 1/2 cups Grapes 6 tbsp Barley 4 Bananas 2 Peppers (bell or cubanelle) 7 whole Pita 4 cups Raspberries 5 cups Cereal, cold 2 cups Strawberries 3 Oranges 8 cups Mushrooms 1 cup Zucchini 3 3/4 cups Beans, green or yellow 3 1/3 cups Applesauce 6 cups Cabbage 12 spears Asparagus 5 Pickles 4 Crackers Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 64 to day 70

Protein Carbohydrates Fats Other 8 oz Mozzarella 1 cup Fruit cocktail 36 2/3 tsp Olive. 46 cups Milk, low 19 slice Whole grain bread cheese, light/low fat Flax, Hemp or fat (1%) 10 cups Strawberries 10 cups Yogurt, 14 Egg whites Salmon Oils 819 grams Protein 10 cups Oatmeal 42 Almonds, whole plain, low fat 12 cups Fruit juice 15 tsp Mayonnaise powder 1/2 cup Beans. 45 Walnuts 19 oz Beef, lean cuts 2 Oranges mixed, various 78 Peanuts 61 oz Chicken breast, 4 cups Cabbage 5 1/2 cups Onions 11 tbsp Almonds, skinless 10 oz Cheddar 6 Peppers (bell or cubanelle) slivered 1/2 cup Jalapeno peppers cheese, light/low fat 7 tsp Peanut butter, 4 1/3 cups Rice 37 oz Cheese, low or natural 10 Pickles 1 oz Sunflower non fat 7 1/2 oz Chicken 2 1/2 cups Blueberries seeds breast, deli style 2 2/3 cups Applesauce 21 oz Haddock 4 cups Grapes 1 cup Cottage cheese, 6 cups Raspberries 8 1/2 tbsp Barley light/low fat 3 cups Salsa 8 Tomatoes 4 Apples 7 whole Pita 7 cups Lettuce, romaine 1 cup Kidney beans 24 spears Asparagus 3 cups Beans, green or yellow 1/2 cup Beans, black 7 cups Mushrooms 2 Bananas 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 2 1/2 cups Cereal, cold 1 1/4 cups Celery 1 cup Chickpeas 3 1/2 cups Spinach 1 cup Carrots 1 1/2 cups Corn, canned 1/2 cup Pasta 1 cup Peaches, canned Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 71 to day 77

Other Protein Carbohydrates Fats 44 oz Cheese, low or 36 tsp Olive, Flax, 4 1/2 cups Cereal, cold 42 cups Milk, low non fat 8 cups Strawberries Hemp or Salmon fat (1%) 2 cups Peaches, canned 756 grams Protein Oils 1 cup Beans, 12 1/3 cups Oatmeal 20 tbsp Almonds, mixed, various powder 12 cups Fruit juice 39 oz Chicken breast, slivered 13 cups Yogurt, plain, low fat 1 1/4 cups Celery 138 Peanuts skinless 2 3/4 cups Chickpeas 19 tsp Peanut 2 2/3 cups Beef 9 oz Turkey breast, skinless 1 cup Kidney beans butter, natural and vegetable 4 oz Mozzarella 1 cup Salsa 15 Olives soup cheese, light/low fat 5 cups Lettuce, romaine 1 oz Sunflower 3 cups Vegetable 26 Egg whites 1 1/2 cups Mushrooms seeds soup 21 oz Chicken breast, 4 7/12 cups Onions 3 tsp Mayonnaise 1/2 head Lettuce, iceberg deli style 1 cup Cottage cheese, 1 1/2 cups Cherry tomatoes 4 cups Raspberries light/low fat 5 oz Cheddar cheese, 5 oz Pretzels light/low fat 1 cup Fruit cocktail 9 oz Beef, lean cuts 12 slice Whole grain bread 1 cup Beans, black 8 oz Turkey, dark 7 Tomatoes meat, skinless 2 cups Zucchini 21 oz Haddock 5 Peppers (bell or cubanelle) 5 Bananas 2 cups Cabbage 1 cup Jalapeno peppers 7 cups Rice 4 1/2 cups Blueberries 1/2 cup Tomato, puree 6 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 1 1/2 whole Pita 3 cups Grapes 9 tbsp Barley 8 Crackers 4 cups Cauliflower cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 24 spears Asparagus 1 1/3 cups Applesauce Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

Total items required to meet meal requirements from day 78 to day 84

Protein Carbohydrates Fats Other 30 1/3 tsp Olive, 952 grams Protein 9 1/2 cups Cereal, cold 38 cups Milk, low powder 10 cups Grapes Flax, Hemp or fat (1%) 4 cups Peaches, canned 21 oz Beef, lean cuts Salmon Oils 14 1/2 cups 7 2/3 cups Oatmeal 17 oz Turkey breast, 33 Almonds, whole Yogurt, plain, low 11 cups Fruit juice 13 tsp Mayonnaise skinless fat 2 Oranges 25 tbsp Almonds, 36 oz Cheese, low or 16 slice Whole grain bread slivered non fat 3 1/4 cups Chickpeas 78 Peanuts 2 cups Cottage cheese, light/low fat 8 cups Mushrooms 2 oz Sunflower 44 oz Chicken breast, 2 cups Onions seeds 17 tsp Peanut skinless head Lettuce, iceberg 21 oz Chicken breast, 3 cups Cherry tomatoes butter, natural 3 cups Raspberries 30 Walnuts deli style 2 oz Mozzarella 8 cups Strawberries cheese, light/low fat 1 1/2 oz Pretzels 5 oz Cheddar cheese, 2 1/2 cups Blueberries 10 1/2 tbsp Barley light/low fat 4 Bananas 2 cups Zucchini 4 1/2 cups Beans, green or yellow 9 1/2 whole Pita 5 cups Lettuce, romaine 3 Peppers (bell or cubanelle) 5 Tomatoes 1/2 cup Kidney beans 1 1/2 cups Salsa 3 Apples 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 cup Rice 2 cups Pineapple 3 cups Bran cereal, all varieties 1 cup Fruit cocktail 2 cups Cucumber 5 Pickles 1 1/3 cups Applesauce Personalized Nutrition Programs powered by Empowered Nutrition Systems - www.empowerednutritionsystems.com

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