Hey Lean Muscle Builder:

I have never been more excited for you than I am now that you have the necessary tools for building serious lean muscle and I want to thank you for giving me the opportunity to tell you about the great advantages of the Lean Builder Meal Plans from Critical Bench & Empowered Nutrition. I'm convinced that my company is uniquely positioned to help increase the success of your goals. Here is what people are saying about our meal plans:

I have never been able to build such stacks of muscle so fast in my life. I am losing fat while gaining muscle.

Jeff Smith, Real Estate Agent, Burlington, Ontario

I just wanted to let you know that I have gained 8 pounds of muscle and lost 18 pounds of fat in 8 weeks!

John Jackson, University Student, Miami, Florida

As a police officer, I am constantly battling the balance of body fat and not knowing what to eat. I need to build lean muscle and lose body fat for my job and my life. These meal plans are awesome; I just lost 26 pounds of fat and gained 6 pounds of muscle in 12 weeks. Thank you, I have lots of guys from my squad ready to work with you.

David Ellsworth, Officer, Halton Police, Ontario

As you discovered in my presentation, these Meal Plans offers you a number of beneficial features, including:

- ✓ Easy To Follow. Making Nutrition Easy To Do
- ✓ Simple Recipes. For Fast Effective Nutrition.
- ✓ Delicious Recipes. Makes Muscle Building And Fat Loss Enjoyable... No More Bland Bodybuilder Diets
- ✓ It's All Done-For-You. No More Thinking, You Learn To Eat The Right Foods At The Right Times To Be Anabolic
- ✓ Simple Meal Swapping And Ingredient Substitutions. This Helps You To Easily Customize The Meal Plans

I would very much like to discuss how you can put empowered nutrition Personalized Nutrition Programs to use in your lean muscle strategy. I will follow up and provide more powerful information to increase your results. Before then, you can learn more about my Personalized Nutrition Programs at www.empowerednutrition.net/critical-bench-nutrition.

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Mike Westerdal & Patrick McGuire

Day: 1

6:00 am Breakfast *	Item Portions	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat2 cups Bran cereal, all varieties1 cup Strawberries1 tsp Olive, Flax, Hemp or Salmon Oils	35g P 45g C 9g F Calories: 401	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Preparation Suggestions: Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Preparation Suggestions: Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

ils	Item Portions 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
(Portions 28g P 36g C	
	6g F Calories: 310	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Protein Smoothie 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!
n Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
Oils (182	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!
	n Oils	Portions 42g P 63g C 0g F Calories: 384

Day: 3	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast * 5 Eggs, whole		Item Portions 35g P	Preparation Suggestions: Eggs with sautéed vegetables.
1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno per 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Her		45g C 9g F Calories: 401	******OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein pov 1 tbsp Barley 2 cups Strawberries		Item Portions 28g P 36g C 6g F	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs
2/3 tsp Olive, Flax, H	emp or Salmon Oils	Calories: 310	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pov 2 cups Fruit juice	wder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in 1 whole Pita 2/3 tsp Olive, Flax, He		ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, 1/3 cup Rice	skinless Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or r 1 Apple 12 Peanuts	non fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!
Tota	I Daily Portions: Protein: 175g ** Remember to drink b	Carbohydra between 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 4	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 7 grams Protein powder 2 cups Bran cereal, all varie 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light 1 cup Milk, low fat (1%)		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Cottage cheese, light 1 1/3 cups Fruit cocktail 12 Peanuts	/low fat	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp	or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries		Item Portions 42g P 63g C 0g F Calories: 384	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!
5:00 pm Dinner* 4 oz Chicken breast, skinle: 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp o 1/3 cup Oatmeal 1 cup Strawberries		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily			ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 5	Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack <i>Workout: Weight Resistanc</i>	5:00 pi	m Dinner
6:00 am Breakfast * 1 1/4 cups Cottage chees 2 cups Bran cereal, all va 1 cup Strawberries 1 tsp Olive, Flax, Hemp of	se, light/low fat rieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder		Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low 1 1/3 cups Beef and vege 2/3 tsp Olive, Flax, Hemp	etable soup	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, skin 1 Pepper (bell or cubanel 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hen	le)	Item Portions 28g P 36g C 12g F Calories: 364	Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non 2/3 cup Applesauce 12 Peanuts		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.
Total Da	ily Portions: Protein: 175g ** Remember to drink b	Carbohydra etween 3-4 lit	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 6 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistand	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
8:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
10:00 am Snack* 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions: Protein: 175 ** Remember to drink	j Carbohydr a between 3-4 li	ates: 225g Fat: 45g Calories: 2005 itres of water per day. **

Day: 7 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit. ****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
11:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
1:00 pm Mid Meal* 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	ltem Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
7:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
9:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 8	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistar	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 35 grams Protein pow 1 cup Mandarin orang 1 tsp Olive, Flax, Hen 2/3 cup Oatmeal 9:00 am Snack* 1 cup Yogurt, plain, lo 14 grams Protein pow 2/3 tsp Olive, Flax, He	oder ge, canned np or Salmon Oils ow fat oder	ltem Portions 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C 6g F	Preparation Suggestions: A refreshing breakfast. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs
2/3 cup Oatmeal		Calories: 310	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	rder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in 1 whole Pita 2/3 tsp Olive, Flax, He		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 6 oz Ground beef (< 1 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, 1 1/4 cup Pasta		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or n 1 cup Blueberries 6 Almonds, whole	on fat	Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

Day: 9	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p 5:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, ca 1 tsp Olive, Flax, Hemp or S 3 Eggs, whole 1 cup Fruit juice	anned	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 3 oz Chicken breast, deli sty 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low 1 cup Peaches, canned 1/3 cup Oatmeal	ı fat	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Protein Smoothie 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 Ground beef (< 10% far 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp 1/4 cup Pasta	,	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or		Item Portions 14g P 18g C 6g F Calories: 182	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: 175g ** Remember to drink b		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 10 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!
		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 11	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner	
7:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, ca 1 tsp Olive, Flax, Hemp or 2/3 cup Oatmeal		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 4 oz Cheese, low or non fa 2 cups Grapes 12 Peanuts	t	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
11:00 am Mid Meal* 4 oz Chicken breast, skinle 2 slice Whole grain bread 4 tsp Mayonnaise	ss	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp 1 Pepper (bell or cubanelle 1/4 cup Baked beans		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp of		Item Portions 14g P 18g C 6g F Calories: 182	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	Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 12	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 Resistance at 9:30 am			
6:00 am Breakfast * 1 1/4 cups Cottage of 1 1/2 cups Bran cere 2 cups Strawberries 1 tsp Olive, Flax, He	eal, all varieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 14 grams Protein po 2/3 tsp Olive, Flax, H 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 2 cups Fruit juice 42 grams Protein po	wder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or 3 oz Turkey breast, 2 slice Whole grain b 12 Peanuts 2 tsp Mayonnaise	deli style	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax 1/3 cup Pasta	, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 1 cup Yogurt, plain, 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **				

Day: 13 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistand	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m	
8:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit.	
10:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 14 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack om Snack om Dinner
9:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing brekafast. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
11:00 am Snack* 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
1:00 pm Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	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!
7:00 pm Dinner* 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
9:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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: 175 ** Remember to drink	g Carbohydr between 3-4 I	ates: 225g Fat: 45g Calories: 2005 itres of water per day. **

Day: 15	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
6:00 am Breakfast * 7 grams Protein poword 2 cups Bran cereal, al 3 tbsp Almonds, slive 3 oz Cheddar cheese 1 cup Milk, low fat (19) 9:00 am Snack*	ll varieties red , light/low fat 6)	Item Portions 35g P 45g C 9g F Calories: 401 Item Portions	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions
14 grams Protein pow 2/3 tsp Olive, Flax, He 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1	emp or Salmon Oils	28g P 36g C 6g F Calories: 310	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	rder	ltem Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or n 3 oz Turkey breast, do 2 slice Whole grain br 12 Peanuts 2 tsp Mayonnaise	eli style	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 6 oz Ground beef (< 1 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, I 1/4 cup Pasta		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, lo 6 Almonds, whole	w fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! ates: 225g Fat: 45g Calories: 2005

•	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Sa		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp of	r Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp of		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or S 1/3 cup Oatmeal 1 cup Strawberries		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily P	ortions: Protein: 175g ** Remember to drink b	Carbohydra etween 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 17 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.
	Carbohydra	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 18	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p 5:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 1 1/4 cups Cottage cheese 2 cups Bran cereal, all var 1 cup Strawberries 1 tsp Olive, Flax, Hemp or	rieties	Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Cottage cheese, light 1/3 cups Fruit cocktail 12 Peanuts	ht/low fat	Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
11:00 am Mid Meal* 3 oz Chicken breast, deli s 2 oz Cheese, low or non fs 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hem 1 Pepper (bell or cubanell	at ip or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, lo 1 cup Peaches, canned 1/3 cup Oatmeal	ow fat	Item Portions 42g P 63g C 0g F Calories: 384	Protein Smoothie 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* 4 oz Chicken breast, skinl 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hem 2/3 cup Rice		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp	or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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!

Day: 19	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resista	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppe 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hem		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein pow 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, He		Portions 28g P 36g C 6g F Calories: 310	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	rder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (19 1/2 cup Yogurt, plain, 1 1/3 cups Beef and v 2/3 tsp Olive, Flax, He	low fat egetable soup	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, s 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, I		ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, lo 6 Almonds, whole	w fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Day: 20 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistant	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast * 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
10:00 am Snack* 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings. ates: 225g Fat: 45g Calories: 2005

Day: 21 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner	
9:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit. *****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
11:00 am Snack* 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
1:00 pm Mid Meal* 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	ltem Portions 42g P 63g C 0g F Calories: 384	Protein Smoothie 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* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
9:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 22 Schedule 6:00 am Brea	akfast 1:00 p	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 * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit.	
9:00 am Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
	tein: 175g Carbohydra er to drink between 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **	

Day: 23	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 1 1/4 cups Cottage chee 2 cups Bran cereal, all va 1 cup Strawberries 1 tsp Olive, Flax, Hemp of	arieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. *****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Cottage cheese, li 1 1/3 cups Fruit cocktail 12 Peanuts	ght/low fat	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
11:00 am Mid Meal* 3 oz Chicken breast, del 2 oz Cheese, low or non 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hel	fat	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powde 1 cup Oatmeal 1 cup Strawberries		Item Portions 42g P 63g C 0g F Calories: 384	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!
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hei 1 Pepper (bell or cubane 1/4 cup Baked beans		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canne 2/3 tsp Olive, Flax, Hem	o or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 24 Schedule: 6:00 am Breakfast	1:00 pi	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 * 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules		
9:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's		
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules		
8:00 pm Snack* 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.		
	Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 25 Schedul 7:00 am Br 9:00 am Sr	eakfast 2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	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!
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon O	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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!
	otein: 175g Carbohydra oer to drink between 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 26	Schedule:		am Snack 8:00 pm Snack
	6:00 am Breakfast		m Mid Meal
	9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am		
0.00 5 16 14	Workout. Weight Resistance	ltem	
6:00 am Breakfast *		Portions	Preparation Suggestions:
5 Eggs, whole		35g P	Toasted egg sandwich with fruit.
1/2 cup Peaches, ca		45g C	
2 slice Whole grain b		9g F	
1 tsp Olive, Flax, He	mp or Salmon Oils	Calories:	
		401 Item	
9:00 am Snack*		Portions	Item Portions
1 cup Yogurt, plain,	low fat	28g P	PRE - Protein Shake + Energy Sustaining Growth
14 grams Protein po		36g C	Carbs
2/3 tsp Olive, Flax, F	lemp or Salmon Oils	6g F	
2/3 cup Oatmeal	•	Calories:	Put all ingredients in a blender over ice and blend to
		310	desired consistency. Enjoy!
			** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****
			Creatine and BCAA's
		Item	
11:00 am Snack*		Portions	Item Portions
42 grams Protein po	wder	42g P	POST - Protein Shake
2 cups Fruit juice		54g C	Put all ingredients in blender over ice. We
		0g F	recommend using a high glycemic juice like grape
		Calories:	juice for max recuperation. Enjoy!
		384	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1
			gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal*		Item	Item Portions
1 cup Won ton soup		Portions 28g P	A bowl of soup with a tuna sandwich on the side.
2 oz Tuna, canned ir		36g C	Enjoy!
1 whole Pita	i watei	12g F	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
	lemp or Salmon Oils	Calories:	Digestive Enzymes, Omega 3 caps, Vitamin B
270 top 01170, 1 tax, 1	iomp or camion one	364	Digocaro Enzymos, omoga o sapo, vitamin B
5:00 pm Dinner*		Item	Item Portions
-	aliinta a	Portions	
4 oz Chicken breast	, skinless	28g P	Chicken with fruit and applesauce on the side. **
1/3 cup Applesauce		36g C	***OPTIONAL/OPTIMAL SUPPLEMENTS:*****
1/3 cup Fruit cocktai	1	12g F	Multi Vitamin, Digestive Enzymes & Omega 3
2/3 cup Rice	, Hemp or Salmon Oils	Calories: 364	capsules
1 1/3 tsp Olive, Flax	, Herrip of Saimon Oils	304	
8:00 pm Snack*		Item	Item Portions
2 oz Cheese, low or	non fat	Portions 14a P	
1 cup Blueberries	non iat	14g P 18g C	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
6 Almonds, whole		6g F	A quick shack to lend on those cravings.
o / milonas, whole		Calories:	
		182	
Tota	al Daily Portions: Protein: 175a	_	ates: 225g Fat: 45g Calories: 2005
** Remember to drink between 3-4 litres of water per day. **			

Day: 27 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistand	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m	
8:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
10:00 am Snack* 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 28 Schedule: 9:00 am Brea	kfast 4:00 pm		
11:00 am Sna 	EST	Dinner	
9:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	35g P 45g C 9g F	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
11:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
1:00 pm Mid Meal* 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	63g C 0g F Calories: 384	Item Portions Protein Smoothie 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* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
9:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	18g C 6g F Calories: 182	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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 29	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 1 1/4 cups Cottage chec 2 cups Bran cereal, all v 1 cup Strawberries 1 tsp Olive, Flax, Hemp	ese, light/low fat varieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 14 grams Protein powde 2/3 tsp Olive, Flax, Hem 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	p or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powde	er	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, lo 1 1/3 cups Beef and veg 2/3 tsp Olive, Flax, Hem	getable soup	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, sk 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, He		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or nor 2/3 cup Applesauce 12 Peanuts		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 30 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner	
7:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit.	
9:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
11:00 am Mid Meal* 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Protein Smoothie 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* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 31	Schedule: 6:00 am Breakfast	11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal		
9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am				
6:00 am Breakfast * 35 grams Protein powd 1 cup Mandarin orange 1 tsp Olive, Flax, Hemp 2/3 cup Oatmeal	, canned	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 28 grams Protein powd 2 cups Strawberries 2/3 tsp Olive, Flax, Hen 2/3 cup Oatmeal		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein powd 2 cups Fruit juice	ler	Item Portions 42g P 54g C 0g F Calories: 384	POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or no 3 oz Turkey breast, del 2 slice Whole grain bre 12 Peanuts 2 tsp Mayonnaise	i style	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 4 oz Chicken breast, sk 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, He 1/3 cup Rice		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low or no 1 cup Blueberries 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **				

	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Sal		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or	Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or 1/4 cup Pasta	Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or S 1/3 cup Oatmeal 1 cup Strawberries		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Po	ortions: Protein: 175g ** Remember to drink b		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 33 Schedule: 6:00 am Break 9:00 am Snack	dast 1:00 p k 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner	
Workout: Weight Resistance at 9:30 am			
6:00 am Breakfast * 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! *****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	

Day: 34 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 pi 5:00 pi	am Snack 8:00 pm Snack n Mid Meal n Dinner n
8:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
10:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 Apple 12 Peanuts Total Daily Portions: Protein: 175g	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day: 35 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner	
9:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. *****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
11:00 am Snack* 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
1:00 pm Mid Meal* 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	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!	
7:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
9:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

m Breakfast 1:00 p	am Snack 8:00 pm Snack m Mid Meal
'eight Resistance at 9:30 ai	
Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
	m Breakfast 1:00 p m Snack 5:00 p deight Resistance at 9:30 and ltem Portions 35g P 45g C 9g F Calories: 401 ltem Portions 28g P 36g C 6g F Calories: 384 Item Portions 42g P 54g C 0g F Calories: 384

Day: 37	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 1 1/4 cups Cottage cheese 1 1/2 cups Bran cereal, all 2 cups Strawberries 1 tsp Olive, Flax, Hemp or	e, light/low fat varieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 4 oz Cheese, low or non fa 2 cups Grapes 12 Peanuts	at	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hem	p or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries		Item Portions 42g P 63g C 0g F Calories: 384	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!
5:00 pm Dinner* 4 oz Chicken breast, skinl 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hem 1/3 cup Rice		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp 1/3 cup Oatmeal 1 cup Strawberries		Item Portions 14g P 18g C 6g F Calories: 182	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Dail			ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 38 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistar	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A simple breakfast. Enjoy fruit on the side. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!
		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
	Item Portions 28g P 36g C 6g F Calories: 310	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
fat	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
	Item Portions 42g P 63g C 0g F Calories: 384	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!
	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
d	Item Portions 14g P 18g C 6g F Calories: 182	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! ates: 225g Fat: 45g Calories: 2005
	7:00 am Breakfast 9:00 am Snack	7:00 am Breakfast 9:00 am Snack REST Item Portions 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C 6g F Calories: 310 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 42g P 63g C 0g F Calories: 384 Item Portions 42g P 63g C 0g F Calories: 384 Item Portions 42g P 63g C 0g F Calories: 384

Day: 40	Schedule:		am Snack 8:00 pm Snack
	6:00 am Breakfast 9:00 am Snack		m Mid Meal m Dinner
	Workout: Weight Resistance	e at 9:30 an	
6:00 am Breakfast *		Item Portions	Preparation Suggestions:
5 Eggs, whole 1/2 cup Peaches, can 2 slice Whole grain bro 1 tsp Olive, Flax, Hem	ead	35g P 45g C 9g F Calories: 401	Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack*		Item Portions	Item Portions
1 cup Yogurt, plain, low 14 grams Protein pow 2/3 tsp Olive, Flax, He	der	28g P 36g C 6g F	PRE - Protein Shake + Energy Sustaining Growth Carbs
2/3 cup Oatmeal		Calories: 310	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 2 cups Fruit juice 42 grams Protein pow	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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
1 cup Won ton soup 2 oz Tuna, canned in v 1 whole Pita 2/3 tsp Olive, Flax, He		28g P 36g C 12g F Calories: 364	A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, s 1/4 cup Beans, green 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cuba 1/4 cup Pasta 1 1/3 tsp Olive, Flax, F	or yellow nelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack*		Item Portions	Item Portions
2 oz Cheese, low or no 1 Apple 12 Peanuts	on fat	14g P 18g C 6g F Calories: 182	Cheese, Apples & Peanuts A quick snack to keep you going through the day!
	Daily Portions: Protein: 175a	Carbobydra	ates: 225g Fat: 45g Calories: 2005

8:00 am Breakfast * 1 1/4 cups Cottage cheese, light/low fa 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils 10:00 am Snack* 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon O 2/3 cup Oatmeal 11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice 2:00 pm Mid Meal* 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise 5:00 pm Dinner*	Po 3 4 5 Ca Po 2 3 Sills Ca 4 5	Item Portions 35g P 45g C 9g F alories: 401 Item Portions 28g P 36g C 6g F alories: 310 Item Portions 42g P 54g C	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:************************************
28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon O 2/3 cup Oatmeal 11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice 2:00 pm Mid Meal* 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise 5:00 pm Dinner*	Po 2 3 3 4 5 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	Portions 28g P 36g C 6g F alories: 310 Item Portions 42g P	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *** ***OPTIONAL/OPTIMAL SUPPLEMENTS:******* Creatine and BCAA's
42 grams Protein powder 2 cups Fruit juice 2:00 pm Mid Meal* 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise 5:00 pm Dinner*	Po 4. 5.	Portions 42g P	
2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise 5:00 pm Dinner*		0g F	Put all ingredients in blender over ice. 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 2 3 1 Ca	Item Portions 28g P 36g C 12g F alories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Oils Po 2 3 1 Ca	12g F alories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) *** OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, low fat 6 Almonds, whole	Pc 1. 1/	Item Portions 14g P 18g C	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

11:00 am Snack <i>REST</i>		m Snack m Dinner
all varieties	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
ı fat	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
er	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
elle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
	Item Portions 14g P 18g C 6g F Calories: 182	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!
_ i e	ese, light/low fat all varieties or Salmon Oils in fat inless ad er inless elle) emp or Salmon Oils er np or Salmon Oils	ese, light/low fat all varieties 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C 6g F Calories: 310 Item Portions 28g P 36g C 6g F Calories: 310 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 42g P 63g C 0g F Calories: 364 Item Portions 42g P 63g C 12g F Calories: 384 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 36g C 12g F Calories: 364

Day: 43 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p ce at 9:30 ar	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!
		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 44 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. *****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Protein Smoothie 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* 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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!
		ates: 225g Fat: 45g Calories: 2005 tres of water per day. ***

Day: 45 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistan	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Total Daily Portions: Protein: 175 ** Remember to drink	g Carbohydra between 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 46	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 1 1/4 cups Cottage cheese 2 cups Bran cereal, all var 1 cup Strawberries 1 tsp Olive, Flax, Hemp or	e, light/low fat ieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 4 oz Cheese, low or non fa 2 cups Grapes 12 Peanuts	at	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hem	p or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 4 oz Chicken breast, skinli 1/4 cup Beans, green or y 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelli 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hem	ellow e)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp 1/3 cup Oatmeal 1 cup Strawberries	or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Dail			ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 47	Schedule: 6:00 am Breakfast	1:00 p	am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight Resistand		m Dinner n
6:00 am Breakfast * 35 grams Protein pow	der	Item Portions 35g P	Preparation Suggestions: A refreshing brekafast.
1 cup Mandarin orang 1 tsp Olive, Flax, Hem 2/3 cup Oatmeal	e, canned	45g C 9g F Calories: 401	** ***OPTIONAL/OPTIMAL SUPPLEMENTS: ******* Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 14 grams Protein pow 2/3 tsp Olive, Flax, He 1 cup Strawberries		Portions 28g P 36g C 6g F	PRE - Protein Shake + Energy Sustaining Growth Carbs
1/2 tbsp Barley 2 cups Milk, low fat (1	%)	Calories: 310	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or n 3 oz Turkey breast, de 2 slice Whole grain br 12 Peanuts 2 tsp Mayonnaise	eli style	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, H 1/3 cup Pasta	Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or n 1 Apple 12 Peanuts	on fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!
Total			ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 48 Schedule: 8:00 am Breakfast	2:00 p	am Snack 8:00 pm Snack m Mid Meal	
10:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 10:00 am			
8:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing brekafast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
10:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 49 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit.
11:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
1:00 pm Mid Meal* 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	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!
7:00 pm Dinner* 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
9:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	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: 175g ** Remember to drink b	Carbohydra petween 3-4 li	Enjoy! ates: 225g Fat: 45g Calories: 2005

Day: 50 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resist	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomate sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

Day: 51	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 2 oz Cheese, low or non fa 2/3 cup Mandarin orange, 1 tsp Olive, Flax, Hemp or 3 Eggs, whole 1 cup Fruit juice	canned	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low for 2 tbsp Almonds, slivered	at	ltem Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Chicken breast, skinle 2 slice Whole grain bread 4 tsp Mayonnaise	ess	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, lo 1 cup Peaches, canned 1/3 cup Oatmeal	ow fat	ltem Portions 42g P 63g C 0g F Calories: 384	Protein Smoothie 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* 4 oz Chicken breast, skinle 1/4 cup Beans, green or ye 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hem	ellow e)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp		Item Portions 14g P 18g C 6g F Calories: 182	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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 52 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 * 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 53	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 1 1/4 cups Cottage cheese, I 2 cups Bran cereal, all variet 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Sa	ies	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Cottage cheese, light/li 1 1/3 cups Fruit cocktail 12 Peanuts	ow fat	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
11:00 am Mid Meal* 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	5	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp of 1/4 cup Pasta		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or	Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 54 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p	11:00 am Snack 8:00 pm Snack 1:00 pm Mid Meal 5:00 pm Dinner			
	Workout: Weight Resistance at 9:30 am				
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules			
9:00 am Snack*	Item	Item Portions			
28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Portions 28g P 36g C 6g F Calories: 310	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's			
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder	ltem Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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	Item Portions			
2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Portions 28g P 36g C 12g F Calories: 364	Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B			
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules			
8:00 pm Snack*	Item Portions	Item Portions			
2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	14g P 18g C 6g F Calories: 182	Cheese, Applesauce & Peanuts Enjoy this quick snack.			
	Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **				
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8:00 10:0	am Breakfast 2:00	0 am Snack pm Mid Meal pm Dinner am
8:00 am Breakfast * 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. *****OPTIONAL/OPTIMAL SUPPLEMENTS:******
10:00 am Snack* 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmo 2/3 cup Oatmeal	on Oils ltem Portions 28g P 36g C 6g F Calories 310	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	ltem Portions 42g P 54g C 0g F Calories 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmo	Item Portions 28g P 36g C 12g F Calories 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Sali 1/3 cup Rice	rem Portions 28g P 36g C 12g F Calories 364	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	ltem Portions 14g P 18g C 6g F Calories 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack. rates: 225g Fat: 45g Calories: 2005

Day: 56 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner	
9:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C 6g F Calories: 310	Preparation Suggestions: Toasted egg sandwich with fruit. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions Another great, on-the-go snack!	
1:00 pm Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
7:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
9:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 57	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast * 35 grams Protein pow 1 cup Mandarin orang 1 tsp Olive, Flax, Hem 2/3 cup Oatmeal	der e, canned	Item Portions 35g P 45g C 9g F Calories: 401 Item	Preparation Suggestions: A refreshing brekafast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein pow 2 cups Strawberries 2/3 tsp Olive, Flax, He 2/3 cup Oatmeal		Portions 28g P 36g C 6g F Calories: 310	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1% 1/2 cup Yogurt, plain, 1 1/3 cups Beef and w 2/3 tsp Olive, Flax, He	low fat egetable soup	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, F 1 Pepper (bell or cuba 1/4 cup Baked beans		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, log 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 58	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 35 grams Protein powde 1 cup Mandarin orange, 1 tsp Olive, Flax, Hemp of 2/3 cup Oatmeal 9:00 am Snack* 2 cups Yogurt, plain, low 2 tbsp Almonds, slivered	r canned or Salmon Oils fat	Item Portions 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C 6g F Calories:	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Chicken breast, skir 2 slice Whole grain bread 4 tsp Mayonnaise		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powde 1 1/2 cups Yogurt, plain, 1 cup Peaches, canned 1/3 cup Oatmeal		ltem Portions 42g P 63g C 0g F Calories: 384	Protein Smoothie 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* 4 oz Chicken breast, skir 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Her		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powde 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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!

Day: 59	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 Resistance	e at 9:30 an		
6:00 am Breakfast * 35 grams Protein pow 1 cup Mandarin orang 1 tsp Olive, Flax, Hem 2/3 cup Oatmeal	e, canned	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack*		Item Portions	Item Portions	
14 grams Protein pow 2/3 tsp Olive, Flax, He 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (19	mp or Salmon Oils	28g P 36g C 6g F Calories: 310	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 2 cups Fruit juice 42 grams Protein pow	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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	
1 cup Milk, low fat (1% 1/2 cup Yogurt, plain, 1 1/3 cups Beef and vo 2/3 tsp Olive, Flax, He	low fat egetable soup	28g P 36g C 12g F Calories: 364	A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner*		Item Portions	Item Portions	
4 oz Chicken breast, s 1 Pepper (bell or cuba 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, h	nelle)	28g P 36g C 12g F Calories: 364	Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack*		Item Portions	Item Portions	
2 oz Cheese, low or no 2/3 cup Applesauce 12 Peanuts	on fat	14g P 18g C 6g F Calories: 182	Cheese, Applesauce & Peanuts Enjoy this quick snack.	
Total	Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005			
** Remember to drink between 3-4 litres of water per day. **				

Day: 60 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit. *****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		ates: 225g Fat: 45g Calories: 2005 itres of water per day. **

Day: 61	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner	
6:00 am Breakfast * 2 oz Cheese, low or 2/3 cup Mandarin or 1 tsp Olive, Flax, He 3 Eggs, whole 1 cup Fruit juice	non fat ange, canned	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 28 grams Protein po 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, F		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein po 2 cups Fruit juice	wder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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 oz Cheese, low or 3 oz Turkey breast, of 2 slice Whole grain be 12 Peanuts 2 tsp Mayonnaise	deli style	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, 1/3 cup Pasta	, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 1 cup Yogurt, plain, 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
Tota	Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 62	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast * 1 1/4 cups Cottage ch 2 cups Bran cereal, all 1 cup Strawberries 1 tsp Olive, Flax, Hem	eese, light/low fat I varieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
10:00 am Snack* 28 grams Protein pow 2 cups Strawberries 2/3 tsp Olive, Flax, He 2/3 cup Oatmeal		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1% 1/2 cup Yogurt, plain, 1 1/3 cups Beef and vo 2/3 tsp Olive, Flax, He	low fat egetable soup	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, s 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, F		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or no 1 cup Blueberries 6 Almonds, whole	on fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Total	Daily Portions: Protein: 175g ** Remember to drink b	Carbohydra etween 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 63	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, of 1 tsp Olive, Flax, Hemp of 2/3 cup Oatmeal	canned	Item Portions 35g P 45g C 9g F Calories: 401 Item Portions	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions
4 oz Cheese, low or non 2 cups Grapes 12 Peanuts	fat	28g P 36g C 6g F Calories: 310	Cheese and Grape Snack Enjoy items separately!
1:00 pm Mid Meal* 3 oz Chicken breast, deli 2 oz Cheese, low or non 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Her	fat	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
7:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Her 1 Pepper (bell or cubane 1/4 cup Baked beans		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
9:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp		Item Portions 14g P 18g C 6g F Calories: 182	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!

Day: 64 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.

7:00	hedule:) am Breakfast) am Snack REST	2:00 pr	am Mid Meal 8:00 pm Snack n Snack n Dinner
7:00 am Breakfast * 1 1/4 cups Cottage cheese, light/l 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Cottage cheese, light/low fa 1 1/3 cups Fruit cocktail 12 Peanuts		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
11:00 am Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Sal 1 Pepper (bell or cubanelle)		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal		Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Sat 1/4 cup Pasta		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salm		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions 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 Portio	ns: Protein: 175g C	arbohydra ween 3-4 lit	tes: 225g Fat: 45g Calories: 2005 res of water per day. **

Day: 66 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner
Workout: Weight Resistanc		1
6:00 am Breakfast * 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		ates: 225g Fat: 45g Calories: 2005
** Remember to drink b	etween 3-4 li	tres of water per day. **

Day: 67 Schedule 7:00 am Bre 9:00 am Sn	eakfast 2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit.
9:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oi	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Protein Smoothie 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* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oi 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	otein: 175g Carbohydra oer to drink between 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

	6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistan</i>	5:00 p	m Mid Meal m Dinner n
6:00 am Breakfast * 35 grams Protein pow 1 cup Mandarin orang 1 tsp Olive, Flax, Hem 2/3 cup Oatmeal	rder je, canned	Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Yogurt, plain, lo 14 grams Protein pow 2/3 tsp Olive, Flax, He 2/3 cup Oatmeal	<i>r</i> der	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	rder	Item Portions 42g P 54g C 0g F Calories: 384	POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cu 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, He 12 Peanuts	banelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, s 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, I		Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or n 1 Apple 12 Peanuts	on fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day: 69 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner	
8:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing brekafast. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
10:00 am Snack* 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. ** Notes:			

Day: 70 Schedule: 9:00 am Break 11:00 am Snac	rfast 4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast * 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
11:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
1:00 pm Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	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!
7:00 pm Dinner* 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
9:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		ates: 225g Fat: 45g Calories: 2005 itres of water per day. **

Day: 71	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistant		
6:00 am Breakfast * 5 Eggs, whole 1/2 cup Peaches, can 2 slice Whole grain br 1 tsp Olive, Flax, Hen	ned ead	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein pow 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, He		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cu 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, He 12 Peanuts	panelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, I 1 Pepper (bell or cuba 1/4 cup Baked beans		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or n 1 Apple 12 Peanuts	on fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!
Total			ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 72 Schedule 7:00 am Bres 9:00 am Sna	akfast 2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!
11:00 am Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.
5:00 pm Dinner* 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	tein: 175g Carbohydra er to drink between 3-4 li	ates: 225g Fat: 45g Calories: 2005 itres of water per day. **

Day: 73	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 1 1/4 cups Cottage ch 1 1/2 cups Bran cerea 2 cups Strawberries 1 tsp Olive, Flax, Hen	neese, light/low fat al, all varieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein pow 2 cups Strawberries 2/3 tsp Olive, Flax, He 2/3 cup Oatmeal		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	rder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (19 1/2 cup Yogurt, plain, 1 1/3 cups Beef and v 2/3 tsp Olive, Flax, He	low fat regetable soup	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, I	Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or n 1 cup Blueberries 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Total	Vally Portions: Protein: 175g ** Remember to drink b	Carbohydra etween 3-4 li	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 74	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, can: 1 tsp Olive, Flax, Hemp or S: 2/3 cup Oatmeal	ned	Item Portions 35g P 45g C 9g F Calories:	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
11:00 am Mid Meal* 4 oz Chicken breast, skinles: 2 slice Whole grain bread 4 tsp Mayonnaise	s	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low 1 cup Peaches, canned 1/3 cup Oatmeal	fat	Item Portions 42g P 63g C 0g F Calories: 384	Protein Smoothie 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* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp of 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or		Item Portions 14g P 18g C 6g F Calories: 182	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: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 75 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistan	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Eggs with sautéed vegetables. *****OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day: 76	Schedule:		am Snack 8:00 pm Snack	
	8:00 am Breakfast 10:00 am Snack		m Mid Meal m Dinner	
	Workout: Weight Resistance	at 10:00 ar	n	
8:00 am Breakfast * 7 grams Protein po 2 cups Bran cereal 3 tbsp Almonds, sl 3 oz Cheddar chee 1 cup Milk, low fat	l, all varieties ivered ese, light/low fat	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
10:00 am Snack* 28 grams Protein p 1 tbsp Barley 2 cups Strawberrie 2/3 tsp Olive, Flax,		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein p 2 cups Fruit juice	oowder	ltem Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton sou 2 oz Tuna, canned 1 whole Pita 2/3 tsp Olive, Flax,	p in water Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Fla 1/3 cup Pasta	x, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low of 1 Apple 12 Peanuts		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
Тс	Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 77	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner	
9:00 am Breakfast * 1 1/4 cups Cottage che 2 cups Bran cereal, all 1 cup Strawberries 1 tsp Olive, Flax, Hem	varieties	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
11:00 am Snack* 4 oz Cheese, low or no 2 cups Grapes 12 Peanuts	on fat	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
1:00 pm Mid Meal* 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, F		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack* 2 cups Milk, low fat (19 28 grams Protein powe 1 cup Oatmeal 1 cup Strawberries		Item Portions 42g P 63g C 0g F Calories: 384	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!	
7:00 pm Dinner* 4 oz Chicken breast, s 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, F		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
9:00 pm Snack* 14 grams Protein power 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, He	mp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	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! ates: 225g Fat: 45g Calories: 2005	
Total	** Remember to drink between 3-4 litres of water per day. **			

Day: 78 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance			
6:00 am Breakfast * 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
9:00 am Snack* 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's	
11:00 am Snack* 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner* 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
8:00 pm Snack* 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **	

Day: 79 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast * 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing brekafast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
11:00 am Mid Meal* 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack* 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Protein Smoothie 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* 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	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!
i otal Daily Portions: Protein: 178 ** Remember to drini	o g Carbohydr k between 3-4 l	ates: 225g Fat: 45g Calories: 2005 itres of water per day. **

Day: 80	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 35 grams Protein pow 1 cup Mandarin orang 1 tsp Olive, Flax, Hem 2/3 cup Oatmeal	der e, canned	Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
9:00 am Snack* 28 grams Protein pow 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, He		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein pow 2 cups Fruit juice	der	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned in v 1 whole Pita 2/3 tsp Olive, Flax, He		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, I 1 Pepper (bell or cuba 1/4 cup Baked beans		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or na 1 cup Blueberries 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Item Portions 35g P 45g C	Preparation Suggestions:
9g F Calories: 401	A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!
Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
Item Portions 42g P 63g C 0g F Calories: 384	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!
Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Item Portions 28g P 36g C 6g F Calories: 310 Item Portions 28g P 36g C 12g F Calories: 364 Item Portions 42g P 63g C 0g F Calories: 384 Item Portions 28g P 36g C 12g F Calories: 384

Day: 82	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast * 35 grams Protein powde 1 cup Mandarin orange, 1 tsp Olive, Flax, Hemp 2/3 cup Oatmeal 9:00 am Snack* 28 grams Protein powde 2 cups Strawberries	er canned or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401 Item Portions 28g P 36g C	Preparation Suggestions: A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs
2/3 tsp Olive, Flax, Hem 2/3 cup Oatmeal	p or Salmon Oils	6g F Calories: 310	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 2 cups Fruit juice 42 grams Protein powde	∋r	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, lo 1 1/3 cups Beef and veg 2/3 tsp Olive, Flax, Hem	jetable soup	ltem Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 4 oz Chicken breast, ski 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, He 2/3 cup Rice		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 2 oz Cheese, low or nor 2/3 cup Applesauce 12 Peanuts	n fat	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.
Total D	aily Portions: Protein: 175g	Carbohydra	ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Day: 83	Schedule: 8:00 am Breakfast 10:00 am Snack	2:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner
8:00 am Breakfast * 1 1/4 cups Cottage of 1 1/2 cups Bran cere 2 cups Strawberries 1 tsp Olive, Flax, He	eal, all varieties	ltem Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ****OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
10:00 am Snack* 14 grams Protein por 2/3 tsp Olive, Flax, Flax of the cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (lemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Creatine and BCAA's
11:00 am Snack* 42 grams Protein por 2 cups Fruit juice	wder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. 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* 1 cup Won ton soup 2 oz Tuna, canned ir 1 whole Pita 2/3 tsp Olive, Flax, F		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner* 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, 1/2 cup Pasta	Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
8:00 pm Snack* 1 cup Yogurt, plain, I 6 Almonds, whole		Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005 ** Remember to drink between 3-4 litres of water per day. **			

Day: 84	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast * 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, ca 1 tsp Olive, Flax, Hemp or Sa 3 Eggs, whole 1 cup Fruit juice		Item Portions 35g P 45g C 9g F Calories: 401	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
11:00 am Snack* 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered		Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
1:00 pm Mid Meal* 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp of		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B
4:00 pm Snack* 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries		Item Portions 42g P 63g C 0g F Calories: 384	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!
7:00 pm Dinner* 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp o 1/4 cup Pasta		Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:****** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
9:00 pm Snack* 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or S		Item Portions 14g P 18g C 6g F Calories: 182	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 F	ortions: Protein: 175g ** Remember to drink b		ates: 225g Fat: 45g Calories: 2005 tres of water per day. **

Grocery List

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

Protein	Carbohydrates	Fats	Other
4 1/2 cups Cottage	6 cups Bran cereal, all varieties	24 2/3 tsp Olive,	5 1/2 cups Yogurt,
cheese, light/low fat	12 cups Strawberries	Flax, Hemp or	plain, low fat
399 grams Protein	3 1/3 cups Oatmeal	Salmon Oils	8 cups Milk, low fat
powder	8 cups Fruit juice	72 Peanuts	(1%)
8 oz Cheese, low or	6 slice Whole grain bread	6 tsp Mayonnaise	1 cup Won ton
non fat	2 cups Applesauce	5 tbsp Almonds,	soup
3 oz Turkey breast,	3 1/3 cups Fruit cocktail	slivered	2 2/3 cups Beef
deli style	2 1/3 cups Rice	6 Almonds, whole	and vegetable
28 oz Chicken breast,	4 1/2 cups Mushrooms		soup
skinless	5 1/4 cups Onions		
20 Eggs, whole	2 cups Jalapeno peppers		
2 oz Tuna, canned in	2 cups Salsa		
water	9 cups Tomatoes		
3 oz Cheddar cheese,	2 cups Peaches, canned		
light/low fat	2 1/2 tbsp Barley		
12 oz Beef, lean cuts	2 whole Pita		
	1 Apple		
	1 1/2 cups Celery		
	1/2 cup Tomato, puree		
	1 1/4 cups Pasta		
	Peppers (bell or cubanelle)		
	1/4 cup Beans, green or yellow		
	1/4 cup Beans, black		
	1/3 cup Chickpeas		
	1/4 cup Cucumber		

2 cups Blueberries 3/4 cup Potato 1/4 cup Baked beans

Grocery List

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

Protein	Carbohydrates	Fats	Other
469 grams Protein powder 10 oz Tuna, canned in water 18 oz Ground beef (< 10% fat) 22 oz Cheese, low or non fat 12 Eggs, whole 6 oz Chicken breast, deli style 2 Egg whites 4 oz Chicken breast, skinless 8 oz Beef, lean cuts 1 1/4 cups Cottage cheese, light/low fat 3 oz Turkey breast, deli style 10 5/6 oz Whitefish	3 2/3 cups Mandarin orange, canned 7 2/3 cups Oatmeal 9 cups Fruit juice 3 1/2 whole Pita 3/4 cup Chickpeas 3/4 cup Kidney beans 3/4 cup Onions 4 cups Tomatoes 1 7/12 cups Pasta 4 cups Blueberries 4 cups Cucumber 3 Tomatoes 3 Apples 3 cups Peaches, canned 8 cups Strawberries 3 cups Celery 4 Peppers (bell or cubanelle) 5 cups Grapes 6 slice Whole grain bread 1 1/2 cups Potato 1/2 cup Baked beans 1 1/2 cups Barley 2 cups Carrots	25 2/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Almonds, whole 2 tbsp Almonds, slivered 72 Peanuts 6 tsp Mayonnaise	6 1/2 cups Yogurt, plain, low fat 1 cup Won ton soup 5 cups Milk, low fat (1%)
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Grocery List

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

Protein	Carbohydrates	Fats	Other
392 grams Protein powder 3 oz Cheddar cheese, light/low fat 14 oz Cheese, low or non fat 6 oz Turkey breast, deli style 18 oz Ground beef (< 10% fat) 24 Eggs, whole 8 oz Beef, lean cuts 16 oz Chicken breast, skinless 4 oz Tuna, canned in water 2 1/4 cups Cottage cheese, light/low fat 3 oz Chicken breast, deli style 2 Egg whites	4 cups Bran cereal, all varieties 10 cups Strawberries 3 1/2 tbsp Barley 8 cups Fruit juice 8 slice Whole grain bread 3/4 cup Chickpeas 3/4 cup Kidney beans 4 1/2 cups Onions 11 1/2 cups Tomatoes 1 1/4 cups Pasta 3 1/2 cups Mushrooms 2 cups Jalapeno peppers 2 cups Salsa 1 cup Celery 1/4 cup Tomato, puree 3 cups Blueberries 3 cups Oatmeal 3 1/2 Peppers (bell or cubanelle) 2 whole Pita 2 1/2 cups Grapes 1 cup Applesauce 1 2/3 cups Fruit cocktail 2 Tomatoes 1 Apple 4 cups Peaches, canned 1 1/3 cups Rice 3/4 cup Potato 1/4 cup Baked beans	5 tbsp Almonds, slivered 24 tsp Olive, Flax, Hemp or Salmon Oils 72 Peanuts 8 tsp Mayonnaise 18 Almonds, whole	5 cups Milk, low fat (1%) 7 1/2 cups Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup

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

Protein	Carbohydrates	Fats	Other
20 Eggs, whole 357 grams Protein powder 10 oz Tuna, canned in water 12 oz Ground beef (< 10% fat) 10 oz Cheese, low or non fat 4 1/2 cups Cottage cheese, light/low fat 3 oz Chicken breast, deli style 8 oz Beef, lean cuts 20 oz Chicken breast, skinless 3 oz Cheddar cheese, light/low fat	2 1/2 cups Peaches, canned 8 slice Whole grain bread 10 cups Strawberries 1 1/2 tbsp Barley 8 cups Fruit juice 1/2 cup Celery 1 3/4 cups Cucumber 3 1/2 Peppers (bell or cubanelle) 6 1/2 cups Tomatoes 1/2 cup Grapes 4 1/2 whole Pita 5/6 cup Chickpeas 1/2 cup Kidney beans 2 1/2 cups Onions 3/4 cup Pasta 1 1/3 cups Applesauce 5 1/2 cups Bran cereal, all varieties 3 1/3 cups Fruit cocktail 1 Tomato 2 Apples 4 1/3 cups Oatmeal 1 1/2 cups Potato 1/2 cup Baked beans 1/4 cup Beans, green or yellow 1/4 cup Beans, green or yellow 1/4 cup Beans, black 2 cups Blueberries 1 1/3 cups Rice 2 cups Mushrooms 1 cup Jalapeno peppers 1 cup Salsa	24 tsp Olive, Flax, Hemp or Salmon Oils 60 Peanuts 12 Almonds, whole 5 tbsp Almonds, slivered 8 tsp Mayonnaise	8 cups Milk, low fat (1%) 5 1/2 cups Yogurt, plain, low fat 3 cups Won ton soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
2 1/4 cups Cottage cheese, light/low fat 413 grams Protein powder 16 oz Chicken breast, skinless 14 oz Cheese, low or non fat 20 Eggs, whole 16 oz Beef, lean cuts 3 oz Turkey breast, deli style 12 oz Ground beef (< 10% fat) 3 oz Cheddar cheese, light/low fat 6 oz Tuna, canned in water	4 cups Bran cereal, all varieties 8 cups Strawberries 1 1/2 tbsp Barley 8 cups Fruit juice 1 cup Applesauce 1 2/3 cups Fruit cocktail 1 cup Rice 2 1/2 cups Peaches, canned 6 slice Whole grain bread 2 1/2 cups Celery 5 1/4 cups Onions 1/2 cup Tomato, puree 1 1/2 cups Pasta 4 1/3 cups Potato 3 1/2 Peppers (bell or cubanelle) 1/2 cup Baked beans 1 cup Mandarin orange, canned 4 cups Mushrooms 10 1/2 cups Tomatoes 3 cups Blueberries 2 cups Jalapeno peppers 2 cups Salsa 1/2 cup Chickpeas 1/2 cup Cucumber 2 1/2 cups Grapes 3 whole Pita 2 Apples	24 2/3 tsp Olive, Flax, Hemp or Salmon Oils 84 Peanuts 6 tsp Mayonnaise 6 Almonds, whole 5 tbsp Almonds, slivered	8 cups Milk, low fat (1%) 5 cups Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 1 cup Won ton soup

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

Other

7 cups Milk, low fat (1%) 4 cups Yogurt, plain, low fat 1 cup Won ton soup

Protein	Carbohydrates	Fats
420 grams Protein powder 20 oz Cheese, low or non fat 6 oz Turkey breast, deli style 5 1/2 oz Whitefish 3 3/4 cups Cottage cheese, light/low fat 8 oz Beef, lean cuts 20 oz Chicken breast, skinless 2 Egg whites 14 Eggs, whole 6 oz Tuna, canned in water 3 oz Chicken breast, deli style 6 oz Ground beef (< 10% fat)	1 cup Mandarin orange, canned 7 cups Oatmeal 14 cups Strawberries 1/2 tbsp Barley 8 cups Fruit juice 8 slice Whole grain bread 1 cup Carrots 2 cups Celery 1 Lemon 1 7/12 cups Pasta 3 cups Blueberries 5 cups Bran cereal, all varieties 4 1/2 cups Grapes 2 1/2 cups Onions 1/4 cup Tomato, puree 2 cups Mushrooms 5 1/2 cups Tomatoes 1/3 cup Rice 2 cups Peaches, canned 2 cups Cucumber 4 1/2 Peppers (bell or cubanelle) 3 1/2 whole Pita 1/2 cup Beans, green or yellow 1/2 cup Beans, black 11/12 cup Chickpeas 3 Apples 1 cup Jalapeno peppers 1 cup Salsa 1 Tomato 1/4 cup Kidney beans 3/4 cup Potato 1/4 cup Baked beans	25 tsp Olive, Flax, Hemp or Salmon Oils 84 Peanuts 8 tsp Mayonnaise 12 Almonds, whole 2 tbsp Almonds, slivered

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

Other

6 cups Milk, low fat (1%) 7 1/2 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
427 grams Protein powder 3 oz Cheddar cheese, light/low fat 18 oz Cheese, low or non fat 9 oz Turkey breast, deli style 21 2/3 oz Whitefish 15 Eggs, whole 3 oz Chicken breast, deli style 2 1/4 cups Cottage cheese, light/low fat 8 oz Beef, lean cuts 12 oz Chicken breast, skinless 4 oz Tuna, canned in water	4 cups Bran cereal, all varieties 6 cups Oatmeal 8 cups Fruit juice 8 slice Whole grain bread 4 cups Carrots 6 1/2 cups Celery 3 Lemons 2 11/12 cups Pasta 3 Apples 2 1/2 cups Mushrooms 3 1/2 cups Onions 1 cup Jalapeno peppers 1 cup Salsa 5 1/2 cups Tomatoes 2 3/4 cups Cucumber 2 Tomatoes 2 1/2 Peppers (bell or cubanelle) 2 cups Peaches, canned 3 cups Blueberries 5 cups Strawberries 2 1/2 cups Grapes 1/2 cup Tomato, puree 1/4 cup Beans, green or yellow 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 2 cups Mandarin orange, canned 1/2 tbsp Barley 1 whole Pita 1/3 cup Applesauce 1 2/3 cups Fruit cocktail 1 1/3 cups Rice	5 tbsp Almonds, slivered 24 2/3 tsp Olive, Flax, Hemp or Salmon Oils 96 Peanuts 6 tsp Mayonnaise 12 Almonds, whole

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

Other

6 1/2 cups Yogurt, plain, low fat 6 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup 1 cup Won ton soup

Protein	Carbohydrates	Fats
21 Eggs, whole 385 grams Protein powder 5 1/3 oz Whitefish 14 oz Cheese, low or non fat 20 oz Chicken breast, skinless 4 1/2 cups Cottage cheese, light/low fat 12 oz Ground beef (< 10% fat) 3 oz Turkey breast, deli style 2 oz Tuna, canned in water 3 oz Chicken breast, deli style 4 oz Beef, lean cuts	3 1/2 cups Mushrooms 3 1/2 cups Onions 1 1/2 cups Jalapeno peppers 1 cup Salsa 9 cups Tomatoes 4 cups Oatmeal 10 cups Fruit juice 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/4 cups Pasta 5 cups Blueberries 1 1/3 cups Mandarin orange, canned 8 slice Whole grain bread 2 1/2 cups Peaches, canned 1/4 cup Beans, green or yellow 1/4 cup Beans, black 5/6 cup Chickpeas 2 1/4 cups Cucumber 3 Peppers (bell or cubanelle) 4 cups Bran cereal, all varieties 8 cups Strawberries 1/2 tbsp Barley 1/2 cup Kidney beans 2 2/3 cups Fruit cocktail 1 cup Rice 1 1/3 cups Applesauce 1 whole Pita 2 Tomatoes 1 Apple 3/4 cup Potato 1/4 cup Baked beans	24 1/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Almonds, whole 2 tbsp Almonds, slivered 10 tsp Mayonnaise 60 Peanuts

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

Protein	Carbohydrates	Fats	Other
553 grams Protein powder 8 oz Beef, lean cuts 20 oz Chicken breast, skinless 14 oz Cheese, low or non fat 8 Eggs, whole 6 oz Ground beef (< 10% fat) 3 oz Turkey breast, deli style 5 1/2 oz Whitefish 1 1/4 cups Cottage cheese, light/low fat 3 oz Chicken breast, deli style	4 2/3 cups Mandarin orange, canned 6 2/3 cups Oatmeal 11 cups Strawberries 9 cups Fruit juice 1 1/2 cups Potato 3 Peppers (bell or cubanelle) 1/2 cup Baked beans 8 slice Whole grain bread 1 1/2 cups Peaches, canned 1 1/3 cups Applesauce 2/3 cup Fruit cocktail 1 1/3 cups Rice 1 1/2 tbsp Barley 1 1/2 whole Pita 1/2 cup Salsa 1/2 cup Onions 5 cups Blueberries 1/4 cup Chickpeas 1/4 cup Kidney beans 1 cup Tomatoes 7/12 cup Pasta 1 cup Carrots 1 cup Celery 1 Lemon 2 cups Bran cereal, all varieties 2 cups Grapes 1 cup Cucumber 1 Tomato 1 Apple	24 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Almonds, whole 4 tbsp Almonds, slivered 10 tsp Mayonnaise 36 Peanuts	5 cups Milk, low fat (1%) 9 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup

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

Protein	Carbohydrates	Fats	Other
17 Eggs, whole 448 grams Protein powder 14 oz Tuna, canned in water 16 oz Beef, lean cuts 10 oz Cheese, low or non fat 3 1/4 cups Cottage cheese, light/low fat 6 oz Chicken breast, deli style 6 oz Ground beef (< 10% fat) 2 Egg whites 12 oz Chicken breast, skinless	2 cups Mushrooms 2 3/4 cups Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 5 1/2 cups Tomatoes 1 1/2 tbsp Barley 9 cups Strawberries 9 cups Fruit juice 4 whole Pita 2 1/4 cups Potato 6 1/2 Peppers (bell or cubanelle) 3/4 cup Baked beans 1 1/3 cups Applesauce 2 cups Bran cereal, all varieties 3 1/3 cups Fruit cocktail 5 1/2 cups Cucumber 4 Tomatoes 3 Apples 2 cups Blueberries 6 1/3 cups Oatmeal 1/4 cup Chickpeas 1/4 cup Kidney beans 3/4 cup Pasta 3 cups Peaches, canned 2 1/2 cups Celery 1 1/2 cups Grapes 2 slice Whole grain bread 1/4 cup Tomato, puree 2 2/3 cups Mandarin orange, canned	27 2/3 tsp Olive, Flax, Hemp or Salmon Oils 84 Peanuts 12 Almonds, whole 2 tbsp Almonds, slivered	1 cup Won ton soup 5 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat
	1 2/3 cups Rice		

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

Protein	Carbohydrates	Fats	Other
10 Eggs, whole 476 grams Protein powder 6 oz Tuna, canned in water 12 oz Beef, lean cuts 18 oz Cheese, low or non fat 3 1/2 cups Cottage cheese, light/low fat 3 oz Chicken breast, deli style 12 oz Chicken breast, skinless 10 5/6 oz Whitefish 6 oz Ground beef (< 10% fat) 3 oz Cheddar cheese, light/low fat	1 1/2 cups Peaches, canned 4 slice Whole grain bread 2 1/2 tbsp Barley 14 cups Strawberries 8 cups Fruit juice 3 cups Celery 1 1/2 cups Cucumber 3 1/2 Peppers (bell or cubanelle) 4 1/2 cups Tomatoes 4 1/2 cups Grapes 3 1/2 whole Pita 1 1/2 cups Potato 1/2 cup Baked beans 3 Apples 2 cups Mandarin orange, canned 5 cups Oatmeal 1 2/3 cups Fruit cocktail 1 Tomato 3 cups Blueberries 1 cup Salsa 1 1/2 cups Onions 5 1/2 cups Bran cereal, all varieties 2 cups Carrots 1 1/2 Lemons 1 7/12 cups Pasta 1 cup Mushrooms 1 cup Jalapeno peppers 1/4 cup Chickpeas 1/4 cup Kidney beans 1 cup Applesauce 1/4 cup Tomato, puree 2/3 cup Rice	25 1/3 tsp Olive, Flax, Hemp or Salmon Oils 84 Peanuts 6 Almonds, whole 4 tsp Mayonnaise 3 tbsp Almonds, slivered	7 cups Milk, low fat (1%) 2 1/2 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1 cup Won ton soup

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

Protein	Carbohydrates	Fats	Other
4 Egg whites 11 Eggs, whole 469 grams Protein powder 8 oz Tuna, canned in water 12 oz Chicken breast, skinless 18 oz Cheese, low or non fat 12 oz Beef, lean cuts 12 oz Ground beef (< 10% fat) 1 1/4 cups Cottage cheese, light/low fat 5 1/3 oz Whitefish 3 oz Chicken breast, deli style	3 1/2 cups Peaches, canned 8 1/3 cups Oatmeal 9 cups Fruit juice 2 1/2 cups Celery 1 1/2 cups Cucumber 1 1/2 Peppers (bell or cubanelle) 5 1/2 cups Tomatoes 4 1/2 cups Grapes 3 1/2 whole Pita 2 cups Mushrooms 3 1/2 cups Onions 1 2/3 cups Rice 1 1/3 cups Rice 1 1/3 cups Applesauce 3 2/3 cups Mandarin orange, canned 1/2 cup Tomato, puree 2 cups Pasta 11 cups Strawberries 1 1/2 tbsp Barley 3/4 cup Potato 1/4 cup Baked beans 1 cup Blueberries 1/2 cup Chickpeas 1/2 cup Kidney beans 1 1/2 cups Bran cereal, all varieties 1 cup Carrots 1/2 Lemon 1 Tomato 1 Apple	27 2/3 tsp Olive, Flax, Hemp or Salmon Oils 60 Peanuts 12 Almonds, whole 2 tbsp Almonds, slivered	6 cups Yogurt, plain, low fat 2 cups Won ton soup 8 cups Milk, low fat (1%) 1 1/3 cups Beef and vegetable soup