

WEEK #1 MEAL PLAN

	MONDAY	TUESDAY (Workout)	WEDNESDAY	THURSDAY (Workout)	FRIDAY (Workout @ Home)	SATURDAY (Workout)	SUNDAY
	Detox day	Detox Day	Detox Day				
PRE-WORKOUT SNACK		1/2 banana		1/2 banana		1/2 banana	
BKFAST	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	T	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit
SNACK	Water	Water	Water	1 hard boiled egg 1/4 cup raw nuts	3 stalks of celery 2 Tbs. Almond butter	R E A	2 Tbs. Hummus 1-2 cups carrots/celery/ cucumbers
LUNCH	2 cups - sliced Vegetables 1-cup fruit	2 cups - sliced Vegetables	2 cups - sliced Vegetables 1-cup fruit	1 Chicken Breast over salad greens & vegetables 1Tbs. Dressing	Egg salad - 4 eggs (2 egg whites) 1 tsp. dijon mustard & 1 tsp. olive oil 2 sl. Ezekiel bread	T D	2 cups Mixed green salad 1 cup mixed vegetables 1 Tbs. Dressing 1/4 cup nuts
SNACK	Water	Water	Water	1/4 cup of Cottage cheese and 1/2 peach	apple	A Y	Green Smoothie
DINNER	2 Cups Green salad lemon squeezed for dressing w/lots of veggies	Lettuce wrap with/1-2 cups of Vegetables or Green Smoothie	2 Cups Green salad lemon squeezed for dressing w/lots of veggies	Protein shake with water	Wild fish (Salmon) 1/4 cup brown rice 1 cup of broccoli/ cauliflower	!	1 Chicken Breast 1-2 cups Broccoli
NOTES	Optional: EFA before bed Water - 1/2 body weight in ounces everyday! No iceberg lettuce Pre-Workout Snack is for clients who exercise in the early morning						

WEEK #2 MEAL PLAN

	MONDAY (Workout)	TUESDAY (Workout)	WEDNESDAY	THURSDAY (Workout)	FRIDAY	SATURDAY (Workout @ Home)	SUNDAY
PRE-WORKOUT SNACK		1/2 fruit		1/2 fruit		1 pear	
BKFST	Scrambled eggs 1 egg & 2 egg whites 1 cup fruit	Green Smoothie	Green Smoothie	1/2 cup Steel Cut Oats sprinkle of cinnamon 1 cup fruit	T R E A	1/2 cup Steel Cut Oats cinnamon	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit
SNACK	8oz. Greek plain yogurt 1/2 cup blueberries	1 Hard boiled egg 1/2 cup raw nuts	Water	3 stalks of celery 1 Tbs. Almond butter or natural peanut butter	T D A Y !	1 apple 1/4 cup raw nuts	1 Tbs. Hummus 1-2 cups Carrots/broccoli cauliflower
LUNCH	1-2 cups mix salad 1 cup of vegetables 1 string cheese 1 Tbs. Dressing	1 Chicken Breast 1-2 cups mix greens 1 cup other veggies 1 Tbs. Dressing	1-2 cups of vegetables 1 cup of fruit	tuna sandwich w/tomato slice spinach leaves 2 sl. Ezekiel Bread		Green Smoothie	Protein Shake with water
SNACK	2 Tbs. Hummus 1-2 cups carrots, cucumbers, celery	1/4 cup cherries	Water	1/2 banana		1 hard boiled egg	1 apple 1/4 cup raw nuts
DINNER	3-4oz Fish - not fried 1 cup steamed broccoli	3-4 oz. Turkey Breast 1-2 cups of steamed vegetables	Lettuce wrap w/ 1-2 cups veggies lemon juice	Protein Shake with water		3-4 oz. lean meat 1-2 cups steamed vegetables 1/2 cup sweet potato	1 Chicken Breast 1-2 cups asparagus
NOTES	Optional: EFA before bed Water - 1/2 body weight in ounces everyday! No iceberg lettuce						

WEEK #3 MEAL PLAN

	MONDAY (Workout @ Home)	TUESDAY (Workout)	WEDNESDAY	THURSDAY (Workout)	FRIDAY	SATURDAY (Workout)	SUNDAY
PRE-WORKOUT SNACK	1/2 fruit	1/2 banana		1/2 banana		1/2 fruit	
BKFST	1/4 cup Steel Cut oats Sprinkle on cinnamon	Green Smoothie	Protein Shake w/ cup of fruit 1 Tbs. Flaxseed	Green Smoothie	Protein Shake w/ cup of fruit 1 Tbs. Flaxseed	2-3 eggs (2 egg whites) 1sl. Ezekiel Bread 1 Tbs. Almond butter	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit
SNACK	2 Tbs. Hummus 1-2 cups Carrots cauliflower/broccoli	1 apple 1/4 cup raw nuts	1/4 cup Cottage cheese 1/4 cup pineapple	1 apple 1/4 cup raw nuts	1 hard boiled egg	Plain greek yogurt 1/2 cup blueberries	2 Tbs. Hummus 1-2 cups of Vegetables
LUNCH	Egg Salad - 4 eggs (2 egg whites) 1 Tbs. Dijon mustard 1 tsp. Olive oil 1 sl Ezekiel bread 1/2 cup non-cream soup	3-4 oz. Turkey breast over 1-2 cups mixed greens & 1 cup other vegetables & lemon juice for dressing	3-4 oz. Lean meat 1/4 cup brown rice 1-2 cups Steamed veggies	Tuna salad- finely chopped 1 stalk celery, 1 stalk carrot, 1/4 red pepper & add tuna & Tbs. Olive oil over mixed greens & 2 sl. tomatoes	CHEAT MEAL	Chicken Breast 1-2 cups vegetables 1 sweet potato	3 stalks of celery 1 Tbs. Almond butter
SNACK	Plain greek yogurt 1/2 cup Berries	1/2 cup cherries	1/2 banana	Protein bar	1/2 banana	Protein bar (Lunbar Bar)	1 string cheese
DINNER	Chicken breast 1-2 cups vegetables	3 -4 oz. Fish - not fried 1-2 cups brussel sprouts	CHEAT MEAL	Chicken breast 1-2 cups Vegetables	3-4 oz. Lean cut meat & 1-2 cups Vegetables	CHEAT MEAL	Spaghetti Squash dish
NOTES	Optional: EFA before bed Water - 1/2 body weight in ounces everyday! No iceberg lettuce						