



Day	Breakfast	Snack	Lunch	Snack	Dinner
ONE	1 Apple & Dannon triple zero yogurt	12 Raw almonds	3.5 Cups of Green Chicken Soup	Apple	8 ounces of shrimp OR Chicken Breast, 2 cups of Squash OR Zucchini
TWO	3 TBSP egg whites, 1/2 cup spinach, mushrooms (optional) and 2 slices of Turkey Bacon	Fat Free Cottage cheese with fruit OR dannon triple zero yogurt	Curry Chicken Salad lettuce wraps. 2 romaine leafs and 8 ounces of chicken in a can mixed with lowfat or fat free mayo & fruit.	Salt & Vinegar Kale Chips	Arugula OR Romaine Salad topped with Crab meat OR 8 ounce Chicken breast drizzled with Maple Grove Balsamic, or vinegar, or lemon. Add veggies on salad from approved food list.

THREE	Berry Fruit Smoothie. Apples, berries, water and stevia (Optional)	1/2 Apple; 10 Raw Almonds	3.5 Cups of Green Chicken Soup	2 TBSP of Hummus and 1/2 a cucumber	8 ounces of chicken breast with sauteed onions and peppers (optional) on two romaine leaves to make chicken fajita wraps with a side of quinoa and kale
FOUR	1 Apple & Dannon triple zero yogurt	Grapefruit, Stevia (optional)	Tuna over Arugula or Romaine Lettuce, add onions cucumber, and tomatoes (optional)	apple chips	2 Tilapia Filets or another mild light white fish seasoned and baked or sauteed in PAM spray. 1 cup Squash and 1 cup Zucchini
FIVE	6 TBSP with veggies from approved food list	Fat Free Cottage cheese with fruit OR dannon triple zero yogurt	3.5 Cups of Green Chicken Soup	2 3/4 cups of Skinny pop popcorn	4 Ounce lean ground beef, 6 asparagus spears, small side salad with approved veggies and approved dressing
SIX	3 TBSP egg whites, 1/2 apple, dannon triple zero yogurt	12 Raw almonds	Jerk Chicken Salad lettuce wraps. 2 romaine leafs and 8 ounces of chicken in a can mixed with lowfat or fat free mayo & fruit.	Salt & Vinegar Kale Chips	Soup and Salad Night ~ 2 cups of Green chicken soup and a small salad with approved veggies and approved salad dressing

SEVEN	Berry Fruit Smoothie. Apples, berries, water and stevia (Optional)	Apple Chips	2 small cans of tuna with light or fat free mayo mixed with onion salt and pepper atop 2 romaine lettuce wraps and a side of cucumber slices to scoop up with the extra tuna not on wraps	Fat Free Cottage Cheese with fruit or dannon triple zero yogurt	2 Chicken Sausages, grilled onions peppers, Side of 8 asparagus spears (sub any veggie)
EIGHT	6 TBSP egg whites & Grapefruit (stevia optional)	2 TBSP Hummus and 1/2 a cucumber	3 oz lean beef, 1 chicken sausage and 1/2 cup quinoa with seasoning and veggies. (Like a healthy jimbalya)	Grapefruit Stevia (optional)	8 ounces of shrimp OR Chicken Breast, 1 cup Squash, 2 Cups Spinach, and 1/2 an apple