

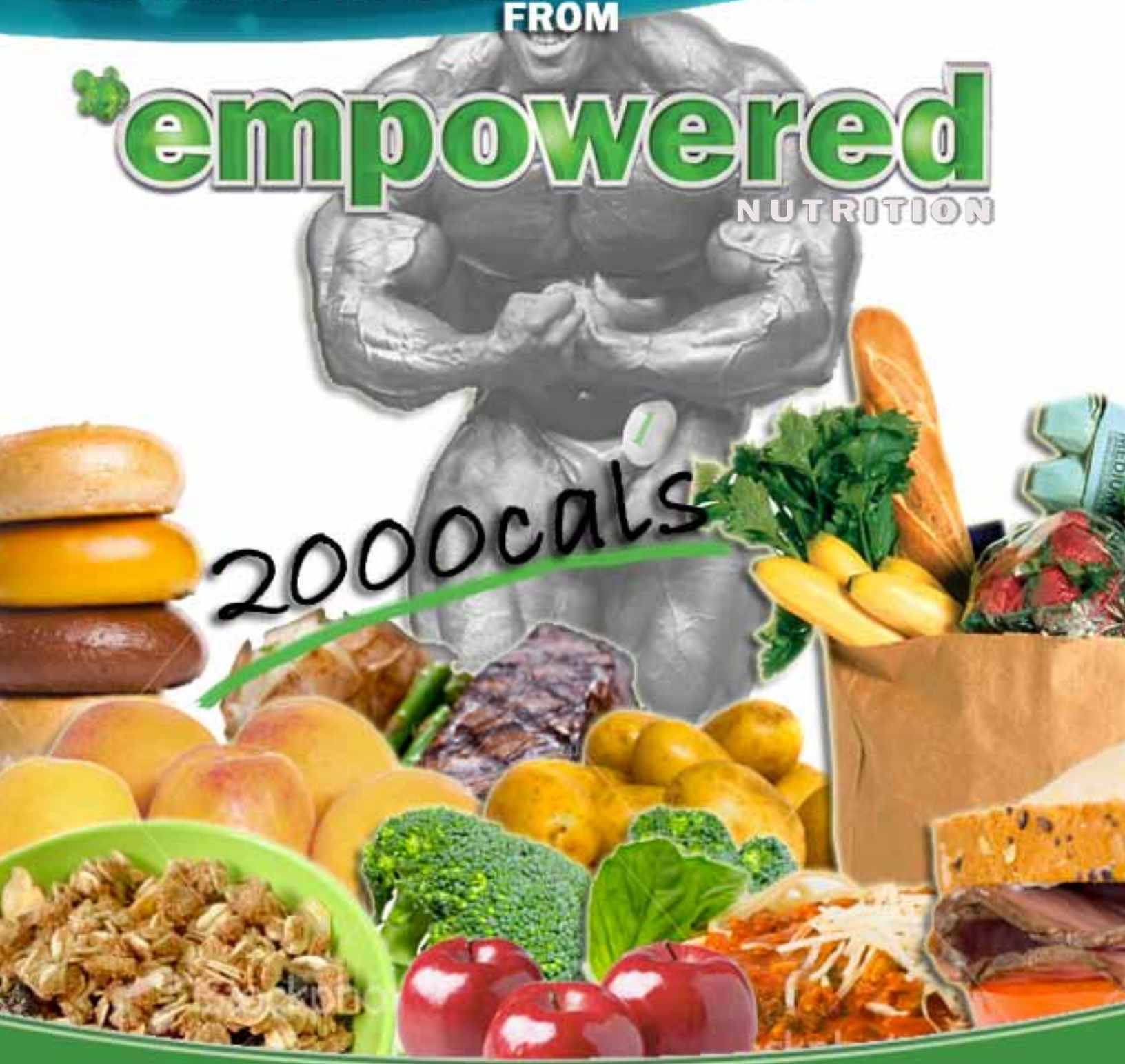
UNDERGROUNDBODYBUILDINGTIPS.COM

# LEAN BUILDER 2.0

MUSCLE BUILDING  
NUTRITION PROGRAMS  
FROM

**empowered**  
NUTRITION

2000cal



[www.empowerednutrition.com](http://www.empowerednutrition.com)

Saturday, March 01, 2008

Biglean Underground2.0  
Empowered Nutrition

Dear Underground Bodybuilding Enthusiast,

Congratulations on the start of a new beginning with your Underground Bodybuilding Nutrition Program!

Your schedule was created based on the general population information gathered by our team of professional researchers and trainers. If it's not convenient, you can change it using these three simple rules of thumb:

1. You should have breakfast within a half-hour of waking up.
2. All meals (including snacks) should be spaced 3 to 5 hours apart.
3. You should have either a protein shake or one of your largest meals (lunch or dinner) after your workout.

Just like you can adjust *when* you eat, you can also adjust *what* you eat. If you really like a certain meal or snack, you can use it instead of another meal or snack, as long as they're the same portion size.

You can also swap out food items by referring to the substitution guides in the educational portion of your Program on page 36, in Appendix A.

Please note that the calorie counts in your Program are based on the macro-nutrient profile (Protein, Carb, or Fat) of the ingredients in the recipes. For example, cheese contains fat and carbs, but the calories for cheese are calculated as if it is mostly a protein. This means the calories listed in your Program are lower than what you're actually consuming, don't get confused, don't over analyze it, just trust us it works BIG TIME!

Included with Your Personalized Nutrition Program is a membership in our exclusive Members Area, where you'll find too much valuable information to list here. This is only available with your Underground Bodybuilding Empowered Personalized Nutrition Programs.

Use login information to get in provided in your Underground Personalized Nutrition Program: (it would look something like this - below)

Username: builder1.2 Password: xxxx

Access the Members Area by typing this website address into your browser's address bar:

[www.empowerednutritionsystems.com/members/](http://www.empowerednutritionsystems.com/members/)

We know that these plans are designed in a way to help 90% of the Underground population to achieve more dramatic and impact physical, mental, emotional, visual results and that is the same with an Underground Bodybuilding personalized nutrition program. To find out more how a personalized nutrition program can impact your results, click this link [www.empowerednutrition.com](http://www.empowerednutrition.com) and get your very own Underground Bodybuilding Personalized Nutrition Program to help get you your perfect AI score faster.

Each of the Underground nutrition programs within this package that you download are extremely powerful and designed to gain or maintain lean mass while decreasing body fat. This will help to ensure that you achieve your perfect AI score as fast as possible. There is nothing more powerful than a solid game plan, with a combination of training, nutrition and education to achieve your goals. This program is such a program. There is nothing else ON or OFF the Internet that is as powerful, well-thought-out, well-organized and concise with the detail and attention to detail as your Underground Bodybuilding program.

Each one of these Underground Bodybuilding nutrition programs are laid out in a daily regimen, with each meal, organized and prepared in a fashion that is easy to use with excellent recipe descriptions that are delicious and easy to prepare, as well as some more detailed and challenging recipes with enhanced flavor infusions. Each meal outlines exact protein (P), carbohydrates (C) and fats (F) that you will need to succeed and follow your program easily.

You'll find that nutrient timing is essential with this program and extremely powerful. You'll be eating every two to three hours, five to six meals per day in a combination of three solid and two to three liquid meals for optimum nutritional balance, digestion, absorption and energy expenditure.

Eating in this fashion will not only enhance fat burning capabilities, but also control your cravings, blood sugar and fat storage mechanisms. Eating five to six times a day is thermogenic and intelligent. The only way to be more intelligent about the way you are going to eat on the Underground Bodybuilding nutrition program is to get a Personalized Nutrition Program.

Each Underground Bodybuilding Personalized Nutrition Program is based on your body composition, your information, your goals, your schedule, and your foods. Bottom line, the Underground Bodybuilding Personalized Nutrition Program is simply going to deliver as fast as possible YOUR RESULTS. Think of it this way. You tell us what you want to do when you want to do it what you want to eat, we will tell you how to do it and when to do it to succeed in achieving your perfect body goals as fast as possible. The Underground Bodybuilding Personalized Nutrition Programs are also designed with close attention to detail in regards to the demands of your life and schedule for ultimate results.

Don't get wrong idea these sample plans are the best nutrition plans you are going to get anywhere. They have been touted as **"...10 years ahead of the competition..."** - DMACTraining. These plans have been quoted by professional bodybuilders, trainers and professional athletes from all around the world as well as nutritionists, dietitians and holistic practitioners as **"...the optimum blend and realization of performance and holistic nutrition for total control and optimum transformations that can be duplicated with the most consistent results for millions of fitness enthusiasts around the world..."**.

If you're looking to enhance the results achieved using these Underground Nutrition Programs, then you'll want to upgrade to an Underground Bodybuilding Personalized Nutrition Program for even greater and faster results [www.empowerednutrition.com](http://www.empowerednutrition.com)

Just check out how great these plans are and compare them with a personalized edition just for you. To make it easy to see just how close to perfect we have made our standard Underground Bodybuilding Nutrition Programs as close to perfect for everyone as we can we have included a simple and easy to see chart at the end of this cover letter for comparisons of the Standard Underground Bodybuilding Nutrition Programs and the Underground Bodybuilding Personalized Nutrition Program.

One of our best examples is a nice young chap from London, England and his mother. They have breakfast every day together and he felt that it would be perfect to keep this tradition, but he wanted to GAIN Lean Body Mass, while his mother wanted to LOSE FAT and FAST (she had a reunion coming up). Well in her notes (and his since she cooks breakfast) was a bunch of comments including this one **"...I must have is toast and tomatoes for breakfast everyday..."** So to accommodate both we made it happen. He got toast and tomatoes and several other items designed to make him grow and she got toast and tomatoes in a plan that will surely drop the pounds (indeed it has as she recently reported a fat loss (-14lbs) and a lean body mass gain (+6lbs) in just 8 weeks. Her son is now 22lbs heavier and 14 inches larger in total measurements and still growing.

If you have any questions or comments, contact your Underground Bodybuilding Team and let a health representative know, or visit your various support sites, which already have answers to many frequently asked questions. Visit [www.empowerednutrition.com](http://www.empowerednutrition.com) or [www.UndergroundBodybuildingtips.com](http://www.UndergroundBodybuildingtips.com) for more information and powerful tools to succeed.

Most importantly, have fun. You can and will achieve your goals!

Yours in health,

Your Underground Empowered Nutrition Partners

Here's just a quick glimpse of many of the features of each of these plans and of the Personalized Nutrition Programs. If you already know you want an Underground Bodybuilding Personalized Nutrition Program click here: [www.empowerednutrition.com](http://www.empowerednutrition.com)

## UNDERGROUND BODYBUILDING MEAL PLANS

Features / Benefits	Underground Bodybuilding Meal Plans 1,2,3	Underground Bodybuilding Empowered Personalized Nutrition Programs
Powerful Proven Results	✓	✓
Fast Simple Game Plan to Succeed	✓	✓
6 weeks Standard AI Meal Plans	✓	✓
Underground Bodybuilding Burn Plans	✓	✓
Underground Bodybuilding Build Plans	✓	✓
Underground Bodybuilding Build & Burn Plans	✓	✓
2-12 weeks Personalized Nutrition Plans	✓	✓
Complete Weekly Grocery Lists	✓	✓
Personal Cover Letter	✓	✓
Motivational, Goal Setting AI Manuals	✓	✓
Delicious, easy to follow recipes	✓	✓
Macro Nutrient Breakdowns per Meal	✓	✓
Private Members Area Access and Password	✗	✓
Underground Bodybuilding Email Newsletters	✓	✓
Underground Bodybuilding Empowered Nutrition Newsletters	✗	✓
Your Information	✗	✓
Your Schedule	✗	✓
Your Goals	✗	✓
Your Foods	✗	✓
Your Results	✗	✓
Personalized just for you	✗	✓
No Headaches	✓	✓
No Hassles	✓	✓
Just Results	✓	✓
Faster Personal Success Rate	✗	✓
Achieve the Underground Ideal Body	✓	✓
Achieve the Underground Ideal Body Faster		✓
Let us know if you just must eat tomatoes and toast for breakfast – Get a Personalized Nutrition Program.	✗	✓

[www.undergroundbodybuilding.com](http://www.undergroundbodybuilding.com)

Now you have all the tools you need (Workouts, Exercises, Plans and Nutrition Programs), now go out there and get started and remember help is just a click away and success will be yours today.

<b>Day: 1</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack 11:30 am Mid Meal <i>Workout: Weight-Resistance at 8:00 pm</i>	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 1/2 cups Pineapple 12 Almonds, whole 14 grams Protein powder	Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A tasty yet simple breakfast.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1 cup Raspberries 9 Cashews	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 9 oz Ground beef (< 10% fat) 1/2 cup Carrots 1/2 cup Salsa 1/4 cup Kidney beans 1/4 cup Beans, black 1 Tomato 2/3 tsp Olive or monounsaturated oil 6 Olives	Item Portions 6.00 P .50 C 1.00 C 1.00 C 1.00 C .50 C 2.00 F 2.00 F Calories: 420	<b>Preparation Suggestions:</b> Spicy Mexicali Beef  Saute the beef with chopped vegetables until done. Season with salt, pepper, garlic, basil and oregano, then add the salsa and beans. Let simmer, then serve. Enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 2 oz Cheese, low or non fat 4 oz Chicken breast, skinless 1/2 whole Pita 4/5 cup Grapes 1/2 cup Salsa 4 cups Lettuce, romaine 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 4.00 P 1.00 C 1.60 C 1.00 C .40 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 2</b>	<b>Schedule:</b>	11:30 am Mid Meal	7:30 pm Snack
	7:30 am Breakfast	2:30 pm Snack	
	9:30 am Snack	5:30 pm Dinner	
<i>Workout: Rest</i>			
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 7 Egg whites 2 1/2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 Peaches 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.50 P 2.50 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Yogurt, Fruit & Nuts Mix all ingredients and enjoy!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 2 2/3 cups Beef and vegetable soup 2 oz Hard cheeses, light/low fat	Item Portions 4.00 A 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 2/3 Banana 12 Peanuts	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 9 oz Ground beef (< 10% fat) 2 cups Bamboo shoots 3/4 cup Bean sprouts 1 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .50 C .50 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables, like salt, pepper, garlic and rosemary really enhances this quick meal. The applesauce is a great dessert!	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 ** Remember to drink between 10 and 12 glasses of water per day. **			
<b>Notes:</b>			

<b>Day: 3</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 pm</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1 cup Milk, low fat (1%) 5 Eggs, whole 3 cups Broccoli 7 cups Spinach 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Blueberries & Almonds A quick snack to fend off those cravings.		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	9 oz Salmon steak 1 Kiwi 1 1/2 whole Pita 4 tsp Mayonnaise	Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Chicken breast, skinless 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 2 Kiwis 1/2 cup Cucumber 3 cups Lettuce, romaine 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .38 C .25 C 1.00 C 2.00 C .13 C .30 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 4</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<i>Workout: Rest</i>			
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Very easy to prepare, but balanced to start your day off right!	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 1 oz Cheese, low or non fat 6 oz Chicken breast, deli style 3/8 cup Kidney beans 4 cups Lettuce, romaine 1/2 Pepper (bell or cubanelle) 1/2 cup Mushrooms 1 Tomato 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 1.00 P 4.00 P 1.50 C .40 C .25 C .25 C .50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salad with Chicken & 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.	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 9 oz Salmon steak 1 1/2 cups Brussels sprouts 12 spears Asparagus 4 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon Dinner Cook the salmon any way you like, cooking vegetables with olive oil and water. Here's one great cooking tip: use an untreated cedar plank as a baking tray for salmon. It adds a superb flavor. Season with lemon juice, garlic, salt and pepper. Enjoy!	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1 cup Mulberries 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 2.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			



<b>Day: 5</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 pm</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	5 oz Feta cheese, light/low fat 2 Egg whites 1 Pepper (bell or cubanelle) 1 3/4 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 P .50 C 3.50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.  This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	12 oz Tofu 1/4 cup Carrots 2 Peppers (bell or cubanelle) 2 cups Cabbage 1 1/2 cups Tomatoes 1/2 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .25 C 1.00 C .67 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Spicy Tofu and Vegetables Spice this dish up with salt, pepper, crushed chili peppers, ginger, and a little soya sauce.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	28 grams Protein powder 1 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Chicken breast, skinless 6 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Squash 1 Tomato 1/2 Apple 12 Almonds, whole	Item Portions 6.00 P .50 C 1.00 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 6</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 am</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	3 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 24 Peanuts 21 grams Protein powder	Item Portions 3.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 420	<b>Preparation Suggestions:</b> Simple shake and cheese.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	2 cups Milk, low fat (1%) 12 Pistachio nuts 1 Kiwi 14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	<b>Preparation Suggestions:</b>		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	3 oz Shrimp 3 oz Crab 2 oz Lobster 5 cups Lettuce, romaine 2 Tomatoes 1 Pepper (bell or cubanelle) 1 Apple 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 P 2.00 P .50 C 1.00 C .50 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Seafood Salad Marinate seafood in oil, vinegar and seasonings. Cut up vegetables for the salad, mix together and enjoy!		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Chicken breast, skinless 6 spears Asparagus 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 2 cups Cauliflower 4 Macadamia nuts	Item Portions 6.00 P .50 C 1.00 C 2.00 C .50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken with Cooked Vegetables Season and prepare the chicken any way you like and served with the vegetables. Steamed asparagus is a favourite!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009					
<i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 7</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<i>Workout: Rest</i>			
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1 1/2 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 6 oz Snapper 2 oz Anchovies 1 cup Leeks 3/4 cup Pasta 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 P 1.00 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Grilled Snapper with Anchovy Sauce Chop the anchovies and mix with a little fresh lemon juice, oil, salt and pepper. Chop leeks and saute, then add the anchovy mixture. Grill the snapper and put sauce on top. Enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1 1/2 cups Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Pork, lean 2 cups Sauerkraut 2/3 cup Potato 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 3 oz Tofu, soft 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 8</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack <i>Workout: Weight-Resistance at 8:00 pm</i>	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Cereal, cold 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 9 Almonds, whole	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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.	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 6 oz Chicken breast, skinless 2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	Item Portions 6.00 P 4.00 C 2.00 F 2.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 1/2 cups Beans, green or yellow 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 9</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<i>Workout: Rest</i>			
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 12 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered	Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 1/3 cup Onions 1/3 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .67 C 1.33 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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.	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 12 oz Tofu 2 cups Mushrooms 2 Peppers (bell or cubanelle) 2/3 cup Honeydew melon 1 Lemon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Sweet & Sour Tofu Mélange Sauté strips of tofu and chopped vegetables in olive oil and a little vinegar and Soya sauce. Season with salt, pepper, garlic, crushed chili peppers, ginger, and lemon juice. At the last minute, add chopped fruit. Enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Chicken breast, skinless 1/2 cup Bean sprouts 1 cup Celery 2 cups Cucumber 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 2 cups Cherry tomatoes 1/3 cup Applesauce 4 tbsp Almonds, slivered	Item Portions 6.00 P .33 C .50 C .50 C .50 C .13 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken with Salad and Applesauce Baking the chicken is an easy way to cook it. You can make a tasty salad dressing from balsamic vinegar, olive oil, garlic and any spices you choose. Finish your meal with a dessert of applesauce!	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Boysenberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 10</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack <i>Workout: Weight-Resistance at 8:00 pm</i>	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 8 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Cook eggs any style. Enjoy the fruit on the side.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 3/4 Cantaloupe 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Nuts & Fruit Enjoy items separately!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 2 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 3.00 A 1.00 PC 1.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 3 oz Tofu, soft 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 2 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 whole Pita 1/6 Pepper (bell or cubanelle) 1/4 Tomato 1/6 cup Onions 1/4 cup Salsa 1/2 cup Pineapple 6 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 4.00 P 2.00 C .08 C .13 C .33 C .50 C 1.00 C 2.00 F 2.00 F Calories: 420	<b>Preparation Suggestions:</b> 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.	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 11</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1 cup Milk, low fat (1%) 2 Egg whites 4 oz Canadian Bacon or back bacon 1 Apple 1/2 Orange 12 Cashews	Item Portions 1.00 PC 1.00 P 4.00 P 2.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Canadian Breakfast Eggs any style and bacon with fruit and nuts on the side.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 1 1/2 Apples 9 Walnuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	9 oz Salmon steak 1 cup Celery 1 Plum 1/4 cup Chickpeas 3/4 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .50 C 1.00 C 1.00 C 1.50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon and Veggies Salmon with sautéed vegetables. You can crumble the salmon and mix with the vegetables if you like.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	2 patty Soy burger 2 cups Alfalfa sprouts 2 cups Lettuce, romaine 1 Tomato 1 cup Mandarin orange, canned 4 tbsp Almonds, slivered 2 oz Feta cheese, light/low fat	Item Portions 4.00 P .20 C .20 C .50 C 3.00 C 4.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> Soy burger with toppings; fruit and nuts for dessert.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 12</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack 11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner <i>Workout: Weight-Resistance at 8:00 pm</i>	11:30 am Mid Meal 7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 9 oz Salmon steak 1/2 cup Blueberries 1 1/2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Venison 2/3 cup Potato 1 cup Carrots 1 cup Leeks 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Venison Stew In a pot, brown cubed venison in oil. Add water and bring to a boil, then add chopped vegetables and seasonings - salt, pepper, bay leaves, garlic and thyme are good - then let thicken. Enjoy!
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210	<b>Preparation Suggestions:</b> 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.
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
<b>Notes:</b>		



<b>Day: 13</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 am</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	6 Egg whites 3 Eggs, whole 1/2 cup Chickpeas 1/4 cup Kidney beans 2 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 3.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 9 Apricots 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Apricots and Peanuts A nice, quick snack to satisfy those cravings!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	3 oz Crab 3 oz Scallops 3 oz Shrimp 1 1/2 Peppers (bell or cubanelle) 1 3/4 cups Tomatoes 1 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 P 2.00 P .75 C 1.17 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Beef, lean cuts 1/4 cup Chickpeas 1 cup Cucumber 2 1/2 cups Lettuce, romaine 2/3 cup Rice 1 Tomato 6 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C .25 C .25 C 2.00 C .50 C 1.00 F 3.00 F Calories: 420	<b>Preparation Suggestions:</b> Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil dressing.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 14</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	6 oz Canadian Bacon or back bacon 1 1/2 cups Grapes 1/4 Cantaloupe 12 Almonds, whole	Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Bacon and fruit breakfast.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	9 oz Chicken breast, deli style 1 Pepper (bell or cubanelle) 2 Tomatoes 1 cup Zucchini 1 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .50 C 1.00 C .50 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> 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.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	9 oz Cod 3 cups Beans, green or yellow 1 1/2 cups Broccoli 2 cups Cauliflower 1 1/2 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 C .50 C .50 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Pan-fried Cod with Vegetables You can stew the vegetables together with your choice of seasonings. Once you've got that going, heat a pan with a little olive oil and then place the cod gently in it, frying until done. Season the code with a dash of salt and pepper, and some lemon or lime juice if you have any handy. Enjoy!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 15</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 pm</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	12 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered	Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Blueberries & Almonds A quick snack to fend off those cravings.		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	1 cup Milk, low fat (1%) 1 oz Cheese, low or non fat 6 oz Chicken breast, deli style 3/8 cup Kidney beans 4 cups Lettuce, romaine 1/2 Pepper (bell or cubanelle) 1/2 cup Mushrooms 1 Tomato 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 1.00 P 4.00 P 1.50 C .40 C .25 C .25 C .50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salad with Chicken & 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.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Beef, lean cuts 1/4 cup Chickpeas 1 cup Cucumber 2 1/2 cups Lettuce, romaine 2/3 cup Rice 1 Tomato 6 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C .25 C .25 C 2.00 C .50 C 1.00 F 3.00 F Calories: 420	<b>Preparation Suggestions:</b> Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil dressing.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 16</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1 1/2 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 1/3 cup Onions 1/3 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .67 C 1.33 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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.		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	2 2/3 cups Beef and vegetable soup 2 oz Hard cheeses, light/low fat	Item Portions 4.00 A 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy!		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	28 grams Protein powder 1 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	9 oz Cod 3 cups Beans, green or yellow 1 1/2 cups Broccoli 2 cups Cauliflower 1 1/2 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 C .50 C .50 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Pan-fried Cod with Vegetables You can stew the vegetables together with your choice of seasonings. Once you've got that going, heat a pan with a little olive oil and then place the cod gently in it, frying until done. Season the code with a dash of salt and pepper, and some lemon or lime juice if you have any handy. Enjoy!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 17</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 pm</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	6 Egg whites 3 Eggs, whole 1/2 cup Chickpeas 1/4 cup Kidney beans 2 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 3.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	9 oz Salmon steak 1 Kiwi 1 1/2 whole Pita 4 tsp Mayonnaise	Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	28 grams Protein powder 1 1/2 cups Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Venison 2/3 cup Potato 1 cup Carrots 1 cup Leeks 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Venison Stew In a pot, brown cubed venison in oil. Add water and bring to a boil, then add chopped vegetables and seasonings - salt, pepper, bay leaves, garlic and thyme are good - then let thicken. Enjoy!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210	<b>Preparation Suggestions:</b> 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.		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009					
** Remember to drink between 10 and 12 glasses of water per day. **					

**Notes:**

<b>Day: 18</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	2 cups Milk, low fat (1%) 8 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Cook eggs any style. Enjoy the fruit on the side.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 3/4 Cantaloupe 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Nuts & Fruit Enjoy items separately!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	3 oz Crab 3 oz Scallops 3 oz Shrimp 1 1/2 Peppers (bell or cubanelle) 1 3/4 cups Tomatoes 1 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 P 2.00 P .75 C 1.17 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	28 grams Protein powder 2/3 Banana 12 Peanuts	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	2 oz Cheese, low or non fat 4 oz Chicken breast, skinless 1/2 whole Pita 4/5 cup Grapes 1/2 cup Salsa 4 cups Lettuce, romaine 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 4.00 P 1.00 C 1.60 C 1.00 C .40 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 19</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack <i>Workout: Weight-Resistance at 8:00 pm</i>	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 5 Eggs, whole 3 cups Broccoli 7 cups Spinach 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1 cup Raspberries 9 Cashews	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 3 oz Shrimp 3 oz Crab 2 oz Lobster 5 cups Lettuce, romaine 2 Tomatoes 1 Pepper (bell or cubanelle) 1 Apple 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 P 2.00 P .50 C 1.00 C .50 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Seafood Salad Marinate seafood in oil, vinegar and seasonings. Cut up vegetables for the salad, mix together and enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Chicken breast, skinless 6 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Squash 1 Tomato 1/2 Apple 12 Almonds, whole	Item Portions 6.00 P .50 C 1.00 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1 cup Mulberries 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 2.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 20</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack <i>Workout: Weight-Resistance at 8:00 am</i>	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 3 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 24 Peanuts 21 grams Protein powder	Item Portions 3.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 420	<b>Preparation Suggestions:</b> Simple shake and cheese.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 9 Apricots 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Apricots and Peanuts A nice, quick snack to satisfy those cravings!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 9 oz Ground beef (< 10% fat) 1/2 cup Carrots 1/2 cup Salsa 1/4 cup Kidney beans 1/4 cup Beans, black 1 Tomato 2/3 tsp Olive or monounsaturated oil 6 Olives	Item Portions 6.00 P .50 C 1.00 C 1.00 C 1.00 C .50 C 2.00 F 2.00 F Calories: 420	<b>Preparation Suggestions:</b> Spicy Mexicali Beef  Saute the beef with chopped vegetables until done. Season with salt, pepper, garlic, basil and oregano, then add the salsa and beans. Let simmer, then serve. Enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Chicken breast, skinless 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 2 Kiwis 1/2 cup Cucumber 3 cups Lettuce, romaine 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .38 C .25 C 1.00 C 2.00 C .13 C .30 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Boysenberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			



<b>Day: 21</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner	7:30 pm Snack
<i>Workout: Rest</i>			
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 6 oz Canadian Bacon or back bacon 1 1/2 cups Grapes 1/4 Cantaloupe 12 Almonds, whole	Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Bacon and fruit breakfast.	
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!	
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 6 oz Snapper 2 oz Anchovies 1 cup Leeks 3/4 cup Pasta 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 P 1.00 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Grilled Snapper with Anchovy Sauce Chop the anchovies and mix with a little fresh lemon juice, oil, salt and pepper. Chop leeks and saute, then add the anchovy mixture. Grill the snapper and put sauce on top. Enjoy!	
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 6 oz Chicken breast, skinless 1/2 cup Bean sprouts 1 cup Celery 2 cups Cucumber 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 2 cups Cherry tomatoes 1/3 cup Applesauce 4 tbsp Almonds, slivered	Item Portions 6.00 P .33 C .50 C .50 C .50 C .13 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken with Salad and Applesauce Baking the chicken is an easy way to cook it. You can make a tasty salad dressing from balsamic vinegar, olive oil, garlic and any spices you choose. Finish your meal with a dessert of applesauce!	
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!	
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 22</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 pm</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Cereal, cold 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 9 Almonds, whole	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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.		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	12 oz Tofu 1/4 cup Carrots 2 Peppers (bell or cubanelle) 2 cups Cabbage 1 1/2 cups Tomatoes 1/2 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .25 C 1.00 C .67 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Spicy Tofu and Vegetables Spice this dish up with salt, pepper, crushed chili peppers, ginger, and a little soya sauce.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	3 oz Tofu, soft 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Chicken breast, skinless 6 spears Asparagus 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 2 cups Cauliflower 4 Macadamia nuts	Item Portions 6.00 P .50 C 1.00 C 2.00 C .50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken with Cooked Vegetables Season and prepare the chicken any way you like and served with the vegetables. Steamed asparagus is a favourite!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	3 oz Tofu, soft 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					

**Notes:**

<b>Day: 23</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	5 oz Feta cheese, light/low fat 2 Egg whites 1 Pepper (bell or cubanelle) 1 3/4 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 P .50 C 3.50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.  This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Yogurt, Fruit & Nuts Mix all ingredients and enjoy!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	9 oz Salmon steak 1 cup Celery 1 Plum 1/4 cup Chickpeas 3/4 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .50 C 1.00 C 1.00 C 1.50 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon and Veggies Salmon with sautéed vegetables. You can crumble the salmon and mix with the vegetables if you like.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	28 grams Protein powder 1 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Pork, lean 2 cups Sauerkraut 2/3 cup Potato 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size peices. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 24</b>	<b>Schedule:</b> 7:30 am Breakfast 9:30 am Snack 11:30 am Mid Meal <i>Workout: Weight-Resistance at 8:00 pm</i>	11:30 am Mid Meal 2:30 pm Snack 5:30 pm Dinner 7:30 pm Snack
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 Apples 9 Walnuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4 9 oz Salmon steak 1/2 cup Blueberries 1 1/2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4 2 patty Soy burger 2 cups Alfalfa sprouts 2 cups Lettuce, romaine 1 Tomato 1 cup Mandarin orange, canned 4 tbsp Almonds, slivered 2 oz Feta cheese, light/low fat	Item Portions 4.00 P .20 C .20 C .50 C 3.00 C 4.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> Soy burger with toppings; fruit and nuts for dessert.
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		

**Notes:**

<b>Day: 25</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1 cup Milk, low fat (1%) 2 Egg whites 4 oz Canadian Bacon or back bacon 1 Apple 1/2 Orange 12 Cashews	Item Portions 1.00 PC 1.00 P 4.00 P 2.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Canadian Breakfast Eggs any style and bacon with fruit and nuts on the side.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	2 cups Milk, low fat (1%) 12 Pistachio nuts 1 Kiwi 14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	<b>Preparation Suggestions:</b>		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	6 oz Chicken breast, skinless 2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	Item Portions 6.00 P 4.00 C 2.00 F 2.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	9 oz Ground beef (< 10% fat) 2 cups Bamboo shoots 3/4 cup Bean sprouts 1 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .50 C .50 C 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables, like salt, pepper, garlic and rosemary really enhances this quick meal. The applesauce is a great dessert!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> 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!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					
<b>Notes:</b>					

<b>Day: 26</b>	<b>Schedule:</b>	11:30 am Mid Meal	7:30 pm Snack
	7:30 am Breakfast	2:30 pm Snack	
	9:30 am Snack	5:30 pm Dinner	
<i>Workout: Weight-Resistance at 8:00 pm</i>			
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Very easy to prepare, but balanced to start your day off right!
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	9 oz Chicken breast, deli style 1 Pepper (bell or cubanelle) 2 Tomatoes 1 cup Zucchini 1 cup Onions 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .50 C 1.00 C .50 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> 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.
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F:2	1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	9 oz Salmon steak 1 1/2 cups Brussels sprouts 12 spears Asparagus 4 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Salmon Dinner Cook the salmon any way you like, cooking vegetables with olive oil and water. Here's one great cooking tip: use an untreated cedar plank as a baking tray for salmon. It adds a superb flavor. Season with lemon juice, garlic, salt and pepper. Enjoy!
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>			
<b>Notes:</b>			

<b>Day: 27</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Weight-Resistance at 8:00 am</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	7 Egg whites 2 1/2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 Peaches 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.50 P 2.50 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	12 oz Tofu 2 cups Mushrooms 2 Peppers (bell or cubanelle) 2/3 cup Honeydew melon 1 Lemon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Sweet & Sour Tofu Mélange Sauté strips of tofu and chopped vegetables in olive oil and a little vinegar and Soya sauce. Season with salt, pepper, garlic, crushed chili peppers, ginger, and lemon juice. At the last minute, add chopped fruit. Enjoy!		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F:2	1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 1/2 cups Beans, green or yellow 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					

**Notes:**

<b>Day: 28</b>		<b>Schedule:</b>		11:30 am Mid Meal	7:30 pm Snack
		7:30 am Breakfast	2:30 pm Snack		
		9:30 am Snack	5:30 pm Dinner		
<i>Workout: Rest</i>					
<b>7:30 am Breakfast</b> Meal Portions: P:6 C:4 F:4	1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 1/2 cups Pineapple 12 Almonds, whole 14 grams Protein powder	Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A tasty yet simple breakfast.		
<b>9:30 am Snack</b> Meal Portions: P:4 C:3 F:3	1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
<b>11:30 am Mid Meal</b> Meal Portions: P:6 C:4 F:4	2 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 3.00 A 1.00 PC 1.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!		
<b>2:30 pm Snack</b> Meal Portions: P:4 C:2 F: 2	1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!		
<b>5:30 pm Dinner</b> Meal Portions: P:6 C:4 F:4	2 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 whole Pita 1/6 Pepper (bell or cubanelle) 1/4 Tomato 1/6 cup Onions 1/4 cup Salsa 1/2 cup Pineapple 6 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 4.00 P 2.00 C .08 C .13 C .33 C .50 C 1.00 C 2.00 F 2.00 F Calories: 420	<b>Preparation Suggestions:</b> 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.		
<b>7:30 pm Snack</b> Meal Portions: P:3 C:2 F:2	1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 29 Carbohydrates: 19 Fat: 19 Calories: 2009 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>					

**Notes:**