Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

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Mike Westerdal & Patrick McGuire

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6:00 am Breakfast	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	77g P 99g C 18g F Calories: 866	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack	Item Portions	Preparation Suggestions:
63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	70g P 90g C 18g F Calories: 802	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	Preparation Suggestions:
70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	77g P 99g C 18g F Calories: 866	Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce	70g P 90g C 18g F Calories: 802	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!

Day: 2 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 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		ates: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 3 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.

Day: 4	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	-	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli sty 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or S		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and vegeta 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp of 4 oz Cheddar cheese, light/ 21 grams Protein powder	· Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural		Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Chicken breast, skinle 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or S		Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total Daily I	Portions: Protein: 441g ** Remember to drink b		tres: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 5	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 Resistance	e at 9:30 an	7
6:00 am Breakfast 49 grams Protein pow 2 cups Yogurt, plain, 2 cups Pineapple 1 1/2 cups Bran cerea 2 tsp Olive, Flax, Hen	vder low fat al, all varieties	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack		Item	Item Portions
42 grams Protein pow 2 cups Yogurt, plain, 1 cup Blueberries 1 1/3 cups Oatmeal	low fat	Portions 70g P 90g C 18g F Calories:	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
2 tsp Olive, Flax, Hen	np or Salmon Oils	802	desired consistency. Enjoy!
11:00 am Snack 70 grams Protein pow 2 cups Fruit juice 4 Rice cakes	vder	Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romai 2 tsp Olive, Flax, Hen	ine	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slive 1 1/3 cups Fruit juice	red	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, 1 cup Bran cereal, all 14 grams Protein pow	low fat varieties	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
Total	Daily Portions: Protein: 441g ** Remember to drink b		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 6 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.

Day: 7 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad ir with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories:	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		ates: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 8	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 10 Egg whites 3 cups Yogurt, plain, low 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp of	fat	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powde 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, can 2 cups Oatmeal 2 tsp Olive, Flax, Hemp of	ned	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powde 2 cups Fruit juice 4 Rice cakes	r	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast, sk 1 1/2 cups Blueberries 4 slice Whole grain brea 1 tsp Olive, Flax, Hemp of 3 tsp Mayonnaise	d	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Chicken breast, sk 2 1/4 cups Beans, green 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp of	or yellow	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non 28 grams Protein powde 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	r	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 9 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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! Ites: 567g Fat: 108g Calories: 5004

Day: 10 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resista	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 8 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.
		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 11	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli s 4 oz Cheese, low or non f 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp o	at	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and vege 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp 4 oz Cheddar cheese, ligl 21 grams Protein powder	or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fa 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natur	at	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Chicken breast, ski 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp o		Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Day: 12	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistanc		
6:00 am Breakfast 49 grams Protein pov 2 cups Yogurt, plain, 2 cups Pineapple 1 1/2 cups Bran ceres 2 tsp Olive, Flax, Her	vder low fat al, all varieties	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein pov 2 cups Yogurt, plain, 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Her	low fat	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein pov 2 cups Fruit juice 4 Rice cakes	vder	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, roma 2 tsp Olive, Flax, Her	ine	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slive 1 1/3 cups Fruit juice	ered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or r 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, 1 cup Bran cereal, all 14 grams Protein pov	low fat varieties	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
Total	Daily Portions: Protein: 441g ** Remember to drink b		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 13 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.

Day: 14 Schedu 9:00 am E 11:00 am	Breakfast 4:00 pi	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	ltem Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad ir with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	rotein: 441g Carbohydra mber to drink between 3-4 li	ates: 567g Fat: 108g Calories: 5004

Day: 15	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 n
6:00 am Breakfast 56 grams Protein por 3 cups Milk, low fat (2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slive	wder 1%)	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein por 1 cup Milk, low fat (1 1 1/2 cups Peaches, 2 cups Oatmeal 2 tsp Olive, Flax, Her	%) canned	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein por 2 cups Fruit juice 4 Rice cakes	wder	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breas: 1 1/2 cups Blueberrie 4 slice Whole grain b 1 tsp Olive, Flax, Hei 3 tsp Mayonnaise	es read	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Turkey breast, 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, icebe 3 cups Cherry tomate 6 tbsp Almonds, slive	erg pes	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain 1 cup Bran cereal, al 14 grams Protein por	, low fat I varieties	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
Tota	I Daily Portions: Protein: 441g ** Remember to drink b		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 16 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pi	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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!
		ttes: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 17 Schedule:		am Snack 8:00 pm Snack	
6:00 am Breakfast 9:00 am Snack		m Mid Meal m Dinner	
Workout: Weight Resistand	e at 9:30 an	n	
6:00 am Breakfast 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 18 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 567g Fat: 108g Calories: 5004 itres of water per day. **

Day: 19 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner	
6:00 am Breakfast 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle)	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils 9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal	Item Portions 70g P 90g C 18g F Calories:	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to	
2 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	ltem Portions 70g P 90g C 0g F Calories: 640	ltem Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 20 Schedule: 8:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal		
10:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 10:00 am				
8:00 am Breakfast 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B		
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	ltem Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **				

Day: 21 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g	Carbohydra	tenjoy! tes: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 22 Schedule: 11:00 am Snack 8:00 pm Snack 6:00 am Breakfast 1:00 pm Mid Meal 9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am Item 6:00 am Breakfast **Preparation Suggestions: Portions** 49 grams Protein powder 77g P Chop the fruit and mix with the remaining ingredients. 2 cups Yogurt, plain, low fat 99a C Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 2 cups Pineapple 18g F Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 1/2 cups Bran cereal, all varieties Calories: 1 gram Vit C, 400 i.u. Vit E. 2 tsp Olive, Flax, Hemp or Salmon Oils 866 Item 9:00 am Snack Item Portions **Portions** PRE - Protein Shake + Energy Sustaining Growth 63 grams Protein powder 70g P 1 cup Milk, low fat (1%) 90g C Carbs 1 1/2 cups Peaches, canned 18g F 2 cups Oatmeal Calories: Put all ingredients in a blender over ice and blend to 2 tsp Olive, Flax, Hemp or Salmon Oils 802 desired consistency. Enjoy! Item 11:00 am Snack Item Portions **Portions** 70 grams Protein powder 70g P POST - Protein Shake 2 cups Fruit juice 90g C Put all ingredients in blender over ice and blend. We 4 Rice cakes 0g F recommend using a high glycemic juice like grape Calories: juice for max recuperation. Enjoy rice cakes on the 640 side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's Item 1:00 pm Mid Meal Item Portions **Portions** 11 oz Chicken breast, skinless 77g P Chicken Salad Sandwich 1 1/2 cups Blueberries 99g C Make a basic chicken salad adding a little celery. 4 slice Whole grain bread 18g F onion and green pepper if desired, and salt and 1 tsp Olive, Flax, Hemp or Salmon Oils pepper to taste, make this one a triple decker and Calories: enjoy. *Optional/Optimal Supplement: Digestive 3 tsp Mayonnaise 866 Enzymes, Omega 3 caps and Vitamin B Item Portions 5:00 pm Dinner Item Portions 11 oz Beef, lean cuts 77g P Steak and Rice 99g C Season steak as desired and grill to your preference. 4 cups Cauliflower 18g F 2 cups Rice Cook rice, adding seasoning and chopped nuts. Calories: 6 tbsp Almonds, slivered Enjoy a cold juice with dinner. *Optional/Optimal 1 1/3 cups Fruit juice Supplement: Digestive Enzymes, Omega 3 caps and 866 Vitamin B, Multi Vit/Mineral Item 8:00 pm Snack Item Portions Portions 42 grams Protein powder 70g P A quick snack to keep you going! Mix it all up and 2 cups Yogurt, plain, low fat 90g C enjoy this one anytime of the day. 2/3 cup Applesauce 18g F 2 Oranges Calories: 1 tsp Olive, Flax, Hemp or Salmon Oils 802 18 Peanuts Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day.

Day: 23 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beet to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately. ates: 567g Fat: 108g Calories: 5004

Day: 24 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. ** Note:			

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Day: 25 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total Daily Portions: Protein: 44 ** Remember to dr	F1g Carbohydra ink between 3-4 li	ates: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 26	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistance	e at 9:30 an	7
6:00 am Breakfast 10 Egg whites 3 cups Yogurt, plain, I 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hem		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein pow 2 cups Yogurt, plain, I 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hen	ow fat	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein pow 2 cups Fruit juice 4 Rice cakes	rder	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast, 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romai 2 tsp Olive, Flax, Hen	ne	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 10 2/3 oz Whitefish 3 oz Hard cheeses, lig 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	ght/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or n 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, 1 cup Bran cereal, all 14 grams Protein pow	low fat varieties	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 27 Schedule:		am Snack 8:00 pm Snack		
8:00 am Breakfast 10:00 am Snack	2:00 pm Mid Meal 5:00 pm Dinner			
Workout: Weight Resistance		m		
8:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%)	Portions 77g P 99g C	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!		
2 cups Cereal, cold 2 cups Blueberries	18g F Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
6 tbsp Almonds, slivered	866	1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack	Item Portions	Item Portions		
63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned	70g P 90g C 18g F	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 802	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B		
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!		
	Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
1:00 pm Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! ates: 567g Fat: 108g Calories: 5004

Day: 29	Schedule: 6:00 am Breakfast 9:00 am Snack Vorkout: Weight Resistand	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or	Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes		Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise		Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Turkey breast, skinle 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	ess	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low f 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp of 18 Peanuts		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
Total Daily	/ Portions: Protein: 441g ** Remember to drink b	Carbohydra Detween 3-4 li	l ates: 567g Fat: 90g Calories: 4842 tres 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 49 grams Protein powd 2 cups Yogurt, plain, log 2 cups Pineapple 1 1/2 cups Bran cereal, 2 tsp Olive, Flax, Hemp	w fat all varieties	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, del 4 oz Cheese, low or not 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp	n fat	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 13 1/2 oz Chicken brea 2 cups Milk, low fat (1% 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cuba 2 Tomatoes 2 slice Whole grain bre 2 tsp Olive, Flax, Hemp	anelle)	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powd 1 cup Yogurt, plain, low 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, nat	fat	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp	or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powd 3 cups Milk, low fat (1% 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp)	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day: 31 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 Resistance at 9:30 am				
6:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B		
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	ltem Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!		
	Carbohydr between 3-4 li	rates: 567g Fat: 90g Calories: 4842 ritres of water per day. **		
Notes:				

Day: 32	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 4 oz Cheese, low or non find 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp o		Item Portions 77g P 99g C 18g F Calories: 866	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 9 oz Turkey breast, deli s 4 oz Cheese, low or non f 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp o	at	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and vege 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp 4 oz Cheddar cheese, ligl 21 grams Protein powder	or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp of		Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp o		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day: 33	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner		
И	Workout: Weight Resistance at 9:30 am				
6:00 am Breakfast 1 cup Yogurt, plain, low fa 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or 6 Eggs, whole 3 slice Whole grain bread		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low for the sup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or		Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes		Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal 11 oz Chicken breast, skir 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B		
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green of 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fa 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	at	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **					

Day: 34 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	11:00 am Snack 8:00 pm Snack 2:00 pm Mid Meal 5:00 pm Dinner ace at 10:00 am		
8:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 35 Schedule: 9:00 am Brea 11:00 am Sna	kfast 4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner	
9:00 am Breakfast 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
1:00 pm Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Day: 36 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner		
6:00 am Breakfast 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B		
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. ** Notes:				

Day: 37	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fa 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	at	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 6 oz Cheese, low or non fa 2 cups Yogurt, plain, low fa 2 cups Applesauce 18 Almonds, whole		Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 13 1/2 oz Chicken breast, 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubane 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or	elle)	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, lo 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp o 2 Tangerines		Item Portions 70g P 99g C 18g F Calories: 802	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 2/3 oz Whitefish 3 oz Hard cheeses, light/lo 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	ow fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or		ltem Portions 70g P 90g C 18g F Calories: 802	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Ites: 567g Fat: 108g Calories: 5004

6: 9:	chedule: 00 am Breakfast 00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack n Mid Meal n Dinner
Workou	ıt: Weight Resistance		
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/lo 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salm 8 Egg whites 2 slice Whole grain bread		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack		Item	Item Portions
42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salm	non Oils	Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes		Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salm	non Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 8 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salm	non Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Saln 18 Peanuts	non Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
	tions: Protein: 441g ** Remember to drink be		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

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 49 grams Protein powder 2 cups Yogurt, plain, low far 2 cups Pineapple 1 1/2 cups Bran cereal, all v 2 tsp Olive, Flax, Hemp or S	varieties	Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli sty 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or S		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 2 2/3 cups Beef and vegeta 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp o 4 oz Cheddar cheese, light/ 21 grams Protein powder	r Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or	Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or S		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or S		Item Portions 70g P 90g C 18g F Calories: 802	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! Ites: 567g Fat: 108g Calories: 5004

Day: 40	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 3 cups Milk, low fat (1 3 oz Cheese, low or n 1 Orange 35 grams Protein pow 3 slice Whole grain br 2 tsp Butter	%) on fat vder	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein pow 1 cup Milk, low fat (19 1 1/2 cups Peaches, of 2 cups Oatmeal 2 tsp Olive, Flax, Hen	6) canned	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein pow 2 cups Fruit juice 4 Rice cakes	rder	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 56 grams Protein pow 3 cups Milk, low fat (1 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romain 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hen	%) e	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slive 1 1/3 cups Fruit juice	red	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheddar cheese 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein pow	•	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.

Day: 41 Schedule: 8:00 am Breakfast 10:00 am Snack	8:00 am Breakfast 2:00 pm Mid Meal 10:00 am Snack 5:00 pm Dinner		
Workout: Weight Resistance at 10:00 am			
8:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

9:0	0 am Breakfast 4	:00 pm Mid Meal 9:00 pm Snack :00 pm Snack :00 pm Dinner	
9:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	1te Port 77 99 18 Calc 80	A classic cereal breakfast with nuts and fruit for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS Digestive Enzymes, Omega 3 caps, Multi	***
11:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmo	Port 70 90 18 Calc 80	ons P Black Bean Salsa Mix black beans, diced tomato, chopped o oil, lime juice, and cilantro in a bowl. Seed ries: peppers and chop finely and add to mixtur	jalapeno
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/lov 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmo 3 tsp Mayonnaise	18 Calc 8	Chicken and Greek Salad Grill or broil chicken season as desired. To with oil and vinegar and if desired add 1 cl ries: minced garlic. Cube chicken breast and according to the control of	ove of dd to salad Optimal
4:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	1te Port 70 99 18 Calc	Protein Shake Put all ingredients in blender over ice and Add water to create desired consistency.	
7:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmo		Chicken with Vegetables Crill or bake the chicken (if baking, do so a degrees for about 20 minutes, or until ther left inside the chicken breast). To boost the add a dash of low-fat, low-sugar barbecue coat with some crushed fresh herbs, salt a Steam the vegetables and enjoy on the sic pasta and salsa. *Optional/Optimal Suppl Digestive Enzymes, Omega 3 caps and Vi Multi Vit/Mineral	e's no pink ne flavour, sauce, or and pepper de wiht ement:
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	1te Port 70 90 18 Calc 80	Protein Shake with Fruit Blend all ingredients, except nuts together ice cubes until desired consistency is reacries: Blender not available? Mix protein powde	hed. r with cold
		hydrates: 567g Fat: 108g Calories: 5004 3-4 litres of water per day. **	

Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
on fat %) anelle)	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
der p or Salmon Oils der p or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
der	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
%) ead	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
on fat panelle) np or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
light/low fat	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.
	6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant on fat %) inelle) ead p or Salmon Oils der %) on fat on fat panelle) ead in por Salmon Oils der in por Salmon Oils der in por Salmon Oils in por Salmon Oils	6:00 am Breakfast 9:00 p 5:00 p

Day: 44	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner	
7:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, lig 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or 8 Egg whites 2 slice Whole grain bread		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fa 2 cups Yogurt, plain, low fa 2 cups Applesauce 18 Almonds, whole		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
11:00 am Mid Meal 13 1/2 oz Chicken breast, of 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubane 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or	lle)	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natura		Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 8 oz Chicken breast, skinle 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubane 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or	lle)	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **				

Day: 45	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner	
	Workout: Weight Resistance	e at 9:30 an	7	
6:00 am Breakfast 3 cups Milk, low fat (19 4 oz Mozzarella chees 1 1/3 cups Fruit cockta 2 tsp Olive, Flax, Hemp 8 Egg whites 2 slice Whole grain bro	e, light/low fat il o or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powo 2 cups Yogurt, plain, lo 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp	ow fat	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powo 2 cups Fruit juice 4 Rice cakes	der	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (19) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bre 9 Almonds, whole 3 tsp Mayonnaise		Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 7 oz Chicken breast, sl 2 cups Yogurt, plain, lo 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp	ow fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powo		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total [Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

7	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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Sal	mon Oils	Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 1/2 cup Cottage cheese, light/ 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	low fat	ltem Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal 2 2/3 cups Beef and vegetable 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or S 4 oz Cheddar cheese, light/lov 21 grams Protein powder	almon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fa 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Sa 2 Tangerines		Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or ye 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Sal		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Sal		Item Portions 70g P 90g C 18g F Calories: 802	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! Ites: 567g Fat: 108g Calories: 5004

Day: 47 Schedule: 6:00 am Breakfa 9:00 am Snack Workout: Weight Res	ast 1:00 pı 5:00 pı	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast	Item	
8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack	Item	Item Portions
63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Portions 70g P 90g C 18g F Calories: 802	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
70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner	Item Portions	Item Portions
13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	77g P 99g C 18g F Calories: 866	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack	Item Portions	Item Portions
42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	70g P 90g C 18g F Calories: 802	A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 48 Schedule		am Snack 8:00 pm Snack	
8:00 am Bro		m Mid Meal	
10:00 am S Workout: Weight	nack 5:00 pi <i>Resistance at 10:00 ai</i>	m Dinner m	
8:00 am Breakfast	Item	Preparation Suggestions:	
1 cup Yogurt, plain, low fat	Portions 77g P	Eggs with yogurt and fruit. Enjoy!	
6 Egg whites	99g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***	
1 1/2 cups Pineapple	18g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
2 tsp Olive, Flax, Hemp or Salmon Oils	Calories:	1 gram Vit C, 400 i.u. Vit E.	
6 Eggs, whole	866		
3 slice Whole grain bread			
10:00 am Snack	Item	Item Portions	
63 grams Protein powder	Portions 70g P	PRE - Protein Shake + Energy Sustaining Growth	
1 cup Milk, low fat (1%)	90g C	Carbs	
1 1/2 cups Peaches, canned	18g F		
2 cups Oatmeal	Calories:	Put all ingredients in a blender over ice and blend to	
2 tsp Olive, Flax, Hemp or Salmon Oils	802	desired consistency. Enjoy!	
11:00 am Snack	Item	Item Portions	
	Portions		
70 grams Protein powder 2 cups Fruit juice	70g P 90g C	POST - Protein Shake Put all ingredients in blender over ice and blend. We	
4 Rice cakes	0g F	recommend using a high glycemic juice like grape	
	Calories:	juice for max recuperation. Enjoy rice cakes on the	
	640	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1	
		gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal	Item Portions	Item Portions	
16 1/2 oz Chicken breast, deli style	77g P	Deli Chicken with a Tossed Salad.	
2 cups Mushrooms	99g C	You can easily make a tasty salad dressing with oil,	
2 cups Celery	18g F	vinegar, and seasonings of your choice. Enjoy the	
1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine	Calories: 866	fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
1 Orange	000	Digosavo Enzymos, omoga o capo ana vicanim B	
3 slice Whole grain bread			
2 tsp Olive, Flax, Hemp or Salmon Oils			
F:00 pm Dinner	Item	New Destine	
5:00 pm Dinner	Portions	Item Portions	
11 oz Turkey breast, skinless 2 cups Chickpeas	77g P 99g C	Turkey and Salad Grilled or roast turkey is great with this meal. Throw	
1 cup Mushrooms	18g F	all the vegetables into a large bowl and sprinkle	
1/4 cup Onions	Calories:	slivered almonds on top. Enjoy! *Optional/Optimal	
1 head Lettuce, iceberg	866	Supplement: Digestive Enzymes, Omega 3 caps and	
3 cups Cherry tomatoes 6 tbsp Almonds, slivered		Vitamin B, Multi Vit/Mineral	
o tosp Almonds, silvered			
8:00 pm Snack	Item	Item Portions	
4 oz Cheese, low or non fat	Portions 70g P	Yogurt, Cheese, Berries, Bran and Peanuts	
2 cups Raspberries	90g C	Dice the cheese and throw everything into a bowl.	
2 cups Strawberries	18g F	Every scoop will be a great surprise!	
36 Peanuts	Calories:		
2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties	802		
14 grams Protein powder			
Total Daily Portions: Pro	otein: 441g Carbohydr	ates: 567g Fat: 90g Calories: 4842	
** Remember to drink between 3-4 litres of water per day. **			

Day: 49 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner	
9:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	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 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Day: 50 Schedule: 6:00 am Breakfast	1:00 p	am Snack 8:00 pm Snack m Mid Meal	
9:00 am Snack <i>Workout: Weight Resistand</i>		m Dinner n	
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	ltem Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 51 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner	
7:00 am Breakfast 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Day: 52 Schedu 6:00 am B 9:00 am S Workout: Weigh	reakfast 1:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
	rotein: 441g Carbohydra aber to drink between 3-4 li	ates: 567g Fat: 90g Calories: 4842 tres of water per day. **
Notes:		

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 3 cups Milk, low fat (56 grams Protein pov 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Her	1%) vder	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, of 4 oz Cheese, low or 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Her	non fat	Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 9 oz Chicken breast, 2 oz Mozzarella chee 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romain 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Her 3 tsp Mayonnaise	ese, light/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein povo 2 cups Milk, low fat (*2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, He	1%)	Item Portions 70g P 99g C 18g F Calories: 802	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 shak 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 2/3 oz Whitefish 3 oz Hard cheeses, li 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	ght/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some sa and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps an Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein pov 3 cups Milk, low fat (*) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slive	1%)	Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total			tes: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 54 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resista	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Portions 77g P 99g C 18g F Calories: 866	Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.

	edule:		am Snack 8:00 pm Snack
	am Breakfast 0 am Snack		m Mid Meal m Dinner
	Veight Resistance	e at 10:00 ai	m
8:00 am Breakfast		Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low f 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon 8 Egg whites 2 slice Whole grain bread		77g P 99g C 18g F Calories: 866	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack		Item	Item Portions
63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon	Oils	Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes		Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise		Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon	Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts		70g P 90g C 18g F Calories: 802	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
			ates: 567g Fat: 90g Calories: 4842
** Remember to drink between 3-4 litres 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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! Ites: 567g Fat: 108g Calories: 5004

Day: 57 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resista.	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n	
6:00 am Breakfast 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

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Day: 58	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 56 grams Protein powde 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli 4 oz Cheese, low or non 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp of	fat	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 9 oz Chicken breast, skir 2 oz Mozzarella cheese, 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp of 3 tsp Mayonnaise	light/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad ir with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powde 1 cup Yogurt, plain, low f 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natu	at	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Chicken breast, sk 2 1/4 cups Beans, green 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp of	or yellow	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powde 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp of		Item Portions 70g P 90g C 18g F Calories: 802	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 Dai			ates: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 59 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m	
6:00 am Breakfast 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 60	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 powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 1/2 cup Cottage cheese, I 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	ight/low fat	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal 9 oz Chicken breast, skini 2 oz Mozzarella cheese, I 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp o 3 tsp Mayonnaise	ight/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, I 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp of 2 Tangerines	ow fat	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Chicken breast, skii 2 1/4 cups Beans, green of 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp of	or yellow	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately. Ites: 567g Fat: 108g Calories: 5004

Day: 61 Schedule: 6:00 am Breakfast	1:00 p	am Snack 8:00 pm Snack m Mid Meal			
9:00 am Snack <i>Workout: Weight Resistand</i>	9:00 am Snack 5:00 pm Dinner <i>Workout: Weight Resistance at 9:30 am</i>				
6:00 am Breakfast 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.			
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's			
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B			
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral			
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.			
Total Daily Portions: Protein: 441g ** Remember to drink be	Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **				

Day: 62 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m	
8:00 am Breakfast 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 63	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter		ltem Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 1/2 cup Cottage cheese, lig 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	ht/low fat	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
1:00 pm Mid Meal 4 1/2 oz Chicken breast, de 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, lov 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or 2 Tangerines		Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 11 oz Chicken breast, skinke 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or S		Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or S	Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day: 64 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 Resistance			
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 65	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pt 5:00 pt	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or S		Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 9 oz Chicken breast, skinles 2 oz Mozzarella cheese, ligh 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or S 3 tsp Mayonnaise	nt/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad ir with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or S 2 Tangerines		Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 7 oz Chicken breast, skinles 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or S		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total Daily F			tes: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 66	Schedule: 6:00 am Breakfast	1:00 p	am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight Resistand		m Dinner n
6:00 am Breakfast 49 grams Protein pow 2 cups Yogurt, plain, 2 cups Pineapple 1 1/2 cups Bran cerea 2 tsp Olive, Flax, Hen	vder low fat al, all varieties	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein pow 1 cup Milk, low fat (19 1 1/2 cups Peaches, 9 2 cups Oatmeal 2 tsp Olive, Flax, Hen	%) canned	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein pow 2 cups Fruit juice 4 Rice cakes	/der	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 16 1/2 oz Chicken brown 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubo 4 cups Lettuce, romai 1 Orange 3 slice Whole grain book 2 tsp Olive, Flax, Hen	anelle) ine read	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 8 oz Chicken breast, 3 cups Milk, low fat (1 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cu 1 cup Jalapeno pepper 1 1/3 cups Rice 2 tsp Olive, Flax, Hen	%) banelle) ers	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein pov 2 cups Yogurt, plain, 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hei 18 Peanuts	low fat	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
Total	Daily Portions: Protein: 441g ** Remember to drink b		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 67	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 8 Egg whites 4 oz Cheese, low or no 3 cups Milk, low fat (1% 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubar 2 slice Whole grain bre 2 tsp Olive, Flax, Hemp	selle) ad	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 1/2 cup Cottage cheese 56 grams Protein powd 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower see	er	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal 2 2/3 cups Beef and ve 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hen 4 oz Cheddar cheese, I 21 grams Protein powd	np or Salmon Oils ight/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powd 2 cups Milk, low fat (1% 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hem	6)	Item Portions 70g P 99g C 18g F Calories: 802	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 Chicken breast, sk 3 cups Milk, low fat (1% 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cuba 1 cup Jalapeno pepper 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp	anelle) s	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount o jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powd 3 cups Milk, low fat (1% 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivere	5)	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total Da	aily Portions: Protein: 441a	Carbohydra	tes: 567g Fat: 108g Calories: 5004

Day: 68 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
Total Daily Portions: Protein: 441g	Carbohydr	rates: 567g Fat: 90g Calories: 4842

Day: 69 Schedule: 8:00 am Breakfast	2:00 p	am Snack 8:00 pm Snack m Mid Meal	
10:00 am Snack Workout: Weight Resistand	e at 10:00 a	m Dinner <i>m</i>	
8:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	ltem Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Day: 70 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p 7:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
1:00 pm Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 567g Fat: 108g Calories: 5004

Day: 71 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n	
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. ** Notes:			

Day: 72 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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		ates: 567g Fat: 108g Calories: 5004 tres of water per day. **

Day: 73 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistant	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
		l ates: 567g Fat: 90g Calories: 4842 itres of water per day. **
Notes:		

Day: 74 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Day: 75 Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack
9:00 am Snack	1:00 pm Mid Meal 5:00 pm Dinner	
Workout: Weight Resistance	<i>e at 9:30 an</i> Item	
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack	Item Portions	Item Portions
63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 76	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 3 cups Milk, low fat (1% 56 grams Protein powde 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp) er	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 6 oz Cheese, low or nor 2 cups Yogurt, plain, lov 2 cups Applesauce 18 Almonds, whole		Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
11:00 am Mid Meal 2 2/3 cups Beef and veg 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hem 4 oz Cheddar cheese, li 21 grams Protein powde	np or Salmon Oils ght/low fat	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 49 grams Protein powde 1 1/2 cups Yogurt, plain 1 1/2 tbsp Barley 3 tbsp Almonds, sliveree 1 tsp Olive, Flax, Hemp 2 Tangerines	, low fat d	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or nor 1/2 cup Onions 2 Peppers (bell or cuba 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp	nnelle)	Item Portions 77g P 99g C 18g F Calories: 866	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add bee to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powde 3 cups Milk, low fat (1% 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered)	ltem Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.

Day: 77 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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

eakfast 2:00 p ack 5:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
Item Portions 70g P 90g C 18g F Calories: 802 ein: 441g Carbohydra	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
	eakfast ack 5:00 p REST Item Portions 77g P 99g C 18g F Calories: 866 Item Portions 77g P 90g C 18g F Calories: 866 Item Portions 77g P 99g C 18g F Calories: 802 Item Portions 77g P 99g C 18g F Calories: 866 Item Portions 77g P 99g C 18g F Calories: 866 Item Portions 77g P 99g C 18g F Calories: 866 Item Portions 77g P 99g C 18g F Calories: 802

6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance at 9:30 am Pecalina Signature of the State Signature of	Day: 79	Schedule:	11:00	am Snack 8:00 pm Snack
### Workout: Weight Resistance at 9:30 am ### Storous Breakfast ### Break				
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36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842				
2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842				Every scoop will be a great surprise!
1 cup Bran cereal, all varieties 14 grams Protein powder Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842		w fat		
14 grams Protein powder Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842			302	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **				
** Remember to drink between 3-4 litres of water per day. **	Total D	nily Portional Protein: 444-	Carbabida	ptop: 567g, Eat: 00g, Calariag: 4942
r	I Otal Da	** Remember to drink b	etween 3-4 li	tres of water per day. **

Day: 80 Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
10:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
2:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
		ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 81 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
1:00 pm Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Ites: 567g Fat: 108g Calories: 5004

Day: 82	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 49 grams Protein powde 2 cups Yogurt, plain, low 2 cups Pineapple 1 1/2 cups Bran cereal, a 2 tsp Olive, Flax, Hemp	r rfat all varieties	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 63 grams Protein powde 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, car 2 cups Oatmeal 2 tsp Olive, Flax, Hemp	nned	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powde 2 cups Fruit juice 4 Rice cakes	ır	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 11 oz Chicken breast, sk 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp		Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	ı	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheddar cheese, lig 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powde		Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.
Total Da	nily Portions: Protein: 441g ** Remember to drink b	Carbohydra etween 3-4 li	ates: 567g Fat: 90g Calories: 4842 tres of water per day. **

Day: 83 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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		ates: 567g Fat: 108g Calories: 5004 tres of water per day. **

Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E. Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs
Portions 70g P 90g C 18g F Calories:	PRE - Protein Shake + Energy Sustaining Growth Carbs
	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Item Portions 77g P 99g C 18g F Calories: 866	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** gram Vit C, Creatine & BCAA's
Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B
Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral
Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
	Portions 77g P 99g C 18g F Calories: 866 Item Portions 70g P 99g C 18g F Calories: 802 Item Portions 77g P 99g C 18g F Calories: 806

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

Other

41 cups Milk, low fat (1%) 14 1/2 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1253 grams Protein powder 37 1/2 oz Chicken breast, deli style 38 oz Chicken breast, skinless 36 oz Cheese, low or non fat 6 oz Mozzarella cheese, light/low fat 16 Egg whites 1/2 cup Cottage cheese, light/low fat 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 28 oz Beef, lean cuts 8 oz Cheddar cheese, light/low fat 9 oz Turkey breast, deli style 13 1/2 oz Haddock 11 oz Turkey breast, skinless	7 cups Cereal, cold 4 cups Grapes 2 1/2 cups Peaches, canned 9 1/3 cups Oatmeal 9 2/3 cups Fruit juice 16 Rice cakes 10 cups Mushrooms 3 1/4 cups Celery 8 Peppers (bell or cubanelle) 10 cups Lettuce, romaine 5 Oranges 16 slice Whole grain bread 3 cups Cabbage 5 1/2 cups Salsa 5 2/3 cups Rice 3 Apples 4 2/3 cups Applesauce 1 1/3 cups Fruit cocktail 15 1/2 tbsp Barley 4 1/4 cups Onions 2 cups Zucchini 12 Tomatoes 2 Tangerines 2 cups Baked beans 7 cups Raspberries 3 1/2 cups Spinach 10 cups Strawberries 2 cups Kidney beans 4 whole Pita 4 Pickles 6 oz Pretzels 4 cups Blueberries 1 cup Beans, black 4 Crackers 1 Banana 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 cups Pineapple 2 1/2 cups Bran cereal, all varieties 3 cups Califlower 12 spears Asparagus 1 1/2 cups Beans, green or yellow 1 head Lettuce, iceberg	44 2/3 tsp Olive, Flax, Hemp or Salmon Oils 36 Walnuts 1 1/5 oz Sunflower seeds 27 tbsp Almonds, slivered 6 Macadamia nuts 36 Almonds, whole 6 tsp Peanut butter, natural 54 Peanuts 6 tsp Mayonnaise 2 tsp Butter

3 cups Cherry tomatoes

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

Protein	Carbohydrates	Fats
24 Egg whites 1253 grams Protein powder 61 oz Chicken breast, skinless 29 oz Cheese, low or non fat 13 Eggs, whole 1/2 cup Cottage cheese, light/low fat 4 1/2 oz Chicken breast, deli style 31 oz Beef, lean cuts 8 oz Cheddar cheese, light/low fat 9 oz Turkey breast, deli style 13 1/2 oz Haddock 2 oz Mozzarella cheese, light/low fat 11 oz Turkey breast, skinless	5 cups Grapes 10 1/3 cups Oatmeal 2 1/2 cups Peaches, canned 9 2/3 cups Fruit juice 16 Rice cakes 5 1/2 cups Blueberries 16 slice Whole grain bread 5 1/4 cups Beans, green or yellow 6 cups Mushrooms 1 cup Zucchini 9 1/2 whole Pita 2 Apples 4 2/3 cups Applesauce 3 1/2 cups Pineapple 15 1/2 tbsp Barley 8 Crackers 2 Tangerines 1 cup Tomato, puree 3 1/4 cups Celery 5 cups Carrots 6 2/3 cups Rice 7 cups Raspberries 1 3/4 cups Kidney beans 3 cups Onions 2 cups Spinach, cooked 10 cups Strawberries 2 cups Cucumber 6 cups Lettuce, romaine 8 Tomatoes 1 cup Fruit cocktail 1 cup Cabbage 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 4 Pickles 6 oz Pretzels 4 cups Cereal, cold 1 cup Beans, black 3 1/2 cups Salsa 1 Banana 1 cup Corn, canned 1 cup Pasta 2 1/2 cups Bran cereal, all varieties 3 cups Chickpeas 4 cups Cauliflower 4 Oranges 12 spears Asparagus 1 head Lettuce, iceberg	44 2/3 tsp Olive, Flax, Hemp or Salmon Oils 9 tsp Mayonnaise 36 Walnuts 1 1/5 oz Sunflower seeds 66 Peanuts 27 tbsp Almonds, slivered 6 tsp Peanut butter, natural 27 Almonds, whole 2 tsp Butter

Other

3 cups Cherry tomatoes

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

Other

43 cups Milk, low fat (1%) 9 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1232 grams Protein powder 53 oz Chicken breast, skinless 11 oz Turkey breast, skinless 37 oz Cheese, low or non fat 18 oz Turkey breast, deli style 8 oz Cheddar cheese, light/low fat 42 oz Beef, lean cuts 22 Egg whites 6 Eggs, whole 13 1/2 oz Chicken breast, deli style 13 1/2 oz Haddock 2 oz Mozzarella cheese, light/low fat	5 cups Cereal, cold 5 cups Blueberries 1 1/2 cups Peaches, canned 9 cups Oatmeal 9 2/3 cups Fruit juice 16 Rice cakes 23 slice Whole grain bread 2 cups Chickpeas 6 cups Mushrooms 5 1/4 cups Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 13 cups Raspberries 13 cups Strawberries 2 1/2 cups Bran cereal, all varieties 2 Oranges 2 cups Beans, black 5 cups Salsa 12 Tomatoes 4 Crackers 6 oz Pretzels 11 1/2 tbsp Barley 2 Bananas 10 cups Carrots 2 cups Corn, canned 2 cups Pasta 2 cups Grapes 4 cups Cauliflower 7 cups Rice 4 Pickles 3 1/2 cups Pineapple 2 cups Zucchini 4 Peppers (bell or cubanelle) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 5 1/3 cups Applesauce 7 cups Spinach 2 cups Coumber 2 cups Cucumber 2 cups Lettuce, romaine 1 cup Fruit cocktail 3 1/2 whole Pita	18 tbsp Almonds, slivered 47 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 tsp Mayonnaise 36 Peanuts 2 tsp Butter 12 tsp Peanut butter, natural 54 Walnuts 27 Almonds, whole

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

Other

23 1/2 cups Yogurt, plain, low fat 28 cups Milk, low fat (1%) 8 cups Vegetable soup 2 2/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1288 grams Protein powder 33 oz Chicken breast, skinless 39 oz Beef, lean cuts 39 oz Cheese, low or non fat 25 1/2 oz Chicken breast, deli style 4 oz Cheddar cheese, light/low fat 13 1/2 oz Haddock 10 Egg whites 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 11 oz Turkey breast, skinless 1/2 cup Cottage cheese, light/low fat	6 cups Pineapple 6 1/2 cups Bran cereal, all varieties 4 cups Peaches, canned 12 1/3 cups Oatmeal 11 cups Fruit juice 16 Rice cakes 7 1/2 cups Blueberries 10 slice Whole grain bread 8 cups Cauliflower 6 2/3 cups Rice 6 2/3 cups Applesauce 4 Oranges 12 Crackers 8 whole Pita 6 cups Raspberries 10 cups Strawberries 13 1/2 tbsp Barley 3/4 cup Onions 3 Peppers (bell or cubanelle) 2 1/2 cups Salsa 2 Tomatoes 3 Apples 3 cups Mushrooms 3 1/4 cups Celery 8 cups Lettuce, romaine 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 6 cups Cereal, cold 3 oz Pretzels 1 Banana 12 spears Asparagus 1 1/2 cups Beans, green or yellow 3 cups Grapes 3 cups Chickpeas 1 cup Kidney beans 2 cups Baked beans 1 head Lettuce, iceberg 3 cups Cherry tomatoes	34 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 tsp Mayonnaise 45 tbsp Almonds, slivered 114 Peanuts 54 Almonds, whole 18 Walnuts 6 tsp Peanut butter, natural 6 Macadamia nuts 1 1/5 oz Sunflower seeds

2 Tangerines

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

Other

39 cups Milk, low fat (1%) 19 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 4 cups Vegetable soup

Protein	Carbohydrates	Fats
1260 grams Protein powder 51 oz Beef, lean cuts 11 oz Turkey breast, skinless 18 oz Turkey breast, deli style 31 oz Cheese, low or non fat 25 1/2 oz Chicken breast, deli style 25 oz Chicken breast, skinless 4 oz Cheddar cheese, light/low fat 16 Egg whites 6 Eggs, whole 13 1/2 oz Haddock 1/2 cup Cottage cheese, light/low fat	6 cups Cereal, cold 7 cups Blueberries 19 tbsp Barley 8 1/3 cups Oatmeal 11 1/3 cups Fruit juice 16 Rice cakes 7 Oranges 15 slice Whole grain bread 3 cups Chickpeas 7 cups Mushrooms 2 1/4 cups Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 3 1/3 cups Applesauce 3 1/2 cups Pineapple 2 1/2 cups Bran cereal, all varieties 2 cups Beans, black 7 cups Salsa 8 Tomatoes 2 cups Zucchini 4 Peppers (bell or cubanelle) 1 Banana 1 cup Tomato, puree 3 1/4 cups Celery 3 cups Carrots 9 1/3 cups Rice 3 1/2 cups Peaches, canned 2 cups Kidney beans 5 cups Lettuce, romaine 6 cups Cabbage 9 cups Raspberries 8 cups Strawberries 8 Crackers 3 oz Pretzels 8 cups Cauliflower 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2 Apples 3 cups Grapes	30 tbsp Almonds, slivered 46 2/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Almonds, whole 6 tsp Mayonnaise 84 Peanuts 6 tsp Peanut butter, natural 18 Walnuts 2 tsp Butter 1 1/5 oz Sunflower seeds

3 whole Pita

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

Other

16 1/2 cups Yogurt, plain, low fat 43 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1344 grams Protein powder 11 oz Turkey breast, skinless 27 oz Cheese, low or non fat 13 1/2 oz Chicken breast, deli style 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 6 oz Mozzarella cheese, light/low fat 8 Egg whites 61 oz Chicken breast, skinless 18 oz Turkey breast, deli style 8 oz Cheddar cheese, light/low fat 13 1/2 oz Haddock 11 oz Beef, lean cuts	4 cups Pineapple 3 cups Bran cereal, all varieties 5 1/2 cups Blueberries 9 2/3 cups Oatmeal 9 1/3 cups Fruit juice 16 Rice cakes 7 cups Mushrooms 4 cups Cucumber 7 cups Lettuce, romaine 14 Tomatoes 3 1/3 cups Fruit cocktail 8 whole Pita 3 cups Chickpeas 4 1/4 cups Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 2 Apples 5 1/3 cups Applesauce 7 Oranges 17 slice Whole grain bread 3 cups Zucchini 4 Peppers (bell or cubanelle) 9 tbsp Barley 2 Tangerines 2 cups Baked beans 6 cups Rice 4 cups Peaches, canned 1 1/4 cups Celery 1 cup Kidney beans 5 1/2 cups Salsa 1 cup Cabbage 1 cup Jalapeno peppers 2 cups Beans, black 4 Crackers 6 oz Pretzels 5 cups Raspberries 3 cups Strawberries 12 spears Asparagus 3 3/4 cups Beans, green or yellow 4 cups Cauliflower 4 Pickles 2 cups Grapes 2 cups Cereal, cold 1 Banana 2 cups Carrots 1 cup Corn, canned 1 cup Pasta	45 2/3 tsp Olive, Flax, Hemp or Salmon Oils 27 tbsp Almonds, slivered 36 Walnuts 6 tsp Butter 18 Almonds, whole 6 Macadamia nuts 36 Peanuts 6 tsp Mayonnaise 6 tsp Peanut butter, natural

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

Other

39 cups Milk, low fat (1%) 20 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
48 Egg whites 27 oz Cheese, low or non fat 1120 grams Protein powder 26 oz Beef, lean cuts 12 oz Cheddar cheese, light/low fat 10 oz Mozzarella cheese, light/low fat 30 oz Chicken breast, deli style 24 oz Chicken breast, skinless 1/2 cup Cottage cheese, light/low fat 27 oz Haddock 13 Eggs, whole 11 oz Turkey breast, skinless 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat	9 cups Mushrooms 5 cups Onions 5 1/2 cups Spinach 8 Peppers (bell or cubanelle) 23 slice Whole grain bread 3 cups Blueberries 18 1/2 tbsp Barley 8 1/3 cups Oatmeal 8 2/3 cups Fruit juice 16 Rice cakes 5 Oranges 2 cups Salsa 10 Tomatoes 1 Apple 5 1/2 whole Pita 8 Pickles 9 oz Pretzels 3 2/3 cups Fruit cocktail 6 cups Applesauce 2 cups Zucchini 1 Banana 4 cups Cabbage 1 cup Jalapeno peppers 6 2/3 cups Rice 5 cups Strawberries 4 cups Grapes 4 Crackers 4 Tangerines 24 spears Asparagus 4 1/2 cups Beans, green or yellow 5 cups Raspberries 3/4 cup Kidney beans 2 cups Cucumber 6 cups Lettuce, romaine 1 1/2 cups Pineapple 2 1/2 cups Peaches, canned 2 cups Celery 2 cups Chickpeas 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 cup Bran cereal, all varieties 2 cups Cereal, cold	45 2/3 tsp Olive, Flax, Hemp or Salmon Oils 63 Almonds, whole 9 tsp Mayonnaise 36 Walnuts 6 tsp Peanut butter, natural 18 tbsp Almonds, slivered 1 1/5 oz Sunflower seeds 54 Peanuts 6 Macadamia nuts

2 cups Baked beans

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

Other

43 cups Milk, low fat (1%) 8 1/2 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
35 oz Cheese, low or non fat 1253 grams Protein powder 28 1/2 oz Chicken breast, deli style 31 oz Beef, lean cuts 8 oz Cheddar cheese, light/low fat 24 Egg whites 1/2 cup Cottage cheese, light/low fat 58 oz Chicken breast, skinless 8 oz Mozzarella cheese, light/low fat 6 Eggs, whole 18 oz Turkey breast, deli style 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat	7 cups Cereal, cold 16 cups Strawberries 16 1/2 tbsp Barley 11 cups Oatmeal 11 cups Fruit juice 16 Rice cakes 2 cups Kidney beans 13 cups Mushrooms 6 Peppers (bell or cubanelle) 5 cups Lettuce, romaine 20 Tomatoes 15 slice Whole grain bread 8 cups Cauliflower 6 cups Rice 8 Pickles 6 oz Pretzels 7 cups Grapes 4 cups Onions 8 1/2 whole Pita 1 Banana 8 cups Raspberries 1 1/2 cups Pineapple 3 cups Cabbage 6 cups Salsa 4 Apples 2 2/3 cups Applesauce 2 cups Beans, black 2 cups Baked beans 2 Oranges 1 cup Blueberries 2 cups Cucumber 2 1/3 cups Fruit cocktail 2 1/4 cups Beans, green or yellow 3 cups Zucchini 4 cups Carrots 2 cups Corn, canned 2 cups Pasta	49 tsp Olive, Flax, Hemp or Salmon Oils 21 tbsp Almonds, slivered 72 Walnuts 1 1/5 oz Sunflower seeds 9 tsp Mayonnaise 6 tsp Peanut butter, natural 6 Macadamia nuts 2 tsp Butter 9 Almonds, whole

2 Tangerines

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

Protein	Carbohydrates	Fats	Other
1351 grams Protein powder 73 oz Chicken breast, skinless 36 oz Beef, lean cuts 25 oz Cheese, low or non fat 4 oz Cheddar cheese, light/low fat 9 oz Turkey breast, deli style 4 oz Mozzarella cheese, light/low fat 8 Egg whites 7 Eggs, whole 1 cup Cottage cheese, light/low fat 12 oz Chicken breast, deli style 13 1/2 oz Haddock	10 cups Cereal, cold 10 cups Grapes 7 1/2 cups Blueberries 8 2/3 cups Oatmeal 8 1/3 cups Fruit juice 16 Rice cakes 3 1/4 cups Celery 1 cup Chickpeas 2 3/4 cups Kidney beans 5 1/2 cups Salsa 7 cups Lettuce, romaine 3 3/4 cups Onions 6 Peppers (bell or cubanelle) 16 Tomatoes 2 Apples 17 whole Pita 4 Pickles 3 oz Pretzels 1 cup Beans, black 10 cups Mushrooms 16 tbsp Barley 1 Banana 7 1/2 cups Beans, green or yellow 2 cups Zucchini 5 cups Raspberries 2 cups Spinach, cooked 14 slice Whole grain bread 2 1/2 cups Peaches, canned 6 Oranges 1 cup Tomato, puree 5 cups Carrots 3 1/3 cups Rice 2 cups Applesauce 4 Tangerines 6 cups Strawberries 2 cups Pineapple 2 1/2 cups Bran cereal, all varieties 12 spears Asparagus 4 Crackers 1 cup Conned	45 tsp Olive, Flax, Hemp or Salmon Oils 27 Almonds, whole 18 Walnuts 24 tbsp Almonds, slivered 12 tsp Mayonnaise 6 tsp Peanut butter, natural 84 Peanuts 2 2/5 oz Sunflower seeds 2 tsp Butter	32 cups Milk, low fat (1%) 16 cups Yogurt, plain, low fat 4 cups Vegetable soup

1 cup Pasta

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

Other

39 cups Milk, low fat (1%) 13 1/2 cups Yogurt, plain, low fat 5 1/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats	
Protein 29 oz Cheese, low or non fat 1323 grams Protein powder 65 oz Chicken breast, skinless 22 oz Turkey breast, skinless 16 oz Cheddar cheese, light/low fat 16 Egg whites 7 Eggs, whole 2 oz Mozzarella cheese, light/low fat 24 oz Chicken breast, deli style 1 cup Cottage cheese, light/low fat 13 1/2 oz Haddock	6 cups Cereal, cold 12 cups Strawberries 17 1/2 tbsp Barley 5 cups Blueberries 11 1/3 cups Oatmeal 8 cups Fruit juice 16 Rice cakes 4 1/2 cups Celery 6 cups Chickpeas 3 3/4 cups Kidney beans 3 1/2 cups Salsa 14 cups Lettuce, romaine 11 cups Mushrooms 4 3/4 cups Onions 2 heads Lettuce, iceberg 6 cups Cherry tomatoes 8 Pickles 12 oz Pretzels 3 cups Beans, green or yellow 5 1/2 cups Spinach, cooked 12 slice Whole grain bread 3 1/3 cups Applesauce 6 Tomatoes 5 cups Grapes 2 whole Pita 2 Tangerines 5 cups Cabbage 5 1/3 cups Rice 2 cups Pineapple 2 1/2 cups Bran cereal, all varieties 1 1/2 cups Peaches, canned 8 Peppers (bell or cubanelle) 4 Oranges 2 cups Jalapeno peppers 8 Crackers	Fats 46 1/3 tsp Olive, Flax, Hemp or Salmon Oils 33 tbsp Almonds, slivered 36 Walnuts 18 Almonds, whole 3 tsp Mayonnaise 54 Peanuts 2 2/5 oz Sunflower seeds 2 tsp Butter	
	9 cups Raspberries 2 cups Carrots 1 cup Corn, canned		
	1 cup Pasta		

12 spears Asparagus

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

Other

46 cups Milk, low fat (1%) 9 1/2 cups Yogurt, plain, low fat 5 1/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
46 oz Cheese, low or non fat 1183 grams Protein powder 39 oz Chicken breast, skinless 13 1/2 oz Haddock 6 oz Mozzarella cheese, light/low fat 48 oz Beef, lean cuts 24 Egg whites 7 Eggs, whole 11 oz Turkey breast, skinless 1/2 cup Cottage cheese, light/low fat 8 oz Cheddar cheese, light/low fat 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat	7 cups Cereal, cold 19 cups Strawberries 17 1/2 tbsp Barley 10 cups Oatmeal 10 cups Fruit juice 16 Rice cakes 4 1/2 cups Celery 4 cups Chickpeas 2 3/4 cups Kidney beans 3 cups Salsa 9 cups Lettuce, romaine 12 spears Asparagus 3 cups Beans, green or yellow 7 1/3 cups Applesauce 7 2/3 cups Rice 5 Apples 3 Oranges 16 slice Whole grain bread 4 cups Mushrooms 4 cups Onions 6 Tomatoes 4 cups Grapes 4 whole Pita 8 cups Raspberries 1 cup Tomato, puree 3 cups Carrots 2 cups Peaches, canned 5 1/2 cups Spinach, cooked 2 cups Blueberries 1 head Lettuce, iceberg 3 cups Cherry tomatoes 8 Crackers 6 oz Pretzels 1 cup Cabbage 5 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Fruit cocktail 4 cups Cauliflower 2 cups Bran cereal, all varieties 2 Tangerines	42 1/3 tsp Olive, Flax, Hemp or Salmon Oils 36 Walnuts 2 tsp Butter 63 Almonds, whole 9 tsp Mayonnaise 21 tbsp Almonds, slivered 1 1/5 oz Sunflower seeds 72 Peanuts 6 Macadamia nuts

2 cups Baked beans

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

Other

23 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup 19 1/2 cups Yogurt, plain, low fat 4 cups Vegetable soup

Protein	Carbohydrates	Fats
Protein 29 oz Cheese, low or non fat 1176 grams Protein powder 1/2 cup Cottage cheese, light/low fat 8 oz Cheddar cheese, light/low fat 22 oz Turkey breast, skinless 64 oz Chicken breast, skinless 37 1/2 oz Chicken breast, deli style 13 1/2 oz Haddock 24 Egg whites 13 Eggs, whole 11 oz Beef, lean cuts 9 oz Turkey breast, deli style 2 oz Mozzarella cheese, light/low fat	5 Oranges 15 slice Whole grain bread 5 cups Grapes 16 tbsp Barley 8 Crackers 6 oz Pretzels 2 Bananas 6 cups Chickpeas 10 cups Mushrooms 2 1/4 cups Onions 2 heads Lettuce, iceberg 6 cups Cherry tomatoes 8 cups Strawberries 9 2/3 cups Oatmeal 4 cups Cereal, cold 4 cups Blueberries 9 1/3 cups Fruit juice 16 Rice cakes 6 1/2 cups Celery 2 3/4 cups Kidney beans 5 cups Salsa 17 cups Lettuce, romaine 4 cups Carrots 2 cups Corn, canned 2 cups Pasta 2 cups Raspberries 2 1/2 cups Bran cereal, all varieties 2 Peppers (bell or cubanelle) 12 spears Asparagus 5 1/4 cups Beans, green or yellow 4 2/3 cups Applesauce	2 tsp Butter 1 1/5 oz Sunflower seeds 43 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 tsp Peanut butter, natural 33 tbsp Almonds, slivered 66 Peanuts 36 Walnuts 18 Almonds, whole 3 tsp Mayonnaise
	3 1/2 cups Pineapple 8 whole Pita 2 Tangerines	
	3 1/2 cups Peaches, canned 4 cups Cauliflower	
	4 Pickles 1 cup Beans, black 6 Tomatoes	
	2 cups Spinach, cooked	

1 cup Zucchini