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
- Consistent Meal Times. Making You Anabolic 24/7 To Build The Muscle And Power You Want

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 <u>www.empowerednutrition.net/critical-bench-nutrition</u>.

Sincerely,

Mike Westerdal & Patrick McGuire

Day: 1

Notes:	. Detween 3 - 4	inites of water per day.
	92 Carbohydra	ates: 540g Fat: 75g Calories: 4403 litres of water per day. **
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E

9:00 am Snack <i>REST</i>	5:00 pi	m Snack m Dinner
er) v fat ^r Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
light/low fat w fat	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
rley soup nnelle) ad ght/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Preparation Suggestions: A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
er) ′or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
0% fat) d/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Preparation Suggestions: Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
er) d/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	er) w fat r Salmon Oils light/low fat w fat rley soup anelle) ad ight/low fat er) /or Salmon Oils 0% fat) d/or Salmon Oils er) d/or Salmon Oils ally Portions: Protein: 392	er) w fat Salmon Oils ight/low fat w fat ight/low fat w fat light/low fat w fat light/low fat calories: 647 litem Portions 56g P 72g C 15g F Calories: 647 litem Portions 70g P 90g C 15g F Calories: 775 litem Portions 56g P 72g C 15g F Calories: 775 litem Portions 56g P 72g C 15g F Calories: 775 litem Portions 56g P 72g C 10g F Calories: 566 litem Portions 56g P 72g C 10g F Calories: 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 566 litem Portions 70g P 90g C 15g F Calories: 775 litem Portions 56g P 72g C 15g F Calories: 775

Day: 3	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistanc	e at 9:30 an	7
6:00 am Breakfast 4 oz Cheese, low or 35 grams Protein pov 3 cups Milk, low fat (3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	non fat wder 1%)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack		Item	Item Portions
35 grams Protein por 3 cups Milk, Iow fat (1 cup Peaches, cann 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) ied	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein por 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable so 3 slice Whole grain b 3 Almonds, whole 6 oz Cheddar cheese	read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pl 3 cups Beans, green 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein por 3 cups Milk, low fat (1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tota	al Daily Portions: Protein: 392 ** Remember to drink be		t tes: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:			

Day: 4	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 56 grams Protein powd 2 cups Yogurt, plain, lo 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax ar	w fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 5 oz Cheese, low or no 3 cups Milk, low fat (1% 2 Apples 1/2 oz Cereal, dry 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubar 3 slice Whole grain bre 9 Almonds, whole 2 tsp Mayonnaise	elle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powd 3 cups Milk, low fat (1% 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and	b)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, s 2 cups Carrots 1 1/4 cups Corn, canne 1 cup Rice 1 2/3 tsp Olive, Flax ar	d	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powd 2 cups Yogurt, plain, lo 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax ar	w fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total D	aily Portions: Protein: 392g	Carbohydra	ates: 504g Fat: 81g Calories: 4313 itres of water per day. **

Day: 5	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistal	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein pov 2 cups Yogurt, plain, 4 slice Whole grain b 1 2/3 tsp Olive, Flax 9:00 am Snack	low fat read	Item Portions 84g P 108g C 15g F Calories: 903 Item Portions	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Item Portions
42 grams Protein por 2 cups Milk, low fat (1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein por 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato vo 2 whole Pita 4 oz Cheddar cheese	egetable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breas 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cu 1 1/2 cups Tomatoe 1 1/3 cups Rice 1 2/3 tsp Olive, Flax	ubanelle) s	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax 1 cup Yogurt, plain, 7 grams Protein pow	ıbanelle) and/or Salmon Oils low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Day: 6	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistar	1:30 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 12 Egg whites 28 grams Protein po 2 cups Milk, low fat (2 cups Strawberries 4 slice Whole grain b 5 tbsp Almonds, slive 10:00 am Snack	1%) pread	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Item Portions
35 grams Protein po 3 cups Milk, low fat (1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	1%)	56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 cup Grapes 3 slice Whole grain b 2/3 tsp Olive, Flax a 3 tsp Mayonnaise	1%) pread	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 1/2 oz Ground be 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax 3 oz Cheddar cheese	and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain, 1 1/3 cups Applesau 15 Almonds, whole	low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

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 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 4 oz Cheese, low or non 28 grams Protein powde 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	۲	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
1:00 pm Mid Meal 8 oz Tuna, canned in wa 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, lig		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powde 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natu		Item Portions 56g P 72g C 10g F Calories: 566	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 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powde 2 cups Yogurt, plain, low 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and	r fat d/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!
Total Da			ates: 504g Fat: 81g Calories: 4313 litres of water per day. **

Day: 8	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistan</i>	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein pow 2 cups Yogurt, plain, I 4 slice Whole grain br 1 2/3 tsp Olive, Flax a	ow fat ead	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein pow 3 cups Milk, low fat (1 1 cup Peaches, canne 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	%) ed	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	der	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable sou 3 slice Whole grain br 3 Almonds, whole 6 oz Cheddar cheese,	ead	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 12 oz Ground beef (< 1 2/3 tsp Olive, Flax a 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	10% fat) and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or n 2 cups Yogurt, plain, l 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

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
at or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
at	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
r t/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
ıl	Item Portions 56g P 72g C 10g F Calories: 566	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!
or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
at or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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 am Breakfast 9:00 am Snack <i>REST</i>	7:00 am Breakfast 9:00 am Snack REST2:00 p 5:00 patItem Portions 84g P 108g C 15g F Calories: 903atItem Portions 56g P 72g C 15g F Calories: 647rItem Portions 56g P 72g C 15g F Calories: 647rItem Portions 56g P 72g C 15g F Calories: 647rItem Portions 56g P 72g C 15g F Calories: 647rItem Portions 56g P 72g C 10g F Calories: 566atItem Portions 56g P 72g C 10g F Calories: 566atItem Portions 56g P 72g C 10g F Calories: 566atItem Portions 56g P 72g C 10g F Calories: 566atItem Portions 56g P 72g C 10g F Calories: 70g P 90g C 15g F Calories: 72g C 15g F Calories: 72g C 15g F Calories: 775

Day: 10	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistand</i>	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax 4 oz Cheddar chees	and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein po 3 cups Milk, low fat (1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable so 3 slice Whole grain b 3 Almonds, whole 6 oz Cheddar chees	bread	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breas 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein po 3 cups Milk, low fat (1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tota			Intes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 11	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 4 oz Cheese, low or non f 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 4 oz Cheese, low or non f 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	at	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
11:00 am Mid Meal 8 oz Tuna, canned in wate 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, ligt		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powder 3 cups Milk, Iow fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, ski 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubano 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/	elle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/		Item Portions 56g P 72g C 15g F Calories: 647	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!

6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fa 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or 9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/or 11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	r Salmon Oils	ltem Portions 84g P 108g C 15g F Calories: 903 ltem Portions 56g P 72g C 15g F Calories: 647 ltem Portions 56g P 108g C Calories: 56g P	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/or 11:00 am Snack 56 grams Protein powder	r Salmon Oils	Portions 56g P 72g C 15g F Calories: 647 Item Portions 56g P 108g C Calories:	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
56 grams Protein powder		Portions 56g P 108g C Calories:	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
			Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef (< 10% 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 12 oz Ground beef (< 10% 1 2/3 tsp Olive, Flax and/ol 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanel 2 Rice cakes 1 2/3 tsp Olive, Flax and/or 1 cup Yogurt, plain, low fat 7 grams Protein powder	lle) r Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Total Daily			ates: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 13	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	1:30 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein po 3 cups Milk, low fat (2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slive	wder 1%)	ltem Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 35 grams Protein po 3 cups Milk, low fat (1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein po 4 cups Fruit juice	wder	ltem Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 12 oz Ground beef (2 oz Cheese, low or 1/2 cup Onions 1/4 head Lettuce, ice 2 Tomatoes 1 cup Grapes 3 slice Whole grain b 30 Peanuts	non fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breas 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or c 1 1/2 cups Tomatoe 1 1/3 cups Rice 1 2/3 tsp Olive, Flax	e ubanelle) s	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain, 1 1/3 cups Applesau 15 Almonds, whole	low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Tot			tes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 14	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	4:00 pi	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fa 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/o		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 5 oz Cheese, low or non fa 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	t	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or S	Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
7:00 pm Dinner 10 oz Chicken breast, skinl 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/o		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fa 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/o Total Daily	r Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 15	Schedule:		am Snack 8:00 pm Snack
	6:00 am Breakfast		m Mid Meal
	9:00 am Snack Workout: Weight Resistand		m Dinner n
6:00 am Breakfast		Item Portions	Preparation Suggestions:
4 oz Cheese, low or n	on fat	84g P	Your favorite cereal mixed with fruit. Enjoy the
35 grams Protein pow		108g C	cheese on the side. ***OPTIONAL/OPTIMAL
3 cups Milk, low fat (1		15g F	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
3 cups Cereal, cold		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
2 cups Strawberries		903	
1/2 tbsp Barley			
1 2/3 tsp Olive, Flax a	and/or Salmon Oils		
9:00 am Snack		Item	Item Portions
42 grams Protein pow	idar	Portions 56g P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, low fat (1		72g C	Carbs
1 cup Strawberries	70)	15g F	Put all ingredients in a blender over ice and blend to
1 2/3 cups Oatmeal		Calories:	desired consistency. Enjoy!
1 2/3 tsp Olive, Flax a	and/or Salmon Oils	647	
11:00 am Snack		Item Portions	Item Portions
56 grams Protein pow	<i>i</i> der	56g P	POST - Protein Shake
4 cups Fruit juice	uei	108g C	Put all ingredients in blender over ice and blend. We
4 Cups i Tuit juice		Calories:	recommend using a high glycemic juice like grape
		656	juice for max recuperation. Enjoy!
		000	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram
			Vit C, Creatine & BCAA's
1:00 pm Mid Meal		Item Portions	Item Portions
8 oz Chicken breast, s	skinless	70g P	Chicken Salad Sandwich
2 cups Milk, low fat (1	%)	90g C	Make a basic chicken salad adding a little celery and
1 cup Grapes		15g F	onion if desired, and salt and pepper to taste.
3 slice Whole grain br		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2/3 tsp Olive, Flax an	d/or Salmon Oils	775	Digestive Enzymes, Omega 3 caps
3 tsp Mayonnaise			
5:00 pm Dinner		Item	Item Portions
10 oz Chicken breast,	skiploss	Portions	Chicken Cacciatore
1 cup Onions	SKIIIIess	70g P 90g C	Chop the vegetables and mix with the tomato puree,
1 cup Tomato, puree		15g F	then cover the chicken with this mixture and bake.
2 Peppers (bell or cul	hanelle)	Calories:	Enjoy! ***OPTIONAL/OPTIMAL
1 1/2 cups Tomatoes		775	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
1 1/3 cups Rice			caps, Multi Vit/Mineral
1 2/3 tsp Olive, Flax a	and/or Salmon Oils		
		Item	
8:00 pm Snack		Portions	Item Portions
35 grams Protein pow	/der	56g P	Milk & Peanuts
3 cups Milk, low fat (1	%)	72g C	A tall glass of milk and a handful of peanuts wiht a
1 Banana		15g F	banana and some protein. Straight up or blended,
30 Peanuts		Calories:	it's just right. Enjoy!
1 tbsp Barley		647	
Total			tes: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:		Jetween 5 - 4 i	

Day: 16	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 4 oz Cheese, low or nor 35 grams Protein powde 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and	9 r)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 4 oz Cheese, low or nor 28 grams Protein powde 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	er	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cuband 3 slice Whole grain brea 9 Almonds, whole 2 tsp Mayonnaise		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powde 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
5:00 pm Dinner 10 1/2 oz Ground beef (1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and 3 oz Cheddar cheese, lig	d/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powde 2 cups Yogurt, plain, low 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and	/ fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Da			ates: 504g Fat: 81g Calories: 4313 itres of water per day. **

6:00 am Breakfast 4 oz Cheese, low or non fa 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/o 9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%)		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
35 grams Protein powder 3 cups Milk, low fat (1%)			
1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/o	or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice		Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegeta 2 whole Pita 4 oz Cheddar cheese, ligh	-	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 1/2 oz Ground beef (< 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/o 3 oz Cheddar cheese, ligh	or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fa 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubane 2 Rice cakes 1 2/3 tsp Olive, Flax and/o 1 cup Yogurt, plain, low fa 7 grams Protein powder	elle) or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Total Dai			ites: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 18	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or S	fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage cheese, lig 2 cups Yogurt, plain, low 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubane 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natu		Item Portions 56g P 72g C 10g F Calories: 566	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 10 oz Chicken breast, sk 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and Total Da	fat	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 19	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resista</i>	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein po 2 cups Yogurt, plain 4 slice Whole grain I 1 2/3 tsp Olive, Flax	wder , low fat pread	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein po 2 cups Milk, low fat (1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable so 3 slice Whole grain b 3 Almonds, whole 6 oz Cheddar chees	bread	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 12 oz Ground beef (1 2/3 tsp Olive, Flax 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	< 10% fat) and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein po 3 cups Milk, low fat (1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

	8:00 am Breakfast 10:00 am Snack	5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistance	<i>e at 10:30 al</i> Item	
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein power 3 cups Milk, low fat (19) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, sliver	%)	Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 42 grams Protein powe 2 cups Milk, low fat (19 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax a	%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein powe 4 cups Fruit juice	Jer	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 12 oz Ground beef (< 7 2 oz Cheese, Iow or no 1/2 cup Onions 1/4 head Lettuce, iceb 2 Tomatoes 1 cup Grapes 3 slice Whole grain bre 30 Peanuts	erg	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (19 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax a		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or no 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cub 2 Rice cakes 1 2/3 tsp Olive, Flax a 1 cup Yogurt, plain, lo 7 grams Protein powdo	oanelle) nd/or Salmon Oils w fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Total	Daily Portions: Protein: 392	Carbohydra	l ates: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 21	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	om Mid Meal 9:00 pm Snack om Snack om Dinner
9:00 am Breakfast 12 Egg whites 28 grams Protein powd 2 cups Milk, low fat (1% 2 cups Strawberries 4 slice Whole grain brea 5 tbsp Almonds, slivere) ad	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 5 oz Cheese, low or nor 3 cups Milk, low fat (1% 2 Apples 1/2 oz Cereal, dry 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
1:00 pm Mid Meal 2 1/2 cups Beef and bar 2 Peppers (bell or cuba 2 slice Whole grain brea 5 oz Cheddar cheese, li	ad	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 35 grams Protein powdo 3 cups Milk, Iow fat (1% 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 10 oz Chicken breast, s 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax an		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powdo 2 cups Yogurt, plain, lov 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax an	v fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total D	aily Portions: Protein: 3920	Carbohydr	rates: 504g Fat: 81g Calories: 4313

Day: 22	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistanc	<i>ce at 9:30 an</i> Item	
6:00 am Breakfast 4 oz Cheese, low or 35 grams Protein po 3 cups Milk, low fat 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Fla	owder (1%)	Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein po 3 cups Milk, low fat 1 cup Peaches, car 1 1/2 tbsp Barley 1 2/3 tsp Olive, Fla	(1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein po 4 cups Fruit juice	owder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef 2 oz Cheese, low or 1/2 cup Onions 1/4 head Lettuce, ic 2 Tomatoes 1 cup Grapes 3 slice Whole grain 30 Peanuts	r non fat	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, p 3 cups Beans, gree 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Fla	plain, low fat en or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low o 2 cups Yogurt, plair 1 1/3 cups Applesa 15 Almonds, whole	n, low fat uce	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
То	tal Daily Portions: Protein: 392 ** Remember to drink b	Carbohydra	ites: 540g Fat: 75g Calories: 4403
Notes:		etween 3 - 4 1	וווכט טו שמופו אבו עמא.

Day: 23	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner	
7:00 am Breakfast 56 grams Protein po 2 cups Yogurt, plain 4 slice Whole grain 1 2/3 tsp Olive, Flaz	, low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered 11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat 2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 15g F Calories: 647	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!	
Tota			ates: 504g Fat: 81g Calories: 4313 itres of water per day. **	

Day: 24	Schedule:		am Snack 8:00 pm Snack
	6:00 am Breakfast 9:00 am Snack		m Mid Meal m Dinner
	9.00 am Shack Workout: Weight Resistanc		
6:00 am Breakfast		Item Portions	Preparation Suggestions:
4 oz Cheese, low or n 35 grams Protein pow 3 cups Milk, low fat (1 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	/der %)	84g P 108g C 15g F Calories: 903	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack		Item Portions	Item Portions
35 grams Protein pow 3 cups Milk, Iow fat (1 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax a	%)	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack		Item Portions	Item Portions
56 grams Protein pow 4 cups Fruit juice	'der	56g P 108g C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal		Item Portions	Item Portions
4 cups Vegetable sou 3 slice Whole grain br 3 Almonds, whole 6 oz Cheddar cheese	ead	70g P 90g C 15g F Calories: 775	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner		Item Portions	Item Portions
10 1/2 oz Ground bee 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax a 3 oz Cheddar cheese	and/or Salmon Oils	70g P 90g C 15g F Calories: 775	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
5 oz Cheese, low or n 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax a 1 cup Yogurt, plain, lo 7 grams Protein powo	banelle) and/or Salmon Oils ow fat	56g P 72g C 15g F Calories: 647	Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Tota			ites: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:			

7:00 am Breakfast 9:00 am Snack <i>REST</i>		m Snack m Dinner
w fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
anelle) ad	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
)	Item Portions 56g P 72g C 10g F Calories: 566	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 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
w fat I nd/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!
	er w fat ad/or Salmon Oils n fat) rley soup anelle) ad ight/low fat er) tural 0% fat) ad/or Salmon Oils er w fat ad/or Salmon Oils	RESTer w fatItem Portions 84g P 108g C 15g F Calories: 903ad/or Salmon Oils903in fat o)Item Portions 56g P 72g C 15g F Calories: 647rley soup anelle) ad ight/low fatItem Portions 70g P 90g C 15g F Calories: 775er o)Item Portions 56g P 72g C 15g F Calories: 647ov fatItem Portions 70g P 90g C 15g F Calories: 775er o)Item Portions 56g P 72g C 10g F Calories: 5660% fat) nd/or Salmon OilsItem Portions 70g P 90g C 15g F Calories: 566ov fatItem Portions 70g P 90g C 15g F Calories: 566ov fatItem Portions 70g P 90g C 15g F Calories: 775er w fat IItem Portions 70g P 90g C 15g F Calories: 775er w fat IItem Portions 70g P 90g C 15g F Calories: 15g F Calories: 775

Day: 26	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resista	1:00 pi 5:00 pi	am Snack 8:00 pm Snack n Mid Meal n Dinner 7
6:00 am Breakfast 56 grams Protein por 2 cups Yogurt, plain, 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax	low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein por 3 cups Milk, Iow fat (1 cup Peaches, canr 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) ied	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein por 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato vo 2 whole Pita 4 oz Cheddar cheese	egetable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein por 3 cups Milk, low fat (1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tota			tes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 27	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistan</i>	1:30 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner <i>m</i>
8:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax 4 oz Cheddar chees	(1%) k and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 35 grams Protein po 3 cups Milk, low fat 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	(1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 4 cups Vegetable so 3 slice Whole grain 3 Almonds, whole 6 oz Cheddar chees	bread	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 1/2 oz Ground be 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flay 3 oz Cheddar chees	e k and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain 1 1/3 cups Applesau 15 Almonds, whole	, low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

Day: 28	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 4 oz Cheese, low or n 35 grams Protein pow 3 cups Milk, low fat (1 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	der %)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 4 oz Cheese, low or n 28 grams Protein pow 2 2/3 cups Applesauco 5 tbsp Almonds, sliver	der Ə	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
1:00 pm Mid Meal 2 1/2 cups Beef and b 2 Peppers (bell or cul 2 slice Whole grain br 5 oz Cheddar cheese,	panelle) ead	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 35 grams Protein pow 3 cups Milk, low fat (1 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax an	%)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 10 1/2 oz Ground bee 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax a 3 oz Cheddar cheese,	nd/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein pow 2 cups Yogurt, plain, I 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	ow fat	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 29	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 42 grams Protein pov 2 cups Milk, low fat (1 2 cups Yogurt, plain, 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and	vder %) low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pov 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	/der	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef (< 2 oz Cheese, low or r 1/2 cup Onions 1/4 head Lettuce, icel 2 Tomatoes 1 cup Grapes 3 slice Whole grain be 30 Peanuts	oon fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 12 oz Ground beef (< 1 2/3 tsp Olive, Flax 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 2 cups Yogurt, plain, 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Tota		Carbohydra	ites: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 30	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 56 grams Protein powc 2 cups Yogurt, plain, lo 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax an	w fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage cheese, 2 cups Yogurt, plain, lo 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 2 1/2 cups Beef and ba 2 Peppers (bell or cub 2 slice Whole grain bre 5 oz Cheddar cheese,	anelle) ad	Item Portions 56g P 108g C Calories: 656	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powo 3 cups Milk, low fat (1% 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and	6)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, s 2 cups Carrots 1 1/4 cups Corn, canne 1 cup Rice 1 2/3 tsp Olive, Flax ar	ed	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powc 2 cups Yogurt, plain, lo 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax an	w fat d nd/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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! ates: 504g Fat: 81g Calories: 4313

Day: 31	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 Resistand		
6:00 am Breakfast 4 oz Cheese, low or 35 grams Protein po 3 cups Milk, low fat 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	wder (1%)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein po 2 cups Milk, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef (2 oz Cheese, low or 1/2 cup Onions 1/4 head Lettuce, ice 2 Tomatoes 1 cup Grapes 3 slice Whole grain 1 30 Peanuts	non fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat 1 cup Tomato, pured 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flay		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein pc 3 cups Milk, low fat 1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tot	al Daily Portions: Protein: 392 ** Remember to drink b	Carbohydra Detween 3 - 4 I	ttes: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:			

Day: 32	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 12 Egg whites 28 grams Protein powde 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain break 5 tbsp Almonds, slivered	t	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage cheese, lig 2 cups Yogurt, plain, low 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 8 oz Tuna, canned in wa 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, lig		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powde 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/c		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, sk 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubar 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and	nelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powde 2 cups Milk, Iow fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and		Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 33	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 pr 5:00 pr	am Snack 8:00 pm Snack m Mid Meal m Dinner 7
6:00 am Breakfast		Item	Preparation Suggestions:
6 Eggs, whole 2 cups Milk, low fat (2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax 4 oz Cheddar cheese	and/or Salmon Oils	Portions 84g P 108g C 15g F Calories: 903	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack		Item Portions	Item Portions
35 grams Protein por 3 cups Milk, low fat (1 cup Peaches, cann 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) ned	56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein por 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal		Item Portions	Item Portions
4 cups Vegetable so 3 slice Whole grain b 3 Almonds, whole 6 oz Cheddar cheese	bread	70g P 90g C 15g F Calories: 775	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner		Item Portions	Item Portions
8 oz Beef, lean cuts 2 cups Milk, low fat (1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax		70g P 90g C 15g F Calories: 775	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
4 oz Cheese, low or 2 cups Yogurt, plain, 1 1/3 cups Applesau 15 Almonds, whole	low fat	56g P 72g C 15g F Calories: 647	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Tota			tes: 540g Fat: 75g Calories: 4403
Notes:	*** Remember to drink b	etween 3 - 4 I	itres of water per day. **

Day: 34	Schedule: 8:00 am Breakfast 10:00 am Snack	1:30 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistance	e at 10:30 a	m
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein po 3 cups Milk, low fat (2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, sliv	wder 1%)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 42 grams Protein po 2 cups Milk, low fat (1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 12 oz Ground beef (2 oz Cheese, low or 1/2 cup Onions 1/4 head Lettuce, ice 2 Tomatoes 1 cup Grapes 3 slice Whole grain I 30 Peanuts	non fat	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 12 oz Ground beef (1 2/3 tsp Olive, Flax 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	< 10% fat) and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein po 3 cups Milk, low fat (1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tot			ites: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:			· · · · · · · · · · · · · · · · · · ·

Day: 35	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 56 grams Protein por 2 cups Yogurt, plain, 4 slice Whole grain b 1 2/3 tsp Olive, Flax	wder Iow fat pread	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 1 cup Cottage chees 2 cups Yogurt, plain, 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cub 3 slice Whole grain b 9 Almonds, whole 2 tsp Mayonnaise	banelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein por 2 cups Milk, Iow fat (1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, I	1%)	Item Portions 56g P 72g C 10g F Calories: 566	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 10 oz Chicken breas 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 42 grams Protein por 2 cups Milk, low fat (3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!
Tota	I Daily Portions: Protein: 392 ** Remember to drink I	g Carbohydr	ates: 504g Fat: 81g Calories: 4313

Day: 36	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistand</i>	1:00 pi 5:00 pi <u>ce at 9:30 an</u>	am Snack 8:00 pm Snack m Mid Meal m Dinner ?
6:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein pow 3 cups Milk, low fat (1 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, sliver	%)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein pow 3 cups Milk, low fat (1 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax a	%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	′der	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (1% 3 1/3 cups Tomato ve 2 whole Pita 4 oz Cheddar cheese	getable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast, 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cul 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax a	banelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or n 2 cups Yogurt, plain, l 1 1/3 cups Applesauc 15 Almonds, whole	low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

Day: 37	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 4 oz Cheese, low or no 35 grams Protein powo 3 cups Milk, low fat (19 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	der %)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
11:00 am Mid Meal 2 1/2 cups Beef and ba 2 Peppers (bell or cub 2 slice Whole grain bre 5 oz Cheddar cheese,	anelle) ead	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 15g F Calories: 647	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!

We	6:00 am Breakfast 9:00 am Snack orkout: Weight Resistanc	5:00 p	m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fa 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/o	t	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/o	r Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice		Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light	/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast, skinl 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/o		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fa 2 cups Yogurt, plain, low fa 1 1/3 cups Applesauce 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

Day: 39	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 6 Eggs, whole 2 cups Milk, low fat (19 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax a 4 oz Cheddar cheese,	nd/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
11:00 am Mid Meal 2 1/2 cups Beef and ba 2 Peppers (bell or cub 2 slice Whole grain bre 5 oz Cheddar cheese,	ead	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powe 3 cups Milk, low fat (19 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and	%)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powe 2 cups Yogurt, plain, lo 1 cup Peaches, canne 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax a	ow fat d	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 40	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner <u>n</u>
6:00 am Breakfast		Item Portions	Preparation Suggestions:
56 grams Protein pov 2 cups Yogurt, plain, 4 slice Whole grain bu 1 2/3 tsp Olive, Flax	low fat read	84g P 108g C 15g F Calories: 903	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 1 cup Grapes 3 slice Whole grain bu 2/3 tsp Olive, Flax ar 3 tsp Mayonnaise	l%) read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein pov 3 cups Milk, low fat (1 1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tota	I Daily Portions: Protein: 392	Carbohydra	ates: 540g Fat: 75g Calories: 4403

Day: 41	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance</i>	1:30 pi 5:00 pi <u>e at <i>10:30 ai</i></u>	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein por 3 cups Milk, low fat (2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slive	1%)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 42 grams Protein por 2 cups Milk, Iow fat (1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein por 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato vo 2 whole Pita 4 oz Cheddar cheese	egetable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breas 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cu 1 1/2 cups Tomatoe 1 1/3 cups Rice 1 2/3 tsp Olive, Flax	e ubanelle) s	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain, 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Day: 42	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 56 grams Protein pov 2 cups Yogurt, plain, 4 slice Whole grain b 1 2/3 tsp Olive, Flax	low fat read	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 1 cup Cottage cheese 2 cups Yogurt, plain, 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
1:00 pm Mid Meal 2 1/2 cups Beef and I 2 Peppers (bell or cu 2 slice Whole grain b 5 oz Cheddar cheese	ibanelle) read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein pov 2 cups Milk, low fat (* 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, r	1%)	Item Portions 56g P 72g C 10g F Calories: 566	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 10 oz Chicken breast 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein pov 2 cups Yogurt, plain, 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	low fat	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 43	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistant	<i>ce at 9:30 an</i> Item	
6:00 am Breakfast 4 oz Cheese, low or r 35 grams Protein pow 3 cups Milk, low fat (1 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	vder I%)	Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack		Item	Item Portions
42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack		Item	Item Portions
56 grams Protein pow 4 cups Fruit juice	<i>v</i> der	Portions 56g P 108g C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal		Item Portions	Item Portions
8 oz Chicken breast, 2 cups Milk, low fat (1 1 cup Grapes 3 slice Whole grain bi 2/3 tsp Olive, Flax ar 3 tsp Mayonnaise	l%) read	70g P 90g C 15g F Calories: 775	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner		Item	Item Portions
10 oz Chicken breast 2 cups Carrots 1 1/4 cups Corn, canr 1 cup Rice 1 2/3 tsp Olive, Flax	ned	Portions 70g P 90g C 15g F Calories: 775	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
4 oz Cheese, low or r 2 cups Yogurt, plain, 1 1/3 cups Oatmeal 15 Almonds, whole	low fat	56g P 72g C 15g F Calories: 647	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Tota			ates: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:		<u>,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,</u>	

Day: 44	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p 5:00 p	am Mid Meal 8:00 pm Snack n Snack n Dinner
7:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/lo	ow fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural		Item Portions 56g P 72g C 10g F Calories: 566	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 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or S	Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 15g F Calories: 647	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!
Total Daily F			ates: 504g Fat: 81g Calories: 4313 itres of water per day. **

Day: 45	Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight Resistance	5:00 pi <i>ce at 9:30 an</i>	m Dinner
6:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein pov 3 cups Milk, low fat (1 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slive	1%)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein pov 3 cups Milk, low fat (1 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 1 cup Grapes 3 slice Whole grain bi 2/3 tsp Olive, Flax ar 3 tsp Mayonnaise	1%) read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein pov 3 cups Milk, low fat (1 1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
			t tes: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:			

Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
ow fat ead	Item Portions 84g P 108g C 15g F Calories: 903 Item Portions	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Item Portions
	56g P 72g C 15g F Calories: 647	A nice, quick snack to satisfy those cravings!
	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
%)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
%) and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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! ates: 504g Fat: 81g Calories: 4313
	7:00 am Breakfast 9:00 am Snack <i>REST</i> der ow fat ead and/or Salmon Oils on fat %) d/or Salmon Oils skinless ed and/or Salmon Oils der %) and/or Salmon Oils	7:00 am Breakfast 9:00 am Snack REST2:00 p 5:00 pder ow fat ead and/or Salmon OilsItem Portions 903on fat %)903on fat %)Portions 56g P 72g C 15g F Calories: 647waterItem Portions 70g P 90g C 15g F Calories: 647waterItem Portions 70g P 90g C 15g F Calories: 647der %)Item Portions 70g P 90g C 15g F Calories: 775der %)Item Portions 56g P 72g C 10g F Calories: 566skinless ed and/or Salmon OilsItem Portions 70g P 90g C 15g F Calories: 566skinless ed %)Item Portions 56g P 72g C 10g F Calories: 566der %)Item Portions 70g P 90g C 15g F Calories: 647der %)Item Portions 70g P 90g C 15g F Calories: 647der %)Item 647der %)Sig F Calories: 647der %)F 72g C 15g F Calories: 647

Day: 47	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistanc	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 42 grams Protein pow 2 cups Milk, low fat (1 2 cups Yogurt, plain, 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and	vder 1%) Iow fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax a	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable sou 3 slice Whole grain bu 3 Almonds, whole 6 oz Cheddar cheese	read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pla 3 cups Beans, green 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax a	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or r 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax a 1 cup Yogurt, plain, lo 7 grams Protein powo	ıbanelle) and/or Salmon Oils ow fat	ltem Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Tota			tes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 48	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistand	1:30 p 5:00 p <i>se at 10:30 a</i>	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 12 Egg whites 28 grams Protein pc 2 cups Milk, low fat 2 cups Strawberries 4 slice Whole grain 5 tbsp Almonds, sliv	(1%) bread	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 35 grams Protein pc 3 cups Milk, low fat 1 cup Peaches, can 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	(1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato v 2 whole Pita 4 oz Cheddar chees	vegetable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, p 3 cups Beans, greer 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax	lain, low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Day: 49	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 56 grams Protein powe 2 cups Yogurt, plain, lo 4 slice Whole grain bre 1 2/3 tsp Olive, Flax a	ow fat ead	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 4 oz Cheese, low or no 28 grams Protein powo 2 2/3 cups Applesauce 5 tbsp Almonds, slivere	der e	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1% 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubar 3 slice Whole grain bre 9 Almonds, whole 2 tsp Mayonnaise	nelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powe 2 cups Milk, low fat (19 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, na	%)	Item Portions 56g P 72g C 10g F Calories: 566	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 8 oz Beef, lean cuts 2 cups Milk, low fat (19 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax a		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 42 grams Protein powo 2 cups Milk, low fat (19 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	%) nd/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total [ates: 504g Fat: 81g Calories: 4313 itres of water per day. **

Day: 50	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistal	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein pov 2 cups Yogurt, plain, 4 slice Whole grain b 1 2/3 tsp Olive, Flax 9:00 am Snack 42 grams Protein pov 2 cups Milk, low fat (²	vder low fat read and/or Salmon Oils vder	Item Portions 84g P 108g C 15g F Calories: 903 Item Portions 56g P 72g C	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs
1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax		15g F Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato ve 2 whole Pita 4 oz Cheddar cheese	egetable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (* 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or r 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax 1 cup Yogurt, plain, l 7 grams Protein powe	ıbanelle) and/or Salmon Oils low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Tota			I ttes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 51	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fa 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Sa		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage cheese, light 2 cups Yogurt, plain, low fa 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powder 3 cups Milk, Iow fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or S	Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 12 oz Ground beef (< 10% 1 2/3 tsp Olive, Flax and/or 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or	[.] Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily	Portions: Protein: 392g ** Remember to drink b		ates: 504g Fat: 81g Calories: 4313

8:00 pm Snack
stions: traight forward. Scrambled eggs shake! Season with salt and d enjoy the nuts on the side. FIMAL SUPPLEMENTS:*** s, Omega 3 caps, Multi Vit/Mineral, .u. Vit E
Item Portions ke + Energy Sustaining Growth in a blender over ice and blend to y. Enjoy!
Item Portions ake in blender over ice and blend. We a high glycemic juice like grape peration. Enjoy! FIMAL SUPPLEMENTS:*** 1 gram CAA's
Item Portions meal of soup. Enjoy! TIMAL SUPPLEMENTS:*** s, Omega 3 caps
Item Portions saute with the vegetables. Mix in one, and season with salt, pepper, rve hot. ***OPTIONAL/OPTIMAL ** Digestive Enzymes, Omega 3 eral
Item Portions and a handful of peanuts wiht a protein. Straight up or blended, y!
Calories: 4403
F C

Day: 53	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 12 Egg whites 28 grams Protein powde 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	d	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 4 oz Cheese, low or non 28 grams Protein powde 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	r	Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
11:00 am Mid Meal 2 1/2 cups Beef and barl 2 Peppers (bell or cubar 2 slice Whole grain brea 5 oz Cheddar cheese, lig	nelle) d	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powde 2 cups Milk, Iow fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natu		Item Portions 56g P 72g C 10g F Calories: 566	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 10 oz Chicken breast, sk 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubar 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and	nelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powde 2 cups Yogurt, plain, low 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and	fat I/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!
Total Da			ates: 504g Fat: 81g Calories: 4313 itres of water per day. **

Day: 54	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resist</i>	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax 4 oz Cheddar chees	(1%) x and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein po 2 cups Milk, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	(1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable so 3 slice Whole grain 3 Almonds, whole 6 oz Cheddar chees	bread	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 1/2 oz Ground be 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flay 3 oz Cheddar chees	e x and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain 1 1/3 cups Oatmeal 15 Almonds, whole	, low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

	8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistand</i>	5:00 p	m Mid Meal m Dinner m
8:00 am Breakfast 4 oz Cheese, low or r 35 grams Protein pov 3 cups Milk, low fat (1 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	non fat vder %)	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 35 grams Protein pov 3 cups Milk, low fat (1 1 cup Peaches, cann 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	%) ed	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato ve 2 whole Pita 4 oz Cheddar cheese	getable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast 2 cups Carrots 1 1/4 cups Corn, cani 1 cup Rice 1 2/3 tsp Olive, Flax	ned	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or r 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax 1 cup Yogurt, plain, l 7 grams Protein powe	banelle) and/or Salmon Oils ow fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Tota			t es: 540g Fat: 75g Calories: 4403 itres of water per day. **

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 6 Egg whites 3 Eggs, whole 21 grams Protein powde 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 5 oz Cheese, low or non 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
1:00 pm Mid Meal 8 oz Tuna, canned in wa 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, lig		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powde 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/o		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
7:00 pm Dinner 10 oz Chicken breast, sk 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powde 2 cups Yogurt, plain, low 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and	fat	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 57	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resista	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein pow		Item Portions 84g P	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy!
2 cups Yogurt, plain, l 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax a	low fat	108g C 15g F Calories: 903	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack		Item Portions	Item Portions
42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax a	%)	56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	<i>r</i> der	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (19 3 1/3 cups Tomato ve 2 whole Pita 4 oz Cheddar cheese	getable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 12 oz Ground beef (< 1 2/3 tsp Olive, Flax a 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	10% fat) and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or n 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax a 1 cup Yogurt, plain, lo 7 grams Protein powo	banelle) and/or Salmon Oils ow fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 pi 5:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
t	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
ıl	Item Portions 56g P 72g C 10g F Calories: 566	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 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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 am Breakfast 9:00 am Snack	7:00 am Breakfast 9:00 am Snack REST2:00 pr 5:00 pr9:00 am Snack REST1tem Portions 84g P 108g C 15g F Calories: 903nt1tem Portions 56g P 72g C 15g F Calories: 647nt1tem Portions 70g P 90g C 15g F Calories: 775nt1tem Portions 56g P 72g C 15g F Calories: 647nt1tem Portions 56g P 72g C 15g F Calories: 647nt1tem Portions 56g P 72g C 10g F Calories: 566nt1tem Portions 56g P 72g C 10g F Calories: 566nt1tem Portions 56g P 72g C 10g F Calories: 566nt1tem Portions 56g P 72g C 15g F Calories: 566nt1tem Portions 56g P 72g C 15g F Calories: 566nt1tem Portions 56g P 72g C 15g F Calories: 775nt1tem Portions 56g P 72g C 15g F Calories: 00 C 15g F Calories: 00 C 15g F Calories: 00 C 15g F Calories:

Day: 59	Schedule: 6:00 am Breakfast	1:00 pi	am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight Resistanc		m Dinner 1
6:00 am Breakfast 56 grams Protein pov 2 cups Yogurt, plain, 4 slice Whole grain b 1 2/3 tsp Olive, Flax	low fat read	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pov 2 cups Milk, low fat (1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 cup Grapes 3 slice Whole grain b 2/3 tsp Olive, Flax ar 3 tsp Mayonnaise	1%) read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 1/2 oz Ground ber 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax 3 oz Cheddar cheese	and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein pov 3 cups Milk, low fat (* 1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
Tota	I Daily Portions: Protein: 392 ** Remember to drink b	Carbohydra etween 3 - 4 I	tes: 540g Fat: 75g Calories: 4403 itres of water per day. **
Notes:			

Day: 60	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 42 grams Protein powd 2 cups Milk, Iow fat (1% 2 cups Yogurt, plain, Iov 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/o	o) w fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage cheese, 2 cups Yogurt, plain, lov 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 2 1/2 cups Beef and ba 2 Peppers (bell or cuba 2 slice Whole grain brea 5 oz Cheddar cheese, I	anelle) ad	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powd 2 cups Milk, Iow fat (1% 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, nat)	Item Portions 56g P 72g C 10g F Calories: 566	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 10 oz Chicken breast, s 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cuba 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax ar	anelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powd 2 cups Yogurt, plain, lou 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax ar	w fat nd/or Salmon Oils	ltem Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total D			ates: 504g Fat: 81g Calories: 4313 litres of water per day. **

	6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistand</i>	5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein pow 3 cups Milk, low fat (1 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, sliver	/der %)	ltem Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax a	%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	'der	ltem Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 4 cups Vegetable sou 3 slice Whole grain br 3 Almonds, whole 6 oz Cheddar cheese	ead	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast, 2 cups Carrots 1 1/4 cups Corn, canr 1 cup Rice 1 2/3 tsp Olive, Flax a	ned	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or n 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cul 2 Rice cakes 1 2/3 tsp Olive, Flax a 1 cup Yogurt, plain, k 7 grams Protein powd	banelle) and/or Salmon Oils ow fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Total			ates: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 62	Schedule: 8:00 am Breakfast 10:00 am Snack	1:30 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
8:00 am Breakfast 42 grams Protein pov 2 cups Milk, low fat (* 2 cups Yogurt, plain, 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and	1%) Iow fat	Ince at 10:30 an Item Portions 84g P 108g C 15g F Calories: 903	 Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 42 grams Protein pov 2 cups Milk, low fat (* 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 12 oz Ground beef (< 2 oz Cheese, low or r 1/2 cup Onions 1/4 head Lettuce, ice 2 Tomatoes 1 cup Grapes 3 slice Whole grain b 30 Peanuts	non fat berg	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 2 cups Yogurt, plain, 1 1/3 cups Applesaud 15 Almonds, whole	low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Tota			ates: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 63	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	4:00 pi 7:00 pi	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered		ltem Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural		Item Portions 56g P 72g C 10g F Calories: 566	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 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or	Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Total Daily		Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 64	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistan	ce at 9:30 an	<u>n</u>
6:00 am Breakfast 56 grams Protein pow 2 cups Yogurt, plain, 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax	vder Iow fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 1 cup Grapes 3 slice Whole grain bu 2/3 tsp Olive, Flax ar 3 tsp Mayonnaise	l%) read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast 2 cups Carrots 1 1/4 cups Corn, canr 1 cup Rice 1 2/3 tsp Olive, Flax	ned	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 35 grams Protein pow 3 cups Milk, low fat (1 1 Banana 30 Peanuts 1 tbsp Barley		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
1 tbsp Barley		Calories: 647	

Day: 65	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 56 grams Protein pov 2 cups Yogurt, plain, 4 slice Whole grain b 1 2/3 tsp Olive, Flax	low fat read	Item Portions 84g P 108g C 15g F Calories: 903 Item	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage cheese 2 cups Yogurt, plain, 2 cups Grapes 30 Peanuts		Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 8 oz Tuna, canned in 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese		ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein pov 3 cups Milk, low fat (* 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax ar	1%)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 12 oz Ground beef (< 1 2/3 tsp Olive, Flax 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	: 10% fat) and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein pov 2 cups Yogurt, plain, 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax Total	low fat	ltem Portions 56g P 72g C 15g F Calories: 647	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!

Day: 66	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	Workeau Wolght Repletari	Item	Preparation Suggestions:
42 grams Protein pow 2 cups Milk, low fat (1 2 cups Yogurt, plain, 1 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/	%) low fat	Portions 84g P 108g C 15g F Calories: 903	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack		Item	Item Portions
42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax a	%)	Portions 56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	/der	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gran Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef (< 2 oz Cheese, low or n 1/2 cup Onions 1/4 head Lettuce, icel 2 Tomatoes 1 cup Grapes 3 slice Whole grain br 30 Peanuts	oon fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cu 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax a	banelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or n 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax a 1 cup Yogurt, plain, lo 7 grams Protein powo	banelle) and/or Salmon Oils ow fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Tota			ates: 540g Fat: 75g Calories: 4403 litres of water per day. **

	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 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Sa	Imon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 12 oz Ground beef (< 10% fat 1 2/3 tsp Olive, Flax and/or S 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	/	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or S	Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!
Total Daily P	ortions: Protein: 392g ** Remember to drink b		Enjoy! ates: 504g Fat: 81g Calories: 4313

Day: 68	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistar</i>	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner 7
6:00 am Breakfast 42 grams Protein pow 2 cups Milk, low fat (1 2 cups Yogurt, plain, 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and	%) low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pow 2 cups Milk, low fat (1 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax	%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	/der	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (19 3 1/3 cups Tomato ve 2 whole Pita 4 oz Cheddar cheese	getable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pla 3 cups Beans, green 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 2 cups Yogurt, plain, 1 1/3 cups Applesauc 15 Almonds, whole	low fat	ltem Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

Day: 69	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	1:30 p 5:00 p	am Snack 8:00 pm Snack n Mid Meal n Dinner <i>n</i>
8:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax 4 oz Cheddar chees	and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 42 grams Protein po 2 cups Milk, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein po 4 cups Fruit juice	owder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 4 cups Vegetable sc 3 slice Whole grain 3 Almonds, whole 6 oz Cheddar chees	bread	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breas 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax	st, skinless k and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain 1 1/3 cups Applesau 15 Almonds, whole	, low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Tot	al Daily Portions: Protein: 392 ** Remember to drink b		tes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 70	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	n Mid Meal 9:00 pm Snack n Snack n Dinner
9:00 am Breakfast 42 grams Protein powo 2 cups Milk, low fat (19 2 cups Yogurt, plain, lo 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/o	der 6) wv fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 4 oz Cheese, low or no 28 grams Protein powo 2 2/3 cups Applesauce 5 tbsp Almonds, slivere	der	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
1:00 pm Mid Meal 2 1/2 cups Beef and ba 2 Peppers (bell or cub 2 slice Whole grain bre 5 oz Cheddar cheese,	anelle) ad	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powe 2 cups Milk, low fat (19 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and	6)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
7:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain 3 cups Beans, green o 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax an	r yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powo 2 cups Yogurt, plain, lo 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax an	ow fat	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 71	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistanc	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 12 Egg whites 28 grams Protein pov 2 cups Milk, low fat (* 2 cups Strawberries 4 slice Whole grain b 5 tbsp Almonds, slive	vder 1%) read	ltem Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein pov 3 cups Milk, low fat (* 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	ltem Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef (< 2 oz Cheese, low or n 1/2 cup Onions 1/4 head Lettuce, ice 2 Tomatoes 1 cup Grapes 3 slice Whole grain b 30 Peanuts	non fat berg	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast 2 cups Carrots 1 1/4 cups Corn, can 1 cup Rice 1 2/3 tsp Olive, Flax	ned	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 2 cups Yogurt, plain, 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Tota			ites: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 72	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1% 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax an 4 oz Cheddar cheese, l	d/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 5 oz Cheese, low or nor 3 cups Milk, low fat (1% 2 Apples 1/2 oz Cereal, dry 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
11:00 am Mid Meal 2 1/2 cups Beef and ba 2 Peppers (bell or cuba 2 slice Whole grain brea 5 oz Cheddar cheese, I	anelle) ad	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powd 2 cups Milk, Iow fat (1% 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
5:00 pm Dinner 10 1/2 oz Ground beef (1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax an 3 oz Cheddar cheese, I	d/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powd 2 cups Yogurt, plain, low 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax an	w fat	Item Portions 56g P 72g C 15g F Calories: 647	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!
Total D	aily Portions: Protein: 3920		ates: 504g Fat: 81g Calories: 4313

Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistan</i>	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
1%) and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1%) read	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
ibanelle) S	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
	6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant (1%) and/or Salmon Oils a, light/low fat (vder 1%) and/or Salmon Oils (vder (1%) and/or Salmon Oils (1%) read (nd/or Salmon Oils (1%)	6:00 am Breakfast 9:00 am Snack1:00 pr 5:00 pr9:00 am Snack5:00 pr Workout: Weight Resistance at 9:30 am Nag C 15g F Calories: 9031%)108g C 15g F Calories: 903and/or Salmon Oils a, light/low fatItem Portions 56g P 72g C 15g F Calories: 647wder56g P 72g C 15g F Calories: 647wder56g P 72g C 15g F Calories: 647wderSig F Calories: 656skinless70g P 90g C 15g F Calories: 656skinless70g P 90g C 15g F Calories: 656skinless70g P 90g C 15g F Calories: 656skinless70g P 90g C 15g F Calories: 775t, skinless70g P 90g C 15g F Calories: 775t, skinless70g P 90g C 15g F Calories: 775and/or Salmon OilsItem Portions 70g P 90g C 15g F Calories: 775and/or Salmon OilsItem Portions 70g P 90g C 15g F Calories: 775and/or Salmon OilsItem Portions 56g P 15g F Calories: 775and/or Salmon OilsItem Portions 56g P 72g C 15g F Calories: 775

Day: 74	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 12 Egg whites 28 grams Protein powde 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain brea 5 tbsp Almonds, slivered	d	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 4 oz Cheese, low or non 28 grams Protein powde 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	r	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
11:00 am Mid Meal 8 oz Tuna, canned in wa 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, lig		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powde 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Da			ates: 504g Fat: 81g Calories: 4313 litres of water per day. **

Day: 75	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistanc</i>	1:00 pi 5:00 pi <i>ce at 9:30 an</i>	am Snack 8:00 pm Snack m Mid Meal m Dinner 7
6:00 am Breakfast 12 Egg whites 28 grams Protein pow 2 cups Milk, low fat (2 cups Strawberries 4 slice Whole grain b 5 tbsp Almonds, slive	wder 1%) read	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein pov 3 cups Milk, low fat (` 1 cup Peaches, cann 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) ied	ltem Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pov 4 cups Fruit juice	vder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 cup Grapes 3 slice Whole grain b 2/3 tsp Olive, Flax au 3 tsp Mayonnaise	1%) read	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pl 3 cups Beans, green 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain, 1 1/3 cups Applesau 15 Almonds, whole	low fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Tota	al Daily Portions: Protein: 392 ** Remember to drink b		tes: 540g Fat: 75g Calories: 4403

Workow 8:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered 10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Sate 11:30 am Snack 56 grams Protein powder	10:00 am Snack <i>ut: Weight Resistance</i> almon Oils		m Dinner m Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
 8:00 am Breakfast Egg whites grams Protein powder cups Milk, low fat (1%) cups Strawberries slice Whole grain bread tbsp Almonds, slivered 10:00 am Snack 42 grams Protein powder cups Milk, low fat (1%) cup Strawberries 2/3 cups Oatmeal 2/3 tsp Olive, Flax and/or Sa 11:30 am Snack 56 grams Protein powder 		Item Portions 84g P 108g C 15g F Calories: 903 Item Portions 56g P 72g C 15g F Calories:	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Sa 11:30 am Snack 56 grams Protein powder	almon Oils	Portions 56g P 72g C 15g F Calories:	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
56 grams Protein powder			
4 cups Fruit juice		ltem Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Saln 3 tsp Mayonnaise	non Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Sa		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Total Daily Po	ortions: Protein: 392	Carbohydra	ites: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 77	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/o 4 oz Cheddar cheese, ligh		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 1 cup Cottage cheese, ligh 2 cups Yogurt, plain, low f 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	e)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or	Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
7:00 pm Dinner 10 1/2 oz Ground beef (< 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/o 3 oz Cheddar cheese, ligh	or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low f 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/o		Item Portions 56g P 72g C 15g F Calories: 647	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!

	6:00 am Breakfast 9:00 am Snack		m Mid Meal m Dinner
	Workout: Weight Resistand		
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax a 4 oz Cheddar cheese	%) and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein pow 3 cups Milk, Iow fat (1 1 cup Peaches, canne 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax a	%) ed	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	rder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 12 oz Ground beef (< 2 oz Cheese, low or n 1/2 cup Onions 1/4 head Lettuce, icet 2 Tomatoes 1 cup Grapes 3 slice Whole grain br 30 Peanuts	on fat	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast, 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cul 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax a	banelle)	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or n 2 cups Yogurt, plain, l 1 1/3 cups Applesauc 15 Almonds, whole	ow fat	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Tota			ntes: 540g Fat: 75g Calories: 4403
Notes:	"" Remember to drink b	etween 3 - 4 I	itres of water per day. **

Day: 79	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 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/ 4 oz Cheddar cheese, ligt		Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 5 oz Cheese, low or non f 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	at	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanel 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
5:00 pm Dinner 12 oz Ground beef (< 10% 1 2/3 tsp Olive, Flax and/ 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low f 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/	fat	Item Portions 56g P 72g C 15g F Calories: 647	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!

Day: 80	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistand</i>	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein po 2 cups Yogurt, plain, 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax	wder Iow fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 35 grams Protein po 3 cups Milk, Iow fat (1 cup Peaches, canr 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) ned	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein po 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 1 cup Milk, low fat (1 3 1/3 cups Tomato v 2 whole Pita 4 oz Cheddar cheese	egetable soup	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pl 3 cups Beans, green 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Yogurt, plain, 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Notes:

Day: 81	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 56 grams Protein por 2 cups Yogurt, plain, 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax	low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 1 cup Cottage chees 2 cups Yogurt, plain, 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
11:00 am Mid Meal 8 oz Tuna, canned ir 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
2:00 pm Snack 42 grams Protein por 2 cups Milk, Iow fat (1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax a	1%)	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pl 3 cups Beans, green 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein por 2 cups Milk, low fat (3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax	1%) and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	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!
Tota	I Daily Portions: Protein: 392g ** Remember to drink b	Carbohydr	ates: 504g Fat: 81g Calories: 4313

	9:00 am Snack Workout: Weight Resistanc	5:00 pr	m Mid Meal m Dinner n
6:00 am Breakfast 42 grams Protein pow 2 cups Milk, low fat (1 ¹ 2 cups Yogurt, plain, lo 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/	der %) ow fat	ltem Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
9:00 am Snack 42 grams Protein pow 2 cups Milk, low fat (1 ⁴ 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax a	%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein pow 4 cups Fruit juice	Jer	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, s 2 cups Milk, low fat (1 1 cup Grapes 3 slice Whole grain bro 2/3 tsp Olive, Flax and 3 tsp Mayonnaise	%) ead	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, pla 3 cups Beans, green o 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax a	or yellow	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or na 2 cups Yogurt, plain, lo 1 1/3 cups Oatmeal 15 Almonds, whole		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Total			ates: 540g Fat: 75g Calories: 4403 litres of water per day. **

Day: 83	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	1:30 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 42 grams Protein por 2 cups Milk, low fat (2 cups Yogurt, plain, 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and	1%) Iow fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
10:00 am Snack 35 grams Protein por 3 cups Milk, low fat (1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax	1%)	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:30 am Snack 56 grams Protein por 4 cups Fruit juice	wder	Item Portions 56g P 108g C Calories: 656	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's
1:30 pm Mid Meal 8 oz Chicken breast, 2 cups Milk, low fat (1 cup Grapes 3 slice Whole grain b 2/3 tsp Olive, Flax a 3 tsp Mayonnaise	1%) oread	ltem Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 1/2 oz Ground be 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax 3 oz Cheddar cheese	and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cu 2 Rice cakes 1 2/3 tsp Olive, Flax 1 cup Yogurt, plain, 7 grams Protein pow	ubanelle) and/or Salmon Oils low fat	ltem Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Tota			ntes: 540g Fat: 75g Calories: 4403 itres of water per day. **

Day: 84	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 12 Egg whites 28 grams Protein powde 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain brea 5 tbsp Almonds, slivered	d	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
11:00 am Snack 1 cup Cottage cheese, li 2 cups Yogurt, plain, low 2 cups Grapes 30 Peanuts		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
4:00 pm Snack 42 grams Protein powde 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/o		Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
7:00 pm Dinner 10 oz Chicken breast, sk 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and		Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
9:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Da	ily Portions: Protein: 392g ** Remember to drink b		ates: 504g Fat: 81g Calories: 4313

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

Protein

11 Eggs, whole 24 oz Cheddar cheese, light/low fat 903 grams Protein powder 34 1/2 oz Ground beef (< 10% fat) 28 oz Cheese, low or non fat 38 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat 24 oz Beef, lean cuts 18 Egg whites 8 oz Tuna, canned in water

5 cups Cereal, cold 6 Bananas 12 cups Strawberries 11 2/3 cups Oatmeal 16 cups Fruit juice 4 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 10 cups Grapes 22 slice Whole grain bread 5 cups Mushrooms 4 1/3 cups Rice 8 Peppers (bell or cubanelle) 3 cups Potato 12 tbsp Barley 2 cups Peaches, canned 3 cups Beans, green or yellow 2 3/4 cups Pasta 2 Apples 1/2 oz Cereal, dry 5 cups Carrots 1 1/4 cups Corn, canned 4 whole Pita 2 cups Tomato, puree 1 1/2 cups Tomatoes 5 cups Celery 3 cups Cucumber 2 Rice cakes 4 1/3 cups Applesauce

Carbohydrates

1 cup Tomato sauce

Fats

34 2/3 tsp Olive, Flax and/or Salmon Oils 120 Peanuts 48 Almonds, whole 10 tsp Mayonnaise 15 tbsp Almonds, slivered 2 tsp Peanut butter, natural 43 cups Milk, low fat (1%) 18 1/2 cups Yogurt, plain, low fat 2 1/2 cups Beef and barley soup 4 cups Vegetable soup 3 1/3 cups Tomato vegetable soup

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

Protein

917 grams Protein powder 20 oz Cheddar cheese, light/low fat 48 oz Ground beef (< 10% fat) 13 Eggs, whole 35 oz Cheese, low or non fat 16 oz Tuna, canned in water 17 oz Beef, lean cuts 40 oz Chicken breast, skinless 6 Egg whites

Carbohydrates

19 slice Whole grain bread 2 cups Peaches, canned 16 1/2 tbsp Barley 16 cups Fruit juice 6 cups Potato 10 2/3 cups Oatmeal 11 1/2 cups Grapes 4 Apples 1 oz Cereal, dry 8 Bananas 4 whole Pita 3 cups Tomato, puree 5 cups Celery 3 cups Carrots 1/2 cup Pasta 5 cups Strawberries 5 cups Cereal, cold 5 cups Applesauce 5 cups Mushrooms 6 2/3 cups Rice 4 cups Onions 8 Peppers (bell or cubanelle) 3 cups Tomatoes 1/2 head Lettuce, iceberg 4 Tomatoes 3 cups Cucumber 2 Rice cakes

Fats

36 1/3 tsp Olive, Flax and/or Salmon Oils 45 Almonds, whole 150 Peanuts 12 tsp Mayonnaise 2 tsp Peanut butter, natural 10 tbsp Almonds, slivered

Other

19 cups Yogurt, plain, low fat 39 cups Milk, low fat (1%) 8 cups Vegetable soup

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

Protein

33 oz Cheese, low or non fat 952 grams Protein powder 38 oz Chicken breast, skinless 26 oz Beef, lean cuts 45 oz Ground beef (< 10% fat) 21 oz Cheddar cheese, light/low fat 1 cup Cottage cheese, light/low fat 5 Eggs, whole 18 Egg whites

Carbohydrates

9 cups Cereal, cold 16 cups Strawberries 13 1/2 tbsp Barley 9 1/3 cups Oatmeal 16 cups Fruit juice 10 1/2 cups Grapes 25 slice Whole grain bread 4 1/2 cups Onions 2 cups Tomato, puree 12 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 5 1/3 cups Rice 3 Bananas 2 2/3 cups Applesauce 6 cups Mushrooms 2 cups Tomato sauce 4 cups Pasta 1 cup Peaches, canned 2 whole Pita 8 cups Celery 6 cups Cucumber 4 Rice cakes 3 cups Potato 1/4 head Lettuce, iceberg 2 Tomatoes 3 cups Carrots 2 Apples 1/2 oz Cereal, dry

Fats

36 1/3 tsp Olive, Flax and/or Salmon Oils 7 tsp Mayonnaise 150 Peanuts 15 tbsp Almonds, slivered 27 Almonds, whole 2 tsp Peanut butter, natural 48 cups Milk, low fat (1%) 14 cups Yogurt, plain, low fat 3 1/3 cups Tomato vegetable soup 4 cups Vegetable soup 2 1/2 cups Beef and barley soup

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

Protein

40 oz Cheese, low or non fat 945 grams Protein powder 66 oz Ground beef (< 10% fat) 15 oz Beef, lean cuts 8 oz Tuna, canned in water 44 oz Cheddar cheese, light/low fat 8 Eggs, whole

Carbohydrates

11 cups Cereal, cold 12 cups Strawberries 18 1/2 tbsp Barley 3 cups Peaches, canned 16 cups Fruit juice 3 1/2 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 3 cups Grapes 17 slice Whole grain bread 3 cups Beans, green or yellow 2 cups Mushrooms 8 cups Pasta 8 2/3 cups Applesauce 6 Bananas 4 whole Pita 4 cups Tomato sauce 5 cups Celery 3 cups Cucumber 7 Peppers (bell or cubanelle) 2 Rice cakes 4 2/3 cups Oatmeal 2 Apples 1/2 oz Cereal, dry 3 cups Potato 1 cup Tomato, puree 3 cups Carrots

Fats

38 tsp Olive, Flax and/or Salmon Oils 90 Peanuts
36 Almonds, whole 10 tbsp Almonds, slivered
5 tsp Mayonnaise
2 tsp Peanut butter, natural 42 cups Milk, low fat (1%) 16 1/2 cups Yogurt, plain, low fat 8 cups Vegetable soup 5 cups Beef and barley soup 3 1/3 cups Tomato vegetable soup

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

Protein

917 grams Protein powder 60 oz Ground beef (< 10% fat) 18 oz Cheese, low or non fat 13 Eggs, whole 3 cups Cottage cheese, light/low fat 17 oz Cheddar cheese, light/low fat 30 oz Chicken breast, skinless 25 oz Beef, lean cuts 18 Egg whites 8 oz Tuna, canned in water

Carbohydrates

16 cups Strawberries 12 1/3 cups Oatmeal 16 cups Fruit juice 3 1/2 cups Onions 3/4 head Lettuce, iceberg 6 Tomatoes 13 1/2 cups Grapes 25 slice Whole grain bread 6 cups Potato 13 1/2 tbsp Barley 5 Peppers (bell or cubanelle) 8 cups Carrots 1 1/4 cups Corn, canned 4 1/3 cups Rice 2 cups Peaches, canned 5 cups Cereal, cold 3 cups Tomato, puree 4 cups Celery 1 cup Pasta 7 Bananas 2 whole Pita 1 1/2 cups Tomatoes 1 1/3 cups Applesauce 3 cups Mushrooms

Fats

48 Almonds, whole 32 1/3 tsp Olive, Flax and/or Salmon Oils 240 Peanuts 10 tbsp Almonds, slivered 7 tsp Mayonnaise 2 tsp Peanut butter, natural

44 cups Milk, low fat (1%)

Other

18 cups Yogurt, plain, low fat 2 1/2 cups Beef and barley soup 4 cups Vegetable soup

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

Protein

12 Egg whites 12 Eggs, whole 931 grams Protein powder 33 oz Cheddar cheese, light/low fat 58 oz Chicken breast, skinless 24 oz Cheese, low or non fat 15 oz Beef, lean cuts 1 cup Cottage cheese, light/low fat

Carbohydrates

12 1/2 cups Grapes 11 2/3 cups Oatmeal 8 2/3 cups Applesauce 12 tbsp Barley 16 cups Fruit juice 4 whole Pita 3 cups Onions 3 cups Tomato, puree 10 Peppers (bell or cubanelle) 3 cups Tomatoes 7 2/3 cups Rice 5 cups Cereal, cold 9 cups Strawberries 20 slice Whole grain bread 3 cups Beans, green or yellow 6 cups Mushrooms 1 cup Pasta 4 Bananas 5 cups Carrots 1 1/4 cups Corn, canned 1 cup Peaches, canned 2 cups Celery

Fats

20 tbsp Almonds, slivered 33 2/3 tsp Olive, Flax and/or Salmon Oils 48 Almonds, whole 3 tsp Mayonnaise 60 Peanuts 2 tsp Peanut butter, natural 39 cups Milk, low fat (1%) 6 2/3 cups Tomato vegetable soup 19 1/2 cups Yogurt, plain, low fat 7 1/2 cups Beef and barley soup 4 cups Vegetable soup

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

Protein

31 oz Cheese, low or non fat
952 grams Protein powder
36 oz Chicken breast, skinless
30 Egg whites
16 oz Tuna, canned in water
14 oz Cheddar
cheese, light/low fat
47 oz Beef, lean cuts
3 Eggs, whole

Carbohydrates

3 cups Cereal, cold 15 cups Strawberries 11 tbsp Barley 11 cups Oatmeal 16 cups Fruit juice 5 1/2 cups Grapes 28 slice Whole grain bread 13 cups Carrots 2 1/2 cups Corn, canned 2 cups Rice 4 Apples 1 oz Cereal, dry 7 Bananas 6 whole Pita 3 cups Tomato, puree 9 cups Celery 2 1/2 cups Pasta 2 cups Peaches, canned 3 cups Applesauce 6 cups Beans, green or yellow 5 cups Mushrooms 3 cups Onions 3 cups Cucumber 4 Peppers (bell or cubanelle) 2 Rice cakes

Fats

33 tsp Olive, Flax and/or Salmon Oils 18 tsp Mayonnaise 48 Almonds, whole 20 tbsp Almonds, slivered 90 Peanuts 4 tsp Peanut butter, natural 53 cups Milk, low fat (1%) 16 cups Yogurt, plain, low fat

Other

4 cups Vegetable soup 3 1/3 cups Tomato

vegetable soup

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

Protein

875 grams Protein powder 32 oz Cheddar cheese. light/low fat 24 oz Beef, lean cuts 27 oz Cheese, low or non fat 1 cup Cottage cheese, light/low fat 22 1/2 oz Ground beef (< 10% fat) 14 Eggs, whole 24 Egg whites 30 oz Chicken breast, skinless 8 oz Tuna, canned in water

Carbohydrates

16 slice Whole grain bread 11 cups Strawberries 12 cups Oatmeal 16 cups Fruit juice 8 whole Pita 2 cups Tomato, puree 8 cups Celery 5 cups Carrots 2 3/4 cups Pasta 6 cups Cucumber 11 Peppers (bell or cubanelle) 4 Rice cakes 9 cups Grapes 5 cups Mushrooms 3 1/2 cups Onions 10 tbsp Barley 3 cups Potato 4 cups Peaches, canned 3 cups Beans, green or yellow 6 Bananas 2 2/3 cups Applesauce 1 1/2 cups Tomatoes 4 1/3 cups Rice 5 cups Cereal, cold 1 cup Tomato sauce 1 1/4 cups Corn, canned 2 Apples 1/2 oz Cereal, dry

Fats

34 tsp Olive, Flax and/or Salmon Oils
33 Almonds, whole 90 Peanuts
7 tsp Mayonnaise
20 tbsp Almonds, slivered
2 tsp Peanut butter, natural

Other

15 1/2 cups Yogurt, plain, low fat 46 cups Milk, low fat (1%) 10 cups Tomato vegetable soup 2 1/2 cups Beef and barley soup 4 cups Vegetable soup

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

Protein

959 grams Protein powder 20 oz Cheddar cheese, light/low fat 34 1/2 oz Ground beef (< 10% fat) 8 Eggs, whole 25 oz Cheese, low or non fat 24 Egg whites 8 oz Tuna, canned in water 48 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat 17 oz Beef, lean cuts

Carbohydrates

10 1/2 cups Grapes 15 1/3 cups Oatmeal 13 cups Strawberries 16 cups Fruit juice 4 whole Pita 3 cups Potato 10 1/2 tbsp Barley 8 cups Celery 6 cups Cucumber 11 Peppers (bell or cubanelle) 4 Rice cakes 2 Apples 1/2 oz Cereal, dry 6 Bananas 7 cups Carrots 2 1/2 cups Corn, canned 5 1/3 cups Rice 22 slice Whole grain bread 3 cups Onions 1 cup Tomato sauce 2 1/4 cups Pasta 2 cups Tomato, puree 1 1/2 cups Tomatoes 1/4 head Lettuce, iceberg 2 Tomatoes

3 cups Mushrooms

4 cups Applesauce

Fats

32 2/3 tsp Olive, Flax and/or Salmon Oils 20 tbsp Almonds. slivered 120 Peanuts 10 tsp Mayonnaise 6 tsp Peanut butter, natural 39 Almonds, whole

18 cups Yogurt, plain, low fat 40 cups Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup

Other

2 1/2 cups Beef and barley soup 4 cups Vegetable soup

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

Protein

917 grams Protein powder 38 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat 8 oz Tuna, canned in water 21 oz Cheddar cheese, light/low fat 36 oz Ground beef (< 10% fat) 13 Eggs, whole 24 oz Cheese, low or non fat 6 Egg whites 23 oz Beef, lean cuts

10 cups Grapes 17 cups Oatmeal 11 cups Strawberries 16 cups Fruit juice 18 slice Whole grain bread 2 cups Carrots 1 1/4 cups Corn, canned 4 1/3 cups Rice 5 Bananas 9 tbsp Barley 4 whole Pita 6 cups Potato 4 1/2 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Tomato, puree 8 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Celery 3 cups Cucumber

2 Rice cakes 2 Apples 1/2 oz Cereal, dry 7 cups Mushrooms 1 cup Peaches, canned 6 cups Beans, green or yellow 1 cup Pasta 5 1/3 cups Applesauce 2 cups Cereal, cold

Carbohydrates

Fats

35 2/3 tsp Olive, Flax and/or Salmon Oils 10 tsp Mayonnaise 120 Peanuts 60 Almonds, whole 10 tbsp Almonds, slivered Other

26 cups Yogurt, plain, low fat 37 cups Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 4 cups Vegetable soup 2 1/2 cups Beef and barley soup

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

Protein

48 Egg whites 728 grams Protein powder 33 oz Ground beef (< 10% fat) 27 oz Cheese, low or non fat 64 oz Chicken breast, skinless 18 Eggs, whole 25 oz Cheddar cheese, light/low fat 8 oz Tuna, canned in water 16 oz Beef, lean cuts 1 cup Cottage cheese, light/low fat

Carbohydrates

13 cups Strawberries 33 slice Whole grain bread 4 2/3 cups Applesauce 9 tbsp Barley 16 cups Fruit juice 4 1/2 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 9 cups Grapes 6 cups Carrots 3 3/4 cups Corn, canned 4 1/3 cups Rice 9 cups Oatmeal 6 cups Cereal, cold 8 Bananas 2 Apples 1/2 oz Cereal, dry 5 Peppers (bell or cubanelle) 2 cups Tomato sauce 4 cups Pasta 3 cups Peaches, canned 1 cup Tomato, puree 1 1/2 cups Tomatoes 2 whole Pita 3 cups Beans, green or yellow 3 cups Mushrooms

Fats

25 tbsp Almonds, slivered 32 1/3 tsp Olive, Flax and/or Salmon Oils 90 Peanuts 69 Almonds, whole 16 tsp Mayonnaise 44 cups Milk, low fat (1%) 15 1/2 cups Yogurt, plain, low fat 2 1/2 cups Beef and barley soup

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

Protein

14 Eggs, whole 17 oz Cheddar cheese, light/low fat 840 grams Protein powder 34 1/2 oz Ground beef (< 10% fat) 24 oz Cheese, low or non fat 36 oz Chicken breast, skinless 39 oz Beef, lean cuts 2 cups Cottage cheese, light/low fat 8 oz Tuna, canned in water 12 Egg whites

Carbohydrates

4 cups Cereal, cold 6 Bananas 3 cups Peaches, canned 8 1/2 tbsp Barlev 16 cups Fruit juice 7 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 15 cups Grapes 19 slice Whole grain bread 1 cup Tomato, puree 7 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 cups Rice 1 2/3 cups Applesauce 2 Apples 1/2 oz Cereal, dry 10 cups Mushrooms 15 1/3 cups Oatmeal 3 cups Potato 4 whole Pita 9 cups Beans, green or yellow 3 1/4 cups Pasta 11 cups Strawberries 1 cup Tomato sauce 3 cups Celery 3 cups Cucumber 2 Rice cakes

Fats

37 tsp Olive, Flax
and/or Salmon Oils
120 Peanuts
75 Almonds, whole
15 tsp Mayonnaise
5 tbsp Almonds,
slivered

41 cups Milk, low fat (1%) 25 1/2 cups Yogurt, plain, low fat 3 1/3 cups Tomato vegetable soup