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.

Mike Westerdal & Patrick McGuire

Da	v:	1

Portions 91g P 117g C	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder
Calories: 1048	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.
Portions	Preparation Suggestions:
84g P 108g C 21g F Calories: 957	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Item	Preparation Suggestions:
84g P 108g C 0g F Calories: 768	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
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
Item Portions	Preparation Suggestions:
91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
Item Portions	Preparation Suggestions:
84g P 108g C 21g F Calories: 957	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!
	Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957 Item Portions 84g P 108g C 0g F Calories: 768 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 91g P 117g C 24g F Calories: 1048

Day: 2 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 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 3 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
Workout: Weight Resistar	ice at 9:30 ar	
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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat Total Daily Portions: Protein: 525c	Item Portions 84g P 108g C 21g F Calories: 957	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: 675g Fat: 114g Calories: 5826

Day: 4	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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered		Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli s 4 oz Cheese, low or non fa 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp	ıt.	Item Portions 84g P 108g C 21g F Calories: 957	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 4 cups Beef and vegetable 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp of 4 oz Cheddar cheese, light 21 grams Protein powder	or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natura		Item Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, skin 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered		Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		tres: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 5	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast 49 grams Protein pow 3 cups Yogurt, plain, le 2 cups Pineapple 1 1/2 cups Bran cerea 2 2/3 tsp Olive, Flax, h	der ow fat I, all varieties	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein pow 2 cups Yogurt, plain, le 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, h	ow fat	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaii 2 2/3 tsp Olive, Flax, F	ne	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, sliver 1 1/3 cups Fruit juice	red	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or no 21 grams Protein pow 2 1/2 cups Yogurt, pla 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cerea 42 Peanuts	der in, low fat	Item Portions 84g P 108g C 21g F Calories: 957	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 [t es: 675g Fat: 114g Calories: 5826 tres of water per day. **

Day: 6 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 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
		Intes: 675g Fat: 114g Calories: 5826 tres of water per day. **

Day: 7	Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 pi 7:00 pi	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter		Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered		Item Portions 84g P 108g C 21g F Calories: 957	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, skinles 2 oz Mozzarella cheese, ligh 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp 3 tsp Mayonnaise	nt/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp	or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinles 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	s	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp		Item Portions 84g P 108g C 21g F Calories: 957	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! tes: 675a Fat: 135a Calories: 5826

Day: 8	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistand	e at 9:30 an	
6:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella chees 3 cups Milk, low fat (19 1 1/3 cups Fruit cockta 3 slice Whole grain bre 2 2/3 tsp Olive, Flax, H	6) il ad	Item Portions 91g P 117g C 24g F Calories: 1048	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 63 grams Protein power 3 cups Milk, low fat (19) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, H	6)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powo 2 cups Fruit juice 6 Rice cakes	ler	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romain 2 2/3 tsp Olive, Flax, H	e	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or no 2 cups Milk, low fat (19 1/2 cup Onions 2 Peppers (bell or cub 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, H	6) anelle)	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions 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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or no 21 grams Protein powo 2 1/2 cups Yogurt, plai 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal 42 Peanuts	der n, low fat	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!

7	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pi 5:00 pi	am Mid Meal 8:00 pm Snack n Snack n Dinner
7:00 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or 2 Eggs, whole	Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered		Item Portions 84g P 108g C 21g F Calories: 957	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 16 1/2 oz Chicken breast, deli 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or 2 Tangerines		Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or	Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 Por	tions: Protein: 525g ** Remember to drink be		tes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 10	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast		Item	Preparation Suggestions:
4 Egg whites 4 Eggs, whole 4 oz Mozzarella chees 3 cups Milk, low fat (1' 1 1/3 cups Fruit cockta 3 slice Whole grain bro 2 2/3 tsp Olive, Flax, F	%) ail ead	Portions 91g P 117g C 24g F Calories: 1048	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
56 grams Protein pow 2 cups Yogurt, plain, lo 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, h	ow fat	Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 10 1/2 oz Chicken bre 4 oz Cheese, low or ne 2 cups Milk, low fat (19 1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun dried 2 Peppers (bell or cub 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bre 2 2/3 tsp Olive, Flax, F	on fat %) d panelle) e	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or no 2 cups Milk, low fat (1st) 1/2 cup Onions 2 Peppers (bell or cut) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, F	on fat %) panelle)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein pow 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese,		ltem Portions 84g P 108g C 21g F Calories: 957	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.
T . 17	Sally Dartiana, Dratain, ESEa	Corbobydre	ites: 675g Fat: 114g Calories: 5826

Day: 11 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner	
7:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive or monounsaturated oll	ltem Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 12	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner
	Workout: Weight Resistance		
6:00 am Breakfast 8 Egg whites 4 oz Cheese, low or r 3 cups Milk, low fat (** 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cub 3 slice Whole grain b 2 2/3 tsp Olive, Flax, 2 Eggs, whole	non fat %) anelle)	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein pov 2 cups Milk, low fat (* 2 cups Peaches, can 2 cups Oatmeal 2 1/3 tsp Olive, Flax,	1%)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pov 2 cups Fruit juice 6 Rice cakes	vder	Item Portions 84g P 108g C 0g F Calories: 768	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 10 1/2 oz Chicken brown oz Cheese, low or rown 2 cups Milk, low fat (1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun drie 2 Peppers (bell or cup Lettuce, romain 2 Tomatoes 1 slice Whole grain b 2 2/3 tsp Olive, Flax,	non fat %) ed banelle) ne	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (12 spears Asparagus 1 1/2 cups Beans, gro 2/3 cup Applesauce 2 cups Rice	%)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein pov 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese	vder , light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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			ntes: 675g Fat: 114g Calories: 5826 tres of water per day. **
Notes:			

Day: 13 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 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 14	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 4 oz Cheese, low or no 42 grams Protein powd 3 cups Milk, low fat (1% 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, He	er)	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powd 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seer	er	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, sk 2 oz Mozzarella cheese 2 cups Milk, low fat (1% 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, He 3 tsp Mayonnaise	e, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
4:00 pm Snack 70 grams Protein powd 2 cups Milk, low fat (1% 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, He	o)	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivere 1 1/3 cups Fruit juice	d	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powd 3 cups Milk, low fat (1% 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivere)	Item Portions 84g P 108g C 21g F Calories: 957	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: 15 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner	
Workout: Weight Resistance		n -	
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 16	Schedule: 7:00 am Breakfast 9:00 am Snack REST) am Breakfast 2:00 pm Snack) am Snack 5:00 pm Dinner		
7:00 am Breakfast 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered		Item Portions 91g P 117g C 24g F Calories: 1048	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, li 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	ght/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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, skinle 2 oz Mozzarella cheese, li 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hem 3 tsp Mayonnaise	ght/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low for the second street that		Item Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, skir 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hem		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered		ltem Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink		ites: 675g Fat: 135g Calories: 5826		

Day: 17 Schedule: 6:00 am Breakfast		am Snack 8:00 pm Snack m Mid Meal	
9:00 am Snack Workout: Weight Resistan	5:00 p	m Dinner	
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** 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 pt 5:00 pt	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp 2 Eggs, whole		Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli sty 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp		Item Portions 84g P 108g C 21g F Calories: 957	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, skinles 2 oz Mozzarella cheese, ligl 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp 3 tsp Mayonnaise	nt/low fat	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural		Item Portions 84g P 108g C 21g F Calories: 957	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp		ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp		Item Portions 84g P 108g C 21g F Calories: 957	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 F			ntes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 19	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 Resistand		7
4 Egg whites 4 Eggs, whole 4 oz Mozzarella chees 3 cups Milk, low fat (1' 1 1/3 cups Fruit cockta 3 slice Whole grain bru 2 2/3 tsp Olive, Flax, H	%) ail ead	Portions 91g P 117g C 24g F Calories: 1048	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 63 grams Protein pow 3 cups Milk, low fat (1' 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, F	%)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1' 1 Orange 1 cup Fruit juice 3 slice Whole grain bro 12 Almonds, whole 4 tsp Mayonnaise		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 9 oz Chicken breast, s 2 cups Yogurt, plain, le 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, h	ow fat	Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or na 35 grams Protein pow 2 cups Milk, low fat (1' 2 Apples 1 cup Applesauce 3 the Raisins 2 the Almonds, sliver 15 Walnuts	rder %)	Item Portions 84g P 108g C 21g F Calories: 957	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 [Lates: 675g Fat: 114g Calories: 5826 tres of water per day. **

Day: 20 Schedule:		am Snack 8:00 pm Snack			
8:00 am Breakfast 10:00 am Snack		m Mid Meal m Dinner			
Workout: Weight Resistance	o.oo p. at 10:00 ai	m m			
8:00 am Breakfast	Item	Preparation Suggestions:			
70 grams Protein powder	Portions 91g P	A classic cereal breakfast with nuts and fruit added			
3 cups Milk, low fat (1%)	117g C	for crunch and flavor. Enjoy!			
3 cups Cereal, cold	24g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***			
2 cups Blueberries	Calories: 1048	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,			
8 tbsp Almonds, slivered	1046	1 gram Vit C, 400 i.u. Vit E.			
10:00 am Snack	Item Portions	Item Portions			
56 grams Protein powder	84g P	PRE - Protein Shake + Energy Sustaining Growth			
2 cups Yogurt, plain, low fat	108g C	Carbs			
1 cup Blueberries	21g F	Detail in an disease in a blandar consist and blandar			
2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Calories: 957	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!			
2 1/3 tsp Olive, Flax, Herrip of Salinon Olis	957	desired consistency. Enjoy:			
11:00 am Snack	Item Portions	Item Portions			
84 grams Protein powder	84g P	POST - Protein Shake			
2 cups Fruit juice	108g C	Put all ingredients in blender over ice and blend. We			
6 Rice cakes	0g F	recommend using a high glycemic juice like grape			
	Calories:	juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1			
	768	gram Vit C, Creatine & BCAA's			
		gram vit e, creatine a 20/1/0			
2:00 pm Mid Meal	Item Portions	Item Portions			
11 oz Beef, lean cuts	91g P	Roast Beef Sandwich			
2 cups Milk, low fat (1%)	117g C	Use leftover roast beef or purchase lean sliced beef			
1 Orange	24g F	from the deli counter. Add a slice of onion and a leaf			
1 cup Fruit juice 3 slice Whole grain bread	Calories: 1048	of lettuce for flavor. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B			
12 Almonds, whole	1040	Digestive Enzymes, Omega o caps, vitamin b			
4 tsp Mayonnaise					
	Item				
5:00 pm Dinner	Portions	Item Portions			
9 oz Chicken breast, skinless	91g P	Chicken Mexicali Salad			
2 cups Yogurt, plain, low fat 3 cups Cabbage	117g C 24g F	In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar,			
2 cups Mushrooms	Calories:	1/8 tsp hot pepper sauce to chicken mixture, heating			
1 cup Salsa	1048	throughout. Remove from heat and stir in yogurt and			
1 2/3 cups Rice		raw cabbage. *Optional/Optimal Supplement:			
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral			
8:00 pm Snack	Item	Item Portions			
42 grams Protein powder	Portions 84g P	A quick snack to keep you going! Mix it all up and			
3 cups Yogurt, plain, low fat	108g C	enjoy this one anytime of the day.			
2/3 cup Applesauce	21g F				
2 Oranges	Calories:				
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	957				
18 Peanuts					
Total Daily Portions: Protein: 525g	Carbohydra	ites: 675g Fat: 114g Calories: 5826			
** Remember to drink b	etween 3-4 li	** Remember to drink between 3-4 litres of water per day. **			

	n Breakfast 4:00	om Mid Meal 9:00 pm Snack om Snack om Dinner
9:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmo	Item Portions 91g P 117g C 24g F Calories: 1048	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.
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmo		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, Vitamin B
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmo	n Oils	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
7:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmo	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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.

Wa	6:00 am Breakfast 9:00 am Snack orkout: Weight Resistance	1:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner 7
6:00 am Breakfast 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	3	Item Portions 91g P 117g C 24g F Calories: 1048	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.
63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp	or Salmon Oils	84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes		Item Portions 84g P 108g C 0g F Calories: 768	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, d 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp 2 oz Cheddar cheese, light) or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Chicken breast, skinle 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, lov 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all v 42 Peanuts	w fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		ttes: 675g Fat: 114g Calories: 5826 tres of water per day. **

Day: 23	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, I 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hem		Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non f 14 grams Protein powder 3 cups Yogurt, plain, low 2 cups Applesauce 7 tbsp Almonds, slivered		Portions 84g P 108g C 21g F Calories: 957	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, skin 2 oz Mozzarella cheese, l 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hem 3 tsp Mayonnaise	ight/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low of 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hem 2 Tangerines		Portions 84g P 108g C 21g F Calories: 957	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 non file 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubant 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hem	elle)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hem	ip or Salmon Oils	ltem Portions 84g P 108g C 21g F Calories: 957	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 Dail	Portions: Protein: 525g	Carbohydra	ites: 675g Fat: 135g Calories: 5826

Day: 24	Schedule: 6:00 am Breakfast	1:00 p	am Snack 8:00 pm Snack m Mid Meal
	9:00 am Snack Workout: Weight Resistan	ce at 9:30 an	m Dinner
6:00 am Breakfast 3 cups Milk, low fat (1% 70 grams Protein powd 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp 2 tbsp Almonds, slivere	er o or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powd 2 cups Milk, low fat (1% 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, He	6)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powd 2 cups Fruit juice 6 Rice cakes	er	Item Portions 84g P 108g C 0g F Calories: 768	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
1:00 pm Mid Meal 16 1/2 oz Chicken brea 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubar 4 cups Lettuce, romain 1 Orange 4 slice Whole grain bre 2 2/3 tsp Olive, Flax, Hi 2 oz Cheddar cheese, I	nelle) e ad emp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 9 oz Chicken breast, sk 2 cups Yogurt, plain, lo 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, He	w fat	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Mult Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or no 21 grams Protein powd 2 1/2 cups Yogurt, plair 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, 42 Peanuts	er n, low fat	Item Portions 84g P 108g C 21g F Calories: 957	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 D			L

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 42 grams Protein powde 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, He	er)	ltem Portions 91g P 117g C 24g F Calories: 1048	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 4 oz Cheese, low or non 14 grams Protein powde 3 cups Yogurt, plain, low 2 cups Applesauce 7 tbsp Almonds, slivered	er <i>i</i> fat	Item Portions 84g P 108g C 21g F Calories: 957	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.
9 oz Chicken breast, ski 2 oz Mozzarella cheese, 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, He 3 tsp Mayonnaise	light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powde 2 cups Yogurt, plain, low 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, He 2 Tangerines	<i>i</i> fat I	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	i	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powde 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, He		Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Da	ily Portions: Protein: 525a	Carbabydra	tes: 675g Fat: 135g Calories: 5826

Day: 26	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non 1 Orange 42 grams Protein powde 4 slice Whole grain brea 2 2/3 tsp Butter	fat	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powde 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, He	I	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powde 2 cups Fruit juice 6 Rice cakes	ir	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain brea 12 Almonds, whole 4 tsp Mayonnaise		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, greer 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, He	or yellow	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein powde 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, lig		ltem Portions 84g P 108g C 21g F Calories: 957	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: 27 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 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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.
10:00 am Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink	Carbohydra between 3-4 I	ates: 675g Fat: 114g Calories: 5826 itres 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 8 Egg whites 4 oz Cheese, low or non fa 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanella 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp 2 Eggs, whole	e)	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli s 4 oz Cheese, low or non fa 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp	ıť	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinle 2 oz Mozzarella cheese, lie 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp 3 tsp Mayonnaise	ess ght/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp	o or Salmon Oils	ltem Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, skin 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp		ltem Portions 91g P 117g C 24g F Calories: 1048	Item Portions Chicken with Vegetables - Grill or bake the chicken To boost the flavour, add a dash of low-fat, low-sugal barbecue sauce, salt and pepper. Steam the vegetables and enjoy on the side with pasta & salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp	o or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g	Carbohydra	tes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 29 Schedule:		am Snack 8:00 pm Snack
6:00 am Breakfast 9:00 am Snack	5:00 p	m Mid Meal m Dinner
Workout: Weight Resistar	Ice at 9:30 ar	
6:00 am Breakfast 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Portions 91g P 117g C 24g F Calories: 1048	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	Item Portions	Item Portions
70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
		ates: 675g Fat: 114g Calories: 5826 itres of water per day. **

Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
	Item Portions 91g P 117g C 24g F Calories: 1048	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.
fat	ltem Portions 84g P 108g C 21g F Calories: 957	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.
elle)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
at	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
	Item Portions 84g P 108g C 21g F Calories: 957	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!
	7:00 am Breakfast 9:00 am Snack REST or Salmon Oils style fat definition of Salmon Oils definition of Salmon Oils rat or yellow or yellow or yellow or Salmon Oils	7:00 am Breakfast 9:00 am Snack 8:00 p 5:00 p 6 6 6 7 7 8 8 8 8 8 9 8 7 8 8 8 9 8 7 8 8 8 9 8 9

Day: 31 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 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Portions 84g P 108g C 21g F Calories: 957	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
		l ates: 675g Fat: 114g Calories: 5826 tres of water per day. **

Day: 32	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 4 oz Cheese, low or not 42 grams Protein powd 3 cups Milk, low fat (1% 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, He	er)	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, de 4 oz Cheese, low or nor 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, He	n fat C	Item Portions 84g P 108g C 21g F Calories: 957	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 4 cups Beef and vegeta 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hen 4 oz Cheddar cheese, I 21 grams Protein powd	np or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powd 2 cups Yogurt, plain, lov 2 tbsp Barley 3 tbsp Almonds, slivere 1 1/3 tsp Olive, Flax, He 2 Tangerines	w fat d	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, sk 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivere	3	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powd 3 cups Milk, low fat (1% 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, He)	Item Portions 84g P 108g C 21g F Calories: 957	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 Da			ates: 675g Fat: 135g Calories: 5826 tres of water per day. **

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
Workout: Weight Resistanc		
6:00 am Breakfast	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley	91g P 117g C 24g F Calories: 1048	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.
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	14	
9:00 am Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Meal Portions: P:13 :13 F: 8 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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day. Attes: 675g Fat: 114g Calories: 5826
** Remember to drink b		

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Day: 34	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	vvorkout. vvoigni riesistariet	Item	Preparation Suggestions:
3 cups Milk, low fat (1 70 grams Protein pow 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hen 2 tbsp Almonds, slive	rder np or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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 pow 3 cups Milk, low fat (1 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax,	%)	ltem Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	/der	Item Portions 84g P 108g C 0g F Calories: 768	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 10 1/2 oz Chicken bre 4 oz Cheese, low or n 2 cups Milk, low fat (1 1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun drie 2 Peppers (bell or cu 1 cup Lettuce, romain 2 Tomatoes 1 slice Whole grain br 2 2/3 tsp Olive, Flax, l	ed banelle) read	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slive 1 1/3 cups Fruit juice	red	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or n 21 grams Protein pow 2 1/2 cups Yogurt, pla 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cerea 42 Peanuts	/der nin, low fat	ltem Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		tes: 675g Fat: 114g Calories: 5826

4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
Item Portions 91g P 117g C 24g F Calories: 1048	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 84g P 108g C 21g F Calories: 957	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 91g P 117g C 24g F Calories: 1048	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, Vitamin B
Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
Item Portions 84g P 108g C 21g F Calories: 957	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: 675g Fat: 135g Calories: 5826
	ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 84g P 108g C 21g F Calories: 957 ltem Portions 91g P 117g C 24g F Calories: 957 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 84g P 108g C 21g F Calories: 957 ltem Portions 84g P 108g C 21g F Calories: 957

Day: 36	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	n
6:00 am Breakfast 3 cups Milk, low fat (1% 4 oz Cheese, low or not 1 Orange 42 grams Protein powd 4 slice Whole grain brea 2 2/3 tsp Butter	n fat er	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powd 2 cups Milk, low fat (1% 2 cups Peaches, canne 2 cups Oatmeal 2 1/3 tsp Olive, Flax, He	b) ed	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powd 2 cups Fruit juice 6 Rice cakes	er	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1% 1 Orange 1 cup Fruit juice 3 slice Whole grain brea 12 Almonds, whole 4 tsp Mayonnaise	•	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, ligh 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	nt/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powd 3 cups Yogurt, plain, lor 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, He 18 Peanuts	w fat	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
Total Da	aily Portions: Protein: 525g ** Remember to drink b		ates: 675g Fat: 114g Calories: 5826 tres of water per day. **

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 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		ttes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 38 Schedule 6:00 am Bre 9:00 am Sna	eakfast 1:00 p ack 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
Workout: Weight	Resistance at 9:30 and	m -
6:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oil	ltem Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oil	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oil	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove o 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, Vitamin B
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oil 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
	ein: 525g Carbohydra er to drink between 3-4 li	lates: 675g Fat: 114g Calories: 5826

Item Portions 91g P 117g C 24g F Calories: 1048	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.
Item Portions 84g P 108g C 21g F Calories: 957	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.
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
957	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.
	Portions 84g P 108g C 21g F Calories: 957 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957 Item Portions 84g P 108g C 21g F Calories: 1048

Day: 40 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 Resistand	ce at 9:30 an			
6:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

8:00 10:0	am Breakfast 2:00 p	am Snack 8:00 pm Snack om Mid Meal om Dinner om
8:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Sal	Item Portions 91g P 117g C 24g F Calories: 1048	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.
10:00 am Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Sal	Item Portions 84g P 108g C 21g F Calories:	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 1/2 oz Chicken breast, deli styl 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Sal	117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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!
	s: Protein: 525g Carbohydr Remember to drink between 3-4 l	ates: 675g Fat: 114g Calories: 5826 itres of water per day. **

Day: 42 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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.
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		ntes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 43	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
	Vorkout: Weight Resistand	ce at 9:30 an	
6:00 am Breakfast 8 Egg whites 4 oz Cheese, low or non f 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanel 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hen 2 Eggs, whole	le)	Portions 91g P 117g C 24g F Calories: 1048	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		Item	Item Portions
70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hem		Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes		Item Portions 84g P 108g C 0g F Calories: 768	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		Item Portions	Item Portions
10 1/2 oz Chicken breast, 4 oz Cheese, low or non 1 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun dried 2 Peppers (bell or cubant 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hem	elle)	91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner		Item Portions	Item Portions
12 oz Whitefish 4 oz Hard cheeses, light/l 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	ow fat	91g P 117g C 24g F Calories: 1048	Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some sal and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
4 oz Cheese, low or non f 21 grams Protein powder 2 1/2 cups Yogurt, plain, l 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, al 42 Peanuts	ow fat	84g P 108g C 21g F Calories: 957	Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!
Total Dail			ites: 675g Fat: 114g Calories: 5826
	** Remember to drink	between 3-4 li	tres of water per day. **

Day: 44 Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner		
7:00 am Breakfast 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink h	Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 45 Schedule:		am Snack 8:00 pm Snack	
6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistan</i>	5:00 p	m Mid Meal m Dinner <i>n</i>	
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 9:00 am Snack 70 grams Protein powder	ltem Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P	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. Item Portions PRE - Protein Shake + Energy Sustaining Growth	
2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive or monounsaturated oll	108g C 21g F Calories: 957	Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 675g Fat: 114g Calories: 5826	
** Remember to drink between 3-4 litres of water per day. **			

2:00 p 5:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
Item Portions 91g P 117g C 24g F Calories: 1048	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.
Item Portions 84g P 108g C 21g F Calories: 957	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.
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
Item Portions 84g P 108g C 21g F Calories: 957	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!
	ltem Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957 Item Portions 84g P 108g C 21g F Calories: 957

Day: 47	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 3 cups Milk, low fat (1 70 grams Protein pow 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hem 2 tbsp Almonds, sliver	%) der ip or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 pow 3 cups Milk, low fat (1 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, h	%)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1 1 Orange 1 cup Fruit juice 3 slice Whole grain br 12 Almonds, whole 4 tsp Mayonnaise		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1 12 spears Asparagus 1 1/2 cups Beans, gre 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, h	en or yellow	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein pow 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese		ltem Portions 84g P 108g C 21g F Calories: 957	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: 48	Schedule:		am Snack 8:00 pm Snack		
	8:00 am Breakfast 10:00 am Snack		m Mid Meal m Dinner		
	Workout: Weight Resistance				
8:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 cups Milk, low fat ((1%)	91g P	Enjoy your preferred, non-sugary cereal with milk		
70 grams Protein po	owder	117g C	and fruit. Mixing in a nice flavoured protein powder		
4 cups Cereal, cold		24g F Calories:	makes this breakfast 'positively decadent', in the words of one client who tried it.		
1 cup Grapes 2 tsp Olive, Flax, He	emp or Salmon Oils	1048	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 tbsp Almonds, sliv			Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack		Item Portions	Item Portions		
63 grams Protein po		84g P	PRE - Protein Shake + Energy Sustaining Growth		
3 cups Milk, low fat (3 cups Strawberries		108g C 21g F	Carbs		
2 cups Oatmeal	•	Calories:	Put all ingredients in a blender over ice and blend to		
	, Hemp or Salmon Oils	957	desired consistency. Enjoy!		
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein po	owder	84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We		
6 Rice cakes		0g F Calories:	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the		
		768	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 b	reast, deli style	91g P	Deli Chicken with a Tossed Salad.		
2 cups Mushrooms	•	117g C	You can easily make a tasty salad dressing with oil,		
2 cups Celery 1 Pepper (bell or cul	hanollo)	24g F Calories:	vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement:		
4 cups Lettuce, roma		1048	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Orange			, , , , , , , , , , , , , , , , , , , ,		
4 slice Whole grain I					
2 2/3 tsp Olive, Flax 2 oz Cheddar chees	r, Hemp or Salmon Oils				
2 02 oneddar onedd	, iigite ion rat				
5:00 pm Dinner		Item Portions	Item Portions		
15 oz Haddock		91g P	Pan-Fried Haddock		
3 cups Milk, low fat ((1%)	117g C	Pan fry the haddock and vegetables in olive-oil. Add		
12 spears Asparagu 1 1/2 cups Beans, g		24g F Calories:	seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive		
2/3 cup Applesauce		1048	Enzymes, Omega 3 caps, Vitamin B, Multi		
2 cups Rice			Vit/Mineral		
2 2/3 tsp Olive, Flax	, Hemp or Salmon Oils				
8:00 pm Snack		Item Portions	Item Portions		
56 grams Protein po	owder	84g P	A simple crunchy snack to munch on when you have		
6 Pickles 3 oz Pretzels		108g C 21g F	a spare moment can make all the difference during your day. Be sure to add water to the protein powder		
21 Walnuts		Calories:	before drinking.		
4 oz Cheddar chees	se, light/low fat	957			
Tota	l Daily Portions: Protein: 525g	Carbohydra	tes: 675g Fat: 114g Calories: 5826		
	** Remember to drink between 3-4 litres of water per day. **				

Day: 49 Sched	Breakfast 4:00 p	om Mid Meal 9:00 pm Snack om Snack om Dinner		
9:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon O 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	ltem Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
7:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon		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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **				

Day: 50 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner		
_	<i>e at 9:30 an</i> Item			
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Portions 91g P 117g C 24g F Calories: 1048	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	Item	Item Portions		
63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	Item Portions	Item Portions		
56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** 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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered		Item Portions 91g P 117g C 24g F Calories: 1048	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, li 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	ght/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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 cups Beef and vegetable 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp 4 oz Cheddar cheese, ligh 21 grams Protein powder	or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fa 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natura		Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered		Item Portions 84g P 108g C 21g F Calories: 957	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: 52 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	
	tem		
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	ltem Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

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 4 oz Cheese, low or nor 42 grams Protein powde 3 cups Milk, low fat (1% 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, He	er)	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powde 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seed	er	Item Portions 84g P 108g C 21g F Calories: 957	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 16 1/2 oz Chicken breas 2 cups Milk, low fat (1% 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cuba 2 Tomatoes 3 slice Whole grain brea 2 2/3 tsp Olive, Flax, He	nnelle)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powde 2 cups Milk, low fat (1% 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, He)	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, s 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, He		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powde 3 cups Milk, low fat (1% 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivere)	Portions 84g P 108g C 21g F Calories: 957	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			ttes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 54	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
	9:00 am Snack Workout: Weight Resistand		
6:00 am Breakfast 3 cups Milk, low fat (19 4 oz Cheese, low or no 1 Orange 42 grams Protein powo 4 slice Whole grain bre 2 2/3 tsp Butter	on fat der	Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powe 2 cups Milk, low fat (10 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, F	%)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powe 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romair 2 2/3 tsp Olive, Flax, F	ne	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove o 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, Vitamin B
5:00 pm Dinner 13 oz Chicken breast, 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, F		Item Portions 91g P 117g C 24g F Calories: 1048	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 pinl 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 peppe Steam the vegetables and enjoy on the side wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Mult Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or no 35 grams Protein powo 2 cups Milk, low fat (10 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, sliver 15 Walnuts	der %)	ltem Portions 84g P 108g C 21g F Calories: 957	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 sprinkl with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!

70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tsp Almonds, slivered 10:00 am Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 tlys Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes 11:00 am Snack 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes 11:00 am Snack 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes 11:00 am Snack 84 grams Protein powder 2 cups Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kildney beans 1 cup Kildney beans 1 cup Kildney beans 1 cup Salsa 2 cup Salsa 1 cup Com, canned 1 1/4 cups Pasta 2 cup Com, canned 1 1/4 cup Sp Sata 1 1/4 cup Sp Sata 1 cup Com, canned 1 1/7 g C 2 cups Carlots 1 cup Com, canned 1 1/4 cup Sp Sata 2 cup Salsa 2 cup Carlots 1 cup Com, canned 1 1/4 cup Sp Sata 2 cup Salsa 3 cup Chicken breast, skinless 1 cup Salsa 1 cup Com, canned 1 1/4 cup Sp Sata 2 cup Salsa 3 cup Chicken breast, skinless 1 cup Salsa 1 cup Com, canned 1 1/4 cup Sp Sata 2 cup Salsa 1 cup Com, canned 1 1/4 cup Sp Sata 3 cup Chicken breast, skinless 1 cup Salsa 1 cup Cow, canned 1 1/4 cup Sp Sata 2 cup Salsa 1 cup Cow, canned 1 cup Com, canned 1 cup	ay: 55	Schedule: 8:00 am Breakfast	2:00 p	am Snack 8:00 pm Snack m Mid Meal
8.00 am Breakfast 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tsp Olive, Flax, Hemp or Salmon Oils 10:00 am Snack 10:00 a	Wc			
70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered 10:00 am Snack 56 grams Protein powder 2 cups Yogurt, Jolin, Iow fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 11:00 am Snack 12:00 pm Illine 12:00 pm Illine 13:00 pm Illine 14:0	00 am Breakfast		Item Portions	Preparation Suggestions:
Stop and Shack Portions Porti	70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or	Salmon Oils	117g C 24g F Calories: 1048	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils 11:00 am Snack 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes 2:00 pm Mid Meal 13 oz Chicken breast, skinless 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carbs 2 cups Carbs 2 cups Carbs 2 cups Carbs 3 dg P Portions 8 dg P Portions 8 dg P Portions 8 dg P Portions 8 dg P Portions 9 Cost Protein Shake POST - Protein Sha			Portions	1
Portions Portions Radge P POST - Protein Shake POST - Protein Shake Post - Protein powder 108g C	2 cups Yogurt, plain, low fa 1 cup Blueberries 2 cups Oatmeal		108g C 21g F Calories:	Put all ingredients in a blender over ice and blend to
13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Kidney beans 1 cup Salsa 1 cup Salsa 1 oz Chicken breast, skinless 1 cup Salsa 1 cup Salsa 1 oz Chicken breast, skinless 1 cup Salsa 1 cup Salsa 2 cy 3 tsp Olive, Flax, Hemp or Salmon Oils Item Portions 91g P Calories:	84 grams Protein powder 2 cups Fruit juice		Portions 84g P 108g C 0g F Calories:	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1
13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered Portions 91g P 117g C 24g F Calories: 1048 Chicken with Vegetables Grill or bake the chicken (if baking, do so at degrees for about 20 minutes, or until there' left inside the chicken breast). To boost the add a dash of low-fat, low-sugar barbecue s coat with some crushed fresh herbs, salt and Steam the vegetables and enjoy on the side pasta and salsa. *Optional/Optimal Suppler Digestive Enzymes, Omega 3 caps, Vitamin Vit/Mineral Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at degrees for about 20 minutes, or until there' left inside the chicken breast). To boost the add a dash of low-fat, low-sugar barbecue s coat with some crushed fresh herbs, salt and Steam the vegetables and enjoy on the side pasta and salsa. *Optional/Optimal Suppler Digestive Enzymes, Omega 3 caps, Vitamin Vit/Mineral Item Portions Chicken with Vegetables Grill or bake the chicken breast). To boost the add a dash of low-fat, low-sugar barbecue s coat with some crushed fresh herbs, salt and Steam the vegetables and enjoy on the side pasta and salsa. *Optional/Optimal Suppler Digestive Enzymes, Omega 3 caps, Vitamin Vit/Mineral Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and Bring to boil,then cover and let simmer until are tender. Form apple slices into circle and with nuts and cheese. Cook in oven for 3-5 in Serve hot and enjoy!	13 oz Chicken breast, skinl 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine		Portions 91g P 117g C 24g F Calories:	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
5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered Portions 84g P 108g C 21g F Calories: 957 Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and Bring to boil,then cover and let simmer until are tender. Form apple slices into circle and with nuts and cheese. Cook in oven for 3-5 in Serve hot and enjoy!	13 oz Chicken breast, skinl 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta		Portions 91g P 117g C 24g F Calories:	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, Vitamin B, Multi
	5 oz Cheese, low or non fa 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered	t	Portions 84g P 108g C 21g F Calories:	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.
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **	Total Daily			

reparation Suggestions: classic cereal breakfast with nuts and fruit added recrunch and flavor. Enjoy! *OPTIONAL/OPTIMAL SUPPLEMENTS*** gestive Enzymes, Omega 3 caps, Multi Vit/Mineral gram Vit C, 400 i.u. Vit E. Item Portions rate the cheese and mix with the rest of the gredients for a quick snack that's easy to pop into a portainer and take along to work or elsewhere. Item Portions elli Chicken and Vegetables oughly chop the vegetables and mix with olive oil, a pash of balsamic vinegar and salt, pepper and yme. Saute or grill vegetables until done, then ce chicken and enjoy on top. *Optional/Optimal upplement: Digestive Enzymes, Omega 3 caps, tamin B
Item Portions eli Chicken and Vegetables oughly chop the vegetables and mix with olive oil, a ash of balsamic vinegar and salt, pepper and yme. Saute or grill vegetables until done, then ce chicken and enjoy on top. *Optional/Optimal upplement: Digestive Enzymes, Omega 3 caps, tamin B
eli Chicken and Vegetables bughly chop the vegetables and mix with olive oil, and sah of balsamic vinegar and salt, pepper and yme. Saute or grill vegetables until done, then ce chicken and enjoy on top. *Optional/Optimal upplement: Digestive Enzymes, Omega 3 caps, tamin B
Item Portions rotein Shake ut all ingredients in blender over ice and blend. dd water to create desired consistency. Enjoy!
Item Portions eak Wrap ut beef into 1 inch strips. In a pan heat oil. Add beer oil along with desired seasonings and pan fry until ooked. You can pan fry vegetables or have them w. Mix all ingredients into pita or tortilla and serve. Optional/Optimal Supplement: Digestive Enzymes, mega 3 caps, Vitamin B, Multi Vit/Mineral
Item Portions rotein Shake with Fruit ut all ingredients in a blender over ice and blend, Idding water to create desired consistency. If a
Pr

Day: 57 Schedule:		am Snack 8:00 pm Snack		
6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistan</i>	5:00 p	m Mid Meal m Dinner n		
6:00 am Breakfast	Item	Preparation Suggestions:		
3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Portions 91g P 117g C 24g F Calories: 1048	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	Item Portions	Item Portions		
70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **				

Nutrition Programs powered by Empowered Nutrition http://empowerednutriton.net

Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
er or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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.
n fat	Item Portions 84g P 108g C 21g F Calories: 957	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.
ip or Salmon Oils ght/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
)	Item Portions 84g P 108g C 21g F Calories: 957	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!
d	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
)	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	7:00 am Breakfast 9:00 am Snack	7:00 am Breakfast 9:00 am Snack REST ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 84g P 108g C 21g F Calories: 957 ltem Portions 84g P 108g C 21g F Calories: 957 ltem Portions 84g P 108g C 21g F Calories: 957 ltem Portions 84g P 108g C 24g F Calories: 957 ltem Portions 91g P 117g C 24g F Calories: 957 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 84g P 108g C 21g F Calories: 957 ltem Portions 84g P 108g C 21g F Calories: 1048 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 91g P 117g C 24g F Calories: 1048 ltem Portions 91g P 117g C 24g F Calories: 1048

Day: 59 Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner		
9:00 am Snack Workout: Weight Resistand				
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	ltem Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	ltem Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **				

7:00	nedule: 0 am Breakfast 0 am Snack REST	2:00 pi 5:00 pi	am Mid Meal 8:00 pm Snack n Snack n Dinner
7:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varietie 2 2/3 tsp Olive, Flax, Hemp or Sal		Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Sal	mon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Sal 3 tsp Mayonnaise	fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Sal	mon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Sal		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Sal	mon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 61 Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistar	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast	Item	Preparation Suggestions:
49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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
70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 84g P 108g C 21g F Calories: 957	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	Itom Portions
84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions 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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525ç		ntes: 675g Fat: 114g Calories: 5826
		tres 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		Item	Preparation Suggestions:
70 grams Protein pow 3 cups Milk, low fat (1 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slive	%)	Portions 91g P 117g C 24g F Calories: 1048	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.
10:00 am Snack		Item Portions	Item Portions
63 grams Protein pow 3 cups Milk, low fat (1 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, l	%)	84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	<i>r</i> der	Item Portions 84g P 108g C 0g F Calories: 768	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 10 1/2 oz Chicken bre 4 oz Cheese, low or n 2 cups Milk, low fat (1 1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun drie 2 Peppers (bell or cu 1 cup Lettuce, romain 2 Tomatoes 1 slice Whole grain br 2 2/3 tsp Olive, Flax, l	ed banelle) read	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slive 1 1/3 cups Fruit juice	red	Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or n 35 grams Protein pow 2 cups Milk, low fat (1 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slive 15 Walnuts	vder %)	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		tes: 675g Fat: 114g Calories: 5826

REST	7:00 p	m Snack m Dinner
fat elle) d mp or Salmon Oils	ltem Portions 91g P 117g C 24g F Calories: 1048	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.
i style fat mp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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.
ole soup p or Salmon Oils ght/low fat r	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
r rfat I mp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
/low fat	Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
ır	Item Portions 84g P 108g C 21g F Calories: 957	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.
	elle) d mp or Salmon Oils i style fat mp or Salmon Oils ole soup o or Salmon Oils ght/low fat r fat mp or Salmon Oils yht/low fat r fat // In the company of the company	fat

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 Resistan		
6:00 am Breakfast 4 oz Cheese, low or no 42 grams Protein powo 3 cups Milk, low fat (10 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, H	der %)	Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powe 2 cups Milk, low fat (19 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, F	%)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powe 2 cups Fruit juice 6 Rice cakes		Item Portions 84g P 108g C 0g F Calories: 768	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 10 1/2 oz Chicken brea 4 oz Cheese, low or no 2 cups Milk, low fat (15 1 cup Kidney beans 2 cups Mushrooms 4 Tomatoes, sun dried 2 Peppers (bell or cub 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bre 2 2/3 tsp Olive, Flax, F	on fat (%) d anelle) e	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Turkey breast, s 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceber 3 cups Cherry tomatoe 1 whole Pita 8 tbsp Almonds, sliver	kinless g es	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein powe 6 Pickles 3 oz Pretzels 21 Walnuts		Item Portions 84g P 108g C 21g F Calories: 957	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 powde before drinking.

Day: 65	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 pi	am Mid Meal 8:00 pm Snack n Snack n Dinner
7:00 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp of	or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered		Item Portions 84g P 108g C 21g F Calories: 957	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 16 1/2 oz Chicken breast, de 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle 2 Tomatoes 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp of)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp of	or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp of		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	antiones Dretein 525 a	Item Portions 84g P 108g C 21g F Calories: 957	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. tes: 675g Fat: 135g Calories: 5826

Day: 66	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistance	1:00 pt 5:00 pt	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 70 grams Protein powde 3 cups Milk, low fat (1% 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	er)	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powde 2 cups Yogurt, plain, low 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, He	v fat	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powde 2 cups Fruit juice 6 Rice cakes	er	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1% 1 Orange 1 cup Fruit juice 3 slice Whole grain brea 12 Almonds, whole 4 tsp Mayonnaise	•	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 9 oz Chicken breast, sk 2 cups Yogurt, plain, lov 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, He	v fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein powde 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, li		Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres 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 49 grams Protein powd 3 cups Yogurt, plain, lo 2 cups Pineapple 1 1/2 cups Bran cereal, 2 2/3 tsp Olive, Flax, Ho	w fat all varieties	Item Portions 91g P 117g C 24g F Calories: 1048	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 1/2 cup Cottage cheese 70 grams Protein powd 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower see	er	Item Portions 84g P 108g C 21g F Calories: 957	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!
9 oz Chicken breast, sk 2 oz Mozzarella cheese 2 cups Milk, low fat (1% 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, He 3 tsp Mayonnaise	e, light/low fat b)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powd 1 cup Yogurt, plain, low 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, nach	r fat	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, ligh 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	nt/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powd 3 cups Milk, low fat (1% 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivere	6) ed	Item Portions 84g P 108g C 21g F Calories: 957	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			tres: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 68 Schedule:		am Snack 8:00 pm Snack	
6:00 am Breakfast 9:00 am Snack	1:00 pm Mid Meal 5:00 pm Dinner		
Workout: Weight Resistance	e at 9:30 an		
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 69	Schedule: 8:00 am Breakfast 10:00 am Snack Workout: Weight Resistance	2:00 pi 5:00 pi	am Snack 8:00 pm Snack m Mid Meal m Dinner m
8:00 am Breakfast	Workedt: Weight Heeletanet	Item	Preparation Suggestions:
4 oz Cheese, low or n. 42 grams Protein pow 3 cups Milk, low fat (1' 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, F	der %)	Portions 91g P 117g C 24g F Calories: 1048	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	_	Item	Item Portions
70 grams Protein pow 2 cups Milk, low fat (1' 2 cups Peaches, cann 2 cups Oatmeal 2 1/3 tsp Olive, Flax, F	%) eed	Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romain 2 2/3 tsp Olive, Flax, F	ne	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Chicken breast, 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, F		Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 42 grams Protein pow 3 cups Yogurt, plain, le 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, le 18 Peanuts	ow fat	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.
Total [tes: 675g Fat: 114g Calories: 5826 tres 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 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	ltem Portions 91g P 117g C 24g F Calories: 1048	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.
11:00 am Snack 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
4:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 84g P 108g C 21g F Calories: 957	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: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 71 Schedule: 6:00 am Breakfast 9:00 am Snack 5:00 pm Mid Meal 9:00 am Snack 5:00 pm Dinner Workout: Weight Resistance at 9:30 am			
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957 Item Portions 91g P 117g C 24g F Calories: 1048	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 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. 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, Vitamin B
Portions 84g P 108g C 21g F Calories: 957 Item Portions 91g P 117g C 24g F Calories:	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. 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,
Portions 91g P 117g C 24g F Calories:	Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps,
1	
Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
Item Portions 84g P 108g C 21g F Calories: 957	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!
	21g F Calories: 957 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories:

Day: 73 Schedule: 6:00 am Breakfast 9:00 am Snack Workent: Weight Posistane	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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **				

Day: 74	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella chees 3 cups Milk, low fat (19 1 1/3 cups Fruit cockta 3 slice Whole grain bre 2 2/3 tsp Olive, Flax, H	e, light/low fat 6) il ad	Item Portions 91g P 117g C 24g F Calories: 1048	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 chees 70 grams Protein powo 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower see	der	Item Portions 84g P 108g C 21g F Calories: 957	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!
9 oz Chicken breast, si 2 oz Mozzarella chees 2 cups Milk, low fat (19 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, H 3 tsp Mayonnaisl	e, light/low fat 6)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powe 2 cups Yogurt, plain, lo 2 tbsp Barley 3 tbsp Almonds, slivere 1 1/3 tsp Olive, Flax, H 2 Tangerines	ow fat ed	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, si 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, icebers 3 cups Cherry tomatoe 1 whole Pita 8 tbsp Almonds, slivere	g s	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein power 3 cups Milk, low fat (19) 1 cup Peaches, canner 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, H	der 6) d emp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 75	Schedule: 6:00 am Breakfast 9:00 am Snack Workout: Weight Resistand	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner n
6:00 am Breakfast 8 Egg whites 4 oz Cheese, low or n 3 cups Milk, low fat (1 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cuba 3 slice Whole grain br 2 2/3 tsp Olive, Flax, h 2 Eggs, whole	on fat %) inelle) ead	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein pow 2 cups Milk, low fat (1 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, I	%)	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	ltem Portions 84g P 108g C 0g F Calories: 768	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 bre 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cuba 4 cups Lettuce, romai 1 Orange 4 slice Whole grain br 2 2/3 tsp Olive, Flax, k 2 oz Cheddar cheese,	inelle) ne ead Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 9 oz Chicken breast, s 2 cups Yogurt, plain, I 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, I	skinless ow fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or n 35 grams Protein pow 2 cups Milk, low fat (1 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, sliver 15 Walnuts	der %)	Item Portions 84g P 108g C 21g F Calories: 957	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!
	Daily Portions: Protein: 525g ** Remember to drink l	Carbohydra between 3-4 li	l ttes: 675g Fat: 114g Calories: 5826 tres of water per day. **

Day: 76 Schedule:		am Snack 8:00 pm Snack	
8:00 am Breakfast 10:00 am Snack		m Mid Meal m Dinner	
Workout: Weight Resistance	at 10:00 ai	m	
8:00 am Breakfast	Item Portions	Preparation Suggestions:	
70 grams Protein powder	91g P	A classic cereal breakfast with nuts and fruit added	
3 cups Milk, low fat (1%) 3 cups Cereal, cold	117g C 24g F	for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
2 cups Blueberries	Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
8 tbsp Almonds, slivered	1048	1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack	Item Portions	Item Portions	
70 grams Protein powder	84g P	PRE - Protein Shake + Energy Sustaining Growth	
2 cups Milk, low fat (1%) 2 cups Peaches, canned	108g C 21g F	Carbs	
2 cups Peaches, Carmed 2 cups Oatmeal	Calories:	Put all ingredients in a blender over ice and blend to	
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	957	desired consistency. Enjoy!	
11:00 am Snack	Item Portions	Item Portions	
84 grams Protein powder	84g P	POST - Protein Shake	
2 cups Fruit juice	108g C	Put all ingredients in blender over ice and blend. We	
6 Rice cakes	0g F Calories:	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the	
	768	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1	
		gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal	Item Portions	Item Portions	
11 oz Beef, lean cuts	91g P	Roast Beef Sandwich	
2 cups Milk, low fat (1%) 1 Orange	117g C 24g F	Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf	
1 cup Fruit juice	Calories:	of lettuce for flavor. *Optional/Optimal Supplement:	
3 slice Whole grain bread	1048	Digestive Enzymes, Omega 3 caps, Vitamin B	
12 Almonds, whole 4 tsp Mayonnaise			
4 isp mayormaise			
5:00 pm Dinner	Item Portions	Item Portions	
12 oz Whitefish	91g P	Macadamia Baked Whitefish	
4 oz Hard cheeses, light/low fat 2 cups Baked beans	117g C 24g F	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt	
1 2/3 cups Rice	Calories:	and pepper. Coat whitefish in mixture and bake at	
8 Macadamia nuts	1048	350 for about 20 minutes. *Optional/Optimal	
		Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack	Item Portions	Item Portions	
4 oz Cheese, low or non fat	84g P	Yogurt, Cheese, Berries, Bran and Peanuts	
21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat	108g C 21g F	Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
2 cups Raspberries	Calories:	Erory 3300p will be a great surprise:	
2 cups Strawberries	957		
1 1/2 cups Bran cereal, all varieties 42 Peanuts			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

4:00 pi 7:00 pi	m Mid Meal 9:00 pm Snack m Snack m Dinner
Item Portions 91g P 117g C 24g F Calories: 1048	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.
Item Portions 84g P 108g C 21g F Calories: 957	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.
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
Item Portions 84g P 108g C 21g F Calories: 957	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! tes: 675g Fat: 135g Calories: 5826
	Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P 108g C 21g F Calories: 957

Day: 78 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 Resistan			
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 79	Schedule: 7:00 am Breakfast 9:00 am Snack REST	2:00 p	am Mid Meal 8:00 pm Snack m Snack m Dinner
7:00 am Breakfast 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp of	or Salmon Oils	ltem Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered		Item Portions 84g P 108g C 21g F Calories: 957	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 16 1/2 oz Chicken breast, de 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle 2 Tomatoes 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp of)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural		Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp of	or Salmon Oils	ltem Portions 84g P 108g C 21g F Calories: 957	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 P			tes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Day: 80	Schedule: 6:00 am Breakfast 9:00 am Snack	1:00 p 5:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner
6:00 am Breakfast 70 grams Protein pow 3 cups Milk, low fat (1' 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, sliver 9:00 am Snack 63 grams Protein pow	%) ed	ltem Portions 91g P 117g C 24g F Calories: 1048 Item Portions 84g P	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. Item Portions PRE - Protein Shake + Energy Sustaining Growth
3 cups Milk, low fat (193 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, F	•	108g C 21g F Calories: 957	Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 84 grams Protein pow 2 cups Fruit juice 6 Rice cakes	der	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romain 2 2/3 tsp Olive, Flax, F	ne	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
5:00 pm Dinner 13 oz Turkey breast, s 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceber 3 cups Cherry tomator 1 whole Pita 8 tbsp Almonds, sliver	g es	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 56 grams Protein pow 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese,		Item Portions 84g P 108g C 21g F Calories: 957	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: 81	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 nor 3 cups Milk, low fat (1% 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cuban 3 slice Whole grain brea 2 2/3 tsp Olive, Flax, He 2 Eggs, whole	elle) ad	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or nor 14 grams Protein powde 3 cups Yogurt, plain, lov 2 cups Applesauce 7 tbsp Almonds, slivere	er v fat	Item Portions 84g P 108g C 21g F Calories: 957	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 cups Beef and vegeta 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B
2:00 pm Snack 56 grams Protein powde 2 cups Yogurt, plain, lov 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, He 2 Tangerines	v fat d	Item Portions 84g P 108g C 21g F Calories: 957	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 2 cups Milk, low fat (1% 1/2 cup Onions 2 Peppers (bell or cuba 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, He) nnelle)	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 63 grams Protein powde 3 cups Milk, low fat (1% 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivere	er) d	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Day: 82	Schedule:		am Snack 8:00 pm Snack
	6:00 am Breakfast 9:00 am Snack		m Mid Meal m Dinner
	Workout: Weight Resistance		
6:00 am Breakfast		Item Portions	Preparation Suggestions:
3 cups Milk, low fat		91g P	Enjoy your preferred, non-sugary cereal with milk
70 grams Protein po 4 cups Cereal, cold	owder	117g C 24g F	and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the
1 cup Grapes		Calories:	words of one client who tried it.
2 tsp Olive, Flax, He		1048	***OPTIONAL/OPTIMAL SUPPLEMENTS***
2 tbsp Almonds, sliv	vered		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
56 grams Protein po		84g P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Yogurt, plain 1 cup Blueberries	i, low fat	108g C 21g F	Carbs
2 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to
2 1/3 tsp Olive, Flax	, Hemp or Salmon Oils	957	desired consistency. Enjoy!
11:00 am Snack		Item Portions	Item Portions
84 grams Protein po	owder	84g P	POST - Protein Shake
2 cups Fruit juice 6 Rice cakes		108g C	Put all ingredients in blender over ice and blend. We
6 Rice cakes		0g F Calories:	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the
		768	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1
			gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal		Item Portions	Item Portions
11 oz Beef, lean cut		91g P	Roast Beef Sandwich
2 cups Milk, low fat	(1%)	117g C	Use leftover roast beef or purchase lean sliced beef
1 Orange 1 cup Fruit juice		24g F Calories:	from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. *Optional/Optimal Supplement:
3 slice Whole grain	bread	1048	Digestive Enzymes, Omega 3 caps, Vitamin B
12 Almonds, whole			
4 tsp Mayonnaise			
5:00 pm Dinner		Item Portions	Item Portions
12 oz Whitefish		91g P	Macadamia Baked Whitefish
4 oz Hard cheeses, 2 cups Baked beans		117g C 24g F	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt
1 2/3 cups Rice		Calories:	and pepper. Coat whitefish in mixture and bake at
8 Macadamia nuts		1048	350 for about 20 minutes. *Optional/Optimal
			Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack		Item Portions	Item Portions
5 oz Cheese, low or		84g P	Cheddar-Apple Galette
35 grams Protein po		108g C 21g F	In oven ready pan,add water,cinnamon,and apples.
2 cups Milk, low fat 2 Apples	(1/0)	Zig F Calories:	Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle
1 cup Applesauce		957	with nuts and cheese. Cook in oven for 3-5 minutes.
3 tbsp Raisins			Serve hot and enjoy!
2 tbsp Almonds, sliv 15 Walnuts	verea		
10 vvailiuts			
Tota			tes: 675g Fat: 114g Calories: 5826
** Remember to drink between 3-4 litres of water per day. **			

Day: 83 Schedule: 8:00 am Breakfast 10:00 am Snack	2:00 p	am Snack 8:00 pm Snack m Mid Meal m Dinner		
Workout: Weight Resistance at 10:00 am				
8:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	ltem Portions 91g P 117g C 24g F Calories: 1048	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.		
10:00 am Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **				

Day: 84 Schedule: 9:00 am Breakfast 11:00 am Snack REST	4:00 p	m Mid Meal 9:00 pm Snack m Snack m Dinner
9:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g ** Remember to drink b		tes: 675g Fat: 135g Calories: 5826 tres of water per day. **

Grocery List

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

Protein	Carbohydrates	Fats	Other
1512 grams Protein powder 43 1/2 oz Chicken breast, deli style 10 oz Cheddar cheese, light/low fat 44 oz Chicken breast, skinless 36 oz Cheese, low or non fat 12 Egg whites 6 Eggs, whole 6 oz Mozzarella cheese, light/low fat 1/2 cup Cottage cheese, light/low fat 12 oz Whitefish 4 oz Hard cheeses, light/low fat 32 oz Beef, lean cuts 12 oz Turkey breast, deli style 15 oz Haddock 13 oz Turkey breast, skinless	9 cups Cereal, cold 4 cups Grapes 3 cups Peaches, canned 10 1/3 cups Peuit juice 24 Rice cakes 10 cups Mushrooms 3 1/4 cups Celery 8 Peppers (bell or cubanelle) 10 cups Lettuce, romaine 5 Oranges 21 slice Whole grain bread 3 cups Cabbage 6 cups Salsa 8 cups Rice 3 Apples 4 1/3 cups Applesauce 3 tbsp Raisins 1 1/3 cups Fruit cocktail 22 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 Tomatoes, sun dried 5 whole Pita 6 Pickles 6 oz Pretzels 4 cups Blueberries 1 1/2 cups Beans, black 4 Crackers 1 Banana 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 cups Bran cereal, all varieties 3 1/2 cups Beans, green or yellow 1 head Lettuce, iceberg 3 cups Cherry tomatoes	56 2/3 tsp Olive, Flax, Hemp or Salmon Oils 45 tbsp Almonds, slivered 36 Walnuts 1 2/5 oz Sunflower seeds 8 Macadamia nuts 21 Almonds, whole 7 tsp Peanut butter, natural 60 Peanuts 7 tsp Mayonnaise 2 2/3 tsp Butter	51 cups Milk, low fat (1%) 18 1/2 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup

Grocery List

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

Other

53 cups Milk, low fat (1%) 16 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
28 Egg whites 16 Eggs, whole 16 oz Mozzarella cheese, light/low fat 1309 grams Protein powder 31 oz Chicken breast, skinless 42 oz Beef, lean cuts 42 oz Cheese, low or non fat 54 oz Chicken breast, deli style 26 oz Turkey breast, skinless 10 oz Cheddar cheese, light/low fat 12 oz Turkey breast, deli style 15 oz Haddock 1/2 cup Cottage cheese, light/low fat	4 cups Fruit cocktail 24 slice Whole grain bread 12 cups Strawberries 10 1/3 cups Oatmeal 10 2/3 cups Fruit juice 24 Rice cakes 3 1/4 cups Celery 5 1/2 cups Chickpeas 3 cups Kidney beans 5 cups Salsa 12 cups Lettuce, romaine 7 cups Onions 13 Peppers (bell or cubanelle) 20 Tomatoes 2 Apples 10 whole Pita 9 cups Raspberries 4 1/2 cups Bran cereal, all varieties 14 cups Mushrooms 7 cups Spinach 2 2/3 cups Applesauce 2 cups Zucchini 22 1/2 tbsp Barley 2 Tangerines 2 heads Lettuce, iceberg 6 cups Cherry tomatoes 3 cups Peaches, canned 2 cups Blueberries 8 Tomatoes, sun dried 12 Pickles 6 oz Pretzels 1 1/2 cups Beans, black 4 cups Grapes 1 Banana 12 spears Asparagus 1 1/2 cups Beans, green or yellow 7 1/3 cups Rice 2 cups Pineapple 1 Orange 8 cups Cauliflower	61 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Almonds, whole 84 Peanuts 49 tbsp Almonds, slivered 42 Walnuts 6 tsp Mayonnaise 7 tsp Peanut butter, natural 1 2/5 oz Sunflower seeds

2 cups Cereal, cold

Grocery List

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

Other

15 cups Yogurt, plain, low fat 57 cups Milk, low fat (1%)

Protein	Carbohydrates	Fats
1540 grams Protein powder 41 oz Beef, lean cuts 24 oz Whitefish 8 oz Hard cheeses, light/low fat 8 oz Cheddar cheese, light/low fat 1 cup Cottage cheese, light/low fat 49 oz Chicken breast, skinless 12 oz Mozzarella cheese, light/low fat 24 oz Cheese, low or non fat 27 oz Chicken breast, deli style 16 Egg whites 10 Eggs, whole 12 oz Turkey breast, deli style 15 oz Haddock	2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 6 cups Blueberries 21 tbsp Barley 12 2/3 cups Oatmeal 11 cups Fruit juice 24 Rice cakes 6 Oranges 26 slice Whole grain bread 4 cups Baked beans 8 2/3 cups Rice 12 Pickles 6 oz Pretzels 6 cups Grapes 11 cups Mushrooms 5 cups Onions 3 cups Lettuce, romaine 16 Tomatoes 6 whole Pita 2 Tangerines 6 cups Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 8 cups Strawberries 2 cups Peaches, canned 1 cup Kidney beans 4 Tomatoes, sun dried 7 Peppers (bell or cubanelle) 3 1/2 cups Spinach 1 1/2 cups Beans, black 1 Banana 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2 1/3 cups Applesauce 5 cups Cabbage 3 Apples 3 tbsp Raisins 2 cups Tarabbiri	50 2/3 tsp Olive, Flax, Hemp or Salmon Oils 45 Almonds, whole 18 tsp Mayonnaise 16 Macadamia nuts 57 Walnuts 35 tbsp Almonds, slivered 2 4/5 oz Sunflower seeds 2 2/3 tsp Butter 7 tsp Peanut butter, natural 18 Peanuts

2 cups Zucchini

Grocery List

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

Other

52 cups Milk, low fat (1%) 22 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
1358 grams Protein powder 33 oz Chicken breast, deli style 8 oz Cheddar cheese, light/low fat 75 oz Chicken breast, skinless 35 oz Cheese, low or non fat 16 Egg whites 10 Eggs, whole 14 oz Mozzarella cheese, light/low fat 32 oz Beef, lean cuts 15 oz Haddock 12 oz Whitefish 4 oz Hard cheeses, light/low fat 12 oz Turkey breast, deli style	9 cups Cereal, cold 4 cups Blueberries 10 cups Strawberries 8 cups Oatmeal 10 1/3 cups Fruit juice 24 Rice cakes 13 cups Mushrooms 5 1/4 cups Celery 5 Peppers (bell or cubanelle) 15 cups Lettuce, romaine 6 Oranges 24 slice Whole grain bread 7 cups Salsa 4 cups Carrots 2 cups Corn, canned 2 1/2 cups Pasta 9 cups Raspberries 3 cups Bran cereal, all varieties 2 2/3 cups Fruit cocktail 5 1/3 cups Applesauce 5 cups Onions 16 Tomatoes 4 cups Grapes 8 whole Pita 20 1/2 tbsp Barley 4 Tangerines 1 Apple 4 cups Peaches, canned 3 cups Cabbage 8 cups Rice 4 cups Cauliflower 12 spears Asparagus 1 1/2 cups Beans, green or yellow 6 Pickles 3 oz Pretzels 1 1/2 cups Chickpeas 1 cup Kidney beans 2 cups Baked beans 3 1/2 cups Spinach 1 1/2 cups Beans, black	38 tbsp Almonds, slivered 63 tsp Olive, Flax, Hemp or Salmon Oils 102 Peanuts 13 tsp Mayonnaise 21 Almonds, whole 2 2/3 tsp Butter 21 Walnuts 8 Macadamia nuts

Grocery List

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

Other

53 cups Milk, low fat (1%) 19 1/2 cups Yogurt, plain, low fat 8 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1617 grams Protein powder 64 1/2 oz Chicken breast, deli style 39 oz Cheese, low or non fat 39 oz Turkey breast, skinless 24 oz Turkey breast, deli style 30 oz Haddock 10 oz Cheddar cheese, light/low fat 21 oz Beef, lean cuts 1/2 cup Cottage cheese, light/low fat	16 cups Cereal, cold 5 cups Grapes 1 cup Blueberries 28 tbsp Barley 7 cups Oatmeal 9 1/3 cups Fruit juice 24 Rice cakes 3 cups Kidney beans 11 cups Mushrooms 12 Tomatoes, sun dried 11 Peppers (bell or cubanelle) 7 cups Lettuce, romaine 14 Tomatoes 14 slice Whole grain bread 6 cups Chickpeas 3 1/4 cups Onions 3 heads Lettuce, iceberg 9 cups Cherry tomatoes 5 whole Pita 3 1/3 cups Applesauce 8 Oranges 3 cups Beans, black 5 cups Salsa 2 cups Zucchini 1 Banana 24 spears Asparagus 3 cups Beans, green or yellow 6 2/3 cups Rice 4 cups Peaches, canned 2 cups Pineapple 3 cups Bran cereal, all varieties 12 cups Strawberries 8 Crackers 6 oz Pretzels 4 Tangerines 2 cups Celery 1 Apple 4 cups Cauliflower	63 1/3 tsp Olive, Flax, Hemp or Salmon Oils 44 tbsp Almonds, slivered 96 Peanuts 7 tsp Peanut butter, natural 9 Almonds, whole 2 2/3 tsp Butter 1 2/5 oz Sunflower seeds

5 cups Raspberries

Grocery List

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

Other

53 cups Milk, low fat (1%) 21 1/2 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
Protein 33 oz Cheese, low or non fat 1484 grams Protein powder 35 oz Beef, lean cuts 12 oz Whitefish 4 oz Hard cheeses, light/low fat 8 Egg whites 8 Eggs, whole 10 oz Mozzarella cheese, light/low fat 1 cup Cottage cheese, light/low fat 43 1/2 oz Chicken breast, deli style 22 oz Chicken breast, skinless 39 oz Turkey breast, skinless 30 oz Haddock	7 Oranges 23 slice Whole grain bread 3 cups Peaches, canned 10 1/3 cups Oatmeal 11 1/3 cups Fruit juice 24 Rice cakes 2 cups Baked beans 8 1/3 cups Rice 5 2/3 cups Applesauce 2 2/3 cups Fruit cocktail 5 cups Grapes 30 1/2 tbsp Barley 3 3/4 cups Onions 4 cups Zucchini 6 Peppers (bell or cubanelle) 10 Tomatoes 2 Tangerines 4 cups Cauliflower 6 cups Cereal, cold 11 cups Strawberries 3 cups Blueberries 1 1/4 cups Celery 7 1/2 cups Chickpeas 2 cups Kidney beans 1 cup Salsa 6 cups Lettuce, romaine 7 cups Mushrooms 3 heads Lettuce, iceberg 9 cups Cherry tomatoes 5 whole Pita 7 cups Raspberries 24 spears Asparagus 3 cups Beans, green or yellow 3 cups Bran cereal, all varieties	Fats 2 2/3 tsp Butter 54 tsp Olive, Flax, Hemp or Salmon Oils 24 Almonds, whole 11 tsp Mayonnaise 8 Macadamia nuts 78 Peanuts 2 4/5 oz Sunflower seeds 51 tbsp Almonds, slivered 15 Walnuts 7 tsp Peanut butter, natural
	4 Tomatoes, sun dried 2 Apples 3 tbsp Raisins 2 cups Pineapple	
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1 Banana

Grocery List

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

Protein	Carbohydrates	Fats	Other
16 Egg whites 40 oz Cheese, low or non fat 4 Eggs, whole 1561 grams Protein powder 43 1/2 oz Chicken breast, deli style 12 oz Whitefish 4 oz Hard cheeses, light/low fat 12 oz Turkey breast, deli style 24 oz Cheddar cheese, light/low fat 18 oz Chicken breast, skinless 19 oz Beef, lean cuts 45 oz Haddock	12 cups Mushrooms 3 cups Onions 7 cups Spinach 8 Peppers (bell or cubanelle) 22 slice Whole grain bread 3 cups Blueberries 19 1/2 tbsp Barley 9 cups Oatmeal 9 cups Fruit juice 24 Rice cakes 1 cup Kidney beans 4 Tomatoes, sun dried 9 cups Lettuce, romaine 6 Tomatoes 2 cups Baked beans 11 cups Rice 12 cups Raspberries 10 cups Strawberries 3 cups Bran cereal, all varieties 1 1/2 cups Beans, black 5 cups Salsa 12 Crackers 15 oz Pretzels 6 cups Cabbage 2 cups Pineapple 3 cups Peaches, canned 4 cups Celery 4 Oranges 3 Apples 2 whole Pita 7 cups Applesauce 3 tbsp Raisins 11 cups Cereal, cold 2 cups Grapes 36 spears Asparagus 4 1/2 cups Beans, green or yellow 12 Pickles 1 Banana	60 1/3 tsp Olive, Flax, Hemp or Salmon Oils 8 Macadamia nuts 42 Peanuts 21 Almonds, whole 28 tbsp Almonds, slivered 57 Walnuts 4 tsp Mayonnaise 2 2/3 tsp Butter 7 tsp Peanut butter, natural	58 cups Milk, low fat (1%) 16 1/2 cups Yogurt, plain, low fat 12 cups Beef and vegetable soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
37 oz Cheese, low or non fat 1694 grams Protein powder 104 oz Chicken breast, skinless 12 oz Whitefish 4 oz Hard cheeses, light/low fat 8 oz Cheddar cheese, light/low fat 1 cup Cottage cheese, light/low fat 21 oz Beef, lean cuts 33 oz Chicken breast, deli style	3 Oranges 18 slice Whole grain bread 12 cups Strawberries 12 2/3 cups Oatmeal 9 1/3 cups Fruit juice 24 Rice cakes 5 cups Celery 6 cups Chickpeas 4 cups Kidney beans 9 cups Salsa 16 cups Lettuce, romaine 2 cups Baked beans 4 1/3 cups Rice 6 Pickles 6 oz Pretzels 12 cups Cereal, cold 6 cups Blueberries 5 cups Grapes 24 1/2 tbsp Barley 4 Crackers 2 Bananas 4 cups Cauliflower 2 cups Peaches, canned 8 cups Carrots 4 cups Corn, canned 5 cups Pasta 7 cups Raspberries 1 1/2 cups Bran cereal, all varieties 2 1/2 cups Onions 4 cups Zucchini 6 Peppers (bell or cubanelle) 6 Tomatoes 5 Apples 4 cups Applesauce 6 tbsp Raisins	8 tsp Butter 47 2/3 tsp Olive, Flax, Hemp or Salmon Oils 8 Macadamia nuts 51 Walnuts 51 tbsp Almonds, slivered 2 4/5 oz Sunflower seeds 14 tsp Peanut butter, natural 42 Peanuts 9 Almonds, whole	49 cups Milk, low fat (1%) 4 cups Beef and vegetable soup 9 1/2 cups Yogurt, plain, low fat

2 whole Pita

Grocery List

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

Other

56 cups Milk, low fat (1%) 13 cups Yogurt, plain, low fat 8 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1519 grams Protein powder 66 oz Beef, lean cuts 15 oz Haddock 36 oz Turkey breast, deli style 49 oz Cheese, low or non fat 10 oz Cheddar cheese, light/low fat 37 1/2 oz Chicken breast, deli style 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 8 Egg whites 2 Eggs, whole 12 oz Whitefish 4 oz Hard cheeses, light/low fat	11 cups Cereal, cold 3 cups Grapes 5 cups Blueberries 17 1/2 tbsp Barley 10 1/3 cups Oatmeal 13 cups Fruit juice 24 Rice cakes 5 Oranges 16 slice Whole grain bread 12 spears Asparagus 1 1/2 cups Beans, green or yellow 4 1/3 cups Applesauce 11 2/3 cups Rice 4 1/2 cups Beans, black 4 1/2 cups Onions 8 cups Salsa 18 Tomatoes 8 Crackers 6 oz Pretzels 7 cups Raspberries 7 cups Raspberries 7 cups Cauliflower 9 cups Mushrooms 2 cups Celery 10 Peppers (bell or cubanelle) 7 cups Lettuce, romaine 8 Apples 9 tbsp Raisins 4 cups Pineapple 3 cups Bran cereal, all varieties 6 whole Pita 1 cup Peaches, canned 2 cups Kidney beans 8 Tomatoes, sun dried 3 1/2 cups Spinach 2 Tangerines	57 1/3 tsp Olive, Flax, Hemp or Salmon Oils 52 tbsp Almonds, slivered 30 Almonds, whole 7 tsp Mayonnaise 18 Peanuts 2 2/3 tsp Butter 45 Walnuts 8 Macadamia nuts

2 cups Baked beans

Grocery List

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

Other

45 cups Milk, low fat (1%) 21 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
28 oz Cheese, low or non fat 1582 grams Protein powder 60 oz Chicken breast, deli style 13 oz Turkey breast, skinless 10 oz Cheddar cheese, light/low fat 8 Egg whites 2 Eggs, whole 66 oz Chicken breast, skinless 24 oz Beef, lean cuts 1/2 cup Cottage cheese, light/low fat 2 oz Mozzarella cheese, light/low fat 12 oz Whitefish 4 oz Hard cheeses, light/low fat 12 oz Turkey breast, deli style	11 cups Cereal, cold 9 cups Strawberries 21 tbsp Barley 4 cups Blueberries 12 2/3 cups Oatmeal 10 1/3 cups Fruit juice 24 Rice cakes 2 cups Kidney beans 12 cups Mushrooms 4 Tomatoes, sun dried 8 Peppers (bell or cubanelle) 10 cups Lettuce, romaine 12 Tomatoes 21 slice Whole grain bread 3 1/2 cups Chickpeas 4 3/4 cups Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 3 whole Pita 12 Pickles 6 oz Pretzels 3 1/2 cups Spinach 3 1/3 cups Applesauce 4 cups Zucchini 5 cups Raspberries 6 cups Cabbage 7 cups Salsa 7 2/3 cups Rice 7 Oranges 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 4 cups Grapes 1 Banana 2 cups Baked beans 4 cups Cauliflower 4 cups Cauliflower 4 cups Carrots 2 cups Corn, canned 2 1/2 cups Pasta 1 1/2 cups Beans, black	58 2/3 tsp Olive, Flax, Hemp or Salmon Oils 50 tbsp Almonds, slivered 42 Walnuts 12 Almonds, whole 7 tsp Mayonnaise 1 2/5 oz Sunflower seeds 7 tsp Peanut butter, natural 8 Macadamia nuts 2 2/3 tsp Butter 36 Peanuts
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2 Tangerines

Grocery List

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

Other

25 1/2 cups Yogurt, plain, low fat 41 cups Milk, low fat (1%) 8 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1498 grams Protein powder 33 oz Chicken breast, deli style 12 oz Cheddar cheese, light/low fat 75 oz Chicken breast, skinless 33 oz Cheese, low or non fat 12 oz Turkey breast, deli style 12 Egg whites 6 Eggs, whole 6 oz Mozzarella cheese, light/low fat 1/2 cup Cottage cheese, light/low fat 13 oz Turkey breast, skinless 11 oz Beef, lean cuts 12 oz Whitefish 4 oz Hard cheeses, light/low fat	4 cups Pineapple 7 1/2 cups Bran cereal, all varieties 10 cups Strawberries 8 cups Oatmeal 9 cups Fruit juice 24 Rice cakes 14 cups Mushrooms 5 1/4 cups Celery 3 Peppers (bell or cubanelle) 13 cups Lettuce, romaine 4 Oranges 21 slice Whole grain bread 9 cups Cabbage 8 cups Cabbage 8 cups Raspberries 1 1/2 cups Beans, black 2 3/4 cups Onions 6 Tomatoes 8 Crackers 6 oz Pretzels 24 1/2 tbsp Barley 1 Banana 4 cups Carrots 2 cups Corn, canned 2 1/2 cups Pasta 7 cups Peaches, canned 6 cups Cereal, cold 5 cups Blueberries 3 1/2 cups Chickpeas 1 cup Kidney beans 1 1/3 cups Fruit cocktail 3 cups Grapes 3 whole Pita 2 Tangerines 1 head Lettuce, iceberg 3 cups Cherry tomatoes 3 1/2 cups Spinach 2 Apples 3 cups Applesauce 3 tbs Raisins	57 1/3 tsp Olive, Flax, Hemp or Salmon Oils 126 Peanuts 2 2/3 tsp Butter 7 tsp Peanut butter, natural 36 tbsp Almonds, slivered 1 2/5 oz Sunflower seeds 7 tsp Mayonnaise 15 Walnuts 12 Almonds, whole 8 Macadamia nuts

2 cups Baked beans

Grocery List

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

Other

24 cups Yogurt, plain, low fat 44 cups Milk, low fat (1%) 4 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
1470 grams Protein	2 cups Pineapple	49 2/3 tsp Olive,
powder	1 1/2 cups Bran cereal, all varieties	Flax, Hemp or
49 1/2 oz Chicken	5 cups Blueberries	Salmon Oils
breast, deli style	12 2/3 cups Oatmeal	30 Almonds, whole
10 oz Cheddar	10 1/3 cups Fruit juice	18 Peanuts
cheese, light/low fat	24 Rice cakes	61 tbsp Almonds,
40 oz Beef, lean cuts	7 cups Mushrooms	slivered
36 oz Cheese, low or	4 1/2 cups Celery	14 tsp Peanut
non fat	11 Peppers (bell or cubanelle)	butter, natural
20 Egg whites	12 cups Lettuce, romaine	16 Macadamia nuts
8 Eggs, whole	4 Oranges	51 Walnuts
24 oz Whitefish	22 slice Whole grain bread	4 tsp Mayonnaise
8 oz Hard cheeses,	5 1/4 cups Onions	1 2/5 oz Sunflower
light/low fat	5 cups Salsa	seeds
35 oz Chicken breast,	8 Tomatoes	
skinless	6 Apples	
13 oz Turkey breast,	5 whole Pita	
skinless	6 2/3 cups Applesauce	
4 oz Mozzarella	7 cups Spinach	
cheese, light/low fat	4 cups Zucchini	
1/2 cup Cottage	18 tbsp Barley	
cheese, light/low fat	2 Bananas	
	4 cups Baked beans	
	7 2/3 cups Rice	
	3 cups Raspberries	
	9 cups Cereal, cold	
	9 cups Strawberries	
	5 cups Chickpeas	
	2 cups Kidney beans	
	1 head Lettuce, iceberg	
	3 cups Cherry tomatoes 6 Pickles	
	6 oz Pretzels	
	4 Crackers	
	2 Tangerines	
	3 cups Grapes	
	6 tbsp Raisins	
	1 1/2 oung Eruit gooktoil	

1 1/3 cups Fruit cocktail 4 cups Cauliflower 3 cups Cabbage