

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>			
Wake up		0	2 cups of water			
		0	2 tablespoons fresh lemon juice			
		0	1/4 teaspoon of cayenne pepper			
		0	1 Serving natural diuretic (see below for recommendation)			
		0	Protein 0g	Carbs 0g	Fat 0g	Sm 0 mg
Breakfast		120	1/4 cup oatmeal (uncooked), Quaker 1 minute oats			
		20	1/4 cup blueberries			
		92	1 oz (8 halves) walnuts			
		0	2 glass of water			
		0	1 multi vitamin/mineral			
		232	Protein 6g	Carbs 26g	Fat 11g	Sm 0 mg
Mid Morning		72	1 small apple			
Snack		80	1 tablespoons of peanut butter			
		0	2 glass of water			
Meal Total		152	Protein 2g	Carbs 43g	Fat 5g	Sm 22 mg
Lunch		180	2 slices Dempseys whole wheat bread			
Sandwich		40	4 slices deli style roast chicken (Maple Leaf)			
		5	1 Romain lettuce leaf			
		7	2 slices of tomato			
		60	1 1/2 tablespoons of reduced fat mayo (Hellmans)			
		0	16 oz of water			
Meal Total		292	Protein 15g	Carbs 35g	Fat 8g	Sm 762 mg
Mid Afternoon		130	1 chia granola, dark chocolate, almond sea salt (Kashi)			
Snack		0	16 oz of water			
Meal Total		130	Protein 5g	Carbs 21g	Fat 4g	Sm 90 mg
Dinner		110	1 cooked chicken breast (sliced)			
		206	1/4 cup Catelli Smart pasta (macaroni, uncooked)			
		35	1/4 cup preggo original pasta sauce			
		0	1 cup of water			
Meal Total		351	Protein 28g	Carbs 28g	Fat 4g	Sm 368 mg

Day 1 Continued

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>			
Snack		45	1/2 cup grapes			
		0	1 glass of water			
Meal Total		45	Protein 0g	Carbs 10g	Fat 0g	Sm 0 mg
Evening		16	1 cup of sliced cucumber			
Snack		0	1 glass of water			
Meal Total		61	Protein 1g	Carbs 2g	Fat 0g	Sm 0 mg
Totals		1,263	Protein 57g	Carbs 165g	Fat 32g	Sm 1242 Mg

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>			
Wake up		0	2 cups of water			
		0	2 tablespoons fresh lemon juice			
		0	1/4 teaspoon of cayenne pepper			
		0	1 Serving natural diuretic (see below for recommendation)			
		0	Protein 0g	Carbs 0g	Fat 0g	Sm 0 mg
Breakfast		140	2 scrambled eggs (Great Value Brand)			
		16	1/2 green pepper			
		0	2 glass of water			
		0	1 multi vitamin/mineral			
Meal Total		156	Protein 13g	Carbs 5g	Fat 4g	Sm 130 mg
Mid Morning		130	1 scoop (36g) Premium gold whey (muscletech)			
Snack		0	16 ounces of water (2 cups)			
		0	1 cup of coffee (black, no sugar)			
Meal Total		130	Protein 24g	Carbs 4g	Fat 2g	Sm 120 mg
Lunch		110	1 cooked chicken breast			
		60	2 cups broccoli florets (frozen, Green Giant)			
		110	2 tablespoons of veggie dip (Marzetti ranch)			
		0	1/2 teapsoon Mrs. Dash Garlic and Herb			
		0	1/4 teaspoon salt substitute (Herbamare by Vogel)			
		0	Dash of onion powder			
		0	Dash of pepper			
		0	1 tablespoon buffalo wing sauce (to dip chicken)			
		0	1 cup of water			
Meal Total		280	Protein 27g	Carbs 12g	Fat 13g	Sm 580 mg
Mid Afternoon		130	1 chia granola, dark chocolate, almond sea salt (Kashi)			
Snack		0	16 oz of water			
Meal Total		130	Protein 5g	Carbs 21g	Fat 4g	Sm 90 mg
Dinner		185	5 oz uncooked sirloin steak			
		100	1 cup mixed veggies (Frozen, Green Giant)			
		0	1/2 teapsoon Mrs. Dash Garlic and Herb			
		0	1/4 teaspoon salt substitute (Herbamare by Vogel)			
		0	8 ounces of water (1 cup)			
Meal Total		285	Protein 34g	Carbs 11g	Fat 6g	Sm 102 mg

Day 2 Continued

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>			
Snack		130	1 scoop (36g) Premium gold whey (muscletech)			
		0	16 ounces of water (2 cups)			
Meal Total		130	Protein 24g	Carbs 4g	Fat 2g	Sm 120 mg
Evening		16	1 cup of sliced cucumber			
Snack		55	1 tablespoon of veggie dip (Marzetti ranch)			
		0	8 ounces of water (1 cup)			
Meal Total		71	Protein 1g	Carbs 3g	Fat 5g	Sm 110 mg
Totals		1,182	Protein 128g	Carbs 60g	Fat 36g	Sm 1252 Mg

Cooking Instructions

Lunch

1. Season chicken with garlic powder, onion powder, salt substitute and pepper
2. Heat 1/2 cup of water to a non stick pan over medium heat
3. Add chicken. Cover and cook for 20 to 25 minutes (until done - water should disappear)
4. Steam or microwave broccoli according to package directions and serve with dip

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>			
Wake up		0	2 cups of water			
		0	2 tablespoons fresh lemon juice			
		0	1/4 teaspoon of cayenne pepper			
		0	1 Serving natural diuretic (see below for recommendation)			
		0	Protein 0g	Carbs 0g	Fat 0g	Sm 0 mg
Meal 1	6:40 AM	70	1 egg (Great Value Brand)			
Omelete		51	3 egg whites			
		15	3 large white mushrooms chopped			
		16	1/4 cup chopped onions			
		54	20 g low fat (light) marble cheese (roughly 2 thin slices)			
		0	pepper to taste			
		0	pinch of salt substitute (Herbamare by Vogel)			
		0	2 glass of water			
		0	1 multi vitamin/mineral			
Meal Total		206	Protein 26g	Carbs 7g	Fat 5g	Sm 390 mg
Mid Morning		130	1 scoop (36g) Premium gold whey (muscletech)			
Snack		0	16 ounces of water (2 cups)			
		0	1 cup of coffee (black, no sugar)			
Meal Total		130	Protein 24g	Carbs 4g	Fat 2g	Sm 120 mg
Lunch		140	1 can flaked white tuna (Flavour Leaf - in water)			
Mandarin		47	1 mandarin, peeled and quartered			
Tuna Salad		0	1 tbsp fresh lemon juice			
Makes 1 serving		7	½ cup chopped celery			
		60	1 1/2 tablespoons of reduced fat mayo (Hellmans)			
		32	2 cups shredded lettuce			
		0	1 tbsp fresh parsley			
		0	Salt substitute and pepper			
		0	2 cups of water			
Meal Total		286	Protein 33g	Carbs 19g	Fat 2g	Sm 580 mg
Mid Afternoon		130	1 chia granola, dark chocolate, almond sea salt (Kashi)			
Snack		0	16 oz of water			
Meal Total		130	Protein 5g	Carbs 21g	Fat 4g	Sm 90 mg

Day 3 Continued

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>			
Dinner		254	4 oz extra lean hamburger			
Hamburger		0	1/4 teaspoon onion powder			
Pattie		0	1/4 teaspoon garlic powder			
		0	1/4 teaspoon salt substitute			
		0	dash of pepper			
		0	dash of Mrs. Dash garlic and herb			
		60	2 cups broccoli florets (frozen, Green Giant)			
		0	2 cups of water			
Meal Total		314	Protein 30g	Carbs 10g	Fat 14g	Sm 450 mg
Snack		130	1 scoop (36g) Premium gold whey (muscletech)			
		0	16 ounces of water (2 cups)			
Meal Total		130	Protein 24g	Carbs 4g	Fat 2g	Sm 120 mg
Evening		16	1 cup of sliced cucumber			
Snack		55	1 tablespoon of veggie dip (Marzetti ranch)			
		0	8 ounces of water (1 cup)			
Meal Total		71	Protein 1g	Carbs 3g	Fat 5g	Sm 110 mg
Totals		1,267	Protein 143g	Carbs 68g	Fat 34g	Sm 1860 Mg

Cooking Instructions

Breakfast Omelete

1. Crack the eggs into a mixing bowl with a pinch of salt and pepper. Whisk the eggs with a fork until smooth and frothy.
2. Pre heat a non stick skillet over medium heat
3. Mix onion and mushrooms in the egg mixture
4. Pour mixture in pan and spread evenly
5. When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese
6. Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate

Lunch Tuna Mandarin Salad

1. In a bowl, combine tuna, lettuce, mandarin slices, lemon juice, celery, mayo, salt substitute and pepper
2. Sprinkle with parsley

Day 3 Continued

<u>Meal</u>	<u>Meal Time</u>	<u>Calories</u>	<u>Foods</u>
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Cooking Instructions

Dinner

1. In a mixing bowl mix the hamburger and spices together
2. For a small pattie
3. Add 1/4 cup of water to a non stick pan and pre heat over medium heat for 3 to 5 minutes
4. Add pattie to the pan and cover for 10 to 15 minutes (until cooked through)
5. Steam or microwave broccoli according to package directions

Type	Qty	Food
Breads and Grains	1 package	Quaker 1 minute oats
	1 package	Dempseys whole wheat bread
	1 package	granola bars, dark chocolate, almond sea salt (Kashi)
	1 package	Catelli Smart pasta (macaroni)
Meat (includes fish)	1 package	deli style roast chicken (Maple Leaf)
	4	chicken breast (skinless, boneless)
	4	sirloin steak (cut into fist sized portions and frozen)
	4 cans	flaked white tuna (Flavour Leaf - in water)
	2 packages	extra lean hamburger
Vegetables	1 bag	Romaine lettuce
	2	tomatoes
	3	cucumbers
	3	green peppers
	2 bags	broccoli florets (Green Giant, frozen)
	2 bags	mixed veggies (Green Giant, frozen)
	1 package	mushrooms
	1 bag	onions
	1 bag	celery
	1 bag	lettuce
	1 small package	parsely
Fruits and nuts	3	lemons
	1 carton	blueberries
	1 small package	walnuts
	1 bag	apples
	1 bag	grapes
	1 bag	mandarins
Dairy (includes eggs)	1 carton	eggs
	1 small brick	low fat (light) marble cheese

Grocery list continued

Type	Qty	Food
Spreads, soups, protein powder and juices	1 package	cayenne pepper
	1 bottle	peanut butter (Kraft Smooth)
	1 bottle	Hellman's reduced fat mayo
	1 bottle	preggo original pasta sauce
	1 small container	veggie dip (Marzetti ranch)
	1 bottle	Mrs. Dash Garlic and Herb
	1 bottle	salt substitute (Herbamare by Vogel)
	1 package	onion powder
	1 bottle	pepper
	1 bottle	buffalo wing sauce (to dip chicken)
	1 package	garlic powder
Supplements	1 package	Ripped Freak Diuretic by PharmaFreak or Xpel by MHP
	1 package	1 multi vitamin/mineral (Animal Pack by Universal or GNC vita pak)
	1 - 2LB container	Premium gold whey (muscletech)